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easycook

CHRISTMAS 2020

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Happy Christmas!

NO-BAKE MILLIONAIRE'S CHOCOLATE CHEESECAKE, P51



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Welcome



For obvious reasons, this Christmas will be more precious than ever: a time to reflect on the year behind us and to search for hope in the year ahead. We all hope to be with our loved ones and to create new, happy memories over food and drink, so as well as being a focus for us to count our blessings, food is a wonderful form of therapy – to plan and relax (yes, and even stress out over the turkey timings). We've created this special issue of Easy Cook with all this in mind, with easy, achievable recipes for the big day, and flexible ideas to keep you going over the whole festive season. More than any other Christmas, we wish you a truly happy one this year.

Keith Kendrick

Editor

BEST OF BBC



***Tom Kerridge**
Hearty beef stew (p60)



***Rosie Birkett**
Caramelised onion & chicory tart with gorgonzola (p61)



***John Torode**
Classic kedgeree (p67)



***Gregg Wallace**
Tangy lemon tart (p68)



Christmas truffles

Pop these homemade truffles in a pretty box if you want to give them as a gift. Your kids will love giving them to family and friends!

■ Makes 35 ■ Prep 30 mins plus 7 hrs chilling ■ Cook 5 mins **VEGETARIAN** **FREEZABLE**

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

1 Put both chocolates in a heatproof bowl. Bring the cream and butter to a simmer in a pan, then pour the hot

mixture over the chocolate and stir until melted. Leave to cool, then chill for 7 hrs.
2 Put the coatings in separate bowls. Roll teaspoonfuls of the truffle mixture into balls in your oiled hands.
3 Roll the truffles in the coatings of your choice until evenly coated, then put in an airtight container and chill until ready to serve or gift. *Will keep, chilled in an airtight container for three days, or freeze for up to a month. Defrost in the fridge overnight.*
PER SERVING 80 kcals, fat 7g, saturates 4g, carbs 4g, sugars 3g, fibre 1g, protein 1g, salt 0.01g

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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CHRISTMAS 2020

Contents

CHRISTMAS

6 OUR SHOWSTOPPER

Get the season started with a lusciously sweet and spicy glazed roast ham. Perfect for the big day itself, or a Boxing Day buffet

8 EASY COOK TASTE AWARDS

A selection of the best supermarket Christmas food buys

11 YOUR GIFT GUIDE

Inspired present ideas for the food and drink lover in your life, all for under £40

12 CHEERS!

Raise a toast with these lower-alcohol cocktails that still pack plenty of punch

16 JUST FOR STARTERS

Pretty canapés to enjoy with drinks, and classic starters to make your Christmas dinner feel even more special

22 MARVELLOUS MAINS

We've got you covered with everything from traditional turkey and roast beef, to salmon and vegetarian options – your only problem will be picking which one to serve on the day!



81 Quick meal ideas for in between festive events

36 PICK & MIX SIDES

Team your main with side dishes and sauces from our selection of recipes

44 GLAMOROUS PUDS

No festive meal would be complete without a fab dessert, and these elegant treats taste as good as they look

54 THE GREAT BRITISH CHEESEBOARD

Top cheesemonger Jay Hickson guides you through choosing the best British artisan cheeses for your Christmas table

57 SHINE WITH THE STARS

Tom Kerridge, Diana Henry, Tommy Banks and more share their favourite seasonal recipes

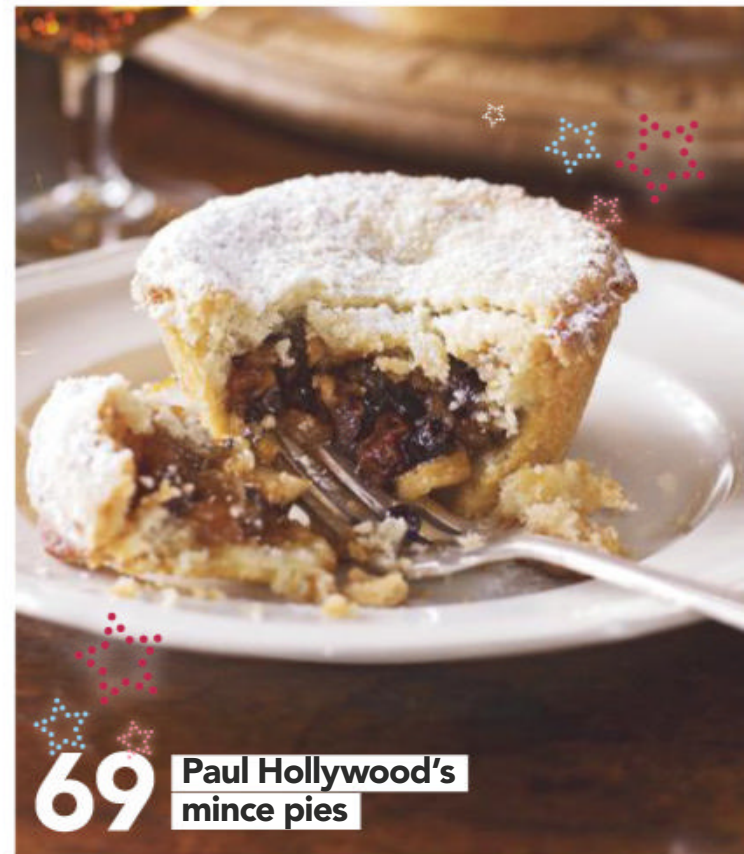
98 FESTIVE FINALE

Make these iced Christmas trees with the kids – they're bound to bring a smile to everyone's face



28 Brown sugar & spice-glazed turkey with candied carrots

Subscribe
Save 50%
on a year's
subscription to
BBC Easy Cook,
p34



69 Paul Hollywood's mince pies



39 Lemon, garlic & bay roast potatoes

WEEKEND

70 CHRISTMAS BAKING

Round up the family to make some lovely festive bakes to share or give

76 LOVE YOUR LEFTOVERS

Make sure no food goes to waste with these simple ideas for turning your leftovers into fab meals for a second time

81 EASY WINS

A collection of 20 recipes to cover fuss-free family mealtimes around the busy holiday period

ALSO IN THIS ISSUE

34 SUBSCRIBE

Don't miss an issue of BBC Easy Cook

97 INDEX

This month's recipes at a glance



17 Crayfish cocktail with horseradish cream

Make our cover recipe!



No-bake millionaire's chocolate cheesecake, p51

A PERFECT FEAST

SWEET & SPICY HAM

Wow your family with our showstopping glazed ham. The ginger is almost toffee-like, the meat stays juicy, and the clementines add a pop of colour

Stem ginger & mustard glazed ham

- Serves 10-12 ■ Prep 20 mins plus 10 mins cooling
- Cook 3 hrs 40 mins **FREEZABLE** *cooked and sliced*

5kg boneless gammon joint (smoked or unsmoked)
2 litres ginger beer
1 onion, quartered
2 clementines or satsumas, halved horizontally, plus extra to decorate (optional)
20 cloves
3 bay leaves, plus extra to decorate (optional)
2 tbsp English mustard
3-4 balls stem ginger from a jar, thinly sliced, plus 4 tbsp syrup from the jar

1 Put the gammon in a deep saucepan (if tied, leave it as is). Tip in the ginger beer, onions, clementine halves, 5 cloves and 3 bay leaves. Top up with enough water to just cover the gammon. Bring to a gentle simmer, cover and cook for 2 hrs, topping up with more water if needed.

2 Remove the ham from its cooking liquid using large tongs, and leave to cool on a

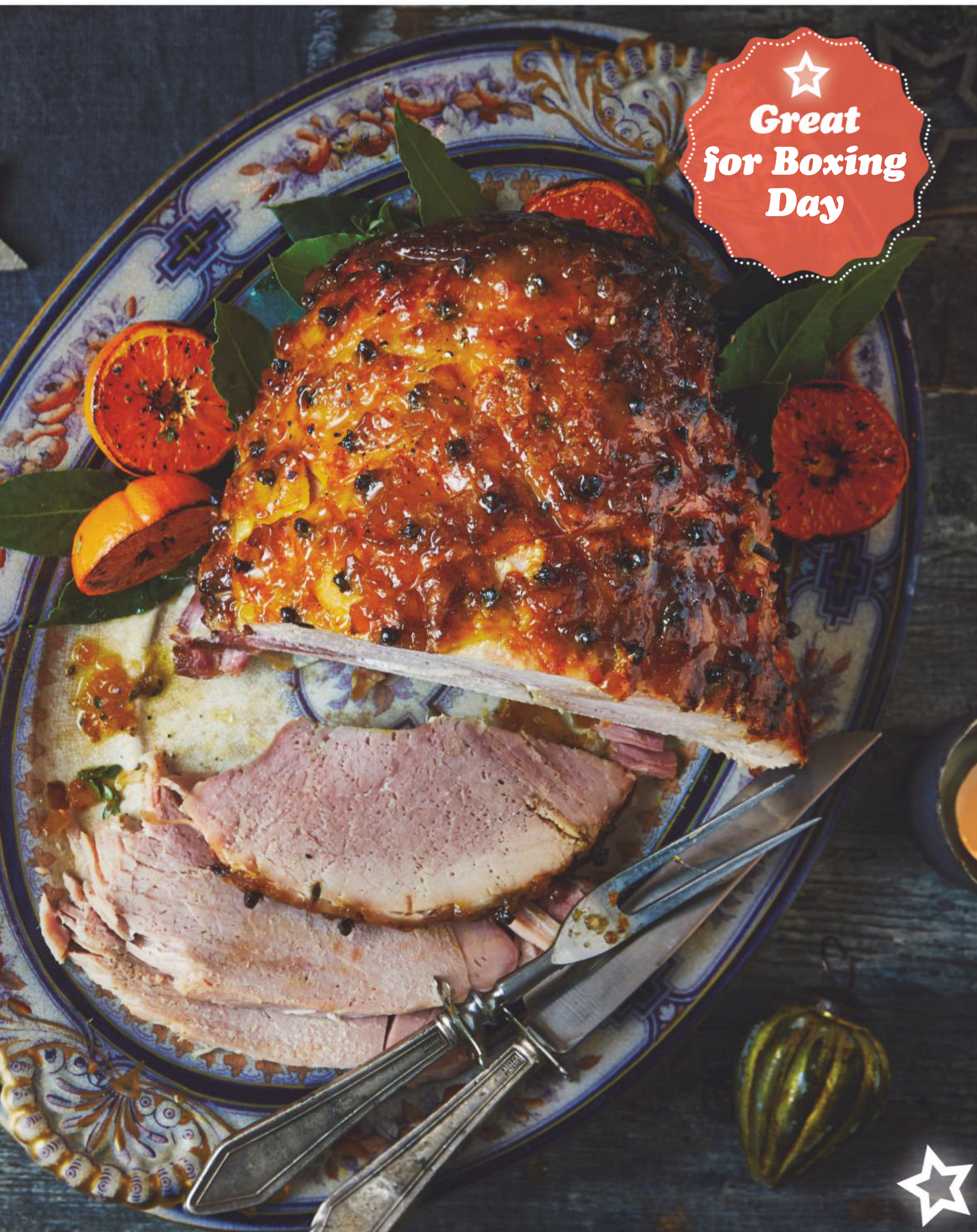
chopping board for 10 mins or until cool enough to handle.

3 Heat the oven to 200C/180C fan/gas 6. Carefully cut the rind off the gammon, leaving a thin layer of fat. Score a diamond pattern all over the fat, then transfer the gammon to a roasting tin. Mix the mustard and ginger syrup together, then brush about half over the gammon. Stuff the stem ginger slices into the crevices of the scored fat, and stud with the remaining cloves.

4 Bake for 20 mins, then brush with the remaining glaze. Bake for 1 hr more until bronzed. Cover with foil if the glaze starts to catch during cooking. If you like, roast some extra clementine slices while you glaze the gammon, and use these to decorate the plate alongside some extra bay leaves. Serve the gammon slices warm or cold. *Will keep in the fridge for five days.*

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

★
**Great
for Boxing
Day**



easycook taste awards

Our judges blind-tested more than 150 products to find the best supermarket Christmas food buys. Find the full results in November's BBC Good Food magazine, or visit bbcgoodfood.com



GRAVY

M&S turkey gravy, £4 (500g), M&S

Described by our judges as a gravy that 'could pass as homemade', this has an appealing colour, good depth of flavour with a rich taste of roasted poultry, nice saltiness and good consistency.

TURKEY CENTREPIECE

Booths The Ultimate Turkey Feast, £85 (3.5kg), Booths This truly is a feast, covering turkey, stuffings and pigs in blankets all in one go! It includes a succulent turkey crown stuffed with moist, well-flavoured pork, sage & onion stuffing, as well as boneless, bacon-wrapped turkey thighs with a pork & cranberry stuffing.

CRANBERRY SAUCE

Asda Extra Special cranberry & port sauce, £1.57 (230g), Asda This sticky sauce has proper chunks of cranberry and a sharp tang, and isn't sickly-sweet – perfect for serving alongside the Christmas meal, or in Boxing Day sarnies.

GAMMON

Tesco crackling gammon joint with maple & bourbon glaze, £16 (2.8kg), Tesco

A resounding winner, this showstopping bone-in gammon joint is covered in a sticky glaze, but has super-crisp crackling and soft meat that falls apart. It's nicely savoury without being overly salted, and tastes great both hot and cold, so would be perfect for Boxing Day sandwiches.

PIGS IN BLANKETS

Waitrose No.1 free-range pork chipolatas wrapped in bacon, £4.25 (258g), Waitrose & Partners

These succulent pork sausages are tightly wrapped in crisp bacon, with a fresh sage leaf tucked in each – it's a simple but very effective touch that gives these pigs in blankets a lovely Christmas-stuffing-like flavour and extra-appealing look.

BEEF WELLINGTON

Waitrose Entertaining British beef wellington, £59 (1.4kg), Waitrose & Partners

Our judges were impressed by the crisp, buttery pastry on this wellington, as well as the earthy flavours in the mushroom duxelle. The beef itself is peppery and tender – perfectly rare in the centre, but a tad overcooked at the ends.



HEAVEN FOR *Vegan chocoholics*

COCOSPREAD



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**CHILLED
SECTION**



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Your gift guide

Tick off your gift-giving list with these perfect presents, **all under £40**

DRINKS



Whether they're a drinks aficionado or craft beer newbie, this set is sure to please. It includes four lower-alcohol, vegan beers that are sustainably made – the brewery uses 80 per cent less water during brewing, and its packaging is 100 per cent recycled, among other environmentally friendly measures.

Small Beer gift pack, £15,
theoriginalsmallbeer.com

STOCKING FILLER



Kids and adults alike will love watching these chocolate 'bombs' melt into a cup of steaming milk, revealing a centre of indulgent mini marshmallows.

Hot chocolate bombs, £8.99
(set of three), *firebox.com*

CHEESE LOVERS



Help them create a festive cheeseboard with this set, complete with knives for cutting stiltons, cheddars and hard cheeses, plus jars to neatly serve chutneys, nuts and fruit.

Cheeseboard set, £10, Wilko

DIY COOKS



Learn to make spaghetti, gnocchi and ravioli with this kit. It includes flour, salt, and all the tools required, so the recipient will only need to add their own fresh ingredients.

Luxury 'caravaggio' pasta making kit for beginners, £25,
pastaevangelists.com

KITCHEN GADGETS



If you know a budding home cook, this bundle will equip them with all they need to get started. It includes an instant-read thermometer, electronic timer and digital kitchen scale that allows you to measure multiple ingredients at once.

Salter kitchen gift set, £39.99, Amazon and
salterhousewares.co.uk

CHEERS!

These tipples will help you feel festive, without a hangover the next day. They still pack plenty of cheer, but are not too heavy on the booze or your budget



ESPRESSO
SHRUB
MARTINI

Espresso shrub martini

A 'shrub' is a syrup, usually made with fruit sugar and vinegar. This one uses coffee and vinegar, taking the place of the standard coffee liqueur.

■ Pour **100ml espresso** into a jug with **50g sugar**. Stir to dissolve, then leave to cool completely before adding **50g balsamic vinegar**. Chill along with two martini glasses. Half-fill a cocktail shaker with **ice**, then add 50ml of the balsamic mix, **30ml vodka** and **50ml strong cold espresso**. Shake well, then strain into the glasses. Top each with **2 coffee beans** and a **cardamom pod**. Serves 2

Pomegranate & vermouth mulled wine

This mulled wine is mostly juice-based, but the addition of vermouth keeps it grown-up and stops it becoming too sweet.

■ Pour **500ml pomegranate juice**, **100ml red vermouth** and **200ml red wine** into a large saucepan set over a low heat. Add **2 sliced oranges**, **2 tsp honey**, **1 cinnamon stick**, **4 cloves** and **4 allspice berries**. Simmer gently for 10 mins. Taste for sweetness, then strain into heatproof glasses and decorate with extra orange slices. Serves 6

Mulled cider

■ Pour **1½ litres dry cider**, **7 tbsp Calvados** or **brandy**, **1 litre apple juice** and **75g dark brown sugar** into a large pan, and gently heat to mull. Add the **zest of 1 orange**, **4 cloves**, **2 cinnamon sticks**, halved, and **1 tbsp allspice berries**. Bring to a simmer, then reduce the heat to low for 20-30 mins. Ladle into heatproof glasses to serve. Serves 12

Virgin mary

■ Fill a tall glass with **ice**, then pour in **150ml tomato juice** and **2 tsp lemon juice**. Add **2 dashes Worcestershire sauce** and a **splash of Tabasco sauce**. Stir, add some ground black pepper, and decorate with **celery sticks**. Serves 1

Mojito cooler

■ Peel the **zest from 4 limes** using a vegetable peeler, then squeeze the juice into a jug and make up to 200ml with water, if needed. Add the lime zest and **5 mint sprigs**, then stir in **100g golden caster sugar**, a pinch of **ground cinnamon** and **¼ tsp vanilla extract**. Cover and chill for at least 1 hr or overnight. Stir, then strain into a 1.5-litre jug and add **100ml white wine vinegar** and **50ml rum**. Chill. Pour into glasses with chunks of lime and **ice**, and top up with **sparkling water**. Decorate with mint sprigs. Serves 6



MOJITO
COOLER



POMEGRANATE
& VERMOUTH
MULLED WINE




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Super starters



Mega mains

**Includes turkey
time plans for
Christmas Day**

The big day plan

Look no further for all you need for a perfect Christmas feast



Delicious desserts



Sublime sides



Choice cheeses

Just for starters

From inventive canapés to pass round with pre-dinner drinks, to sit-down starters you can make ahead of time, there's something for every occasion here

*Easy to eat
standing up or
at the table*

Smoked salmon soufflés, p18

Crayfish cocktail with horseradish cream

This is so quick to make, and is easily multiplied to serve more people. Crayfish make a nice twist, but prawns would work equally well.

■ Serves 2 ■ Prep 10 mins ■ No cook

1 tbsp crème fraîche
½ tsp creamed horseradish sauce
1 lime, juiced
1 chicory, leaves separated
1 avocado, stoned, peeled and thinly sliced
140g crayfish tails
cayenne pepper, to serve

1 Combine the crème fraîche, horseradish sauce and half the lime juice in a small bowl. Cover and chill until needed.

2 Take two glass serving dishes and put 1 chicory leaf in each. Finely shred the rest of the chicory and divide between the dishes. Toss the avocado slices in the remaining lime juice and arrange over the shredded chicory. Lay the crayfish tails on top.

3 Spoon over the horseradish cream and sprinkle with cayenne pepper to serve.

PER SERVING 260 kcals, fat 20g, saturates 6g, carbs 4g, sugars 1g, fibre 4g, protein 14g, salt 0.2g



*An elegant
 starter
 that's ready
 in minutes*



Smoked salmon soufflés

These soufflés are baked ahead, then reheated just before serving. They don't rise as high as traditional ones, but are still lovely and light.

■ Makes 6 ■ Prep 30 mins ■ Cook 25-30 mins
FREEZABLE before second bake

40g butter, plus extra for the dishes

25g plain flour

300ml milk

85g soft cheese

2 tsp chopped dill

3 large eggs, separated

85g smoked salmon, chopped

½ lemon, zested

TO SERVE

6 tsp crème fraîche

2 large slices smoked salmon
dill sprigs

1 Put the butter, flour and milk in a pan and cook over a medium heat, stirring until thick. Remove from the heat and stir in the cheese in small spoonfuls, then the dill. Season to taste, then beat with a whisk to combine.

2 Heat the oven to 200C/180C fan/gas 6. Butter six 150ml soufflé dishes and line the bases with baking parchment. Stir the egg yolks into the sauce and add the salmon and lemon zest. Whisk the egg whites until stiff, then fold into the salmon mix. Spoon into the dishes and bake in a roasting tin half-filled with water for 15 mins until risen and golden. Leave to cool (don't worry if they sink).

3 When ready to serve, very carefully turn the soufflés out, peel off the baking parchment and place on new squares of parchment. Top each with 1 tsp crème fraîche. Bake for 10-15 mins at 200C/180C fan/gas 6 until just puffed. Quickly top each with some salmon and a dill sprig.

PER SERVING 237 kcals, fat 19g, saturates 11g, carbs 6g, sugars 3g, fibre none, protein 11g, salt 1.2g

*Also serve as a
canapé spread
on crackers*

Velvety duck parfait

■ Serves 6 with leftovers ■ Prep 30 mins plus setting ■ Cook 15 mins **FREEZABLE**

600g duck or chicken livers, or a mix

250g butter, softened and chopped

2 shallots, peeled and finely sliced

1 garlic clove, sliced

a splash each of brandy and port

1 tbsp tomato purée

FOR THE TOPPING

100g butter

1 tbsp thyme leaves

1 tsp cracked black peppercorns

toast, gherkins and chutney, to serve

1 Remove and discard any large sinews from the livers, then set aside. Heat a third of the butter in a large frying pan, then fry the shallots and garlic for 3-4 mins until soft. Turn up the heat, add the livers, then fry until just browned on all sides. Add the brandy and port, and quickly boil off the alcohol. Remove from the heat and leave to cool completely.

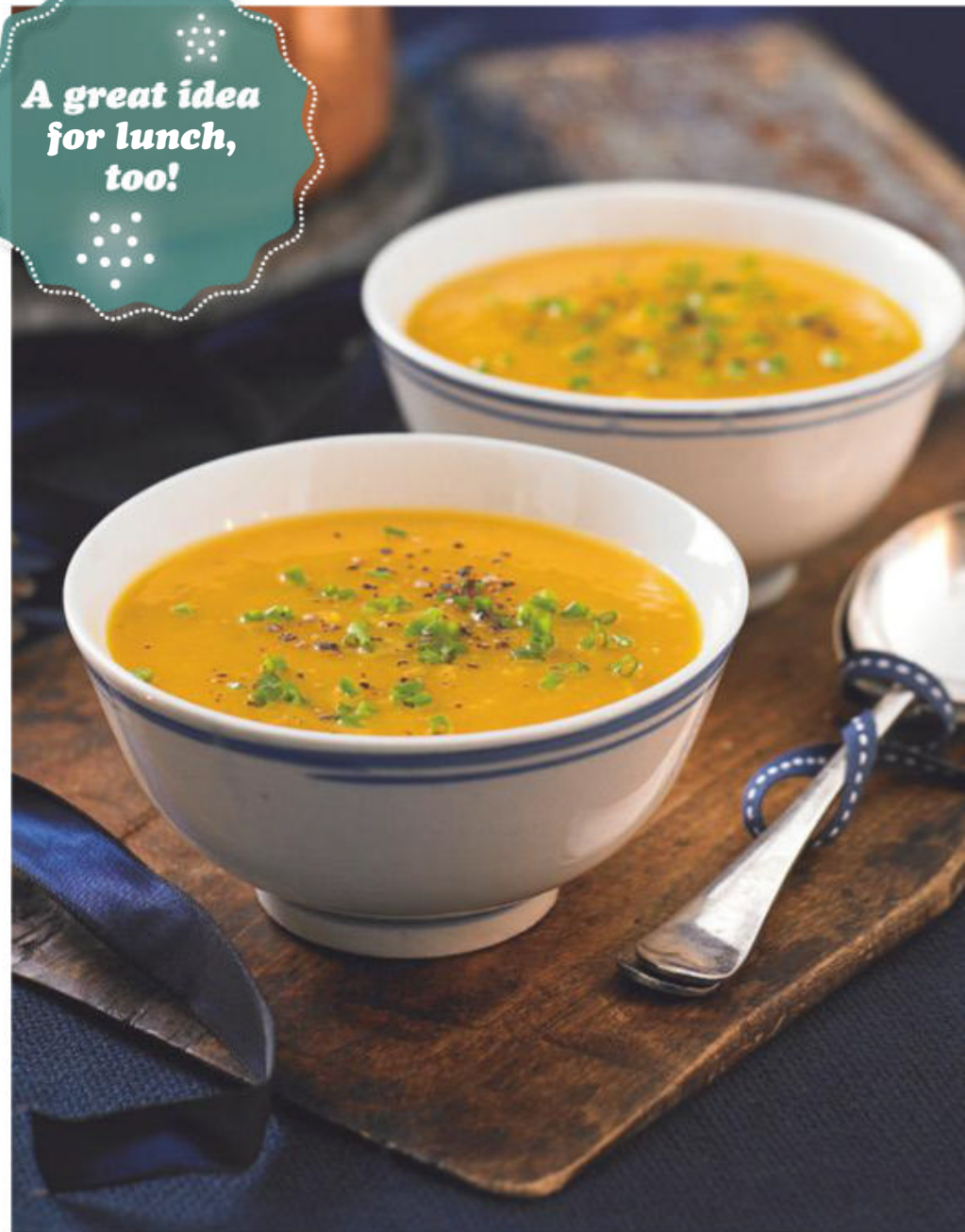


2 Season generously, then tip the contents of the pan into a food processor with the tomato purée and remaining butter, and blitz until smooth. Push the mixture through a fine sieve into a bowl, and season to taste. Tip into a serving dish, tapping the bottom of the dish on a work surface to level the top. Chill to set.

3 Once the mixture has set, make the topping. Gently melt the butter in a small pan or in a heatproof bowl in the microwave, then leave for 1 min to settle and separate. Pour the yellow butter that has risen to the top into another bowl, discarding the milky liquid. Leave the butter to cool slightly, then mix in the thyme and peppercorns. Pour the mixture over the parfait and leave to set in the fridge. Serve with plenty of toast, sliced gherkins and chutney. *Will keep in the fridge for two days.*

PER SERVING 535 kcals, fat 50g, saturates 31g, carbs 2g, sugars 1g, fibre none, protein 18g, salt 1.1g

**A great idea
for lunch,
too!**



Butternut squash & sage soup

■ Serves 8 ■ Prep 20 mins ■ Cook 40 mins

VEGETARIAN **FREEZABLE**

1 tbsp olive oil
1 tbsp butter
3 onions, chopped
2 tbsp chopped sage
1.4kg butternut squash (prepared weight), peeled and deseeded
1 tbsp honey
1.5 litres vegetable stock
bunch of chives, finely sliced, to serve

1 Melt the oil and butter in a large pan and gently cook the onions and sage until very soft, about 15 mins. Tip in the squash and cook for 5 mins more, stirring. Add the honey and stock, bring the mixture to a simmer and cook until the squash is tender.

2 Leave the soup to cool slightly, then whizz until smooth using a stick blender, or in batches in a blender. Season to taste, adding a drop more stock or water if the soup is too thick. Reheat before serving, sprinkled with the chives and some cracked black pepper.

PER SERVING 130 kcals, fat 4g, saturates 1g, carbs 21g, sugars 14g, fibre 5g, protein 3g, salt 0.5g

Butternut soup shots with crispy pancetta soldiers

- Makes about 8 shots ■ Prep 5 mins
- Cook 10 mins **FREEZABLE** *soup only*

8 slices pancetta
2cm slice white bread, cut into 8 soldiers
splash of olive oil
850ml-1 litre butternut squash & sage soup (see p19), reheated
cream and sliced chives, to serve

1 Heat the oven to 220C/200C fan/gas 7. Wrap a pancetta slice around each soldier. Toss with oil. Bake for 5-8 mins, turning once.
2 Divide the soup between eight espresso cups. Top with the cream and chives, and serve with the soldiers for dipping.

PER SHOT 80 kcals, fat 4g, saturates 2g, carbs 8g, sugars 4g, fibre 2g, protein 3g, salt 0.5g

Feta & cucumber bites

- Makes 24 ■ Prep 10 mins ■ No cook

VEGETARIAN

1 garlic clove, crushed
200g feta
100g ricotta
4 tbsp chopped dill, plus extra to garnish
1 large cucumber, halved lengthways, seeds scooped out and discarded

1 Whizz the garlic, feta, ricotta and dill in a food processor until thick and smooth.
2 Fill the cucumber middles with the cheese mix. Cut into 3cm-thick slices. Sprinkle with pepper and garnish with the extra dill.
PER BITE 29 kcals, fat 2g, saturates 1g, carbs none, sugars none, fibre none, protein 2g, salt 0.3g

Mini meatball sliders

- Makes 12 ■ Prep 10 mins ■ Cook 16 mins

12 large beef or British veal meatballs
85g cheddar, grated
6 mini rolls, split
a few tbsp smoky barbecue sauce
a few small rings red onion
a few mini cornichons, sliced

1 Heat the oven to 200C/180C fan/gas 6. Squash the meatballs slightly on a baking tray. Roast for 15 mins, then press some cheese into each. Put back in the oven for 20 seconds-1 min until the cheese melts.
2 Meanwhile, lightly toast the rolls. Spread each half with barbecue sauce, then top each with a meatball, some onion and cornichons. Skewer with cocktail sticks to hold together.
PER SLIDER 171 kcals, fat 9g, saturates 5g, carbs 13g, sugars 2g, fibre 1g, protein 9g, salt 0.9g

Brie & cranberry twists

- Makes 18 ■ Prep 15 mins ■ Cook 10 mins

VEGETARIAN **FREEZABLE** *before baking*

12 sheets filo pastry
100g butter, melted
250g brie, cut into 18 fingers
18 tsp cranberry sauce
50g walnuts, roughly chopped
sprinkling of poppy seeds

1 Heat the oven to 220C/200C fan/gas 7. Stack two filo sheets. With a widest edge facing you, brush with butter. Put three brie fingers at even intervals across the bottom of the filo. Top each with 1 tsp cranberry sauce, then sprinkle over some walnuts.

2 Roll up the filo from the bottom. Cut into three parcels, and twist the ends to seal. Brush with more butter and sprinkle with poppy seeds. Repeat to make 18. Bake for 10 mins, or cover and chill the unbaked twists for a day and bake just before serving.
PER TWIST 123 kcals, fat 11g, saturates 6g, carbs 3g, sugars 2g, fibre none, protein 4g, salt 0.3g

Bourbon-glazed pork belly chunks

- Serves 6-8 with other canapés
- Prep 15 mins plus cooling ■ Cook 3½ hrs

FREEZABLE *before second roast*

200ml bourbon
1 star anise
800g pork belly
4 tbsp tomato ketchup
2 tbsp soy sauce
2 tbsp honey
sliced chives and soured cream, to serve (optional)

1 Heat the oven to 160C/140C fan/gas 3. Pour half the bourbon into a small roasting tin. Add the star anise and pork belly, season, and cover tightly with foil. Bake for 3 hrs. Remove and leave to cool for at least 1 hr. *You can chill the pork for up to two days.*
2 Heat the oven to 200C/180C fan/gas 6. Cut the rind from the pork, leaving a small layer of fat. Cut the meat into 2cm chunks and return to the tin. Roast for 20 mins until crisp and sizzling, turning regularly.
3 Meanwhile, put the ketchup, soy, honey and remaining bourbon in a small pan over a high heat and bubble for 5 mins until thick. Pour over the pork and toss to coat. Roast for 10 mins more until sticky.
4 Combine the chives and soured cream, if using, and serve alongside the pork chunks with cocktail sticks.
PER SERVING (8) 273 kcals, fat 14g, saturates 5g, carbs 7g, sugars 7g, fibre none, protein 16g, salt 1.1g

Butternut soup shots with crispy pancetta soldiers

Feta & cucumber bites

Brie & cranberry twists

Mini meatball sliders

Choose two
or three before
a meal

Bourbon-glazed
pork belly chunks

Marvellous mains

You're spoilt for choice with these impressive centrepieces. Select one, then mix and match starters, sides and desserts from the rest of your Christmas Easy Cook. We've done all the work for you!

Roast pork with sage & double onion stuffing, baked apples & roasties

Bone-in pork loin is a prime cut, and you've got two options when carving. Firstly, the whole thing can be taken off the bone and the bones can be served separately like ribs, or you can carve the joint into chops and the meat in-between into thick slices.

■ Serves 8 ■ Prep 50 mins plus overnight salting ■ Cook 2 hrs 30 mins

2kg pork loin on the bone (see butcher's talk, right), chined and French-trimmed, skin scored

1.5kg Maris Piper potatoes, cut into chunks

sunflower oil, for roasting

8 small dessert apples (like Braeburns)

50g butter

large bunch of sage, leaves picked

FOR THE STUFFING

25g butter

1 small onion, finely chopped

1 tbsp dried sage

small handful of sage leaves,

finely chopped

large handful of parsley, chopped

1 pork sausage, meat squeezed

from the skin

50g fresh breadcrumbs

1 spring onion, finely sliced

1 lemon, zested

1 If you have time, the day before roasting, season the pork skin with salt, then chill, uncovered. To get ahead, tip the potatoes into a large pan of cold, salted water, bring to the boil, reduce the heat and simmer for 8-10 mins, or until the potatoes are cooked through but not falling apart. Drain, but don't shake or ruffle – just leave to cool. Chill, uncovered, until ready to roast.

2 To make the stuffing, heat the butter in a pan and cook the onion for 10 mins until soft and golden. Tip into a bowl with all the other stuffing ingredients, and season with plenty of black pepper. Scrunch everything together

with your hands to combine, then chill until needed. To stuff the pork, see the pictures and instructions, right.

3 Heat the oven to 240C/220C fan/gas 9. If you haven't boiled the potatoes, do so now (see step 1). Sit the pork in a shallow roasting tin, season, then drizzle the sunflower oil over the pork skin. Roast for 20 mins. Reduce the oven to 200C/180C fan/gas 6 and roast for another 1 hr, basting the skin occasionally with the fat from the tin. Remove from the oven – you should have a nice layer of fat in the base of the tin. Baste again, then carefully pour the fat into a second roasting tin, add the potatoes, and use a spatula to turn to coat. Return the pork to the oven along with the potatoes for 40 mins, by which time the pork skin should have crackled and the potatoes are turned golden. Remove the pork from its tin and transfer to a board. Leave to rest, uncovered, for 20 mins while the potatoes roast.

4 Meanwhile, turn the potatoes, then score a line around each apple and sit them in the pork tin. Dot with half the butter and roast for 20 mins until soft. By now, the potatoes should be golden and crispy, too.

5 Heat the remaining butter in a pan until sizzling, and fry the sage leaves, turning, until crisp. Transfer to kitchen paper to drain. To serve, carve the pork into chops and plate with the potatoes, apples and a scattering of crispy sage leaves.

PER SERVING 565 kcals, fat 23g, saturates 8g, carbs 42g, sugars 10g, fibre 5g, protein 45g, salt 0.4g

Butcher's talk

We've used pork loin on the bone, which is also known as a 'rack of pork'. You can also cook the same recipe with the boned loin, which will weigh about 1.5kg and will need 20 mins less in the oven.

How to get perfect crackling

- The better the pork, the better the crackling. Intensively reared pork can be injected with water to increase the weight and keep the meat plump – this is released as it cooks, and stops the skin from crackling.
- Deep-scoring the skin and basting the pork with the hot fat as it cooks helps it to blister.
- Salt the skin as soon as you can, and up to 48 hours ahead. Salting 'cures' the skin, and draws the moisture from it.
- Cooking the pork on a high heat like we have gives great results – just watch it closely at the end so it doesn't burn.

STEP-BY-STEP Stuffing a pork loin



1 Use a long-bladed knife (like a carving one), to create a large pocket between the eye of the meat and the bones.



2 Turn the blade of the knife to open up the cavity. You might need to go in at both ends.



3 Use your fingers to push in as much of the stuffing as you possibly can, pushing it right down into the cavity.

**Roast
pork and
apples – the
perfect combo
– is easy if
you follow
our steps!**





One-pan rib of beef & roast potatoes

The timing here is for rare beef, so add an extra 5-10 mins per kg if you prefer it medium.

- Serves 8 ■ Prep 15 mins plus resting
- Cook 2 hrs-2 hrs 30 mins

4 garlic cloves
2 tbsp thyme leaves
1 tbsp black peppercorns
1 tbsp wholegrain mustard
2 tbsp olive oil
2.7kg rib of beef, French-trimmed,
at room temperature
12-16 potatoes, halved or quartered
2-3 tbsp rapeseed oil



1 Heat the oven to 220C/200C fan/gas 7. Using a large pestle and mortar, crush the garlic, thyme, peppercorns, mustard and olive oil together into a paste. Rub the mixture all over the beef and put in a large roasting tin. Roast for 25 mins, then reduce the oven to 160C/140C fan/gas 3.
2 Remove from the oven, add the potatoes and rapeseed oil, and toss in the fat. Return to the oven for another 1½ hrs for rare, or 2 hrs for medium-rare. Remove the meat from the oven, cover and leave to rest for at least 20 mins before carving. Serve with the potatoes and Yorkshire puddings (p42), and red wine gravy (below).

PER SERVING 767 kcals, fat 41g, saturates 14g, carbs 41g, sugars 2g, fibre 3g, protein 60g, salt 0.8g

Very simple red wine gravy

■ Once the meat and potatoes are out of the tin, pour off the oil, leaving behind the juices. Put the tin on the hob, then heat and stir with a **glug of red wine** to remove any browned bits from the pan. Pour in **450ml beef stock** and simmer to cook off the alcohol. Skim again to remove the excess oil, then strain into a gravy boat to serve.



A stunning centrepiece for a big occasion

Baked salmon fillet with pickled cranberries, parsley & pistachios

Pickled cranberries are a great accompaniment, as they really balance out an oily fish like salmon and add a real Christmassy feel. Adding spices and pistachios to the breadcrumbs give the crust a punch of flavour that goes perfectly with the cranberries.

- Serves 6-8 ■ Prep 15 mins plus at least 1 week pickling ■ Cook 35 mins

FOR THE PICKLED CRANBERRIES

300ml cider vinegar
300g caster sugar
340g fresh cranberries
½ tsp whole cloves
½ tsp juniper berries

FOR THE SALMON

75g panko breadcrumbs
½ tbsp dried thyme
2 tbsp sumac
1 lemon, zested
5 tbsp olive oil, plus extra for drizzling
1kg boneless salmon fillet
60g pistachios, crushed
½ small bunch of parsley, chopped,
to serve

1 To make the pickled cranberries, put the vinegar and sugar in a pan over a medium heat and bring to the boil. Stir in the remaining ingredients and continue to boil for 4 mins. Pour the mixture into a 1-litre sterilised jar, or two smaller ones, and seal

well, then leave to cool. Leave to pickle in the fridge for at least one week.

2 Heat the oven to 200C/180C fan/gas 6. Toast the breadcrumbs in a dry frying pan for 2-3 mins until golden, then tip onto a plate and leave to cool.

3 Mix the toasted breadcrumbs, thyme, sumac, lemon zest and some seasoning together in a bowl. Add the oil and mix well.

4 Lay a sheet of baking parchment on a baking tray large enough to fit the salmon fillet. Put the salmon, skin-side down, on top, and spread the crust mixture over. Drizzle with a little extra oil.

5 Bake for 20-25 mins, or until just cooked and the crust is golden. Transfer to a serving platter and garnish with the pistachios. Drain some of the pickled cranberries and scatter over the top along with the parsley. Serve with the cheesy sprout gratin (p41) and lemon, garlic & bay roast potatoes (p39).

PER SERVING 451 kcals, fat 26g, saturates 4g, carbs 25g, sugars 18g, fibre 3g, protein 28g, salt 0.3g

Pot-roast pheasant with fino & porcini

As oven temperatures vary, check your birds as they roast – the leg meat should come away from the bone easily when ready – so you don't overcook them. Resting is also important, so allow time for that.

- Serves 4 ■ Prep 40 mins plus resting
- Cook 1 hr 30 mins

15g dried porcini
2 x 800g oven-ready pheasants
8 slices prosciutto
2 tbsp rapeseed or olive oil
2 bay leaves
30g unsalted butter
6 juniper berries, crushed
2 thyme sprigs, leaves picked
10 small round shallots, peeled
1 tbsp plain flour
200ml fino sherry
500ml chicken stock
300g seedless red grapes
150ml double cream

1 Heat the oven to 180C/160C fan/gas 4. Soak the porcini in 100ml boiling water for 10 mins. Drain, reserving the stock.
2 Cover each pheasant in four overlapping prosciutto slices and tie each in place with kitchen string. Heat the oil in a heavy-based frying pan over a medium heat. Season the birds and brown one at a time in the pan, starting with the breast side, for a few minutes, then turn until golden all over, about 8 mins. Tuck the bay leaves into the

cavities, then put into one large or two medium flameproof lidded casserole dishes.
3 Melt the butter in the pan on the hob, and fry the juniper berries, thyme, shallots and some seasoning for 5-10 mins, until the shallots are golden brown. Add the flour and cook, stirring, for 1 min. Turn up the heat and pour in the sherry, scraping the bottom of the pan to release any browned bits. Cook for 1-2 mins, stirring, then add the stock and mushroom water and bring to the boil. Simmer for 10 mins to reduce by a third, then pour into the casserole.

4 Cover the casserole tightly with foil, then the lid. Roast for 20 mins, then uncover and roast for a further 15-20 mins, or until cooked through. Lift the pheasants onto a platter, cover and rest for at least 10 mins.
5 Meanwhile, add the grapes, porcini and cream to the liquor in the casserole and cook over a gentle heat for 10-15 mins. While this is cooking, carve the breasts and legs off the birds, put in a roasting tin and cover with foil. Just before serving, return to the oven at 150C/130C fan/gas 2 for 3 mins to heat through. Serve the meat with the sauce.

PER SERVING 772 kcals, fat 60g, saturates 27g, carbs 27g, sugars 20g, fibre 4g, protein 17g, salt 2.1g



Spiced braised venison with chilli & chocolate

The chocolate adds an extra richness and glossiness to the finished sauce.

- Serves 6 ■ Prep 5 mins
- Cook 2 hrs 50 mins **FREEZABLE**

2 tbsp vegetable oil
1.5kg diced stewing venison
3 large carrots, roughly chopped
1 onion, roughly chopped
1 tbsp cumin seeds
1 tsp ground coriander
large pinch of chilli powder
1 small cinnamon stick
1 red chilli
1 heaped tbsp plain flour
500ml red wine
300ml beef stock
400g can chopped tomatoes
1 large thyme sprig
2 bay leaves
50g dark chocolate (at least 70% cocoa solids), broken up

1 Heat the oven to 180C/160C fan/gas 4. Heat the oil in a large flameproof casserole dish and brown the meat in batches. Add the vegetables and brown lightly, then the spices, chilli and flour. Cook for a few minutes. Pour in the wine, stock and tomatoes, add the herbs and bring to a simmer.

2 Cover with a lid and cook in the oven for 1 hr 30 mins, then uncover and cook for a further 1 hr until the meat is really tender. Remove from the oven and leave to cool slightly, then stir in the chocolate until melted. Serve.

PER SERVING 452 kcals, fat 12g, saturates 5g, carbs 14g, sugars 9g, fibre 4g, protein 59g, salt 0.8g



Three veggie crowd-pleasers to wow

Mini nut roasts with candied carrots

Prefer to make one large nut roast? Bake in a 900g loaf tin at 200C/180C fan/gas 6 for 1 hr.

■ Makes 6 ■ Prep 35 mins plus resting ■ Cook 40 mins **VEGETARIAN** **FREEZABLE**

250g thin baby carrots, trimmed, cut in half lengthways (or quartered if large)
3 tbsp olive oil, plus extra for the tin
5 tbsp maple syrup
2 tbsp milled flaxseed
1 large onion, finely chopped
1 celery stick, finely chopped
2 garlic cloves, chopped
350g mixed mushrooms, finely chopped
3 rosemary sprigs, leaves finely chopped
1 tsp tomato purée
2 tsp tamari or dark soy sauce
1 tbsp smoked paprika
100g pecans
50g hazelnuts
400g can green lentils, drained and rinsed
400g can chickpeas, drained and rinsed
40g ground almonds
handful of sage and thyme leaves
YOU WILL NEED
6 mini loaf tins (silicone ones work well)

1 Heat the oven to 200C/180C fan/gas 6. Toss the carrots with 1 tbsp oil and 2 tbsp maple syrup. Season. Roast on a tray for 20-25 mins until tender and just caramelised.
2 Meanwhile, mix the flaxseed with 4 tbsp water and leave to thicken. Heat 1 tbsp oil in

a frying pan, and fry the onion and celery until soft, about 10 mins. Stir in the garlic, mushrooms, rosemary, tomato purée, tamari and paprika, and fry for 10 mins more until the mushrooms are tender. Transfer to a bowl and leave to cool slightly.

3 Blitz the pecans and hazelnuts in a food processor until chopped. Add the lentils and chickpeas and blend to a thick, dry paste.

4 Combine the nuts and pulses with the mushroom mixture, almonds, 2 tbsp maple syrup and the soaked flaxseed. Season
5 Oil six mini loaf tins and line each with a strip of baking parchment. Trim the roasted carrots to fit the bases in a snug layer. Roughly chop any remaining carrots and mix with the nut roast mixture. Pack firmly into the prepared tins and smooth the tops. Bake, uncovered, for 20 mins, then leave to rest for 10 mins before inverting onto plates. Fry the sage and thyme in the remaining oil until crisp, then stir through the remaining maple syrup. Spoon over the roasts to serve.

PER SERVING 460 kcals, fat 30g, saturates 3g, carbs 30g, sugars 16g, fibre 10g, protein 13g, salt 0.5g



Spinach madeleine tart

■ Serves 8 ■ Prep 25 mins
■ Cook 1 hr 45 mins **VEGETARIAN**

2 tbsp plain flour, plus extra for dusting
320g sheet ready-rolled shortcrust pastry
50g grated vegetarian Italian-style hard cheese, plus an extra 2 tbsp
½-1 tsp cayenne pepper
500g frozen spinach, defrosted
50g butter
2 shallots, finely chopped
1 large garlic clove, crushed
2 thyme sprigs, leaves picked, plus extra to serve
125g mascarpone
grating of nutmeg
150g mature cheddar, grated
2 medium eggs
1 tbsp breadcrumbs

1 Heat the oven to 200C/180C fan/gas 6. On a floured surface, sprinkle half the pastry with 2 tbsp hard cheese, ½ tsp cayenne and some pepper. Fold over the other half, then roll out until it's large enough to line a 22cm tart tin. Line the tin. Prick the base with a fork. Line with baking parchment and baking beans. Bake for 15 mins, then remove the parchment and beans. Bake for 10-15 mins more until golden. Leave to cool in the tin.

2 Line a baking sheet with baking parchment. Make small piles of hard cheese (about 16) on top. Bake for 5-7 mins until melted. Transfer to a rack. Leave to cool.
Will keep in an airtight container for two days.

3 Put the spinach in a sieve over a bowl and squeeze well, reserving the liquid. Heat the butter in a pan. Fry the shallots for 10 mins. Stir in the garlic, thyme and 2 tbsp flour. Pour in 250ml spinach water and boil for 1-2 mins. Stir in the mascarpone, nutmeg, and pinch of cayenne and cook for 5 mins.

4 Fold in the cheddar and spinach. Season. Leave to cool for 5-10 mins. Stir in the eggs. Sprinkle breadcrumbs over the tart, pour in the filling and bake for 35-40 mins until golden. Leave to cool slightly, then top with thyme and cheesy crisps.

PER SERVING 460 kcals, fat 30g, saturates 3g, carbs 30g, sugars 16g, fibre 10g, protein 13g, salt 0.5g



Spiced ginger-glazed ham

A gammon joint is a much cheaper and smaller option than a joint with a bone.

- Serves 8 ■ Prep 10 mins plus cooling
- Cook 3 hrs 30 mins

2kg unsmoked boneless gammon joint
2½ litres ginger ale (not sugar-free)
2 tsp allspice berries, plus 1 tsp crushed berries
300g light brown soft sugar
3 tbsp finely grated ginger

1 Put the gammon in a large pan and cover with 2 litres ginger ale. Top up with water to cover the joint, if needed. Add the whole allspice berries and bring to the boil. Reduce the heat to low and simmer gently, covered, for 2 hrs 30 mins. Top up with water, if needed, as it's simmering.

2 Drain the ham and leave until cool enough to handle. Meanwhile, simmer the rest of the ginger ale in a pan with the sugar, ginger and crushed allspice for 20-25 mins until syrupy.

3 Heat the oven to 190C/170C fan/gas 5. Remove the skin from the ham, then score the fat in a criss-cross pattern. Transfer to a foil-lined roasting tin, and brush over half the glaze. Roast for 15 mins, then glaze with the remaining syrup. Turn the oven up to 200C/180C fan/gas 6 and roast for 15-20 mins more until sticky. Leave to cool for 15 mins before carving. Drizzle with glaze, if you like. *Will keep in the fridge for up to four days.*

PER SERVING 517 kcals, fat 21g, saturates 7g, carbs 39g, sugars 38g, fibre 1g, protein 41g, salt 4.3g



Squash & chestnut crackers

- Makes 4 ■ Prep 35 mins plus at least 45 mins chilling
- Cook 1 hr 10 mins **VEGETARIAN** **FREEZABLE** *uncooked*

1 tbsp olive oil
1 tbsp butter
1 large onion, finely chopped
250g butternut squash, peeled, deseeded and cut into 1cm cubes
250g chestnut mushrooms, chopped
100ml marsala or madeira
100g cooked chestnuts, chopped
1 tsp dried sage, or chopped fresh
2 prunes, pitted and finely chopped
2 tbsp red onion chutney or relish
40g soft white breadcrumbs
2 x 320g sheets ready-rolled puff pastry
plain flour, for dusting
200g strong vegetarian hard cheese, cut into 1cm cubes
1 egg, beaten to glaze

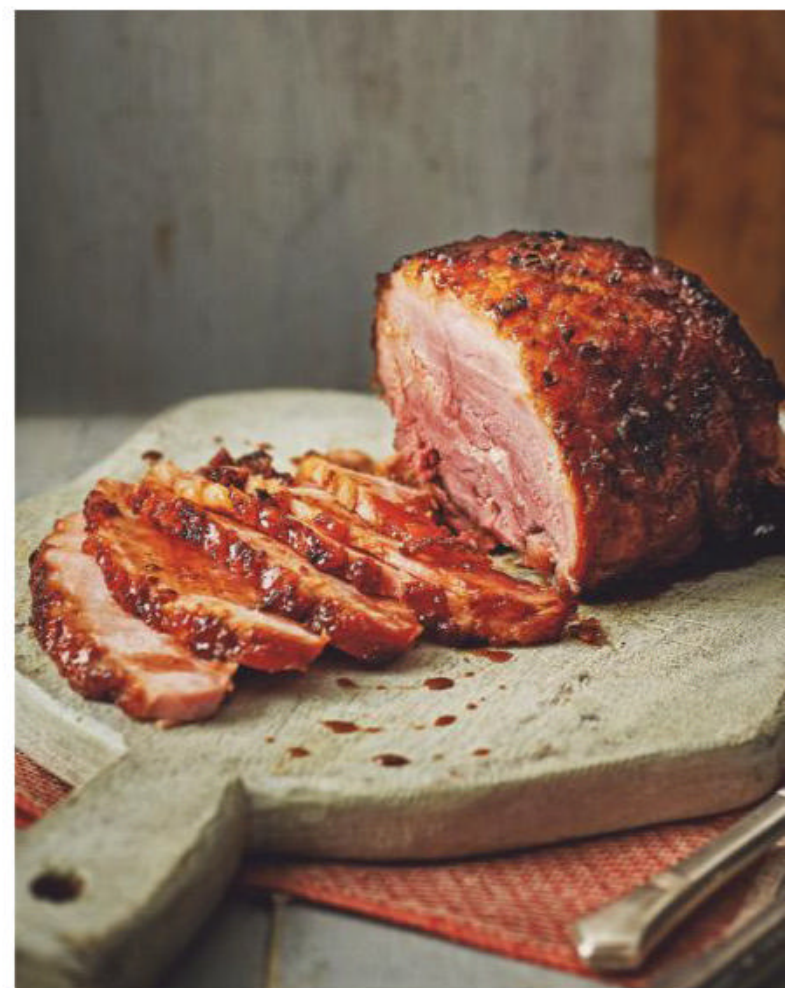
1 Heat the oil and butter in a frying pan and fry the onion and squash for 15 mins until the onion is golden and the squash tender. Add the mushrooms and cook for another 8-10 mins. Pour in the marsala and bubble for 2-3 mins. Stir in the chestnuts, sage, prunes, relish and breadcrumbs. Season well. Leave to cool.

2 Unroll one of the pastry sheets onto a lightly floured surface and cut a 2cm-wide

strip from one of the long sides of the pastry (reserve to decorate). Cut the remaining pastry into four long rectangles for the bases. Cut the remaining pastry sheet into four for the tops, and chill all the pastry on a lined baking sheet for 15 mins. **3** Stir the cheese into the cooled filling, then divide the mixture into four portions. Mould into sausages and position on the pastry bases, leaving lots of room for what will be the scrunched ends of the crackers. **4** Brush the exposed pastry around the filling with the beaten egg and drape over the larger pastry tops, sealing the pastry all around the filling. Trim, if needed, and pinch in the ends to create Christmas cracker shapes. Press the ends with a fork, trimming again, if needed, then glaze with more of the beaten egg. Chill for 30 mins, or up to 24 hrs. Use the reserved pastry to decorate the crackers.

5 Heat the oven to 200C/180C fan/gas 6. Glaze with more beaten egg and bake for 35-40 mins until golden and puffed up. Serve with veggie gravy and trimmings (see sides feature, p36).

PER SERVING 1,033 kcals, fat 62g, saturates 32g, carbs 78g, sugars 17g, fibre 10g, protein 30g, salt 1.7g





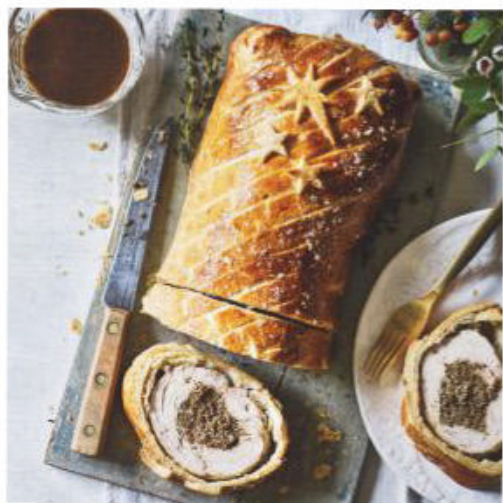
Brown sugar & spice-glazed turkey with candied carrots

Which of these three turkeys – whole bird, breast or crown – will your family love this year?

Brown sugar & spice-glazed turkey with candied carrots

For maximum flavour, season and spice the turkey as far ahead as possible.

■ Serves 8 ■ Prep 30 mins plus chilling and resting ■ Cook 3 hrs 30 mins-4 hrs



Wild mushroom, port & thyme turkey wellington, p30

5-5½kg oven-ready turkey
50g butter, softened
small bunch of thyme, plus extra to serve
small bunch of bay leaves, plus extra to serve

8 carrots, cut into large chunks

FOR THE SPICE MIX

2 star anise, crushed

½ tsp ground cloves

1 tsp ground nutmeg

1 tsp ground ginger

1 tsp ground black pepper

FOR THE DRY SEASONING

2 tsp light muscovado sugar

FOR THE BASTE

50g light muscovado sugar

50g maple syrup

50g butter, melted

100ml cider vinegar

1 Combine the spice mix ingredients in a bowl. For the dry seasoning, mix 2 tbsp sea salt with the sugar and half the spice mix. Sit the turkey in a roasting tin and gently push your fingers under the skin, starting from the neck, until you can push your whole hand down the length of the breast. Season the bird all over with the dry seasoning, inside

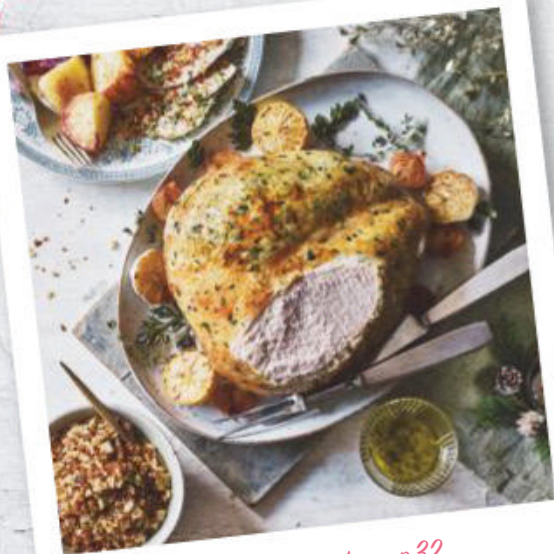
and out, and under the skin. Chill, uncovered if you can, for at least 1 hr or up to two days. This will dry out the skin and make it crispier.

2 Put the remaining spice mix and the baste ingredients in a pan and heat until the sugar has dissolved, then set aside. Remove the turkey from the fridge 1 hr before cooking. Heat the oven to 180C/160C fan/gas 4. Work out the cooking time based on 40 mins per kg – a turkey this size should take around 3½ hrs, plus 30-45 mins resting. Smear the turkey with the butter and put the herbs in the cavity. Loosely cover with foil and roast for the calculated time. After 30 mins, pour over the spiced baste, then baste again every 30 mins. With 1 hr left, remove the foil. Put the carrots in the tin, stir to coat in the juices and continue to cook.

3 Check the temperature of the turkey with a cooking thermometer – when cooked, it should read 65C. Leave to rest on a warm platter (it will stay hot for about 1 hr). Continue to cook the carrots until tender. Serve the turkey garnished with fresh bay leaves and thyme, with the carrots.

PER SERVING 753 kcals, fat 33g, saturates 14g, carbs 18g, sugars 17g, fibre 4g, protein 94g, salt 4.7g

PER SERVING 753 kcals, fat 33g, saturates 14g, carbs 18g, sugars 17g, fibre 4g, protein 94g, salt 4.7g



Turkey crown kiev, p32

TIME PLAN: whole turkey to serve at 2pm

8:15AM Leave the turkey to come to room temperature 1 hr before cooking.

9AM Heat the oven to 180C/160C fan/gas 4.

9:15AM Put the turkey in the oven to roast for 3½ hrs.

12:30PM Boil the potatoes (p39) and parsnips (p41).

- Leave the gratin (p41) and stuffing (p38) to come to room temperature.

- Prepare the batter and onions for the yorkies (p42).

1PM Leave the turkey to rest, covered.

- Turn the oven to 220C/200C fan/gas 7.

- Roast the potatoes and parsnips for 40-45 mins.

1:25PM Put the gratin and stuffing in the oven under the potatoes, and roast for 25 mins (gratin) and 20 mins (stuffing). Keep warm.

1:30PM Turn the oven up to 230C/210C fan/gas 8 and put the Yorkshire pudding tin in to heat up.

1:40PM Add the Yorkshire pud batter to the tin.

- Reheat the cabbage wedges (p40).

- Reheat the gravy and bread sauce (p38), and leave the cranberry sauce to come to room temp (p38).

- Reheat the crushed roots (p42) and pour over the butter. Microwave the carrots to reheat (p39).

1:50PM Carve the turkey and plate up ready for serving at 2pm.

Three ways with turkey



Wild mushroom, port & thyme turkey wellington

If you're after something totally stress-free to cook, it has to be this wellington. The assembly can be done a day or two in advance, leaving you nothing more to do on the day than bake it in the oven.

■ Serves 6 ■ Prep 50 mins plus soaking, chilling and resting ■ Cook 1 hr 30 mins

30g dried porcini mushrooms, rehydrated in 600ml kettle-hot water
50g butter
2 onions, chopped
2 garlic cloves, chopped
small bunch of thyme, chopped
225g chestnut mushrooms, sliced
200ml port
1 chicken stock cube
1½kg boneless, skinless turkey breast
small bunch of parsley, chopped
1 lemon, zested
3 tbsp finely grated parmesan
plain flour, for dusting
500g puff pastry
1 egg yolk, beaten

1 Drain the mushrooms, reserving the liquid. Heat half the butter in a pan, and fry the onions for 7-8 mins until golden. Add the garlic and thyme and cook for a few minutes more. Add the remaining butter, rehydrated mushrooms and chestnut mushrooms. Turn up the heat and sizzle for 5 mins until the mushrooms are golden. Pour in the port and simmer until you have a sticky glaze. Add the mushroom soaking liquid and crumble in the stock cube, then boil rapidly for about 5 mins. Drain through a sieve into a bowl and leave to cool. Reserve and chill the liquid to use later for gravy.

2 When the mushrooms are cool, butterfly the turkey breast by cutting into one side of it

so you can open it out like a book. Cover the meat and use a meat mallet or rolling pin to bash it into a rectangle about 3cm thick, and a little smaller than A4 paper. Trim the edges and top to neaten, reserving the trimmings. Pulse the turkey trimmings, mushroom mix, parsley, lemon zest and parmesan in a food processor to a rough stuffing. Season well and form into a long sausage. Lay along the long edge of the turkey breast. Roll the turkey to encase the stuffing, and set aside.

3 On a lightly floured surface, roll the pastry out into a rectangle about 10cm wider and longer than the turkey was when it was bashed out. Trim, reserving the trimmings. Lightly brush the pastry all over with the egg yolk. Lay the turkey in the middle and fold the shorter edges of the pastry over. Roll up to encase. If you like, re-roll the trimmings and cut into Christmas shapes to decorate. Glaze with more egg yolk, then put on a baking tray, seam-side down. Chill for at least 30 mins, or up to two days.

4 Heat the oven to 190C/170C fan/gas 5 with a tray inside. Glaze the wellington again and season with sea salt. Carefully transfer to the hot tray and bake for 1 hr 15 mins until golden and crisp. Meanwhile, simmer the reserved mushroom liquid until reduced to a sticky gravy. Leave the wellington to rest, then serve in thick slices with the gravy.

PER SERVING 794 kcals, fat 34g, saturates 17g, carbs 38g, sugars 8g, fibre 5g, protein 72g, salt 1.8g

TIME PLAN: wellington to serve at 2pm

This is the best recipe if you don't want to get up too early. Relax and enjoy the morning.

11:30 AM Heat the oven to 190C/170C fan/gas 5.

11:45 AM Cook the wellington for 1 hr 15 mins. Cover and rest.

12:30PM Boil the potatoes (p39) and parsnips (p41). Leave the gratin (p41) and stuffing (p38) to come to room temperature. Prepare the batter and onions for the Yorkshire puddings (p42).

1PM Turn the oven to 220C/200C fan/gas 7. Roast the potatoes and parsnips for 40-45 mins. Follow the time plan on p28 for the rest of the cooking.

Make these ahead

UP TO A MONTH AHEAD

- The gravy and cranberry sauce (p38).

THREE DAYS AHEAD

- The bread sauce (p38).
- The cabbage wedges (p40).

TWO DAYS AHEAD

Prepare the turkey: make the turkey wellington or kiev butter, or make the spice mix for the whole turkey and rub over the bird.

CHRISTMAS EVE

- Defrost the gravy and cranberry sauce.
- Assemble the gratin and stuffing.
- Prep the parsnips, potatoes, roots and carrots.
- Cook the roots in the microwave, but don't pour over the butter at the end.



Easily made
ahead, and
a real
showstopper

Turkey crown kiev

With chicken kiev firmly back in fashion, we've applied the same irresistible garlic and parsley flavour and butter-basted succulence to this turkey crown, complete with crunchy breadcrumb coating.

■ Serves 6 ■ Prep 45 mins plus resting ■ Cook 2 hrs

2kg turkey crown
garlic bulbs, lemons and shallots, halved,
plus fresh herbs, to serve (optional)
200g ciabatta, baguette or sourdough,
preferably stale

FOR THE GARLIC BUTTER

250g butter, softened
5 garlic cloves, finely chopped or grated
small bunch of parsley, finely chopped
1 lemon, zested and juiced

1 Put all the garlic butter ingredients in a bowl and season well. Mash with a fork until well combined, and set aside. *Can be prepared up to a day ahead and chilled, or made two weeks ahead and frozen (defrost before using).*

2 With the thicker part of the breast facing away from you, use your hands to make two pockets between the skin and meat, then get a long, thin-bladed knife and insert it lengthways into each pocket to make them deeper. Tip some of the garlic butter into a piping bag and pipe as much as you can into each pocket. Reserve about 3 tbsp, then smear the rest under and all over the skin, so the crown is completely covered.

3 Heat the oven to 190C/170C fan/gas 5. Roast the crown in a roasting tin, skin-side up, for 30 mins. Baste with the juices and return to the oven, then baste again after another 30 mins. At this stage, add the garlic, lemons and shallots to a separate baking tray in the oven, if using. Continue roasting for a final 30 mins until golden.

4 Meanwhile, blitz the bread to rough crumbs in a food processor. Check the turkey with a cooking thermometer – it should read 65C. Transfer to a warm platter to rest. Remove the garlic, lemons and shallots from the oven as well, and cover to keep warm. Turn the oven up to 210C/190C fan/gas 7. Stir the breadcrumbs into the roasting tin and put in the oven, stirring occasionally, until golden and crisp. Melt the reserved garlic butter in a pan.

5 Carve the turkey crown into slices, drizzle with some of the melted garlic butter and scatter over the crispy crumbs. Garnish with the roasted garlic bulbs, lemon halves, shallots and some fresh herbs, if you like.

PER SERVING 744 kcals, fat 45g, saturates 25g, carbs 18g, sugars 2g, fibre 3g, protein 64g, salt 1.3g

TIME PLAN: turkey kiev crown to serve at 2pm

This recipe gives you an extra hour in the morning.

9:30AM Leave the garlic butter to come to room temperature.

10:45AM Spread the butter over the turkey crown and heat the oven to 190C/170C fan/gas 5.

11AM Roast the crown for 1 hr 30 mins, cover and rest.

12:30PM Turn the oven to 210C/190C fan/gas 7 and cook the breadcrumbs.

- Boil the potatoes (p39) and parsnips (p41).
- Leave the gratin (p41) and stuffing (p38) to come to room temperature
- Prepare the batter and onions for the Yorkshire puddings (p42).

1PM Turn the oven to 220C/200C fan/gas 7. Roast the potatoes and parsnips for 40 mins. Follow the time plan on p28 for the rest of the cooking.

*If you just like
breast meat, go
for a crown*



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Seasonal recipes



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Pick & mix side dishes

Whatever you're cooking over Christmas, these sides, trimmings and sauces are sure to round off your meal



**Apricot & pistachio
stuffing, p38**

Mulled cranberry & apple sauce, p38

All the classic sauces for your best-ever Christmas feast!

Wild mushroom & madeira gravy, p38

Creamy brioche bread sauce, p38

Apricot & pistachio stuffing

To save some time, make this on Christmas Eve and chill until you're ready to cook.

- Serves 6-8 ■ Prep 15 mins
- Cook 50 mins **VEGETARIAN**

2 tbsp olive oil
70g unsalted butter
3 large onions, finely sliced
3 large garlic cloves, crushed
500g sourdough bread
90g pistachios or almonds, roughly chopped
2 tbsp finely chopped sage, plus a few whole leaves
100g dried apricots, finely chopped
5 large eggs, beaten

1 Heat the oven to 220C/200C fan/gas 7. Heat the oil and 40g butter in a large frying pan over a medium heat, and fry the onions for 15-20 mins until golden and caramelised. Add the garlic and cook for 1 min more. Remove from the heat, tip into a large bowl and leave to cool a little.

2 Put half the bread into a food processor and blitz to a fine crumb. Tear the rest into small pieces. Add both to the onion mix, then mix through 60g nuts, the chopped sage, the apricots and eggs. Season. Tip into a shallow 30 x 20cm baking dish. *Will keep, covered in the fridge, for up to 24 hrs.* Bake for 20 mins until golden and crunchy on top (cover with foil if it starts to brown too quickly).

3 Melt the remaining butter in a frying pan, and fry the sage leaves until crisp. Pour over the stuffing just before serving. Top with the remaining nuts.

PER SERVING 450 kcals, fat 20g, saturates 7g, carbs 48g, sugars 13g, fibre 6g, protein 16g, salt 0.1g



Wild mushroom & Madeira gravy

If you're serving vegetarians and meat-eaters at the same meal, take two jugs of gravy to the table – keep one veggie, and whisk the carving juices from whatever meat you've roasted into the other.

- Serves 6-8 ■ Prep 10 mins
- Cook 1 hr **VEGETARIAN** **FREEZABLE**

2 tbsp olive oil
6 whole shallots, peeled
1 large carrot, chopped
3 thyme sprigs
2 bay leaves
30g dried wild mushrooms
½ tbsp light brown soft sugar
2 tbsp plain flour
4 tbsp brown miso
1 tbsp balsamic vinegar
1 tbsp tomato purée
100ml Madeira
700ml fresh vegetable stock

1 Heat the oil in a frying pan over a medium heat, and fry the shallots, carrot, thyme, bay and dried mushrooms for 5-7 mins, or until deep golden brown. Scatter over the sugar and cook until beginning to caramelize. Stir in the flour well, then add the miso, vinegar, tomato purée and Madeira and cook for 2 mins more. Pour over the stock, a little at a time, stirring continuously.

2 Simmer, uncovered, for 30 mins until fairly thick. Sieve into a clean pan. Season to taste, and warm through when ready to serve. *To freeze, leave to cool completely, then transfer to an airtight freezerproof container and freeze for up to three months, or chill for up to three days. Defrost overnight, then reheat until piping hot.*

PER SERVING 88 kcals, fat 4g, saturates 1g, carbs 9g, sugars 5g, fibre 1g, protein 2g, salt 1.2g

Creamy brioche bread sauce

- Serves 8 ■ Prep 10 mins plus infusing
- Cook 10 mins **VEGETARIAN**

220g brioche, torn into pieces
1 onion, halved
10 cloves
600ml whole milk
2 bay leaves
½ tsp black peppercorns
2 thyme sprigs
2 large garlic cloves, lightly bashed
30g butter
3 tbsp extra-thick double cream
grating of nutmeg

1 Blitz the brioche to fine breadcrumbs in a food processor. Set aside.

2 Stud the peeled onion halves with the cloves. Put in a pan with the milk, bay, peppercorns, thyme and garlic and bring to the boil, then remove from the heat and leave to infuse for 30 mins-1 hr. Strain and return the liquid to the pan.

3 Add the breadcrumbs and butter. Simmer for 5 mins, stirring continuously until thick. Stir in the cream and a good amount of nutmeg. Season. *Will keep, covered in the fridge, for three days. Reheat until piping hot.*

PER SERVING 243 kcals, fat 18g, saturates 11g, carbs 15g, sugars 6g, fibre 1g, protein 6g, salt 0.5g

Mulled cranberry & apple sauce

- Serves 8 ■ Prep 5 mins plus infusing
- Cook 20 mins **VEGETARIAN** **FREEZABLE**

200ml red wine
1 cinnamon stick
½ orange, rind peeled, juiced
5 cloves
2 star anise
1 tsp ground ginger
1 small cooking apple, peeled, cored and cut into 1cm pieces
200g fresh or frozen cranberries
150g light brown soft sugar

1 Heat the wine, cinnamon, orange peel and juice, cloves, star anise and ginger until steaming. Set aside for 30 mins to infuse.

2 Strain into a clean pan, discarding the aromatics. Add the apple, cranberries and sugar. Simmer for 10-15 mins, then leave to cool. The sauce will thicken as it cools – you can add a splash more orange juice or water to loosen, if you like. *Will keep chilled for four days or frozen for three months. Bring to room temperature to serve.*

PER SERVING 104 kcals, fat none, saturates none, carbs 20g, sugars 20g, fibre 1g, protein 0.3g, salt 0.02g

Herb-buttered baby carrots

Make the herby mustard butter a few days ahead, then microwave the carrots for a veg side in no time.

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

80g butter, softened
1 tbsp finely chopped tarragon
1½ tbsp finely chopped parsley
½ tbsp wholegrain mustard
1kg baby carrots

1 Mash the butter in a bowl with the tarragon, parsley, mustard and some seasoning. Cover and chill until needed, for up to three days.

2 Trim the long green tops off the carrots and wash under cold running water. Halve lengthways so they're all the same size, and put in a large microwavable bowl with 3 tbsp water. Cover the carrots with a microwavable plate or lid and heat and microwave on full power for 8-10 mins until just tender. Drain, then toss with the herby mustard butter and serve straightaway.

PER SERVING 115 kcals, fat 9g, saturates 5g, carbs 7g, sugars 7g, fibre 3g, protein 1g, salt 0.3g



Tip If you don't have a microwave, steam the carrots for 10-12 mins until tender.



Lemon, garlic & bay roast potatoes

- Serves 8 ■ Prep 15 mins plus drying ■ Cook 1 hr 10 mins **VEGETARIAN**

2kg Maris Piper potatoes, halved, or quartered if large
1 garlic bulb, halved horizontally
100ml rapeseed or sunflower oil
8-10 fresh bay leaves
½ lemon

1 Put the potatoes in a large pan and cover with cold water and a pinch of salt. Add one half of the garlic bulb. Bring to a simmer and cook for 10 mins until a knife goes easily through the potatoes. Drain well, reserving the garlic, then leave the potatoes to steam-dry in the pan for 10 mins. Heat the oven to 220C/200C fan/gas 7.

2 Pour the oil into a large baking tray or two smaller ones – it should cover the base of the

tray, so add a little more if needed. Heat in the oven for 10 mins until really hot, then transfer the potatoes to the hot tray, leaving plenty of room between each (otherwise they will steam, rather than roast) and carefully turning to coat in the oil. Season. Add both garlic halves, and nestle the bay leaves underneath the potatoes.

3 Roast for 40-45 mins, turning halfway through to coat in the oil, until the potatoes are golden and crunchy. Season again, then zest the lemon directly over the potatoes so the essential oils spritz over the top. Serve with the roasted garlic for squeezing over.

PER SERVING 258 kcals, fat 9g, saturates 1g, carbs 39g, sugars 2g, fibre 4g, protein 4g, salt 0.01g



Cider-braised cabbage wedges

■ Serves 8 ■ Prep 15 mins

■ Cook 1 hr 10 mins **VEGETARIAN** **FREEZABLE**

1 tbsp olive oil

50g butter

2 red onions, cut into thin wedges

1 red cabbage (about 800g), cut into 8-10 thin wedges through the stem

3 bay leaves

3 thyme sprigs

1 small cinnamon stick

150ml dry cider

50ml balsamic vinegar

50ml cider vinegar

400ml hot vegetable stock

50g dark brown soft sugar

1 Heat the oil and butter in a large shallow flameproof casserole dish or frying pan over a medium heat, and fry the onions and a pinch of salt for 15 mins until softened and caramelised.

2 Nestle the cabbage wedges into the dish with the onions, along with the bay leaves, thyme and cinnamon sticks. Pour over the cider and vinegars and bring to the boil, then combine the stock and sugar in a jug before pouring this over. Season to taste. Bring to the boil, then reduce the heat to a simmer and continue to cook, uncovered, for 40-50 mins, or until the cabbage is tender with a slight bite the sauce is glossy.

PER SERVING 138 kcals, fat 7g, saturates 4g, carbs 14g, sugars 13g, fibre 4g, protein 2g, salt 0.3g

Tip Make up to three days ahead. Leave to cool, then cover and chill. Reheat in the pan or microwave until piping hot to serve.





Crunchy parsnips

- Serves 8 ■ Prep 15 mins
- Cook 40 mins **VEGETARIAN**

2kg parsnips, peeled, trimmed and cut into halves or quarters lengthways
100ml rapeseed or sunflower oil
5 tbsp polenta
2 tsp paprika

- 1** Heat the oven to 220C/200C fan/gas 7. Cook the parsnips in a pan of boiling water for 4-5 mins until slightly soft. Drain and leave to steam-dry, then tip into a large bowl. Toss with the oil until well-coated.
- 2** Combine the polenta, 2 tsp sea salt, 1 tsp ground black pepper and the paprika, then sprinkle over the parsnips. Toss well, then lay the parsnips out on a large baking tray (or two small ones), leaving plenty of space between each. Roast for 15 mins, turn over, then roast for another 20-25 mins until golden and crunchy.

PER SERVING 297 kcals, fat 14g, saturates 1g, carbs 36g, sugars 11g, fibre 8g, protein 4g, salt 1.3g



Cheesy sprout gratin

- Serves 8-10 ■ Prep 10 mins plus resting
- Cook 40 mins **VEGETARIAN**

600g Brussels sprouts, trimmed
1 tbsp olive oil
50g unsalted butter
2 banana shallots, finely chopped
50g plain flour
750ml semi-skimmed milk
100ml double cream
1 tbsp English mustard
150g mature cheddar, grated
40g dried breadcrumbs
2 thyme sprigs, leaves picked
60g blanched hazelnuts, chopped

- 1** Cook the sprouts in a large pan of lightly salted boiling water for 3 mins, then drain and set aside to steam-dry.
- 2** Heat the oil and butter in a medium pan over a low heat until the butter is foaming, and cook the shallots for 7 mins until soft. Stir in the flour and cook for 2 mins more. Remove from the heat and gradually whisk in the milk until fully incorporated and smooth. Return to the heat and simmer for 2 mins, whisking continuously. Whisk in the cream, mustard and cheddar. Season to taste. Heat the oven to 220C/200C fan/gas 7.
- 3** Toss the breadcrumbs, thyme leaves and hazelnuts together. Tip the sprouts into a deep 30 x 20cm baking dish and pour over the sauce. Top with the nutty breadcrumbs. *Will keep, covered in the fridge, for up to 24 hrs.* Bake for 20-25 mins, or until golden brown and bubbling. Leave to rest for at least 10 mins before serving.

PER SERVING 299 kcals, fat 22g, saturates 11g, carbs 13g, sugars 6g, fibre 3g, protein 11g, salt 0.6g





Sage & onion Yorkshire puddings

■ Serves 8-10 ■ Prep 10 mins plus resting ■ Cook 25 mins **VEGETARIAN**

4 large eggs

140g plain flour

200ml milk

½ small bunch of sage, leaves picked and finely sliced

sunflower oil, for drizzling

2 red onions, cut into thin wedges through the root end (you'll need about 12-16 wedges)

1 Whisk the eggs and flour together in a large bowl to make a smooth paste, then whisk in the milk to make a smooth batter. Season, then stir in the sage. Leave to rest for 10 mins at room temperature. *Will keep, covered in the fridge, for up to 24 hrs. Bring to room temperature before using.* Heat the oven to 230C/210C fan/gas 8.

2 Pour a drizzle of oil into 10 holes of a 12-hole muffin tin (or in all the holes of two four-hole Yorkshire pudding tins) so the bases are evenly coated. Add an onion wedge to each, and put in the oven for 10 mins until very hot.

3 Transfer the batter to a jug, remove the hot tins from the oven, and carefully pour the batter over the onions, dividing it evenly between the holes. The batter should sizzle as soon as it hits the oil. Reduce the oven to 220C/200C fan/gas 7, and bake the puds for 15 mins until golden and risen. Don't open the door during this time – this may cause the yorkshires to sink. **PER SERVING** 174 kcals, fat 11g, saturates 2g, carbs 14g, sugars 2g, fibre 1g, protein 6g, salt 0.1g

Crushed roots with walnut & mace butter

You can swap the mace for nutmeg if you prefer.

■ Serves 8 ■ Prep 20 mins ■ Cook 35 mins **VEGETARIAN** **FREEZABLE**

1 celeriac (about 350g), peeled and cut into 1cm cubes

1 swede (about 550g), peeled and cut into 1cm cubes

3 carrots, cut into 1cm cubes

250ml vegetable stock

3 sweet potatoes (about 550g), cut into 1cm cubes

40g butter, cut into cubes

1 tsp ground mace

25g walnut pieces

½ small bunch of parsley, finely chopped

1 Tip the celeriac, swede and carrots into a microwavable container or large heatproof bowl, and add the stock. Cover with a microwavable plate or lid, and microwave on high for 10 mins. Stir, then cook for another 10 mins until the swede is softening.

2 Stir through the sweet potatoes, adding a splash of water if needed. Cover and cook on high for 10-15 mins more until everything is soft. Drain any water in the dish, reserving it, then add half the butter. Leave to stand, covered for 5 mins, before coarsely mashing with a potato masher – you don't want it completely smooth. Add some of the reserved cooking liquid, if needed. Season. **3** Put the remaining butter and the mace in a microwavable dish and heat for 1-2 mins until melted and foaming. Season, then stir in the walnuts. Pour the mace butter over the mash and scatter with the parsley. Serve straightaway.

PER SERVING 166 kcals, fat 7g, saturates 3g, carbs 18g, sugars 10g, fibre 6g, protein 2g, salt 0.4g

Tip The fat should be smoking hot when you add the batter to the tin so you get a good rise from your puds.



Glamorous puddings

If you're searching for a festive finale to dinner, look no further! These desserts are easy to make ahead and guaranteed to please

**Chocolate & chestnut
truffle torte, p46**

*A luxurious way
to round off any
seasonal meal*

Caramel orange mousses

■ Makes 8 ■ Prep 45 mins plus setting and cooling ■ Cook 5-10 mins

4 sheets leaf gelatine

3 oranges, zested, 2 juiced

4 eggs, separated

100g golden caster sugar

2 tbsp orange liqueur (optional)

300ml double cream

FOR THE CARAMEL ORANGES

50g golden caster sugar

3 oranges, cut into segments

1 Put the gelatine in a small bowl, cover with cold water and leave to soften. Microwave the orange juice in a heatproof bowl for 1 min. Squeeze the excess water from the gelatine, add to the orange juice and stir until the gelatine has dissolved. Leave to cool.

2 Put the egg yolks, sugar and orange zest in a heatproof bowl over a pan of hot water and

whisk for 10 mins until thick and foamy.

Remove from the heat. Continue whisking until completely cool, then fold into the gelatine mixture and liqueur, if using.

3 Whisk the egg whites to soft peaks in a second bowl, then do the same with the cream in another bowl. Fold both into the orange mix. Spoon into eight cocktail glasses and chill until set. *Will keep, covered in the fridge, for up to two days.*

4 A few hours ahead, make the caramel oranges. Heat the sugar in a pan with 2 tbsp water. When dissolved, turn up the heat and cook until pale golden. Add the oranges and swirl to coat in the caramel. Leave to cool. Spoon the oranges and caramel over the mousses. *This recipe contains raw eggs, and may be unsuitable for pregnant women, children, the elderly and those who are already unwell.*

PER SERVING 343 kcals, fat 24g, saturates 12g, carbs 27g, sugars 27g, fibre 1g, protein 8g, salt 0.2g

Make oranges
the star with
this easy
dessert





Chocolate & chestnut truffle torte

- Serves 10 ■ Prep 50 mins plus setting
- Cook 8-10 mins **VEGETARIAN** **FREEZABLE**

FOR THE SPONGE BASE

50g butter, melted, plus extra for the tin

3 eggs

85g caster sugar

40g plain flour

40g cocoa powder, plus extra for dusting

2 tbsp brandy (optional)

FOR THE TRUFFLE TOPPING

435g unsweetened chestnut purée

2 eggs, separated

400g dark chocolate, broken up

600ml double cream

1 Heat the oven to 200C/180C fan/gas 6. Butter a 25cm springform tin, then line the base and side with baking parchment. Whisk the eggs and sugar together until pale and thick.

2 Sift the flour and cocoa together over the egg mixture, then gently fold in. Fold in the butter. Pour the mixture into the tin, spreading it to the edge, then bake for 8-10 mins until risen and firm to the touch. Leave to cool in the tin.

3 Meanwhile, beat the chestnut purée and egg yolks until smooth. Heat the chocolate and half the cream in a heatproof bowl over a pan of simmering water until the chocolate has melted, then beat into the chestnut mixture.

4 Whisk the egg whites in a separate bowl until stiff. In another bowl, whip the remaining cream until it holds its shape. Fold the cream into the chocolate mixture, then carefully fold in the egg whites. Drizzle the brandy, if using, over the sponge base, then pour the truffle topping over. Level the surface and chill for at least 5 hrs until firm. *Will keep, covered in the fridge, for three days.*

5 Remove the torte from the tin and take off the baking parchment. Transfer to a cake stand and dust with cocoa to serve.

PER SERVING 704 kcals, fat 54g, saturates 29g, carbs 51g, sugars 37g, fibre 3g, protein 8g, salt 0.4g

A rich and elegant dessert for a crowd



Irish cream tiramisu

■ Serves 8 ■ Prep 25 mins plus a few hrs chilling ■ No cook **VEGETARIAN**

4 eggs, separated

100g golden caster sugar

100ml Irish cream liqueur

500g mascarpone

300ml strong coffee, made with

2 tbsp instant coffee granules
and 300ml boiling water

175g sponge fingers

25g dark chocolate

2 tsp cocoa powder

1 Put the egg whites and yolks into two separate large bowls. Whisk the whites until stiff. Add the sugar to the yolks and whisk until thick and foamy, about 5 mins. Whisk the liqueur and mascarpone into the egg yolk mixture until you can't see any streaks of cheese. Fold the whites into the mascarpone mixture with a metal spoon, keeping in as much air as possible.

2 Pour the coffee into a shallow dish and dip in a few sponge fingers at a time, turning for a few seconds until nicely soaked but not soggy. Layer the half the soaked fingers into a 20 x 15cm serving dish, then spread over half the filling. Coarsely grate over most of the chocolate, then repeat the sponge and cream layers.

3 Cover and chill for at least a few hours. *Will keep, covered in the fridge, for two days.* Dust with cocoa and grate over the rest of the chocolate. *This recipe contains raw eggs, and may be unsuitable for pregnant women, the elderly and those who are already unwell.*

PER SERVING 501 kcals, fat 34g, saturates 21g, carbs 36g, sugars 29g, fibre 1g, protein 9g, salt 0.3g





An impossible-to-resist roulade

Cranberry meringue roulade

With snowy white meringue and tangy cranberries, this makes a lovely alternative to Christmas pudding, or a special dessert to crown any special winter dinner.

■ Serves 8 ■ Prep 25 mins plus cooling ■ Cook 15 mins **VEGETARIAN**

butter, for the tin

4 large egg whites

1 tsp lemon juice

200g caster sugar

handful of flaked almonds

icing sugar, for dusting

FOR THE CRANBERRIES

300g frozen cranberries

250ml pomegranate juice (not pomegranate juice drink), or use orange juice

100g caster sugar, plus 1-2 tbsp (optional)

¼ tsp ground cinnamon

½ tsp arrowroot mixed with 1 tsp cold water

FOR THE CREAM

3 tbsp icing sugar, sifted

300ml double cream

170g Greek yogurt

½ tsp vanilla paste, or ½ vanilla pod, seeds scraped out

1 Heat the oven to 180C/160C fan/gas 4. Butter a 23 x 32cm baking tray and line with baking parchment. Whisk the egg whites, lemon juice and a pinch of salt with an electric whisk until

the mixture is stiff but not dry.

2 Add 1 tbsp caster sugar, then whisk to stiff peaks. Whisk in the rest of the sugar, 1 tbsp at a time, until it resembles thick shaving foam. Spread into the tray and scatter with the almonds. Bake for 15 mins until risen, firm and golden. Leave to cool completely (it will deflate).

3 Meanwhile, simmer the cranberries in the pomegranate juice for 10 mins until tender. Add the sugar and cinnamon. Cook for 5 mins until syrupy. Add more sugar to taste. Stir in the arrowroot mix until the juices thicken, then cool.

4 To assemble, flip the meringue onto a large sheet of baking parchment dusted with icing sugar. Remove the tray and lining parchment. With a short end facing you, score a line 2cm into meringue. Whisk the cream ingredients until thick, then spread over the meringue. Spoon over a third of the cranberries. Roll up from the scored short end using the parchment to help. Serve with the remaining cranberries.

PER SERVING 426 kcals, fat 22g, saturates 13g, carbs 52g, sugars 51g, fibre 2g, protein 5g, salt 0.1g

Ginger & Christmas pud cheesecake with ginger sauce

■ Serves 8 ■ Prep 20 mins plus cooling and at least 4 hrs chilling ■ Cook 1 hr 15 mins

VEGETARIAN FREEZABLE

sunflower oil, for the tin
 400g full-fat soft cheese
 100g mascarpone
 1 tsp vanilla paste
 2 medium eggs
 100g caster sugar
 1½ tbsp plain flour
 100g Christmas pudding or
 fruitcake, crumbled
 1 ball stem ginger from a jar, finely
 chopped, plus 5 tbsp syrup from the jar
 ¾ Jamaican ginger loaf cake, sliced into
 1.5- or 2cm-thick slices

FOR THE SAUCE
 100g dark muscovado sugar
 100g butter
 100ml double cream

1 Heat the oven to 170C/150C fan/gas 3. Oil a roughly 1.3-litre ovenproof pudding tin, and line with four strips of baking

parchment, criss-crossing them in the base of the tin. Beat the soft cheese, mascarpone, vanilla, eggs and sugar together in a stand mixer until combined and light. Fold in the flour, Christmas pud and stem ginger, then spoon into the tin and bake for 1 hr.

2 Check the cheesecake – it should be set with a slight wobble. If it's not ready, bake for 10 mins more and check again. Leave to cool slightly (it will puff up, then sink a little). Brush with 1 tbsp ginger syrup, then arrange the ginger loaf cake on top, pressing down slightly. Brush with another 1 tbsp syrup, then place a saucer on top to weigh it down. Chill for at least 4 hrs, or up to two days.

3 To make the sauce, simmer everything together with the remaining ginger syrup until thickened. Invert the cheesecake onto a serving plate. Serve with the warm sauce.

PER SERVING 640 kcals, fat 43g, saturates 26g, carbs 54g, sugars 45g, fibre 1g, protein 8g, salt 0.8g

A luscious
 cheesecake, full
 of Christmas
 flavours



Ruby fruit jelly trifle

The quantities of a trifle can vary according to the shape of bowl you use. If it's narrow at the bottom, you'll need a little less cake, but a wide-topped one requires more cream. We'll leave it to you!



■ Serves 10 ■ Prep 45 mins plus cooling and setting ■ Cook 15 mins

**750g frozen summer fruits
(raspberries, blackberries, red
and blackcurrants)**
250g caster sugar
9 sheets leaf gelatine
75g custard powder
1.2 litres milk
1½-2 madeira cakes, cut into cubes
4 tbsp sherry or cassis
300-450ml double cream
1 tsp vanilla extract
2 tbsp icing sugar
2 amaretti biscuits, crushed, to serve

1 Put the fruit in a pan with 200g sugar and 1 litre water. Bring to a gentle simmer.

Cook for 2 mins, then transfer 6 tbsp fruit and 150ml juice to a bowl. Cook the remainder for another 5 mins.

2 Meanwhile, soak the gelatine in cold water to soften. Roughly blitz the fruit mixture or mash with a potato masher, then strain into a bowl, pushing through the pulp and discarding the seeds and skins. Squeeze the excess water from the gelatine, add to the fruit syrup and stir to dissolve. Leave to cool completely, then chill until almost setting.

3 Make up the custard following pack instructions using the milk and remaining sugar until really thick. Cover the surface with cling film and leave to cool slightly.

4 Arrange the cake in a trifle bowl, spoon over the reserved fruit and juice and the sherry. Pour over a thick layer of custard, pushing it to the side of the bowl to cover the cake. Leave to go cold and set with a skin – this makes a barrier for the jelly.

5 Spoon the jelly over the custard and chill until ready to complete the trifle.

6 Whip the cream with the vanilla and icing sugar until just holding its shape, then spoon or pipe over the set jelly. Scatter with the biscuits and chill until ready to serve.

PER SERVING 581 kcals, fat 26g, saturates 14g, carbs 78g, sugars 60g, fibre 3g, protein 13g, salt 0.8g



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

No-bake millionaire's chocolate cheesecake

Whether it's for Christmas Day or New Year's Eve, this cheesecake is sure to impress.

■ Cuts into 10-12 ■ Prep 35 mins plus at least 1 hr chilling ■ No cook **VEGETARIAN**

75g butter, melted, plus extra for the tin
250g shortbread biscuits
250g mascarpone
300g full-fat soft cheese
50g icing sugar
40g cocoa powder
300ml double cream
½ x 397g can caramel, or
200g dulce de leche
50g dark chocolate, chopped
star-shaped sprinkles or chocolate stars, to decorate

1 Butter the base of a 20cm springform cake tin and line with baking parchment. Blitz the biscuits to fine crumbs, then add the butter and blitz again. Tip into the tin and press down firmly with the back of a spoon. Chill.

2 Combine the mascarpone, soft cheese, icing sugar and cocoa until smooth. In a separate bowl, whip the cream until stiff, then fold into the mascarpone mix. Spoon over the biscuit base and level. Chill for 1 hr.
3 Warm the caramel in a pan until easily spreadable. Pour this over the cheesecake, then spread out gently and chill until slightly set. Meanwhile, melt the chocolate in a heatproof bowl set over a pan of simmering water, or in the microwave. Drizzle the melted chocolate back and forth over the caramel, then decorate with sprinkles or stars. Chill until ready to serve. Remove from the tin, take off the baking parchment and transfer to a serving plate.

PER SERVING 534 kcal, fat 43g, saturates 27g, carbs 29g, sugars 19g, fibre 1g, protein 6g, salt 0.5g



**MAKE OUR
COVER
RECIPE**

Pine nut & honey tart

■ Serves 8-10 ■ Prep 25 mins plus 2 hrs soaking and chilling ■ Cook 55 mins-1 hr 5 mins **VEGETARIAN** **FREEZABLE**

100g raisins

140g mixed glacé fruit, chopped

3 tbsp rum or orange juice

300g sweet shortcrust pastry

50g plain flour, plus extra for dusting

175g butter, softened

175g golden caster sugar

175g ground almonds

5 eggs, beaten

85g pine nuts

2 tbsp honey, plus extra to serve

1 Put the raisins and glacé fruit in a bowl with the rum or orange juice. Soak for 1 hr.

2 Roll the pastry out on a lightly dusted surface until large enough to line a deep

23cm loose-bottomed fluted tart tin. Line the tin, leaving some overhanging the edges. Prick the base with a fork, then chill for 1 hr.

3 Heat the oven to 200C/180C fan/gas 6. Fill the pastry case with baking parchment and baking beans. Bake for 8 mins. Remove the parchment and beans, then bake for 5 mins more. Leave to cool a little.

4 Combine the butter, sugar, almonds, flour and eggs. Add the fruit, then pour into the case. Scatter over the pine nuts, press lightly into the surface, then drizzle with honey.

5 Reduce the heat to 180C/160C fan/gas 4. Bake for 40-50 mins until firm to the touch. If the top browns too quickly, cover with foil. Leave to cool in the tin and trim the pastry. Drizzle with honey to serve.

PER SERVING 665 kcals, fat 43g, saturates 15g, carbs 61g, sugars 45g, fibre 3g, protein 11g, salt 0.6g

This also works as a teatime treat



A great way to
use up leftover
Christmas port



Pears in port with meringue cream

You can use red wine, if you prefer. For a more complex, spicy flavour, add star anise and black peppercorns to the syrup.

■ Serves 8 ■ Prep 35 mins plus overnight cooling ■ Cook 20-30 mins **VEGETARIAN**

FOR THE PEARS

600ml port or red wine
140g caster sugar
2 cinnamon sticks, halved
8 ripe, firm pears, peeled, stalk left intact

FOR THE MERINGUE CREAM

425ml double cream
1 tbsp icing sugar
1 tsp vanilla extract
2 meringue shells, broken into pieces
large pinch of cinnamon

1 Pour the port into a large pan with 600ml water, the sugar and cinnamon. Heat until the sugar dissolves. Add the pears, bring to the boil, then cover and simmer for 20-30 mins until tender all the way through. Depending on the size of the pan, you may

need to cook the pears in two batches using the same port syrup, or turn the pears several times as they cook so they are evenly covered. Leave the pears to cool in the syrup overnight until well-coloured. *Will keep in the fridge for up to three days.*

2 Remove the pears from the pan, and check the consistency of the syrup. If it's very thin, boil until the syrup has reduced.

3 To serve, whip the cream with the sugar and vanilla until just holding its shape, then fold in the meringue pieces. Sprinkle with the cinnamon. Arrange the pears in a shallow dish and spoon over the syrup. Serve with the meringue cream on the side for guests to help themselves.

PER SERVING 489 kcals, fat 29g, saturates 16g, carbs 49g, sugars 49g, fibre 2g, protein 2g, salt 0.06g

THE GREAT BRITISH

Support the British artisan cheese industry with this special festive selection, chosen by cheesemonger **Jay Hickson**.

Hard: Lincolnshire Poacher

This contemporary English classic marries a traditional bold, grassy cheddar with the smooth, sweeter nuttiness of the Alpine giants, such as gruyère and emmental. Lincolnshire Poacher appeals to all palates on a cheeseboard; it's a robust cheese that stands up to a variety of wine styles, though we love it with a West Country cider.

Goat: Golden Cross

A goat's milk cheese produced by Kevin and Alison Blunt in East Sussex. It shows off the quality of the raw milk produced by their herd of hay-fed goats, all bred on the farm. Clean citrus flavours burst from this pretty, charcoal-rinded, bloomy log. It pairs beautifully with a mineral sauvignon blanc from the same county.

CHEESEBOARD

Blue: Mrs Bell's Blue

Judy Bell created this ewe's milk blue in the late 80s as an alternative for people with allergies to cow's milk. The cheese was an instant success, and deservedly so: touted by many as a British roquefort, this is so much more. This sweet, creamy cheese is lovely with a rich, nutty, tawny port or slice of Christmas cake.

Crumbly: Gorwydd Caerphilly

The Trethowan brothers craft this rind-matured cheese from the organic cow's milk of their own herd in north Somerset. It's superb as a young cheese – crumbly, lemony and lactic, and equally good mature. The rind breaks down the cheese under it, forming a savoury, rich flavour. It pairs perfectly with a light, hoppy ale.

Soft: Maida Vale

A luxurious, buttery Guernsey milk cheese made by Ann and Andy Wigmore in Berkshire. The rich golden interior is tempered by the hoppy bitterness of the IPA-beer-washed rind. Hoppy ales are the natural pairing choice, though a medium sweet wine works well too, such as an aromatic gewürztraminer.

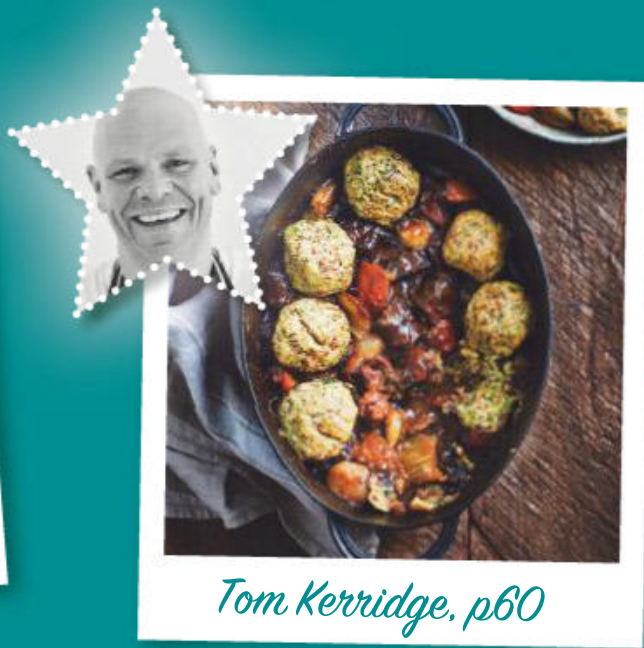
Jay owns Calder Cheesehouse in the Pennine market town of Todmorden, West Yorkshire. 'The cheeses on our perfect Christmas cheeseboard include some personal and shop favourites,' he says. 'I've chosen some super-traditional British cheeses, as well as some contemporary classics.' caldercheesehouse.co.uk

Shine *with the* stars

Make Christmas even more special with a sprinkling of recipe stardust from some of our favourite chefs and food writers



Henry, p59



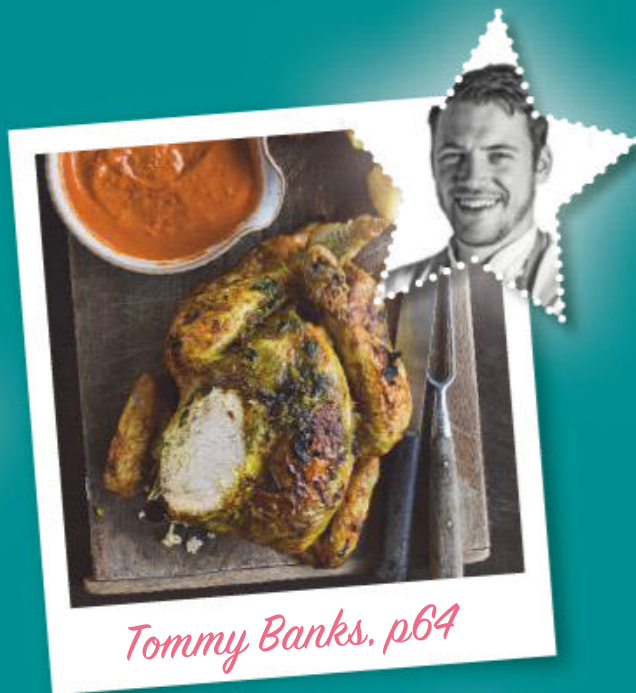
Tom Kerridge, p60



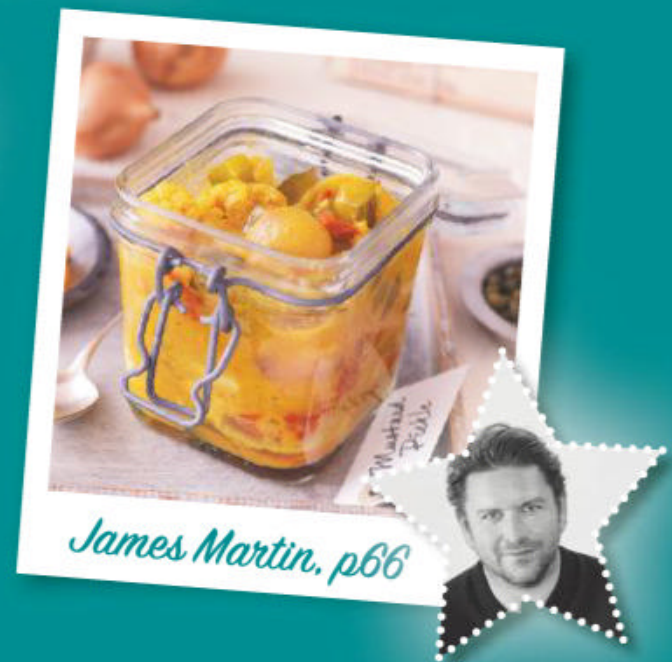
Sirkett, p61



Raymond Blanc, p63



Tommy Banks, p64



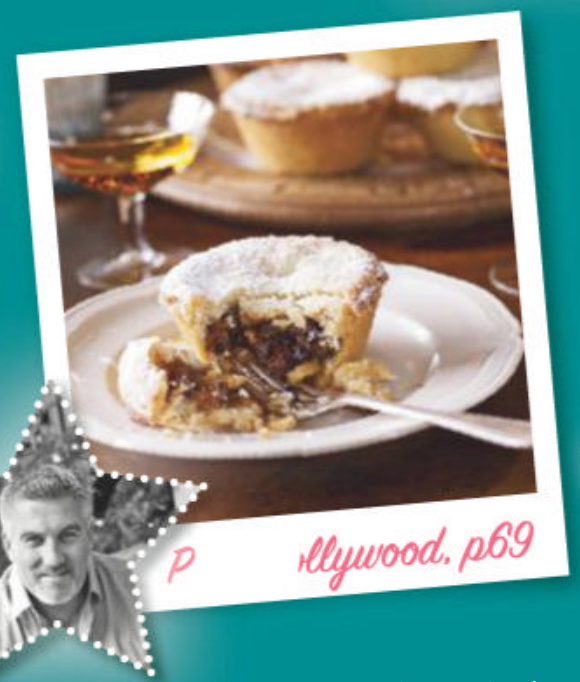
James Martin, p66



Torode, p67



Gregg Wallace, p68



Ellywood, p69





Diana Henry

DIANA HENRY'S SPECIAL SWEDISH-INSPIRED SUPPER

This is my version of a popular dish served around Christmastime in Sweden. I first ate it 18 years ago in the covered market in Stockholm on Christmas Eve, and it has stayed with me. You need to use smoked salmon fillets that are raw. It's a rich dish, so you don't need large portions. Serve with small waxy potatoes and roasted beets.

Swedish smoked salmon & spinach gratin

■ Serves 6 ■ Prep 5 mins plus cooling ■ Cook 45 mins

1.2kg spinach

15g butter

**6 lightly smoked raw salmon fillets,
skin removed (about 140g each)**

300ml double cream

1 Put the spinach in a very large saucepan (or use two) and add a few tablespoons of water. Cover, set over a medium heat and cook for about 5-8 mins, turning the every so often, until wilted. Tip into a colander to drain, and leave to cool (you can spread it out on a plate, if you like, to cool it quicker). Squeeze out the excess water – this prevents the cream becoming watery.

2 Chop the spinach. Melt the butter in a saucepan and gently toss in the spinach. Season with pepper and a very small

amount of salt (the salmon will be salty, too). Heat the oven to 160C/140C fan/gas 3. Lay the spinach out in the bottom of a gratin dish (about 30 x 20cm), then arrange the salmon fillets on top.

3 Heat the cream in a small pan, then pour over the salmon and spinach. Bake for 35 mins until the top is golden and the cream bubbling.

PER SERVING 495 kcals, fat 40g, saturates 21g, carbs 4g, sugars 1g, fibre 2g, protein 28g, salt 1.1g





Tom Kerridge

TOM KERRIDGE'S HEARTY BEEF STEW

Hearty stews typify winter. They're comforting, and make you feel properly cosy.

Beef & Guinness stew with bacon dumplings

■ Serves 4 ■ Prep 30 mins ■ Cook 3 hrs

FREEZABLE *stew only*

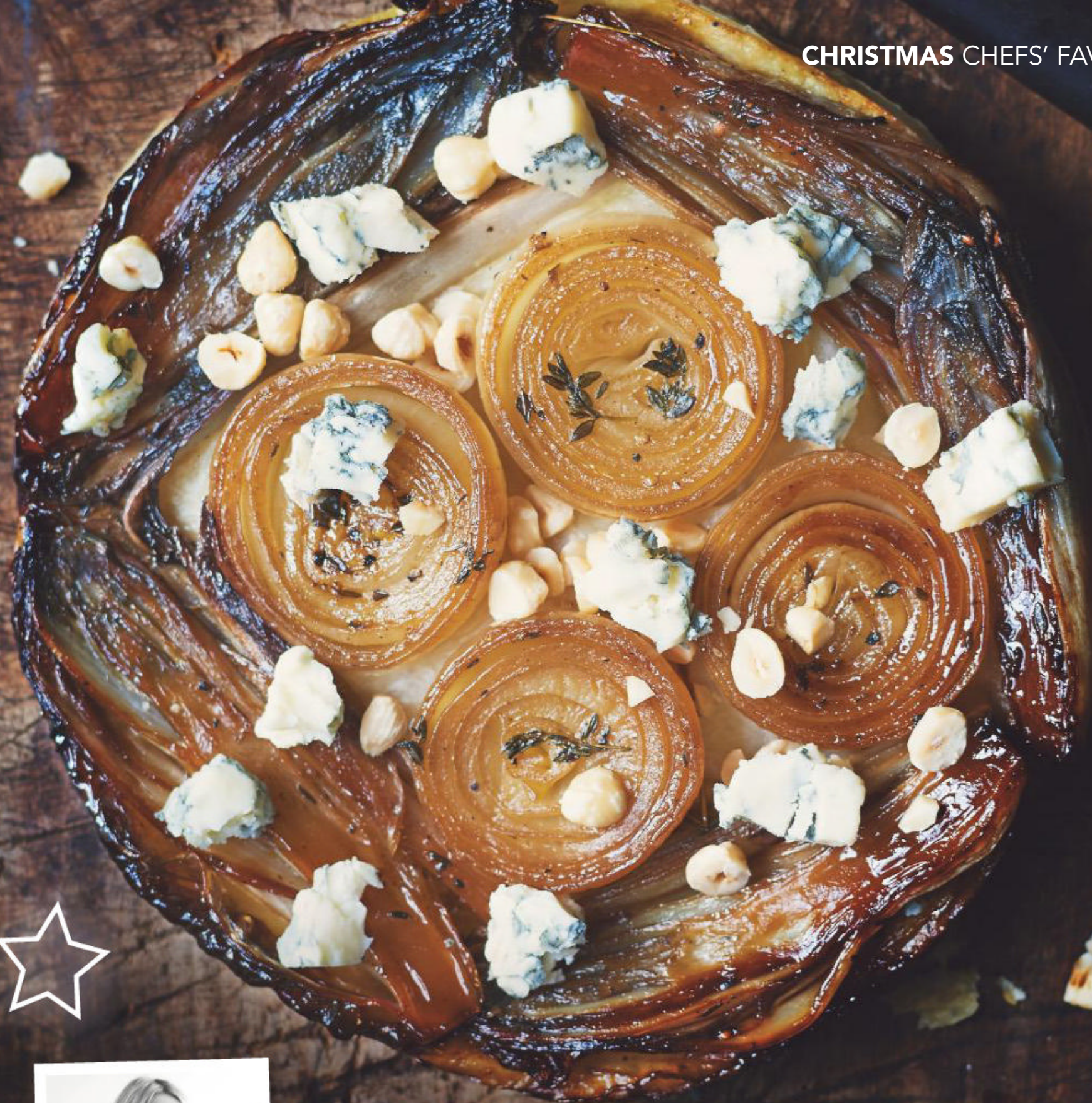
- 2 tbsp vegetable oil
 - 1kg boneless beef shin, cut into 3cm chunks
 - 200g pearl onions or small shallots
 - 4 medium carrots, cut into pieces
 - 3 celery sticks, cut into bite-sized chunks
 - 3 tbsp plain flour
 - 500ml beef or chicken stock
 - 500ml Guinness
 - 1 large thyme sprig
 - 4 star anise
 - buttered cabbage and mash, to serve
- FOR THE DUMPLINGS**
- 100g smoked bacon, finely chopped
 - ½ tbsp vegetable oil
 - 1 tsp thyme leaves
 - 125g self-raising flour
 - 60g beef suet
 - 1 egg yolk
 - small bunch of parsley, leaves picked and finely chopped

1 First, make the dumplings. Fry the bacon in the oil in a large flameproof casserole dish until crisp. Stir in the thyme, then tip into a bowl and leave to cool slightly. Add the flour and suet. Stir. Make a well in the middle, then add the egg yolk, parsley, ½ tsp pepper and 2 tbsp very cold water. Mix into a dough. Keep adding water until you have a firm but pliable dough. Divide into eight balls and chill.

2 Heat the oven to 160C/140C fan/gas 3. Heat the oil in the casserole and brown the beef well in batches, then set aside. Tip in the veg, brown well, then stir in the flour. Return the meat and any juices to the dish, stir well, then add the stock and Guinness. Season, then add the thyme and star anise and bring to a simmer. Cover, then cook in the oven for 2 hrs until the meat is tender.

3 Remove from the oven and arrange the dumplings evenly on top. Cover and bake for 20 mins, then cook for 10 mins more, uncovered, until the dumplings have browned. Spoon into bowls and serve with some cabbage and mash.

PER SERVING 800 kcals, fat 41g, saturates 16g, carbs 43g, sugars 10g, fibre 7g, protein 57g, salt 1.9g



Rosie Birkett

ROSIE BIRKETT'S CHEESEBOARD ALTERNATIVE

Blue cheese and chicory is a classic combination, so I've used creamy gorgonzola to top this tatin-style tart, along with some hazelnuts for extra crunch. This makes a really nice starter, or serve instead of a cheese course.

Caramelised onion & chicory tart with gorgonzola

■ Serves 4 ■ Prep 15 mins plus chilling and cooling ■ Cook 40 mins **VEGETARIAN**

- 1 sheet ready-rolled puff pastry
- 1 tbsp olive oil, plus extra to serve
- 1 tsp butter
- 4 thyme sprigs
- 1 tbsp brown sugar
- 2 small onions, cut into thick rounds
- 2 heads red chicory, trimmed and sliced in half lengthways
- ½ lemon, juiced
- 75g gorgonzola or vegetarian alternative
- 1 tbsp toasted hazelnuts (optional)

- 1 Heat the oven to 200C/180C fan/gas 6. Cut a round of pastry the same size as the ovenproof pan you're using. Put on a baking sheet and chill for at least 30 mins.
- 2 Heat the oil, butter and thyme in the pan until the butter has melted. Stir in the sugar.

Put the onions and chicory, cut-side down, in the pan. Season and cook for 10 mins until caramelised. Drizzle with the lemon juice, then leave to cool slightly.

3 Put the pastry disc on top of the veg mixture and push it down around the edges of the pan, so it encases the contents. Pierce all over with a knife, then bake for 40 mins, or until the pastry is puffed and golden. Leave to cool for 10 mins before turning out onto a plate. If it sticks to the pan, gently scrape the pieces off using a palette knife, then set them back in the tart. Season. Tear the cheese over the top, scatter over the hazelnuts, if using, then drizzle with a little more olive oil to serve.

PER SERVING 477 kcals, fat 32g, saturates 15g, carbs 35g, sugars 8g, fibre 4g, protein 9g, salt 1.3g





RAYMOND BLANC'S GLORIOUS ROAST GOOSE

In my opinion, it's impossible to roast a whole goose and end up with the legs and breast cooked perfectly – by the time the legs are tender, the breast is overdone. My solution is to take the legs off and slow cook them, then quick-roast the breast on top so it's still nice and pink.

Roast goose

■ Serves 8-10 ■ Prep 25 mins plus resting ■ Cook 2 hrs 30 mins

4.5-5kg free-range organic goose, excess fat trimmed, legs removed; wings, neck and excess carcass removed and chopped into 2cm pieces (about 600g)

2 bay leaves

5 thyme sprigs

1 garlic clove, sliced

white pepper, to season (see tip, below)

2 tbsp goose fat

1 small onion, cut into 3cm pieces

1 carrot, cut into 3cm pieces

25g celery, cut into 3cm pieces

85g unsalted butter, softened

200ml port

100ml madeira

½ tsp arrowroot (optional)

mixed herb sprigs, such as bay, rosemary and thyme, to serve

1 Leave the goose to come to room temperature 2 hrs before roasting. Heat the oven to 150C/130C fan/gas 2. Chop 1 bay leaf and the leaves from 2 thyme sprigs. Mix with the garlic, ½ tsp coarse sea salt and 2 pinches of white pepper, then rub into the flesh of the goose legs.

2 Heat the goose fat in a large flameproof roasting tin over a medium heat, and cook the wings, neck and excess carcass for 5 mins until lightly golden. Do not colour the bones too much, or the resulting jus will taste bitter. Add the veg and brown for 3 mins.

3 Place the goose legs, skin-side up, in the tin with the bones and vegetables. Cover tightly with foil and roast for 1 hr.

4 Rub the goose crown with the butter and season with salt and white pepper. Remove the tin from the oven and turn up the oven to 230C/210C fan/gas 8. Uncover the tin and sit the goose crown on top of the legs and bones – this will help the heat circulate the crown, cooking it more evenly. Roast for 30 mins until the crown is golden.

5 Reduce the oven to 150C/130C fan/gas 2, then add the remaining bay leaf and thyme sprigs and 300ml hot water to the tin – this will lift the caramelised juices from the pan

and bones, and keep the goose moist. Roast for 30-35 mins more, basting every 10 mins with the juices until a probe thermometer inserted into the breast reads 55C.

6 Remove the crown from the oven and wrap tightly in foil. Rest for 30 mins while the legs continue to roast. Meanwhile, simmer the port and madeira in a small pan until reduced by half. Remove the legs from the oven, then place on a baking tray, wrap in foil and leave to rest in a warm place.

7 Pour off the excess fat from the tin and reserve (see tip, below). Remove the bones and veg from the tin, then place the tin over a medium heat. Bring to the boil and stir. Add the reduced alcohol. Taste and adjust the seasoning if required, then pour any resting juices from the crown into the jus. If the sauce is a little thin, mix the arrowroot with 1 tsp cold water, then add a little at a time to ensure that it does not become too thick. Sieve into a warmed gravy boat. Scatter herbs over a serving platter, loosely reassemble the goose on top, and serve.

PER SERVING (10) 697 kcals, fat 49g, saturates 17g, carbs 3g, sugars none, fibre none, protein 52g, salt 0.8g

RAYMOND'S TIPS

- ★ Ask your butcher to prepare the goose for you and remove the wishbone – this makes it easier to carve.
- ★ Pour the reserved goose fat through a fine sieve into a sterilised jar. It will keep in the fridge for three months.
- ★ White pepper is used in classic French cooking – it has a hot, peppery kick and is favoured in white sauces as it doesn't leave black specks, like black pepper.



TOMMY BANKS'S TWIST ON BUTTER CHICKEN

Food myth has it that the popular rich and mildly spiced curry, butter chicken, was invented when an Indian chef dipped some leftover chicken into spiced tomato roasting juices. Whether this story is true or not, it's what inspired me to come up with this twist on the roast chicken, and one of the best sauces that's ever been poured over it. I love to serve this with onion bhajis, but it's up to you whether you treat the chicken as a curry and serve it with rice and naan bread, or go for a roast with your favourite sides.



One-pan roast butter chicken

■ Serves 4 ■ Prep 30 mins ■ Cook 1 hr 20 mins

1 lemon, halved

1 medium chicken

FOR THE CURRY BUTTER

100g unsalted butter, softened

2 garlic cloves, crushed

small piece of ginger, peeled and finely grated

1 tsp each garam masala, ground turmeric and ground cloves

handful of coriander leaves, chopped

FOR THE SAUCE

3 garlic cloves, finely grated

small piece of ginger, peeled and finely grated

4 cardamom pods

4 cloves

1 tsp fennel seeds

2 tsp garam masala

1 tsp hot chilli powder

2 tsp ground turmeric

500ml passata

200ml double cream

1 Heat the oven to 220C/200C fan/gas 7. Put the lemon halves in the chicken cavity. Stir the ingredients

for the curry butter together and season well. Stuff the butter under the chicken skin using your fingers, and smear all over the chicken. Put the chicken in a flameproof roasting tin, on a trivet, if you have one. Roast for 20 mins, then reduce the oven to 180C/160C fan/gas 4. Roast for 40 mins more until the chicken is cooked through. Remove from the tin and rest while you make the sauce.

2 To make the sauce, put the tin over a low heat. Cook the garlic and ginger in the residual butter. Add the cardamom, cloves and fennel seeds and cook for 2 mins more, then add the ground spices and toast for another 2 mins. Pour in the passata and cook until reduced by half. Add the cream and continue to cook until reduced by a third. To finish the sauce, pour in the resting juices, season and add a squeeze of the roasted lemon from the chicken cavity. Carve the chicken and serve with the sauce and bhajis, if you like.

PER SERVING 869 kcals, fat 70g, saturates 36g, carbs 8g, sugars 6g, fibre 2g, protein 50g, salt 0.8g





Makes
a great
gift for
friends,
too



JAMES MARTIN'S HOMEMADE PICKLE

*It doesn't take much to please me
– a pork pie, some pickled shallots and
this pickle, and I'm a happy man!*



James Martin

Mustard pickle

■ Makes about 2 large jars ■ Prep 30 mins plus 24 hrs salting and at least 5 days pickling ■ Cook 20 mins **VEGETARIAN**

225g table salt
450g baby onions or shallots
(quartered if shallots)
225g cherry tomatoes
450g cauliflower florets
450g cucumber, deseeded and chopped
1 tbsp capers
125g butter
25g plain flour
500ml malt vinegar
100g caster sugar
1 tbsp ground turmeric
2½ tsp mustard powder

1 Dissolve the salt in 4 litres water. Put the onions, tomatoes and cauliflower in a large bowl. Cover with the salted water. Cover and chill, or put in a cool place, for 24 hrs.

2 Drain the veg and tip into a preserving pan or flameproof casserole dish. Add the cucumber and capers and cover with 2 litres water. Bring to the boil and cook for 10 mins. Drain and tip into a large bowl.
3 Melt the butter in a pan, then add the flour and stir well to make a roux. Slowly add the vinegar, stirring, and cook for a few minutes until thickened. Add the sugar, turmeric and mustard powder, and season with black pepper. Pour over the veg and stir well. Pack into sterilised jars and seal.
4 Leave to pickle in the fridge for at least five days before eating so the vegetables can absorb all the mustardy flavours.
Will keep in the fridge for up to six weeks.
PER TBSP 34 kcals, fat 2g, saturates 1g, carbs 3g, sugars 3g, fibre 1g, protein 1g, salt 0.2g

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John Torode

JOHN TORODE'S SPICY BRUNCH

This is all about the wonderful flavours of turmeric and coriander, and the smoky haddock with soft-boiled eggs. Season it well and don't be scared of the spice.

Classic kedgeree

■ Serves 6 ■ Prep 15 mins ■ Cook 40 mins

3 tbsp vegetable oil
1 large onion, finely chopped
1 tsp ground coriander
1 tsp ground turmeric
2 tsp curry powder
200g long-grain rice, rinsed under cold running water
6 eggs
400ml milk
300g undyed smoked haddock
2 bay leaves
small handful each of coriander and parsley, chopped

1 Heat the oil in a pan and cook the onion until soft but not coloured. Add the spices and some salt and continue to cook until golden and fragrant, about 4 mins. Sprinkle

over the rice and stir to coat. Stir in 400ml water, turn up the heat, cover and bring to the boil. Once boiling, reduce to a simmer and cook for 10 mins. Remove from the heat and leave to steam, covered, for 20 mins. Don't lift the lid while it steams.
2 Put the eggs in a pan and cover with cold water, and bring to the boil over a high heat. Reduce the heat to a simmer and cook for 3 mins for soft-boiled, or 5-6 mins for hard-boiled. Cool under cold running water, then peel and quarter.

3 Meanwhile, pour the milk over the fish in a shallow pan and bring to a gentle simmer. Poach for 5-8 mins until just cooked and the flesh flakes easily. Remove the fish from the milk, discard the skin and flake the flesh.

4 Gently stir the fish, herbs and seasoning into the rice, top with the eggs and serve.

PER SERVING 324 kcals, fat 13g, saturates 3g, carbs 33g, sugars 2g, fibre 1g, protein 20g, salt 1.2g





Gregg Wallace

GREGG WALLACE'S DINNER PARTY PUDDING

I first came across this recipe when I hosted BBC's Saturday Kitchen. The taste blew me away, but then it had been made by master pastry chef, Michel Roux Snr. The combination of buttery pastry and sharp yet smooth and light lemon filling is so delicious.

Tangy lemon tart

■ Serves 8 ■ Prep 25 mins plus chilling ■ Cook 1 hr **VEGETARIAN** **FREEZABLE** *leftover pastry only*

FOR THE PASTRY

225g plain flour, plus extra for dusting

70g icing sugar

125g unsalted butter, cut into cubes

2 egg yolks

FOR THE FILLING

5 eggs

140g caster sugar

150ml double cream

2-3 lemons, juiced (about 100ml) and

2 tbsp lemon zest

1 To make the pastry, mix the flour and icing sugar in a bowl. Rub in the butter with your fingers until crumbly. Mix in the egg yolks. If the pastry is still too dry, add 1 tbsp water until it comes together. Roll into a ball and divide in half (freeze one half to use another time). Flatten the remaining half with your hands, wrap and chill for at least 30 mins.

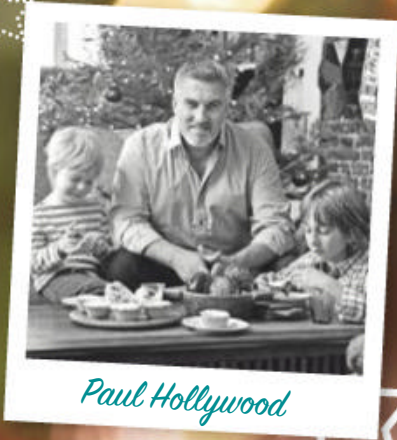
Meanwhile, make the filling. Beat all the ingredients together except the lemon zest. Sieve, then stir in the zest.

2 Roll the pastry out on a lightly floured surface to a 3-4mm thickness, then lift into a 23cm fluted tart tin. Press down gently into the base and side, then trim any excess. Prick a few holes in the base with a fork and chill for 30 mins.

3 Heat the oven to 160C/140C fan/gas 3. Line the tart with foil and fill with baking beans. Bake for 10 mins, then discard the foil and beans, and bake for another 20 mins until biscuity. When the pastry is ready, pour in the lemon filling and bake for 30-35 mins more until just set. Leave to cool, then remove from the tin and serve at room temperature or chilled.

PER SERVING 770 kcals, fat 44g, saturates 24g, carbs 86g, sugars 38g, fibre 2g, protein 13g, salt 0.2g





Paul Hollywood

PAUL HOLLYWOOD'S MINCE PIES

I like melt-in-the-mouth pastry for my mince pies, so this recipe is nice and short. I also add fresh fruit to the mincemeat for a lighter flavour.

Mince pies

- Makes 16 ■ Prep 45 mins plus chilling
- Cook 20 mins **VEGETARIAN** **FREEZABLE**

600g mincemeat (ensure vegetarian, if needed)

2 satsumas, peeled and segmented

1 apple, finely chopped

1 lemon, zested

icing sugar, for dusting

FOR THE PASTRY

375g plain flour, plus extra for dusting

260g unsalted butter, softened

125g caster sugar, plus extra

for sprinkling

1 large egg, plus 1 beaten egg for glazing

1 Put the flour and butter in a bowl and rub together to a crumb consistency. Add the

sugar and the egg, and mix together. Tip out onto a lightly floured surface and fold until the pastry comes together, being careful not to overmix. Wrap and chill for 10 mins.

2 Combine the mincemeat with the satsumas, apple and lemon zest.

3 Heat the oven to 220C/200C fan/gas 7. Roll out the pastry to a 3mm thickness.

Stamp out 16 rounds using a 10cm round cutter, and push into the holes of two muffin tins. Spoon 1½ tbsp filling into each. Brush the edges with a little beaten egg. Re-roll the pastry, stamp out 16 x 7cm round and press on top to seal. Glaze with egg, sprinkle with sugar, then make a small cut in the tops.

4 Bake for 15-20 mins until golden brown. Cool before dusting with icing sugar. Serve.

PER SERVING 319 kcals, fat 16g, saturates 9g, carbs 44g, sugars 26g, fibre 1g, protein 4g, salt 0.05g



Bake up some... **festive fun**

Christmas is such an exciting time for kids, so get them into the kitchen to make tasty treats for family and friends

Chocolate orange cookies, p73

Jammy star cookies, p71

Christmas rocky road, p72

Snowflake pretzels, p73

Elf & Santa cupcakes, p74

Jammy star cookies

- Makes 15-20 ■ Prep 1 hr plus chilling
- Cook 15-30 mins **VEGETARIAN**

175g cold unsalted butter, cut into cubes

250g plain flour, plus extra for dusting

100g golden icing sugar

1 tsp vanilla extract

1 egg yolk

FOR THE FILLING

50g unsalted butter, softened

160g icing sugar

120g seedless raspberry or strawberry jam

You will need

2 star-shaped cutters, around 6cm and 3cm

1 Blitz the butter, flour and a pinch of salt together in a food processor until the mix resembles breadcrumbs. Add the sugar and blitz again. Add the vanilla and egg yolk and pulse until balls of dough have formed. Tip the dough onto a surface and knead briefly to form a ball. Cut in half, pat into discs, wrap and chill for 30 mins. Line two baking sheets with baking parchment.

2 Remove the dough from the fridge 15 mins before you roll it out. Lightly flour a work surface and rolling pin. Unwrap one half of dough and roll out to the thickness of a 50p coin. Stamp out stars with the 6cm cutter and transfer to one of the baking sheets.

3 Unwrap and roll out the other piece of dough. Stamp out 15 more stars and transfer to the second baking sheet. Stamp holes from the middle of 15 of the biscuits using the 3cm cutter. Cover and chill for 15 mins. Heat the oven to 180C/160C fan/gas 4. Bake for 10-15 mins (the stars with a hole need less time), leave to cool for 5 mins, then transfer to a wire rack to cool completely.

4 Meanwhile, make the filling. Whisk the butter, sugar and 50g jam with an electric whisk. Transfer to a piping bag fitted with a small round nozzle. Put the remaining jam in another piping bag and snip off the end to make a slightly smaller hole.

5 Pipe blobs of filling around the edge of each whole biscuit, leaving a space in the centre. Fill the space with jam, then sandwich a biscuit with a hole on top of each one. *Will keep in an airtight container for up to three days.*

PER SERVING (20) 198 kcals, fat 9g, saturates 6g, carbs 27g, sugars 17g, fibre 1g, protein 1g, salt 0.01g





Christmas rocky road

Adapt this recipe however you like – it's great for using up leftover Christmas sweets and biscuits.

- Makes 20 squares ■ Prep 20 mins plus at least 3 hrs chilling ■ Cook 5 mins **VEGETARIAN**

100g butter, cut into cubes, plus extra for the tin

250g biscuits, such as shortbread or chocolate biscuits, broken into small pieces

75g mixed shelled nuts, halved if large

100g mixed dried fruit, halved if large

75g sweets, such as candy canes, marshmallows or jelly sweets, broken into small pieces

400g milk or plain chocolate (or a mix), chopped

140g golden syrup

2 tbsp sprinkles or sweets, to decorate

1 Butter a 20cm square tin and line with baking parchment. Combine the biscuit

pieces with the nuts, dried fruit and sweets, ensuring everything is broken into pieces no smaller than a pea, but not too chunky.

2 Heat 300g chocolate, the butter and the golden syrup in a pan over a low heat, stirring occasionally until melted and smooth. Pour over the biscuit and nut mixture and mix together so the chocolate covers everything.

3 Tip the mixture into the prepared tin and level the top – it doesn't need to be smooth. Melt the remaining chocolate in the microwave in short blasts, or in a heatproof bowl over a small pan of simmering water. Drizzle over the top and sprinkle the rocky road with the decorations. Chill for at least 3 hrs or ideally overnight before cutting into squares. *Will keep, covered in the fridge, for up to four days.*

PER SERVING 286 kcals, fat 16g, saturates 9g, carbs 32g, sugars 25g, fibre 1g, protein 3g, salt 0.3g



Snowflake pretzels

- Makes 8 ■ Prep 25 mins plus setting
- Cook 5 mins **VEGETARIAN**

200g white chocolate chips or buttons, plus 50g extra to make snowflake lollies (optional)

32 mini pretzels (about 45g) white or silver sprinkles

You will need

8 lolly sticks (optional)

1 Line a baking tray with baking parchment. Melt the chocolate in a microwave or bowl set over a pan of simmering water, ensuring the base doesn't touch the water. Remove from the heat, leaving the bowl over the pan, if using. Add the pretzels and stir well.

2 Lift the pretzels out of the chocolate with a fork, shaking a little to remove the excess, then put on the tray and chill in the freezer for 5 mins to set.

3 Dip the pretzels in the chocolate again, then lay four at a time together on the tray and push together, with the pointy ends in the centre, to make a snowflake shape. Add a blob more chocolate using the end of a teaspoon to the middle of each snowflake so they hold together when set. Before they've set, decorate with sprinkles. Leave in a cold place and leave to set completely, or return to the freezer to speed up the process.

4 To make the pretzel snowflake lollipops, melt the extra 50g chocolate as before and make eight well-spaced blobs, the size of a 1p coin, on a sheet of baking parchment. Put a lolly stick on each blob so one end is in the chocolate, then press a pretzel snowflake gently on top and leave somewhere cold to set. *Will keep for up to two days in a cool place.*

PER SERVING 162 kcals, fat 8g, saturates 5g, carbs 19g, sugars 15g, fibre none, protein 3g, salt 0.3g



IDEAL FESTIVE GIFT

Chocolate orange cookies

- Makes 25 ■ Prep 15 mins plus 2 hrs chilling
- Cook 15 mins **VEGETARIAN**

225g butter, softened

60g icing sugar

1 orange, zested, ½ juiced

300g self-raising flour

40g cocoa powder

175g dark chocolate, chopped

1-2 tbsp milk

40g candied orange peel, chopped

5 strips sugared candied orange peel, each cut into 5 pieces

1 Beat the butter with an electric whisk until light and fluffy, then gradually beat in the sugar, adding the orange zest and 1 tbsp

juice. Gradually add the flour and cocoa, then mix in the chocolate, milk and chopped candied peel.

2 Divide the mixture into two, and pat each into a rough log shape on a sheet of baking parchment. Use to help shape each piece into a 15cm-long log. Chill until firm, about 2 hrs.

3 Heat the oven to 180C/160C fan/gas 4. Line two baking sheets. Cut ½cm-thick cookies from the logs and lay on the sheets, leaving space between each for spreading. Put a piece of sugared candied peel on each. Bake for 10-15 mins, or until the cookies have puffed up. Leave to cool on the sheets for a couple of minutes before transferring to a wire rack to cool completely. *Will keep for up to three days in an airtight container.*

PER SERVING 172 kcals, fat 11g, saturates 7g, carbs 16g, sugars 5g, fibre 2g, protein 2g, salt 0.3g



Elf & Santa cupcakes

- Makes 16 ■ Prep 40 mins plus drying
- Cook 18 mins **VEGETARIAN**

175g butter, softened
175g golden caster sugar
3 eggs
200g self-raising flour
1 orange, zested, ½ juiced
pinch of ground cinnamon
1 tsp vanilla extract

FOR THE ICING

100g unsalted butter, softened
2 tsp vanilla extract
250g icing sugar, sifted

FOR THE LEGS

fondant icing sugar
candy canes
strawberry pencil sweets
black, green and white fondant icing
gold and silver balls

1 Heat the oven to 190C/170C fan/gas 5. Line two eight-hole bun tins with cupcake cases. Put all the cupcake ingredients in a large bowl using 4 tbsp of the orange juice, then beat together for 1-2 mins until smooth.

2 Spoon the cake mix into the cases, so they are three-quarters full. Bake for 15-18 mins, or until golden and firm. Leave to cool in the tin for 5 mins, then transfer to a wire rack.

3 To make the icing, beat the butter, vanilla and sugar until pale and creamy. Add 1-2 tbsp warm water to loosen, if needed. Ice the cakes with a palette knife, or use a piping bag to pipe swirls deep enough to hold the Santa and elf legs.

4 For the legs, make up a batch of fondant icing following pack instructions. Cut the candy canes and pencil sweets into 4cm lengths. Use green fondant icing to mould elf boots around the candy cane legs, and black fondant icing to mould Santa boots around the strawberry pencil legs. Add some white fondant around the top of the Santa boots. Use the fondant icing to stick a silver or gold ball onto each toe of the elf boots. Leave the boots dry completely. Use our chimney template on bbcgoodfood.com/howto/guide/chimney-cupcake-template, or make your own sleeves to wrap around the cupcakes. Push the legs into the cakes just before serving.

PER CUPCAKE 338 kcals, fat 15g, saturates 9g, carbs 47g, sugars 36g, fibre 1g, protein 3g, salt 0.4g



Yummy chocolate log

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

3 eggs

85g golden caster sugar
85g plain flour, minus 2 tbsp
2 tbsp cocoa powder
½ tsp baking powder

FOR THE FILLING & ICING

50g butter, plus extra for the tin
140g dark chocolate, broken into squares
1 tbsp golden syrup
284ml double cream
200g icing sugar, sieved
2-3 extra-strong mints, crushed (optional)
icing sugar and holly sprigs, to decorate

1 Heat the oven to 200C/180C fan/gas 6. Butter a 23 x 32cm Swiss roll tin and line with baking parchment. Beat the eggs and sugar together with an electric whisk for about 8 mins until thick and creamy.

2 Sift the flour, cocoa and baking powder together over the egg mixture. Fold in very carefully, then pour into the tin. Tip the tin from side to side to spread the mixture into the corners. Bake for 10 mins.

3 Tip the cake onto a surface lined with baking parchment. Peel off the lining parchment and roll the up from a long edge with the parchment inside. Leave to cool.

4 Melt the butter and chocolate in a heatproof bowl over a pan of hot water. Remove from the heat and stir in the syrup and 5 tbsp cream. Beat in the sugar until smooth. Whisk the remaining cream until it holds its shape. Unroll the cake, spread the cream over the top, scatter over the mints, if using, then roll up again into a log shape.

5 Cut a diagonal slice from one end of the log. Put the log on a plate. Put the slice on the side with the cut against the cake to make a branch. Spread with icing (don't cover the ends). Mark with a fork to give a bark effect. Dust with sugar and decorate with the holly.

PER SERVING 552 kcals, fat 32g, saturates 18g, carbs 64g, sugar 54g, fibre 1g, protein 5g, salt 0.3g



GIVE IT A FLAVOUR TWIST

Chocolate orange log

■ Omit the mints from the filling and add **finely grated orange zest** to the chocolate icing.

Cappuccino log

■ Omit the mints. Dissolve **1½ tbsp instant coffee granules** with 1 tbsp boiling water. Leave to cool, then add to the cream with **2 tbsp icing sugar** as you whisk it for the filling.

Chocolate ginger log

■ Omit the mints from the filling. Add **½ tsp ground ginger** to the cake mix, and finely chop **2 balls stem ginger from a jar** and scatter over the cream before rolling.



your leftovers

These dishes ensure that none of your leftover festive food goes to waste

1 CHRISTMAS PIZZA

■ Heat the oven to 220C/200C fan/gas 7. Prepare **145g pizza base mix** following pack instructions. Once rolled out, leave to rest for 10 mins, then top with **6 tbsp tomato pasta sauce**. Scatter over **100g sausage stuffing** and **100g leftover cooked turkey**, then top with **100g sliced mozzarella** or **grated cheddar**. Toss some **sage leaves** with the **1 tbsp oil**, then scatter over the pizza, drizzling over any remaining oil. Bake for 10-12 mins until the crust is crisp and the cheese has melted. Serves 2.

4 SMOKED SALMON HASH

■ Heat **1 tbsp olive oil** and a **knob of butter** in a pan over a medium heat. Fry **1 chopped onion** for 5 mins until golden and softened. Stir in **2 handfuls of leftover roast** or **boiled potatoes**, chopped, and cook, crushing slightly, for another few minutes until the potatoes start to crisp. Stir in **1-2 tsp horseradish sauce**, a **handful of chopped watercress** and a **handful of smoked salmon**, shredded. Heat for 1-2 mins. Meanwhile, poach or fry **2 eggs**. Enjoy the hash topped with the eggs. Serves 2.

2 TURKEY & MANGO NOODLE SALAD

■ Combine **375g cooked rice noodles**, **1 thinly sliced red onion**, **1/2 sliced mango**, **300g leftover turkey**, shredded, and a **handful of coriander leaves**. Mix **2 tbsp sweet chilli sauce** with the **juice and zest of 1 lime** and **1 tbsp sesame oil**. Toss everything together, season and serve. Serves 3.

5 CAMEMBERT & CRANBERRY PANINI

■ Lay **2 slices white bloomer** on a board and **butter**. With the butter on the outside, sandwich with **50g camembert**, **1 sliced spring onion** and **1 tbsp cranberry sauce**. Gently fry the sandwich in a non-stick griddle or frying pan for 3 mins on each side until the cheese is melted and the bread golden. Serves 1.

3 MELTING NACHOS WITH SHREDDED HAM

■ Heat the oven to 200C/180C fan/gas 6. Put **200g tortilla chips** in a large baking dish and scatter over **175g leftover cooked ham** or **gammon**, shredded. Spoon over **400g tomato salsa** and bake for 5 mins. Sprinkle with **100g grated cheddar**, then bake for a further 5 mins. Top with **jalapeños** and serve with guacamole and soured cream. Serves 4.

6 TURKEY MAC 'N' CHEESE

■ Heat the oven to 200C/180C fan/gas 6. Cook **350g macaroni** or **penne** following pack instructions. Stir together **300ml half-fat crème fraîche**, **250g grated cheese** and a **large handful of leftover turkey** in a baking dish. Stir in the drained pasta. Season and top with **50g breadcrumbs** and a **handful of chopped unsalted nuts**. Bake for 15-20 mins until the top is crisp and golden. Serves 4.



CHRISTMAS
PIZZA

**ZERO
WASTE
XMAS**





7 NUTTY COUSCOUS & SQUASH

■ Heat the oven to 200C/180C fan/gas 6. Toss **600g chopped butternut squash** and **1 red onion**, cut into wedges, with **2 tbsp oil**. Season. Roast for 25-30 mins. Prepare **200g couscous** following pack instructions and stir in **1 tbsp harissa**. Add to the squash with a **handful of dried fruit**, a **few handfuls of chopped unsalted nuts** and **150-200g chopped leftover turkey or ham**. Season and stir in **chopped mint or parsley**. Serves 4

8 TURKEY & POTATO CURRY

■ Heat **1 tbsp sunflower oil** in a pan over a fairly high heat. Cook **1 thickly sliced onion** and **1 chopped green pepper** for 3-4 mins until starting to soften. Stir in **2 tbsp curry paste** and **2 crushed garlic cloves**, then cook for another 1-2 mins. Add a **400g can chopped tomatoes** and 150ml water. Bring to the boil and bubble for 5 mins. Reduce the heat, stir in **300g leftover turkey**, **300g chopped leftover cooked potatoes** and cook for another 2-3 mins, then season and add **2 tbsp mango chutney**. Scatter with **coriander** and serve with rice or naan. Serves 4.



TURKEY & POTATO CURRY

9 CHEESE & ONION TART

■ Heat the oven to 200C/180C fan/gas 6 and put a baking sheet in the oven to heat up. Slice **2 large onions** and thinly slice **2 garlic cloves**. Heat **1 tbsp olive oil** and a **knob of butter** in a frying pan. Cook the onions and garlic over a medium heat for 10-15 mins until softened and turning a little golden. Stir in some shredded **sage leaves** and cook for another 2 mins, then season. Put a **375g sheet ready-rolled puff pastry** on a piece of baking parchment and score with a 1cm-thick border. Spread the onion mixture over the centre. Crumble over **100-150g leftover cheese** (use whatever you have). Transfer the tart on the parchment to the hot baking sheet and bake for 20 mins or until golden and puffed. Serves 4.

10 SPICY STUFFING QUESADILLA

■ Top **1 flour tortilla** with a **handful of grated cheese**, a **handful of leftover ham**, a **handful of stuffing** and a sprinkling of **chopped red chilli**. Top with another flour tortilla. Heat a non-stick frying pan over a medium heat and cook the quesadilla on each side for 2-3 mins until the filling is hot and the cheese is melting. Serve with ketchup. Serves 1.

11 SPROUT & STILTON PASTA

■ Cook **350g pasta** following pack instructions. Heat **1 tbsp olive oil** in a large frying pan and cook **1 crushed garlic clove** and **1 chopped onion** for 5-10 mins over a medium heat until softened. Add a **couple of handfuls of shredded uncooked leftover sprouts**, stir-fry for 5 mins, then stir in **100ml double cream**. Drain the pasta and add to the sprout pan with **150g crumbled stilton**. Toss everything together and heat for 1 min to melt the cheese a little. Serves 4.

12 SMOKED SALMON RICE SALAD

■ Whisk the **zest and juice of 1 lemon** with **2 tbsp white wine vinegar**, **1 tsp chilli sauce**, **2 tbsp sesame oil** and **½ tsp sugar** in a large bowl to make a dressing. Add **500g cooked rice** (about 300g uncooked rice), a sliced **bunch of spring onions**, **½ cucumber**, deseeded and sliced, a **small bag of rocket leaves** and some **leftover smoked salmon**. Toss and serve from the bowl or pile onto a serving platter. Serves 4-6.



SMOKED SALMON RICE SALAD



BBC goodfood



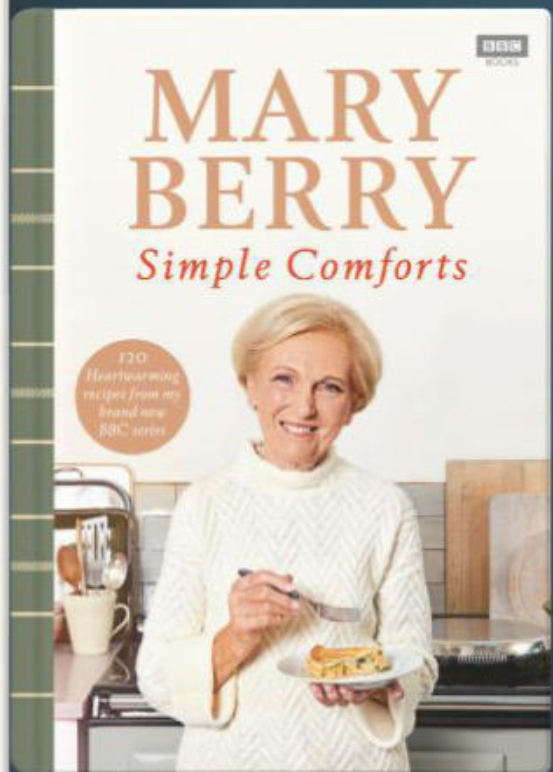
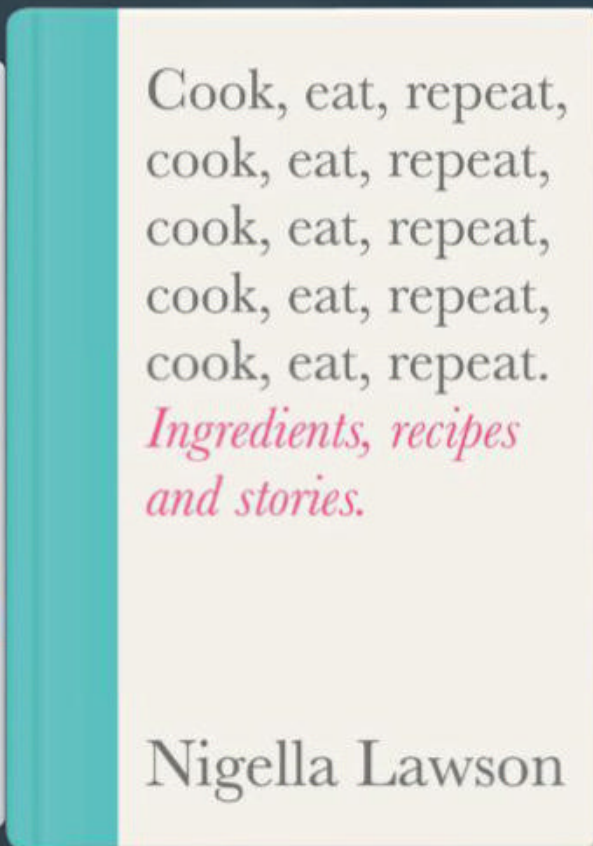
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Winter vegetable pie, p82



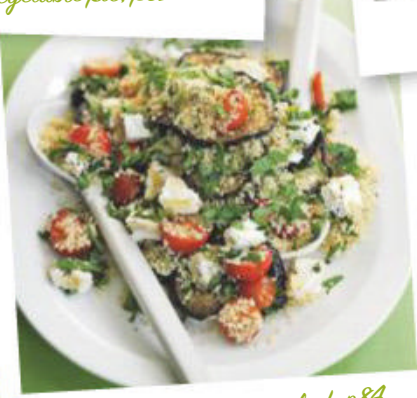
Cheesy leek & bacon pasta, p82



Oven-baked fish & chips, p83



Clementine pork steaks, p83



Aubergine couscous salad, p84



Red lentil dhal with crisp parsnips, p85



Sticky maple pork with apples, p86



Turkey & ham salad, p86

20 EASY WINNERS

These speedy ideas use plenty of ingredients you'll find in your cupboards – perfect for fuss-free cooking around the festivities



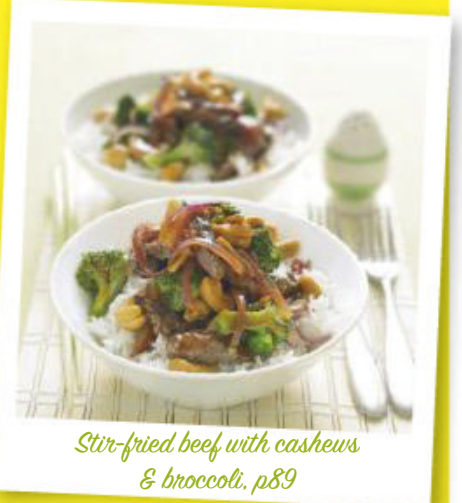
Smoky Mexican meatball stew, p87



Fragrant lamb flatbreads, p87



Lamb with spicy chickpeas, p88



Stir-fried beef with cashews & broccoli, p89



Cherry tomato & caper spaghetti, p90



Orange, walnut & stilton salad, p90



Tuna & sweetcorn slice, p91



Chicken & chorizo traybake, p92



Sausages with winter veg mash, p91



54p
per serving

Winter vegetable pie

■ Serves 4 ■ Prep 15 mins
■ Cook 45 mins **VEGETARIAN**

2 tbsp olive oil
2 onions, sliced
1 tbsp flour
300g carrots (about 2 large), cut into batons
½ cauliflower, broken into small florets
4 garlic cloves, finely sliced
1 rosemary sprig, leaves picked and finely chopped
400g can chopped tomatoes
200g frozen peas
900g potatoes, cut into chunks about 200ml milk

1 Heat 1 tbsp oil in a flameproof dish over a medium heat, and cook the onions for 10 mins until softened. Stir in the flour and cook for 2 mins more. Add the carrots, cauliflower, garlic and rosemary and cook for 5 mins, stirring often, until they begin to soften.

2 Tip in the tomatoes and a can of water. Cover and simmer for 10 mins, then uncover and cook for 10-15 mins more, until the sauce has thickened and the veg is cooked. Season. Stir in the peas and cook for 1 min more.

3 Meanwhile, boil the potatoes for 10-15 mins until tender. Drain, then mash. Stir in enough milk to reach a fairly soft consistency, then add the remaining oil and season.

4 Heat the grill to high. Spoon the hot vegetable mix into a pie dish, top with the mash and drag a fork lightly over the surface. Grill for a few minutes until the top is crisp and golden brown.

PER SERVING 388 kcals, fat 8g, saturates 2g, carbs 62g, sugars 18g, fibre 11g, protein 15g, salt 0.3g

Cheesy leek & bacon pasta

■ Serves 4 ■ Prep 10 mins ■ Cook 20 mins

1 tbsp olive oil
300g leeks, halved and finely sliced
8 smoked streaky bacon rashers, sliced
400g pasta (we used penne)
100g herb & garlic soft cheese

1 Heat the oil in a large non-stick frying pan, and cook the leeks with 2 tbsp water for about 10 mins until very soft. Add the bacon, turn up the heat and fry until cooked.

2 Meanwhile, cook the pasta following pack instructions. Drain, reserving a mug of the cooking water.

3 Spoon the soft cheese into the leek and bacon mix, adding some of the reserved cooking water. Season and stir gently over a low heat until melted.

4 Toss in the cooked pasta, adding a little more cooking water if needed to help the sauce coat the pasta.

PER SERVING 556 kcals, fat 18g, saturates 7g, carbs 76g, sugars 4g, fibre 4g, protein 23g, salt 1.5g



89p
per serving



Oven-baked fish & chips

- Serves 4 ■ Prep 15 mins
- Cook 40 mins

800g floury potatoes, cut into chips
2 tbsp olive oil
50g fresh breadcrumbs
1 lemon, zested
2 tbsp chopped flat-leaf parsley
4 x 140g white fish fillets
200g cherry tomatoes

1 Heat the oven to 220C/200C fan/gas 7. Pat the chips dry on kitchen paper, then

lay in a single layer on a large baking tray. Drizzle with half the olive oil and season with salt. Cook for 40 mins, turning after 20 mins to cook evenly.
2 Mix the breadcrumbs with the lemon zest and parsley, then season well. Top the cod evenly with the breadcrumb mixture, then drizzle with the remaining oil. Put in a roasting tin with the cherry tomatoes, then bake alongside the chips for the final 10 mins of the cooking time.

PER SERVING 366 kcals, fat 7g, saturates 1g, carbs 43g, sugars 3g, fibre 4g, protein 32g, salt 0.5g



£1.73
per serving

WEEKEND QUICK MEALS



£1.02
per serving

Clementine pork steaks

- Serves 4 ■ Prep 5 mins ■ Cook 10 mins

2 tbsp sunflower oil
4 lean pork steaks (about 100g each)
200g mushrooms, sliced
2 tsp paprika
2 tbsp redcurrant jelly
50ml clementine juice (from about 2 clementines)
1 tbsp red wine vinegar

1 Heat 1 tbsp oil in a frying pan, and fry the pork steaks quickly until browned on both sides (the steaks will still be underdone in the middle at this point). Remove from the pan, add the remaining oil, and fry the mushrooms until softened.

2 Return the pork to the pan, sprinkle in the paprika and stir in the redcurrant jelly and clementine juice. Bring to the boil, stirring to dissolve the jelly. Simmer for about 5 mins, turning the pork halfway through, until the meat and mushrooms are tender.

PER SERVING 207 kcals, fat 10g, saturates 2g, carbs 7g, sugars 6g, fibre 1g, protein 24g, salt 0.2g

Tip This dish can be made with leftover turkey or ham. Simply cut into thick strips and reheat in the sauce for 10 minutes.

Aubergine couscous salad

■ Serves 2 ■ Prep 10 mins ■ Cook 15 mins **VEGETARIAN**

1 large aubergine, cut into 1cm rounds
3 tbsp olive oil
140g couscous
225ml hot vegetable stock
200g cherry tomatoes, halved
handful of mint leaves, chopped
100g log firm goat's cheese, cut into cubes
½ lemon, juiced

1 Heat the grill to high. Put the aubergine rounds on a baking sheet, brush with a

little of the oil and season. Grill for 15 mins, turning and brushing with more oil halfway, until browned and softened.

2 Meanwhile, tip the couscous into a large heatproof bowl, pour over the stock, cover and leave for 10 mins. Mix the tomatoes, mint, goat's cheese and remaining oil together. Fluff the couscous up with a fork, then stir in the grilled aubergines, the tomato mixture and lemon juice.

PER SERVING 523 kcals, fat 31g, saturates 11g, carbs 45g, sugars 9g, fibre 6g, protein 18g, salt 1.1g

£1.62
per serving

Red lentil dhal with crisp parsnips

■ Serves 4 ■ Prep 6-8 mins ■ Cook 12-14 mins **VEGETARIAN** **FREEZABLE** *dhal only*

1 1 tbsp sunflower oil, plus 1 tsp

2 2 onions, chopped

200g dried red lentils, rinsed

1-2 tbsp curry powder

400g can chopped tomatoes

850ml hot vegetable stock

2 parsnips, peeled and shaved into strips

1 Heat the oven to 200C/180C fan/gas 6. Heat the oil in a pan, and fry the onions

until lightly coloured, about 2 mins. Stir in the lentils and curry powder, then add the tomatoes and stock. Bring to the boil.

Reduce the heat, cover and simmer for 10-12 mins.

2 Toss the parsnips in 1 tsp oil in a roasting tin and bake for 10 mins until crisp. Spoon the dhal into four bowls, and pile the parsnips on top.

PER SERVING 295 kcals, fat 6g, saturates 1g, carbs 48g, sugar 13g, fibre 9g, protein 16g, salt 0.5g

55p
per serving





£1.43
per serving

Sticky maple pork with apples

■ Serves 4 ■ Prep 5 mins ■ Cook 15 mins

600g pork fillet
1 tbsp olive oil
2 eating apples, cored and cut into eighths
1 garlic clove, crushed
2 tbsp maple syrup
1 tbsp wine vinegar
2 tbsp wholegrain mustard

1 Cut the pork into 3cm thick slices. Heat the oil in a non-stick frying pan, and fry the pork until lightly browned, about 5 mins. Remove from the pan and set aside. Add the apples to the pan and cook for 3-4 mins.

2 Stir in the garlic, syrup, vinegar and 3 tbsp water and bring to the boil. Return the meat to the pan along with any juices. Simmer for a few minutes, stirring until the pork is cooked and the sauce is thick and sticky. Stir in the mustard, then serve with the crispy onion rice (see right).

PER SERVING 303 kcals, fat 13g, saturates 4g, carbs 13g, sugars 12g, fibre 1g, protein 34g, salt 0.5g

TRY IT WITH SAUSAGES

■ Replace the pork with **400g pork sausages**, sliced into chunks. Cook for 10-12 mins before adding the apples.

SIDE DISH Crispy onion rice

■ Put **200g basmati rice** in a pan and cover with cold water. Stir in **2 tsp stock powder** or **1 crumbled stock cube**. Bring to the boil, stir, then reduce the heat and simmer for 10 mins until the water has almost evaporated. Remove from the heat, cover and leave for 5 mins. Fluff up with a fork. Meanwhile, heat **2 tbsp sunflower oil** in a frying pan, and fry **1 thinly sliced onion** until browned and crisp. Fold into the rice and serve with the pork and apples. Serves 4.



£1.21
per serving

Turkey & ham salad

■ Serves 4 ■ Prep 15 mins ■ No cook

180g salad leaves
2 ripe pears, quartered, cored and sliced
large handful of walnut halves, roughly chopped
3 slices each cooked turkey and ham, cut into strips

FOR THE DRESSING

1 small red onion, finely chopped
1 tbsp red wine vinegar
2 tsp honey
125g low-fat yogurt

1 Tip the salad leaves onto a large platter. Scatter the pears, walnuts and turkey or ham strips over the salad.
2 Mix the dressing ingredients together in a small bowl, then drizzle over the salad just before serving.

PER SERVING 240 kcals, fat 9g, saturates 2g, carbs 14g, sugars 14g, fibre 3g, protein 27g, salt 1.7g

Tip This is a great Boxing Day dish – just use thin slices of leftover turkey and ham

Smoky Mexican-inspired meatball stew

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

1½ tbsp olive oil
1 large onion, finely chopped
400g beef mince
50g fresh white breadcrumbs
1 tsp each ground cumin and ground coriander
1½ tbsp chipotle paste
200g basmati rice
400g can chopped tomatoes
400g can kidney beans, drained and rinsed
small handful of coriander, to serve

1 Heat 1 tbsp oil in a large frying pan, and cook the onion for 8-10 mins until soft. Remove from the pan and set aside.
2 Put the mince, breadcrumbs, spices and chipotle paste in a bowl, season and mix well. Roll into 20 walnut-sized meatballs. Add the remaining oil to the pan and fry the meatballs for 8 mins until browned all over.
3 Meanwhile, cook the rice following pack instructions. Return the onion to the pan, adding the tomatoes and a can full of water. Simmer for 5 mins, then add the kidney beans and cook for a further 10 mins, until the sauce has thickened and the meat is cooked through. Season, scatter with coriander and serve with the rice.

PER SERVING 577 kcals, fat 22g, saturates 8g, carbs 60g, sugars 8g, fibre 4g, protein 30g, salt 1.1g



Fragrant lamb flatbreads

■ Serves 4 ■ Prep 10 mins ■ Cook 15-18 mins
FREEZABLE uncooked

250g bread mix
flour, for dusting
1 onion, finely chopped
250g lean lamb mince
1 garlic clove, crushed
1 tsp each ground cumin and ground coriander
2 tbsp natural yogurt
2 tbsp pine nuts
handful of mint, chopped

1 Heat the oven to 220C/200C fan/gas 7. Make up the bread mix following pack instructions, then divide into two and roll each piece out into a large oval. Transfer to a large baking sheet dusted with flour.
2 Combine the onion, lamb, garlic, spices and yogurt. Season. Crumble the mixture over the dough ovals almost to the edges. Scatter over the pine nuts. Bake for 15-18 mins until the bread is golden and crisp and the meat is browned. Sprinkle over the mint before serving.

PER SERVING 377 kcals, fat 12g, saturates 4g, carbs 47g, sugar 3g, fibre 3g, protein 22g, salt 1.2g

Lamb with spicy chickpeas

■ Serves 2 ■ Prep 5 mins ■ Cook 12-15 mins

4 lean lamb cutlets or chops
1 tbsp olive oil
1 red onion, chopped
½ small cauliflower, cut into florets
2 tsp cumin seeds
2 tsp harissa paste
400g can chickpeas, drained and rinsed
2 tbsp chopped parsley
squeeze of orange juice

1 Heat the grill to high. Season the lamb, then grill for 5 mins each side until brown.
2 Heat the oil in a pan and fry the onion for 2 mins. Stir in the cauliflower, cumin and harissa, then cook for 1 min more. Add 200ml water, season, then bring to the boil. Cover, cook for 5 mins until the cauliflower is just tender, then stir in the chickpeas and cook for 2 mins more. Stir in the parsley and orange juice, then serve with the lamb.

PER SERVING 521 kcals, fat 26g, saturates 8g, carbs 30g, fibre 9g, sugars 8g, protein 44g, salt 1g



£2.86
per serving

Stir-fried beef with cashews & broccoli

■ Serves 2 ■ Prep 10 mins ■ Cook 8-10 mins

2 tbsp soy sauce
3 tbsp sherry
1 tsp sugar
2 tbsp sunflower oil
1 red onion, thinly sliced
300g beef steak, cut into thin strips
300g broccoli florets
25g roasted cashew nuts, or more if you like

1 Combine the soy sauce, sherry, sugar and 2 tbsp water in a small bowl. Heat the oil in

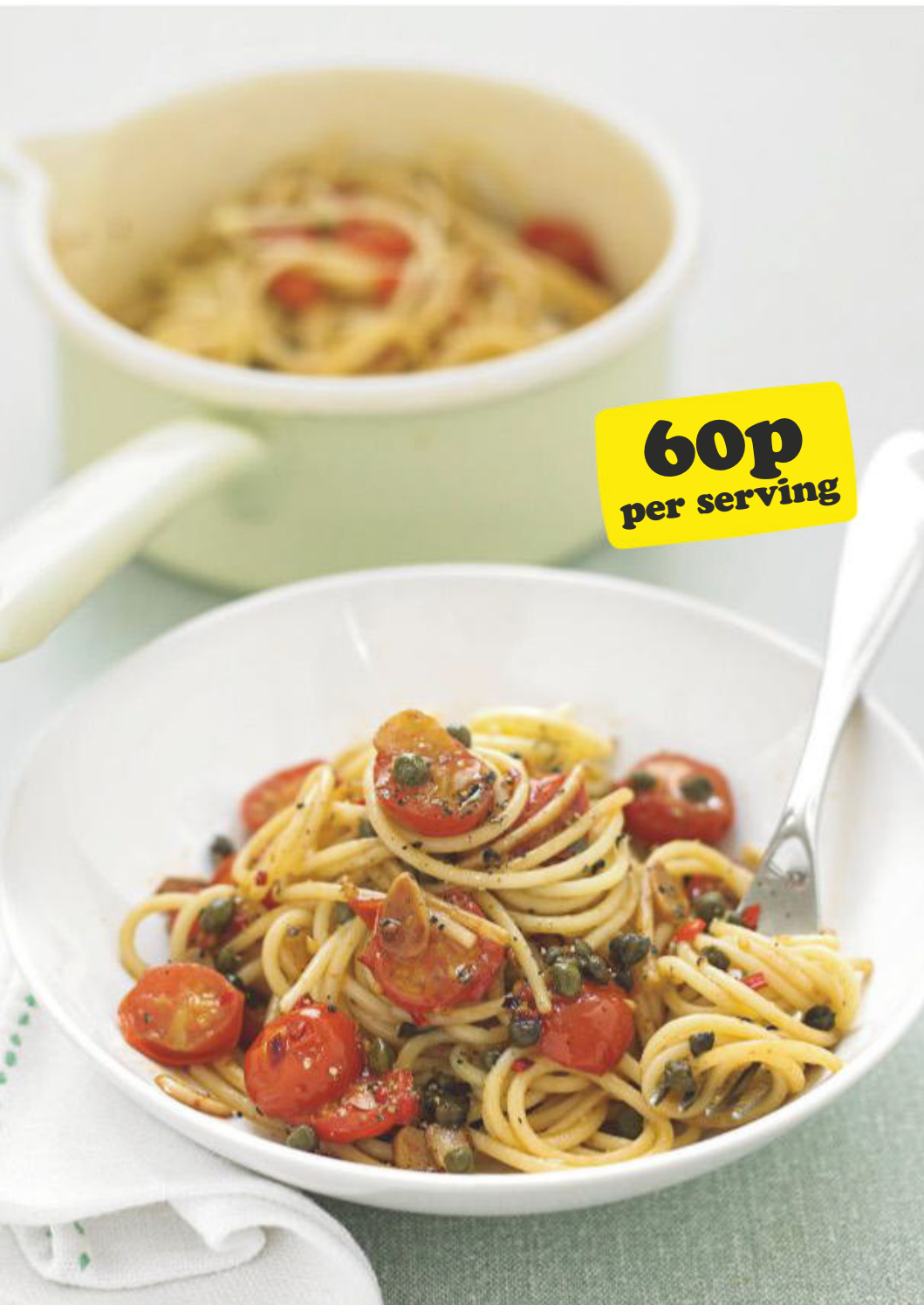
a large frying pan or wok, and stir-fry the onion and beef until the beef is lightly browned. Tip out onto a plate.

2 Add the broccoli and cashews to the pan, stir-fry for 1 min, then add the soy mixture. Bring to the boil, then cover, reduce the heat and simmer for 5 mins until the broccoli is just tender. Tip the beef and onion back into the pan and heat through briefly before serving with noodles or rice.

PER SERVING 549 kcals, carbs 14g, fat 34g, saturates 9g, sugars 11g, fibre 5g, protein 41g, salt 3g



£1.95
per serving



Cherry tomato & caper spaghetti

■ Serves 2 ■ Prep 5 mins ■ Cook 10-12 mins

VEGETARIAN

200g spaghetti

2 tbsp olive oil

1 garlic clove, sliced

1 red or green chilli, deseeded and finely chopped

200g cherry tomatoes, halved

2 tsp capers, roughly chopped

grated parmesan or vegetarian Italian-style hard cheese, to serve (optional)

1 Cook the spaghetti following pack instructions. Meanwhile, heat the oil in a small non-stick pan, and fry the garlic, stirring until golden. Add the chilli, tomatoes and capers and fry for a further 3-4 mins until the tomatoes start to break down.

2 Add 2 tbsp of the pasta cooking water to the tomatoes, then drain the pasta and return to the pan. Pour in the tomato sauce and toss together. Serve sprinkled with cheese, if you like.

PER SERVING 463 kcals, fat 13g, saturates 2g, carbs 78g, sugars 6g, fibre 4g, protein 13g, salt 0.3g

Orange, walnut & stilton salad

■ Serves 4 ■ Prep 15 mins ■ No cook **VEGETARIAN**

200g rocket, watercress & spinach salad

2 oranges

1 tbsp olive or walnut oil

85g walnut pieces, roughly chopped

140g stilton or vegetarian alternative, crumbled

1 Put the salad into a large bowl. Peel the oranges over a small bowl to catch the juices, then, over the same bowl, cut the segments from the pith. Set aside.

2 Whisk the oil into the orange juice, season, and pour over the salad leaves. Toss, then arrange on a large platter. Scatter over the orange segments, walnuts and stilton.

PER SERVING 356 kcals, fat 30g, saturates 10g, carbs 8g, sugars 8g, fibre 3g, protein 14g, salt 0.8g





Tuna & sweetcorn slice

■ Serves 4 ■ Prep 5 mins ■ Cook 25-30 mins

320g ready-rolled puff pastry
185g can tuna, drained and flaked
325g can sweetcorn, drained
3 tbsp crème fraîche
50g cheddar, grated
a few sliced chives or spring onions

1 Heat the oven to 220C/200C fan/gas 7. Lay the pastry out on a baking sheet. Pinch the edges up to form a border, pressing firmly into the corners. Prick the middle all over with a fork and bake for 10-15 mins.

2 Meanwhile, mix the tuna and sweetcorn in a bowl and season. Set aside.

3 Press the middle of the pastry down with the back of a fork, as it will have puffed up a bit. Spread the crème fraîche across the middle, spoon the tuna mix on top, then sprinkle over the cheese. Bake for 10-15 mins more until golden, puffed up and cooked through. Sprinkle with chives or spring onions and cut into quarters.

PER SERVING 463 kcals, fat 30g, saturates 16g, carbs 29g, sugars 2g, fibre 1g, protein 18g, salt 2.6g

Sausages with winter veg mash

■ Serves 2 ■ Prep 8 mins ■ Cook 12-15 mins

FREEZABLE *mash only*

4 sausages
2 parsnips, peeled and roughly chopped
2 large or 3 medium potatoes, chopped
175g Brussels sprouts, shredded
4 tbsp milk
1 tbsp wholegrain mustard

1 Grill the sausages for 10-12 mins, turning frequently. Meanwhile, cook the parsnips and potatoes in boiling salted water for about 10 mins. Add the sprouts to the pan for the last 2-3 mins and cook until the veg is tender.

2 Drain and mash the vegetables, then beat in the milk, mustard and some seasoning. Serve with the sausages.

PER SERVING 644 kcals, fat 33g, saturates 10g, carbs 67g, sugars 17g, fibre 14g, protein 25g, salt 2.5g



Chicken & chorizo traybake

■ Serves 4 ■ Prep 10 mins ■ Cook 45 mins

140g cooking chorizo
2 red onions, cut into wedges
4 garlic cloves, unpeeled
4 chicken thighs
4 chicken drumsticks
4 medium potatoes, unpeeled, cut into wedges
2 rosemary sprigs
2 tbsp olive oil

1 Heat the oven to 220C/200C fan/gas 7. Cut the chorizo into slices the thickness of a £1 coin. Put the onion and garlic in the bottom of a large roasting tin. Add the chorizo, chicken thighs and drumsticks, potatoes, rosemary, then season with some black pepper.

2 Drizzle with the oil, then bake for 45 mins, basting everything in the chorizo juices halfway through.

PER SERVING 489 kcals, fat 30g, saturates 9g, carbs 23g, sugars 6g, fibre 3g, protein 30g, salt 0.8g

USE UP LEFTOVER CHORIZO

Spanish chorizo tortilla for four

■ In a large frying pan, fry **100g chorizo slices**, **1 cubed potato** and **1 chopped red pepper**. Add **6 beaten eggs**. Cook for 10 mins until set on the bottom. Grill for a further 5 mins until golden. Serve hot or cold, cut into wedges.

£1.25
per serving



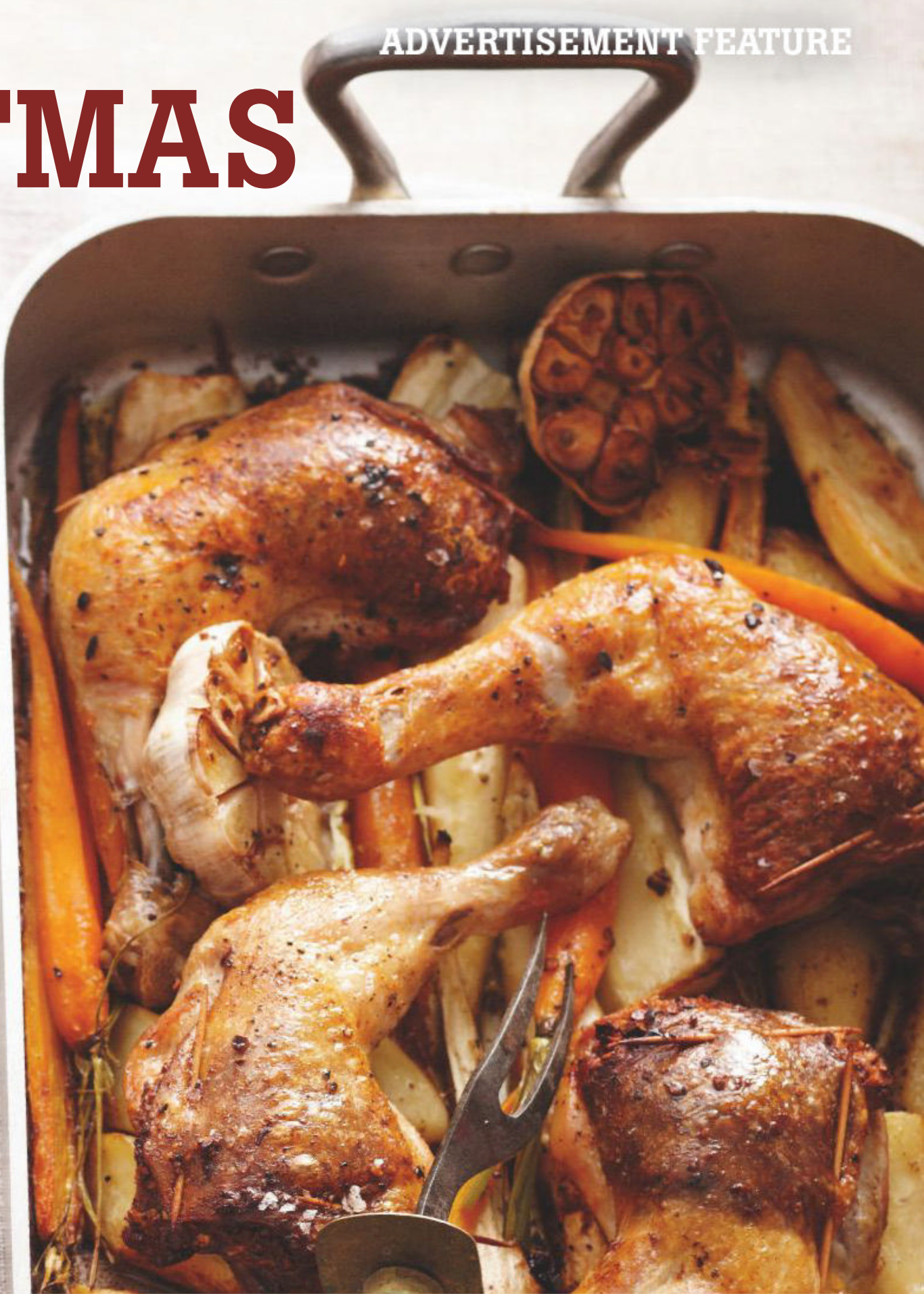
CHRISTMAS LIGHTS

Trust Crisp 'n Dry to help you reinvent classic dishes the whole family will enjoy this festive season

Tradition is part and parcel of Christmas – from decorating the tree to hanging stockings, every family has their own set of festive rituals. But when it comes to preparing dinner on the big day, the menu doesn't always have to be full of the same tired, heavy food.

Cooking with Crisp 'n Dry, the UK's number-one cooking oil brand*, is the perfect way to refresh old favourites. Crisp 'n Dry contains 100 per cent rapeseed oil. Rapeseed oil is a natural source of omega-3 and is lower in saturated fat than most other cooking oils, plus it's perfect for high-temperature cooking, such as roasting, making it ideal for your Christmas classics.

What's more, its neutral flavour won't overpower your dishes. So, for a tasty meal that captures all your favourite festive flavours, give Crisp 'n Dry a try with this wonderfully hearty recipe.



Roasted winter vegetable & chicken traybake

Serves 4 ● Prep 15 mins ● Cook 1 hr

8 chicken thighs, skin-on and bone-in
4 carrots, chopped
2 parsnips, peeled and chopped
3 tbsp Crisp 'n Dry
1 tsp dried mixed herbs
1 tsp ground cinnamon
1 small butternut squash, peeled and chopped
2 red onions, cut into thick slices
thyme sprigs, to serve

1 Heat the oven to 200C/180C fan/gas 6. Put the chicken, carrots and parsnips in a large roasting tin. Drizzle over the Crisp 'n Dry and sprinkle with the mixed herbs and cinnamon. Season to taste with salt and black pepper.
2 Toss everything together and roast for 20 mins. Remove from the oven, then add the squash and onions, carefully turning to coat in the oil

and roasting juices. Arrange the chicken thighs on top, skin-side up, using tongs.

3 Roast for 40 mins more, basting with the juices occasionally, until the chicken thighs are cooked through and golden and the vegetables are starting to caramelize.

4 Once cooked, transfer everything to a large serving dish or platter, and garnish with thyme sprigs to serve.



Crisp 'n Dry is available at all major supermarkets. Find out more at crispndry.co.uk

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SAVOUR SMALL MOMENTS

This Christmas, focus on life's simple pleasures, like a wonderfully pleasing recipe. This quick and delicious Tenderstem® broccoli dish is just the ticket

This year has been full of challenges for all of us, but that's all the more reason to celebrate the simple joys of Christmas. It is, after all, the little things that make the season so magical. Preparing a wholesome meal for your family, for instance, is a small win with big rewards. And finding fuss-free recipes that taste great, without the hassle? Even better.

Tenderstem® broccoli is the perfect ingredient for easy yet tasty dishes. As a natural cross between broccoli and Chinese kale, Tenderstem® is

a nutritious green vegetable with a deliciously sweet, nutty flavour. What's more, it can be eaten from stem to tip, so it's really easy to prepare and you can rest easy knowing nothing will go to waste.

Perhaps best of all, Tenderstem® only takes minutes to cook. Just try it in this simple 10-minute recipe for a tasty side dish – the succulent, crunchy texture of the Tenderstem® perfectly complements the softer vegetables. It's sure to be a hit with the whole family!

One-pot Christmas greens

SERVES 6 ● PREP 5 mins
● COOK 5 mins

300g Tenderstem® broccoli
200g Brussels sprouts, finely shredded
250g frozen peas
2tbsp extra virgin olive oil
10 mint sprigs, finely chopped

1 Bring a large pan of water to the boil over a high heat. Once boiling, add the Tenderstem®. Cook for 90 seconds, then add the sprouts. Simmer for 3 mins before adding the frozen peas. Cook for a further 1 min, then drain using a colander.

2 Return the greens to the pan, and add the olive oil and mint. Season with salt and freshly ground black pepper. Toss together and transfer to a serving bowl.

Recipe index

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

MEAT & POULTRY

- Beef & Guinness stew with bacon dumplings **60**
- Brown sugar & spice-glazed turkey with candied carrots **28**
- Cheesy leek & bacon pasta **82**
- Chicken & chorizo traybake **92**
- Christmas pizza **76**
- Clementine pork steaks **83**
- Clementine turkey **83**
- Fragrant lamb flatbreads **87**
- Lamb with spicy chickpeas **88**
- Melting nachos with shredded ham **76**
- Nutty couscous & squash **78**
- One-pan rib of beef & roast potatoes **24**
- One-pan roast butter chicken **64**
- Pot-roast pheasant with fino & porcini **25**
- Roast goose **63**
- Roast pork with sage & double onion stuffing, baked apples & roasties **22**
- Sausages with winter veg mash **91**
- Smoky Mexican meatball stew **87**
- Spanish chorizo tortilla **92**
- Spiced braised venison with chilli & chocolate **25**
- Spiced ginger-glazed ham **27**
- Spicy stuffing quesadilla **79**
- Stem ginger & mustard glazed ham **6**
- Sticky maple pork with apples **86**
- Sticky maple sausages with apples **86**
- Stir-fried beef with cashews & broccoli **89**
- Turkey & ham salad **86**
- Turkey & mango noodle salad **76**
- Turkey & potato curry **78**
- Turkey crown Kiev **32**
- Turkey mac 'n' cheese **76**
- Wild mushroom, port & thyme turkey wellington **30**

FISH & SEAFOOD

- Baked salmon fillet with pickled cranberries, parsley & pistachios **24**



Wild mushroom, port & thyme turkey wellington, p30

- Classic kedgeree **67**
- Oven-baked fish & chips **83**
- Smoked salmon hash **76**
- Smoked salmon rice salad **79**
- Swedish smoked salmon & spinach gratin **59**
- Tuna & sweetcorn slice **91**

VEGETARIAN

- Aubergine couscous salad **84**
- Camembert & cranberry panini **76**
- Caramelised onion & chicory tart with gorgonzola **61**
- Cheese & onion tart **79**
- Cherry tomato & caper spaghetti **90**
- Mini nut roast with candied carrots **26**
- Orange, walnut & stilton salad **90**
- Red lentil dhal with crisp parsnips **85**
- Spinach madeleine tart **26**
- Sprout & stilton pasta **79**
- Squash & chestnut crackers **27**
- Winter vegetable pie **82**

SIDES, STARTERS, SNACKS & DRINKS

- Apricot & pistachio stuffing **38**
- Bourbon-glazed pork belly chunks **20**
- Brie & cranberry twists **20**
- Butternut soup shots with crispy pancetta soldiers **20**
- Butternut squash & sage soup **19**
- Cheesy sprout gratin **41**
- Cider-braised cabbage wedges **40**
- Crayfish cocktail with horseradish cream **17**
- Creamy brioche bread sauce **38**
- Crispy onion rice **86**
- Crunchy parsnips **41**
- Crushed roots with walnut & mace butter **42**
- Espresso shrub martini **12**
- Feta & cucumber bites **20**
- Herb-buttered baby carrots **39**
- Lemon, garlic & bay roast potatoes **39**
- Mini meatball sliders **20**
- Mojito cooler **13**
- Mulled cider **13**
- Mulled cranberry & apple sauce **38**
- Mustard pickle **66**
- Pomegranate & vermouth mulled wine **12**
- Sage & onion Yorkshire puddings **42**
- Smoked salmon soufflés **18**
- Velvety duck parfait **18**
- Very simple red wine gravy **24**
- Virgin mary **13**
- Wild mushroom & madeira gravy **38**



Christmas cheeseboard, p54

DESSERTS & BAKING

- Cappuccino log **75**
- Caramel orange mousses **45**
- Chocolate & chestnut truffle torte **46**
- Chocolate ginger log **75**
- Chocolate orange cookies **73**
- Chocolate orange log **75**
- Christmas rocky road **72**
- Christmas truffles **3**
- Cranberry meringue roulade **48**
- Elf & Santa cupcakes **74**
- Ginger & Christmas pud cheesecake with ginger sauce **49**
- Irish cream tiramisu **47**
- Jammy star cookies **71**
- COVER RECIPE** No-bake millionaire's chocolate cheesecake **51**
- Mince pies **69**
- Pears in port with meringue cream **53**
- Pine nut & honey tart **52**
- Ruby fruit jelly trifle **50**
- Snowflake pretzels **73**
- Spiced & iced Christmas trees **98**
- Tangy lemon tart **68**
- Yummy chocolate log **74**

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Get the kids busy baking these treats

Spiced and iced Christmas trees

■ Makes 16 ■ Prep 45 mins plus chilling ■ Cook 30 mins **VEGETARIAN**
FREEZABLE before shaping and baking

FOR THE BISCUITS

100g butter, chopped
 175g dark muscovado sugar
 85g golden syrup
 350g plain flour, plus extra for dusting
 1 tbsp ground ginger
 ¼ tsp ground cloves
 1 tsp ground cinnamon
 1 tsp bicarbonate of soda
 1 egg, beaten

TO DECORATE

300g icing sugar, sieved
 a few sweets
 sugar, for sprinkling
 red and white tubes of writing icing

YOU WILL NEED

16 lolly sticks or coffee stirrers

1 Melt the butter, sugar and syrup until the sugar dissolves. Combine the flour, spices and ½ tsp salt. Leave the butter mix to cool a little, then stir in the bicarb. Add half the flour mix and beat well. Add the egg and the rest of the flour mix, and beat until it comes together into a soft dough. Tip onto foil, form into a disc and chill until firm. *Will keep in the freezer for up to six weeks.*

2 Heat the oven to 190C/170C fan/gas 5. Halve the dough and roll out on a floured surface. Stamp out trees using a 10cm cutter and arrange, spaced apart, on baking sheets. Bake for 12-15 mins until golden. Leave to cool slightly, then put on a wire rack. Repeat with the remaining dough. Use the trimmings to stamp out 3-4cm stars, then bake for 9-10 mins.

3 To decorate, mix 3 tbsp water into the icing sugar until thick. Use to sandwich two trees with a lolly stick between. Use the rest of the icing to ice the trees and stars, adding sweets or sugar. For a neater result, use the writing icing to outline the trees before filling with the icing. Leave to set. *Will keep in a tin for four days.*

PER TREE 278 kcals, fat 6g, saturates 3g, carbs 57g, sugars 39g, fibre 1g, protein 3g, salt 0.5g

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