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MARCH 2020

FROM **good food**

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- SUNDAY ROAST LAMB SHANKS
- ONE-POT COMFORT FOR A CROWD
- STORECUPBOARD CAKES & BAKES

Mother's Day TREATS FOR TEA

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Holly Warren holding our Old Cotswold Legbar eggs

Welcome



As much as my kids love their mum, they need a nudge in the right direction when it comes to treating her like a queen on Mother's Day. 'Make her breakfast in bed,' I suggest, forgetting that, now they're teenagers, they don't peek their heads above the duvet until nearly noon. So what's the answer? Brunch. These American-style blueberry pancakes slathered with maple syrup are pure indulgence – and even hob-averse teens can whip them up in no time. Then, later, they can lay on a spread of no-fuss loaded sandwiches, mini quiches, chocolate-dipped cookies and tea cakes for us all to share (see p68) while basking in their mother's praise about how thoughtful they are! If you're a mum, pass this issue to your other half or the kids, and enjoy your special day.

Keith Kendrick

Editor

BEST OF BBC



★ **John Torode**
Sweet and savoury pies (p62)



★ **Rosie Birkett**
Sprout, comté and walnut tart (p82)



★ **Tom Kerridge**
Recipes from *Lose Weight & Get Fit* (p32) and onion bhaji fish & chips (p84)



★ **James Martin**
Blue cheese, butternut & barley salad with maple walnuts (p84)



Mother's Day brunch treat

American blueberry pancakes

■ Makes 10 pancakes ■ Prep 15 mins ■ Cook 20 mins **VEGETARIAN** **FREEZABLE**

Mix **200g self-raising flour**, **1 tsp baking powder** and a **pinch of salt** together in a large bowl. Beat **1 egg** with **300ml milk**, then make a well in the centre of the dry ingredients and whisk in the milk mixture to make a thick, smooth batter. Beat in a **knob of melted butter**, and gently stir in **75g blueberries**. Heat **1 tsp sunflower oil** in a non-stick frying pan. Drop a large tablespoonful of the batter per pancake into the pan to make pancakes that are about 7.5cm across.

Make three or four pancakes at a time and cook for about 3 mins over a medium heat until small bubbles appear on the surface. Turn and cook for another 2-3 mins until golden. Cover with kitchen paper to keep warm while you use up the rest of the batter. Serve with **golden** or **maple syrup** drizzled over the top and some extra blueberries.

PER SERVING (without syrup) 108 kcals, fat 3g, saturates 1g, carbs 18g, sugars none, fibre 1g, protein 4g, salt 0.41g

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.

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Our promise to you

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

- We keep the ingredients lists as short as possible, and preparation times to a minimum.
- 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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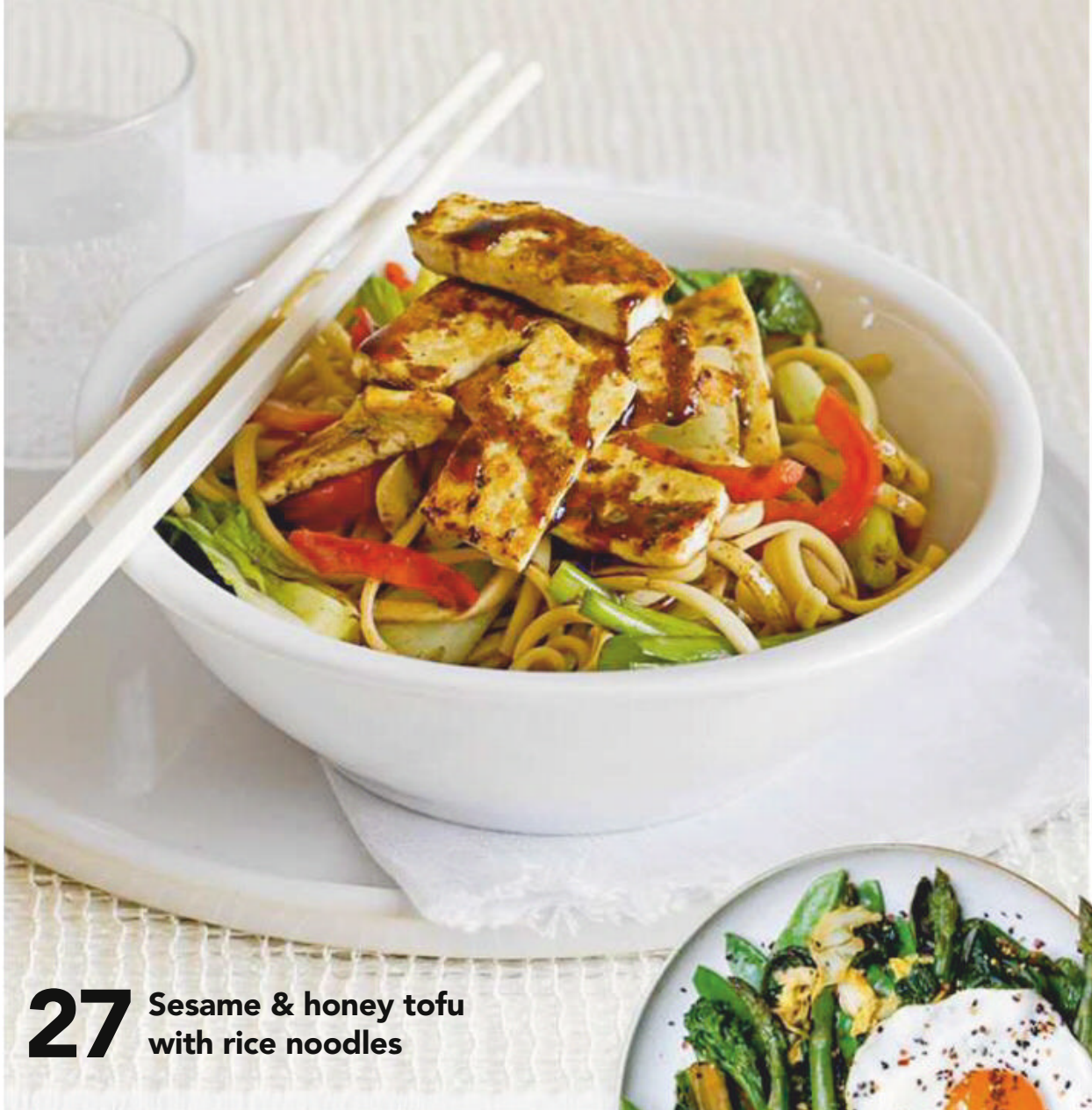
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March 2020

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Make our cover recipe!



Braised lamb with spring veg, p66

SEASONAL FAVOURITE

Forced rhubarb

This cheerful, pink no-bake cheesecake is made with tangy forced rhubarb – it's ideal for springtime

Rhubarb & gingernut cheesecake

- Serves 8-10 ■ Prep 20 mins plus overnight chilling and cooling
- Cook 25 mins **VEGETARIAN** **FREEZABLE**

500g forced rhubarb, chopped into 4cm lengths

150g caster sugar

1 blood orange, zested and juiced

1 vanilla pod

100g butter, melted, plus extra for the tin

200g gingernut biscuits

500g mascarpone or soft cheese

100g quark or thick natural yogurt

1 tbsp pistachios, chopped

1 Heat the oven to 200C/180C fan/gas 6. Line a large baking tray with baking parchment and fill with the rhubarb. Scatter over the sugar and orange zest and pour over the juice. Scrape the seeds from the vanilla pod into the tin, adding the pod as well. Cover and roast for 20 mins. Remove from the oven. Purée $\frac{1}{3}$ of the rhubarb, reserving the remaining rhubarb with any syrup from the tin – chill in the fridge until ready to use.

2 Butter a 20cm springform cake tin and line with baking parchment. To make the base, put the biscuits in a food bag and smash with a rolling pin, or put in a food processor and blitz to crumbs. Tip into

a mixing bowl and stir in a pinch of sea salt. Pour the butter over the crumbs. Mix together with a fork and tip into the tin. Tap the side of the tin with your hand to even the crumbs out, then gently compress them with the back of a large spoon until the base is packed in and level. It should be fairly well packed so that it holds together. Put in the fridge to chill.

3 To make the filling, put the mascarpone or cheese and quark or yogurt in a mixing bowl and beat with an electric whisk until combined and thickened. Fold in the rhubarb purée.

4 Spoon the filling over the biscuit base and smooth using a spatula or the back of a spoon. Cover and chill overnight until set. Tip the reserved rhubarb syrup into a pan and bring to the boil. Reduce for about 3-5 mins to concentrate the syrup, then allow to cool.

5 Carefully remove the cheesecake from the tin. Pile the rhubarb on top and drizzle over some syrup, then scatter with the pistachios to serve.

PER SERVING (10) 466 kcals, fat 34g, saturates 21g, carbs 33g, sugars 24g, fibre 2g, protein 6g, salt 0.5g



Tip Forced rhubarb is grown in darkened sheds so it can be harvested in early spring. It's sweeter and brighter in colour than late-season rhubarb



**Rhubarb
and ginger
are perfect
flavour
partners**

SUPER-SAVER *suppers*

**AS
LITTLE
AS 56P
PER SERVING**

Need inspiration for affordable midweek meals? These are tested – and tasted!



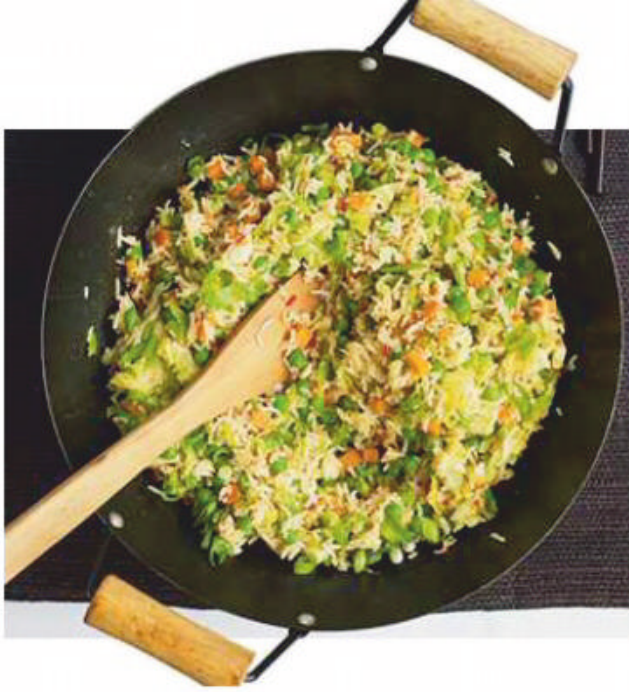
56p
per serving

Spicy vegetable
egg-fried rice, p10

£1.01
per serving



Free-form Florentine pie, p10



Spicy vegetable egg-fried rice

- Serves 4 ■ Prep 10 mins
- Cook 15-20 mins **VEGETARIAN**

200g basmati rice or 400g leftover cooked rice

1-2 red chillies, deseeded and grated or very finely chopped

3 garlic cloves, crushed

1 tbsp sunflower oil

2 large carrots, chopped

200g Chinese cabbage, finely sliced

- 2 eggs, lightly beaten**
- 3 spring onions, sliced**
- 200g frozen peas**
- 1 tbsp soy sauce**

1 If cooking the rice from scratch, cook following pack instructions, then drain. Mix the chillies and garlic in a pestle and mortar, if you have one, with a pinch of salt to make a paste.

2 Heat the oil in a wok or large frying pan over a medium-high heat. Add the carrots and stir-fry for 5 mins until tender. Add the cabbage and garlic & chilli paste and cook for 1 min more. Tip in the cooked rice and stir-fry for 1 min until piping hot.

3 Push the rice mixture to the side of the pan. Add the eggs to the cleared space and scramble until set. Mix in the onions, peas and soy sauce and stir-fry everything together until the peas are hot.

PER SERVING 305 kcals, fat 7g, saturates 2g, carbs 52g, sugars 8g, fibre 6g, protein 12g, salt 0.84g



Free-form Florentine pie

- Serves 4 ■ Prep 10 mins
- Cook 35 mins **VEGETARIAN**

2 tsp olive oil

400g fresh spinach

250g ricotta

grating of nutmeg

375g ready-rolled puff pastry

4 medium eggs

1 Heat the oven to 220C/200C fan/gas 7. Heat the oil in a large saucepan. Add the spinach and cook until wilted, then drain and squeeze out as much liquid as possible. Mix with the ricotta and nutmeg and season.

2 Lay the pastry on a baking sheet and pinch the edges to form a lip. Prick the base with a fork so the pastry doesn't puff up too much. Bake for 15 mins.

3 Remove from the oven and press the pastry down if it has puffed up. Pile on the spinach mixture, leaving four clear areas for the eggs to go into. Carefully crack an egg into each space. Season and bake for 10-15 mins more until the whites are set and the yolks runny, or cooked to your taste.

PER SERVING 587 kcals, fat 44g, saturates 18g, carbs 30g, sugars 4g, fibre 3g, protein 20g, salt 1.64g

MAKE IT DIFFERENT

Spinach, ricotta & onion tart

■ Heat **2 tbsp olive oil** in a pan. Add **3 finely sliced red onions** and a **pinch of sugar** and cook for 15 mins. Prepare the recipe as above for steps 1 and 2, then remove the **pastry** as directed and pile in the **spinach mix**. Spoon the onions over the spinach and sprinkle with **2 tbsp pine nuts**. Bake for 5 mins more until the pastry is golden and cooked through.



Lamb meatballs with rosemary tomato sauce

■ Serves 4 ■ Prep 10 mins ■ Cook 35 mins **FREEZABLE**

2 tsp olive oil
12 ready-made lamb meatballs (approx 450g)
4 onions, finely sliced
4 garlic cloves, finely sliced
1 tbsp finely chopped rosemary leaves, plus extra to sprinkle
2 x 400g cans chopped tomatoes
400g cooked pasta, to serve

1 Heat half the oil in a large frying pan. Add the meatballs and cook, turning, until browned. Remove from the pan.
2 Tip the onions into the pan with the remaining oil and a pinch of salt. Cook for 10-15 mins. Add the garlic and rosemary and cook for 2 mins more.
3 Add the tomatoes and return meatballs

to the pan. Simmer for 10 mins until the sauce has thickened and the meatballs are cooked through. Season. Top the pasta with the sauce and meatballs and sprinkle over some rosemary to serve.

PER SERVING 311 kcals, fat 15g, saturates 6g, carbs 22g, sugars 11g, fibre 5g, protein 23g, salt 1.84g

Tip Why not get ahead by doubling the meatballs and sauce, then freezing them for another time

£1.67
per serving



£1.55
per serving

Singapore noodles

■ Serves 4 ■ Prep 20 mins ■ Cook 10 mins

3 nests medium egg noodles
2 tbsp sunflower oil
100g long-stem broccoli, stems sliced at an angle
1 red pepper, deseeded and quartered, then cut into strips
85g baby corn, quartered lengthways
2 garlic cloves, shredded
1 red chilli, deseeded and chopped
thumb-sized piece ginger, peeled and finely chopped
2 skinless chicken breasts, sliced
100g raw king prawns, peeled and deveined
1 tbsp madras curry paste
2 tsp soy sauce
100g beansprouts
15g coriander, chopped
4 spring onions, shredded
lime wedges, to serve

1 Put the noodles in a heatproof bowl, pour over boiling water and leave to soften. Heat half the oil in a non-stick wok and stir-fry the broccoli, pepper, corn, garlic, chilli and ginger.

2 Tip onto a plate, add the rest of the oil to the wok, then stir-fry the chicken and prawns until just cooked. Set aside with the vegetables and add the curry paste to the pan. Stir-fry for a few seconds, then add 150ml water and the soy sauce. Drain the noodles and add to the pan with the beansprouts. Toss together to coat.

3 Return the veg, chicken and prawns to the wok with the coriander and spring onions. Toss to warm through and serve with lime wedges.

PER SERVING 362 kcals, fat 9g, saturates 1g, carbs 33g, sugars 5g, fibre 6g, protein 40g, salt 1.39g

Zesty haddock with crushed potatoes & peas

■ Serves 4 ■ Prep 15 mins ■ Cook 20 mins

**600g floury potatoes, unpeeled,
cut into chunks**

140g frozen peas

2½ tbsp extra virgin olive oil

½ lemon, zested and juiced

**1 tbsp capers, drained and
roughly chopped**

2 tbsp snipped chives

**4-8 haddock or other chunky white fish
fillets (about 120g per person)**

**2 tbsp plain flour
broccoli, to serve**

1 Cover the potatoes in cold water, bring to the boil, then reduce to a simmer. Cook for

10 mins until tender, adding the peas for the final minute of cooking. Drain and roughly crush together, adding plenty of seasoning and 1 tbsp of the oil. Keep warm.

2 Meanwhile, combine 1 tbsp oil, the lemon zest and juice, capers and chives. Season.

3 Dust the fish in the flour, tapping off any excess, and season. Heat the remaining oil in a non-stick frying pan. Fry the fish for 2-3 mins on each side until cooked, then add the dressing and warm through.

4 Serve with the crushed potatoes and peas and the broccoli. Season.

PER SERVING 305 kcals, fat 8g, saturates 1g, carbs 31g, sugars 2g, fibre 4g, protein 28g, salt 0.71g

MAKE IT DIFFERENT

Salmon with dill & mustard mash

■ Swap the haddock for **4 salmon fillets** and cook for a few extra minutes. Make the mash as before using **750g potatoes** (leave out the peas). Instead, add **1 tbsp wholegrain mustard, 4 tbsp soft cheese** and **100ml milk**. Swap the chives for **chopped dill** in the dressing.

£1.82
per serving



Irish coddled pork with cider

■ Serves 2 ■ Prep 5 mins ■ Cook 30 mins

small knob of butter

2 pork loin chops

4 smoked bacon rashers, cut into pieces

1 carrot, cut into large chunks

2 potatoes, cut into chunks

1/2 small swede, cut into chunks

1/4 large cabbage, cut into smaller wedges

1 bay leaf

100ml Irish cider

100ml chicken stock

1 Heat the butter in a flameproof casserole dish until sizzling, then fry the pork loin chops for 2-3 mins on each side until browned. Remove from the pan.

2 Tip the bacon, carrot, potatoes and swede into the pan, then gently fry until slightly coloured. Stir in the cabbage and sit the chops back on top, then add the bay leaf and pour over the cider and stock.

3 Cover the pan, then leave everything to gently simmer for 20 mins until the pork is cooked through and the veg is tender. Serve at the table straight from the dish.

PER SERVING 717 kcals, fat 44g, saturates 17g, carbs 37g, sugars 20g, fibre 12g, protein 44g, salt 2.59g

An ideal
supper
for two on
St Patrick's Day
on 17 March

Tip You could use lamb chops for this recipe, if you'd prefer – simply trim the excess fat off before browning

£2.40
per serving

Harissa lamb & hummus flatbreads

- Serves 4 ■ Prep 15 mins
- Cook 12-16 mins

2 lamb leg steaks

1 tbsp harissa

4 wholemeal flatbreads

4 tbsp ready-made hummus

2 carrots, grated

handful of parsley

leaves, chopped

1 Heat the grill to high. Place the lamb on a baking tray, rub with the harissa and season. Grill for 6-8 mins, turning halfway through. When the lamb is cooked to your liking, transfer to a plate and leave to rest for a couple of minutes.

2 Meanwhile, warm the flatbreads, then spread each with 1 tbsp of the hummus. Mix the carrot and parsley together. Slice the lamb and scatter down the middle of each flatbread. Top with the carrot and any resting juices, then eat.

PER SERVING 390 kcals, fat 17g, saturates 6g, carbs 34g, sugars 4g, fibre 4g, protein 28g, salt 1.45g

£1.40
per serving



Paprika pork

■ Serves 4 ■ Prep 10 mins ■ Cook 25 mins

1 tbsp olive oil
 2 onions, finely sliced
 400g pork fillet, trimmed of any fat, cut into thick strips
 250g pack mushrooms, sliced
 1½ tbsp smoked paprika
 1 tbsp tomato purée
 200ml chicken stock
 100ml soured cream, plus extra to serve
 cooked egg noodles, tagliatelle or rice, to serve

1 Heat the oil in a large pan, tip in the onions and cook for 10 mins until soft and golden. Add the pork and mushrooms and cook over a high heat for 3-4 mins until browned. Add the paprika and cook for 1 min more.

2 Stir in the tomato purée, then pour in the stock and simmer for 5-8 mins until the pork is cooked through. Mix in the soured cream and some seasoning. Serve with some egg noodles, tagliatelle or rice and an extra dollop of soured cream, if you like.

PER SERVING 257 kcals, fat 13g, saturates 5g, carbs 9g, sugars 5g, fibre 2g, protein 27g, salt 0.35g

£1.29
per serving

Pork & apple burgers with pickled red cabbage

■ Serves ■ Prep 15 mins

■ Cook 25-30 mins **FREEZABLE** *uncooked*

8 pork sausages

1 eating apple, peeled, cored and grated

1 tbsp chopped sage leaves

2 tbsp red wine vinegar

1½ tbsp caster sugar

1 small red onion, finely sliced

200g red cabbage, finely sliced

2 tsp wholegrain mustard

4 bread rolls, split in half

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

Squeeze the sausagemeat from the skins into a bowl. Stir in the grated apple and the sage, then shape into four patties. Put on a baking sheet and cook for 25-30 mins, or until golden and cooked through.

2 Meanwhile, mix the vinegar and sugar together with some seasoning. Stir to dissolve the sugar before adding the onion, cabbage and mustard. Leave to pickle while the burgers finish cooking. Place a burger in each roll and top with the pickled cabbage, serving any extra on the side.

PER SERVING 463 kcals, fat 24g, saturates 7g, carbs 43g, sugars 14g, fibre 3g, protein 21g, salt 2.26g

75p
per serving

3 WAYS TO USE UP RED CABBAGE

Stir-fried cabbage with sesame

Heat **1 tbsp vegetable oil** in a wok. Add **300g finely shredded red cabbage**, **2 carrots cut into matchsticks** and **2 crushed garlic cloves**. Stir-fry until tender, then add **1 tbsp soy sauce** and **1 tbsp honey**. Cook for 1 min more before drizzling over a little **sesame oil** and sprinkling with **sesame seeds**.

Cabbage, beet & orange salad

Mix **300g finely shredded red cabbage** with **1 segmented orange** and **3 sliced cooked beetroot**. Season and drizzle with **2 tbsp olive oil** and **1 tbsp red wine vinegar**. Stir everything together and serve sprinkled with **chopped chives**.

Carrot, fennel & red cabbage slaw

Mix **1 shredded carrot**, **1 finely sliced fennel bulb** and **300g finely shredded red cabbage** together. Stir in **4 tbsp mayonnaise**, **4 tbsp plain yogurt**, **1 tbsp Dijon mustard** and a **handful of chopped parsley**.





£1.25
per serving

Mustard griddled chicken, beetroot & orange salad

■ Serves 4 ■ Prep 15 mins ■ Cook 15 mins

4 skinless, boneless chicken thigh fillets
2 oranges, 1 zested
2 tbsp Dijon mustard
1 tbsp olive oil
140g bag spinach, rocket & watercress salad
4 vacuum-packed cooked beetroot, cut into wedges

1 Put the chicken between two sheets of baking parchment and bash with a rolling pin to flatten. Mix the orange zest with the mustard, 2 tsp of the oil and some seasoning. Add the chicken and stir well.

2 Heat a griddle or frying pan and cook the chicken for 5-6 mins on each side until cooked through. Transfer to a plate to rest while you assemble the salad.

3 Tip the salad leaves into a bowl. Peel and slice the oranges on a plate to catch any juices. Pour the orange juice over the leaves, add the slices with the remaining oil and toss together. Add the beetroot, then

slice the chicken and add to the salad along with any resting juices. Divide everything between four plates and serve.

PER SERVING 205 kcal, fat 6g, saturates 1g, carbs 14g, sugars 13g, fibre 3g, protein 24g, salt 1.09g

MAKE IT WITH STEAK

Steak, grapefruit & avocado salad

Season and pan-fry **2 rump steaks** to your taste and leave to rest. Mix **3 tbsp olive oil, 1 tbsp mustard** and **2 tsp red wine vinegar** together. Segment **1 pink grapefruit** and add the **juice** from the pith to the dressing. Lay the **salad leaves** on plates with **2 sliced avocados** and the grapefruit segments. Slice the steak, arrange over the salads, then drizzle with the dressing before serving.

Fish tales

Oily fish is beneficial for all ages, but especially the young. These family-friendly recipes will give you the inspiration to scale up!

WHAT'S SO GOOD ABOUT OILY FISH?

It's rich in the omega-3 fatty acids EPA and DHA, and well-known to be beneficial for the heart and joints as well as the brain. Interestingly, it's when we are very young that oily fish may be most beneficial for our brains. That's because it aids the development and function of the brain and nervous system, and has been linked to helping behavioural problems, improving memory and sharpening concentration. We can't produce these fats in our own bodies, which makes them invaluable in our diet – so teaching children to learn to love fish can only be a good thing. Salmon, mackerel, fresh tuna, trout, sardines and herring are great sources of omega-3 fatty acids, and should be eaten once a week, if possible.

Salmon egg-fried rice

Let your kids choose how much heat they like – serve hot sauce on the table alongside, rather than adding chilli to the rice itself.

■ Serves 2-3 ■ Prep 10 mins ■ Cook 10 mins

thumb-sized piece ginger, peeled and grated

1-2 garlic cloves, grated

2 tbsp low-salt soy sauce

½ tbsp rice wine or sherry vinegar

2 tbsp vegetable oil

1 large carrot, chopped into chunks

175g pack baby corn & mangetout or sugar snap peas, chopped

2 skinless salmon fillets

250g pouch brown basmati rice

2 eggs

hot sauce, to serve

1 Mix the ginger, garlic, soy sauce and vinegar and set aside. Heat a large pan or wok and add half the oil, all the vegetables and the salmon. Fry the salmon for 2 mins on each side until it begins to turn opaque. Tip in the rice and stir, flaking the fish into large pieces, then move everything to the side of the pan.

2 Add the remaining oil, crack in the eggs and stir to roughly scramble them. Once cooked, stir through the rice and pour over the soy marinade. Season and leave to bubble away for a few minutes more so that all the rice is coated in the sauce. Serve in bowls with hot sauce for drizzling.

PER SERVING (3) 432 kcals, fat 23g, saturates 4g, carbs 24g, sugars 4g, fibre 3g, protein 30g, salt 1.7g

FEEL
LIKE SALMON
TONIGHT





Tandoori trout

Oily fish like trout is a valuable source of vitamin D, which supports strong bones and teeth.

■ Serves 4 ■ Prep 5 mins ■ Cook 35 mins

4 thick trout fillets
1 tbsp tandoori curry paste
500g new potatoes, large ones halved
2 tbsp vegetable oil
1 garlic clove, chopped
1 tsp each ground cumin and garam masala or ground coriander
1/2 tsp ground turmeric
320g frozen peas
yogurt, coriander leaves and mango chutney, to serve

1 Coat the trout in the curry paste. Put the potatoes in a large pan of cold salted water, bring to the boil and cook for 15-20 mins until tender but still retaining their shape. Drain and leave to steam-dry.

2 Heat the grill. Put the trout fillets on a baking tray lined with foil and cook for about 6-8 mins, until tender.

3 Meanwhile, heat the oil in a large frying pan and add the garlic and spices. Cook for a few minutes, then tip in the potatoes. Fry for 3 mins until crisp at the edges, then add the peas. Cook for 2-3 mins more until warmed.

4 Season well. Serve the potato mixture and trout with some coriander sprinkled over and the yogurt and chutney on the side.

PER SERVING 359 kcals, fat 15g, saturates 2g, carbs 27g, sugars 6g, fibre 7g, protein 35g, salt 0.5g



Hoisin mackerel pancakes

Using sweet ingredients with stronger-flavoured fish like mackerel helps tempt children to eat it. However, sweet sauces such as hoisin are a source of added sugar, so use them in moderation.

■ Serves 4 ■ Prep 15 mins ■ Cook 5 mins

3 mackerel fillets, bones removed, cut into finger-length strips
2 tbsp hoisin sauce, plus extra for dipping
4 spring onions
1/2 cucumber
2 Little Gem lettuces
1 tsp vegetable oil
10 Chinese pancakes

1 Put the mackerel in a shallow dish, pour over the hoisin sauce and leave to marinate while you prepare the veg. Trim and slice the spring onions and

cucumber into thin matchsticks and separate the lettuce leaves.

2 Heat the oil in a large frying pan over a medium heat. Add the marinated mackerel and fry for 3-4 mins until sticky and caramelised. Heat the pancakes following pack instructions. Serve everything in the middle of the table and let everyone help themselves.

PER SERVING 393 kcals, fat 22g, saturates 4g, carbs 24g, sugars 9g, fibre 3g, protein 24g, salt 0.9g

Easy mackerel bowls

- Serves 4 ■ Prep 20 mins
- Cook 15 mins

200ml sake

60ml mirin

3 tbsp white miso

3 tbsp palm sugar

60ml dark soy sauce

thumb-sized piece ginger, peeled
and sliced into matchsticks

4 skinless mackerel fillets, bones
removed, cut into thick slices

2 x 250g pouches mixed grains

80g frozen petit pois

1 large courgette, sliced into ribbons
with a vegetable peeler

50g watercress

1 tbsp sesame seeds, to serve

1 Put the sake, mirin, miso, sugar and soy sauce in a saucepan and bring to the boil. Add the ginger and return to the boil.

2 Place the mackerel in a single layer in the saucepan, cover and reduce the heat to a simmer. Cook over a low heat for 5-10 mins, then remove the mackerel and ginger. Taste the broth. If it's a bit strong, dilute with 50-100ml water.

3 Cook the grains following pack instructions. Tip the peas into a heatproof bowl, cover with boiling water, allow to sit for 30 seconds, then drain. Spoon the grains into four deep bowls, then spoon about 2 tbsp of the broth into each (you'll have some leftover). Top with the mackerel and ginger, a handful of watercress, the peas, courgette and a scattering of sesame seeds.

PER SERVING 658 kcals, fat 35g, saturates 7g, carbs 40g, sugars 8g, fibre 7g, protein 38g, salt 1.4g

DID YOU KNOW?

Fresh tuna is classed as an oily fish, but canned tuna isn't!





Sesame tuna steaks with Asian slaw

Look for portions of fresh tuna in the freezer cabinet. It's a budget-friendly way to buy it.

- Serves 4 ■ Prep 15 mins
- Cook 10 mins

2 tbsp sesame oil
2 limes, 1 juiced, 1 cut into wedges to serve
1/2 red cabbage, shredded
1 red chilli, thinly sliced
1 large yellow pepper, cut into strips
200g beansprouts
60g peanuts, toasted and roughly chopped
4 x 2cm-thick tuna steaks
4 tbsp sesame seeds

1 Mix together the sesame oil and lime juice. Season, then toss with the cabbage, chilli, pepper, beansprouts and peanuts.

2 Heat a non-stick frying pan until searing hot. Season the tuna steaks on both sides and turn them in the sesame seeds to coat. Fry for 3 mins on each side until the tuna is browned and a crust has formed, but the fish is still pink in the middle. Leave to rest, then serve with the slaw and lime wedges for squeezing over.

PER SERVING 535 kcals, fat 26g, saturates 4g, carbs 15g, sugars 11g, fibre 11g, protein 56g, salt 0.5g

10 WAYS WITH

CHOPPED TOMATOES

All you need to do is open a can and you'll have the makings of a tasty supper!



Super-quick chicken madras

■ Heat **1 tbsp vegetable oil** in a deep pan and gently fry **1 chopped onion** and **1 crushed garlic clove** for about 5 mins until soft. Add **2 tbsp madras curry paste** and stir-fry for 1-2 mins, then tip in a **400g can chopped tomatoes** and **200ml chicken stock**. Bring to a simmer, then add a couple of handfuls of **cooked chicken**. Heat for 4-5 mins until bubbling. Serve with rice or naan, sliced banana and mango chutney. Serves 2.

Easy tomato sauce

■ Heat **1 tbsp olive oil** in a large saucepan, add **2 chopped onions** and cook over a low heat until soft. Add **2 crushed garlic cloves** and **1 tbsp tomato purée**. Cook for a few minutes, then add **2 x 400g cans chopped tomatoes** and **1 tsp dried oregano**. Season generously and simmer for 20 mins. Serves 5 with pasta or on chicken or fish.

Easy caponata

■ Heat **1 tbsp olive oil** in a frying pan, add **1 chopped red onion** and **1 large chopped aubergine** with a big pinch of salt. Fry until golden, around 10 mins. Add **1 crushed garlic clove** and cook for 1 min, then add **2 tbsp drained capers**, **1 tsp dried oregano** and a **400g can cherry tomatoes**. Half-fill the empty can with water and add to the pan, bring to the boil then turn the heat down to a simmer until the sauce has thickened and the veg is soft. Lightly squash the cherry tomatoes, then stir in a **handful of basil** and **lemon juice**, salt and black pepper to taste. Tip into bowls, top with more basil and serve with toast drizzled with olive oil. Serves 2.

Chicken, tomato & fennel stew

■ Quarter **1 fennel bulb**, cut out the core, then cut lengthways into slices. Heat **1 tbsp olive oil** in a pan and add **2 chopped chicken breasts**, then fry until lightly coloured. Add the fennel and **1 chopped garlic clove** and stir briefly until the fennel is glistening. Tip in **200g new potatoes**, a **400g can chopped tomatoes**, **150ml chicken stock** and a little seasoning and bring to the boil. Cover and simmer for 20 mins until the potatoes are tender. Stir in **3 chopped roast peppers from a jar** and heat through. Serve with garlic bread for mopping up the juices. Serves 2.

Coriander prawn noodles

■ Heat **2 tbsp olive oil** in a wok. Toss in a **chopped onion** and sprinkle over a few **chilli flakes** to taste. Stir-fry for 5 mins until the onion is softened. Pour in a **400g can chopped tomatoes** and $1\frac{1}{2}$ cans hot water. Add **1 tbsp tomato purée** and **1 tbsp vegetable bouillon powder**. Season well. Bring to a bubble, stirring, then lower the heat and simmer for 15 mins until slightly reduced. Break **250g egg noodles** into a heatproof bowl and cover with boiling water. When the sauce is ready, drain the noodles and add to the wok with **400g frozen prawns** and a **handful of chopped coriander**. Stir well and cook for 2 mins more until the prawns are cooked through. Add more seasoning, chilli flakes and a little **sugar** if you like. Serves 4.

Seafood spaghetti

■ Heat **1 tbsp olive oil** in a large pan, then cook **1 chopped onion** and **1 chopped garlic clove** over a medium heat for 5 mins until soft. Add **1 tsp paprika**, a **400g can chopped tomatoes** and **1 litre chicken stock** and bring to the boil. Reduce the heat to a simmer, stir in **300g broken spaghetti** and cook for 7 mins, stirring occasionally to prevent sticking. Stir in **240g mixed seafood** and cook for 3 mins until the seafood is hot and the pasta is cooked. Season to taste, sprinkle with **parsley** and serve with lemon wedges. Serves 4.

Cod with olives & crispy pancetta

Mix **100g mixed olives & sundried tomatoes** with a **400g can chopped tomatoes**, then season. Tip the sauce into a casserole dish, top with **4 cod fillets** and drizzle over **2 tbsp olive oil**. Bake at 200C/180C fan/gas 6 for 15-20 mins or until the fish is just cooked. Heat a medium frying pan until hot, add **8 slices pancetta** and cook on both sides for 1 min or until crisp. Top the fish with shards of the pancetta and serve with your favourite veg. Serves 4.



Cheesy stuffed aubergines

■ Heat the oven to 200C/180C fan/gas 6. Put **2 aubergines** on a baking tray and make a slit down the centre of each. Drizzle with **2 tbsp olive oil** and season. Bake for 50-55 mins or until the flesh is soft. Heat the grill. Tip a **400g can chopped tomatoes** into a bowl and season well. Fill the aubergines with **sliced tomatoes** and **250g sliced mozzarella**. Scatter over **30g grated parmesan** or **vegetarian alternative** and grill for 5-7 mins until golden. Serves 2.

Beans & feta on sourdough toast

■ Put **2 x 250g packs fresh mixed bean salad** and **1/2 x 400g can chopped tomatoes** in a pan over a medium heat. Simmer for 7 mins until the sauce is reduced a little. Season well. Drizzle **4 slices sourdough** with a little **olive oil** on each side and grill until both sides are golden. Top the bread with the beans and crumble over **80g feta**. Serves 2.

Tomato soup with cheese on toast

■ Heat **1 tbsp olive oil** in a pan over a medium heat, add **1 chopped onion** and a pinch of salt and cook for about 5 mins until softened. Add **1 tsp dried oregano**, **1 chopped garlic clove** and a **handful of torn basil leaves** and cook for 1 min more. Tip in a **400g can plum tomatoes** and half a can of water. Leave to simmer for 10 mins, then blitz with a hand blender. Season. Meanwhile, heat the grill to high. Spread **2 slices crusty bread** with **2 tsp yeast extract**, then top with **50g grated parmesan**. Grill for 3-5 mins until golden. Spoon the soup into two bowls and top with the cheese on toast. Grind over some black pepper to serve. Serves 2.



A WEEK OF *healthy* MEALS

Stay on track with *healthy* these feel-good suppers
with a nutritional twist – perfect for midweek



**High in
fibre, counts
as 2 of 5-a-day,
low fat and
a good source
of iron, calcium
and vit C**

Monday

Sesame & honey tofu with rice noodles

■ Serves 4 ■ Prep 15 mins
■ Cook 30 mins **VEGETARIAN**

2 tbsp toasted sesame oil
396g firm tofu, cut into 1 x 3cm sticks and patted dry
150g dried brown rice noodles
1 tbsp tamari (gluten-free soy sauce)
2 tsp Chinese five-spice powder
1 tbsp honey
1 red pepper, thinly sliced
1 bunch of spring onions, trimmed and cut into lengths
2 pak choi (about 200g), washed and leaves separated

1 Heat half the sesame oil in a frying pan over a medium heat. When hot, cook the tofu for 5 mins on one side. Turn, then fry for 3 mins more on the other side. Continue cooking for 10 mins, turning regularly – make sure you scrape up any bits that stick to the bottom of the pan. Don't worry if it falls apart a little, these pieces will become crispy. Transfer to a plate and keep warm.
2 Meanwhile, cook the noodles following pack instructions. Drain and set aside. Make the dressing by mixing $\frac{1}{2}$ tbsp of the sesame oil, the tamari, five-spice powder and honey.
3 Heat the remaining oil in the frying pan and cook the pepper for 1 min, then add the onions and pak choi. Toss together for 3 mins until just wilted. Add the noodles and half the dressing and mix well. Heat through and divide between four bowls. Top with the tofu and drizzle over the remaining dressing.
PER SERVING 297 kcals, fat 11g, saturates 2g, carbs 40g, sugars 9g, fibre 3g, protein 12g, salt 1.22g

HEALTHY BENEFITS

High in protein and low in saturated fat, tofu is an excellent source of immune-boosting selenium – this, along with the vitamin E in sesame oil, helps to protect against cancer. Sesame oil is rich in healthy unsaturated fats and also a useful non-dairy source of calcium.



**Counts
as 1 of your
5-a-day**

Tuesday

Mustard-glazed pork with apple Caesar salad

■ Serves 4 ■ Prep 10 mins ■ Cook 15 mins

4 lean pork escalopes or loin steaks, trimmed of any fat
1 tbsp Dijon mustard
1 tbsp extra virgin olive oil
1/4 lemon, juiced
1 tsp Worcestershire sauce
3 tbsp low-fat natural yogurt
50g parmesan or vegetarian alternative, finely grated
2 apples, unpeeled, cored and thinly sliced
2 baby romaine lettuce (about 300g), leaves separated and large ones roughly torn

1 Brush the pork with 2 tsp of the mustard and set aside. Mix all the remaining ingredients, except the lettuce, together in a large bowl with some seasoning. Top with the leaves but don't mix together yet.

2 Griddle or grill the pork for 3-4 mins on each side until cooked through and golden, then leave to rest for 1 min. Slice the pork, then toss with the salad and dressing, combining everything well.

PER SERVING 283 kcals, fat 12g, saturates 4g, carbs 10g, sugars 10g, fibre 2g, protein 34g, salt 0.8g



**High in fibre,
a good source
of iron and
vit C, counts as
2 of 5-a-day
and low fat**

Wednesday


Baked chicken masala with almond pilaf

■ Serves 4 ■ Prep 15 mins ■ Cook 35 mins

250g brown basmati rice
2 tsp turmeric
5 tsp medium curry powder
2 tbsp flaked almonds
6 tbsp low-fat natural yogurt
2 large skinless chicken breasts
 (about 500g), cut into chunks
8 medium tomatoes, halved
2 large red onions, thinly sliced
¹/₂ **small bunch of coriander,**
 leaves picked

1 Heat the oven to 220C/200C fan/gas 7. Put the rice in a saucepan with 600ml water, half the turmeric, 1 tsp of the curry powder and some salt. Bring to the boil, stir and cover, then reduce the heat to low and cook for 30 mins, or until tender – don't take the lid off during cooking. Remove from the heat and leave, covered, for 5 mins. Add the flaked almonds and fluff with a fork.
2 Meanwhile, mix 2 tsp curry powder, the remaining turmeric, 2 tbsp of the yogurt and some seasoning together.

Add chicken and toss to coat in the spiced yogurt mixture.
3 Toss the tomatoes and onions in a roasting tin with the rest of the curry powder, then nestle in the chicken pieces. Bake for 15-20 mins until the chicken is cooked through. Scatter the coriander over and serve with the rice and remaining yogurt.
PER SERVING 459 kcals, fat 7g, saturates 1g, carbs 61g, sugars 11g, fibre 6g, protein 41g, salt 0.4g



**High in fibre,
counts as 4 of
5-a-day and
a good source of
iron, calcium
and vit C**



Thursday

Bean enchiladas

■ Serves 4 ■ Prep 10 mins

■ Cook 30 mins **VEGETARIAN**

1 tsp olive oil

2 onions, chopped

280g carrots, grated

**2-3 tsp chilli powder (mild or hot,
depending on your taste)**

2 x 400g cans chopped tomatoes

**2 x 400g cans pulses in water, drained and
rinsed (we used mixed beans and lentils)**

6 small wholemeal tortillas

200g low-fat natural yogurt

**50g extra-mature cheddar cheese,
finely grated**

1 Heat the oil in a large frying pan. Cook the onions and carrots for 5-8 mins until soft – add a splash of water if they start to stick. Add the chilli powder and cook for 1 min more, then stir in the tomatoes and pulses and bring to the boil. Reduce the heat and simmer for 5-10 mins, stirring occasionally until thickened. Remove from the heat and season well.

2 Heat the grill to high. Spread a spoonful of the bean chilli in the base of a large baking dish. Lay each tortilla onto a board, fill with a some of chilli mix, fold over the ends and roll up to seal. Place in the dish. Pour the rest of the chilli on top.

3 Mix the yogurt and cheese together with some seasoning, then spoon over the enchiladas. Grill for a few minutes until golden and bubbling.

PER SERVING 430 kcals, fat 13g, saturates 4g, carbs 60g, sugars 17g, fibre 15g, protein 23g, salt 1.4g

Friday

Basque-style salmon stew

■ Serves 4 ■ Prep 10 mins ■ Cook 25 mins

1 tbsp olive oil
 3 mixed peppers, deseeded and sliced
 1 large onion, thinly sliced
 400g baby potatoes, unpeeled and halved
 2 tsp smoked paprika
 2 garlic cloves, sliced
 2 tsp dried thyme
 400g can chopped tomatoes
 4 salmon fillets, skin-on
 1 tbsp chopped parsley (optional),
 to serve

1 Heat the oil in a large pan and add the peppers, onion and potatoes. Cook, stirring regularly, for 5-8 mins until golden. Add the paprika, garlic, thyme and tomatoes. Bring to the boil, stir and cover, then reduce the heat and simmer for 12 mins, adding a splash of water if the sauce becomes too thick.

2 Season the stew and lay the salmon on top, skin-side down. Cover again and simmer for a further 8 mins until the salmon is cooked through. Scatter with some chopped parsley, if you like, before serving.

PER SERVING 414 kcals, fat 19g, saturates 4g, carbs 29g, sugars 11g, fibre 5g, protein 33g, salt 0.3g

**Heart healthy,
 a good source
 of omega-3
 and vit C and
 counts as
 3 of 5-a-day**

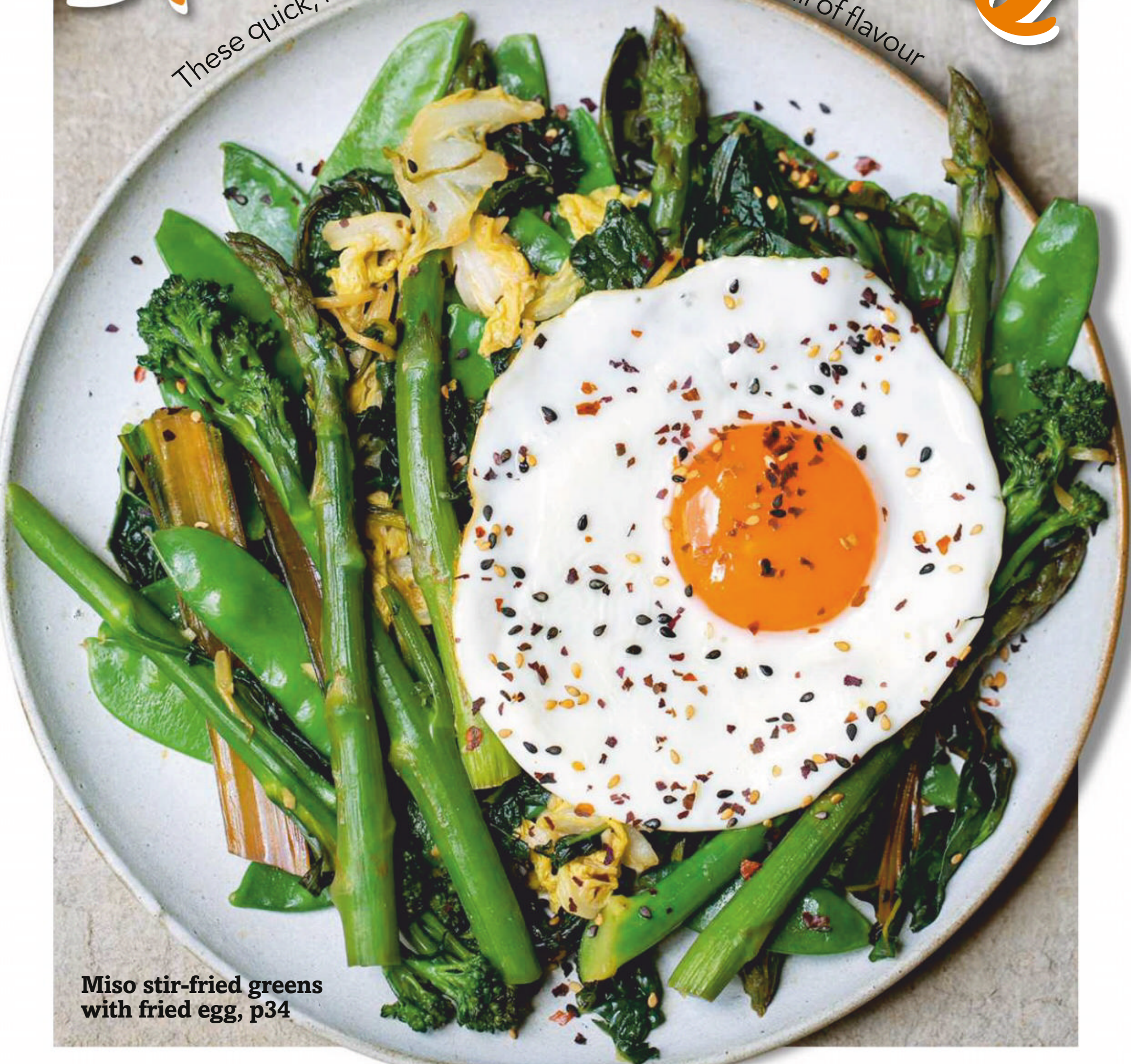




TOM KERRIDGE'S

Spicy Suppers

These quick, healthy dishes are easy to make and full of flavour



Miso stir-fried greens with fried egg, p34

**TRY
SOMETHING
NEW**



**Monkfish &
coconut curry, p34**



Miso stir-fried greens with fried egg

Super-delicious and quick to make, stir-fried greens are a perfect midweek meal when you want to feel like you've really done yourself some good. There are so many flavours going on here, it's hard to believe this dish is as healthy as it is.

■ Serves 2 **VEGETARIAN**

- 3 tbsp white miso paste**
- 2 tbsp soy sauce**
- 1 tbsp mirin**
- ½ tsp vegetable oil**
- ½ tsp sesame oil**
- 3 garlic cloves, finely chopped**
- 2.5cm piece ginger, peeled and sliced into thin strips**
- 125g broccoli**
- 125g asparagus**
- 125g mangetout**
- 175g cavolo nero, ribs removed, roughly chopped**
- 100g Chinese leaf cabbage, thickly shredded**
- 100g rainbow chard, roughly chopped into thirds**
- sunflower oil spray**
- 2 large free-range eggs**

1 Mix the miso paste, soy sauce and mirin together in a bowl with 2 tbsp water until smooth.

2 Put a large non-stick wok over a high heat. When hot, add the oils, garlic and ginger and stir-fry for 1-2 mins. Add the broccoli, asparagus, mangetout and 1 tbsp water. Stir-fry for 1 min, adding a splash more water if the pan looks dry.

3 Add the cavolo nero, cabbage and miso mixture. Stir-fry for 2 mins until the cabbage is wilted. Add the chard and cook for 1 min more, then remove the wok from the heat.

4 Put a medium non-stick frying pan over a high heat. Add a few sprays of oil, crack the eggs into the pan and fry for 2-3 mins. Divide the greens between warmed plates and top each portion with a fried egg.

TIP Filled to the brim with vitamins, antioxidants and minerals, greens are particularly rich in nutrients that can help reduce muscle aches and pains after exercise.



Monkfish & coconut curry

A robust, meaty fish, monkfish is great in a curry as it holds its own well against the complex spices. Red lentils and coconut provide richness and make this dish feel substantial, yet it's still light – the perfect cosy winter feast.

■ Serves 2 **FREEZABLE**

- 1 tbsp vegetable oil**
- 1 large onion, finely chopped**
- 3 garlic cloves, finely chopped**
- 2.5cm piece ginger, peeled and finely grated**
- 1 red chilli, finely sliced**
- handful of curry leaves**
- 1 tsp ground turmeric**
- 1 tsp ground coriander**
- 2 medium tomatoes, chopped**
- 400ml fresh vegetable stock**
- 50g red lentils**
- 400g monkfish fillets**
- 100g green beans**
- 100ml coconut milk**
- small handful of coriander leaves, roughly chopped**

1 Heat the oil in a large non-stick pan over a medium-high heat. Add the onion and cook for 5 mins or until softened and starting to brown. Add the garlic, ginger and chilli and cook for a couple of minutes. Add the curry

leaves, turmeric and ground coriander and cook, stirring, for 1 min or until fragrant.

2 Add the tomatoes, stock and lentils to the pan. Stir, bring to the boil over a medium heat and simmer for 12-15 mins or until the sauce is thickened and the lentils are tender.

3 Meanwhile, cut the monkfish into 4cm pieces. Trim the green beans and cut in half. Add the monkfish and coconut milk to the pan and cook over a gentle heat for 2-3 mins. Add the beans and cook for 3-4 mins more.

4 Remove the pan from the heat, taste to check the seasoning and stir in the coriander leaves. Serve in warmed bowls.

TO FREEZE Allow the curry to cool, then freeze in portions. Defrost fully overnight in the fridge, then reheat in a saucepan over a medium heat until hot all the way through.



TIP Lean stewing steak is high in protein and very low in saturated fat – less than 2% – compared with other cuts of beef.

Malaysian-style beef curry

Here, galangal, tamarind and lemongrass introduce more subtle flavours than the often fiery heat of a classic Indian curry. Give it a try to make a change from your usual curry.

■ Serves 4

650g lean stewing beef

1 tbsp vegetable oil

1 litre fresh beef stock

1 cinnamon stick

2 star anise

2 kaffir lime leaves

150ml coconut milk

1 tbsp tamarind paste

FOR THE SPICE PASTE

8 shallots, quartered

4 garlic cloves

2 dried chillies, stalks removed

2 long red chillies, deseeded

2.5cm piece ginger, peeled and chopped

2.5cm piece galangal, chopped (optional)

2 lemongrass stalks, coarse layers removed, chopped

1 tsp ground turmeric

TO SERVE

500g cooked brown rice, or

2 cooked pouches

handful of coriander leaves

1 long red chilli, finely sliced

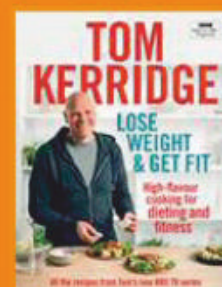
1 To make the spice paste, put everything in a food processor with 1 tsp salt and blend until smooth. Add some water, if needed.

2 Cut the beef into 2.5cm cubes. Put a large non-stick saucepan over a high heat and add the oil. When hot, add the spice paste and cook, stirring, for 1 min or until fragrant.

3 Add the beef and cook, stirring often, for 5 mins until starting to brown. Add the stock, cinnamon, star anise and lime leaves. Cover and simmer for 45 mins, stirring occasionally. Uncover and cook for 20 mins more until the sauce has thickened and the beef is tender.

4 Turn up the heat, stir in the coconut milk and tamarind paste and cook for 5 mins more. Season to taste and discard the cinnamon stick, star anise and kaffir lime leaves.

5 Serve the rice and curry in warmed bowls topped with coriander leaves and chilli slices.



Recipes adapted from *Lose Weight & Get Fit* by Tom Kerridge (£22, Bloomsbury). Photographs © Cristian Barnett

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**Turkey & mushroom
pot pies**



**Turkey bolognese
pasta bake**

*Cut out
& keep*



Let's talk... turkey mince

If you thought it was a bit bland, think again
– these recipes are sure to please



**Turkey
meatloaf**



**Ginger turkey
lettuce wraps**

Turkey bolognese pasta bake

- Serves 4-6 ■ Prep 20 mins
- Cook 1 hr 10 mins
- FREEZABLE** *meat sauce only*

- 1 tbsp olive oil
- 2 onions, finely chopped
- 500g turkey thigh mince
- 1 garlic clove, crushed
- 2 x 400g cans chopped tomatoes
- 1 tbsp chipotle paste
- 300ml chicken stock
- 400g large pasta shells
- 250g mascarpone
- 200g cheddar, grated
- 2 tbsp grated parmesan or vegetarian alternative

1 Heat the oil in a pan. Cook the onions for 8-10 mins. Add the mince and brown, then add the garlic, tomatoes, chipotle paste and chicken stock. Bring to the boil then simmer for 35-40 mins.

2 Boil the pasta following pack instructions, then drain. Keep some of the water. Warm the mascarpone with a splash of the



reserved water over a low heat. Add 140g of the cheddar, season and stir to combine.

3 Heat the oven to 200C/180C fan/gas 6. Transfer the turkey mix to a large baking dish. Stir the cheese sauce through the pasta and pour over the top. Sprinkle the remaining cheddar and the parmesan on top. Bake for 20 mins until crisp.

PER SERVING (6) 647 kcals, fat 33g, saturates 20g, carbs 44g, sugars 9g, fibre 2g, protein 41g, salt 1.1g

Turkey & mushroom pot pies

- Makes 2 ■ Prep 25 mins plus cooling
- Cook 40-45 mins
- FREEZABLE** *before baking*

- 1 tbsp butter
- 1 large onion, finely chopped
- 4 streaky bacon rashers, chopped
- 140g chestnut mushrooms, sliced
- 250g turkey thigh mince
- 25g plain flour
- 200ml chicken stock
- a few thyme sprigs, leaves picked
- 1/2 x 375g sheet ready-rolled puff pastry
- 1 egg yolk, beaten

1 Heat the butter in a large pan. Add the onion and cook for 8-10 mins. Add the bacon, mushrooms and turkey mince and cook for 5 mins.

2 Add the flour, stir for 1 min, then pour in the stock and add the thyme. Cook over a medium heat for 1-2 mins until



thickened slightly. Season and set aside to cool.

3 Heat the oven to 220C/200C fan/gas 7. Divide the turkey mixture between two ramekins. Unroll the pastry and cut out two squares. Sit on top of the ramekins, press the edges down and glaze with the egg yolk. Bake for 30 mins.

PER PIE 882 kcals, fat 51g, saturates 21g, carbs 52g, sugars 8g, fibre 4g, protein 51g, salt 3.1g

Ginger turkey lettuce wraps

- Serves 4 ■ Prep 20 mins
- Cook 12-15 mins

- 1 tbsp vegetable or sunflower oil
- 500g turkey mince (preferably breast)
- 2 carrots, finely chopped
- 225g can water chestnuts, drained and finely chopped
- 200g green beans, finely chopped
- 2cm piece ginger, peeled and grated
- 2 garlic cloves, crushed
- 3 tbsp soy sauce
- 2 iceberg lettuces, halved and leaves separated
- 6 tbsp sticky plum sauce or sweet chilli sauce, to serve

1 Heat the oil in a large wok or frying pan and fry the mince until browned and cooked through. Transfer to a bowl and set aside.

2 Tip the carrots, water chestnuts and beans into the pan and stir-fry for 2 mins. Add



the ginger and garlic, drizzle over the soy sauce and stir-fry for 1-2 mins more. Add the mince and stir-fry until hot. Season to taste.

3 Pile the turkey and veg into lettuce leaf 'cups' and drizzle over the plum or chilli sauce to serve.

PER SERVING 280 kcals, fat 5g, saturates 1g, carbs 22g, sugars 20g, fibre 6g, protein 34g, salt 3.0g

Turkey meatloaf

- Serves 4 ■ Prep 15 mins plus cooling
- Cook 55 mins
- FREEZABLE**

- 1 tbsp olive oil
- 1 onion, finely chopped
- 1 garlic clove, crushed
- 2 tbsp Worcestershire sauce
- 3 tsp tomato purée
- 500g turkey thigh mince
- 1 large egg, beaten
- 85g fresh white breadcrumbs
- 6 tbsp barbecue sauce
- FOR THE BEANS**
- 2 x 400g cans cannellini beans
- 1-2 tbsp parsley, chopped

1 Heat the oven to 180C/160C fan/gas 4. Heat the oil in a large pan and fry the onions for 8-10 mins. Add the garlic, Worcestershire sauce and 2 tsp tomato purée. Stir until combined, then cool.

2 Put the turkey mince, egg, breadcrumbs and onion mix in a large bowl, season and mix. Shape into a loaf and place in a



large roasting tin. Spread over 2 tbsp barbecue sauce and bake for 30 mins.

3 Drain 1 can of beans, then pour both cans into a bowl. Add the rest of the barbecue sauce and tomato purée. Season and set aside.

4 Scatter the beans around the outside of the meatloaf and bake for 15 mins more until it's cooked through and the beans are piping hot. Scatter over the parsley and serve.

PER SERVING 416 kcals, fat 6g, saturates 1g, carbs 45g, sugars 11g, fibre 3g, protein 43g, salt 1.7g

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Cyrus Todiwala's **Indian veggies**

Classic Indian flavours combine with vegetarian favourites in these moreish dishes

Grandma Todiwala's macaroni & cauliflower cheese

This was Mum's all-time favourite dinner for us when we were kids. It goes back to when the first pasta was introduced to the British public and promptly found its way to India and into the clubs and gymkhanas of the Raj. Like most Indians, I grew up eating overcooked pasta. It was not until my European training back in 1980 that I realised we had been cooking it all wrong – but in those days, if you cooked pasta al dente it was sent back to you. Mum's macaroni was cooked until it split, but hey, the fun was in the sauce and her awesome magic with taste.

■ Serves 4-5 **VEGETARIAN**

300g cauliflower florets (reserve the stems and trimmings)
300g macaroni
2 tbsp butter, plus extra for the dish
1/2 tsp cumin seeds
4 tbsp plain flour, sifted
400ml whole milk
2-3 green chillies, finely chopped
pinch of red chilli powder
200-300g cheddar, grated (depending how much cheese you prefer)
3-4 tsp English mustard
1 tbsp chopped coriander
3-4 tbsp fresh breadcrumbs

1 Bring 1 litre salted water to the boil. Add the cauliflower and boil for 4-5 mins. Remove using a slotted spoon, then refresh under cold running water and drain.

2 Tip the macaroni into the pan and cook following pack instructions. Remove with a slotted spoon, then refresh under cold running water and drain. Mix with the boiled cauliflower.

3 Add the cauliflower trimmings and stems to the cooking water and cook for 5 mins until very soft. Blitz with 250-300ml of the cooking water to make a purée.

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

Generously butter the inside of a baking dish.

5 Melt the butter in a large saucepan and add the cumin seeds. Cook for 30 seconds, then remove from the heat. Add the flour and stir. Whisk in the milk and some of the puréed cauliflower until combined.

6 Return the saucepan to the heat and stir gently with a whisk. Scrape the bottom of the pan with a spatula occasionally to ensure it's not sticking. Bring to the boil and simmer for a few minutes, adding more of the puréed cauliflower, if needed, until it's the consistency of white sauce. Add the chillies, chilli powder and some seasoning.

7 Stir half the cheese into the sauce and mix until it has melted and the sauce is smooth. Remove from the heat and add the mustard and macaroni and cauliflower mixture and gently combine. Add the coriander and check everything is well coated in the sauce – add some more purée if needed.

8 Transfer the mixture to the prepared baking dish. Combine the remaining cheese with the breadcrumbs and sprinkle over the top. Bake for about 15-20 mins, until golden and crisp. Serve immediately.



Tip You can also use green peas, potatoes, carrot or broccoli, but there is nothing quite like using just cauliflower for its unique taste and flavour



Courgette, potato & butternut squash koftas in a creamy coconut & tomato sauce

Koftas are dumplings generally served in a sauce. You can adapt this recipe and use whatever veg you have – I've used courgette, potatoes and squash, and have given a range of weights as it can be difficult to find exactly the right weight when buying veg. To avoid food waste, use the weight you can find in that range, and adjust the chickpea and rice flours accordingly. You will likely have some koftas leftover, so keep these separate from the sauce and serve as a snack to eat with a dipping sauce.

■ Serves 4 **VEGETARIAN**

FOR THE KOFTAS

300-400g courgette or marrow, grated

300-400g potatoes, boiled and grated

300-400g butternut squash, peeled and grated

4-5 tbsp chickpea (gram) flour

3-4 tbsp rice flour

2 spring onions, finely chopped

1 small onion, chopped

2 tsp chopped ginger

1 tsp chopped garlic

1 tsp cumin seeds, crushed

2 green chillies, finely chopped

1-2 tbsp chopped coriander

oil, for deep-frying

FOR THE SAUCE

1½ tbsp ginger & garlic paste from a jar

1 tbsp ground coriander

½ tsp ground turmeric

½ tsp garam masala

1 tsp red chilli powder

2 tbsp oil

2-3 bay leaves

5cm cinnamon stick

400g can chopped tomatoes

400ml coconut milk

½ lime, juiced

1 Mix all the kofta ingredients together in a large bowl except for the oil. Knead to form a dough. If it is too soft or too sticky, add a bit more rice flour.

2 Heat a 5cm depth of oil in a deep pan over a low heat. Add a small piece of the

kofta mixture – if it starts to disintegrate, add a bit more flour to bind it together so it can be fried.

3 Roll the dough into golf-ball-sized balls and fry in batches for about 4-5 mins until golden brown. Remove with a slotted spoon and put on a plate lined with kitchen paper to drain.

4 To make the sauce, mix the ginger & garlic paste with the dry spices and 150ml water until smooth and well combined.

5 Heat the oil in a saucepan and add the bay leaves and cinnamon. After about 30 seconds, as the leaves sizzle and the cinnamon swells a bit, add the spice paste and sauté until the liquid evaporates and the oil begins to appear at the edges of the pan.

6 Add the tomatoes and cook for 10-15 mins more over a medium heat until the tomatoes are thickened. Add the coconut milk and bring to a simmer, then cook for another 5-7 mins until thick and creamy.

7 Remove from the heat and set aside to cool slightly. Remove and discard the cinnamon and bay leaves. Put the sauce mixture in a blender and blitz until smooth.

8 Pour the sauce back into the saucepan, rinse out the blender with a little water and add this water to the sauce to thin it slightly.

9 Add the lime juice and season with ½ tsp each salt and freshly ground black pepper.

10 Either add the koftas to the sauce just before serving, or serve the koftas with the sauce poured over the top.

Creamy black urad dhal

Some families are fanatical about their dhal – as are some chefs – and there is always some argument or other about whose maa ki dhal or dhal makhani is better. I lay claim to no such argument, but we do know that we make a mean one, even if it is slightly different to most others. I go by my own taste buds, sticking as close to tradition as possible. Serve hot with naan or soft pilau rice.

■ Serves 4-6 as a side **VEGETARIAN**

200-250g whole black urad beans

400g can red kidney beans, drained and rinsed

3-4 tbsp butter

1 tbsp oil

1½ tsp cumin seeds

2 x 5cm pieces ginger, peeled and very finely sliced

4-5 garlic cloves, finely chopped

2-3 green chillies, each sliced

lengthways into four

2 red onions, finely chopped

1 tsp red chilli powder

2-3 plum tomatoes, roughly chopped

3-4 tbsp single cream

1 tsp garam masala, to serve (optional)

1 Rinse the urad beans, then cover in slightly warm water 5cm above the surface. Leave to soak in a warm place overnight.

2 When the beans have expanded, gently rub them between your hands to remove some of the outer husks. These will float to the surface, so lift out, discard and wash the beans well. Some beans might be white- or grey-looking, some might still be whole. This will create a rich and creamy texture.

3 Combine the urad beans with the kidney beans in a flameproof casserole dish. Cover with water and bring to the boil. Remove any scum from the surface, then reduce to a simmer and add salt to taste.

4 Cook for 1 hr until softened and the kidney beans can easily be mashed.

5 Heat the butter and oil in a saucepan. As soon as the butter melts, add the cumin seeds and stir for about 30 seconds until they change colour. Add the ginger, garlic and chillies and sauté for about 2-3 mins, until the garlic turns pale golden.

6 Add the onions and chilli powder and sauté for 3-4 min until the onion turns pale golden and the fat separates at the bottom. Add the tomatoes and cook for 4-5 min until soft, then add the cooked beans. Stir, bring to the boil and season.

7 Check the seasoning. Pour into bowls, drizzle over the cream and sprinkle over the garam masala, if using, just before serving.



Recipes adapted from *Simple Spice Vegetarian* by Cyrus Todiwala (£14, Mitchell Beazley).
Photographs © Matt Russell

HOT POTATOES

Enjoy a potato mash-up with warming recipes that make the most of different varieties



Sweet potato & rosemary soup with garlic toasts

A filling and flavour-packed meal that'll be on the table in just half an hour. The sweet potatoes count towards your five-a-day, too.

■ Serves 4 ■ Prep 10 mins

■ Cook 20 mins **VEGETARIAN**

FREEZABLE soup only

2 tsp olive oil, plus extra for brushing

1 onion, chopped

3 garlic cloves

750g sweet potatoes, peeled and cubed

1 litre vegetable stock

2 rosemary sprigs

8 slices crusty bread, such as ciabatta

1 Heat the oil in a large saucepan, then fry the onion until soft. Crush two of the garlic cloves, add to the onion and fry for 1 min more. Stir in the sweet potatoes, then cover with the stock and bring to the boil. Strip the leaves from one of the rosemary sprigs and add to the pan. Simmer for 10 mins until the potato is soft.

2 Meanwhile, heat the oven to 200C/180C fan/gas 6. Put the bread on a baking sheet and brush with olive oil. Slice the remaining garlic clove in half, then rub the cut side over the bread, along with the leaves from the remaining rosemary sprig. Season, then bake for 10 mins until crisp and golden.

3 Use a hand blender to roughly purée the soup, adding a splash of hot water if it seems too thick. Season well, pour into warmed bowls and serve with the toasts.

PER SERVING 458 kcals, fat 7g, saturates 1g, carbs 84g, sugars 15g, fibre 7g, protein 20g, salt 2.5g



Leek & herb stuffed jackets

Go for a floury baking potato, such as King Edward or Vivaldi, a relatively new potato that creates an almost creamy texture. These jackets are part-cooked in the microwave to save you time.

■ Serves 4 ■ Prep 5 mins plus cooling ■ Cook 25-35 mins **VEGETARIAN**

2 leeks, trimmed and sliced

4 baking potatoes, pricked with a fork

150g garlic & herb soft cheese

1 egg, beaten

small handful of parsley

tomato & baby leaf salad,

to serve (optional)

1 Heat the oven to 220C/200C fan/gas 7. Put the leeks in a microwavable bowl with a splash of water, then microwave for 3 mins on high. Set aside. Microwave the potatoes for 10-15 mins on high, turning halfway

through cooking. Leave until cool enough to handle, then cut in half lengthways and carefully scoop the middle into the bowl with the leeks, keeping the potato skin intact.

2 Mash the leek and potato with the soft cheese, egg and parsley, then spoon back into the potato skins. Put on a baking sheet, then bake for 15 mins until the filling is golden brown and piping hot, and the skins have crisped up. Serve with a tomato & baby leaf salad, if you like.

PER SERVING 338 kcals, fat 18g, saturates 10g, carbs 37g, sugars 3g, fibre 4g, protein 10g, salt 0.5g

Curried potato pasties

Potatoes are excellent at taking on other flavours, especially spices, so this samosa-type filling works especially well in puff pastry for a warming lunch.

■ Serves 4 ■ Prep 15 mins plus cooling ■ Cook 30 mins **VEGETARIAN** **FREEZABLE** *uncooked*

300g potatoes, cut into small chunks

100g frozen peas

2 tsp sunflower oil

1 onion, sliced

2 tsp curry paste (any type)

1 tsp black mustard seeds

juice of ½ lemon

large handful of coriander, chopped

375g ready-rolled puff pastry

flour, for dusting

1 egg, beaten

mango chutney, to serve

1 Cook the potatoes in a large pan of boiling water for 8 mins until just soft. Add the peas during the final minute of cooking time.

Drain, then set aside.

2 Meanwhile, heat the oil in a frying pan.

Fry the onion until soft and slightly coloured.

Add the curry paste and mustard seeds, then

fry for a few minutes more. Carefully stir in the potato mix, add the lemon juice and coriander, season and leave to cool.

3 Heat the oven to 200C/180C fan/gas 6. Unroll the pastry, place on a floured surface with the long side facing you, and roll out into a square. Cut into four squares, then cut each in half so you have eight long rectangles. Place four of the rectangles on a baking sheet, brush the edges with the beaten egg and put ¼ of the filling down the centre of each. Top with the remaining pastry rectangles, then pinch the edges together to make a sealed parcel.

4 Brush with more of the egg, then bake for 20 mins until puffed and golden. *If cooking from frozen, bake for 30 mins.* Serve with mango chutney.

PER PASTY 480 kcals, fat 26g, saturates 10g, carbs 53g, sugars 4g, fibre 3g, protein 11g, salt 0.9g



Warm new potato salad with bacon & blue cheese

New or baby potatoes have a waxy consistency that helps them keep their shape in a comforting winter salad like this one.

■ Serves 4 ■ Prep 10 mins ■ Cook 40 mins

500g salad or baby potatoes, halved
2 tbsp olive oil
2 red onions, each sliced into 6 wedges
4 smoked back bacon rashers, trimmed and cut into large pieces
140g mushrooms, sliced
1 tbsp wholegrain mustard
1 tbsp red wine vinegar
100g bag mixed watercress and spinach salad
85g creamy blue cheese

1 Heat the oven to 220C/200C fan/gas 7. Put the potatoes in a roasting tin, then rub with 1 tbsp of the oil and some salt. Roast for 20 mins, then add the onion wedges to the tin and give everything a good shake. Roast

for 20 mins more until the potatoes have turned a deep golden brown and the onions have caramelised and softened. Leave to cool slightly.

2 Heat a non-stick frying pan and dry-fry the bacon until crisp. Add the mushrooms and fry for 5 mins more until softened.

3 Meanwhile, make the dressing. Whisk the mustard, vinegar and remaining oil with a splash of water. Put the roast potatoes and onions, bacon and mushrooms in a large bowl with the salad leaves, then pour over the dressing and toss well. Divide between plates, then crumble over the blue cheese.

PER SERVING 289 kcals, fat 17g, saturates 7g, carbs 25g, sugars 5g, fibre 3g, protein 11g, salt 1.7g





Take a can of...
COCONUT

Think Thai dishes are too difficult to make at home? Using one clever storecupboard ingredient makes these Asian-inspired bowls a cinch

**Extra-saucy coconut fish
curry with pomegranate, p50**



Crispy chicken khao soi noodle soup, p50



Extra-saucy coconut fish curry with pomegranate

■ Serves 4 ■ Prep 15 mins ■ Cook 15 mins

2 tbsp coconut oil
 ½ onion, chopped
 2 tbsp red curry paste
 2 tbsp finely chopped lemongrass
 2.5cm piece ginger, peeled and grated
 400g can full-fat unsweetened coconut milk
 2 tbsp fish sauce
 450g fresh or frozen cod fillets, defrosted if frozen, cut into 5cm pieces
 1 lime, zested and juiced
 25g coriander, chopped
 seeds from 1 pomegranate, to garnish
 25g unsweetened flaked coconut, toasted, to garnish
 cooked rice, to serve

1 Melt the coconut oil in a large frying pan over a high heat. Add the onion and cook, stirring, for about 5 mins until softened. Stir in the curry paste, lemongrass and ginger and cook until fragrant, about 1 min more.
2 Stir in the coconut milk and fish sauce and bring to the boil. Add the cod and reduce the heat to medium. Cook for about 5-8 mins, until the fish is opaque and flakes easily. Remove the skillet from the heat and stir in the lime zest and juice and the coriander.
3 Spoon the curry into four bowls. Garnish with the pomegranate seeds and toasted coconut and serve with rice.

Tip Any other white fish, such as halibut or tilapia, would also work nicely. You could even use peeled and deveined shrimp



Crispy chicken khao soi noodle soup

■ Serves 4 ■ Prep 10 mins
 ■ Cook 30 mins

2 boneless chicken breasts, skin-on
 2 tbsp extra virgin olive oil
 70g Thai red curry paste
 2 large carrots, sliced
 2 x 400g cans full-fat unsweetened coconut milk
 480ml low-salt chicken stock
 3 tbsp fish sauce
 1 tbsp honey
 handful of baby spinach or chopped baby pak choi
 220g noodles
 coriander, sliced chillies and lime wedges, to serve

1 Season the chicken all over. Heat the olive oil in a large pan over a high heat. When the oil is hot, add the chicken, skin-side down, and sear until golden and crisp, about 5 mins. Turn the chicken, add the curry paste and carrots and cook for 1-2 mins more. Stir in the coconut milk, chicken stock, fish sauce and honey. Cover and bring to the boil. Reduce the heat to medium-low, cover and cook for about 15 mins until the chicken is cooked through. Using two forks, shred the chicken, then stir in the greens.

2 Meanwhile, bring a large pan of salted water to the boil. Cook the noodles following pack instructions until al dente, then drain. Divide the soup between four bowls and top each with the noodles and some coriander, chillies and lime wedges and serve.

Baked coconut curry meatballs

■ Serves 6 ■ Prep 20 mins ■ Cook 25 mins

450g lean beef or lamb mince
 2 tbsp full-fat natural Greek yogurt
 2 spring onions, chopped
 1½ tsp chipotle chilli powder
 2 tbsp extra virgin olive oil, plus extra for forming the meatballs
 1 onion, chopped
 4 garlic cloves, crushed or grated
 thumb-sized piece ginger, peeled and grated
 1 tbsp yellow curry powder
 ½ tsp ground cinnamon
 400g can full-fat unsweetened coconut milk
 1 lemon, juiced
 small bunch of coriander, roughly chopped
 cooked white or brown rice and naan, to serve

1 Heat the oven to 220C/200C fan/gas 7. Line a baking tray with baking parchment.
2 Tip the mince, yogurt, spring onions, ½ tsp of the chipotle powder and a pinch each of salt and pepper into a bowl and combine with your hands. Rub your hands with a bit of oil and form the mix into 15-20 balls. Put the meatballs on the prepared baking tray and bake for about 15 mins until crisp and cooked through.
3 Meanwhile, heat the oil in a large skillet over a medium heat. When the oil is hot, add the onion and cook for 5 mins until soft. Add the garlic and ginger and cook for 5 mins more. Stir in the remaining chipotle powder, the curry powder and cinnamon and cook for another minute, then stir in the coconut milk and 120ml water. Increase the heat to medium-high and bring to the boil. Cook for about 5 mins until the sauce has thickened slightly, then add the lemon juice.
4 Add the meatballs and cook for about 5 mins, stirring occasionally, until the sauce thickens further. Remove from the heat and stir in the coriander. Serve the meatballs and sauce with rice and naan. *Store any leftovers in an airtight container in the fridge for up to three days.*



Recipes adapted from *Half Baked Harvest Super Simple* by Tieghan Gerard (£22.50, Crown Publishing). Photographs © Tieghan Gerard



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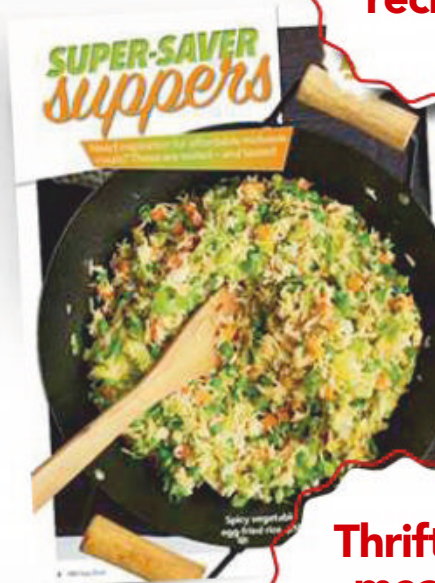
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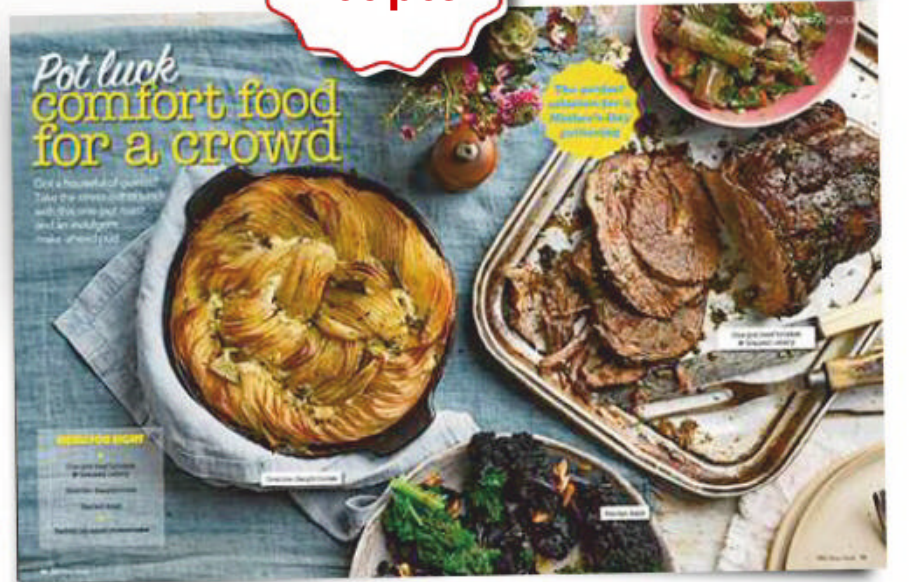
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10 of the best flavours from Italy

Enjoy all the classics, from pasta and pizza to tiramisu



Spaghetti bolognese

- Serves 4 ■ Prep 10 mins
- Cook 1 hr 10 mins

3 tbsp olive oil
300g beef mince
200g pork mince
2 large shallots, finely chopped
2-3 garlic cloves, crushed
500g passata
1 tbsp tomato purée
100ml red wine
1 tsp dried oregano
400g spaghetti
50g parmesan, 1/2 finely grated,
1/2 shaved
a few basil leaves, to serve

1 Put 1 tbsp of the oil in a large saucepan over a medium-high heat, add the beef and fry until well browned. Tip into a dish and repeat with another 1 tbsp oil and the pork. Add the pork to the cooked beef and put the pan back on the heat with the remaining oil. Reduce the heat and cook the shallots for 8-10 mins until soft. Add the garlic and meat to the pan and stir in the passata, purée, wine and oregano. Cover and simmer over a low heat, stirring occasionally, for 45 mins.

2 Cook the pasta following pack instructions, then stir the grated parmesan into the bolognese. Put a spoonful of the pasta water into the sauce to loosen it if needed, then drain the pasta. For better flavour, tip the pasta onto the sauce, toss to coat and season (or serve with the sauce on top). Scatter over the shaved parmesan and the basil leaves.

PER SERVING 754 kcals, fat 30g, saturates 11g, carbs 71g, sugars 8g, fibre 6g, protein 41g, salt 0.5



Pizza margherita

- Serves 4 (makes 2 pizzas) ■ Prep 25 mins
- Cook 10 mins **VEGETARIAN** **FREEZABLE** *uncooked*

FOR THE BASE

300g strong bread flour, plus extra for dusting

1 tsp fast-action dried yeast

1 tbsp olive oil, plus extra for drizzling

FOR THE TOMATO SAUCE

100ml passata

handful of basil

1 garlic clove, crushed

FOR THE TOPPING

125g ball mozzarella, sliced

handful of grated or shaved parmesan or vegetarian alternative

handful of cherry tomatoes, halved

handful of basil (optional)

1 To make the base, put the flour in a large bowl, then stir in the yeast and 1 tsp salt. Make a well, pour in 200ml warm water and the olive oil and bring together with a wooden spoon until you have a soft, fairly wet dough. Turn out onto a lightly floured

surface and knead for 5 mins until smooth. Cover and set aside. You can leave the dough to rise, but it's not essential for a thin crust.

2 To make the sauce, mix the passata, basil and garlic together, then season to taste. Leave to stand at room temperature while you shape the base.

3 If you've let the dough rise, give it a quick knead, then split into two balls. On a floured surface, roll out the dough into large rounds, about 25cm across, using a rolling pin or by pressing with your hands. The dough needs to be very thin as it will rise in the oven. Lift the rounds onto two floured baking sheets.

4 Heat the oven to 240C/220C fan/gas 8. Put another baking sheet or an upturned baking tray in the oven on the top shelf. Smooth the sauce over bases with the back of a spoon. Scatter with the cheeses and tomatoes, drizzle with olive oil and season. Put one pizza, still on its baking sheet, on top of the hot sheet or tray. Bake for 8-10 mins until crisp. Serve with a little more oil and some basil, if using. Repeat for the remaining pizza.

PER SERVING 431 kcals, fat 15g, saturates 7g, carbs 59g, sugars 2g, fibre 3g, protein 19g, salt 1.9g

NOW YOU'VE MASTERED THE CLASSIC, TRY THESE TOPPING IDEAS

- olives with ham and chargrilled artichokes
- spicy sausage and chilli
- spinach, garlic and gorgonzola (or vegetarian alternative) with a whole egg cracked on top
- mascarpone, pesto, roasted red peppers and sliced mushrooms



Lemony prawn & pea risotto

■ Serves 4 ■ Prep 10 mins ■ Cook 25 mins

1½ litres fish stock
50g butter
1 onion, chopped
300g risotto rice
1 red chilli, deseeded, ½ sliced and ½ finely chopped
1 small glass white wine
400g raw prawns, defrosted if frozen and peeled
200g frozen peas
1 lemon, zested and juiced

1 Bring the stock to the boil, then reduce the heat to a simmer and keep hot. Melt half the butter in a separate pan over a medium heat. Add the onion and cook gently for 8-10 mins until soft but not coloured, stirring. Stir the rice and sliced chilli into the onion until completely coated in the butter, then stir continuously until the rice

is shiny and the edges of the grain start to look transparent.
2 Pour in the wine and simmer until totally evaporated. Add the stock, a ladleful at a time, stirring with each addition until absorbed. Continue adding stock and stirring over a low heat for 25-30 mins, until the rice is cooked al dente (it should have a slightly firm, starchy bite in the middle).

3 With the final addition of stock, stir through the prawns and peas. Cook until the prawns turn pink. Stir through the chopped chilli, lemon juice and remaining butter, then leave the risotto to rest for a few minutes. Serve topped with the lemon zest.

PER SERVING 442 kcals, fat 10g, saturates 2g, carbs 69g, sugars 5g, fibre 5g, protein 21g, salt 4.4g



Red onion & rosemary focaccia

■ Cuts into 8 squares ■ Prep 25 mins plus rising ■ Cook 40 mins **VEGETARIAN** **FREEZABLE**

500g strong white flour, plus extra for dusting
7g sachet fast-action dried yeast
5 tbsp olive oil
a little sunflower oil, for the bowl and tin
5 tbsp olive oil
2 large red onions, sliced
handful of rosemary sprigs, roughly chopped

1 Tip the flour, yeast and a pinch of salt into a large bowl. Make a well in the middle. Pour in 2 tbsp of the olive oil and most of 350ml lukewarm water. Use your fingers or a wooden spoon to mix everything to a slightly wet, pillowy, workable dough – add a splash more water if necessary. Tip the dough onto a lightly floured surface and

Italian chicken with ham, basil & beans

The quality of the wine makes all the difference in this recipe, so only use a bottle you'd be happy to drink.

■ Serves 4 generously ■ Prep 10 mins ■ Cook 1 hr 15 mins

8 skinless chicken thighs
large bunch of basil
8 slices prosciutto or other dry-cured ham
2 tbsp olive oil
800g tomatoes, halved if small and quartered if large (we used small mixed tomatoes)
2 garlic bulbs, halved
175ml dry white wine
400g can cannellini beans, drained and rinsed

1 Season the chicken thighs all over with salt and black pepper. Pinch off eight basil leaves and lay one on top of each chicken thigh. Wrap each of the thighs in a piece of prosciutto, tucking the ends underneath.

2 Heat the oven to 160C/140C fan/gas 3. Heat the olive oil in a large flameproof roasting tin over two burners on the hob. Add the chicken

and fry for 4 mins, or until the ham is just crisp and the chicken is lightly golden. Turn and repeat so the chicken is browned on both sides.

3 Meanwhile, pick the leaves from the rest of the basil. Once the chicken has browned, add the tomatoes, half the basil, the garlic and wine to the tin. Season, then with foil and roast in the oven for 40 mins.

4 Remove from the oven and turn the heat up to 220C/200C fan/gas 7. Remove the foil and stir the beans into the juices in the tin. Return to the oven, uncovered, for 30 mins until the tomatoes, chicken and garlic are starting to crisp and the chicken is very tender. Just before serving, tear the remaining basil leaves and stir through or scatter over.

PER SERVING 455 kcals, fat 16g, saturates 4g, carbs 22g, sugars 10g, fibre 6g, protein 55g, salt 1.8g



knead for at least 10 mins until smooth and elastic. This can also be done in a stand mixer fitted with a dough hook. Place the dough in a clean, oiled bowl, cover and leave to rise until doubled in size.

2 Meanwhile, cook the onions in 1 tbsp olive oil for 5 mins until soft, then set aside. When the dough has risen, stretch it to fit an oiled 25 x 35cm Swiss roll tin, then leave the dough to prove for about 20 mins.

3 Heat the oven to 200C/180C fan/gas 6. Spread the onions over the dough and scatter with the rosemary. Press your fingers into the dough to make dimples, drizzle over the remaining olive oil and scatter with sea salt. Bake for 30 mins until golden. Leave to cool, then serve cut or torn into squares.

PER SERVING 297 kcals, fat 8g, saturates 1g, carbs 51g, sugars 3g, fibre 2g, protein 8g, salt 1.1g



Herb & garlic baked cod with romesco sauce & spinach

Although romesco sauce originates in Spain, it's made using classic Italian ingredients, such as tomatoes and almonds. The fish also captures a taste of Italy with bright lemon and thyme.

■ Serves 2 ■ Prep 10 mins ■ Cook 20 mins **FREEZABLE** sauce only

2 x 140g skinless cod loin or pollock fillets

1 tbsp rapeseed oil, plus 2 tsp

1 tsp fresh thyme leaves, plus extra to serve

1 large garlic clove, finely grated

1/2 lemon, zested and juiced

1 large red pepper, sliced

2 leeks, well washed and thinly sliced

2 tbsp flaked almonds

1 tbsp tomato purée

1/4 tsp vegetable bouillon powder

1 tsp cider vinegar

100g baby spinach, wilted

1 Heat the oven to 220C/200C fan/gas 7 and arrange the fish fillets in a shallow ovenproof dish so they fit quite snugly in

a single layer. Mix 1 tbsp rapeseed oil with the thyme and garlic and spoon over the fish, then scatter over the lemon zest. Bake for 10-12 mins until the fish is moist and flakes easily when tested.

2 Meanwhile, heat the remaining oil in a non-stick pan and fry the pepper and leeks for 5 mins until softened. Add the almonds and cook for 5 mins more. Tip in the tomato purée, 5 tbsp water, the bouillon powder and vinegar, and cook until warmed through.

3 Add the lemon juice and blitz with a hand blender to make a thick, pesto-like sauce. Serve with the wilted spinach and top with the fish and some thyme. Season.

PER SERVING 409 kcals, fat 24g, saturates 2g, carbs 11g, sugars 9g, fibre 8g, protein 33g, salt 0.3g



Spinach & three cheese cannelloni

■ Serves 4 ■ Prep 25 mins ■ Cook 1 hr

VEGETARIAN **FREEZABLE** *uncooked*

FOR THE TOMATO SAUCE

1 tbsp olive oil
3 garlic cloves, finely sliced
pinch of golden caster sugar
1 tbsp red wine vinegar
1 tsp dried oregano
2 x 400g cans chopped tomatoes

FOR THE FILLING

500g spinach, washed
300g soft rindless goat's cheese
100g parmesan or vegetarian alternative, finely grated
pinch of grated nutmeg
200g dried cannelloni
1 ball mozzarella, sliced

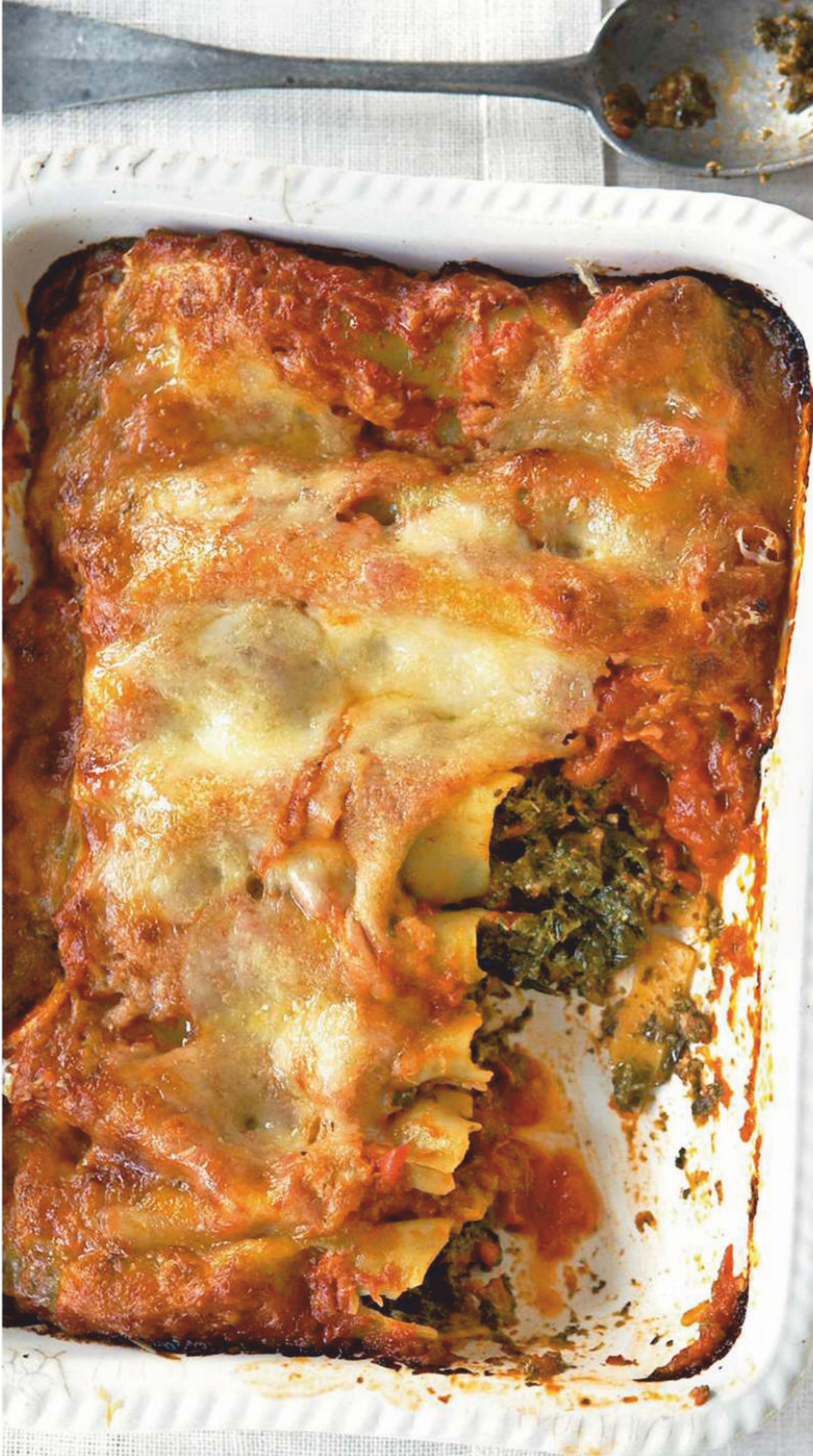
1 To make the tomato sauce, heat the oil in a shallow pan, then fry the garlic for 1 min until fragrant. Add the sugar, vinegar and oregano. Simmer for a moment, then tip in the tomatoes and season. Simmer the sauce for 20 mins, stirring occasionally, until the tomatoes have cooked down to a thick sauce. Turn off heat and set aside.

2 Heat the oven to 200C/180C fan/gas 6. Put the spinach in a colander and pour over a kettleful of boiled water to wilt it (you may need to do this twice). Pour over cold water to cool it, then place in a clean tea towel and squeeze out the excess water.

3 Tip the spinach into a food processor and pulse to chop, then crumble in the goat's cheese and half the parmesan. Season with salt, pepper and nutmeg, then blitz until everything is finely chopped. Put the filling in a piping bag or plastic food bag with the corner cut off and pipe into the cannelloni tubes to fill them. Arrange side by side in a baking dish so they fit snugly.

4 Pour over the tomato sauce and top with the mozzarella and remaining parmesan. *The cannelloni can now be frozen for up to one month – defrost completely before cooking.* Bake for 25-30 mins until golden and bubbling, then remove and leave to stand for 5 mins. Serve from the dish.

PER SERVING 660 kcals, fat 39g, saturates 22g, carbs 49g, sugars 10g, fibre 6g, protein 32g, salt 2.3g





Broad bean bruschetta

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

300g frozen broad beans
4 tbsp olive oil, plus extra for drizzling
1 lemon, juiced
handful of mint leaves, roughly chopped
4 slices rustic white bread
1 garlic clove
140g pecorino cheese or vegetarian alternative, shaved

1 Cook the broad beans in boiling water for 3 mins. Drain, refresh under cold water and drain again. Remove the skins, if you like.

2 Roughly crush the beans with the olive oil and lemon juice using a potato masher, then stir through the mint. Season with salt and pepper to taste.

3 Heat a griddle pan, toast the bread on both sides, then rub with the garlic clove. Spoon the beans over the bread, scatter over the pecorino and drizzle with more olive oil to serve.

PER SERVING 429 kcals, fat 26g, saturates 9g, carbs 32g, sugars 2g, fibre 7g, protein 20g, salt 1.2g

Pollo sorpresa

■ Serves 4 ■ Prep 30 mins plus chilling ■ Cook 20-25 mins **FREEZABLE** *uncooked*

4 skinless, boneless chicken breasts, with the mini fillets attached

100g plain flour

3 eggs, beaten

200g fine breadcrumbs

sunflower oil, for frying

lemon wedges and watercress, to serve

FOR THE BUTTER

1 garlic clove, crushed

small handful of parsley, leaves picked and finely chopped

2 tarragon sprigs, leaves picked and finely chopped

50g butter, softened

squeeze of lemon juice

1 To make the butter, tip all the ingredients into a bowl and season generously with pepper and a little salt. Beat until completely combined, then tip onto a sheet of cling film and roll into a log. Chill until solid.

2 Lay one of the chicken breasts, smooth-side down, on a chopping board and remove the mini fillet. Make an incision down the middle of the fillet halfway into it to make a pocket – don't cut all the way through. Bash the chicken with a rolling pin to

flatten it slightly, and on another part of the board, bat out the mini fillet slightly. Repeat with the other breasts.

3 Divide the butter into four and squash into discs. Stuff each of the chicken pockets with a disc of butter and cover with the mini fillets. Fold the sides of the breast over and set aside.

4 Tip the flour, eggs and breadcrumbs into three separate shallow containers. Completely coat each breast in flour, then egg, then breadcrumbs, then dip back into the egg and finally again in the breadcrumbs. Set aside.

5 Heat the oven to 200C/180C fan/gas 6. Heat a decent layer of oil in a large frying pan and, once hot, turn the heat down to medium. Fry the chicken breasts for 2-3 mins on each side until dark golden. Lift out onto kitchen paper to absorb any excess oil, then transfer to a roasting tin. Bake for 20 mins or until the chicken feels firm when prodded at the widest part. Serve immediately with the lemon wedges and watercress.

PER SERVING 696 kcals, fat 35g, saturates 11g, carbs 59g, sugar 2g, fibre 2g, protein 40g, salt 1.5g



Quick & easy tiramisu

■ Serves 2 ■ Prep 15 mins plus 1 hr chilling ■ No cook

3 tsp instant coffee granules

**3 tbsp coffee liqueur or
coffee essence**

250g mascarpone

85g condensed milk

1 tsp vanilla extract

4-6 sponge fingers

1 tbsp cocoa powder

1 Mix the coffee granules with 2 tbsp boiling water in a large jug. Add the coffee liqueur and 75ml cold water. Pour into a shallow dish and set aside.

2 Beat the mascarpone, condensed milk and vanilla extract with an electric whisk until thick and smooth.

3 Break the sponge fingers into two or three pieces and soak in the coffee mixture for a few seconds. Put a few bits of the soaked sponge in the bottom of two dessert glasses and top with the cream. Sift over the cocoa and chill for 1 hr before serving.

PER SERVING 753 kcals, fat 53g, saturates 36g, carbs 45g, sugars 39g, fibre 1g, protein 11g, salt 0.3g

Tip Any leftover condensed milk can be stored in an airtight container in a cool, dry place for up to three months





John's **PIE**

Who doesn't love a pie? Topped with pastry or indulgent mash, John Torode's recipes are a real treat for sharing with friends or spoiling the family

PERFECTION



BEST OF BBC

John Torode is a regular judge on BBC One's *MasterChef* and *Celebrity MasterChef*.

“**This pie is perfect with ready-cooked chicken. Pack it with veg, season well and cook for a good amount of time until piping hot in the middle**”

Chicken, leek & mushroom pie

■ Serves 8 ■ Prep 25 mins
■ Cook 45 mins **FREEZABLE**

50g butter

6 celery sticks, finely chopped

2 leeks, cut into 1cm rounds

50g plain flour, plus extra for dusting

300ml chicken stock

150ml single cream

200g button mushrooms, halved

750g leftover roast chicken, bones and skin removed, shredded

4 tbsp chopped flat-leaf parsley

350g ready-rolled puff pastry

1 egg yolk, beaten with 1 tbsp milk

1 Melt the butter in a large saucepan. Add the celery and leeks and cook for 5 mins, stirring constantly. Add the flour and cook for 1-2 mins more, stirring to make a paste. Gradually stir in the stock and cream, bring to the boil, then reduce the heat. Cover and simmer for around 15 mins. Remove from the heat and add the mushrooms and chicken. Season, then add the parsley.

2 Heat the oven to 220C/200C fan/gas 7. Roll the pastry out on a lightly floured surface to around 5mm thick and at least 5cm larger than the pie dish. Take a large, deep pie dish and turn it upside down on the pastry. Cut around it, leaving a 3cm border. Cut a 2cm-wide strip of pastry to fit around the edge of the dish. Brush the edge of the dish with water and stick the strip on top. Ladle the filling into the dish, piling it up high in the centre.

3 Brush the pastry strip with water. Set the pastry lid on top, press into place and trim away any excess. Cut a 1cm vent in the centre, then brush over the egg glaze. Make decorative patterns using the excess pastry, if you like, or leave it plain. *The pie can be frozen at this point. Defrost in the fridge before baking.*

4 Bake at the top of the oven for 25 mins, then reduce the oven temperature to 200C/180C fan/gas 6. Cook for 15 mins more or until the pastry is golden. Serve straight from the dish.

PER SERVING 470 kcals, fat 28g, saturates 12g, carbs 24g, sugars 2g, fibre 2g, protein 33g, salt 0.89g



Posh fish pies

I prefer individual pies, but you can easily make one big one – simply cook it for 35-40 mins until it's hot all the way through.

■ Makes 4 ■ Prep 30 mins (including making the vermouth cream)

■ Cook 35 mins **FREEZABLE**

500g Maris Piper potatoes, chopped

25g butter

75ml double cream

grating of nutmeg

2 egg yolks

400ml vermouth cream (see right)

200g smoked haddock fillet, skin removed, cut into 3cm chunks

200g large cod fillet, skin removed, cut into 3cm chunks

200g salmon fillet, skin removed, cut into 3cm chunks

100g king prawns, peeled, deveined and cooked

140g frozen peas

4 hard-boiled eggs, quartered
small handful each of parsley and dill

½ lemon, juiced

1 Heat the oven to 200C/180C fan/gas 6. Put the potatoes in a pan, cover with cold water and bring to the boil, then simmer for 10-15 mins. Drain, then mash with the butter, cream and a good pinch of nutmeg until smooth. Add the egg yolks, season, then beat with a wooden spoon.

2 Warm the vermouth cream (see right) in a medium pan. Add the fish and

prawns, bring to the boil, then immediately remove from the heat. Add the peas, hard-boiled eggs, parsley, dill and lemon juice. Season, gently stir, then divide between four individual pie dishes.

3 Top each pie with the mash. Transfer to a large baking sheet, then cook for 20 mins until the mash is golden and the sauce is bubbling down the sides.

PER PIE (including vermouth cream)

1,068 kcals, fat 78g, saturates 39g, carbs 30g, sugars 6g, fibre 4g, protein 46g, salt 2.6g

Vermouth cream

This aromatic cream will make all the difference to your finished savoury pies.

■ Makes 400ml ■ Prep 5 mins

■ Cook 10 mins

25g butter

2 shallots, sliced

½ tsp fennel seeds

2 star anise

300ml dry white vermouth

300ml fish stock (ideally fresh)

300ml double cream

1 Melt the butter in a pan and add the shallots. Cook over a low heat for 5 mins until soft. Add the fennel seeds, star anise and vermouth, bring to a simmer, then reduce until syrupy.

2 Add the stock, bring to a simmer over a high heat and reduce by half. Add the cream, then boil again for a few minutes until thick. Sieve the liquid, then cool.



Dried fruit gives sweetness to this pie without adding too much extra sugar

John's apple pie with clotted cream

■ Serves 8 ■ Prep 30 mins plus cooling ■ Cook 55 mins **VEGETARIAN**

750g shortcrust pastry

100g demerara sugar

3 Granny Smith apples, peeled, cored and chopped

4 medium Bramley apples, peeled, cored and chopped

3 tbsp currants

3 tbsp sultanas

3 tbsp cornflour

1 tbsp milk

1 tbsp caster sugar

clotted cream, to serve (see recipe, right)

1 Heat the oven to 200C/180C fan/gas 6. Roll 500g of the shortcrust pastry out to a 1cm thickness and use it to line a deep 20cm loose-bottomed cake tin.

2 Cook the demerara sugar, the apples, dried fruit and cornflour with a splash of water in a pan for 8 mins until the Granny Smith apples have softened and the Bramley apples are quite soft. Leave to cool, then spoon the filling into the prepared tin.

3 Roll out the remaining pastry for the lid. Brush the edge with water, then lay over the pie, pinching the edges. Brush with the milk and scatter with the caster sugar. Make a few cuts in the lid for steam to escape.

4 Put the pie on a shallow baking tray and bake for 35 mins. Remove from the oven and leave to cool, then serve with clotted cream.

PER SLICE (incl 1 tbsp cream) 661 kcals, fat 35g, saturates 15g, carbs 85g, sugars 37g, fibre 4g, protein 6g, salt 1g

John's clotted cream

■ Makes 250ml ■ Prep 5 mins plus cooling and chilling ■ Cook 8 mins

VEGETARIAN

Gently heat **500ml double cream** and **25g butter** together in a heavy-based saucepan. Bring to a simmer, stirring constantly, for around 8 mins until reduced by almost half – take care that it doesn't boil over. Split open **1 vanilla pod**, scrape out the seeds, then add them as well as the pod itself to the pan. Simmer for 1-2 mins, then pour into a flat dish. Leave to cool, then chill before serving.

Little lemon meringue pies

■ Makes 8 ■ Prep 30 mins plus cooling ■ Cook 35 mins **VEGETARIAN**

500g shortcrust pastry
4 lemons, zested and juiced
100g unsalted butter
325g caster sugar
8 eggs, 4 separated
a few drops of malt vinegar

1 Heat the oven to 180C/160C fan/gas 4. Roll the pastry out and use it to line eight 10cm fluted loose-bottomed tart cases, leaving a little overhanging. Prick the pastry cases with a fork, line with baking parchment and fill with baking beans and bake for 20 mins, removing the parchment and beans after 15 mins. Leave to cool. Use a serrated knife to trim the pastry.
2 Heat the lime zest and juice with the butter and 225g of the sugar in a

heavy-based pan until the sugar dissolves, then remove from the heat. Beat the whole eggs and yolks together, add to the pan and stir over a low heat for 5-10 mins until thickened. Sieve, then spoon into the cases.

3 Whisk the egg whites with 50g of the sugar in a clean bowl to stiff peaks. Whisk in the vinegar, then gradually add the remaining sugar, whisking.

4 Put a dollop of meringue on each tart, dip a palette knife in hot water and make little peaks on each. Place on a baking sheet and bake for 15 mins until just browned. Allow to cool, then serve.

PER PIE 500 kcals, fat 21g, saturates 7g, carbs 71g, sugars 48g, fibre 1g, protein 11g, salt 0.53g

Tip To make a large lemon meringue, line a 23cm loose-bottomed tin with 375g shortcrust pastry. Bake blind for 30 mins, taking out the parchment after 20 mins. Fill with the curd and meringue, then bake for 20-25 mins. Leave to cool before slicing and serving.



RELAXED SUNDAY LUNCH

Spring lamb is always a winner, and one-pot shanks make life easy. Add spring veg and gremolata for a healthy twist

Braised lamb with spring veg & gremolata

Like to prepare in advance? Make this to the end of step 2 up to a day ahead. Serve with creamy mash or gnocchi (right).

- Serves 4 ■ Prep 30 mins plus marinating
- Cook 3½ hrs **FREEZABLE**

4 lamb shanks
1 tbsp chopped rosemary
2 tbsp olive oil
400g medium carrots, halved lengthways
1 garlic bulb, broken into cloves
150ml dry white wine
600ml chicken or lamb stock
25g flat-leaf parsley, leaves picked and finely chopped
1 lemon, zested and cut into wedges
140g frozen peas (or podded broad beans)
greens from 2 bunches of spring onions, washed and shredded

- 1** Make several slashes about 1cm deep in each shank, then rub the rosemary, oil and some seasoning all over and place in a large roasting tin. Leave to marinate for 30 mins. Heat the oven to 220C/200C fan/gas 7.
- 2** Brown the lamb shanks in the oven for 20 mins, turning halfway through. Add the carrots and all but one of the garlic cloves, coat them in the fat, then roast for 5 mins. Pour in the wine and stock, then cover. Reduce the oven to 160C/140C fan/gas 3 and cook for 2½ hrs, or until the shanks are meltingly tender.
- 3** Mix the parsley, lemon zest and remaining garlic clove to make the gremolata. Cover and chill.
- 4** Lift the shanks and carrots out of the tin, cover and keep warm. Skim most of the fat off, then pour the sauce into a pan and boil hard for 10 mins to reduce it by half. Check the seasoning and add the peas and onion greens for the final minutes.
- 5** Return the shanks and carrots to the tin, pour over the sauce, scatter with the gremolata and squeeze over the lemon wedges, if you like.

PER SERVING 590 kcals, fat 36g, saturates 15g, carbs 13g, sugars 10g, fibre 7g, protein 42g, salt 0.5g

Pan-fried potato gnocchi

Making these gnocchi from scratch a day ahead means you just have to pan-fry them until crisp before serving.

- Serves 4 as a side ■ Prep 30 mins
- Cook 20 mins **VEGETARIAN**

500g Maris Piper potatoes, cut into even-sized pieces
1 large egg, beaten
125g plain flour, plus extra for dusting
splash of olive oil
knob of butter, for frying
handful of rosemary leaves (optional)

- 1** Steam the potatoes for 15-20 mins until tender. Mash well, ideally with a ricer, which will give fluffier gnocchi. Add the egg and some seasoning, mix briefly with a fork, then sift over the flour and bring together to make a dough. It should feel dry to the touch but not crumbly. Add more flour if needed, then knead a few times on a floured work surface.
- 2** Bring a large pan of water to the boil. Split the dough into tennis-ball-sized pieces, then roll into finger-width ropes. Dust with a little flour, then cut into bite-sized pieces. Boil in batches for about 1 min, or until they bob to the surface. Lift from the pan with a slotted spoon and leave to cool in a single layer on a large plate or tray. Drizzle the oil over the cooled gnocchi and toss gently with your hands to coat.
- 3** When ready to serve, heat the butter in a frying pan, add the rosemary (if using), then fry the gnocchi in batches until crisp and golden. Keep warm and serve with the lamb.

PER SERVING 293 kcals, fat 6g, saturates 2g, carbs 50g, sugars 2g, fibre 3g, protein 8g, salt 0.8g

Tip **If you have time, you can marinate the meat for longer than 30 mins. Leave the marinade on overnight for a deeper flavour**

**MAKE OUR
COVER
RECIPE**





Loaded open sandwiches, p70

Sunday is **Mum-day**

Spoil mum on 22 March with this fabulous afternoon tea the kids can help make



Mini quiches

■ Makes 18-20 ■ Prep 30 mins plus chilling ■ Cook 50 mins **FREEZABLE**

300g shortcrust pastry
plain flour, for dusting
4 back bacon rashers,
fat trimmed, chopped
oil, for frying
100g gruyère cheese, grated
2 medium eggs
125ml double cream
YOU WILL NEED
18-20 mini tartlet tins

1 Roll the pastry out onto a lightly floured work surface until very thin. Cut out circles 1cm larger in diameter than the tartlet tins. Line the tins with the pastry circles, pressing into the edges and up the sides. Chill for

30 mins (if you're baking in batches, chill the off-cuts for the next round too).

2 Heat the oven to 200C/180C fan/gas 6. Line each pastry case with foil and fill with baking beans or uncooked rice. Bake for 10 mins, then lift out the foil and beans and bake for 5 mins more. Meanwhile, fry the bacon in a little oil until crisp.

3 Divide the bacon and half the cheese between the cases. Beat the eggs and cream together, then pour in the cases until almost full. Scatter over the remaining cheese. Bake for 20-25 mins until golden and puffed up. Leave to cool, then chill before serving.

PER SERVING (20) 138 kcals, fat 11g, saturates 5g, carbs 6g, sugars 0.2g, fibre 0.5g, protein 4g, salt 0.3g



Loaded open sandwiches

- Makes 20-24 small sandwiches
- Prep 20 mins ■ No cook

12 small slices rye bread or 6 slices thin, firm bread, cut into smaller pieces softened butter, for spreading
6 tbsp mayonnaise

2 tsp cucumber relish or piccalilli
2 slices ham, shredded
2 tbsp soft cheese
1/4 cucumber, peeled and thinly sliced
2 boiled eggs, sliced
100g frozen north Atlantic prawns, defrosted
sliced radishes, dill and cress, to garnish

1 Spread the bread with butter.
2 Mix 2 tbsp mayonnaise with the cucumber relish and spread over 1/4 of the bread slices. Top with the ham and radishes. Spread the soft cheese over another 1/4 and arrange the cucumber and dill on top. Mash the egg with 2 tbsp mayonnaise and spread over another 1/4 and top with cress. Mix the prawns with the remaining mayonnaise and spoon over the rest of the bread. Grind over some black pepper and top with dill, if you like.
PER SERVING (24) 120 kcals, fat 9g, saturates 2g, carbs 6g, sugars 1g, fibre 1g, protein 3g, salt 0.4g

Double-dipped shortbread cookies

- Makes 15 ■ Prep 20 mins ■ Cook 30 mins **VEGETARIAN** **FREEZABLE** *unbaked*

200g salted butter, softened
100g icing sugar
1 tsp vanilla extract
250g plain flour
1 tbsp milk, plus extra if needed
50g each white chocolate and milk chocolate, chopped

1 Heat the oven to 180C/160C fan/gas 4. Beat the butter with the icing sugar using an electric whisk until light and fluffy. Beat in the vanilla and flour (the mixture will stiffen and look like crumble as the flour is added). Add the milk and beat until the mixture softens and sticks together (add more milk if needed).
2 Scoop the dough into a piping bag fitted with a large star nozzle and pipe swirled rings onto a baking sheet lined with baking parchment. If the mixture is too stiff to pipe easily, you can roll the dough into balls and put them on the sheet instead. The cookies will spread as they cook, so don't worry if there's a small gap in the centre of the piped swirls, but ensure there is enough space between each cookie so they don't stick together as they cook. Bake for 15 mins or until lightly golden, then transfer to a wire rack to cool.
3 Put the white and milk chocolate in separate bowls and microwave in 20-second bursts until melted. Dip the cookies into each chocolate, milk at one end and white on the other, then let any excess drip off before returning them to the rack to set. *Will keep in an airtight container for up to four days.*

PER SERVING 224 kcals, fat 13g, saturates 8g, carbs 23g, sugars 10g, fibre 1g, protein 2g, salt 0.2g



Raspberry & pistachio tea cake

- Serves 20 ■ Prep 20 mins
- Cook 55 mins **VEGETARIAN**

150g shelled pistachios
275g golden caster sugar
250g butter, softened
3 eggs
275g self-raising flour
75g Greek yogurt
a little milk, if needed
sugar flowers, pearl sugar or sprinkles, to decorate (optional)
FOR THE RASPBERRY ICING
150g raspberries
300g icing sugar

1 Heat the oven to 180C/160C fan/gas 4 and line a 15 x 25cm cake tin. Put the pistachios in a food processor with half the sugar and blitz until the nuts are finely chopped. Tip into a bowl, add the remaining sugar and the butter and beat with an electric whisk until creamy. Add the eggs one at a time, then beat in the flour and yogurt until smooth, adding some milk if it's too thick.
2 Spoon the batter into the tin, level and bake for 50-55 mins, or until a skewer inserted into the middle comes out clean. Leave to cool in the tin for 15 mins, then turn the cake out onto a board. Remove and discard the baking parchment, then leave to cool completely. Cut into squares.
3 To make the icing, put the raspberries in a pan with 2 tbsp water and cook briefly until soft and juicy. Push the mixture through a sieve and discard any pips. Whisk in the sugar until you have a smooth pink icing.
4 Pour the icing over the cooled cake, then decorate with sugar flowers, pearl sugar or sprinkles, if you like. Leave to set.
PER SERVING 319 kcals, fat 15g, saturates 7g, carbs 41g, sugars 30g, fibre 2g, protein 4g, salt 0.4g



Pot luck comfort food for a crowd

Got a houseful of guests?
Take the stress out of lunch
with this one-pot roast
and an indulgent
make-ahead pud



Domino dauphinoise

MENU FOR EIGHT



One-pot beef brisket
& braised celery



Domino dauphinoise



Italian kale



Salted caramel cheesecake

The perfect solution for a Mother's Day gathering

One-pot beef brisket & braised celery

Italian kale



One-pot beef brisket & braised celery

Use any full-bodied red wine that suits your budget for this. The marinade is totally optional, but give it a go if you have the time. The beef can also be braised the day before, then reheated in a low oven.

■ Serves 8 ■ Prep 30 mins plus optional marinating ■ Cook 5 hrs **FREEZABLE**

2.2kg rolled beef brisket

1 bottle full-bodied red wine

3 tbsp olive oil

8 celery sticks, cut into short pieces

2 carrots, roughly chopped

1 onion, sliced

3 garlic cloves, roughly chopped

4 thyme sprigs

4 bay leaves

small pack of parsley, roughly chopped

1 If you have time, up to 24 hrs before, sit the beef in a snug plastic container and pour over the wine. Cover and leave to marinate in the fridge, turning as and when you can.

2 Heat the oven to 170C/150C fan/gas 3½. Drain the wine from the beef (if it's been marinating), reserving the wine. Heat the oil in a flameproof casserole dish. Season the beef and spend a good 15 mins browning it on all sides, then remove from the dish. Add the celery, carrots and onion, sizzle in the beef fat for 5 mins, then add the garlic and herbs. Nestle the beef among the vegetables, pour over the reserved wine and bring to a simmer. Cover and braise in the oven for 4-4½ hrs until very tender, turning the beef once.

3 Leave to rest for 10 mins, then lift the beef onto a carving board. Drain the vegetables (reserving the braising juices), toss with the parsley and tip into a dish. The reserved sauce can be chilled in the fridge – the fat will solidify and can be removed before the sauce is reheated for serving.

PER SERVING 572 kcals, fat 33g, saturates 12g, carbs 3g, sugars 3g, fibre 2g, protein 47g, salt 0.2g

Italian kale

■ Serves 8 ■ Prep 5 mins

■ Cook 5 mins **VEGETARIAN**

Heat **3 tbsp olive oil** in a large pan, sizzle **3 finely sliced garlic cloves** and add **3 tbsp red wine vinegar** and a splash of water. Tip **300g roughly shredded cavolo nero** or **kale** into the pan, cover and wilt in the steam for 4-5 mins. Add a splash more water if the pan gets too dry. Once wilted, season with a little sea salt, if you like.

PER SERVING 50 kcals, fat 4g, saturates 1g, carbs 1g, sugars none, fibre 1g, protein 1g, salt none

Domino dauphinoise

Rather than getting a bag of potatoes, buy them loose and choose ones the size of a tangerine to give a nice, uniform shape to the finished dish.

■ Serves 8 ■ Prep 10 mins

■ Cook 1 hr 15 mins **VEGETARIAN**

50g butter, melted

1.5kg small Maris Piper potatoes, unpeeled

4 bay leaves, torn in half

300ml double cream

3 thyme sprigs, leaves picked

1 Heat the oven to 170C/150C fan/gas 3½. Butter a medium-sized gratin dish (a 22cm wide round or oval one is ideal) with a little of the butter. Slice the potatoes into very thin rounds with a mandolin or the sharp slicing blade of a box grater. Stack the potatoes in piles and pack them into the dish, starting from the outside and building a trail into the middle. You want all the potatoes standing on their edges like dominoes. Slip the bay leaves between some of the slices.

2 Drizzle the cream over, then sprinkle the thyme over the top. Season and cook for 1 hr until the potatoes are tender, then increase the oven to 200C/180C fan/gas 8 for 10-15 mins to crisp the top of the potatoes.

PER SERVING 379 kcals, fat 25g, saturates 16g, carbs 32g, sugars 2g, fibre 3g, protein 4g, salt 0.1g

Salted caramel cheesecake

■ Cuts into 12 slices ■ Prep 30 mins plus at least 3 hrs cooling ■ Cook 35 mins

VEGETARIAN

FOR THE BASE

50g butter, melted, plus extra for the tin

200g chocolate digestives

FOR THE FILLING AND TOPPING

750g soft cheese

300g caramel sauce (dulce de leche) from a can or jar

1 tsp vanilla extract

150g golden caster sugar

2 tbsp plain flour

4 medium eggs

1 Heat the oven to 180C/160C fan/gas 4. Butter a 23cm springform cake tin and line the base with baking parchment. Tip the biscuits into a food processor, blitz to crumbs and pour in the melted butter. (You could also tip the biscuits into a food bag, bash with a rolling pin and mix in the butter.) Press the biscuit mix into the base of the tin, then place the tin on a tray and bake for 10 mins. Remove from the oven to cool.

2 Meanwhile, scrape the soft cheese into a bowl with 3 tbsp of the caramel sauce, the vanilla, sugar and flour, and beat until smooth. Beat in the eggs, one at a time, until you have a thick, smooth, custard consistency. Scrape over the base and bake for 10 mins.

3 Reduce the temperature to 140C/120C fan/gas 1 and continue to bake for 25-30 mins until there is a slight wobble in the centre. Turn off the heat and leave the door slightly ajar – you can use a tea towel to hold the door open, if you like. Leave the cheesecake in the oven until completely cool (overnight is fine), then chill until ready to serve. This should leave you with a smooth top, but if there are a couple of small cracks, don't worry. *Will keep in the fridge for two days.*

3 On the day, loosen the sides of the cheesecake from the tin with a knife and remove the base. Add a large pinch of sea salt to the remaining caramel sauce, then spoon it over the cheesecake and swirl with the back of the spoon. The cheesecake will sit at room temperature for a couple of hours. Just before serving, sprinkle with extra sea salt, if you like.

PER SLICE 435 kcals, fat 26g, saturates 16g, carbs 41g, sugars 31g, fibre 1g, protein 9g, salt 0.7g



Storecupboard cakes & bakes

Ever fancied baking something only to find you don't have all the ingredients? These treats use items you probably already have

**Bake some
treats to raise
money for Sport
Relief from
9-13 March**

Custard buns, p78

Classic Victoria sandwich

Sandwiched with simple buttercream and jam, this is the perfect party, afternoon tea or anytime cake! It mixes up in minutes, and will rise every time – guaranteed.

- Serves 10 ■ Prep 10 mins plus cooling
- Cook 20 mins VEGETARIAN FREEZABLE

FOR THE CAKE

200g butter, softened, plus
extra for the tins

200g caster sugar

4 eggs, beaten

200g self-raising flour

1 tsp baking powder

2 tbsp milk

FOR THE FILLING

100g butter, softened

140g icing sugar, sifted, plus
extra for dusting

drop of vanilla extract (optional)

340g jam (we used strawberry),
or lemon curd

1 Heat the oven to 190C/170C fan/gas 5. Butter two 20cm sandwich tins and line with non-stick baking parchment. Beat all the cake ingredients together in a large bowl until you have a smooth, soft batter.

2 Divide the mixture between the tins, smooth the surface with a spatula or the back of a spoon, then bake for about 20 mins until golden and the cake springs back when pressed. Turn onto a wire rack and leave to cool completely.

3 To make the filling, beat the butter until smooth and creamy, then gradually beat in the icing sugar. Beat in the vanilla extract, if using. Spread the buttercream over one of the sponges, spoon over the jam or curd and sandwich the second sponge on top. Dust with a little icing sugar before serving. *Will keep in an airtight container for up to two days.*

PER SERVING 558 kcals, fat 28g, saturates 17g, carbs 76g, sugars 57g, fibre 0.6g, protein 5g, salt 0.9g

**CLASSICS
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Microwave coffee & walnut cake

Can't wait for cake? This simple bake is made in the microwave.

■ Serve 4 ■ Prep 15 mins plus cooling ■ Cook 10 mins **VEGETARIAN**

85g very soft butter
85g golden caster sugar
2 eggs, beaten
85g self-raising flour
2 tsp instant coffee powder
small handful of walnut pieces (optional)

FOR THE BUTTERCREAM
1 tsp instant coffee powder
1 tsp milk
25g very soft butter
100g icing sugar

1 Beat the butter and sugar together in a medium bowl until light and fluffy. Gradually add the eggs, followed by the flour and instant coffee. Stir in most of the walnuts, if using, reserving a few. Transfer the mixture to a microwave-

proof dish and cook on high for 2 mins. Reduce the power to medium and cook for another 2 mins.

2 After 4 mins, check to see if the cake is cooked – it should be risen and spring back when touched. If it needs longer, cook on medium for an additional 1 min at a time, checking after each minute until the cake is cooked. Remove and leave to cool.

3 Meanwhile, make the coffee-flavoured buttercream. Dissolve the instant coffee powder in the milk, then add the butter and icing sugar. Beat until smooth, then spread over the cake and top with the reserved walnuts, if you like.

PER SERVING 538 kcals, fat 30g, saturates 16g, carbs 65g, sugars 49g, fibre 1g, protein 7g, salt 0.7g

Custard buns

Yes, you can use custard powder in a cake – and the result is fantastic.

■ Makes 12 ■ Prep 10 mins plus cooling ■ Cook 20 mins
VEGETARIAN **FREEZABLE** *un-iced*

100g custard powder
200g butter, softened
2 eggs
4 tbsp milk
140g caster sugar
100g self-raising flour, sifted
150g icing sugar
sprinkles, to decorate

1 Heat the oven to 180C/160C fan/gas 4 and line the holes of a 12-hole muffin tin with paper cases. Beat the custard powder, butter, eggs and milk together, then stir in the caster sugar and fold in the flour. Spoon into the prepared muffin tin.

2 Bake for 20 mins until a skewer inserted in the middle comes out clean. Leave to cool completely.

3 Mix the icing sugar with 3 tbsp water to form a thick paste. Spoon the icing over the buns, then decorate with the sprinkles.

PER BUN 299 kcals, fat 15g, saturates 9g, carbs 40g, sugars 26g, fibre none, protein 2g, salt 0.5g



Easy fluffy scones

■ Makes 9 ■ Prep 10 mins ■ Cook 12 mins

VEGETARIAN FREEZABLE

350g self-raising flour, plus extra for dusting

1/4 tsp salt

1 tsp baking powder

85g cold butter, cubed

4 tbsp golden caster sugar

150g natural yogurt

4 tbsp whole milk

1 tsp vanilla extract

1 egg beaten with 1 tbsp milk, to glaze

1 Put a baking sheet in the oven at 220C/200C fan/gas 7. Put the flour, salt and baking powder into a food processor, then add the butter and whizz until it disappears. Pulse in the sugar. Tip the mixture into a large bowl and make a well in the middle.

2 Heat the yogurt, milk and vanilla together in the microwave for 1 min. Add to the flour mixture and combine using a cutlery knife.

3 Turn the dough out onto a floured surface, then, with floured hands, fold it over a few times until almost smooth. Press out to a 4cm thickness and stamp out four rounds using a floured 7cm biscuit cutter. Squash the remaining dough together lightly, then repeat until the dough is used up. Brush the tops of the scones with the egg wash. Scatter some flour over the hot baking sheet, then transfer the scones to the sheet and bake for 12 mins until risen and golden. *Best eaten the same day.*

PER Scone 233 kcals, fat 9g, saturates 5g, carbs 36g, sugars 9g, fibre 1g, protein 5g, salt 0.8g

Tip If you don't have yogurt, you can substitute it with the same amount of milk plus a good squeeze of lemon juice

**READY
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30 MINS**



**EASY AS
ONE, TWO,
THREE**



Oat biscuits

Turn everyday porridge oats into moreish biscuits to enjoy with a cuppa.

■ Makes 10 large biscuits ■ Prep 15 mins plus cooling ■ Cook 10 mins **VEGETARIAN**

75g wholemeal flour
1 tsp baking powder
75g porridge oats
50g caster sugar
75g butter
1 tbsp golden syrup
2 tbsp milk

1 Heat the oven to 180C/160C fan/gas 4 and line a baking sheet with baking parchment.

2 Mix the flour, baking powder, porridge oats and sugar together in a bowl. Melt the butter, syrup and milk together in a small saucepan over a low heat, then pour over the dry ingredients and mix well.

3 Drop the mixture onto the baking sheet by spoonfuls and shape into rounds, leaving space between each biscuit for spreading. Bake for 10-15 mins, or until golden brown. Leave to cool on the baking sheet for 5 mins before serving.

PER BISCUIT 140 kcals, fat 7g, saturates 4g, carbs 17g, sugars 7g, fibre 1g, protein 2g, salt 0.3g

Honey cake with honeyed almond crunch

Flaked almonds create a lovely crust on this cake, giving it added texture.

- Cuts into 8-10 slices ■ Prep 15 mins
- Cook 1 hr **VEGETARIAN** **FREEZABLE**

175g butter, softened, plus extra for the tin

85g honey, plus 4 tbsp for drizzling

85g caster sugar

85g ground almonds

200g plain flour

1 tsp baking powder

1 tsp bicarbonate of soda

100ml natural yogurt

2 large eggs, 1 separated plus 1 egg white

85g flaked almonds

- 1** Heat the oven to 180C/160C fan/gas 4. Butter a 900g loaf tin and line with a strip of baking parchment that overhangs each end – this will help you lift the cake out when it's baked.
- 2** Put the butter, honey, caster sugar, ground almonds, flour, baking powder, bicarbonate of soda and yogurt in a large bowl. Tip the egg whites into a small bowl, then add the yolk and remaining whole egg to the flour mix.
- 3** Whisk the egg whites until stiff, then put the electric whisk into the flour mix and beat until just smooth. Stir in $\frac{1}{3}$ of the whites, then gently fold in the rest with a wooden spoon. Tip the mix into the prepared tin, scatter over the flaked almonds and bake for 55 mins on the middle-lower shelf of the oven until golden and a skewer inserted into the middle comes out clean.
- 4** Remove the cake from the oven. Quickly drizzle with 2 tbsp honey and scatter over a small pinch of fine salt. Bake for 5 mins more. Remove from the oven, drizzle with the remaining 2 tbsp honey, then leave to cool in the tin on a wire rack. Release any almonds stuck to the edge of the tin using a knife, then carefully lift the cake out using the baking parchment to help you.

PER SLICE 485 kcals, fat 32g, saturates 13g, carbs 41g, sugars 22g, fibre 2g, protein 10g, salt 0.8g

This is ideal for an afternoon tea spread



B B C

TV CHEFS

Vegetables are the star of the show this season



Rosie Birkett's sprout, comté & walnut tart

I've always loved these miraculous miniature cabbages and have fond memories of crossing the tops – needlessly, it's since been revealed – for Sunday lunch.

■ Serves 6-8 ■ Prep 25 mins plus chilling ■ Cook 1 hr 10 mins **VEGETARIAN**

- 2 tbsp olive oil
- knob of butter
- 1 leek, sliced
- 1 sharp green apple, chopped
- 200g Brussels sprouts, shredded
- 1 tbsp lemon juice
- 200ml double cream
- 50g natural yogurt
- 100g comté cheese or vegetarian alternative, grated, plus extra to serve
- 3 eggs
- grating of nutmeg
- handful of walnuts
- FOR THE PASTRY**
- 50g pumpkin seeds
- 150g spelt flour
- 1 tsp dried thyme
- 5g grated parmesan or vegetarian Italian-style hard cheese
- 125g butter
- 1 egg yolk
- plain flour, for dusting

1 To make the pastry, put the pumpkin seeds in a food processor and pulse briefly to make a crumb. Add the flour, thyme, parmesan and $\frac{1}{2}$ tsp salt and pulse again to combine. Add the butter and pulse to a breadcrumb consistency, then add the egg yolk and blitz again. Now add iced water to the mix, 1 tbsp at a time, blitzing between additions until the

dough clumps together (ours took 2 tbsp).

Tip into a bowl and bring together into a smooth ball with your hands, adding a little more flour if it's too sticky. Wrap in baking parchment and chill for 30 mins.

2 Heat the oven to 200C/180C fan/gas 6. Roll the pastry out on a lightly floured surface to the thickness of a £1 coin. Use it to line a 23cm round tart tin, prick the base, then fill with baking parchment and baking beans. Bake for 15 mins, then remove the parchment and beans and bake for another 12 mins. Remove from the oven and reduce the temperature to 180C/160C fan/gas 4.

3 Heat the olive oil and butter over a medium heat and gently fry the leek with a pinch of salt and some freshly ground black pepper for 6-8 mins until soft. Add the apple and sprouts and fry for a further 5 mins. Remove from the heat and add the lemon juice, tossing to coat.

4 Combine the double cream, yogurt, cheese, eggs and a good grating of nutmeg. Season and whisk until combined. Pour half into the tart case and top with half the leek and sprout mix. Pour in the rest of the cheese custard and top with the remaining sprout mixture. Dot the walnuts around the top of the tart.

5 Bake for 20-25 mins until puffed and golden, then allow to settle for 10 mins before slicing.

PER SERVING (8) 672 kcals, fat 56g, saturates 29g, carbs 23g, sugars 5g, fibre 5g, protein 18g, salt 1.2g

Serve with a crunchy salad

BEST OF B B C

Chef-presenter **Rosie Birkett** is a regular on BBC One's *Saturday Kitchen*.





James Martin's blue cheese, butternut & barley salad with maple walnuts

If you find blue cheeses a little overpowering, try using wensleydale blue. If you love a deeper, more tangy flavour, go for a colston bassett stilton, stichelton or strathdon blue.

■ Serves 6 ■ Prep 10 mins ■ Cook 45 mins **VEGETARIAN**

- 1 butternut squash, peeled and cut into large chunks, seeds reserved**
- 2 red onions, each cut into quarters**
- 3 garlic cloves, peeled and bashed**
- 3½ tbsp extra virgin olive oil**
- handful of thyme sprigs, plus extra to serve**
- 300g pearl barley**
- 50g walnuts, roughly chopped**
- 1½ tbsp maple syrup**
- 1 tsp brown sugar**
- ½ tsp chilli flakes**
- 2 tsp balsamic vinegar**
- 1 tsp Dijon mustard**
- 100g baby spinach, shredded**
- 140g blue cheese, thinly sliced**

1 Heat the oven to 200C/180C fan/gas 6. Toss the squash, onions and garlic

with 2 tbsp of the oil. Season and roast for 40 mins. Turn halfway through and add the thyme. Remove from the oven, leave to cool and discard the garlic.

Cook the barley following pack instructions, then drain and cool.

2 Rinse and dry the squash seeds, then toast with the walnuts in a frying pan. Add ½ tbsp of the oil, the maple syrup, sugar, chilli flakes and some salt. Bubble until caramelised. Tip onto a tray, cool, then bash. Mix the vinegar, mustard and remaining oil and seasoning together.

3 Toss the veg, barley and spinach with the dressing. Scatter over the cheese, nut mix and some extra thyme to serve.

PER SERVING 479 kcals, fat 22g, saturates 7g, carbs 57g, sugar 12g, fibre 3g, protein 14g, salt 0.7g



Tom Kerridge's onion bhaji fish & chips

A food marriage of the nation's two favourite takeaways, fish & chips and Indian.

■ Serves 2 ■ Prep 15 mins ■ Cook 50 mins

sunflower oil, for deep-frying
2 x 150g white fish fillets (I used lemon sole)

FOR THE BATTER

120g plain flour, plus extra for dusting
7g sachet fast-action dried yeast
½ tsp each onion seeds, chilli powder, ground cumin, ground coriander and garlic powder

1 small green chilli, finely chopped
small handful of coriander leaves, finely chopped

150ml lager

1 small onion, very finely sliced

FOR THE CHIPS

3 large potatoes, cut into wedges

2 tbsp sunflower oil

1 tbsp madras curry powder

TO SERVE

curry salt and lime mayo
 (see below right)

1 To make the batter, tip the flour, yeast, spices, chilli, coriander and a large pinch of salt into a bowl and stir. Whisk in the lager until smooth. Cover and set aside.

2 Heat the oven to 180C/160C fan/gas 4. To make the chips, put 1 tbsp of the oil in a roasting tin and place in the oven. Toss the potato wedges in the remaining oil, curry powder and a pinch of salt. Roast for 30 mins, then toss and roast until the chips are cooked through and crisp, around 15 mins more. Reduce the oven to 110C/90C fan/gas ¼ to keep them warm.

3 Stir the onion into the batter, making sure all the slices are separated. Heat a 10cm depth of oil in a deep-fat fryer, or no more than ⅓ of a pan of oil to 180C. Scatter some flour on a plate, dip the fish in the flour, pat off any excess, then dip in the batter, coating the fish with a generous amount of batter and onion. Carefully lower into the oil and fry for 5 mins until golden brown. Once cooked, drain off any excess oil, then place on a tray lined with kitchen paper. Serve the fish and chips seasoned with curry salt, with the lime mayo on the side for dipping.

PER SERVING 840 kcals, fat 24g, saturates 3g, carbs 105g, sugars 5g, fibre 11g, protein 40g, salt 1.3g

BEST OF BBC

James Martin is the host of *Saturday Kitchen Best Bites* on BBC Two.



Simple curry salt

■ Mix **1 tbsp** garam masala with **2 tbsp** sea salt.

Lime mayo

■ Mix **1 crushed garlic clove** and the **zest and juice of 1 large lime** into **100ml mayonnaise**.

BEST OF B B C

Tom Kerridge's *Lose Weight and Get Fit* is available on iPlayer.



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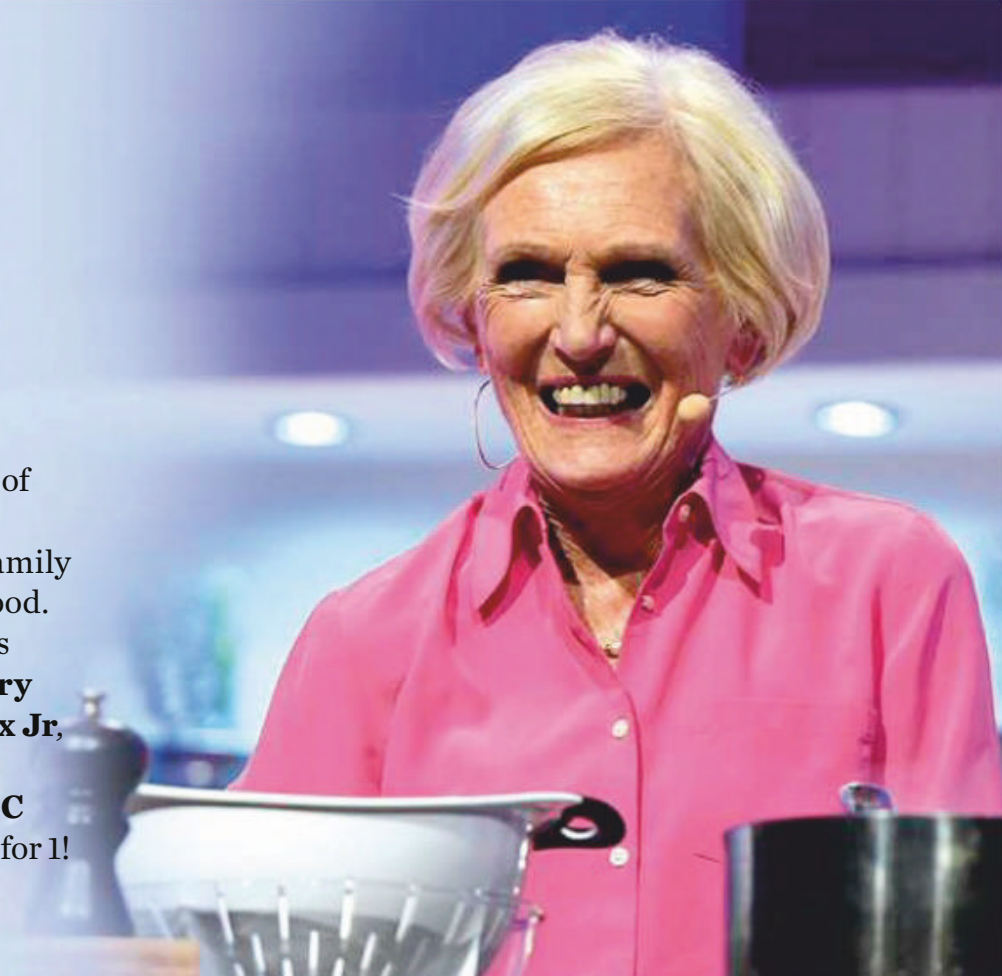
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easycook **next month**

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(we know, it's a silly question!)

10 of the best Easter treats



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6 WAYS WITH

DATES

Six sticky treats using this sweet, high-fibre fruit

Sticky date & ginger pudding

■ Butter a 2-litre (about 28 x 20cm) baking dish. Heat **200ml milk** with **200g pitted chopped dates** until just boiling. Remove from the heat, add **1 tsp vanilla extract** and **1 tsp bicarbonate of soda**. Set aside. Sift **140g self-raising flour** with **2 tsp ginger**, then add **85g dark muscovado sugar**, **85g butter** and **2 eggs**. Beat with an electric whisk for about 5 mins. Fold in the date mix and **2 chopped balls stem ginger**. Pour into the baking dish, sprinkle over **100g dark muscovado sugar**, **3 tbsp ginger syrup** from the jar and **250ml boiling water** (do not stir). Bake at **180C/160C fan/gas 4** for **40-45 mins** until firm. Serve the pudding with the syrupy sauce from the bottom of the dish. Serves 6.

Date butter

■ Blitz **150g butter** or **coconut oil**, **80g pitted dates**, **1 tbsp maple syrup**, and a **pinch of cinnamon** and salt in a food processor. Spread on toast or spoon on hot pancakes. Serves 4.

Date & walnut bites

■ Stuff **4 walnut halves** into **4 pitted dates**, then dust with **cinnamon**. It's a great snack when you fancy something sweet. Serves 2.

Date & puffed wheat muesli

■ Toast **100g oats** in a frying pan. Add **12 broken pecans** and **2 tbsp sunflower seeds** to toast briefly, then cool. Add **6 chopped pitted dates** and **25g high-fibre puffed wheat**. Mix well. Serve topped with yogurt, fruit and a sprinkling of cinnamon, if you like. Serves 4.

Fabulous date flapjack

■ Melt **100g butter** with **3 tbsp golden syrup** and **150g very finely chopped dates**. Stir in **50g chopped apricots**, **50g chopped hazelnuts**, **3 tbsp mixed seeds**, **50g raisins** and **150g porridge oats**. Spoon into a lined 18cm square tin and bake at **190C/170C fan/gas 5** for **15-20 mins** until golden. Cuts into 12.

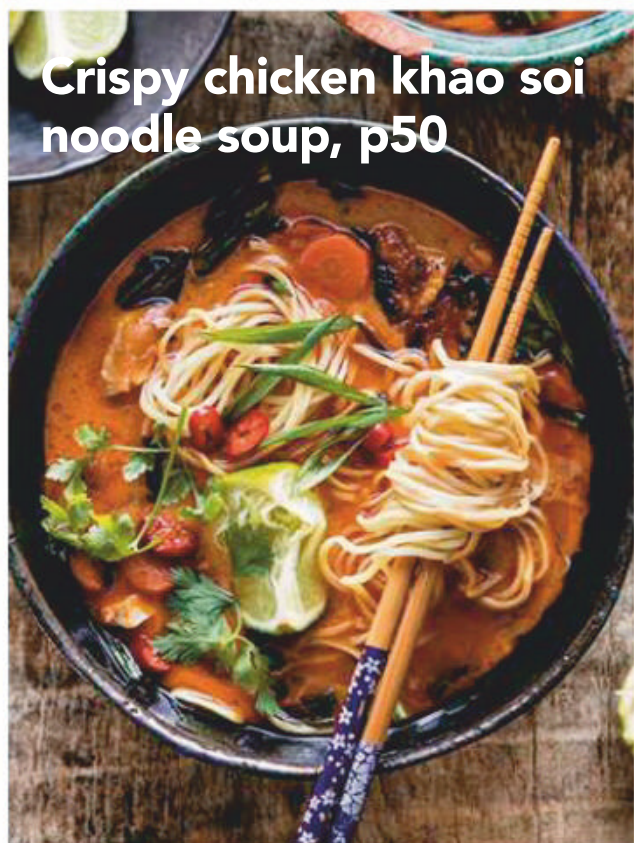
Date, peanut butter & banana shake

■ Chop **2 bananas** and freeze. Tip into a blender with **4 pitted dates**, **2 glasses milk**, a **spoonful of smooth peanut butter** and a few **ice cubes**. Blitz and drink. Serves 2.



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Need some inspiration? Look no further than our at-a-glance guide



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Little lemon meringue pies, p65

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The Carnaby, shown
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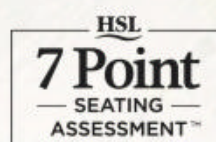
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