



# mix&match meals



Thousands of menus for quick recipes and crowd-pleasing meals



Material previously published  
in *The Illustrated Quick Cook*.





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# How to plan a menu

This book gives you a wealth of delicious starters, main courses, and desserts to choose from, so that you can create thousands of menu combinations, for every occasion. Of course, you can have fun picking whichever dishes catch your eye, but mixing and matching dishes can be more successful if you bear a few key points in mind. Consider the following for a beautiful, balanced menu and happy, satisfied guests—every time.



**1 Vary your main ingredient** Don't serve too much of one type of ingredient, as variety makes a menu interesting and enjoyable. For example, if you are serving smoked salmon as a first course, don't follow it with a main course of tuna. The same vegetable twice is another faux pas—avoid serving tomato soup followed by a main with a tomato-based sauce.



**2 Vary textures** If you serve a brothy soup followed by a casserole, finished off with a yogurty dessert, your guests will soon tire of slurping. Instead, offset a “wet” dish, such as soup, with something with more “bite” and structure to follow—such as a pie, a roast, or a steak.



**3 Vary colors** A variety of colors in your dishes will provide your guests with a visual treat at every course. Tomato soup, red curry, and berry summer pudding could leave your guests seeing red. Instead, provide a mixture of colors over your courses—you could, for example, choose a green salad, pink salmon, and lemon tart, for a tricolored feast.



**4 Consider cuisine** Mixing and matching international cuisines can be discordant if the flavors are very strong. A hot and sour soup, brimming with the flavors of China, followed by a Jamaican-style main course with “jerk” spices, might be an assault on the senses. With iconic dishes such as these, it can work best to keep your starter and main course choice within the same continent.

**5 Hot or cold?** If the weather is very warm, your guests will thank you for serving light dishes, such as a salad, a stir fry, and a cheesecake. In cold weather, you can opt for something heavier, such as a warming soup, roast chicken, and a hot pudding.

**6 Avoid carbohydrate overload** Try not to serve a carb-based starter, such as bruschetta, with another carb-fest, such as pasta bake—it could send your guests to sleep. If you’re serving a carb-based main course, offer a protein-based starter instead, such as chicken skewers or a fish dish.

**7 Avoid dairy overload** A cheese-based starter followed by a main course with a cream sauce, finished off with a creamy dessert, can make for a belt-busting excess of richness. Lighten the load for your guests by swapping in a fresh, light dish somewhere along the line, to cut through the cream.

**8 Think about the seasons** Choose ingredients in season, where possible—they are the fresh, tasty, and healthy option. If in doubt, a hint of seasonality is better than none—a fresh asparagus starter or a dessert made with fresh raspberries are great choices for a summertime soiree.



## STARTERS



**SALADS** Tomato, red onion, and mozzarella salad 10  
Asparagus with lemony dressing 12  
Carrot and shredded cabbage with peanuts 14  
Goat cheese, beet, and pistachio salad 16  
Grilled mushrooms with bread, tomatoes, and feta 18  
Chargrilled asparagus and Gorgonzola 20  
Bread salad 22  
Baby Romaine lettuce with blue cheese and beets 24  
Feta and pea salad with watercress mayonnaise 26  
Seared halloumi cheese with figs 28  
Chicken salad with carrot and apple relish 30  
Chicken with adzuki beans and herbs 32  
Smoked chicken salad with papaya fruit salsa 34  
Sliced beef and arugula salad with green olive and raisin salsa 36  
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Knickerbocker glory 22  
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## Tomato, red onion, and mozzarella salad

A delightfully light salad with crunchy onions and tomatoes that is quick to put together.

### INGREDIENTS

8 small ripe plum tomatoes, sliced  
6 cherry tomatoes, halved  
1 small red onion, thinly sliced  
handful of fresh basil leaves, torn  
generous drizzle of extra virgin olive oil  
2 handfuls of arugula leaves  
splash of balsamic vinegar  
8oz (2 balls) fresh mozzarella, drained and torn into pieces  
sea salt and freshly ground black pepper

### METHOD

1. Put the tomatoes, red onion, and half of the basil leaves in a bowl. Drizzle generously with olive oil, season well with salt and pepper, and toss gently to blend.
2. Arrange the arugula leaves on a serving platter; drizzle with a little olive oil and balsamic vinegar and season with salt and pepper. Spoon the tomato mixture over the top. Scatter with the torn mozzarella and the remaining basil leaves. Drizzle

again with olive oil and balsamic vinegar and serve.

## Marsala chicken with pine nuts and golden raisins

The golden raisins give a surprising twist to this popular dish.

### INGREDIENTS

2 tbsp olive oil  
8 chicken pieces such as thighs and breasts (preferably free-range), about 1¾lb (800g) total, skin on  
1 onion, finely chopped  
2 carrots, finely chopped  
2 celery stalks, finely chopped  
1¼ cups dry Marsala wine  
sea salt and freshly ground black pepper  
½ cup pine nuts, toasted  
½ cup golden raisins  
handful of flat-leaf parsley, finely chopped

### METHOD

1. Heat the oil in a large cast-iron pan over medium heat. Add the chicken pieces, and cook for about 8 minutes, turning, until golden. Remove from the pan, and set aside.
2. Reduce the heat to low. Add the onion, carrots, and celery to the pan, and cook gently for 5 minutes until soft. Pour in the Marsala, season with salt and pepper, and simmer gently for about 30 minutes, adding a bit of hot water if the chicken

begins to stick to the pan. (Don't add too much water, since this dish has little sauce, and the water will dilute the flavor.)

3. Stir in the pine nuts and raisins, and cook for a few more minutes. Just before serving, stir in the parsley.

## Berry gelatin cups with vanilla cream

Try topping this delicious dessert with crème fraîche instead.

### INGREDIENTS

1 package (4-serving size) instant gelatin, berry flavored  
½ cup crème de cassis  
½ cup heavy whipping cream  
¼ tsp vanilla extract  
2 tbsp confectioner's sugar, sifted  
small mint leaves, for garnish  
handful of small berries, for garnish (optional)

### METHOD

1. Make the gelatin, according to package directions, in a 1-quart heatproof bowl. Pour in ⅔ cup boiling water and stir until the gelatin has dissolved. Pour in the cassis, then add up to 1 cup cold water, stirring until dissolved. Divide between 4 small wine glasses and chill for at least 4 hours or until set.
2. Just before serving, combine the cream, vanilla, and confectioner's sugar in a bowl and beat with an

electric mixer until soft peaks form. Spoon the cream into each glass, top each dessert with a mint leaf or two and a sprig of berries (if using), and serve.





**PREP**  
10  
MINS

Serves • 4

### COOK'S NOTES

It's well worth investing in a good-quality balsamic vinegar, one that is deliciously sweet and thick, and a good-quality fruity extra virgin olive oil.



**PREP**  
15  
MINS

**COOK**  
45  
MINS

Serves • 4

**Special equipment** • large cast-iron pan or flameproof casserole

### Serve with...

*A dressed green salad and fresh crusty bread are a perfect accompaniment.*



**PREP**  
15  
MINS

**Chilling** • 4 hours

Serves • 4

**Special equipment** • electric mixer

### VARIATION

To make a nonalcoholic version, omit the crème de cassis and add water instead.

## Asparagus with lemony dressing

For a lower-fat version, omit the mayonnaise.

### INGREDIENTS

#### For the lemony dressing

6 tbsp olive oil  
2-3 tbsp freshly squeezed lemon juice  
pinch of granulated sugar  
1 tsp mayonnaise  
sea salt and freshly ground black pepper

1 bunch of fresh asparagus, about  
12oz (350g), tough ends trimmed  
handful of wild arugula leaves

### METHOD

1. First, make the dressing. Put the olive oil and lemon juice in a small bowl, and whisk until blended. Add the sugar and mayonnaise, and whisk well. Season with salt and pepper.
2. Cook the asparagus in boiling salted water for 2-3 minutes, or until tender.
3. To serve, place the asparagus on the arugula leaves, and dress liberally with the dressing. Serve as soon as possible.

## Chicken with noodles and basil

An easy-to-make main course with a hint of herbs.

### INGREDIENTS

1 tbsp sesame oil  
2 large skinless boneless chicken breast halves (preferably free-range), sliced  
1 tbsp soy sauce  
1 tbsp honey  
10oz (300g) thick or medium ready-to-use udon noodles  
handful of fresh basil leaves, torn

### METHOD

1. Heat the oil in a large wok or frying pan over medium-high heat. When hot, swirl it around the pan, and add the chicken. Stir-fry quickly for a few minutes until chicken begins to turn golden. Remove from the pan, and set aside to keep warm.
2. Add the soy sauce and honey to the pan, and let bubble for a minute or so. Return the chicken to the pan along with the noodles, and stir so that everything is well coated.

3. When ready to serve, stir in the basil. Serve immediately.

## Lime cheesecakes

Bring a little zing with this fresh, citrus-flavored dessert.

### INGREDIENTS

4 vanilla wafers or graham crackers  
1 cup cream cheese, at room temperature  
1 cup sweetened condensed milk  
finely grated lime zest and juice of 2 limes  
extra lime zest, for garnish (optional)

### METHOD

1. Line the bottom of each of four 6oz (175ml) ramekins with a wafer. Put the cream cheese in a mixing bowl and beat with an electric mixer until smooth, then beat in the condensed milk until well blended.
2. Add the zest and juice and beat until the mixture becomes thick and glossy. Divide among the ramekins and smooth the tops. Chill for at least 4 hours. Garnish with the extra lime zest (if using) and serve.



PREP  
10  
MINS

COOK  
10  
MINS



13

Serves • 4

### COOK'S NOTES

You will need to give the dressing a final whisk just before serving.

STARTER



PREP  
5  
MINS

COOK  
15  
MINS



13

Serves • 4

Special equipment • wok

MAIN COURSE



PREP  
10  
MINS

13

Chilling • 4 hours

Serves • 4

Special equipment • electric mixer

### COOK'S NOTES

The wafer base does soften as it chills, but if you prefer to crush the wafer and mix it with a little butter melted in the microwave, this will make a softer base.

DESSERT

## 14 Carrot salad with cabbage and peanuts

Apples bring a sweet hint of surprise to this light salad.

### INGREDIENTS

#### For the dressing

1 tbsp light soy sauce  
1 tbsp Thai fish sauce (nam pla)  
1 fresh green chile, seeded and chopped  
1 garlic clove, finely grated  
juice of 2 limes  
1-2 tsp granulated sugar  
handful of cilantro leaves, finely chopped  
sea salt and freshly ground black pepper

2 Fuji or other sweet apples  
4 carrots, coarsely grated  
1 small white cabbage, cored and shredded

handful of roasted sunflower seed kernels  
handful of cocktail peanuts or  
dry-roasted peanuts

### METHOD

1. Put all the dressing ingredients in a small bowl, and mix thoroughly until the sugar dissolves. Taste, and season with salt and pepper as needed, then check the seasoning again. Add sugar or fish sauce as needed.
2. Put chopped apples in a large bowl with the carrot, cabbage, and sunflower seed kernels. Toss well. Drizzle with the dressing, and toss to coat. Transfer to a serving dish, and scatter the peanuts over the top.

## STARTER

## 14 Five-spice and honey chicken with peppered greens

There is a definite hot and sweet note to this Asian-inspired main course.

### INGREDIENTS

2 handfuls of Chinese greens, such as bok choy, sliced  
splash of soy sauce  
1 in (2.5cm) piece of fresh ginger, finely grated  
pinch of hot red pepper flakes  
1-2 tbsp honey  
juice of 2 limes  
3 tbsp olive oil  
2 tbsp five-spice paste or powder  
8 chicken pieces (a mixture of thighs and drumsticks, preferably free-range)  
sea salt and freshly ground black pepper

### METHOD

1. Preheat the oven to 400°F (200°C). Put the greens in a large bowl. Add the soy sauce, ginger, and pepper flakes, and season well with salt and pepper. Set aside.
2. Combine the honey, lime juice, 1 tbsp of the oil, and the five-spice paste. Coat the chicken well, season with salt and pepper, and marinate.
3. Heat 1 more tbsp of the oil in a large frying pan over medium-high

heat. Working in batches, add the chicken pieces, skin-side down. Cook for 5-8 minutes on each side until golden and crispy, then transfer to a roasting pan. Roast for about 40 minutes until beginning to char.

4. Wipe out the frying pan, reduce the heat slightly, and add the greens. Drizzle in the remaining oil, and stir-fry for about 5 minutes until beginning to wilt. Serve hot with the crispy-skinned chicken.

## MAIN COURSE

## 14 Mixed berry cake

Bring in a flavor of summer with this combination of mixed berries.

### INGREDIENTS

3-4 scoops soft chocolate ice cream  
3-4 scoops soft vanilla ice cream  
8 in round plain sponge cake  
1 lb 2 oz (500g) mixed summer berries, such as raspberries, blackberries, strawberries, and red currants  
drizzle of crème de cassis or other liqueur of your choice (optional)

### METHOD

1. Spoon the ice cream on to the sponge cake, then pile on the fruit.
2. Drizzle over the crème de cassis or other liqueur (if using), and serve.

## DESSERT





PREP  
15  
MINS



Serves • 4

**VARIATION**

Use fine rice noodles instead of the cabbage if you prefer.

15

STARTER



PREP  
10  
MINS

COOK  
40  
MINS



Marinating • 20 minutes  
Serves • 4

15

MAIN COURSE



PREP  
10  
MINS



Freeze • base before filling  
Serves • 6

**VARIATION**

Use a chocolate sponge base instead of the plain one.

15

DESSERT

## Goat cheese, beet, and pistachio salad

A salad that offers a colorful assortment of ingredients.

### INGREDIENTS

#### For the dressing

3 tbsp extra virgin olive oil  
1 tbsp white wine vinegar  
2 shallots, finely chopped  
1 tsp coarse-grain mustard  
pinch of sugar  
sea salt and freshly ground black pepper

2 handfuls of arugula (rocket) leaves  
5–6oz (175g) goat cheese, cut into slices  
4–6 large beets, cooked, peeled,  
and coarsely chopped  
handful of shelled pistachio nuts, chopped

### METHOD

1. First, make the dressing. In a small bowl, whisk together the oil and vinegar until well blended. Whisk in the shallots, mustard, and sugar, and season well with salt and pepper. Let the dressing stand for a few minutes to develop the flavors, then taste and adjust the seasonings as needed.
2. Arrange the arugula leaves on a large serving platter or 4 individual plates, then top with the beets and goat cheese. Drizzle with a little of

the dressing, then sprinkle with the pistachios. Drizzle on more dressing, if desired. Serve with fresh crusty pieces of bread.

## Chicken with cider and cream

The cider in this dish brings with it a delectable autumnal flavor.

### INGREDIENTS

about 1 tbsp olive oil  
2 onions, cut into 8 wedges  
2 garlic cloves, finely chopped  
8 chicken thighs (preferably free-range)  
1¼ cups hard cider, apple cider,  
or unsweetened apple juice  
1¼ cups heavy whipping cream  
a few sprigs of fresh rosemary  
sea salt and freshly ground black pepper

### METHOD

1. Preheat the oven to 400°F (200°C). Heat 1 tbsp olive oil in a casserole over medium-low heat. Add the onion and salt, and cook for 5 minutes until soft. Now add the garlic, and cook for 10 seconds.
2. Push the onions to one side of the casserole, and increase the heat to medium-high. Add a little more oil if needed, and add the chicken, skin-side down. Brown for about 10 minutes, turning once, until golden.

3. Increase the heat slightly and pour in the cider. Let bubble for a few minutes, then reduce the heat to a simmer, and add the cream. Add the rosemary sprigs, and season well with salt and pepper.

4. Cover, and transfer to the oven to cook for about 40 minutes. If it is becoming too dry, add a little hot water or stock. Serve hot.

## Meringue and mango mess

A no-cook dessert that is infused with the essence of the tropics.

### INGREDIENTS

1 cup heavy whipping cream  
1 cup Greek-style plain yogurt  
2 tbsp confectioner's sugar,  
or to taste, sifted  
4 bakery-bought meringue nests, crushed  
1 medium mango, peeled and sliced  
or chopped  
2 passion fruit  
mint leaves, for garnish (optional)

### METHOD

1. Place the cream in a large bowl and beat with an electric mixer until soft peaks form. Fold in the Greek yogurt and confectioner's sugar, then the meringues and mango. Divide the mixture between 4 glasses.
2. Scoop out the flesh and seeds from the passion fruit and drizzle over each serving, then cover and refrigerate for 1 hour. Garnish with mint leaves, if you'd like, and serve.

### VARIATION

Use 1 cup summer berries, such as raspberries, blackberries, and strawberries, instead of the mango and passion fruit.



**PREP**  
15  
MINS

Serves • 4

### COOK'S NOTES

If you don't have the time to make a dressing, use a drizzle of balsamic vinegar instead.

17

STARTER



**PREP**  
10  
MINS

**COOK**  
1  
HR

Serves • 4

*Serve with...  
Mashed potatoes and chunks  
of fresh crusty bread, to mop  
up all the juices.*

17

MAIN COURSE



**PREP**  
15  
MINS

Chilling • 1 hour

Serves • 4

Special equipment • electric mixer

### COOK'S NOTES

The longer you chill the desserts, the softer the meringue will become, so don't refrigerate them for more than an hour if you'd like some crunch.

17

DESSERT

## Grilled mushrooms with croutons, cherry tomatoes, and feta cheese

A great outdoorsy salad perfect for barbecues.

### INGREDIENTS

1lb 2oz (500g) small cremini mushrooms  
grated zest and juice of 1 lemon  
⅔ cup olive oil  
sea salt and freshly ground black pepper  
½ loaf ciabatta  
2 garlic cloves, crushed  
2 anchovies in oil, drained and chopped  
1 tbsp fresh thyme leaves  
1 tsp finely chopped rosemary leaves  
9oz (250g) cherry tomatoes, halved  
3½oz (100g) feta cheese, crumbled  
flat-leaf parsley leaves, to garnish  
extra virgin olive oil, to drizzle

### METHOD

1. Preheat the oven to 400°F (200°C), and heat the barbecue or charcoal grill until hot. Put the mushrooms, lemon zest and juice, and half of the olive oil in a bowl, and stir to combine. Season with salt and pepper. Grill the mushrooms on both sides over high heat for 10–15 minutes. Set aside.
2. To make the croutons, tear the bread into bite-sized pieces and put on a baking tray. Toss with the

garlic, anchovies, thyme, rosemary, remaining olive oil, and lots of pepper. Spread out over the tray, and bake for about 15 minutes until the bread is golden and crisp.

3. To serve, combine the mushrooms and broken bread in a bowl, and divide among 4 serving plates. Arrange the tomatoes over the top. Top with the feta, garnish with the parsley.

## Chicken breasts in cilantro yogurt

Take a traditional chicken dish and give it a twist with a refreshing marinade.

### INGREDIENTS

8oz (225g) Greek-style plain yogurt  
handful of fresh cilantro leaves, finely chopped, plus extra for garnish  
2 tbsp medium-hot curry powder, preferably Madras  
4 large skinless boneless chicken breast halves (preferably free-range), about 7oz (200g) each  
8oz (225g) baby new potatoes, halved if large  
1 tbsp olive oil  
sea salt and freshly ground black pepper  
1 lemon, cut into wedges

### METHOD

1. Preheat the oven to 400°F (200°C). Combine the yogurt, cilantro, and 1 tbsp of the curry powder in a large bowl. Season with salt and pepper, and mix well. Add the chicken pieces, and leave to marinate for a few minutes.
2. Arrange the coated chicken pieces in a shallow roasting pan without crowding, and roast in the oven for about 30 minutes until cooked through and lightly charred.

3. Meanwhile, put the potatoes into a separate roasting pan. Drizzle with the oil, and add the remaining curry powder. Mix together using your hands until the potatoes are evenly coated; then roast in the oven for 20 minutes or until golden.

4. Serve the chicken and potatoes together with a sprinkling of cilantro and the lemon wedges on the side.

## Fresh figs with cassis cream

Serve this dessert when figs are in season and at their best.

### INGREDIENTS

12 plump fresh figs, stems removed  
generous drizzle of crème de cassis  
7oz (200g) mascarpone cheese

### METHOD

1. Cut a cross on the stem-end of each fig, cutting down about ¾ of the length, then squeeze gently to open. Place 3 figs in each of 4 dishes, and drizzle with crème de cassis.
2. Mix the mascarpone with a drizzle of cassis and stir gently until lightly marbled. Add a spoonful of the mascarpone mixture and serve.

### COOK'S NOTES

Cassis is a delicious black currant liqueur that will jazz up many desserts. Keep a bottle in your pantry.





PREP  
15  
MINS

COOK  
30  
MINS

Serves • 4

*Serve with...  
Drizzle a little extra virgin  
olive oil over the salad  
before serving.*

19

STARTER



PREP  
10  
MINS

COOK  
30  
MINS



Serves • 4

19

MAIN COURSE



PREP  
15  
MINS

Serves • 4

**VARIATION**

You can also serve this dish hot. Sit the figs in an ovenproof dish and drizzle with cassis. Cover with foil and bake in an oven preheated to 375°F (190°C) for 15 minutes or until softened and oozing. Serve with cassis cream.

19

DESSERT

## Grilled asparagus and Gorgonzola cheese

These succulent spears are delicious when paired with the cheese.

### INGREDIENTS

16 fresh asparagus spears,  
ends trimmed  
4 tbsp extra virgin olive oil  
5½oz (150g) Gorgonzola cheese  
freshly ground black pepper

### METHOD

1. Heat the barbecue or charcoal grill until hot. Cook the asparagus in boiling salted water for 2–3 minutes. Drain, and immediately place on the barbecue or grill. Grill over medium heat for about 5 minutes or so, brushing the spears with a little of the oil as they are cooking and turning them as they char.
2. To serve, divide the asparagus among 4 serving plates. Gently slice or crumble the Gorgonzola cheese

over the asparagus. Sprinkle with black pepper, and drizzle with the remaining extra virgin olive oil. Serve immediately.

## Chinese-style salt and pepper chicken drumsticks

This dish infused with Asian flavors is great for a meal with friends.

### INGREDIENTS

8 chicken drumsticks  
2 tbsp all-purpose flour  
1 tbsp sea salt  
1 tbsp freshly cracked black pepper  
about 2 tbsp vegetable oil  
3 fresh hot red chile peppers, seeded and sliced into strips lengthwise  
bunch of scallions (green onions), sliced on the diagonal  
lemon wedges, for serving

### METHOD

1. Preheat the oven to 400°F (200°C). Lay the chicken in a bamboo or other steamer basket. Place the steamer over a pan of boiling water, cover, and steam for 10–15 minutes. Remove the chicken from the pan, and let cool slightly.
2. In a bowl, combine the flour, salt, and pepper. Use to coat the chicken. Then place the drumsticks in a roasting pan with 1 tbsp of vegetable oil, and cook for

10–15 minutes until completely crispy and golden.

3. Meanwhile, heat 1 tbsp of vegetable oil in a wok or frying pan over high heat. Add the chiles and scallions, and cook for about 5 minutes until lightly browned at the edges. Remove with a slotted spoon, and drain on paper towels. To serve, sprinkle the scallion mixture over the hot drumsticks, and garnish with lemon wedges for squeezing.

## Lemon and lime syllabub

A light and frothy dessert with a tangy, zesty taste.

### INGREDIENTS

juice of 1 lemon  
juice of ½ lime  
1 tbsp gin or vodka  
4–5 tbsp granulated sugar  
1¼ cups heavy whipping cream  
finely grated lemon zest and lime zest, for garnish (optional)

### METHOD

1. Mix the lemon juice and lime juice in a bowl, add the gin or vodka and sugar, and stir until the sugar dissolves. Pour in the cream and beat with a balloon whisk until the mixture forms soft peaks.
2. Spoon into 4 serving glasses, then refrigerate for 30 minutes. Decorate with lemon zest and lime zest, if using, and serve with small wafers or little shortbread cookies.



**PREP**  
20  
MINS

**COOK**  
10  
MINS

Serves • 4

### VARIATION

Add some chargrilled prosciutto or pancetta. These are both very quick to char, so watch closely. You could also serve with some fresh baby spinach leaves or thinly sliced fresh pear.



**PREP**  
10  
MINS

**COOK**  
25  
MINS

Serves • 4  
Special equipment • bamboo steamer

### VARIATION

Use chicken wings instead of drumsticks—they will need a little less cooking time for both steaming and roasting.



**PREP**  
15  
MINS

Chilling • 30 minutes  
Serves • 4

## Bread salad with Gorgonzola cheese

This crunchy salad is a great way to begin a meal.

### INGREDIENTS

3 thick slices ciabatta or other rustic country-style bread, toasted and cut into bite-sized chunks  
2-3 tbsp olive oil  
handful of fresh basil leaves, torn  
½ x 7oz (200g) jar roasted red peppers, drained and sliced  
4 tomatoes, coarsely chopped  
handful of toasted pine nuts  
4oz (115g) Gorgonzola, Dolcelatte, or blue cheese, cut into small cubes  
sea salt and freshly ground black pepper

### METHOD

1. Put the bread in a large bowl, and drizzle with the olive oil. Add the basil, and season with salt and pepper. Toss together; then let stand for about 10 minutes to develop all of the flavors.
2. Add the peppers, tomatoes, pine nuts, and cheese, and toss gently to mix. Serve on its own or with cold cooked meats.

## Chicken with Belgian endives and bacon

Try sprinkling Parmesan or Gruyère cheese over the Belgian endives once it's in the roasting pan.

### INGREDIENTS

1 tbsp butter  
pinch of demerara (raw) sugar  
3 heads Belgian endives, halved lengthwise  
1 tbsp olive oil  
4 large boneless chicken breast halves (preferably free-range), skin on  
6-12 bacon strips

### METHOD

1. Preheat the oven to 400°F (200°C). Put the butter and the sugar in a large frying pan over low heat. Cook until the sugar has dissolved and the butter has melted. Add the Belgian endives, and cook, turning, for 5-8 minutes until golden, then set aside.
2. Increase the heat to medium-high and add the olive oil to the same pan. When hot, add the chicken, skin-side down, and brown for 3-5 minutes on each side until golden all

over. Transfer the chicken to a roasting pan.

3. Wrap 1 or 2 slices of bacon around each reserved Belgian endive portion to cover, and tuck them into the roasting pan between the chicken pieces. (Pack everything tightly in the pan, so the dish will produce plenty of juices.) Roast in the oven for 25 minutes until golden. Serve hot with roast potatoes.

## Knickerbocker glory

Make this dessert even more indulgent by drizzling over warm chocolate sauce before serving.

### INGREDIENTS

half of a 1-pint (400-g) basket of strawberries, stems removed  
drizzle of strawberry liqueur or other liqueur of choice  
⅔ cup heavy whipping cream  
2 slices plain sponge cake or pound cake, cut into pieces if needed  
1 pint (600ml) vanilla ice cream  
¼ cup blanched almonds, toasted and coarsely chopped

### METHOD

1. Coarsely slice the strawberries, reserving 2 whole ones. Put the sliced berries in a bowl, drizzle with the liqueur, then purée with an immersion blender. (Alternatively, pulse in a food processor.) Whip the cream with a whisk or electric mixer until soft peaks form.
2. Place 1 piece of cake in the bottom of each of two tall glasses, then spoon in 1 tbsp of strawberry sauce. Add a scoop of ice cream,

then of whipped cream. Add another drizzle of strawberry sauce, then continue layering, ending with ice cream at the top. Sprinkle with the nuts and top with the reserved whole berries.





**PREP**  
15  
MINS

Serves • 4



**PREP**  
5  
MINS

**COOK**  
40  
MINS

Serves • 4

**VARIATION**

Use pancetta or prosciutto instead of bacon.



**PREP**  
15  
MINS

Serves • 2

**Special equipment** • food processor  
• immersion blender

*Be careful...*

*Don't over-whisk the cream or it will separate. If you're making the dessert for children, omit the liqueur.*

## Baby Romaine lettuce with blue cheese and beets

This colorful salad is a great way to begin a formal dinner.

### INGREDIENTS

5½oz (150g) Roquefort or Gorgonzola cheese, crumbled (about 1½ cups)  
1 tsp paprika  
3 tbsp plain yogurt  
1 tbsp chopped fresh mint  
sea salt and freshly ground black pepper  
1 head Baby Romaine lettuce  
3 small beets, sliced

### METHOD

1. Pulse half of the cheese, the paprika, yogurt, and mint in a food processor to make a paste. Move to a bowl, add the remaining cheese and season with salt and pepper.
2. Separate the lettuce leaves to create 8 “boats,” then fill each with beet slices and the cheese mixture. Serve with bread and chorizo.

## Butterflied chicken with lemon, oregano, and paprika

Dig into this succulent chicken laden with spices and the tangy hint of lemon.

### INGREDIENTS

1 whole butterflied chicken, preferably free-range (you can ask your butcher to do this)  
3 tsp olive oil  
finely grated zest of 1 lemon, plus juice of 2  
1 tsp paprika  
½ tsp sea salt  
1 tsp freshly ground black pepper  
1 tbsp dried oregano

### METHOD

1. Combine the oil, lemon zest and juice, paprika, sea salt, and black pepper in a bowl, and mix well. Add the chicken, making sure it is coated in the marinade. Allow to marinate in the refrigerator for 1 hour. (Put the chicken and its marinade in a plastic bag for better coverage, if you like.)
2. Heat the barbecue until hot. Sprinkle the chicken liberally all over with the oregano, and grill over

low heat for 40–50 minutes until golden and cooked through, turning frequently. Transfer to a plate, and leave to rest for 15 minutes.

## Middle Eastern oranges with honey

Round off a heavy meal with this light, easy-to-put-together dessert.

### INGREDIENTS

4 oranges, preferably seedless  
1–2 tbsp honey  
1–2 tbsp rose flower water, to taste  
good pinch of ground cinnamon  
seeds from 1 pomegranate  
small handful of chopped, shelled, and skinned pistachios (optional)  
handful of small mint leaves, for garnish

### METHOD

1. Slice the top and bottom from each orange and place them on a cutting board. Carefully slice off the skin and pith, leaving as much flesh as possible, and following the curve of each orange so you maintain the shape of the fruit. Thinly slice the oranges crosswise, discarding any seeds as you come across them. Arrange the slices on a serving plate, and drizzle with any juices from the cutting board.
2. Next, drizzle the orange slices with the honey and rose water, and sprinkle with the cinnamon. Scatter the pomegranate seeds and pistachios over the top, then garnish with the mint leaves and serve.



**PREP**  
15  
MINS

Serves • 4  
Special equipment • food processor

### VARIATION

Instead of Baby Romaine, use Belgian endive or radicchio—they are bitter, but work well with blue cheese.



**PREP**  
20  
MINS

**COOK**  
50  
MINS



Marinating • 1 hour  
Serves • 4-6

### Cheat...

Cook on the barbecue on a high heat for 15 minutes, then put in a preheated 400°F (200°C) oven for 20 minutes.



**PREP**  
15  
MINS



Serves • 4

### Cheat...

Pomegranate seeds can be tough to remove. Using a 4-oz (115-g) pack of pomegranate seeds is a handy shortcut.

## Feta cheese and pea salad with watercress mayonnaise

Frozen peas make an ideal substitute for fresh ones in this salad.

### INGREDIENTS

handful of watercress, chopped  
 3-4 tbsp good-quality mayonnaise  
 1 tsp prepared white horseradish  
 6oz (175g) feta cheese, cut into  
 ½in (1cm) cubes  
 ½ cup fresh peas  
 2 handfuls of baby spinach leaves  
 small handful of fresh mint leaves  
 sea salt and black pepper  
 lemon wedges

### METHOD

1. In a food processor, combine the watercress, mayonnaise, and horseradish. Process until well blended. Season to taste with salt and pepper.
2. Combine the feta, peas, spinach, and mint in a bowl, and season with pepper. Toss gently to mix. Transfer to a serving bowl, and pass the watercress mayonnaise and lemon wedges at the table.

## Chicken flattened and breaded with lemon and sage

A satisfying main course with the tangy taste of lemon.

### INGREDIENTS

4 large skinless boneless chicken breast halves, 7oz (200g) each  
 1 cup toasted homemade bread crumbs (from 3-4 slices firm white bread)  
 grated zest and juice of 1 lemon  
 1 tbsp all-purpose flour  
 1 egg, lightly beaten  
 1 tbsp olive oil  
 4-6 fresh sage leaves, finely chopped  
 sea salt and freshly ground black pepper

### METHOD

1. Sandwich the chicken breasts between 2 sheets of plastic wrap and pound with a meat tenderizer or the side of a rolling pin until very thin and evenly flattened. Season with salt and pepper.
2. Put the bread crumbs and lemon zest in a bowl and season well. Mix together, then turn out onto a plate. Now put the flour on another plate, and the beaten egg onto yet another. Coat the chicken

first in the flour, then the egg, and finally in the bread crumbs.

3. Heat the oil in a heavy frying pan over high heat. Cook the chicken 2 pieces at a time for 8-10 minutes, turning once, until golden. Add oil as needed. Transfer to a warm platter. Squeeze the lemon juice into the pan, and mix in the sage. Scrape the mixture over the chicken and serve hot, with a mixed salad.

## Easy banoffee pie

The name of this classic English pastry is a combination of the words “banana” and “toffee”.

### INGREDIENTS

8in (20cm) baked pie or tart shell  
 1 cup ready-made thick caramel sauce or dulce de leche  
 2-3 ripe bananas  
 1¼ cups heavy whipping cream  
 scant 1oz (25g) semisweet chocolate

### METHOD

1. Place the pie shell on a serving plate. Spoon in the caramel sauce and spread evenly over the bottom. Slice the bananas and scatter over the top.
2. Put the cream in a bowl and beat with an electric mixer until soft peaks form, then spoon over the bananas. Grate the chocolate, sprinkle evenly over the top, and serve.





**PREP**  
15  
**MINS**

Serves • 4  
Special equipment • food processor

### VARIATION

You could use a good-quality fresh ricotta instead of the feta; if you do, omit the mayonnaise mixture.

27

STARTER



**PREP**  
10  
**MINS**

**COOK**  
15  
**MINS**

Serves • 4

### Cheat...

Buy ready-made dried bread crumbs if you don't want to make your own.

27

MAIN COURSE



**PREP**  
15  
**MINS**

Serves • 8  
Special equipment • electric mixer

27

DESSERT

## Seared halloumi cheese with figs

A combination of a traditional Middle Eastern cheese with the exotic fig.

### INGREDIENTS

8 large, ripe figs  
10oz (300g) halloumi cheese,  
cut into ¼in (6mm) slices  
platter of mixed salad greens  
¼ cup red wine vinegar  
small handful of fresh cilantro leaves,  
finely chopped  
1 fresh red chile, seeded  
and finely chopped  
1 garlic clove, crushed  
drizzle of olive oil

### METHOD

1. Cut the figs into quarters lengthwise. Put the figs and halloumi cheese in a large nonstick frying pan over medium heat, and cook for 2–3 minutes on each side until starting to brown. Once cooked, add to the mixed salad greens.
2. Pour the red wine vinegar into the same pan, and increase the heat slightly. Add the cilantro, red chile, and garlic. Bubble over a medium-high heat until reduced in volume

by three-quarters, and pour sparingly over the figs and cheese.

3. Drizzle the salad with a little olive oil and serve immediately.

## Chicken cooked in wine with capers

An exquisite dish, best when served piping hot.

### INGREDIENTS

4 skinless boneless chicken breast halves (preferably free-range), about 7oz (200g) each  
1 tbsp all-purpose flour  
1–2 tbsp olive oil  
⅔ cup dry white wine  
⅔ cup hot chicken stock  
handful of capers, rinsed, gently squeezed dry, and coarsely chopped if large  
handful of flat-leaf parsley, finely chopped  
sea salt and freshly ground black pepper

### METHOD

1. Sandwich the chicken between 2 large sheets of plastic wrap, and pound with a meat tenderizer until thin and an even thickness. Lightly dust each one with flour.
2. Heat the oil in a large heavy frying pan over high heat. Cook the chicken breasts two at a time, for 3–4 minutes, on each side, until golden. Remove from the pan and set aside on a plate to keep warm.

3. Pour the wine into the pan, and increase the heat. Boil for a few minutes, scraping up any bits from the bottom of the pan, until the alcohol has evaporated. Now pour in the stock and boil for about 5 minutes until the sauce has reduced and slightly thickened. Add the capers, taste, and season if needed.

4. Return the chicken to the pan, heat through for a few seconds, then sprinkle with the parsley.

## Boozy berries with mint and elderflower cream

Dig into this delicious summertime dessert piled high with berries.

### INGREDIENTS

1lb (450g) mixed summer berries, such as strawberries (halved, if large), blackberries, raspberries, and red currants, stemmed  
⅔ cup crème de cassis  
1 cup heavy whipping cream  
1 tbsp finely chopped mint leaves  
1–2 tbsp elderflower cordial, to taste

### METHOD

1. Put the berries in a shallow serving bowl, and drizzle the cassis over the top. Cover and refrigerate for at least 30 minutes or overnight, tossing gently once or twice to mix.
2. Put the cream in a mixing bowl and beat with an electric mixer until soft peaks form. Fold in the mint and elderflower cordial, and serve with the mixed berries.



PREP  
10  
MINS

COOK  
20  
MINS

Serves • 4

29

STARTER



PREP  
10  
MINS

COOK  
20  
MINS



Serves • 4

29

MAIN COURSE

*Serve with...  
Serve this dish hot off the  
pan with chunks of fresh  
crusty bread.*



PREP  
10  
MINS

Chilling • 30 minutes

Serves • 4-6

Special equipment • electric mixer

29

DESSERT

## Chicken salad with carrot and apple relish

A simple dish made with leftover chicken and a combination of healthy vegetables.

### INGREDIENTS

#### For the carrot and apple relish

2 carrots  
2 sweet red eating apples  
2 preserved lemons, finely chopped  
small handful of golden raisins  
sea salt and freshly ground black pepper

2 handfuls of fresh spinach leaves, rinsed  
12oz (350g) leftover roast chicken, sliced  
½ cup pine nuts, toasted (*see Cook's Notes*)  
1 tbsp olive oil  
juice of ½ lemon

### METHOD

1. To make the carrot and apple relish, coarsely grate the carrots into a bowl. Quarter and core the apples, and grate into the bowl with the carrot. Add the preserved lemons and raisins, and mix together. Season with salt and pepper.

2. Lay the spinach leaves in a large shallow salad bowl, and top with the chicken and pine nuts. When ready to serve, drizzle with the olive oil

and lemon juice, and sprinkle with a pinch of salt. Serve with the carrot and apple relish.

## Coq au vin

A classic French dish literally translated as “rooster in wine”.

### INGREDIENTS

3 tbsp butter  
3 tbsp olive oil  
2 large onions, diced  
10 garlic cloves, chopped  
10oz (300g) side pork, chopped  
2 tbsp fresh thyme leaves  
1lb 10oz (750g) button mushrooms  
4 cups good red wine  
4 cups hot chicken stock  
2½lb (1.1kg) skinless chicken pieces  
sea salt and freshly ground black pepper

### METHOD

1. Heat the butter and oil in a large heavy-based pot over medium heat, add the onions, and cook for 5 minutes or until starting to soften. Add the garlic and side pork (or bacon) and cook for 5 minutes, stirring frequently. Add the thyme and mushrooms and cook for 2 minutes.

2. Pour in the wine, raise the heat, and allow to bubble for 5 minutes while the alcohol evaporates. Pour

in the stock, bring to a boil, then add the chicken pieces. Combine well, bring to a boil again, then lower the heat and simmer for 25 minutes. Serve piping hot.

## Tropical trifle

Bring in flavors of the tropics with this exotic pineapple dish.

### INGREDIENTS

8–10oz (300g) store-bought or homemade ginger cake or gingerbread, sliced  
½ cup pineapple juice  
1 cup finely chopped pineapple  
1¼ cups heavy whipping cream  
2–3 tbsp syrup from a jar of stem ginger  
2 pieces of stem ginger in syrup, finely chopped

### METHOD

1. Line the bottom of a serving bowl with the ginger cake slices, then drizzle with the pineapple juice, and scatter the pineapple evenly over the top of the cake.

2. Put the cream and ginger syrup in a large mixing bowl and beat with an electric mixer until soft peaks form. Spoon the mixture over the pineapple, then scatter the chopped stem ginger over the top. Refrigerate for 30 minutes, then serve.





PREP  
15  
MINS



Serves • 4

### COOK'S NOTES

Toast the pine nuts in a small dry frying pan: heat gently for a couple of minutes, tossing frequently, until they turn golden, but watch carefully because they can quickly scorch.

31

STARTER



PREP  
15  
MINS

COOK  
40  
MINS



Serves • 8

31

MAIN COURSE



PREP  
15  
MINS

Chilling • 30 minutes

Serves • 6

Special equipment • electric mixer

### VARIATION

Use mango or banana instead of the pineapple, or a mixture of all three.

31

DESSERT

## Chicken with adzuki beans and parsley

Kick-start a meal with this light and fibrous dish.

### INGREDIENTS

½ large red onion, finely diced  
 15oz (425g) can adzuki beans,  
 rinsed and drained  
 1 tsp whole-grain mustard  
 white wine vinegar  
 extra virgin olive oil  
 handful of flat-leaf parsley, chopped  
 12oz (350g) skinless cooked chicken,  
 shredded (about 2 cups)  
 sea salt and freshly ground black pepper

### METHOD

1. Set aside 1–2 tbsp of the onion to garnish the salad. Combine the remaining onion, beans, and mustard in a bowl. Add a splash of vinegar and a drizzle of olive oil, and season with salt and pepper. Add the parsley and toss gently to mix.
2. Spoon the bean mixture into a serving bowl, then top with the chicken. Sprinkle with the remaining onion. Serve with crusty bread and wild arugula leaves, if desired.

## Teriyaki chicken

A delicious Japanese dish of chicken glazed with a tangy sauce.

### INGREDIENTS

#### For the marinade

3 tbsp rice wine vinegar  
 5 tbsp soy sauce  
 5 tsp mirin or dry sherry  
 3 tbsp sugar  
 2in (5cm) piece of fresh ginger, grated

4 chicken breast fillets, skin on

### METHOD

1. To make the marinade, mix together all the ingredients in a bowl until the sugar has dissolved.
2. Using a sharp pointed knife or skewer, poke the chicken all over. Add to the bowl with the marinade, ensuring that the chicken is completely coated. Marinate in the refrigerator for 20 minutes.
3. Heat the barbecue or charcoal grill until hot. Remove the chicken from

the marinade (reserve the marinade), and grill, skin-side up for 15–20 minutes over medium heat, turning occasionally, until browned all over. Transfer to a plate, and keep warm while preparing the sauce.

4. Put the reserved marinade in a small heavy saucepan. Bring to a boil, and continue boiling until it thickens. Cut the chicken breasts into slices, and serve with the hot teriyaki sauce poured over them.

## Melon with vodka, orange, and mint

Use melons that are only just ripe – they'll still have a bit of bite.

### INGREDIENTS

1 honeydew melon, quartered lengthwise,  
 seeds removed, and flesh sliced  
 1 small watermelon, preferably seedless,  
 cut in half, seeds removed if needed,  
 and flesh sliced  
 1–2 tbsp good-quality vodka  
 1–2 tbsp fresh orange juice without pulp  
 handful of coarsely torn fresh mint leaves

### METHOD

1. Arrange all the melon slices in a serving bowl or platter, drizzle with the vodka and orange juice, then leave to sit for 15 minutes.
2. Sprinkle with the mint and serve.



PREP  
10  
MINS



Serves • 4

**VARIATION**

Use cooked brown or green lentils instead of adzuki beans, and you could always use smoked chicken if you can find it.

33

STARTER



PREP  
15  
MINS

COOK  
20  
MINS

Marinating • 20 minutes  
Serves • 4

33

MAIN COURSE



PREP  
15  
MINS



Marinating • 15 minutes  
Serves • 6-8

**VARIATION**

You can use any kind of melon, but always try and include watermelon, which will absorb the vodka.

33

DESSERT

## Smoked chicken salad with papaya fruit salsa

This traditional starter comes with a fruity surprise.

### INGREDIENTS

3 tbsp extra virgin olive oil  
 1 tbsp white wine vinegar  
 1 tbsp mango or orange juice  
 1 firm but ripe papaya, halved, seeded, peeled, and chopped  
 1 fresh red chile, seeded and finely chopped  
 juice of 1 lime  
 pinch of sugar  
 1lb (450g) boneless smoked chicken, sliced  
 2 handfuls of fresh baby spinach  
 handful of fresh basil leaves  
 sea salt and ground black pepper

### METHOD

1. To make the dressing: In a small bowl, whisk together the oil, vinegar, and mango juice. Season well with salt and pepper, and set aside.
2. To make the salsa: In a bowl, toss together the papaya, chile, lime juice, and sugar. Season to taste with sea salt and pepper.
3. In a large bowl, toss the spinach and basil with the dressing, then divide among 4 individual plates

and arrange the smoked chicken over the top. Spoon the salsa over the chicken, or serve on the side.

## Chicken livers with shallots and arugula

Don't overcook the liver as it can become tough easily.

### INGREDIENTS

½ cup hazelnuts  
 1 tbsp olive oil  
 9 small shallots, peeled but left whole  
 1-2 tbsp demerara (raw) sugar  
 1 tbsp butter  
 250g (9oz) chicken livers, tossed in a little seasoned flour  
 2 handfuls of arugula leaves  
 generous drizzle of good-quality balsamic vinegar  
 sea salt

### METHOD

1. Spread hazelnuts on a baking sheet. Place under a hot broiler and turn them frequently, until they are golden brown. Enclose the hazelnuts in a clean dish towel and rub off the skins. Chop coarsely, and set aside.
2. Heat the oil in a large frying pan over medium heat. Add the shallots, and cook for 5 minutes until they start to color slightly, then sprinkle with some salt and the sugar. Move the shallots around in the pan, and

cook for another 15 minutes or until they soften and begin to caramelize.

3. In a separate frying pan, heat the butter over medium-high heat. When melted and foaming, add the chicken livers. Cook for 3-5 minutes, turning once, until browned on the outside and just cooked through.

4. Cut the cooked shallots in half, and arrange with the livers on a bed of arugula leaves.

## Marinated prunes and apricots

Dried fruits like golden raisins, cranberries, or sweet cherries are perfect alternatives for this dish.

### INGREDIENTS

1 cup soft pitted prunes  
 1 cup soft dried apricots  
 2 tbsp sweet dessert wine or sweet Marsala  
 finely grated zest of 1 orange  
 6 tbsp ricotta cheese, or as needed, for serving

### METHOD

1. Chop the dried fruits, place in a bowl, then drizzle with the dessert wine. Cover and marinate, stirring occasionally, for several hours so the fruit softens and absorbs the alcohol.
2. Top each serving of fruit with a dollop of ricotta cheese and garnish with the orange zest.





PREP  
15  
MINS



Serves • 4

### VARIATION

If you can't get hold of a fresh papaya, use a fresh mango instead.

35

STARTER



PREP  
15  
MINS

COOK  
20  
MINS

Serves • 4

### Serve with...

Sprinkle toasted hazelnuts and drizzle balsamic vinegar over the livers before serving. Pair with chunky slices of whole-grain toast.

35

MAIN COURSE



PREP  
10  
MINS



Marinating • several hours  
Serves • 4

### COOK'S NOTES

Don't use dried fruit that's past its best, as it won't soak up the alcohol.

35

DESSERT

## Sliced beef and arugula salad with green olive and raisin salsa

A light and healthy starter to combine with a heavier main course or dessert.

### INGREDIENTS

#### For the salsa

8–10 green olives, pitted and sliced  
handful of plump dark raisins  
2 tsp capers, rinsed and gently squeezed dry  
drizzle of olive oil  
small handful of fresh flat-leaf parsley,  
finely chopped  
sea salt and freshly ground black pepper

handful of fresh wild arugula leaves  
6oz (175g) thinly sliced pastrami or other  
cooked beef from the deli

### METHOD

1. To make the salsa: In a bowl, mix together the olives, raisins, capers, oil, and parsley. Season to taste with salt and pepper.
2. Arrange the arugula and pastrami in a shallow serving bowl. Spoon the salsa over the top, and serve at room temperature.

## Grilled chicken with satay sauce

The classic peanut-flavored sauce from Thailand works beautifully with hot chicken.

### INGREDIENTS

14oz (400ml) can unsweetened  
coconut milk  
1 tsp Thai red curry paste  
1¼ cups hot vegetable stock  
2 tbsp demerara (raw) or light brown sugar  
4 tbsp crunchy peanut butter  
sea salt and freshly ground black pepper  
juice of 1 lime, or as needed  
4 skinless boneless chicken breast  
halves (preferably free-range),  
about 7oz (200g) each  
splash of olive oil

### METHOD

1. First, make the satay sauce.  
Pour the coconut milk into a heavy  
saucepan and bring to a gentle boil.  
Reduce the heat slightly, and simmer  
until it releases its sweet fragrance.  
Now stir in the curry paste until  
blended; then stir in the stock and  
sugar, and simmer for 5 minutes.
2. Add the peanut butter and stir  
until well blended. Remove from  
the heat and season with salt and  
the lime juice. Taste and adjust the

seasoning as needed. Set aside to  
keep warm.

3. Slash each chicken breast  
diagonally several times, making  
sure that you don't slice all the way  
through. Rub them all over with a  
little olive oil, and season well with  
salt and pepper. Heat a ridged  
cast-iron grill pan until hot, and cook  
the chicken for 10–12 minutes,  
turning once, until cooked through  
and nicely charred.

## Strawberry and raspberry granita

An easy-to-make frozen dessert, similar to sorbet, but with a more granular texture.

### INGREDIENTS

1 cup confectioner's (powdered) sugar  
1 tbsp fresh lemon juice  
1½ cups fresh or frozen  
unsweetened raspberries  
1½ cups fresh strawberries, hulled, or  
frozen unsweetened strawberries

### METHOD

1. In a food processor, combine the  
confectioner's sugar, lemon juice, and  
¾ cup boiling water. Pulse until the  
sugar dissolves. Add the raspberries  
and strawberries, and purée.
2. Transfer the mixture to a shallow  
freezer-safe plastic container, cover,  
and freeze for 2 hours. Remove from  
the freezer and scrape the surface  
with a fork, breaking the ice into  
small pieces until slushy. Freeze for  
another 2 hours and then repeat the

process every 2 hours—once or  
twice more—until the mixture is  
completely broken into tiny snow-  
like ice particles. Freeze until ready  
to serve. Although granita is best  
served the same day it is made, it  
will keep for up to 1 month in the  
freezer. Serve frozen scoops plain,  
or with a dollop of whipped cream.



PREP  
15  
MINS



37

Serves • 2

### VARIATION

Top the salad with some fresh Parmesan cheese shavings if you wish.

STARTER



PREP  
10  
MINS

COOK  
30  
MINS

37

Serves • 4

### Serve with...

Sprinkle cucumber slices with a little vinegar and a pinch of sugar and scatter over chopped cilantro. Serve the chicken on top and the satay sauce at the side.

MAIN COURSE



PREP  
10  
MINS



37

Freeze • 4 hours

Serves • 6

Special equipment • food processor

### COOK'S NOTES

If you prefer, you can sieve the purée before freezing to remove the seeds.

DESSERT

## Thai-style beef salad

A delicious appetizer using leftover roast beef, perfect for a light lunch.

### INGREDIENTS

12oz (350g) leftover roast beef, sliced  
 2 carrots, cut into julienne strips  
 ½ onion, cut into thin strips  
 4½oz (125g) bamboo shoots  
 sea salt and freshly ground black pepper  
 handful of fresh mint leaves  
 handful of fresh basil leaves  
 handful of fresh cilantro (coriander), leaves only, plus extra for garnish  
 juice of 1 lime  
 2–3 tsp granulated sugar

1 fresh Thai or other small red hot chile pepper, seeded and finely chopped  
 1–2 tbsp Asian fish sauce, such as nam pla

### METHOD

1. Combine the beef, carrots, onion, bamboo shoots, mint, basil, and cilantro in a large bowl, and toss gently to mix. Season with sea salt and black pepper.
2. To make the dressing, in a small bowl, mix together the lime juice, sugar, chile, and fish sauce. Taste, and adjust seasoning if needed. Pour the dressing over the salad, then garnish with extra cilantro leaves. Serve immediately.

## Chicken poached in coconut milk

The coconut milk gives this dish an exquisite and delicious flavor.

### INGREDIENTS

8 boneless chicken breast halves (preferably free-range), skin on, about 7oz (200g) each  
 2 cups hot chicken or vegetable stock  
 1 x 14oz (400ml) can unsweetened coconut milk, well shaken to blend  
 3 bay leaves  
 3 garlic cloves, peeled but left whole  
 sea salt and freshly ground black pepper

### METHOD

1. To poach the chicken, put the breasts in a large pan over medium heat, then pour in the hot stock and the coconut milk. Add the bay leaves and garlic cloves. Bring to a boil, then cover the pan, reduce the heat to low, and simmer for 10–15 minutes until the chicken is cooked through. Poke a sharp knife into the flesh to check—the juices should run clear.

2. Using a slotted spoon, remove the chicken from the pan, and leave to cool for a minute or two. When cool enough to handle, discard the skin and either slice or shred the chicken using 2 forks, and serve with fluffy rice.

## Orange and chocolate tiramisu

A classic recipe, traditionally made with coffee and brandy.

### INGREDIENTS

20–24 soft ladyfingers  
 1 cup orange juice  
 2 tbsp Grand Marnier or Cointreau  
 2 large eggs, separated  
 ¼ cup confectioner's (powdered) sugar, sifted  
 1lb (450g) mascarpone cheese  
 finely grated zest of 1 orange  
 3oz (85g) orange-flavored chocolate, finely grated

### METHOD

1. Lay the ladyfingers flat in a shallow 2-quart (2-liter) serving dish. Drizzle with the orange juice and Grand Marnier and set aside.
2. Combine the egg yolks and confectioner's sugar in a large bowl and beat with a wooden spoon until smooth and creamy. Beat in the mascarpone until smooth.
3. Put the egg whites in a large mixing bowl and beat with an

electric mixer until soft peaks form. Fold into the mascarpone mixture along with the orange zest. Pour the mixture over the sponge fingers and smooth the top. Cover and chill for at least 4 hours or overnight. To serve, garnish with grated chocolate.





**PREP**  
15  
**MINS**

Serves • 4

**COOK'S NOTES**

Raw onion can be strong—if you prefer a milder flavor, soak the strips of onion in cold water for 10 minutes before using, or use thinly sliced scallions instead.

39

STARTER



**PREP**  
5  
**MINS**

**COOK**  
15  
**MINS**

Serves • 4

**COOK'S NOTES**

Use any rice you wish to serve with this, but basmati is certainly the best. If you wait until the chicken is cooked before cooking the rice, you can then use the coconut milk liquid to cook the rice—it'll be really tasty.

39

MAIN COURSE



**PREP**  
20  
**MINS**

Chilling • 4 hours

Serves • 8

Special equipment • electric mixer

*Cheat...*

*Dust with cocoa powder instead of grating the chocolate.*

39

DESSERT

## Beef with beets and spinach

Make a fresh and colorful salad using leftover roast beef.

### INGREDIENTS

12oz (350g) leftover roast beef, sliced  
 10oz (300g) fresh spinach leaves  
 1lb (450g) cooked whole beets, quartered  
 3 tbsp extra virgin olive oil  
 1 tbsp balsamic vinegar  
 juice of ½ clementine or tangerine  
 sea salt and freshly ground  
 black pepper  
 handful of fresh thyme, leaves picked

### METHOD

1. In a large bowl, gently toss together the beef, spinach, and beets.
2. In a small bowl, whisk together the extra virgin olive oil, balsamic vinegar, and citrus juice. Season well with salt and pepper.
3. When ready to serve, drizzle the salad with the dressing, and scatter the thyme leaves over the top. Serve at once.

### VARIATION

Use freshly squeezed orange juice if you can't find clementines or tangerines.

## Piri piri chicken

Piri piri brings a spicy twist to this chicken dish.

### INGREDIENTS

#### For the piri piri

2-3 fresh red hot chiles, seeded  
 and finely chopped  
 2 garlic cloves, peeled  
 handful of fresh cilantro, finely chopped  
 handful of flat-leaf parsley, finely chopped  
 2-3 tbsp olive oil  
 1 tbsp tomato purée  
 juice of 1 lemon  
 sea salt and freshly ground black pepper

1 whole chicken, about 3½lb (1.6kg),  
 spatchcocked (see *Cook's Notes*)

### METHOD

1. To make the piri piri, put the chiles, garlic, cilantro, and parsley in a food processor. Add a little of the oil, and pulse on and off until it begins to form a paste. Add the remaining oil, tomato purée, and lemon juice, season with salt and pepper, and process to blend.
2. Put the chicken in a shallow glass or ceramic dish, and season all over with salt and pepper. Rub with the piri piri paste so that the entire

chicken is evenly covered. Cover with plastic wrap, and leave to marinate for at least 30 minutes at room temperature, or preferably overnight in the refrigerator.

3. Preheat the oven to 400°F (200°C). Place the chicken in a shallow roasting pan, and roast for 40-50 minutes in the oven until cooked through, golden, and crispy. Let rest a few minutes, then quarter to serve with rice and a green salad.

## Grapes marinated in port

A light dessert with a fruity, refreshing taste, perfect after a heavy main course.

### INGREDIENTS

1 bunch of seedless red grapes  
 1 bunch of seedless green grapes  
 drizzle of good-quality port  
 vanilla ice cream, for serving

### METHOD

1. Prick each grape with the tip of a sharp knife, then place them in a large serving dish and drizzle with port. Cover and marinate in the refrigerator for several hours or overnight.
2. To serve, allow the grapes to come to room temperature, then spoon into glass dishes and top with a scoop of vanilla ice cream.



PREP  
15  
MINS



Serves • 4

### Cheat...

For speed, drizzle with balsamic vinegar and leave out the other dressing ingredients.

41

STARTER



PREP  
10  
MINS

COOK  
1  
HR

Marinating • 30 minutes  
Serves • 4  
Special equipment • food processor

### COOK'S NOTES

"Spatchcocked" simply means that the chicken has been flattened and the backbone removed. It cooks far quicker this way. Buy one ready-prepared, ask the butcher to do it for you, or do it yourself.

41

MAIN COURSE



PREP  
10  
MINS

Marinating • several hours  
Serves • 4

### VARIATION

For a lighter dessert, use a drizzle of white port instead.

41

DESSERT



## Prosciutto with pear, nectarine, and endive

Ripe fruits add a surprisingly sweet touch to this delicate salad.

### INGREDIENTS

#### For the dressing

½ cup extra virgin olive oil  
2 tbsp unsweetened apple juice  
1 tbsp balsamic vinegar  
sea salt and freshly ground black pepper

2–3 small heads curly endive or frisée,  
leaves separated  
12 thin slices prosciutto  
3 firm but ripe pears, cored and sliced  
3 firm but ripe nectarines, halved, pitted,  
and sliced  
handful of almonds (skins on)

### METHOD

1. To make the dressing: In a small bowl, whisk together the oil, apple juice, and vinegar. Season well with salt and pepper. Scatter the curly endive over a large serving platter and drizzle with some of the dressing.
2. Top with the prosciutto, pears, and nectarines and toss gently to mix. Sprinkle with the almonds, then drizzle with a little more dressing, as desired. Taste, and

season if needed. Serve immediately with fresh crusty bread.

## Braised turkey with vegetables

A warm and comforting dish—perfect for a winter evening.

### INGREDIENTS

2 tbsp olive oil  
1 tbsp butter  
4 turkey breast fillets (skin on)  
sea salt and freshly ground black pepper  
2 onions, sliced  
2 carrots, sliced  
1 fennel bulb, sliced  
a few fresh tarragon leaves, roughly  
chopped  
2 cups hot chicken stock  
handful of fresh flat-leaf parsley, finely  
chopped, to serve  
zest of 1 lemon, grated, to serve

### METHOD

1. Preheat the oven to 350°F (180°C). Heat the oil and butter in a large frying pan, season the turkey, then cook over medium heat, stirring occasionally, for 10 minutes, or until lightly browned all over. Transfer to a shallow casserole dish.
2. Add the vegetables and tarragon and season again. Pour stock almost to the top of the dish, but not enough to cover the ingredients. Cover with a lid and cook in the oven for 40

minutes, or until the turkey and vegetables are tender.

3. Remove the turkey with a slotted spoon, discard the skin, and slice the meat. Add the sauce and vegetables. Top with parsley and lemon zest, and serve with a pinch of black pepper.

## Asian fruit salad

Serve as a refreshing finale to a heavy meal.

### INGREDIENTS

1 mango, peeled and sliced  
1 pineapple, ends and skin removed,  
and sliced  
1 kiwi fruit, skinned and sliced  
juice of 1 orange  
juice of 1 lime  
1 passion fruit, halved  
small handful of fresh mint leaves,  
finely chopped

### METHOD

1. Arrange the mango, pineapple, and kiwi fruit in a shallow serving bowl or platter. Pour the orange juice and lime juice over the fruit.
2. Scoop out the flesh and seeds from the passion fruit and spoon over the fruit. Sprinkle with mint leaves and serve.





PREP  
15  
MINS



Serves • 4

### VARIATION

Substitute radicchio for all or some of the curly endive—it adds an amazing color to the salad.

43

STARTER



PREP  
30  
MINS

COOK  
40  
MINS



Serves • 8

43

MAIN COURSE



PREP  
15  
MINS



Serves • 4

43

DESSERT

## Lentils with artichokes and peppers

This quick starter is packed with fiber.

### INGREDIENTS

- |  |  |
|--|--|
| 1 x 14oz (400g) can green or brown lentils, drained and rinsed, or 2 cups drained cooked lentils | 4 scallions, finely chopped            |
| 1 x 14oz (400g) can artichoke hearts, drained and sliced   | 2-3 tbsp walnut oil                    |
| 4 or 5 roasted red peppers from a jar or the deli counter  | 1 tbsp cider vinegar                   |
| leaves from 1-2 fresh thyme sprigs   | 4 or 5 thin slices prosciutto, chopped |
| handful of flat-leaf parsley, chopped  | handful of wild arugula leaves         |

### METHOD

- Put the lentils, artichoke hearts, peppers, thyme, parsley, and scallions in a bowl. Drizzle the oil and vinegar over the top, and toss gently to mix.
- Toss in the prosciutto and arugula. Transfer to a serving dish and serve with a green salad.

## Turkey, almond, and cranberry pilaf

A lavish, aromatic rice dish brimming with flavor.

### INGREDIENTS

- |   |   |
|---|---|
| 1 tbsp olive oil  | <b>METHOD</b>                             |
| 1 onion, finely chopped   | <b>1.</b> Heat the oil in a flameproof    |
| 3 garlic cloves, finely chopped                                     | casserole over low heat. Add the          |
| 1¼ cups basmati rice  | onion, and cook gently for about          |
| 12oz (350g) leftover roast turkey, sliced or shredded, skin removed | 5 minutes until soft. Add the garlic,     |
| 3 cups hot vegetable or chicken stock                               | and cook, stirring, for a few seconds.    |
| 1 cup sliced almonds, toasted                                       | Stir in the rice to coat well.            |
| 1½ cups dried cranberries   | <b>2.</b> Pour in the stock, and bring to |
| handful of fresh thyme sprigs, leaves picked                        | a boil. Reduce the heat slightly, and     |
| sea salt and freshly ground black pepper                            | stir in the turkey. Simmer gently,        |
|   | covered, adding more hot stock or         |
|   | water, if needed, for 20-25 minutes       |
|   | or until the stock has been absorbed      |

and the rice is tender. Season with salt and pepper.

- Just before serving, add in the cranberries, almonds, and thyme and gently stir through. Serve hot, with a crisp salad and fresh crusty bread on the side.

## Apricots with Amaretti cookies and mascarpone

Put this easy, yet classy, dessert together in the blink of an eye.

### INGREDIENTS

- 8 Amaretti cookies
- 7oz (200g) mascarpone cheese
- 16 ripe apricots, halved and pitted
- handful of blanched almonds, halved

### METHOD

- Lightly crush the Amaretti with a rolling pin, then divide among 4 individual glass dishes. Lightly whip the mascarpone with a wooden spoon until smooth and thick.
- Layer the apricots and mascarpone on top of the Amaretti, finishing with a layer of mascarpone. Sprinkle with the almonds and serve.

#### Cheat...

Buy toasted chopped nuts and scatter over the apricots to serve.



PREP  
15  
MINS



Serves • 4

45

STARTER



PREP  
15  
MINS

COOK  
40  
MINS



Serves • 4

45

MAIN COURSE



PREP  
15  
MINS

Serves • 4

**VARIATION**

Use peaches instead of apricots.

45

DESSERT

## Smoked trout with beet, apple, and dill relish

A quick mixed salad with an interesting combination of ingredients.

### INGREDIENTS

3–4 tsp creamed white horseradish  
 ½ red onion, finely diced  
 1–2 heads curly endive or frisée,  
 leaves separated  
 2 large cold-smoked trout fillets,  
 about 8oz (225g) each, flaked  
 drizzle of olive oil  
 juice of ½ lemon  
 2–3 eating apples  
 2 beets, cooked, peeled, and diced  
 handful of fresh dill, finely chopped  
 sea salt and freshly ground black pepper

### METHOD

1. In a small bowl, mix the horseradish with half of the onion. Set aside.
2. Arrange the curly endive and flaked trout on a serving plate, and drizzle with the oil and lemon juice. Season with salt and pepper.
3. Peel, core, and chop the apples into bite-sized pieces. Combine with the beets and dill in a separate bowl, and mix together to make the relish.

4. To serve, spoon the relish over the salad. Sprinkle with the remaining red onion, and serve the horseradish-onion mixture on the side.

## Baked turkey rolls filled with chestnuts and mushrooms

These meaty rolls with a tasty stuffing make a filling dinner.

### INGREDIENTS

2½lb (1.1kg) turkey breast,  
 cut into 3in (7.5cm) strips  
 sea salt and freshly ground  
 black pepper  
 7oz (200g) ready-cooked chestnuts  
 8 garlic cloves, finely chopped  
 large handful of flat-leaf parsley,  
 finely chopped  
 4½oz (125g) dried apricots  
 1¼lb (550g) cremini mushrooms  
 1 tsp dried thyme  
 6 tbsp olive oil

### METHOD

1. Preheat the oven to 350°F (180°C). Season the turkey strips with a little sea salt and freshly ground black pepper and set aside. Meanwhile, blend the chestnuts, garlic, and parsley in a food processor for 10 seconds. Add the apricots and mushrooms and pulse for 5 more seconds. Add the thyme and 3 tbsp of the oil and process for 5 seconds, or until you have a chunky paste. Season with salt and black pepper.

2. Place 1 tbsp of the mixture on each turkey strip and carefully roll it up. Place the rolls in a baking dish with the seams facing down, making sure they are tightly packed. Drizzle with the remaining oil, cover with foil, and bake for 30 minutes. Remove the foil and cook for 10 minutes, or until brown.

## Lychees with ginger and star anise

This lightly scented dessert is an ideal way to round off a spicy Oriental meal.

### INGREDIENTS

1 x 14oz (400ml) can lychees, drained  
 (2 tsp juice reserved)  
 1 star anise  
 2 balls stem ginger plus 2 tbsp  
 ginger syrup  
 Greek yogurt, to serve

### METHOD

1. Arrange the lychees and star anise in a glass serving dish. Finely dice the balls of ginger, and scatter over the lychees. Mix the ginger syrup with the reserved lychee juice and drizzle over the fruit.
2. Place in the refrigerator for 30 minutes, or longer if you have the time, for the flavors to develop. Serve with dollops of Greek yogurt.





PREP  
15  
MINS



47

Serves • 4

### VARIATION

Crisp lettuce leaves, such as romaine, can be used instead of curly endive.

STARTER



PREP  
20  
MINS

COOK  
40  
MINS



47

Serves • 6-8

Special equipment • food processor

*Serve with...  
Serve with a crisp  
green salad.*

MAIN COURSE



PREP  
10  
MINS



47

Marinating • 30 minutes

Serves • 4

### COOK'S NOTES

Star anise has a subtle and fragrant aniseed flavor that goes well with ginger.

DESSERT

## Caesar salad

Give this traditional salad a twist by using large, ready-cooked prawns instead of chicken.

### INGREDIENTS

2 egg yolks  
2 tbsp lemon juice  
pinch of English mustard powder  
½ tsp Worcestershire sauce  
½ tsp hot pepper sauce, such as Tabasco  
⅔ cup (150ml) vegetable oil  
¼ cup (50ml) olive oil  
2 large handfuls of crisp lettuce leaves  
1 cup (150g) prepared croutons  
½ cup grated Parmesan cheese  
2 cooked boneless chicken breast halves (12oz/350g), sliced  
10 flat anchovies in oil, drained

### METHOD

1. For the dressing, whisk together the egg yolks, lemon juice, mustard powder, Worcestershire sauce, and pepper sauce. Gradually whisk in the vegetable oil and then the olive oil, a little at a time, until the dressing forms an emulsion. If it is too thick, whisk in a little cold water.
2. Place about half of the dressing in a large bowl, then add the lettuce leaves, croutons, and half of the Parmesan cheese. Toss gently to coat

the leaves. Lay out the leaves on serving plates, and top with the chicken and anchovies. Sprinkle with the remaining Parmesan, drizzle with some more of the dressing, and serve.

## Duck with pink grapefruit and Belgian endive salad

Get experimental and bring a fruity touch to this classic way of cooking duck.

### INGREDIENTS

1 tbsp butter  
4 boneless duck breasts, about 5½oz (150g) each, skin on and scored in a crisscross pattern  
handful of fresh rosemary sprigs  
2 tbsp balsamic vinegar  
2 pink grapefruits, peeled and segmented  
1 small head chicory (curly endive), leaves separated  
1 fennel bulb, trimmed and thinly sliced  
sea salt and freshly ground black pepper

### METHOD

1. Preheat the oven to 400°F (200°C). Melt the butter in a large nonstick frying pan over high heat, then add the duck breasts, skin-side down, and the rosemary. Cook the duck for 2–3 minutes on each side until golden all over. Increase the heat, add half of the balsamic vinegar, and let simmer for a few minutes, scraping up any extra bits from the bottom of the pan with a wooden spoon.
2. Transfer everything to a roasting pan, and roast for 15–20 minutes or until cooked to desired doneness.
3. Meanwhile, prepare the salad. Combine the grapefruit, Belgian endive, and fennel. Drizzle in the remaining balsamic vinegar, season, and toss gently.
4. To serve, slice each duck breast in two diagonally, and serve with the salad.

## Peaches with meringue and raspberry sauce

This no-cook dessert is packed with summery flavors.

### INGREDIENTS

1 cup fresh raspberries  
4 meringue shells  
4 ripe peaches, pitted and coarsely chopped or sliced  
finely grated zest of 1 lime  
whipped cream for serving (optional)

### METHOD

1. Put the raspberries in a bowl, then purée with a stick blender. Pass the purée through a nylon sieve to remove the seeds.
2. Break up the meringues with your hands, then scatter the pieces in 1 large shallow serving dish, or 4 individual ones. Top with the peaches, then spoon the raspberry purée over the top, and garnish with lime zest. Serve with a dollop of whipped cream.

### VARIATION

Garnish with lemon zest instead of lime.



PREP  
15  
MINS

Serves • 4

*Cheat...*

*If you don't have time to make your own dressing, you can find some good varieties at the supermarket.*

49

STARTER



PREP  
10  
MINS

COOK  
25  
MINS

Serves • 4

49

MAIN COURSE



PREP  
15  
MINS

Serves • 4

Special equipment • stick blender

**COOK'S NOTES**

You can make the raspberry purée up to 1 day ahead. Keep it in the refrigerator until required.

49

DESSERT

## Smoked salmon with mustard and dill dressing

The contrasting flavors in this classic dish are a real treat.

### INGREDIENTS

12oz (350g) good-quality smoked salmon  
1 lemon, halved  
½ cucumber, finely chopped  
crusty rye or brown bread, to serve

### For the mustard and dill dressing

⅓ cup extra virgin olive oil  
3 tbsp white wine vinegar  
1 tsp coarse-grain mustard  
1 tsp honey  
handful of fresh dill, finely chopped  
sea salt and freshly ground black pepper

### METHOD

1. Divide the salmon among 4 serving plates, and squeeze a little lemon juice over the top.
2. To make the dressing, combine the olive oil, vinegar, mustard, and honey in a jug or small bowl. Whisk together until well combined, then season with salt and black pepper. Sprinkle in half of the dill, and whisk again. Taste, and adjust the seasonings as needed.

3. Toss the cucumber with the remaining dill, then spoon the cucumber onto the plates. When ready to serve, drizzle with the dressing, and serve with the sliced bread.

## Crispy duck char sui

A succulent main course ideal for a wintery dinner.

### INGREDIENTS

4 duck thighs and legs,  
scored all over  
3 garlic cloves, finely chopped  
3 tbsp light soy sauce  
3 tbsp rice wine  
1 tbsp hoisin sauce  
2 tbsp honey  
2 tsp Asian five-spice powder  
sea salt and freshly ground  
black pepper

### METHOD

1. Preheat the oven to 400°F (200°C). Put everything in a large bowl, and season with sea salt and black pepper. Mix together so that the duck is well coated. Wrap the coated duck pieces in foil, and roast in the oven for 30 minutes.
2. Preheat the barbecue or charcoal grill until hot. Unwrap the duck, and place it on the hot barbecue skin-side down. Grill over high heat, turning frequently, for 10-15

minutes, until golden and crisp. Transfer to a plate, and leave to rest for 10 minutes. Cut the duck into slices and serve.

## Fruit fool

Round off your meal with this smooth and frothy dessert in a glass.

### INGREDIENTS

1lb 2oz (500g) hulled strawberries  
2 cups heavy cream  
confectioner's sugar, to taste

### METHOD

1. Put the strawberries (reserving a few for garnish) in a food processor, and process until puréed. Sieve in a little confectioner's sugar to taste (depending on how sweet you like it).
2. Whip the cream by hand or by using an electric mixer. Be careful not to over-beat, as it will spoil in seconds. It should form soft peaks when lifted from the bowl.

3. Sieve the puréed strawberries if you don't like the seeds, then add half the strawberry mixture to the cream, folding in gently until combined. Taste, and add a little more sugar if it is too tart.

4. Spoon some of the strawberry mixture into individual dishes, or one large glass dessert dish, then layer with the strawberry cream (fool) mixture, and continue layering until both mixtures have been used up.





**PREP**  
5  
MINS

Serves • 4



**PREP**  
15  
MINS

**COOK**  
45  
MINS

Serves • 4

*Serve with...  
This dish is best served  
with a crisp mixed-leaf salad.*



**PREP**  
15  
MINS

Serves • 4

**Special equipment** • hand or electric mixer

**VARIATION**

Instead of cream, you can use mascarpone or crème fraîche.

## Chile shrimp with cilantro and lime

A perfect no-cook opener to a meal with friends.

### INGREDIENTS

16 cooked shrimp, peeled and deveined, tails left on  
handful of fresh cilantro, finely chopped  
1-2 fresh red chiles, seeded and finely chopped  
1 x 14oz (400g) can lima beans or cannellini beans, drained and rinsed  
2 handfuls of wild arugula leaves  
juice of 1 lime  
splash of Asian hot-sweet chili sauce, such as Sriracha  
sea salt and freshly ground black pepper

### METHOD

1. Put the shrimp in a large bowl. Mix in half of the cilantro and the fresh chiles. Add the beans, and toss to mix again.
2. Place the arugula in a large serving bowl or on 4 individual plates. Sprinkle with some of the lime juice, salt, and pepper. Stir the remaining lime juice into the shrimp mixture, and adjust the seasonings as needed.

3. Spoon the shrimp mixture over the arugula, then drizzle with the hot-sweet chili sauce and sprinkle the remaining cilantro over the top. Serve immediately.

## Glazed fillet of beef roasted with potatoes and olives

Make dinner an unforgettable experience with this extravagant dish.

### INGREDIENTS

8 large all-purpose waxy potatoes, peeled and cut into bite-sized cubes  
2 tbsp olive oil  
sea salt and freshly ground black pepper  
2 tbsp red currant jelly  
4lb (1.8kg) fillet of beef  
handful of black olives, pitted

### METHOD

1. Preheat the oven to 400°F (200°C). Put the potatoes in a large roasting pan with 1 tbsp of oil, toss to coat, then season with salt and pepper. Place in the oven.
2. Put the red currant jelly in a saucepan over low heat for 5 minutes or until runny, then brush all over the beef and season. Heat the remaining oil in a frying pan and sear the beef over a high heat for a few minutes until browned all over.

3. Turn the oven down to 350°F (180°C). Add the meat to the roasting pan and cook for 50 minutes to 1 hour for rare, 1¼ to 1½ hours for medium, or longer for well-done. Add the olives for the last 10 minutes, stirring them into the potatoes.

4. Remove the beef, letting it rest for at least 15 minutes, and the potatoes if they are ready. Slice the beef and serve with the potatoes.

## Melting-middle chocolate fudge puddings

A gooey, decadent surprise for chocoholics.

### INGREDIENTS

3½oz (100g) semisweet chocolate, chopped  
1 stick butter, cut into pieces  
¾ cup light brown sugar  
3 large eggs  
½ tsp vanilla extract  
½ cup all-purpose flour  
whipped cream, for serving

### METHOD

1. Preheat the oven to 400°F (200°C). Butter four 8oz (200ml) ramekins well and place on a baking sheet. Combine the chocolate and butter in a large heatproof bowl set over a pan of very hot water and stir until smooth, then set aside to cool for 15 minutes.
2. Mix in the sugar, then the eggs, one at a time, followed by the vanilla extract, and finally the flour. Divide the mixture evenly among the

ramekins. Bake for 10-12 minutes or until the edges are set and the tops are firm to the touch, but the middles are still soft. Carefully run a knife around the edge of each pudding, then invert onto individual serving plates and serve with whipped cream.



PREP  
15  
MINS



Serves • 4

### COOK'S NOTES

If the lima beans seem tough, put them in a bowl and cover with hot water before using. Let stand for 10 minutes to soften, then drain well.



PREP  
15  
MINS

COOK  
2  
HRS

Serves • 6

*Serve with...  
Fresh watercress is an ideal  
accompaniment to this dish.*



PREP  
15  
MINS

COOK  
12  
MINS

Serves • 4

**Special equipment** • 4 x 8fl oz (200ml) ramekins

*Cheat...  
Assemble these the day  
before, cover, and refrigerate  
until ready to bake.*

## Crab salad with grapefruit and cilantro

A great seafood salad with a sprinkling of greens.

### INGREDIENTS

#### For the dressing

3 tbsp olive oil  
1 tbsp white wine vinegar  
pinch of sugar  
sea salt and freshly ground  
black pepper

12oz (350g) cooked fresh, thawed frozen,  
or canned white crabmeat  
handful of baby salad leaves  
handful of fresh cilantro leaves  
2 pink grapefruits, segmented

### METHOD

1. In a small bowl, whisk together the oil, vinegar, and sugar for the dressing. Season with sea salt and black pepper.
2. In a bowl, combine the crabmeat with a drizzle of the dressing. Divide the salad leaves and half of the cilantro leaves among 4 serving plates, and scatter the grapefruit.
3. Drizzle the remaining dressing over the salads. Divide the crabmeat

among the plates, spooning it neatly on top of the leaves. Sprinkle with the remaining cilantro leaves, and serve at once.

## Pasta with meat sauce

A comforting and satisfying main course.

### INGREDIENTS

1 tbsp olive oil  
1 onion, finely chopped  
2 garlic cloves, finely chopped  
8-10oz (300g) beef, such as rump steak,  
cut into bite-sized chunks  
1 beef bouillon cube, crumbled  
2 cups hot water  
8oz (225g) cold leftover cooked pasta, such  
as penne, farfalle, or fusilli  
handful of grated Parmesan cheese  
handful of flat-leaf parsley leaves,  
finely chopped  
sea salt and freshly ground black pepper

### METHOD

1. Heat the oil in a large frying pan over low heat. Add the onion and a pinch of salt, and cook gently for 5 minutes or until soft. Stir in the garlic, and cook for a few seconds more. Now add the beef and cook over high heat for a few minutes until browned all over. Sprinkle with the bouillon cube, pour in the water, and bring to a boil, scraping up any browned bits from the bottom of the pan with a wooden spoon. Reduce

the heat slightly, and leave to simmer for 20 minutes.

2. Stir in the pasta, taste, and season well with salt and ground pepper. Cook 3-5 minutes, or until the pasta is heated through. Serve hot, with Parmesan cheese and parsley sprinkled over the top.

## Dark chocolate and white chocolate mousse

Round off a lavish meal with this smooth dessert.

### INGREDIENTS

4½oz (125g) good-quality  
semisweet chocolate  
4½oz (125g) good-quality  
white chocolate  
4 large eggs

### METHOD

1. Break the dark chocolate and the white chocolate into pieces and place in separate microwave-safe bowls. Microwave the chocolates, one bowl at a time, on medium for 1-2 minutes, or until just melted. Stir gently until smooth. Set aside to cool slightly.
2. Separate the eggs, adding 2 yolks to each bowl of chocolate, and stirring to blend. Whisk the egg whites with an electric mixer until fluffy peaks form. Fold half of the whipped whites

into the dark chocolate, stirring for a couple of minutes until the mixture is well-combined. Fold the other half of the whites into the white chocolate, in the same manner.

3. Divide the chocolate mixtures among 4 individual glass dishes, spooning them in layers, and finishing with a dark chocolate top. Cover and refrigerate until set, at least 3 hours or, ideally, overnight.





**PREP**  
10  
MINS



Serves • 4

### COOK'S NOTES

Try to use fresh crabmeat, but drained canned crabmeat will also do. For a professional look, tightly pack the crabmeat for each serving in a small straight-sided pastry or biscuit cutter, then carefully slide it out, onto the leaves.



**PREP**  
15  
MINS

**COOK**  
30  
MINS

Serves • 4



**PREP**  
15  
MINS

Setting • 3 hours

Serves • 4

Special equipment • electric mixer

### COOK'S NOTES

Chocolate is sensitive to heating, especially white chocolate, and can burn or go grainy—in which case, you've lost it. Check the microwave frequently after about 30 seconds, then keep a constant eye on it. Use large eggs. If you only have small ones, increase the quantity to 6.

## Marinated squid salad

A luxurious starter with a kick.

### INGREDIENTS

10oz (300g) small squid,  
gutted and cleaned  
7 tbsp olive oil  
salt and freshly ground black pepper  
2 tbsp white wine vinegar  
3 garlic cloves, crushed  
1 tsp paprika  
handful of fresh flat-leaf parsley,  
finely chopped

### METHOD

1. Cut the squid into pieces—a mixture of strips and rings—and brush with a little of the oil and season well.
2. Heat 1 tbsp of the oil in a frying pan, add the squid, and cook over a medium heat, stirring constantly, for 2–3 minutes, or until the squid is cooked. Remove from the heat and transfer to a serving bowl.

3. Mix the remaining oil with the vinegar, garlic, paprika, and parsley, then season with salt and pepper. Pour over the squid, combine well, and leave to marinate for at least 30 minutes.

## Chili con carne

Spanish for “peppers with meat,” this spicy stew is perfect for a hearty meal.

### INGREDIENTS

6 tbsp olive oil  
3 large onions, diced  
2½lb (1.1kg) lean ground beef  
¾ cup dry sherry  
8 garlic cloves, chopped  
4 green bird’s-eye chiles, finely chopped  
1 tsp cayenne pepper  
1 tsp paprika  
2 x 14oz (400g) cans kidney beans, drained  
4 bay leaves  
3 x 14oz (400g) cans chopped tomatoes  
2 tsp dried oregano  
sea salt and freshly ground black pepper

### METHOD

1. Heat the oil in a large heavy-based pan, add the onions, and cook for 5 minutes, or until starting to soften. Add the meat and cook over medium heat, stirring, until no longer pink. Stir in the sherry and garlic and cook for 1 minute, then add the chiles, cayenne, and paprika and cook for 5 minutes.
2. Add the kidney beans and bay leaves, cook for 2 minutes, then add the tomatoes and oregano. Bring to a

boil, season, then simmer over low heat for 40 minutes, stirring occasionally.

3. Let cool completely, then transfer to a freezer-proof container (or 4 freezer bags—2 portions per bag), seal, and freeze for up to 3 months.

4. To serve, defrost in the refrigerator overnight, then heat to a saucepan, stirring frequently, for 5 minutes or until piping hot.

## Chocolate biscuit cake

Make this delicious dessert ahead of time, ready to serve anytime you want.

### INGREDIENTS

6oz (1½ sticks) butter, cut into pieces  
9oz (250g) semisweet chocolate, broken into pieces  
2 tbsp Lyle’s Golden Syrup or light corn syrup  
1lb (450g) digestive biscuits, coarsely crushed  
handful of plump golden raisins  
handful of natural almonds, coarsely chopped

### METHOD

1. Lightly grease an 8in (20cm) square baking pan. In a large saucepan, combine the butter, chocolate, and syrup. Cook over low heat, stirring, for 5–10 minutes, or until melted and smooth. Remove from the heat and stir in the biscuits, raisins, and almonds. Mix well, then press the mixture into the pan with

the back of a spoon. Refrigerate to cool completely, then wrap with plastic wrap, and freeze.



PREP  
15  
MINS

COOK  
5  
MINS

**Marinating** • 30 minutes  
**Serves** • 4

*Serve with...  
The squid is best served with  
a green salad and fresh  
crusty bread.*

57

STARTER



PREP  
30  
MINS

COOK  
40  
MINS



**Serves** • 8

57

MAIN COURSE



PREP  
10  
MINS



**Serves** • 6  
**Special equipment** • a deep 8in (20cm)  
square pan

### COOK'S NOTES

To crush the digestive biscuits, put them in a plastic bag and bash with a rolling pin. Don't break them up too finely, though—you want the cake to have plenty of texture.

57

DESSERT

## Hot and sour chicken soup

Food for the soul, this is a hearty beginning to any meal.

### INGREDIENTS

2 cups hot vegetable or chicken stock  
 splash of soy sauce  
 2 skinless boneless chicken breast halves (preferably free-range), about 6oz (175g) each  
 2-4 tbsp Thai tom yum paste  
 1 bunch of scallions, sliced  
 8oz (225g) mushrooms, halved or quartered, if large  
 6 tomatoes, peeled and quartered  
 splash of Thai fish sauce, such as nam pla  
 sea salt and freshly ground black pepper

### METHOD

1. To poach the chicken, bring the stock and soy sauce to a boil in a large pan. Add the chicken, reduce the heat slightly, and simmer for 10-15 minutes until the chicken is cooked. Remove with a slotted spoon, and set aside. Slice or shred when cool enough to handle.
2. Stir the tom yum paste into the stock until it dissolves, then add the scallions, mushrooms, and tomatoes, and simmer for 5-8

minutes. Return the chicken to the pan.

3. If the liquid has reduced too much during cooking, add more stock. Add a splash of fish sauce, taste, and season accordingly with salt and pepper—or add more fish sauce. Serve hot.

## Wasabi beef and pak choi

Two complementary ingredients that serve up a mouthwatering dish.

### INGREDIENTS

2 tbsp olive oil  
 2 tsp wasabi paste  
 4 sirloin steaks, about 7oz (200g) each  
 7oz (200g) bok choy, cut lengthwise into 8 pieces  
 5 garlic cloves, finely chopped  
 1 tbsp soy sauce  
 sea salt and freshly ground black pepper

### METHOD

1. Heat the barbecue or charcoal grill until it is hot and any flames have subsided. Mix together 1 tbsp of the olive oil and the wasabi paste. Use the mixture to coat the sirloin steaks thinly and evenly.
2. Put the steaks on the barbecue and grill over high heat for about 3 minutes on each side. Transfer to a plate, and leave to rest in a warm place for 5 minutes.

3. Meanwhile, toss the bok choy in the remaining olive oil with the garlic and soy sauce. Grill on the barbecue for 2-3 minutes until charred and just wilted.

4. To serve, cut the steak into ½in (1cm) slices, and serve with the bok choy.

## Chocolate truffles

These delectable bite-sized chocolates are surprisingly easy to make.

### INGREDIENTS

4½oz (125g) good-quality semisweet chocolate, plus scant 1oz (25g), finely grated  
 drizzle of Baileys® Irish Cream liqueur or brandy  
 ¼ cup shelled and skinned Brazil nuts, finely chopped  
 ¼ cup dried cherries, chopped

### METHOD

1. Break the chocolate into small pieces and place in a microwave-safe bowl. Microwave on medium for 1-2 minutes or until just melted, then stir until smooth. Stir in the liqueur to blend, then stir in the nuts and cherries.
2. Leave to cool for 30 minutes, then scoop up a generous teaspoonful and form into a ball. Roll in the grated chocolate to coat, then place in a parchment-lined pan. Repeat with

the remaining chocolate mixture. Refrigerate the truffles for 30 minutes or until set. Serve as a sweet treat with coffee or espresso.





PREP  
10  
MINS

COOK  
20  
MINS



59

Serves • 4

*Cheat...*

*If you use cherry tomatoes,  
you don't have to peel  
them first.*

STARTER



PREP  
10  
MINS

COOK  
10  
MINS

59

Serves • 4

MAIN COURSE



PREP  
15  
MINS

Cooling • 30 minutes

Setting • 30 minutes

Makes • 12-14

59

**VARIATION**

Roll the chocolates in finely chopped toasted almonds or grated white chocolate instead.

DESSERT

## Chicken and corn soup

An interesting soup that makes the most of leftover roast chicken.

### INGREDIENTS

1 tbsp olive oil  
 2 tbsp (25g) butter  
 1 onion, finely chopped  
 2 x 12oz (350g) cans corn kernels, drained  
 12oz (350g) leftover roast chicken, skin removed, coarsely shredded  
 3 garlic cloves, finely chopped  
 4 cups hot chicken stock  
 sea salt and freshly ground black pepper  
 handful of flat-leaf parsley, finely chopped

### METHOD

1. Heat the olive oil and butter in a Dutch oven or large deep frying pan over low heat. Add the onion, and cook gently for about 5 minutes, or until soft.
2. Add 1 can of the drained corn into a food processor, and pulse on and off for a few times until the kernels are a chunky purée. Scrape this into the pan with the onion. Stir in the chicken and garlic, and season with sea salt and freshly ground black

pepper. Increase the heat slightly, and cook for a few minutes longer to blend flavors.

3. Now add the remaining corn and the stock, and bring to a boil. Reduce the heat slightly, and simmer for 20 minutes. Taste, and season again with salt and pepper if needed. Stir in the parsley just before serving.

## Beef stroganoff

A Russian dish of sautéed beef served in a sauce with sour cream.

### INGREDIENTS

scant 1oz (25g) dried porcini mushrooms  
 1 tbsp olive oil  
 1 onion, finely chopped  
 sea salt and freshly ground black pepper  
 12oz (350g) leftover roast beef, sliced into strips  
 $\frac{2}{3}$ - $1\frac{1}{4}$  cups hot vegetable or beef stock, as needed  
 $1\frac{1}{4}$  cups heavy whipping cream  
 pinch of hot red pepper flakes

### METHOD

1. Soak the porcini mushrooms in  $1\frac{1}{4}$  cups boiling water for 30 minutes.
2. Heat the olive oil in a large frying pan over low heat. Add the onion, and sweat gently for 5 minutes until soft. Season with sea salt and pepper.
3. Drain the mushrooms (reserve the liquid), and add to the onion, along with the beef. Pour the

mushroom soaking liquid through a fine nylon sieve, and add to the pan with about half of the stock. Bring to a boil, then reduce the heat to a simmer. Add the cream and hot red pepper flakes, and simmer gently for about 20 minutes, adding more of the stock as needed.

4. Taste and adjust the seasoning as needed, and serve hot.

## Mocha pots

Say no to a post-dinner coffee and dig into coffee-flavored chocolate instead.

### INGREDIENTS

$5\frac{1}{2}$ oz (150g) semisweet chocolate, broken into pieces, plus a little extra, shaved with a vegetable peeler, for garnish (optional)  
 2 tbsp butter, cut into pieces  
 4 large eggs, at room temperature, separated  
 pinch of sea salt  
 $\frac{1}{3}$  cup granulated sugar  
 3 tbsp brewed espresso or strong coffee, at room temperature  
 $\frac{2}{3}$  cup heavy whipping cream  
 unsweetened cocoa powder, for dusting

### METHOD

1. Melt the chocolate and butter in a bowl set over a pan of simmering water. Stir on and off until smooth. Set aside and cool to room temperature. Place the egg whites with a pinch of salt in a bowl and beat with an electric mixer until stiff peaks form. Whisk in the sugar 1 tbsp at a time until the mixture is stiff and shiny.
2. Stir the egg yolks into the cooled chocolate mixture, one at a time.

Fold the egg-white mixture into the chocolate mixture, then stir in the espresso. Spoon the mixture evenly into the ramekins, leaving room for whipped cream. Place the cream in a bowl and beat with an electric mixer until soft peaks form. Spoon the cream over the top of each mocha pot, then freeze until solid. Dust with cocoa powder and garnish with shaved chocolate (optional) before serving.



PREP  
10  
MINS

COOK  
30  
MINS



61

Serves • 4  
Special equipment • blender  
or food processor

STARTER



PREP  
15  
MINS

COOK  
30  
MINS

61

Soaking • 30 minutes  
Serves • 4

*Serve with...  
Fluffy white rice or noodles  
are perfect accompaniments  
to this dish.*

MAIN COURSE



PREP  
30  
MINS



61

Makes • 6-8  
Special equipment • electric mixer  
• 6 x 5fl oz (150ml) or 8 x 4fl oz (125ml)  
freezer-proof ramekins

DESSERT

## Hot and sour coconut broth

Infuse the stock with authentic Thai flavors for that extra zing.

### INGREDIENTS

5 cups hot chicken stock  
 1 x 14oz (400g) can unsweetened coconut milk, well shaken  
 4 tbsp Thai fish sauce, such as nam pla  
 1 tbsp soy sauce  
 2–3 tsp Thai tom yum paste  
 2 tsp palm sugar, demerara (raw) sugar, or brown sugar  
 2 kaffir lime leaves (optional)  
 scant 1oz (25g) mixed dried mushrooms (such as shiitake, oyster, and porcini), rinsed well, coarsely chopped  
 sea salt

### METHOD

1. Bring the chicken stock to a boil in a large saucepan. Stir in the coconut milk, and continue boiling for about 5 minutes.
2. Reduce the heat to a simmer, then add the fish sauce, soy sauce, tom yum paste, sugar, lime leaves, and mushrooms. Continue to simmer gently over low heat for about 20 minutes until the mushrooms are tender.

3. Taste, and season with salt if needed, or add a little more sugar, fish sauce, or soy sauce. Serve hot in small bowls.

## Roast rib of beef

A classic dish that's always the king at the table.

### INGREDIENTS

5lb (2.3kg) beef rib roast, bone in (2 ribs)  
 olive oil  
 sea salt and freshly ground black pepper  
 1–2 tbsp coarse-grain mustard

### METHOD

1. Preheat the oven to 400°F (200°C). Rub the beef all over with olive oil, and season with salt and pepper.
2. Place the beef bones-side-down in a roasting pan, and rub the mustard over the fatty area. Roast for about 15 minutes until it begins to brown, then reduce the oven temperature to 350°F (180°C). Roast for 1 hour or until the meat reaches the desired doneness (*see Cook's Notes*).

3. Remove the beef from the oven, and leave to rest, loosely covered, in a warm place for about 20 minutes. Slice and serve with Yorkshire pudding, roasted potatoes, horseradish sauce, and seasonal vegetables or a salad of your choice. Remember to save your beef bones for making stock.

## Mini chocolate éclairs

Impress your guests with this decadent dessert, a perfect accompaniment to after-dinner coffee.

### INGREDIENTS

6 tbsp butter, cut into pieces  
 1½ cups all-purpose flour  
 3 large eggs, lightly beaten  
 2 cups heavy cream  
 7oz (200g) semisweet chocolate

### METHOD

1. Preheat the oven to 400°F (200°C). Melt the butter in a pan with 2 cups cold water, then bring to a boil. Remove from the heat, and stir in the flour. Beat well with a wooden spoon until well combined.
2. Lightly beat the eggs and add to the flour and butter mixture a little at a time, beating constantly. Transfer to a piping bag when the mixture becomes smooth and comes away easily from the sides of the pan.

3. Pipe 2in (5cm) lengths of mixture onto 2 baking sheets lined with parchment paper. Bake for 20 minutes, then make a slit down the side of each one. Return to oven for 5 minutes. Remove and leave to cool.

4. Whisk the cream until soft peaks form. Spoon or pipe into each éclair. Place the chocolate in a heatproof bowl over a pan of simmering water and stir smooth. Spoon over the éclairs and serve.




**PREP**  
10  
MINS

**COOK**  
30  
MINS

Serves • 4


**PREP**  
10  
MINS

**COOK**  
1 1/4  
HRS

Serves • 4, plus leftovers

### COOK'S NOTES

Always preheat the oven so it is at the correct temperature before the meat goes in. For beef on the bone: for rare, cook 10-12 minutes per pound (450g) plus 12 minutes; for medium, cook 12-15 minutes per pound (450g) plus 12 minutes; for well-done, cook 18-20 minutes per pound (450g) plus 18 minutes.


**PREP**  
30  
MINS

**COOK**  
30  
MINS

**Makes • 30**  
**Special equipment •** electric mixer  
 • piping bag

### COOK'S NOTES

You can make these ahead of time. At the end of step 3, place the éclairs in an airtight container and store for up to 2 days, or freeze.

## Chili beef and bean soup

This chunky soup is guaranteed to keep out the winter chill.

### INGREDIENTS

2 tbsp olive oil  
2 onions, finely chopped  
sea salt and freshly ground black pepper  
2 red peppers, seeded and finely chopped  
2-3 red chiles, seeded and finely chopped  
1¼lb (550g) beef stew meat, cut into  
1 in (2.5cm) cubes  
1 tbsp all-purpose flour  
2 quarts (2.3 liters) hot beef stock  
2 x 14oz (400g) cans kidney beans, drained  
handful of flat-leaf parsley, finely chopped,  
to serve

### METHOD

1. Heat the oil in a large heavy-based pan, add the onions, and cook over low heat for about 6-8 minutes or until soft. Season with salt and pepper, then stir in the peppers and chiles and cook for 5 minutes. Add the meat and cook, stirring frequently, for 5-10 minutes or until beginning to brown all over.
2. Sprinkle in the flour, stir well, then cook for 2 minutes. Add the stock, bring to a boil, then cover with a lid

and reduce to a simmer. Cook for 1½ hours or until the meat is tender. Add the kidney beans and cook for 10 minutes more, then season to taste with salt and pepper.

3. Sprinkle finely chopped fresh flat-leaf parsley and serve.

## Stuffed fillet steak with chili and parsley butter

An irresistible main course, best when grilled or barbecued.

### INGREDIENTS

4 sirloin steaks, about 8oz (225g) each,  
cut to a minimum 1in (2.5cm) thick  
4½oz (125g) cream cheese  
1 tbsp olive oil  
sea salt and freshly ground black pepper

### For the chili and parsley butter

5 tbsp salted butter  
1 tsp hot red pepper flakes  
2 tbsp finely chopped flat-leaf  
parsley leaves

### METHOD

1. To make the chili and parsley butter, mix together all the ingredients in a bowl until well combined. Form into a sausage shape, and place on a piece of parchment paper. Roll up into a tube, twist each end of the paper, and chill for 30 minutes.
2. Heat the barbecue until hot. Take each fillet steak and, using a thin pointed knife, pierce the side and move the knife from side to side to

create a cavity, trying not to increase the size of the opening too much. Place a portion of the cream cheese into each opening. Do not overstuff.

3. Grill the steaks on the barbecue over high heat for 3 minutes on each side, turning once. Set on a plate, and let rest for 5 minutes.

## Chocolate steamed pudding

A simple, yet decadent, way to round off a perfect meal.

### INGREDIENTS

8 tbsp (1 stick) butter  
⅔ cup granulated sugar  
3 large eggs  
¾ cup all-purpose flour  
2 tbsp unsweetened cocoa powder  
2 tsp baking powder  
¼ cup ground almonds

### For the chocolate sauce

4 tbsp (½ stick) butter  
4½oz (125g) semisweet chocolate, broken  
into pieces  
2-3 tbsp heavy whipping cream

### METHOD

1. Melt the butter in a microwave-safe container or in a saucepan and set aside to cool slightly. Combine the sugar and eggs in a bowl and beat with an electric mixer until pale and creamy. Sift in the flour, cocoa powder, and baking powder, then add the almonds and melted butter. Beat well until light and fluffy.
2. Scrape the mixture into a 1-quart (1.2-liter) microwave-safe, freezer-safe pudding bowl. Cover with plastic

wrap and microwave on high for 5-6 minutes.

3. Make the chocolate sauce by melting the butter and chocolate together in a saucepan over low heat. Stir in the cream to thicken. Pour the sauce over the pudding and serve hot.



PREP  
20  
MINS

COOK  
2  
HRS



Serves • 8

### COOK'S NOTES

You can freeze the soup for up to 3 months. Cool completely and transfer to a sealed, freezerproof container. Ensure the meat is covered and add a little more stock if it is not.



PREP  
20  
MINS

COOK  
6  
MINS

Serves • 4

### To serve...

Serve on a bed of baby spinach leaves with a dollop of the chili and parsley butter on top.



PREP  
15  
MINS

COOK  
6  
MINS



Serves • 4

Special equipment • electric mixer

### Cheat...

Instead of making the chocolate sauce, use a ready-made one. Heat it through just before serving.

## Split pea and bacon soup

This classic soup is a great way to kickstart a meal.

### INGREDIENTS

2 tbsp olive oil  
15oz (425g) bacon or pancetta, chopped into bite-sized pieces  
2 onions, finely chopped  
sea salt and freshly ground black pepper  
4 celery ribs, finely chopped  
4 carrots, finely chopped  
1¼lb (550g) yellow split peas  
6 cups hot vegetable stock

### METHOD

1. Heat half the oil in a large heavy-based pan, add the bacon or pancetta, and cook over medium heat, stirring occasionally, for 5 minutes or until crispy. Remove with a slotted spoon and set aside. Heat the remaining oil in the pan, add the onions, and cook over low heat for 6–8 minutes or until soft. Season with salt and pepper, then add the celery and carrots and cook over low heat for 5 minutes.

2. Add the peas and stock and bring slowly to a boil. Cover, reduce to a simmer, and cook for 2 hours or until the peas are tender. Check occasionally and add hot water if the soup begins to look too thick. Transfer to a food processor or blender and process until smooth and blended. Return the bacon or pancetta to the pan, then season with salt and pepper.

## Beef stew with orange and bay leaves

This traditional stew resonates with the citrus flavor of ripe oranges.

### INGREDIENTS

3 tbsp olive oil  
3lb (1.35kg) beef stew meat, cut into bite-sized pieces  
sea salt and freshly ground black pepper  
1½ cups dry white wine  
3 bay leaves  
6 cups hot vegetable stock  
2 cinnamon sticks  
2 x 14oz (400g) cans chickpeas, drained, rinsed, and drained again  
2 oranges, peeled and sliced into rings  
handful of fresh cilantro, finely chopped, to serve

### METHOD

1. Preheat the oven to 350°F (180°C). Heat the oil in a large cast-iron pan or casserole, add the meat, season, and cook over medium heat, stirring occasionally, for 10 minutes or until brown on all sides. Carefully add the wine (it will spit) then stir the meat around the pan and allow the liquid to bubble for a couple of minutes while the alcohol evaporates.
2. Add the bay leaves, then pour in the stock. Add the cinnamon and

nutmeg and season again with salt and pepper. Bring to a boil, add the chickpeas, then cover with a lid and put in the oven to cook for 1 hour. Add the oranges and cook for 30 minutes.

3. Stir in the cilantro and serve with fresh crusty bread.

## White chocolate and raspberry trifle

A colorful and summery combination of berries and chocolate.

### INGREDIENTS

8–10oz (300g) plain sponge cake  
1½lb (675g) fresh or frozen raspberries, thawed  
1lb (450g) mascarpone cheese  
1 cup heavy whipping cream  
7oz (200g) white chocolate

### METHOD

1. Slice the cake into ¾in (2cm) slices and use to line the bottom and sides of a large glass serving bowl or 6–8 individual glass dishes. Squash the raspberries lightly so they release some of their juices. Spoon half over the sponge cake. Place in the refrigerator for at least 15 minutes.
2. Meanwhile, combine the mascarpone and cream in a bowl and beat until blended. Break three-quarters of the chocolate into small

pieces and place in a heatproof bowl. Place the bowl over a pan of simmering water and stir until the chocolate has melted. Spoon half over the raspberries and mix half with the mascarpone and cream.

3. Add the rest of the cream mixture and the remaining raspberries to the trifle(s) in layers, ending with the cream topping. Grate the remaining chocolate over the top. Refrigerate for 15–30 minutes, then serve.





**PREP**  
15  
MINS

**COOK**  
2¼  
HRS



**Serves** • 8  
**Special equipment** • large heavy-based pan • blender or food processor

*Serve with...  
Serve this soup piping hot  
with fresh crusty bread.*

67

STARTER



**PREP**  
30  
MINS

**COOK**  
1½  
HRS



**Serves** • 8  
**Special equipment** • large cast-iron pan or flameproof casserole

67

MAIN COURSE



**PREP**  
25  
MINS

**Chilling** • 30 minutes  
**Serves** • 6-8

**VARIATION**

Use 2 cans of black cherries in syrup. Drain the fruit, reserving the syrup. Spoon 2 tbsp of it over the cake.

67

DESSERT

## Chestnut and bacon soup

A filling winter soup, designed to be made from foraged chestnuts.

### INGREDIENTS

2 tbsp olive oil  
2 onions, finely chopped  
9oz (250g) bacon or pancetta, chopped into bite-sized pieces  
4 garlic cloves, finely chopped  
1 tbsp rosemary leaves, finely chopped  
sea salt and freshly ground black pepper  
3 x 7oz (200g) packs roasted chestnuts, chopped  
4 cups hot chicken stock

### METHOD

1. Heat the oil in a large pan, add the onions, and cook over low heat for 5–8 minutes or until soft. Add the bacon or pancetta and cook for 5 minutes or until crispy. Stir in the garlic and rosemary, then season with salt and pepper.
2. Stir in the chestnuts, pour in the stock, and bring to a boil. Lower the heat and simmer for 15–20 minutes. Using a slotted spoon, remove a few spoonfuls of the bacon and set aside.

Purée the rest of the soup in a food processor. Season again if needed, then add the reserved bacon pieces.

3. Serve with a drizzle of extra virgin olive oil and fresh crusty bread.

## Beef scallops with anchovies, capers, and olives

A classic dish with a fusion of flavors.

### INGREDIENTS

2 sirloin (rump) steaks, 6–8oz (175–225g) each, cut in half  
6 anchovies, drained and chopped  
2 tsp capers, rinsed and drained  
handful of pitted black olives  
3 tbsp olive oil  
small handful of fresh basil leaves, torn  
2 handfuls of wild arugula leaves  
juice of ½–1 lemon  
sea salt

### METHOD

1. First, prepare the scallops. Working with one piece of steak at a time, sandwich them between 2 sheets of plastic wrap, and pound with a meat tenderizer or a rolling pin until they are paper-thin.
2. In a bowl, pound the anchovies, capers, and half of the olives to form a coarse paste—it shouldn't need seasoning, as the anchovies will be salty enough. Now smear the paste evenly over each beef scallop.

3. Heat 1 tbsp of the oil in a large nonstick frying pan over high heat. Cook the scallops two at a time, adding another tablespoon of the oil for the second batch. Cook for 2–4 minutes on each side.

4. Dress the arugula with the remaining 1 tbsp olive oil, the lemon juice, and a pinch of salt. Toss with the remaining olives.

## Baked chocolate mousse

A delectable mousse that boasts a delicious gooey center.

### INGREDIENTS

9oz (250g) unsalted butter, cubed  
12oz (350g) bittersweet or semisweet chocolate, broken into pieces  
1½ cups light brown sugar (packed)  
5 large eggs, separated  
pinch of salt  
unsweetened cocoa powder or confectioner's (powdered) sugar

### METHOD

1. Preheat the oven to 350°F (180°C). Line a 9in (23cm) springform pan with a removable bottom with parchment paper. In a heatproof bowl set over a pan of simmering water, melt the butter and chocolate until smooth and glossy. Remove from the pan and allow to cool slightly. Stir in the sugar, and then the egg yolks, one at a time.
2. Put the egg whites in a mixing bowl with a pinch of salt and beat

with an electric mixer until soft peaks form. Gradually fold into the chocolate mixture, then pour into the prepared cake pan. Bake for 45 minutes to 1 hour, or until the edges appear set but the center still wobbles slightly. Leave to cool completely, then loosen the edges with a knife and release the springform. Remove and dust with cocoa powder or confectioner's sugar before serving.



PREP  
15  
MINS

COOK  
30  
MINS



Serves • 8  
Special equipment • blender or food processor

69

STARTER



PREP  
10  
MINS

COOK  
20  
MINS

Serves • 4

*To serve...  
Top the steak with the torn basil leaves, and serve alongside the salad.*

69

MAIN COURSE



PREP  
20  
MINS

COOK  
1  
HR

Serves • 8-12  
Special equipment • 9in (23cm) loose-bottomed or springform cake pan • electric mixer

*Be careful...  
Do not overcook the mousse or it will turn into a cake.*

69

DESSERT

## Pork and yellow split pea soup

Be sure to rinse the peas well, because they can sometimes be a little gritty.

### INGREDIENTS

1 tbsp olive oil  
 1 tbsp butter  
 1 onion, finely chopped  
 3 garlic cloves, finely chopped  
 sea salt and freshly ground black pepper  
 1 cup dried yellow split peas,  
 picked over and rinsed  
 6 cups hot vegetable or chicken stock  
 12oz (350g) leftover roast pork,  
 cut into bite-size cubes  
 handful of curly-leaf parsley,  
 finely chopped

### METHOD

1. Heat the olive oil and butter in a medium-sized soup pot over low heat. Add the onion, and cook gently for about 5 minutes until soft. Stir in the garlic, and cook for a few seconds longer until fragrant. Season with salt and pepper.
2. Stir in the split peas, and pour in the stock. Bring to a boil, and boil rapidly for about 10 minutes. Reduce the heat slightly, stir in the pork, and simmer gently for another

40 minutes, adding a little hot water if the soup gets too thick. Season well, and stir in the parsley just before serving.

## Pasta with beef and mushroom sauce

Whip up this impromptu yet hearty dish with readily available ingredients.

### INGREDIENTS

1 tbsp olive oil  
 1 onion, finely chopped  
 1¼lb (500g) lean ground beef  
 8oz (200g) mushrooms, chopped  
 2 garlic cloves, finely chopped  
 pinch of oregano  
 1 x 14oz (400g) can diced tomatoes  
 1 tsp prepared basil pesto  
 12oz (350g) dried tortiglioni or other  
 tube-shaped pasta  
 sea salt and freshly ground  
 black pepper

### METHOD

1. Heat the oil in a large frying pan, add the onion, and cook over low heat for 5 minutes or until soft. Season well with salt and pepper, then stir in the ground beef and cook, stirring and breaking up any large chunks, until no longer pink, about 5 minutes.
2. Add the mushrooms, garlic, oregano, and tomatoes with their juices and stir well. Simmer for 10

minutes, then stir the in the pesto. Taste, and season again, if needed.

3. Meanwhile, cook the pasta as the package directs, or until it is tender yet still firm to the bite. Drain, reserving a small amount of the cooking water. Return the pasta to the pot and toss together with the reserved cooking water. Add the meat sauce and toss again. Serve immediately.

## Mixed berries with white chocolate sauce

A heavenly treat for the eyes and the palate.

### INGREDIENTS

1lb (450g) package frozen mixed berries,  
 such as raspberries, strawberries, and  
 blackberries  
 4½oz (125g) best-quality white chocolate,  
 chopped, plus extra to grate (optional)  
 ¾ cup heavy whipping cream

### METHOD

1. Divide the berries among 4 dessert bowls. Combine the chocolate and cream in a small heavy saucepan. Cook over very low heat, stirring constantly, just until melted and smooth. Do not let the mixture boil.
2. Pour the warm chocolate mixture over the frozen berries, and serve topped with grated white chocolate, if you wish.





PREP  
15  
MINS

COOK  
45  
MINS



Serves • 4

### VARIATION

Add some cubed pancetta or a few chopped bacon pieces, if you wish. Add when the onions have softened, and cook until golden.

71

STARTER



PREP  
10  
MINS

COOK  
25  
MINS



Freeze • The sauce can be frozen.  
Serves • 4

### Cheat...

Chop canned tomatoes while they are still in the can, with a pair of scissors or a knife.

71

MAIN COURSE



PREP  
5  
MINS

COOK  
5  
MINS

Serves • 4

### COOK'S NOTES

Drizzle in some of your favorite liqueur, such as a whisky, to the melted chocolate.

71

DESSERT

## Tomato and chorizo soup

A yummy dish that can be served in small bowls as part of a tapas evening.

### INGREDIENTS

2 tbsp olive oil  
 9oz (250g) chorizo, cut into small cubes  
 2 red onions, finely chopped  
 4 celery stalks, finely diced  
 4 carrots, finely diced  
 3 garlic cloves, finely chopped  
 sea salt and freshly ground black pepper  
 1 x 28oz (800g) can diced tomatoes  
 4 cups hot vegetable stock  
 2 x 14oz (400g) cans chickpeas, drained  
 handful of fresh cilantro, finely chopped,  
 to serve

### METHOD

1. Heat half the oil in a large heavy-based saucepan, add the chorizo, and cook over medium heat, stirring occasionally, until beginning to crisp. Remove and set aside.
2. Heat the remaining oil in the pan, add the onions, and cook over low heat for 6–8 minutes or until soft. Stir in the celery, carrots, and garlic, season with salt and pepper, then cook over low heat, for 8 minutes or until tender. Add the pureed

tomatoes, stock, and chickpeas and simmer for 15 minutes. Return the chorizo to the pan, then taste and season again if needed.

3. Stir in the coriander and serve.

## Filet mignon with horseradish cream

This culinary match is hard to beat.

### INGREDIENTS

4 filet mignon or rib-eye steaks,  
 about 10oz (300g) each  
 2 tbsp olive oil  
 1 garlic clove, crushed  
 sea salt and freshly ground  
 black pepper

### For the horseradish cream

1 cup mascarpone cheese  
 1 tbsp freshly grated horseradish  
 juice of ½ lemon  
 1 tsp good-quality balsamic vinegar

### METHOD

1. Put the steaks in a large shallow dish. Add the oil and garlic, and season with sea salt and black pepper. Coat the steaks well.
2. Heat the barbecue or charcoal grill until hot. Grill the steaks over high heat for 5 minutes on each side or until cooked to your liking, brushing lightly with the oil mixture while cooking. Remove to a plate, cover with foil, and leave to rest in a warm place for 10 minutes.

3. To make the horseradish cream, put the mascarpone in a bowl, and stir in the horseradish, lemon juice, and balsamic vinegar. Season with a little black pepper. Divide the steaks among 4 warmed serving plates, and serve with a dollop of the horseradish cream.

## Dark chocolate and lemon mousse

Trade Limoncello for brandy if you want to bring an added kick to this dessert.

### INGREDIENTS

4½oz (125g) good-quality  
 dark chocolate  
 3 tbsp Limoncello liqueur  
 2 large or 3 small eggs

### METHOD

1. Break the chocolate into pieces and place in a microwave-safe bowl. Microwave on medium for 1–2 minutes, or until melted, then stir until glossy and smooth. Stir in the Limoncello.
2. Separate the eggs, then place the egg whites in a bowl and whisk with an electric hand mixer until soft peaks form. Add the egg yolks to the chocolate mixture and stir to combine. Fold in the egg whites and

beat for a couple of minutes until smooth. Allow to cool.

3. Spoon into 4 glass serving dishes or ramekins and put in the refrigerator to set for at least 3 hours or overnight.



PREP  
20  
MINS

COOK  
40  
MINS



73

Serves • 8

### COOK'S NOTES

Freeze this soup for up to 3 months. To serve, defrost overnight in the refrigerator, then transfer to a pan and heat until piping hot.

STARTER



PREP  
10  
MINS

COOK  
10  
MINS

73

Serves • 4

MAIN COURSE



PREP  
15  
MINS

73

Setting • 3 hours

Serves • 4

Special equipment • electric mixer

### COOK'S NOTES

This contains raw eggs, so is best avoided by children and the elderly.

DESSERT

## Scotch broth

Also known as barley broth soup, this Scottish dish often tastes better when reheated.

### INGREDIENTS

1lb (450g) lamb neck  
sea salt and freshly ground black pepper  
2 tbsp olive oil  
1 onion, finely chopped  
4 carrots, finely chopped  
4 celery stalks, finely chopped  
2 cups hot chicken stock  
8oz (225g) pearl barley  
handful of curly-leaf parsley,  
finely chopped

### METHOD

1. Put the lamb in a large saucepan, cover with cold water, and season with salt and pepper. Bring to a boil, then simmer for 30 minutes or until cooked. Remove with a slotted spoon, let cool slightly, then shred and set aside. Reserve the cooking liquid.
2. Heat the oil in a large saucepan, add the onion, and cook over low heat for 5 minutes or until soft. Add the carrots and celery and cook over very low heat for 10 minutes. Strain

the reserved liquid, then add to the pan, and pour in the stock. Season with sea salt and freshly ground black pepper, then add the pearl barley and lamb. Bring to a boil, then reduce to a simmer and cook over really low heat for 1 hour or until the pearl barley is cooked. Add some hot water if it begins to dry out too much. Stir in the parsley, then taste and season again with salt and pepper if needed. Serve with crusty bread.

## Thai-style minced pork with noodles

Take in the spicy aroma of minced pork as you enjoy this classic Oriental dish.

### INGREDIENTS

1 tbsp vegetable oil  
1½lb (675g) ground pork  
4 garlic cloves, finely grated  
pinch of sea salt  
2 fresh hot red chiles, finely chopped  
juice of 1 lime  
splash of Asian fish sauce  
splash of soy sauce  
handful of fresh cilantro (coriander),  
finely chopped  
medium rice noodles or rice, to serve

### METHOD

1. Heat the oil in a wok or large frying pan over a medium-high heat. Add the pork, garlic, and salt. Cook, stirring and tossing, until the pork is no longer pink.
2. Add the chiles, lime juice, fish sauce, and soy sauce, and stir-fry for 5 minutes longer.
3. Just before serving, sprinkle in the cilantro. Serve hot with noodles or rice.

## White chocolate and macadamia nut blondies

Drop in some dried, chopped cranberries to bring extra color and texture.

### INGREDIENTS

10oz (300g) white chocolate, chopped  
12 tbsp butter, cubed  
1½ cups granulated sugar  
4 large eggs  
2 cups all-purpose flour  
1 cup unsalted macadamia nuts,  
coarsely chopped

### METHOD

1. Preheat the oven to 400°F (200°C). Line the bottom and sides of a 13 x 9in (33 x 23cm) baking pan with parchment paper. In a bowl set over a saucepan of barely simmering water, melt the chocolate and butter together, stirring occasionally until smooth. Remove the bowl and set aside to cool for about 20 minutes.
2. Mix in the sugar (the mixture may become very thick and grainy, but the eggs will loosen it). Using a

balloon whisk, stir in the eggs one at a time, making sure each is well incorporated before adding the next. Gradually sift in the flour, fold it in, and then stir in the nuts. Scrape the mixture into the prepared pan, gently spreading it into the corners. Bake for 20 minutes, or until just firm to the touch on top but still soft underneath. Place the pan on a wire rack to cool completely, then cut into squares.





**PREP**  
20  
MINS

**COOK**  
1 3/4  
HRS



Serves • 8

### COOK'S NOTES

To freeze, let the broth cool completely, then transfer to a freezer-proof container. The lamb should be covered with liquid (add a little cold light chicken stock if it is not). Seal and freeze for up to 3 months.

75

STARTER



**PREP**  
10  
MINS

**COOK**  
15  
MINS



Serves • 4  
Special equipment • wok

### VARIATION

Add some finely chopped vegetables to the pork if you wish.

75

MAIN COURSE



**PREP**  
25  
MINS

**COOK**  
20  
MINS

Makes • 24  
Special equipment • 13 x 9in  
(33 x 23cm) baking pan

### COOK'S NOTES

When melting the chocolate, be careful that no water splashes into it—it will ruin the chocolate.

75

DESSERT

## Mussels in fennel broth

Opt for this classy seafood broth as an aromatic starter.

### INGREDIENTS

1 tbsp olive oil  
 1 onion, finely chopped  
 1 fennel bulb, trimmed and finely chopped  
 salt and freshly ground black pepper  
 2 garlic cloves, finely chopped  
 2 waxy potatoes, peeled and finely diced  
 1¼ cups hot vegetable stock  
 or light fish stock  
 1 x 14oz (400ml) can unsweetened  
 coconut milk  
 3lb (1.35kg) fresh mussels, cleaned  
 (see *Cook's Notes*)  
 handful of fresh basil leaves, torn

### METHOD

1. Heat the oil in a saucepan over low heat. Add the onion, fennel, and salt, then cook for 5 minutes until softened. Stir in the garlic and potatoes, and cook for 2 minutes until well coated.
2. Pour in the stock and bring to a boil. Stir in the coconut milk, reduce the heat slightly, and simmer gently for about 10 minutes. Bring back to a boil, add the mussels, and cover the pan. Cook for about 5 minutes

until the mussels are open (discard any that do not open).

3. To serve, stir in the basil, taste the broth, and season if needed. Serve hot.

## Caramelized pork tenderloin with pecans and apricots

A fusion of flavors makes this a perfect dish for the holiday season.

### INGREDIENTS

1–2 tsp brown sugar  
 1½lb (675g) pork tenderloin  
 (in one piece)  
 1 tbsp olive oil  
 1 tbsp butter  
 handful of pecan halves and pieces  
 handful of dried apricots, halved  
 splash of whiskey (optional)  
 1 cup heavy whipping cream

### METHOD

1. Rub the brown sugar all over the pork, then slice the pork crosswise into thick medallions.
2. Melt the butter in the oil in a frying pan over a medium-high heat. Brown the pork for 6–8 minutes, turning once, until golden on the outside and no longer pink inside. Add the pecans and apricots, and cook for a few more minutes.

3. Increase the heat to high, and add the whiskey. Let simmer for a couple of minutes until the smell of alcohol has disappeared. Reduce the heat to medium, stir in the cream, and let simmer for a few minutes longer. Serve hot with mashed potatoes.

## Rich chocolate cookies

A scrumptious, crispy dessert best when topped with chocolate sauce.

### INGREDIENTS

3½oz (100g) butter, at room temperature  
 ¼ cup sugar  
 1 cup all-purpose flour  
 ¼ cup cocoa powder  
 melted dark or milk chocolate,  
 to drizzle (optional)

### METHOD

1. Preheat the oven to 350°F (180°C). Line 2 baking sheets with parchment paper. In a bowl, mix the butter and sugar together with an electric mixer until pale and creamy. Sift in the flour and cocoa powder, and beat until the mixture comes together to form a dough. You may need to bring it together with your hands at the end.
2. Roll the dough into 16 balls, each about the size of a walnut, and place them on the baking sheets. Press the

middle of each one with your thumb to flatten it, or use a fork, which will decorate it at the same time. Bake for 20 minutes, then transfer to a wire rack to cool completely. Drizzle over the melted chocolate (if using), and allow to set before serving.



PREP  
10  
MINS

COOK  
20  
MINS

Serves • 4

### COOK'S NOTES

To clean the mussels, tip them into the sink and cover with plenty of cold water. Scrape them one by one, to remove any barnacles or hairy “beards,” and scrub. Throw away any that are open or badly cracked. Cook the rest immediately.

77

STARTER



PREP  
10  
MINS

COOK  
15  
MINS

Serves • 4

### COOK'S NOTES

This recipe works just as well with turkey or chicken breast. Cook in 1 tbsp of olive oil for 8 minutes until golden, then cook as per the recipe.

77

MAIN COURSE



PREP  
15  
MINS

COOK  
20  
MINS



Makes • 16

Special equipment • electric mixer

### COOK'S NOTES

Buy good-quality cocoa powder and chocolate (if using)—it will make all the difference.

77

DESSERT



## Tomato soup

Sometimes the best way to begin a meal is with this household favorite.

### INGREDIENTS

3 tbsp olive oil  
3 onions, finely chopped  
4 garlic cloves, finely chopped  
30 tomatoes (about 3lb/1.35kg), quartered  
sea salt and freshly ground black pepper  
2 tsp superfine sugar  
1 tbsp tomato paste or purée  
2½ cups hot vegetable stock  
⅔ cup heavy cream (optional), to serve

### METHOD

1. Heat the oil in a large, heavy soup pot, add the onions, and cook over low heat for 10 minutes, stirring so the onions don't burn. Stir in the garlic and tomatoes and season with salt and pepper. Add the sugar and tomato paste or purée, stir, then cook over very low heat for 30 minutes.
2. Pour in the stock, bring to a boil, then lower the heat and simmer for 10 minutes. Transfer to a food processor or blender and process

until blended and smooth. Taste and season again with salt and pepper if needed. Stir in the cream, if using, and serve with fresh crusty bread.

## Pilaf with chorizo, pancetta, and cranberries

A festive rice dish bursting with aromatic flavors.

### INGREDIENTS

1 tbsp butter  
1 tbsp olive oil  
1 onion, finely chopped  
2 garlic cloves, finely chopped  
3 celery ribs, finely chopped  
4½oz (125g) chorizo, sliced  
4½oz (125g) pancetta, cubed  
1½ cups rice  
2½ cups hot vegetable stock, or more as needed  
¼ cup dried cranberries  
handful of flat-leaf parsley, chopped  
sea salt and freshly ground black pepper

### METHOD

1. In a large nonstick frying pan, melt the butter in the oil over low heat. Add the onion and cook for about 5 minutes until soft. Add the garlic and celery, and cook for a few seconds more. Now add the chorizo and pancetta, and cook for another 5 minutes. Add in the rice, and stir well.
2. Pour in half of the stock and bring to a boil. Next, pour in the remaining stock, reduce the heat slightly, and

simmer gently for about 15 minutes. Stir in the cranberries.

3. Cook until the liquid has been absorbed and the rice is tender, adding a little more stock or water if the mixture appears dry. Taste, and season with salt and pepper if needed. Stir in the chopped parsley, and serve.

## All-in-one chocolate cake with fudge icing

Chocolate lovers will adore this cake topped with a rich, gooey icing.

### INGREDIENTS

1¾ cups self-rising flour  
¼ cup unsweetened cocoa powder  
1 tsp baking powder  
4 large eggs  
1 cup granulated sugar, plus 2 tbsp  
8oz (225g) butter, at room temperature  
1 tsp vanilla extract

### For the chocolate fudge icing

½ cup unsweetened cocoa powder  
1¼ cups confectioner's sugar  
4 tbsp butter, melted  
3 tbsp milk, plus little extra if needed

### METHOD

1. Preheat the oven to 350°F (180°C). Grease two 8in (20cm) cake pans, then line with parchment paper. Sift the flour, cocoa, and baking powder into a large bowl, and add all the other cake ingredients. Mix together until well combined. If the batter is too firm to easily drop off the beaters, add up to 2 more tbsp of hot water. Divide the batter evenly between the pans and smooth the tops.

2. Bake for 35–40 minutes, or until risen and firm. Let cool for 5 minutes before unmolding onto racks to cool completely.

3. Meanwhile, to make the icing, sift the cocoa powder and confectioner's sugar into a bowl, add the butter and milk, and beat until smooth. Add a little extra milk if the mixture is too thick. Spread over the tops of the 2 cooled cakes, then sandwich together.





PREP  
15  
MINS

COOK  
50  
MINS



Serves • 8  
Special equipment • blender  
or food processor

79

STARTER



PREP  
10  
MINS

COOK  
25  
MINS

Serves • 4

**VARIATION**

If you can't get  
cranberries, use  
dried apricots instead.

79

MAIN COURSE



PREP  
20  
MINS

COOK  
40  
MINS



Serves • 8-12  
Special equipment • 2 x 8in (20cm) round  
cake pans • electric hand whisk or mixer

**COOK'S NOTES**

You know the cakes are cooked  
when they start to shrink away  
from the edge of the pan.

79

DESSERT

## Potato and leek soup

This light, refreshing soup with a hint of spice is a perfect start to a summer meal.

### INGREDIENTS

1 tbsp olive oil  
1 onion, finely chopped  
4 leeks, sliced  
4 cups hot vegetable stock  
about 1lb (450g) leftover boiled potatoes,  
cut into bite-sized pieces (about 2½ cups)  
leaves from a few sprigs of fresh thyme  
sea salt and freshly ground black pepper

### METHOD

1. Heat the oil in a large saucepan over low heat. Add the onion, and cook for about 5 minutes until soft. Add the leeks, and cook for another 5 minutes. Season well with salt and pepper. Pour in the stock, and bring to a boil. Reduce the heat slightly, and simmer for about 10 minutes.
2. Add the potatoes, and sprinkle with the thyme leaves. Continue cooking until the potatoes are heated

through, then serve hot with some fresh crusty bread and a crisp green salad.

## Roast pork with bacon and endive

Sunday lunch doesn't come any better than this.

### INGREDIENTS

4lb (1.8kg) loin of pork  
or boneless rolled shoulder  
1 tbsp sea salt  
½ tbsp olive oil  
1lb (450g) shallots, peeled and halved,  
if large  
4 heads curly endive, trimmed  
12 slices bacon  
⅔ cup hard cider, apple cider,  
or unsweetened apple juice

### METHOD

1. Preheat the oven to 475°F (240°C). Rub the pork with the oil, then pat on the salt. Cook in the oven for 15–20 minutes or until crispy at the edges. Remove from the oven and reduce the temperature to 350°F (180°C).
2. Lift up the pork in the roasting pan, place the shallots underneath, then lower the pork on top. Drizzle with the cider and return to the oven to cook for 1 hour 40 minutes

(see *Cook's Notes*). Meanwhile, wrap the bacon evenly around each head of endive, and add to the pan for the last 40 minutes of cooking.

3. Remove the pork and keep warm while it rests for at least 20 minutes. Carve the roast and serve with the endive, potatoes of your choice, and applesauce on the side.

## Chocolate and buttercream Swiss roll

A tempting treat with a soft, creamy center.

### INGREDIENTS

3 large eggs  
6 tbsp granulated sugar  
½ cup all-purpose flour  
¼ cup unsweetened cocoa powder, plus  
extra for dusting  
5 tbsp butter, at room temperature  
1 cup confectioner's sugar, sifted, plus  
extra for dusting (optional)

### METHOD

1. Preheat the oven to 400°F (200°C). Place a large bowl over a pan of hot water, add the eggs and sugar, and beat with an electric mixer for 5–10 minutes, until the mixture is thick and creamy. Sift in the flour and cocoa powder and fold in gently.
2. Line the jelly roll pan with parchment paper, then pour the mixture into the pan and level the top. Bake for 10 minutes, until the cake is springy to the touch. Remove

from the oven, cover with a damp dish towel, and leave to cool.

3. Turn the cake out onto parchment paper dusted with cocoa powder. Put the butter in a bowl and beat with an electric mixer until creamy. Whisk in the confectioner's sugar a little at a time, then spread the mixture over the cake. Using the parchment paper to help you, roll the cake into a long cylinder, starting from one of the short sides and serve.



PREP  
5  
MINS

COOK  
30  
MINS



81

STARTER

Serves • 4

**VARIATION**

Add some chopped ready-cooked bacon or ham to the soup



PREP  
10  
MINS

COOK  
2  
HRS

81

MAIN COURSE

Serves • 4

**COOK'S NOTES**

To calculate the exact cooking time for the pork, allow 25 minutes per pound (450g), plus an extra 20 minutes. That's 2 hours in all for a 4lb (1.8kg) roast.



PREP  
25  
MINS

COOK  
10  
MINS



81

DESSERT

Serves • 8

**Special equipment** • electric mixer  
• 8 x 12in (20 x 30cm) jelly roll pan

**COOK'S NOTES**

Swiss roll tends to go dry quite quickly, so it's best enjoyed on the same day it is made.



## Thick vegetable soup

A substantial soup using wholesome ingredients.

### INGREDIENTS

2 tbsp olive oil  
2 onions, finely chopped  
sea salt and freshly ground black pepper  
4 garlic cloves, finely chopped  
1 tbsp finely chopped rosemary leaves  
4 celery ribs, finely chopped  
4 carrots, finely chopped  
4 zucchini, finely chopped  
1 x 28oz (800g) can whole tomatoes, chopped in the can  
4 cups hot vegetable stock  
handful of flat-leaf parsley, finely chopped

### METHOD

1. Heat the oil in a large pan, add the onions, and cook over low heat for 6–8 minutes or until soft. Season with sea salt and freshly ground black pepper, then add the garlic, rosemary, celery, and carrots and cook over low heat, stirring occasionally, for 10 minutes.
2. Add the zucchini and cook for 5 minutes, then stir in the tomatoes and squash with the back of a fork. Add the stock, bring to a boil, then

reduce to a simmer and cook for 20 minutes. Season with salt and pepper, then stir in the parsley.

3. Let cool completely, then transfer to a freezer-proof container, seal, and freeze for up to 3 months.

4. To serve, defrost in the refrigerator overnight, then transfer to a pan and heat until piping hot. Serve with fresh crusty bread.

## Pizza bianca with prosciutto, arugula, and mozzarella

For a more traditional pizza, add some diced tomato along with the arugula.

### INGREDIENTS

1 ball pizza dough  
all-purpose flour, for dusting  
semolina flour or cornmeal  
8oz (200g) mozzarella cheese, torn into chunks  
4 thin slices prosciutto, whole or cut into strips  
handful of wild arugula leaves  
freshly ground black pepper

### METHOD

1. Preheat the oven to 475°F (245°C). Put a heavy baking sheet in the oven to get hot. (They both need to be really hot before cooking the pizza.)
2. Place the dough on a floured surface and use a rolling pin to roll it out as thin as you can—about 10–12in (25–30cm) in diameter. Brush the hot baking sheet with oil, sprinkle with semolina, and place the dough on top.

3. Top the crust with the mozzarella, season with freshly ground black pepper, and bake for 10 minutes or until the crust is crispy and the top is bubbling. Drape the prosciutto over the top, scatter evenly with arugula, season again with pepper, and serve.

## Chocolate and hazelnut brownies

Chopped walnuts or pecans work well in place of hazelnuts in this decadent dessert.

### INGREDIENTS

10oz (300g) semisweet chocolate, chopped  
12 tbsp butter, cubed  
1½ cups granulated sugar  
4 large eggs  
1¾ cups all-purpose flour  
¼ cup unsweetened cocoa powder  
1 cup hazelnuts, toasted, skinned, and coarsely chopped

### METHOD

1. Preheat the oven to 400°F (200°C). Line the bottom and sides of the pan with parchment paper. In a large bowl set over a pan of barely simmering water, melt the chocolate and butter together until smooth, stirring occasionally. Remove the bowl from the pan and set aside to cool for about 20 minutes.
2. Mix in the sugar and then the eggs, one at a time, making sure each is well blended before adding the

next. Sift in the flour and cocoa powder, and fold in gently. Stir in the chopped nuts—the mixture should be thick and glossy. Scrape into the pan, gently spreading it into the corners, then smooth the top.

3. Bake for 12–15 minutes, or until just firm to the touch on top but still gooey in the center. Transfer the pan to a wire rack to cool completely, then cut into squares.





PREP  
15  
MINS

COOK  
45  
MINS



Serves • 8



PREP  
10  
MINS

COOK  
10  
MINS

Makes • 1

### COOK'S NOTES

You might want to cut the prosciutto into pieces with a pair of kitchen scissors so the pizza will be easier to eat.



PREP  
25  
MINS

COOK  
15  
MINS

Makes • 24

Special equipment • 9 x 12in (23 x 30cm) pan

### COOK'S NOTES

Never overcook brownies or you will end up with chocolate cake. It is time to take them from the oven when they are just firm to the touch on top but still gooey in the center. They will firm up as they cool.

## Black bean and coconut soup

This fragrant soup is simple to prepare and sure to please.

### INGREDIENTS

2 tbsp olive oil  
2 red onions, finely chopped  
2 bay leaves  
sea salt and freshly ground black pepper  
4 garlic cloves, finely chopped  
2 tsp ground cumin  
2 tsp ground coriander  
1 tsp chili powder  
2 x 14oz (400g) cans drained black beans  
4 cups hot vegetable stock  
1 x 14oz (400ml) can coconut milk  
flour tortillas, to serve

### METHOD

1. Heat the oil in a saucepan, add the onions and bay leaves, and cook over low heat for 6–8 minutes until the onions soften. Season with salt and ground black pepper. Stir in the garlic, cumin, coriander, and chili powder and cook for a few seconds.
2. Stir in the black beans, then pour in the stock and coconut milk. Bring to a boil, then reduce to a simmer and cook for 15–20 minutes. Remove the bay leaves and discard, then

transfer the soup to a food processor or blender and pulse a couple of times so some of the beans are puréed and some remain whole. Add a little more stock if it is too thick. Season again with salt and pepper.

3. Serve piping hot with tortilla triangles.

## Pork and spring greens

Add a splash of soy sauce at the end of cooking to give this dish an extra kick.

### INGREDIENTS

1 tbsp olive oil  
12oz (350g) leftover roast pork, coarsely shredded  
4 garlic cloves, thinly sliced  
2 heads of collard greens or other leafy greens, shredded  
2 tsp onion seeds (optional)  
sea salt and freshly ground black pepper

### METHOD

1. Heat the oil in a wok over medium-high heat. When the oil is hot, add the leftover pork. Cook for about 5 minutes, moving it around in the wok.
2. Add the garlic and the greens, and continue to stir-fry over medium-high heat for 1 minute, or until the greens have just wilted. Stir in the onion seeds, then season well with salt and pepper. Serve with roast new potatoes as a side dish.

## Chocolate orange profiteroles

These filled choux pastry buns, drizzled with chocolate sauce, are a deliciously decadent dessert.

### INGREDIENTS

4 tbsp butter  
1 cup all-purpose flour  
2 large eggs, lightly beaten  
**For the chocolate sauce**  
5½oz (150g) semisweet chocolate  
1¼ cups half-and-half  
2 tbsp light corn syrup  
1 tbsp orange liqueur

### For the filling

2 cups heavy whipping cream  
finely grated zest of 1 large orange  
2 tbsp orange liqueur

### METHOD

1. Preheat the oven to 425°F (220°C). Lightly grease 2 baking sheets. Melt the butter in 1½ cups water, then bring to a boil. Remove from the heat and add all of the flour at once. Beat vigorously until the mixture is thick and glossy. Gradually beat in the eggs until the mixture is smooth, thick, and shiny.
2. Spoon the mixture onto the baking sheets in 12 balls. Bake for 10–15 minutes, then reduce the heat to

375°F (190°C) and bake again for 20 minutes. Remove and make slits in the sides. Return to the oven for a few minutes. Remove and leave to cool completely.

3. Melt the ingredients for the chocolate sauce together, whisking until smooth. Whisk the ingredients for the filling together until thicker than soft peaks. Fill the profiteroles with the cream and serve with the hot chocolate sauce spooned over.



PREP  
15  
MINS

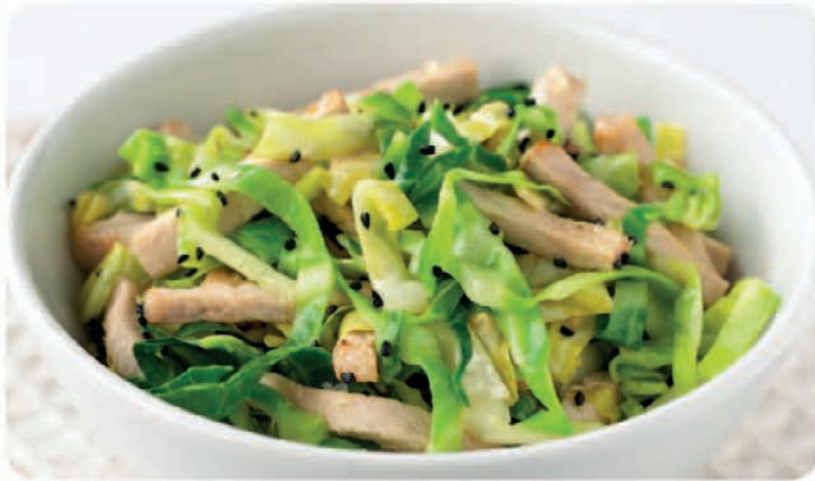
COOK  
30  
MINS



Serves • 8  
Special equipment • blender  
or food processor

85

STARTER



PREP  
10  
MINS

COOK  
15  
MINS



Serves • 4  
Special equipment • wok

### COOK'S NOTES

Choose your greens with the seasons—use Savoy cabbage, Brussels sprouts, or kale in the winter, and lighter, more delicate greens, such as spinach or chard, in the spring and summer.

85

MAIN COURSE



PREP  
20  
MINS

COOK  
40  
MINS



Serves • 6  
Special equipment • electric mixer

85

DESSERT

## No-cook pea and mint soup

The warm flavors in this healthy soup make it a rich and satisfying beginning to any meal.

### INGREDIENTS

2 cups frozen peas  
2 cups hot vegetable stock  
handful of fresh mint leaves,  
coarsely chopped  
leaves from a few sprigs of fresh thyme  
1-2 tbsp crème fraîche (optional)  
pinch of freshly grated nutmeg  
sea salt and freshly ground  
black pepper

### METHOD

1. Cover the peas with hot water and let stand for 5 minutes. Drain.
2. Working in batches if needed, process the peas, stock, mint, and thyme in a blender until smooth. Add more stock if the soup is too thick. Season well with salt and pepper, and process again.
3. To serve, stir in the crème fraîche, and top with a pinch of nutmeg. Serve hot or cold, with crusty bread.

## Rosemary and pepper sausages with new potatoes

A great all-in-one dish, perfect for a family get-together.

### INGREDIENTS

8-12 good-quality pork sausages, each  
pricked once or twice with a fork  
2 red onions, peeled and cut into eighths  
pinch of crushed hot red pepper flakes  
leaves from a handful of rosemary sprigs  
2½lb (1.1kg) new potatoes,  
large ones halved  
sea salt and freshly ground black pepper  
1 tbsp olive oil

### METHOD

1. Preheat the oven to 400°F (200°C). Put the sausages in a roasting pan along with the onion, sprinkle with the pepper flakes and rosemary, then add the new potatoes. Season well with salt and pepper, then drizzle with the oil and toss well.
2. Cook in the oven for 30-40 minutes, turning once or twice, until the sausages are golden all over and cooked through.

## Chocolate chip cookies

Get a double dose of chocolate by replacing scant 1oz (25g) of the flour with cocoa powder.

### INGREDIENTS

7oz (200g) butter, at room temperature  
1½ cups sugar  
1 large egg  
1 tsp vanilla extract  
2 cups (300g) self-rising flour  
2 cups (150g) dark- or milk-chocolate chips

### METHOD

1. Preheat the oven to 350°F (180°C). Line 2 baking sheets with parchment paper. In a bowl, beat the butter and sugar together with an electric mixer until creamy, then mix in the egg and vanilla extract until completely combined.
2. Beat in the flour until the mixture forms a soft dough, then mix in the chocolate chips. Roll the dough into about 30 balls, each the size of a walnut, and place on the baking

sheets, leaving space around each one for it to spread. Flatten them slightly, then bake in 2 batches for 15 minutes, or until golden. Carefully transfer to a wire rack to cool completely.





PREP  
10  
MINS



Serves • 4  
Special equipment • blender

### VARIATION

Use frozen fava beans or lima beans instead of the peas, or use a combination of peas and beans.

87

STARTER



PREP  
15  
MINS

COOK  
40  
MINS

Serves • 4

### VARIATION

Add 1 tbsp coarse-grain mustard before cooking.

87

MAIN COURSE



PREP  
10  
MINS

COOK  
30  
MINS



Makes • about 30  
Special equipment • electric mixer

### COOK'S NOTES

Don't worry if the golden cookies are still a little soft when you take them out of the oven—they will firm up as they cool, to become deliciously chewy.

87

DESSERT

## Leek and potato soup

A velvety smooth soup, perfect for winter evenings.

### INGREDIENTS

2 tbsp olive oil  
2 onions, finely chopped  
sea salt and freshly ground black pepper  
3 garlic cloves, finely chopped  
6 sage leaves, finely chopped  
2lb (900g) leeks, cleaned and finely sliced  
5 cups hot vegetable stock  
2lb (900g) potatoes, roughly chopped  
⅔ cup heavy cream, to serve

### METHOD

1. Heat the oil in a large pan, add the onions, and cook over low heat for 6–8 minutes or until soft. Season with sea salt and freshly ground black pepper, then stir in the garlic and sage. Add the leeks and stir well, then cook over low heat for 10 minutes or until the leeks are starting to soften.
2. Pour in the stock, bring to the boil, then add the potatoes and simmer for 20 minutes or until soft. Transfer

to a food processor or blender and process until blended and smooth. Taste and season if needed.

3. Let cool completely, then transfer to a freezer-proof container, seal, and freeze for up to 3 months.

4. To serve, defrost in the refrigerator overnight, then transfer to a pan, stir in the cream, and heat until piping hot.

## Roast pork in pita bread

Leftover roast pork stuffed in warm flatbread is a delight in itself.

### INGREDIENTS

1 tbsp olive oil  
1 tbsp butter  
1 onion, finely chopped  
½ cup fresh bread crumbs  
4 fresh sage leaves, finely chopped  
1 large egg, lightly beaten  
sea salt and freshly ground black pepper  
4 pieces of pita bread  
8oz (225g) leftover roast pork, sliced  
apple sauce, store-bought or homemade

### METHOD

1. Preheat the oven to 400°F (200°C). Heat the olive oil and butter in a frying pan over low heat. Add the onion, and cook gently for about 5 minutes until soft. Stir in the bread crumbs and sage, and cook for a few minutes. Remove from the heat, and allow to cool.
2. Stir the beaten egg into the bread crumb mixture, and season with salt and pepper. Spoon into a buttered dish, and bake for about 20 minutes.

3. Warm the pita bread, then slice open the pocket and stuff with the pork, a spoonful of bread stuffing, and some apple sauce. Serve immediately with a crisp salad.

## Apple tart

An all-time favorite, best enjoyed fresh from the oven.

### INGREDIENTS

1 sheet prepared dough for an 8–9in (20–23cm) pie  
flour, for dusting  
4 Granny Smith apples, peeled, cored, and thinly sliced  
2–3 tbsp granulated sugar  
1 tbsp butter, cut into bits

### METHOD

1. Preheat the oven to 425°F (220°C). On a lightly floured surface, roll out the dough as thinly as possible. Use it to line a tart pan with a removable bottom, folding in the edges, then trimming off any excess neatly. Prick the base all over with a fork. Line the tart shell with parchment paper and pie weights, then bake for 10 minutes or until lightly colored. Remove the weights and paper and allow the tart shell to cool. Leave the oven on.

2. Arrange the apple slices in the tart shell in a neat, overlapping design. Sprinkle with the sugar and dot with the butter. Bake for 12–15 minutes or until the apples begin to caramelize and the pastry is golden. Leave to cool. Remove the tart ring and serve at room temperature.



PREP  
15  
MINS

COOK  
40  
MINS



Serves • 8  
Special equipment • blender  
or food processor

89

STARTER



PREP  
10  
MINS

COOK  
30  
MINS

Serves • 2

89

MAIN COURSE



PREP  
10  
MINS

COOK  
25  
MINS



Serves • 6  
Special equipment • 8in (20cm) tart pan  
• ceramic baking beans

89

DESSERT

## Roasted red pepper soup

Gentle spices perk up this earthy-flavored soup.

### INGREDIENTS

10 red peppers  
3 tbsp olive oil  
2 onions, finely chopped  
3 garlic cloves, finely chopped  
pinch of crushed hot pepper flakes  
sea salt and freshly ground black pepper  
8 cups hot vegetable stock  
large handful of fresh basil leaves,  
torn, to serve  
drizzle of extra virgin olive oil, to serve

### METHOD

1. Preheat the oven to 400°F (200°C). Place the peppers in a roasting pan and coat with 1 tbsp of the oil, using your hands. Roast for 40 minutes or until soft. Transfer to plastic bags, knot, and allow to cool for 15 minutes. Remove the skins and seeds and discard, then roughly chop the peppers, saving any juices.
2. Heat the remaining oil in a large heavy-based soup pot, add the onions, and cook over low heat

for 5 minutes or until beginning to soften. Stir in the garlic and red pepper flakes and season with salt and pepper. Add the roasted peppers and their juices, pour in the stock, and bring to a boil. Reduce to a simmer and cook for 15 minutes. Transfer to a food processor or blender and process until blended and smooth. Season to taste again.

3. Stir in the basil, drizzle with oil, and serve with some crusty bread.

## Pasta carbonara with pancetta and cream

An Italian classic with a mouthwatering combination of ingredients.

### INGREDIENTS

1 tbsp olive oil  
5½oz (150g) pancetta or bacon, cubed  
2 sage leaves, finely sliced  
6 large eggs  
⅔ cup heavy whipping cream  
1 cup (125g) freshly grated  
Parmesan cheese  
pinch of freshly grated nutmeg  
12oz (350g) dried linguine  
or spaghetti  
small handful of finely chopped  
fresh flat-leaf parsley, for serving  
sea salt and freshly ground black pepper

### METHOD

1. Heat the oil in a large frying pan, add the pancetta and sage, and cook over medium heat for 5 minutes or until golden.
2. Combine the eggs, cream, Parmesan, and nutmeg in a bowl, season with salt and pepper, then blend with a fork. Set aside.
3. Meanwhile, cook the pasta as the package directs. Drain, reserving a small amount of the cooking water.

Return the pasta to the pot and toss with the reserved cooking water.

4. Give the egg mixture one final stir, then add to the hot pasta and stir thoroughly to combine. Put the lid on the pot, leave to sit for 1 minute, then stir again. Add the pancetta and sage and toss together. Sprinkle with parsley and serve.

## Apricot meringue roulade

An impressive yet delicate finale to any meal.

### INGREDIENTS

4 large egg whites  
pinch of sea salt  
1 cup plus 2 tbsp granulated sugar  
¼ cup sliced almonds  
confectioner's sugar, for dusting  
1¼ cups heavy whipping cream  
1 x 12-14oz (400g) can  
apricot halves, drained  
and coarsely chopped  
seeds and pulp from 2 passion fruits

### METHOD

1. Preheat the oven to 375°F (190°C). Line a jelly roll pan with parchment paper. Whisk the egg whites with a pinch of salt until soft peaks form. Beat in the granulated sugar 1 tbsp at a time until the mixture is stiff and shiny. Use a spatula to spread it evenly in the pan. Scatter the almonds over the top, then bake for 15-20 minutes or until barely golden and just firm to the touch. Invert the meringue onto a sheet of parchment

paper dusted with confectioner's sugar. Set aside to cool.

2. Place the cream in a bowl and beat with an electric mixer until soft peaks form. Spread the whipped cream over the meringue, then scatter the apricots and passion fruit seeds over the top. With the short side facing you, roll the cake into a cylinder. To serve, dust with more confectioner's sugar and slice.





**PREP**  
15  
MINS

**COOK**  
1  
HR



**Cooling** • 15 minutes  
**Serves** • 8  
**Special equipment** • blender  
or food processor



**PREP**  
10  
MINS

**COOK**  
15  
MINS

**Serves** • 4

**VARIATION**

Toss cooked or thawed frozen  
peas into the final dish.



**PREP**  
30  
MINS

**COOK**  
20  
MINS



**Serves** • 8  
**Special equipment** • electric mixer • 13 x 9in  
(32.5 x 23cm) jelly roll pan

**VARIATION**

Substitute 1½ cups of  
raspberries or blueberries for  
the apricots.

## Bean and rosemary soup

An irresistible dish with an aromatic mix of herbs.

### INGREDIENTS

2 tbsp olive oil, plus a little extra (according to taste)  
 2 onions, finely chopped  
 sea salt and freshly ground black pepper  
 1 tbsp finely chopped rosemary leaves  
 a few sage leaves, finely chopped  
 4 celery stalks, finely chopped  
 3 garlic cloves, finely chopped  
 2 tbsp tomato purée or tomato paste  
 2 x 14oz (400g) cans cannellini beans  
 4 cups hot chicken stock  
 2lb (2.5kg) potatoes, cut into ½in (1cm) cubes

### METHOD

1. Heat the oil in a large saucepan, add the onions, and cook over low heat for 6–8 minutes or until soft. Season well with salt and freshly ground black pepper, then stir in the rosemary, sage, celery, and garlic and cook over very low heat, stirring occasionally, for 10 minutes.
2. Stir through the tomato purée and beans, add a little more olive oil if you wish, and cook gently for 5 minutes. Pour in the stock, bring to a

boil, then add the potatoes and simmer gently for 15 minutes or until cooked. Taste and season again with salt and freshly ground black pepper if needed.

3. Serve with fresh crusty bread.

## Marmalade-glazed ham with potatoes and endive

A heavenly dish equally tantalizing with maple syrup or honey, instead of marmalade.

### INGREDIENTS

4lb (1.8kg) boneless leg of pork (unsmoked ham)  
 1¼ cups hard cider, apple cider, or unsweetened apple juice  
 2 bay leaves  
 3 tbsp orange marmalade  
 1 tbsp light or dark brown sugar  
 2½lb (1.1kg) new potatoes, halved if large  
 1 tbsp olive oil  
 finely grated zest of 1 orange  
 sea salt and freshly ground black pepper  
 4 heads curly endive, trimmed and quartered lengthwise

### METHOD

1. Place the pork in a large pot, add the cider and bay leaves, then pour in enough hot water to cover the pork. Cover, bring to a boil, then reduce to a simmer and cook for 40 minutes. Preheat the oven to 350°F (180°C).
2. Remove the pork from the pot and peel away the outer skin, leaving a layer of fat. Put the marmalade in a saucepan and heat gently until liquid. Brush the pork with the marmalade, then sprinkle with the sugar.

3. Place the pork in a roasting pan. Toss the potatoes with the oil and orange zest, season well, then add to the pan. Roast in the oven for 50 minutes–1 hour. Add the endive for the last 20 minutes, tossing it in some of the cooking juices, to coat.

4. Remove the pork from the pan and keep warm while it rests for at least 15 minutes. Slice and serve with the potatoes and endive.

## Blackberry and apple sponge

This light, fruity dessert is a summertime delight.

### INGREDIENTS

8 tbsp (1 stick) butter, at room temperature  
 ⅔ cup plus 2 tbsp granulated sugar  
 2 large eggs  
 1½ cups self-rising flour, sifted  
 2 Bramley or Granny Smith apples, peeled, cored, and coarsely chopped  
 9oz (250g) blackberries  
 confectioner's sugar, for dusting

### METHOD

1. Preheat the oven to 350°F (180°C). In a bowl, combine the butter and ⅔ cup sugar. Beat with an electric mixer until pale and creamy. Beat in the eggs one at a time, adding 1 tbsp of the flour after each egg. Mix in the remaining flour and set aside. Put the apples and blackberries in a 1 quart (1.2 liter) baking dish, then stir in the remaining 2 tbsp sugar and 2 tbsp cold water. Spoon the mixture over the top of the fruit, and smooth.

2. Bake for 45 minutes or until golden brown and firm to the touch—a skewer inserted into the center should come out clean, or with only moist fruit. Leave to cool completely, then wrap in foil, and freeze.

3. To serve, defrost in the refrigerator overnight, then warm through in a preheated 350°F (180°C) oven for about 30 minutes or until hot. Dust with confectioner's sugar.



PREP  
15  
MINS

COOK  
40  
MINS



Serves • 8



PREP  
15  
MINS

COOK  
1 3/4  
HRS

Serves • 6-8

### COOK'S NOTES

To calculate the cooking time for the ham, allow 20 minutes per 1lb (450g), plus 20 minutes. That's 1 hour 40 minutes in all for a 4lb (1.8kg) roast. To double check, pierce it with a knife a few minutes before the end of cooking—if it goes in easily, the ham is done.



PREP  
20  
MINS

COOK  
45  
MINS



Serves • 6

**Special equipment** • electric mixer  
• 1 quart (1.2-liter) ovenproof dish

### VARIATION

Replace ¼ cup of the flour with unsweetened cocoa powder, and use canned pears as your fruit.

## Spiced butternut squash soup

This creamy soup is delicious served topped with cheese.

### INGREDIENTS

2 tbsp olive oil  
2 onions, finely chopped  
sea salt and freshly ground black pepper  
3 garlic cloves, finely chopped  
4 sage leaves, finely chopped  
2 red chiles, seeded and finely chopped  
pinch of freshly grated nutmeg  
1 large butternut squash or 2 small ones,  
halved, peeled, seeded, and chopped  
2 potatoes, cut into small pieces  
5 cups hot vegetable stock

### METHOD

1. Heat the oil in a large soup pot, add the onions, and cook over low heat for 6–8 minutes or until soft. Season with sea salt and freshly ground black pepper, then add the garlic, sage, chiles, and nutmeg and cook for a few seconds.
2. Stir in the squash, then add the potatoes and stock. Bring to a boil, reduce to a simmer, and cook for 20–30 minutes or until the squash and potatoes are soft. Transfer to

a food processor or blender and process until blended and smooth. Season again with salt and pepper.

3. Let cool completely, then transfer to a freezer-proof container, seal, and freeze for up to 3 months.

4. To serve, defrost in the refrigerator overnight, transfer to a pan, and heat until piping hot.

## Lamb cutlets with butternut squash, beans, and mint

A hearty dish of meat and vegetables with well-balanced flavors.

### INGREDIENTS

2 tbsp olive oil  
pinch of five-spice powder  
pinch of cayenne pepper  
sea salt and freshly ground black pepper  
8 lamb cutlets (from the sirloin),  
trimmed of excess fat  
1 butternut squash, peeled, halved,  
seeded, and coarsely chopped  
10 cherry tomatoes  
4½oz (125g) young tender green  
beans, trimmed  
handful of fresh mint leaves,  
coarsely chopped

### METHOD

1. Preheat the oven to 400°F (200°C). In a bowl, combine 1 tbsp of the oil with the five-spice powder and cayenne, then season with salt and pepper. Brush half of the oil mixture over the lamb cutlets and place in a roasting pan. Add the squash, drizzle with the remaining oil mixture, and toss to coat. Place in the oven to roast for 20–30 minutes or until the lamb is cooked to your liking and the squash is tender and golden. (If needed,

remove the lamb and keep warm while the squash continues to cook.)

2. Meanwhile, put the tomatoes and green beans in a bowl and toss with the remaining 1 tbsp olive oil. Add to the roasting pan for the last 10 minutes of cooking. They should char just slightly. Sprinkle with the chopped mint leaves and serve.

## Pear and mincemeat pie

Rich and indulgent, this pie offers a satisfying contrast between a soft filling and a crunchy crust.

### INGREDIENTS

1½ cups prepared mincemeat  
1 tbsp brandy  
finely grated zest of 1 orange  
one 17.3oz (425g) box frozen  
puff pastry sheets, thawed  
as package directs  
¼ cup ground almonds  
1 ripe pear, preferably Bosc, peeled,  
cored, and thinly sliced  
1 egg, beaten

### METHOD

1. Mix together the mincemeat, brandy and orange zest. Roll each pastry sheet into an 11 x 8in (28 x 20cm) rectangle, and reserve the scraps for another use. Lay 1 rectangle on a parchment-lined baking sheet, then sprinkle evenly with the ground almonds, leaving a ¾in (2cm) border around the edges. Spoon the mincemeat over the almonds, spreading evenly. Top with the pear, and brush the border with

beaten egg. Place the second sheet of pastry on top, and press the edges together, pinching the sides with your finger and thumb. Use a sharp knife to make 2–3 slits in the top crust, for steam to escape.

1. Carefully transfer the pie to a lightly greased baking sheet. Brush the pastry with the beaten egg and bake for 30–40 minutes or until golden brown and heated through.





PREP  
20  
MINS

COOK  
40  
MINS



95

Serves • 8  
Special equipment • blender  
or food processor

To serve...  
A drizzle of chili oil and a  
sprinkling of Gruyère cheese  
are perfect toppings.

STARTER



PREP  
15  
MINS

COOK  
30  
MINS

95

Serves • 4

**VARIATION**

If you're on a budget, use lamb  
chops instead. Trim away any  
fat before cooking.

MAIN COURSE



PREP  
15  
MINS

COOK  
40  
MINS



95

Serves • 8-10

**VARIATION**

Use lemon zest instead  
of orange.

DESSERT

## Noodle broth with dried mushrooms

This simple dish makes a nourishing start to a family meal.

### INGREDIENTS

scant 1oz (25g) package mixed dried mushrooms (shiitake, oyster, porcini), rinsed  
 1 tbsp sesame oil or sunflower oil  
 2in (5cm) piece of fresh ginger, thinly sliced and cut into thin strips  
 2 x 5½oz (150g) packets of fresh thick or medium udon noodles  
 4 cups hot vegetable stock  
 2 tbsp soy sauce  
 2 tbsp Thai fish sauce, such as nam pla  
 salt and freshly ground black pepper  
 splash of hot chili oil, to taste

### METHOD

- Put the dried mushrooms in a heatproof bowl, and cover with about 1¼ cups boiling water. Leave to soak for 20–30 minutes.
- **1.** Heat the oil in a large pan over low heat. Add the ginger, and cook for 2–3 minutes until fragrant. Add the noodles, and stir for a couple of minutes more to break them up.
- **2.** Pour in the hot stock, soy sauce, and fish sauce, and bring to a boil.

**3.** Meanwhile, strain the mushrooms through a fine sieve, reserving the liquid. Add the mushrooms to the pan, and reduce the heat to low. Strain the reserved soaking liquid through a fine sieve again to remove any grit, and pour the strained liquid into the pan. Simmer gently for 20–30 minutes. Taste, and season with salt and pepper. Add a splash of chili oil to taste, and serve hot.

## Skewered lamb with crispy rosemary potatoes

Crispy potatoes offset the richness of the lamb in this scrumptious main course.

### INGREDIENTS

1½lb (675g) all-purpose potatoes, peeled and cut into small cubes  
 1–2 tbsp olive oil, plus extra for coating lamb  
 handful of fresh rosemary sprigs  
 sea salt and freshly ground black pepper  
 2lb (900g) lean lamb, cut into cubes  
 juice of 1 lemon  
 2 tsp paprika

### METHOD

- **1.** Preheat the oven to 400°F (200°C). Combine the potatoes, 1–2 tbsp olive oil, and rosemary in a roasting pan. Season with salt. Using your hands, toss gently so the potatoes are evenly coated. Roast in the oven for 20–25 minutes until golden and crispy at the edges.
- **2.** Meanwhile, put the lamb in a bowl, and toss with a little olive oil, the lemon juice, paprika, salt, and plenty of pepper. Thread the pieces

of lamb onto small skewers until they are tightly packed.

**3.** Place the lamb skewers on top of the potatoes in the roasting pan, turning them after 5–8 minutes, and roast until they are cooked through. Serve with the potatoes and a green salad.

## Sticky pecan pie

This classic nutty “pie” is perfect with ice cream.

### INGREDIENTS

1 sheet prepared dough for an 8–9in (20–23cm) pie  
 8 tbsp (1 stick) butter  
 2 tbsp Lyle’s Golden Syrup or light corn syrup  
 ½ cup light brown sugar (packed)  
 ½ cup dark brown sugar (packed)  
 2½ cups pecan halves and pieces  
 2 large eggs, lightly beaten

### METHOD

- **1.** Preheat the oven to 400°F (200°C). Line the tart pan with a removable bottom with the dough, trimming off any excess with a knife. Transfer to the refrigerator to rest for 10 minutes. Prick the base all over with a fork. Line the tart shell with parchment paper and pie weights or dry beans, and bake for 15 minutes, until barely golden. Remove the pie weights and parchment paper, and return the tart

shell to the oven for 5 minutes to lightly bake the bottom.

**2.** Reduce the oven temperature to 325°F (160°C). Melt the butter and syrup in a saucepan, then remove from the heat and stir in the brown sugars and nuts and allow to cool. Stir in the eggs. Scrape the mixture into the tart shell. Bake for 30–40 minutes or until the shell is crisp and golden, and the filling is set.



PREP  
10  
MINS

COOK  
20  
MINS

Soaking • 20 minutes  
Serves • 4

### COOK'S NOTES

The flavors of this soup develop more if it is made a few hours ahead, then simply reheated to serve.

97

STARTER



PREP  
15  
MINS

COOK  
30  
MINS



Serves • 4  
Special equipment • wooden skewers

97

MAIN COURSE



PREP  
15  
MINS

COOK  
1  
HR



Serves • 6  
Special equipment • 8in (20cm)  
round loose-bottomed tart pan  
• ceramic baking beans

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DESSERT



## Corn chowder

This satisfying soup is guaranteed to keep out the winter chill.

### INGREDIENTS

2 tbsp olive oil  
2 onions, finely chopped  
sea salt and freshly ground black pepper  
6–8 medium potatoes, cut into bite-sized chunks  
2 x 12oz (350g) cans corn, drained  
5 cups hot vegetable stock  
handful of fresh flat-leaf parsley, finely chopped  
4 tbsp heavy cream (optional), to serve

### METHOD

1. Heat the oil in a large saucepan, add the onions, and cook over low heat for 6–8 minutes or until soft. Season with sea salt and freshly ground black pepper, then stir in the potatoes and cook over low heat for 5 minutes.
2. Mash the corn a little with the back of a fork, then add to the pan. Pour in the stock, bring to a boil, then reduce to a simmer and cook for 15 minutes or until the potatoes

are soft. Stir in the parsley and season again if needed.

3. Let cool completely, then transfer to a freezer-proof container and seal. Freeze for up to 3 months.

4. To serve, defrost overnight in the refrigerator and transfer to a saucepan and heat until piping hot. Stir in the cream, if using, and serve with fresh crusty bread.

## Rack of lamb with flageolet beans and herbs

Sate your appetite with this exquisite main course.

### INGREDIENTS

8-bone rack of lamb, trimmed  
½ tbsp olive oil  
a few rosemary sprigs, leaves finely chopped  
sea salt and freshly ground black pepper  
⅔ cup hot vegetable stock  
1 tsp red currant jelly  
1 x 14oz (400g) can flageolet beans, drained and rinsed  
handful of fresh mint leaves, finely chopped

### METHOD

1. Preheat the oven to 400°F (200°C). Rub the rack of lamb all over with the oil, sprinkle with the rosemary, and season well with salt and pepper. Place the rack in a roasting pan and roast for 30–40 minutes, or until it reaches the desired doneness.
2. Remove the lamb and keep warm while you prepare the beans. Place the roasting pan over medium to high heat, add the stock, and bring to a boil. Reduce to a simmer, stir in the

jelly until dissolved, then add the beans, and simmer gently, stirring, for 5 minutes. Remove from the heat and stir in the mint leaves.

3. Slice the rack into 8 rib chops and serve with the beans and some sliced crusty bread.

## Apricot crumble shortbread

This popular Scottish bake can be enriched with plums as well.

### INGREDIENTS

7 tbsp butter, at room temperature  
¼ cup granulated sugar  
¾ cup plus 2 tbsp all-purpose flour  
6 tbsp cornstarch  
1 x 12–14oz (400g) can apricot halves, drained and coarsely chopped

### METHOD

1. Beat together the butter and sugar with an electric mixer until pale and creamy. Sift in the flour and cornstarch and combine to form a dough. (You'll probably need to use your hands at the end.) Knead the dough lightly until smooth, then press evenly onto the bottom of the pan (*see Cook's Notes*). Refrigerate for at least 1 hour or until firm.
2. Preheat the oven to 350°F (180°C). Make the topping by rubbing the

cubed butter into the flour in a bowl with your fingertips until the mixture resembles bread crumbs. Stir in the sugar. Scatter the apricots evenly over the chilled dough, then top with the crumb mixture, pressing down firmly. Bake for 1 hour 10 minutes or until a skewer inserted into the center of the cake comes out clean. Transfer the pan to a wire rack to cool. Remove the shortbread from the pan and cut into bars or squares.

### For the topping

2 tbsp butter, cubed  
¾ cup all-purpose flour  
3 tbsp raw or granulated sugar





PREP  
15  
MINS

COOK  
25  
MINS



99

Serves • 8

STARTER



PREP  
15  
MINS

COOK  
40  
MINS

99

Serves • 4

### VARIATION

Use cannellini beans or fava beans instead of the flageolet, if you like.

MAIN COURSE



PREP  
20  
MINS

COOK  
1 1/4  
HRS

99

Chilling • 1 hour  
Makes • 10 bars or 20 squares  
Special equipment • electric mixer

### COOK'S NOTES

Use plums instead of apricots.

DESSERT

## Smoked chicken with basil mayonnaise on cucumber rounds

A bite-sized starter great as finger food at formal dinners.

### INGREDIENTS

1 smoked chicken breast, about 9oz (250g)  
3 tbsp mayonnaise  
1 tbsp prepared pesto  
freshly ground black pepper  
2 small cucumbers, cut into  
¼in (5mm) slices

### METHOD

1. Remove the skin from the chicken. Slice across the breast into thin slices, and then finely chop into small cubes. In a bowl, combine the smoked chicken, mayonnaise, and pesto. Season with pepper, and mix well.
2. Spoon a generous teaspoon of the smoked chicken mixture onto a slice of cucumber, and arrange on platters.

## Lancashire hotpot

Add extra flavor by frying 4 lamb kidneys with the chops.

### INGREDIENTS

2 tbsp olive oil  
8 large lamb chops, each about  
7oz (200g)  
2lb (900g) potatoes, cut into  
5mm (¼in) slices  
sea salt and freshly ground black pepper  
4 onions, sliced  
8 anchovies, finely chopped  
2 cups hot vegetable stock  
1 tbsp butter

### METHOD

1. Preheat the oven to 350°F (180°C). Heat a drizzle of the oil in a large frying pan, add the lamb chops, and cook over medium heat for 2 minutes on each side, until lightly browned.
2. Layer the potatoes in the bottom of a 2-quart (2.3-liter) flameproof dish, lay the chops on top, and season well with sea salt and pepper. Heat the remaining oil in the pan, add the onions, and cook over low heat, stirring frequently for 10 minutes.

Stir in the anchovies. Spoon a layer of the onion mixture on top of the chops. Add the rest of the potatoes and onion mixture in layers.

3. Pour in enough of the stock to come nearly up to the top of the potatoes. Dot the potatoes with butter, cover the dish tightly with foil, then bake for 2 hours, or until the potatoes are meltingly soft and the stock has been absorbed. Remove the foil for the last 20 minutes of cooking.

## Pear and cinnamon strudel

This traditional Austrian dessert, also made with apples, is famous for its delicate pastry.

### INGREDIENTS

4 firm but ripe pears, peeled,  
cored, and sliced  
1 tsp ground cinnamon  
handful of dark raisins  
1-2 tbsp granulated sugar  
15 sheets of filo pastry dough  
1-2 tbsp butter, melted

### METHOD

1. Line a baking sheet with parchment paper. Combine the pears, cinnamon, raisins, and sugar in a bowl, mix well, then set aside. Brushing the sheets of filo with a little melted butter, layer 3 pastry sheets onto the baking sheet, then layer another 3 next to them.
2. Place another buttered layer of 3 sheets on top of them, with the long edges facing opposite, to form a cross. Repeat with another buttered

layer of 3. The horizontal sheets should still show at the edges. Spoon the filling down the center, then fold in the edges. Top with a final layer of 3 buttered filo sheets, and brush butter over all. Double-wrap in plastic wrap and freeze.

3. To serve, defrost in the refrigerator overnight. Brush with more melted butter and bake in a preheated 375°F (190°C) oven for 30-40 minutes.



**PREP**  
20  
MINS

Serves • 6-8



**PREP**  
25  
MINS

**COOK**  
2  
HRS

Serves • 8

*Serve with...  
Pickled red cabbage is a good  
accompaniment to this dish.*



**PREP**  
10  
MINS

**COOK**  
40  
MINS



Serves • 4

### COOK'S NOTES

Check the strudel halfway through cooking; if the filo has begun to brown too quickly, cover with foil.

## Mini-chicken tikka tortillas with yogurt, cucumber, and mint dip

This minty dish is an indulgent appetizer.

### INGREDIENTS

#### For the yogurt, cucumber, and mint dip

2/3 cup Greek-style yogurt  
1/3 cucumber, peeled, halved,  
seeded, and diced  
1 bunch fresh mint leaves  
sea salt and freshly ground black pepper

half of an 8oz (225g) bag plain tortilla chips  
12oz (350g) ready-cooked chicken tikka or  
other cubes of Indian-spiced chicken  
1/2 to 1 cup prepared mango chutney  
fresh cilantro leaves, for garnish

### METHOD

1. To make the dip, combine the yogurt, cucumber and mint. Season well with salt and pepper. Taste, and season more if needed.
2. Spread the tortilla chips out in a single layer on a plate. Add 1 tsp of mango chutney and some diced chicken to each one.

3. Now spoon on about 1 tsp of the yogurt, cucumber, and mint dip, and garnish with a cilantro leaf. Serve immediately

## Roast lamb with cherry tomatoes and thyme

Ideal for big gatherings, this dish is perfect for a Sunday lunch with the family.

### INGREDIENTS

1 tbsp olive oil  
2lb (900g) boneless leg of lamb, trimmed of  
excess fat and butterflied  
2 1/2lb (1.1kg) baby new potatoes  
sea salt and freshly ground black pepper  
handful of fresh thyme sprigs  
12-16 cherry tomatoes on the vine  
1-2 tsp red currant jelly, plus extra for  
serving, if desired

### METHOD

1. Preheat the oven to 375°F (190°C). Pour half the oil into a large flameproof roasting pan and set it over high heat. When very hot, add the lamb, and cook for 8-12 minutes, turning once, until browned all over.
2. Toss the new potatoes with the remaining oil and add to the pan. Season well, add the thyme, and cook in the oven for 45 minutes if you like your lamb rare, 1 hour for medium, and 1 hour 15 minutes for well-done.

Add the tomatoes for the last 15 minutes of cooking. Remove the lamb and keep warm while it rests.

3. Place the potatoes and tomatoes aside and keep warm. Move the pan to a work surface. Skim away any fat, add the jelly, and set over high heat. Stir, adding boiling water until the gravy reaches the desired consistency. Allow to boil, then reduce to a simmer and cook for a few minutes.

## Prune and brandy tart

This exotic dessert is a fitting finale to a formal dinner.

### INGREDIENTS

1 cup (150g) pitted prunes  
3 tbsp brandy  
1 sheet prepared dough (preferably  
all-butter) for an 8in (20cm) pie  
all-purpose flour  
5 large egg yolks  
1/4 cup granulated sugar  
1 cup heavy whipping cream  
1/2 tsp vanilla extract  
generous grating of fresh nutmeg  
confectioner's sugar, for dusting

### METHOD

1. Preheat the oven to 400°F (200°C). In a small bowl, sprinkle the brandy over the prunes and set aside. Roll the pastry out on a lightly floured surface and use to line the tart pan. Trim off any excess around the edges, then line the pastry with parchment paper and pie weights. Bake for 20 minutes, then remove the parchment and weights and return to the oven for 5 minutes to crisp. Set aside.
2. Reduce the oven to 300°F (150°C).

Put the egg yolks and sugar in a mixing bowl and whisk until blended. Heat the cream, vanilla extract, and nutmeg in a pan until almost boiling, then whisk into the egg yolk mixture. Strain into the pastry case, and scatter the prunes over the top. Bake for 40-45 minutes or until just set—the tart should wobble slightly in the center when you shake the pan. Remove from the oven and leave to cool, then chill until ready to serve.





**PREP**  
20  
MINS

Serves • 10-12



**PREP**  
15  
MINS

**COOK**  
1 1/4  
HRS

Serves • 4

*To serve...  
Slice the lamb and serve with  
the potatoes, tomatoes, gravy,  
and some mint sauce or jelly  
on the side.*



**PREP**  
15  
MINS

**COOK**  
1  
HR

Serves • 8

**Special equipment** • 8in (20cm) deep  
loose-bottomed tart pan • pie weights  
or dry beans

*To serve...  
Dust with confectioner's sugar  
before serving.*

## Quesadilla with spiced beef and tomato

This hearty starter is also great as a quick evening snack.

### INGREDIENTS

2 tbsp olive oil  
4½oz (125g) lean ground beef  
cayenne pepper, to taste  
small handful of finely chopped flat-leaf parsley  
2 wheat or corn tortillas  
1 tomato, diced  
½ cup shredded sharp Cheddar cheese  
sea salt and freshly ground black pepper

### METHOD

1. Heat 1 tbsp of the oil in a frying pan, then add the beef and season with cayenne. Cook over medium heat for 5 minutes, stirring, breaking up any large pieces, until the meat is no longer pink. Turn down the heat and moisten with hot water. Season with a pinch of salt and pepper. Cook for 5–10 minutes, until the beef is cooked. Stir in the parsley.
2. Heat the remaining oil in a nonstick frying pan, and cook one

tortilla for 1 minute or until lightly golden. Spoon the beef mixture over the tortilla, leaving a little border around the edge, then scatter on the tomato and cheese. Top with the other tortilla, pressing it down with the back of a spatula to sandwich the two together. Scoop up the quesadilla with the spatula, carefully turn it over, and cook for another minute or until it is golden. Slice into halves or quarters and serve.

## Deviled lamb cutlets with crushed potato and mustard seed salad

Jazz up a dinner with friends with this hot and spicy dish.

### INGREDIENTS

9oz (250g) new potatoes, halved  
1 tbsp olive oil  
1 tbsp mustard seeds  
1 bunch of scallions, finely chopped  
sea salt and freshly ground black pepper  
8 lamb cutlets

### For the coating

2 tbsp English mustard powder  
2 tbsp tomato ketchup  
1 tsp cayenne pepper (or less, to taste)  
2 tbsp finely chopped onion  
1 tbsp olive oil

### METHOD

1. Preheat the oven to 400°F (200°C). Cook the potatoes in a large pan of boiling salted water for about 15 minutes or until tender, then drain. Add the olive oil, and crush the potatoes gently with a fork. Stir in the mustard seeds and onions, and season with salt and pepper. Set aside.
2. While the potatoes are cooking, make the coating for the lamb. In a bowl, mix together all the

ingredients, and season well with salt and pepper. Coat the lamb cutlets evenly, lay them flat in a roasting pan, and roast for 20–30 minutes until cooked to your liking. Serve hot with the crushed potato salad.

## Almond and peach tart

Use other soft fruit such as plums, nectarines, or apricots, instead of peaches.

### INGREDIENTS

1 sheet prepared dough for an 8–9in (20–23cm) pie  
7 tbsp butter, at room temperature  
½ cup granulated sugar  
2 large eggs, lightly beaten  
1 cup ground almonds  
¼ cup all-purpose flour, plus extra for dusting  
4 peaches, halved and pitted  
confectioner's sugar, for dusting

### METHOD

1. Preheat the oven to 400°F (200°C). Place a baking sheet in the oven to warm. On a lightly floured surface, roll the dough into a rectangle large enough to line the inside of a 13¾ x 4½in (35 x 11cm) tart pan. Trim off the excess pastry with a knife and refrigerate the tart shell while you make the filling.
2. Combine the butter and sugar in a bowl and beat with an electric mixer until creamy, then beat in the eggs.

Mix in the ground almonds and flour until blended, then spread evenly in the tart shell. Press the peach halves cut-side down into the almond mixture. Carefully place the tart pan on the hot baking sheet, then bake for 30 minutes or until the almond mixture is golden brown and cooked through. Dust with confectioner's sugar before serving.



**PREP**  
5  
MINS

**COOK**  
20  
MINS

Makes • 1

### VARIATION

Scatter some grated cheese, like Gruyère or Swiss over the beef mixture.



**PREP**  
10  
MINS

**COOK**  
30  
MINS

Serves • 4



**PREP**  
20  
MINS

**COOK**  
30  
MINS



Serves • 8

Special equipment • electric mixer

### VARIATION

This dessert can be frozen ahead. Let cool after cooking, then wrap in plastic wrap and foil, and freeze. Before serving, defrost in the refrigerator overnight. Serve cold, or heat at 350°F (180°C) for 20 minutes.



## Lamb koftas

Make your meal exotic with this Middle Eastern appetizer.

### INGREDIENTS

1 red onion, peeled and quartered  
 2 garlic cloves, finely chopped  
 1 fresh red chile seeded and chopped  
 1 tsp finely chopped flat-leaf parsley leaves  
 1 tsp finely chopped cilantro leaves  
 1 tsp finely chopped mint leaves  
 1 tsp mild paprika  
 finely grated zest of 1 lemon  
 sea salt and freshly ground black pepper  
 1½lb (675g) lean ground lamb

### METHOD

- Put the onion, garlic, chile, parsley, cilantro, mint, paprika, and lemon zest in a blender or food processor. Season with sea salt and black pepper, and blend to a paste. Add the ground lamb, and pulse until a coarse paste forms. Transfer the mixture to a bowl, and chill for 1 hour or until firm, if time permits.
- Shape the mixture into 12 sausages, and carefully push each long sausage of meat onto a

stainless-steel skewer to form the koftas. Return to the refrigerator until firm.

3. Meanwhile, heat the barbecue until hot. Put the skewers on the hot barbecue, and grill over medium heat for about 15 minutes, turning occasionally, until evenly browned and cooked through.

4. Serve hot with a crispy salad and hummus, if desired.

## Hot and fiery lamb masala

Bring in a touch of Asian cuisine with this delectable, spicy main course.

### INGREDIENTS

2 tbsp ghee or 1 tbsp sunflower oil  
 1 onion, finely chopped  
 1 tsp ground cumin  
 1 tsp ground coriander  
 2 bay leaves  
 2 tsp whole black peppercorns, lightly crushed  
 3 tsp mild paprika  
 1–2 tsp hot chili powder  
 3 garlic cloves, finely chopped  
 2in (5cm) piece of fresh root ginger, thinly sliced

26–28oz (750g) jar or can of crushed tomatoes or tomato purée  
 3 tbsp heavy whipping cream  
 ½ cup cashews, ground  
 10oz (300g) leftover roast lamb, coarsely shredded or sliced  
 sea salt and freshly ground black pepper

### METHOD

- Heat the ghee in a large pan over low heat. Add the onion and cook gently for 5 minutes. Add the cumin, coriander, bay leaves, peppercorns, paprika, and chili powder, and cook for a few more minutes.
- Add the garlic and ginger, and stir pour in the tomatoes, cream, and nuts. Bring to a boil, reduce the heat slightly, and add the lamb. Simmer gently for 25–30 minutes. Season with salt and pepper.

## Lemon and lime tart

Creamy and zesty, this tart is an ideal way to round off a heavy meal.

### INGREDIENTS

1 cup all-purpose flour, plus extra for dusting  
 ½ cup confectioner's sugar  
 sea salt  
 6 tbsp cold butter, cut into small cubes  
 ¼ cup unsweetened cocoa powder  
 3 large eggs  
 ⅔ cup granulated sugar  
 1 cup heavy whipping cream  
 zest and juice of 1 lemon  
 zest and juice of 1 lime

### METHOD

- Sift the flour and confectioner's sugar into a bowl with a pinch of salt. Add the butter and cocoa powder and rub together with your fingertips until the mixture resembles fine bread crumbs. Gradually add 1–2 tbsp iced water, and gather the mixture together until it comes away from the sides of the bowl. Wrap in plastic wrap and refrigerate for 30 minutes.
- Preheat the oven to 400°F (200°C). Roll out the pastry on a lightly floured

surface and use to line the pan. Trim away any excess. Line with parchment paper, then fill with pie weights. Bake for 15 minutes, then remove the weights and paper. Reduce the heat to 325°F (170°C).

3. Whisk the eggs and sugar until pale and creamy. Add the cream, the zest and juice of the lemon and lime, and stir. Pour the mixture into the tart case and smooth the top. Bake for 30–35 minutes or until set.





**PREP**  
15  
MINS

**COOK**  
15  
MINS

**Chilling** • 1 hour

**Serves** • 4-6

**Special equipment** • blender or food processor • stainless-steel or wooden skewers

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STARTER



**PREP**  
15  
MINS

**COOK**  
40  
MINS

**Serves** • 4

**Special equipment** • large deep frying pan

107

MAIN COURSE

*Serve with...  
This dish is best served hot  
with basmati rice.*



**PREP**  
1  
HR

**COOK**  
45  
MINS

**Serves** • 6

**Special equipment** • electric mixer • 8in (20cm) straight-sided round loose-bottomed tart pan • pie weights

107

DESSERT

*To serve...  
Allow the tart to cool to room  
temperature before serving.*

## Savory cheese and bacon muffins

Bacon adds a delicious twist to these cheesy mini-cakes.

### INGREDIENTS

5½oz (150g) Canadian bacon, sliced  
 7oz (200g) Cheddar cheese,  
 cut up into small cubes  
 1¼ cups fresh bread crumbs  
 ½ bunch of scallions, finely chopped  
 3 eggs  
 ½ cup milk  
 handful of fresh chives, chopped  
 salt and ground black pepper  
 butter, for greasing

### METHOD

1. Fry the bacon until cooked but not too crispy, then cut into bite-sized pieces. Mix together the cheese with the bread crumbs, scallions, eggs, and milk. Stir in the bacon and the chives.
2. Season generously with salt and pepper, then spoon into 4 buttered ramekins or metal pudding molds. Bake in the oven at 375°F (190°C) for about 25 minutes until risen and golden. Serve hot or cold.

## Marinated lamb chops with broccoli in lemon juice

The secret to melt-in-the-mouth tenderness is a simple but very tasty marinade.

### INGREDIENTS

#### For the marinade

2 tbsp sherry vinegar or cider vinegar  
 pinch of sugar  
 splash of soy sauce

4 lean lamb loin chops, excess fat removed  
 handful of fresh rosemary sprigs  
 1 head broccoli, about 1lb (450g), florets  
 and stems chopped small  
 juice of 1 lemon  
 pinch of hot red chile flakes  
 mint jelly, to serve

### METHOD

1. First, prepare the marinade. Mix together the vinegar, sugar, and soy sauce, then pour over the lamb. Let marinate at room temperature for 5 minutes, or up to 2 hours, if time permits.
2. Preheat the oven to 400°F (200°C). Place the lamb chops in a roasting pan, season well with salt and pepper, and add the rosemary sprigs. Roast in the oven for 20–30 minutes until cooked to your liking.
3. While the lamb is cooking, add the broccoli to a pan of boiling salted water, and cook for about 10 minutes until soft. Drain, keeping the broccoli in the pan, then mash gently with a fork. Now squeeze in the lemon juice and stir in the chile, a pinch of salt, and some black pepper. Serve immediately with the lamb chops and a dollop of mint jelly on the side.

## Toffee apple bake

This is a great way to turn apples into a delicious, mouthwatering dessert.

### INGREDIENTS

2 medium Granny Smith apples, sliced  
 squeeze of lemon juice  
 3¼ cups self-rising flour  
 2 tsp baking powder  
 2 cups light brown sugar, packed  
 4 large eggs, lightly beaten  
 8oz (225g) butter, melted  
 1 tbsp granulated sugar

#### For the toffee sauce

8 tbsp butter  
 ⅔ cup light brown sugar, packed  
 1 tbsp fresh lemon juice

### METHOD

1. Preheat the oven to 350°F (180°C). Line the bottom and sides of the pan with parchment paper. Put the apple slices in a bowl and toss with the lemon juice to prevent browning.
2. Sift the flour and baking powder into a large bowl, and stir in the brown sugar. Mix in the eggs and the melted butter to make a smooth batter. Pour into the pan and smooth the top. Arrange the apple slices in a few rows along the top of the batter and sprinkle with the sugar. Bake for 45 minutes, or until the cake is firm to the touch and a skewer inserted into the center comes out clean.
3. Meanwhile, make the sauce by melting the butter and sugar in a saucepan over medium-low heat. Add the lemon juice and a pinch of salt, whisking until the mixture is melted and smooth. Let cool slightly. Pour the sauce over the cake while it is still in the pan, gently brushing over the top.



**PREP**  
15  
MINS

**COOK**  
25  
MINS

**Serves** • 4  
**Special equipment** • 4 x 5fl oz (150ml) ramekins or metal pudding molds



**PREP**  
5  
MINS

**COOK**  
30  
MINS



**Marinating** • 5 minutes  
**Serves** • 4

*Cheat...*

Use a ready-made paste to coat the lamb, such as a pesto or a tapenade.



**PREP**  
20  
MINS

**COOK**  
45  
MINS

**Makes** • 18 squares  
**Special equipment** • electric hand whisk or mixer • 13 x 9in (33 x 23cm) baking pan

*Serve with...*

This bake works well warm or cold with a spoonful of crème fraîche.



## Quesadilla with ham, gherkin, and smoked cheese

A real time-saver, this 5-minute dish is a favorite with children.

### INGREDIENTS

1 tbsp olive oil  
2 wheat or corn tortillas  
2½oz (75g) smoked cheese or sharp mature Cheddar cheese, grated  
4½oz (125g) cooked ham, sliced  
2 gherkins, sliced  
sea salt and freshly ground black pepper

### METHOD

1. Heat the oil in a nonstick frying pan, then fry one tortilla for 1 minute, or until golden.
2. Sprinkle with the cheese, leaving a little room around the edge. Top with the ham and gherkins, then season with salt and pepper.
3. Top with the other tortilla, pressing it down with the back of a spatula to sandwich the two together. Carefully turn it over, and

cook the other side for another minute, until golden and the cheese melted. Slice in halves or quarters, and serve.

## Tuna with sweet shallots

Red onions instead of shallots will bring extra zest to this delicious dish.

### INGREDIENTS

6 shallots, peeled  
2 garlic cloves, peeled  
a few sprigs of fresh thyme, leaves only, plus extra sprigs, for garnish (optional)  
3 tbsp olive oil  
3 tbsp balsamic vinegar  
4 tuna steaks, about 5½oz (150g) each  
sea salt and freshly ground black pepper

### METHOD

1. Combine the shallots, garlic, and half of the thyme in a food processor until evenly chopped, making sure the mixture doesn't become mushy. Season with salt and pepper.
2. Heat 1 tbsp of the olive oil in a nonstick frying pan over low heat. Add the shallot mixture and cook gently until soft and translucent. Increase the heat slightly, add the balsamic vinegar, and continue cooking for about 15 minutes.

3. Heat a ridged cast-iron grill pan. Drizzle the remaining olive oil over the tuna steaks, covering them completely. Season with salt and pepper and sprinkle with the remaining thyme leaves. Cook the steaks, two at a time, for 3–5 minutes on each side, depending upon your preference of doneness.

4. To serve, divide the shallot mixture among 4 plates. Place a steak on each, and garnish with thyme sprigs.

## Classic apple crumble

Bring more flavor to this classic dessert with a smattering of blackberries or blueberries.

### INGREDIENTS

3 large Granny Smith apples, peeled, cored, and coarsely chopped  
4–6 tbsp granulated sugar, depending upon the tartness of the apples

### For the crumble topping

4 tbsp cold butter, cut into small cubes  
1¼ cups all-purpose flour  
⅔ cup light brown sugar (packed) or granulated sugar

### METHOD

1. Preheat the oven to 375°F (190°C). Place the apples in a saucepan with the granulated sugar and 2–3 tbsp of water. Simmer, stirring frequently, until the apples are tender but still hold their shape. Spoon the mixture into a 1 quart (1.2 liter) ovenproof dish.
2. To make the topping, combine the butter and flour in a bowl. Using your fingertips, rub the flour into the butter until the mixture resembles

coarse bread crumbs. Rub in the sugar in the same manner. Sprinkle over the apple mixture, then bake for 30 minutes, or until the topping is barely golden.





PREP  
5  
MINS

COOK  
5  
MINS

Makes • 1

### VARIATION

Use baby gherkins instead of big ones—they are much sweeter.

111

STARTER



PREP  
10  
MINS

COOK  
20  
MINS



Serves • 4

Special equipment • food processor  
• ridged cast-iron grill pan

*Serve with...  
Serve with fine green beans  
or an arugula salad.*

111

MAIN COURSE



PREP  
15  
MINS

COOK  
30  
MINS



Serves • 4

Special equipment • 1 quart ovenproof dish.

*Cheat...  
A 12-14oz (400g) can of  
prepared apple pie filling  
can be your secret ingredient  
for an easy version of  
this dessert.*

111

DESSERT

## Smoked salmon and cream cheese roulades

Dainty and creamy, these delicious bites will vanish as soon as they are served.

### INGREDIENTS

7oz (200g) cream cheese, at room temperature  
2 tbsp cream-style white horseradish  
10oz (300g) smoked salmon, cut into 12in (30cm) wide rectangular slices  
juice of 1 lemon  
sea salt and freshly ground black pepper  
4 slices of thinly sliced rye bread  
handful of salad leaves, to serve  
lemon wedges, to serve

### METHOD

1. Mix together the cream cheese, horseradish, and lemon juice, then season well with a pinch of salt and plenty of pepper.
2. Lay out the salmon slices on parchment paper. Spoon the cream cheese mixture onto the salmon, and spread evenly all over the surface.
3. Starting from a short end, tightly roll up the salmon, jelly roll fashion. Next, roll the parchment paper

around it, twisting the edges tightly so that you have a sausage shape. Repeat until all the salmon has been used. Chill for 15–30 minutes to firm.

4. To serve, cut the bread into small squares, and slice the salmon roulade crosswise into pinwheels. Place a pinwheel on top of each square of bread, and serve with lemon wedges.

## Seared tuna with a black sesame seed crust

Tuna as it should be—simple, healthy, and delectable.

### INGREDIENTS

4 tbsp olive oil, plus extra for searing  
1 garlic clove, finely chopped  
1 fresh hot red chile, finely chopped  
2 tbsp black sesame seeds, plus extra for garnish (optional)  
sea salt  
2 best-quality ahi tuna steaks, about 10oz (300g) each, halved lengthwise  
2 radishes  
juice of 1 lemon  
½ bunch of fresh chives, chopped into 1in (5cm) lengths

### METHOD

1. Put the oil, garlic, chile, sesame seeds, and a pinch of salt on a large flat dish or baking sheet. Rinse the tuna steaks and pat dry with paper towels. Press each piece into the sesame seed mixture, turning to coat all over. Leave to marinate in the refrigerator for at least 1 hour.
2. Meanwhile, cut the radishes into thin matchsticks, and put them in a bowl with half of the lemon juice.
- Heat a little extra oil in a frying pan

over high heat. When the oil is hot, sear each tuna steak for about 20 seconds on each side. Remove, and leave to rest for 5 minutes.

3. To serve, put a seared tuna steak on each of 4 serving plates, and drizzle with the remaining lemon juice. Drain the radish matchsticks, and scatter over the top. Sprinkle with the chives and a few extra sesame seeds. Serve immediately.

## Classic treacle tart

A traditional English dessert made with minimal ingredients.

### INGREDIENTS

6oz (175g) ready-made shortcrust pastry  
scant 1oz (25g) butter  
3–4 slices of white bread, made into coarse bread crumbs  
3–4 tbsp golden syrup

### METHOD

1. Preheat the oven to 400°F (200°C). Roll the pastry out thinly and use to line the tart pan. Prick the base with a fork. Line the case with parchment paper, then fill with the baking beans. Bake for 15 minutes, or until very lightly golden. Remove the beans and paper, then put the tart case back in the oven for a few minutes to crisp up the base. Set aside while you make the filling. Turn the oven down to 375°F (190°C).

2. Combine the butter and bread crumbs in a bowl and mix together with a fork until well blended. Add the syrup and stir until the mixture is smooth but still quite stiff. Spoon into the pastry shell and level the top. Bake in the oven for 10–15 minutes or until golden and set. Do not overcook or the filling will become brittle: it should be soft and slightly chewy; the pastry thin and crisp. Serve hot or at room temperature.



**PREP**  
10  
MINS



Serves • 4

**VARIATION**

Add some finely chopped fresh chives to the cream cheese mixture.

113

STARTER



**PREP**  
10  
MINS

**COOK**  
40  
SECS



Marinating • 1 hour  
Serves • 4

*Serve with...*

*You can serve this dish with a salad of fresh orange segments, thinly sliced cucumber, and sprigs of fresh dill or mint.*

113

MAIN COURSE



**PREP**  
20  
MINS

**COOK**  
35  
MINS



Serves • 6

Special equipment • 8in (20cm) loose-bottomed tart pan • ceramic baking beans

**VARIATION**

Give the tart some extra tang by adding the zest of 1 lemon to the syrup.

113

DESSERT



## Smoked trout, fennel, and mascarpone crostini

The smoky flavor in this dish is offset by salted mascarpone and crunchy bread.

### INGREDIENTS

2 tbsp olive oil  
4 thick slices crusty sourdough bread  
1 garlic clove, peeled but left whole  
2 smoked trout, 10oz (300g) each  
1 x 5½oz (150g) fennel bulb, trimmed, halved, and thinly sliced  
½ cup (125ml) mascarpone  
¼ cup sliced almonds, toasted  
juice of ½ lemon  
sea salt and freshly ground black pepper  
sprigs of fresh chervil, to garnish  
4 lemon wedges for serving

### METHOD

1. Preheat the oven to 400°F (200°C). Pour the olive oil onto a baking sheet, then gently press the bread into the oil on both sides. Season with salt and pepper. Bake for 10–15 minutes until golden brown. Remove from the oven, and lightly rub each slice with the garlic. Set aside on a wire rack to keep the crostini crisp.
2. Meanwhile, remove the skin from the smoked trout, and gently remove

the flesh from the bones, trying to keep it in big chunks.

3. Put the trout, fennel, mascarpone, sliced almonds, and lemon juice in a bowl. Season with pepper, and gently stir to mix.

4. To serve, arrange the trout mixture over the crostini, season with some more pepper, and garnish with the chervil. Serve with lemon wedges for squeezing over.

## Marinated sweet and hot tuna steaks

The marinated crunchy crust seals in the juices, keeping the meat succulent.

### INGREDIENTS

4 fresh tuna steaks, about 7oz (200g) each  
**For the marinade**  
2 tbsp dark soy sauce  
2 tbsp olive oil  
juice of 2 lemons  
2 garlic cloves, finely chopped  
1in (2.5cm) piece of fresh ginger, finely chopped  
2 tbsp dark brown sugar  
1 tsp cayenne pepper  
sea salt and freshly ground black pepper

### METHOD

1. Put all of the marinade ingredients in a bowl. Season with salt and pepper, and mix together well. Put the tuna steaks in a plastic freezer bag, pour in the marinade, and seal, making sure that the tuna is well coated. Marinate in the refrigerator for 30 minutes if time permits.
2. Heat the barbecue until hot. Grill the tuna steaks over high heat for 2 minutes on each side, turning only once during cooking. Transfer to a

plate, and leave to rest in a warm place for 2 minutes. Serve with a fresh green salad.

## Raspberry, lemon, and almond bake

Serve up this fruity bake as a perfect post-lunch dessert.

### INGREDIENTS

1¼ cups all-purpose flour  
1 tsp baking powder  
1 cup ground almonds  
11 tbsp (150g) butter, cubed  
1 cup (200g) granulated sugar  
3 tbsp fresh lemon juice  
1 tsp vanilla extract  
2 large eggs  
1 cup fresh raspberries  
confectioner's sugar, for dusting (optional)

### METHOD

1. Preheat the oven to 350°F (180°C). Line the bottom and sides of an 8in (20cm) square loose-bottomed cake pan with parchment paper. Sift the flour and baking powder into a bowl, and stir in the ground almonds. In a small saucepan, heat the butter, sugar, and lemon juice together, stirring until melted and smooth. Let cool slightly.
2. Stir the syrupy butter mixture into the dry ingredients, then mix in the

vanilla extract and the eggs, one at a time, until the mixture is smooth and well blended. Scrape into the prepared pan, then scatter the raspberries over the top. Bake for 35–40 minutes or until golden and a skewer inserted into the cake comes out clean.

3. Cool in the pan for 10 minutes, then unmold and cool on a wire rack. Dust with confectioner's sugar. Cut into squares or bars to serve.





PREP  
25  
MINS

COOK  
15  
MINS

Serves • 4

### COOK'S NOTES

To toast the almonds, spread them out in a small dry frying pan. Toast over medium heat for a few minutes until golden, stirring frequently to prevent them from burning.

115

STARTER



PREP  
10  
MINS

COOK  
5  
MINS



Marinating • 30 minutes  
Serves • 4

115

MAIN COURSE



PREP  
20  
MINS

COOK  
40  
MINS



Serves • 8  
Special equipment • 8in (20cm) square loose-bottomed cake pan

### VARIATION

This cake also works well with blueberries, or a mix of other soft berries.

115

DESSERT

## Thai fish cakes

Tasty finger food that makes a delightful start to a formal lunch or supper.

### INGREDIENTS

10oz (300g) peeled and deveined cooked shrimp, coarsely chopped  
 3 garlic cloves, peeled but left whole  
 small handful of fresh cilantro  
 2 fresh hot red chiles, seeded  
 generous splash of Thai fish sauce, such as nam pla  
 generous splash of soy sauce  
 small handful of fresh basil leaves  
 juice of 2 limes  
 1 large egg, lightly beaten  
 3–4 tbsp vegetable or sunflower oil  
 sea salt and freshly ground black pepper

### METHOD

1. Combine the shrimp, garlic, cilantro, chiles, fish sauce, soy sauce, basil, and lime juice in a food processor, and process into a coarse paste. Add the egg and plenty of salt and pepper, and process again.
2. Heat a little oil in a frying pan over medium-high heat. Scoop 1 tbsp of the mixture, then carefully slide it into the pan and flatten slightly; it should be about  $\frac{3}{4}$ in (2cm) thick. Repeat until all the mixture has been

used. Cook for a minute or two on each side until golden. You may need to cook in batches, adding more oil as needed. Drain the fish cakes on a plate lined with paper towels.

3. Serve hot with a drizzle of sweet chili sauce and some arugula leaves.

## Roasted salmon with Swiss chard and herb butter

This meal comes with a creamy sauce that complements many roasted or grilled dishes.

### INGREDIENTS

#### For the herb butter

8 tbsp (1 stick) butter, at room temperature  
 handful of curly parsley, finely chopped  
 handful of fresh dill, finely chopped  
 juice of 1 lemon  
 pinch of hot red pepper flakes

4 salmon fillets,  $5\frac{1}{2}$ oz (150g) each  
 1 tbsp olive oil  
 2 handfuls of Swiss chard, trimmed, rinsed, and drained  
 sea salt and freshly ground black pepper

### METHOD

1. To make the herb butter, combine the butter, parsley, dill, lemon juice, and pepper flakes in a mixing bowl, and beat well until blended. Spoon the butter onto a piece of parchment paper, then roll into a log shape. Twist the edges of the paper, and refrigerate the roll until needed.
2. Preheat the oven to 400°F (200°C). Place the salmon in a nonstick roasting pan, drizzle with the olive oil, and season with salt and pepper.

Bake in the oven for 15–20 minutes or until the salmon is cooked through.

3. Meanwhile, cook the chard in a pan of boiling salted water for 5–8 minutes until it is tender yet still firm to the bite. Drain well, and transfer to a serving dish. Squeeze the lemon juice over the top, and add a pinch of pepper flakes. Serve hot, with a slice of herb butter over both the salmon and the chard.

## Caramel banana tart

Delicious served warm with ice-cream and a glass of sherry for a special occasion.

### INGREDIENTS

5 tbsp butter, cut into pieces  
 $\frac{2}{3}$  cup light corn syrup  
 4 firm-but-ripe medium bananas  
 half of a 17.3oz (425g) box frozen puff pastry sheets (1 sheet), thawed as package directs  
 all-purpose flour for dusting

### METHOD

1. Preheat the oven to 400°F (200°C). Combine the butter and syrup in a small, heavy saucepan. Heat until the butter has melted and the mixture is smooth, then boil for 1 minute. Pour into the pan. Arrange the banana slices on top of the mixture—this will be the top of the pudding when it's turned out. Place the pan on a baking tray and bake for 10 minutes.
2. Carefully remove the tart from the oven and place the pastry circle on

top. Use the handle of a knife to tuck the edge down into the pan. Bake the tart for another 20–25 minutes or until the pastry is golden brown. Let stand for 5–10 minutes, then place a serving plate on top and invert the tart onto the plate.



PREP  
15  
MINS

COOK  
15  
MINS

Serves • 4  
Special equipment • food processor

### COOK'S NOTES

Use Thai basil, which has a spicy, delicate flavor, instead of regular basil, if you can find it. It also has a sweeter taste than regular basil.

117

STARTER



PREP  
10  
MINS

COOK  
30  
MINS

Serves • 4

### VARIATION

Prepare curly kale or spinach instead of chard.

117

MAIN COURSE



PREP  
15  
MINS

COOK  
35  
MINS

Serves • 6  
Special equipment • 8in (20cm) tart dish or pan (not loose-bottomed)

### COOK'S NOTES

The caramel gets very hot. Take great care not to touch it when you're topping the bananas with the pastry or inverting the tart.

117

DESSERT

## Smoked mackerel pâté

A stylish starter, best served with a sprinkling of cayenne pepper.

### INGREDIENTS

3-4 smoked mackerel fillets, about 10oz (300g), skinned  
10oz (300g) cream cheese, at room temperature  
juice of 1-2 lemons  
1-2 tbsp Greek-style plain yogurt  
freshly ground black pepper

### To serve

toasted rye bread, sliced thin  
1 lemon, cut into wedges

### METHOD

1. Break the mackerel into chunks, and add to a food processor. Process, pulsing the machine on and off, until evenly chopped.
2. Spoon in the cream cheese, and process again until a smooth paste forms. Add the lemon juice, a little at a time, processing between each addition. Taste as you go, adding more lemon as required. Season with plenty of black pepper, and process again.

3. Add the yogurt and blend again until completely smooth. Spoon into a flat-sided serving dish, and smooth the top. Serve with toast and the lemon wedges for squeezing.

## Baked salmon

This fresh, healthy main course works wonderfully well with a side dish of fresh greens.

### INGREDIENTS

7-8lb (3.2-3.6kg) fresh whole salmon, gutted, scaled, and cleaned  
1 stick cold butter, cut into bits  
sea salt and freshly ground black pepper  
handful of flat-leaf parsley sprigs, plus extra, for garnish  
lemon wedges, for serving

### METHOD

1. Preheat the oven to 350°F (180°C). Lay a large piece of heavy-duty foil on a baking tray (enough to enclose the fish). Place the salmon in the middle of the foil, and scatter the butter all over the top. Season well with salt and pepper, then scatter the parsley sprigs over the fish, tucking a few inside the cavity.
2. Loosely pull together the edges of the foil to enclose salmon, and seal.

Bake for about 1 hour 10 minutes, calculating the cooking time at 10 minutes per pound (450g), or just until it is opaque throughout.

3. Unwrap the foil, remove any straggly bits of parsley, and transfer the salmon to a warm plate. Garnish with fresh parsley. Pass the lemon at the table for squeezing. Serve with new potatoes and salad, or grilled asparagus.

## Cherry crumble

An indulgent dinnertime treat that can be made with a variety of soft stone fruits or berries.

### INGREDIENTS

8 tbsp (1 stick) butter, cut into ½in (1cm) cubes  
1¼ cups all-purpose flour  
1 cup ground almonds  
¼ cup granulated sugar

### For the filling

1¼lb (550g) ripe cherries, pitted  
2 tbsp granulated sugar  
2 tbsp apple juice

### METHOD

1. Preheat the oven to 350°F (180°C). In a bowl, rub the butter into the flour and ground almonds with your fingertips until the mixture resembles coarse bread crumbs. Stir in the sugar. Place the cherries in a 1½ quart (2 liter) dish and sprinkle with the sugar and apple juice. Scatter the crumble mixture over the top. Bake for 30-35 minutes or until golden brown. Allow the crumble to cool completely, then wrap in foil, and freeze.

1. To serve, defrost in the refrigerator overnight. Reheat uncovered in a preheated 350°F (180°C) oven for 25 minutes or until bubbly-hot.





**PREP**  
5  
MINS

**Serves** • 4  
**Special equipment** • blender or food processor

### COOK'S NOTES

Make a day ahead, and keep in the refrigerator. Let stand 30 mins at room temperature before serving. You don't have to add the yogurt, but it dilutes the richness a bit and makes the pâté creamy.



**PREP**  
15  
MINS

**COOK**  
1 1/4  
HRS

**Serves** • 4, plus leftovers

### VARIATION

Salmon is delicious with flavors such as horseradish or beet, as they cut wonderfully through the richness. Serve with a spoonful of each on the side, and a watercress salad.



**PREP**  
15  
MINS

**COOK**  
35  
MINS



**Serves** • 6  
**Special equipment** • 1½-quart (2-liter) ovenproof dish

### Cheat...

Use three 15oz (425g) cans of cherries, or 1lb frozen pitted cherries, thawed.

## Mixed fish kebabs

A zesty beginning to a summer lunch.

### INGREDIENTS

5½oz (150g) monkfish fillets, cubed  
 5½oz (150g) salmon steaks or fillets, cubed  
 5½oz (150g) tuna steaks, cubed  
 grated zest and juice and 1 lime  
 2 garlic cloves, finely chopped  
 handful of fresh cilantro leaves,  
 finely chopped  
 2in (5cm) piece of fresh ginger,  
 finely chopped  
 splash of olive oil  
 sea salt and freshly ground black pepper

### METHOD

1. If using wooden or bamboo skewers, soak in cold water for at least 30 minutes first. Put all the ingredients in a large bowl, and season with sea salt and black pepper. Using your hands, carefully combine everything until well mixed. Keep in the refrigerator until needed.
2. Heat the barbecue or charcoal grill until hot. Thread the fish cubes

onto the skewers, alternating the 3 types of fish. Grill over a high heat for about 3 minutes on each side, turning only once during cooking. Serve hot.

## Salmon and roasted tomato pasta

Fish lovers will adore this dish infused with Neapolitan flavors.

### INGREDIENTS

12 cherry tomatoes  
 1 tbsp olive oil  
 12oz (350g) dried pasta, such as penne  
 12oz (350g) leftover baked salmon, flaked  
 into chunks  
 sea salt and freshly ground black pepper  
 hot chili oil

### METHOD

1. Preheat the oven to 400°F (200°C). Put the tomatoes in a roasting pan, and drizzle over the olive oil. Roast in the oven for 15–20 minutes until the tomatoes are beginning to char slightly and the skins are bursting.
2. Meanwhile, cook the pasta as the package directs, until it is tender yet still firm to the bite. Drain, reserving a small amount of the cooking water. Return the pasta to

the pot and toss together with the reserved cooking water. Add the salmon and roasted tomatoes, toss gently to mix, and season with salt and pepper. Drizzle with a little chili oil, and serve immediately.

## Shortbread wedges

A melt-in-your-mouth Scottish bakery classic, perfect for an informal dinner.

### INGREDIENTS

7 tbsp butter,  
 at room temperature  
 ¼ cup granulated sugar,  
 plus extra for garnish  
 1 cup all-purpose flour  
 ½ cup cornstarch

### METHOD

1. Lightly grease the cake pan. In a bowl, beat the butter and sugar together with an electric mixer until pale and creamy. Sift in the flour and cornstarch and beat until the mixture forms coarse crumbs. Knead lightly to bring it together, then press the dough evenly into the pan and smooth the surface. Prick with a fork, then mark into 8 wedges. Refrigerate for at least 1 hour or until firm.
- Preheat the oven to 325°F (160°C).

2. Bake for 40 minutes or until pale golden and firm to the touch. While still warm, mark the wedges again with a knife, and sprinkle with a little sugar. Set the pan on a wire rack to cool. When cool, cut into wedges.



PREP  
15  
MINS

COOK  
10  
MINS



121

Serves • 4  
Special equipment • skewers

STARTER



PREP  
15  
MINS

COOK  
20  
MINS



121

Serves • 4

**VARIATION**

Add some arugula or fresh basil leaves when you combine the salmon and tomatoes.

MAIN COURSE



PREP  
15  
MINS

COOK  
40  
MINS

121

Chilling • 1 hour  
Makes • 8 wedges  
Special equipment • electric mixer  
• 8in (18cm) round cake pan

**COOK'S NOTES**

Use high-quality butter to ensure your shortbread has the most delicious flavor.

DESSERT



## Cannellini and dill crostini

This all-time Tuscan favorite will taste just as good on your table.

### INGREDIENTS

about 2 tbsp olive oil  
16 slices crusty baguette  
sea salt and freshly ground black pepper  
1 garlic clove, peeled but left whole  
1 x 14oz (400g) can cannellini beans  
1 tbsp chopped fresh dill  
3 anchovy fillets in olive oil, drained  
2 small medium-hot red chiles, seeded and finely chopped  
2 scallions, thinly sliced  
2 tbsp olive oil, for drizzling  
½ cup black olives, pitted and finely chopped

### METHOD

1. Preheat the oven to 400°F (200°C). To make the crostini, pour 2 tbsp olive oil over a baking sheet, then gently press the bread into the oil on both sides. Season with salt and pepper. Bake for 10–15 minutes until golden brown. Remove from the oven, and lightly rub each slice with the garlic clove. Set aside on a wire rack to cool.
2. Drain the cannellini beans. Then combine them with the dill,

anchovies, chiles, and scallions in a blender or food processor, and purée until smooth. Season with salt and pepper, and transfer to a bowl. Spoon the bean mixture over the crostini, drizzle with the olive oil, and sprinkle with the chopped black olives.

## Salmon with mushrooms and bok choy

A sophisticated dish infused with Japanese flavors.

### INGREDIENTS

1 tbsp olive oil  
1 tbsp dark soy sauce  
½ tsp mirin  
2in (5cm) piece of fresh ginger, peeled and finely chopped  
2 garlic cloves, finely chopped  
sea salt and freshly ground black pepper  
4 salmon fillets, each about 5½oz (150g)  
2 bok choy, quartered lengthwise  
7oz (200g) mushrooms, halved if large

### METHOD

1. Preheat the oven to 400°F (200°C). Combine the olive oil, soy sauce, mirin, ginger, and garlic in a small bowl, and mix together well. Season with salt and pepper.
2. Put the salmon, bok choy, and mushrooms in a roasting pan, then drizzle with the oil mixture and coat well. Put into the oven to roast for 20–25 minutes or until the salmon is cooked through. Serve with rice.

## Vanilla cupcakes

Jazz up these dainty cakes with colorful sprinkles or chocolate shavings.

### INGREDIENTS

9 tbsp butter, at room temperature  
⅔ cup granulated sugar  
2 large eggs  
1¼ cups self-rising flour, sifted  
1 tsp vanilla extract  
1 tbsp whole milk, if needed

### For the icing

1 cup confectioner's sugar  
3 tbsp unsweetened cocoa powder  
7 tbsp butter, at room temperature  
few drops of vanilla extract  
dark chocolate, shaved into curls (optional)

### METHOD

1. Preheat the oven to 375°F (190°C). Line a 12-cup muffin tin with paper liners. Place the butter and sugar in a bowl and beat with an electric mixer until pale and fluffy. Beat in the eggs one at a time, adding 1 tablespoon of the flour after each addition. Beat in the vanilla extract and then the rest of the flour until smooth and blended—the mixture should drop easily off the beaters. If it doesn't, stir in the milk. Divide the

mixture evenly between the cups. Bake for 20 minutes or until risen, golden, and firm. Transfer the cupcakes to a wire rack to cool.

2. To make the icing, sift the confectioner's sugar and cocoa powder (optional) into a bowl. Beat in the butter and the vanilla until the mixture is light and fluffy. Frost the cupcakes with a swirly design. Scatter the dark chocolate shavings over the icing, if desired.





**PREP**  
20  
MINS

**COOK**  
15  
MINS

**Serves** • 16  
**Special equipment** • blender or food processor

### VARIATION

Serve the cannellini topping with your favorite grilled fish and roasted vine-ripened cherry tomatoes.



**PREP**  
15  
MINS

**COOK**  
25  
MINS



**Serves** • 4

### COOK'S NOTES

If you can't get hold of mirin (Japanese rice wine), use dry sherry or omit altogether.



**PREP**  
25  
MINS

**COOK**  
20  
MINS



**Makes** • 12  
**Special equipment** • electric mixer  
• 12-cup muffin tin

### VARIATION

For lemon cupcakes, add the finely grated zest of ½ lemon to the batter; 1-2 tbsp fresh lemon juice to the icing; and omit the cocoa powder.

## Olive and anchovy open tart

This quick-fix starter is an ideal accompaniment to pre-dinner drinks.

### INGREDIENTS

1 x 17.3oz (425g) box frozen puff pastry sheets, thawed  
 1 egg, lightly beaten, for egg wash  
 ¼ cup tomato purée or tomato sauce  
 12 flat anchovy fillets, drained  
 12 pitted black olives  
 freshly ground black pepper

### METHOD

1. Preheat the oven to 400°F (200°C). Roll out the pastry, and lay on a baking tray. Using a sharp knife, score a line about 2in (5cm) in from the edges all the way around to form a border, but do not cut all the way through the pastry. Next, using the back of the knife, score the pastry all the way around the outer edges. This helps it to puff up when cooking.

2. Brush the border with the egg wash, then smooth the purée over the inside area right to the scored edges. Arrange the anchovies and olives over the tart so that everyone gets a taste of each, and sprinkle over a pinch of black pepper.

3. Bake in the oven for about 15 minutes, until the pastry is cooked and the edges are puffed and golden. Cut into 6 squares, and serve warm with a crisp green salad.

## Mackerel with garlic and tomatoes

A speedy supper using the freshest of ingredients.

### INGREDIENTS

24 cherry tomatoes on the vine, snipped with a bit of the stem left on  
 4 peeled garlic cloves  
 few sprigs of fresh thyme  
 grated zest of 1 lemon  
 pinch of hot red pepper flakes  
 1–2 tbsp olive oil  
 4 mackerel fillets, 4–5½oz (115–150g) each  
 sea salt and freshly ground black pepper

### METHOD

1. Preheat the oven to 400°F (200°C). Combine the tomatoes, garlic, and thyme sprigs in a roasting pan. Sprinkle with the lemon zest and pepper flakes. Drizzle with the oil, and season with salt and pepper. Roast in the oven for 10 minutes, until the tomatoes begin to soften and shrivel.

to the oven for 10–15 minutes, until the fish is cooked through. Serve hot with a salad and fresh bread.

2. Remove from the oven, place the mackerel on top of the tomatoes, then cover the pan with foil. Return

## Lemon tart with almond pastry

A classic anytime dessert—buttery, lemony, and crumbly.

### INGREDIENTS

9 tbsp cold butter, cut into small cubes  
 1½ cups all-purpose flour  
 ½ cup ground almonds  
 finely grated zest of 2 lemons  
 ⅓ cup fresh lemon juice (from 2–3 lemons)  
 6 tbsp granulated sugar  
 3 large eggs  
 ¾ cup heavy whipping cream

### METHOD

1. Combine the butter and flour in a bowl and rub together until the mixture resembles bread crumbs. Add the almonds, then stir in just enough ice water to form a dough. Roll out the pastry on a floured work surface and use to line the tart pan. Trim off any excess around the edges, then chill for at least 30 minutes.

for 15 minutes, remove the paper and beans, and return to the oven for another 5 minutes or until the pastry is cooked through. Set aside. Turn the oven down to 300°F (150°C).

2. Preheat the oven to 400°F (200°C). Line the pastry shell with parchment paper and fill with pie weights. Bake

3. Combine the lemon juice and sugar and stir until the sugar has dissolved. Mix in the eggs and lemon zest. Stir in the cream until well blended, then pour into the tart shell. Bake for 35 minutes or until just set. Leave to cool.



**PREP**  
10  
MINS

**COOK**  
15  
MINS



Serves • 6

### COOK'S NOTES

If feeding fussy eaters, lay the anchovies at one end and the olives at the other.



**PREP**  
10  
MINS

**COOK**  
25  
MINS



Serves • 4

### VARIATION

When sardines are in season, use them instead of the mackerel.



**PREP**  
20  
MINS

**COOK**  
55  
MINS

**Chilling** • 30 minutes

Serves • 8

**Special equipment** • electric mixer • 8in (20cm) tart pan • pie weights or dry beans

*To serve...  
Chill the tart before serving.  
Serve with half-and-half.*

## Anchovy, olive, and basil tarts

These melt-in-your-mouth tarts are ideal as bite-sized appetizers.

### INGREDIENTS

1 sheet ready-rolled puff pastry (preferably made with butter)  
 2 large eggs  
 ¾ cup heavy whipping cream  
 2 tbsp freshly grated Parmesan cheese  
 4 anchovy fillets, drained  
 4 anchovy fillets in olive oil, drained  
 4 bite-sized balls of fresh mozzarella cheese, torn  
 8 pitted Kalamata olives  
 8 cherry tomatoes, halved  
 8 fresh basil leaves or small sprigs  
 sea salt and freshly ground black pepper

### METHOD

1. Preheat the oven to 400°F (200°C). Lightly brush or spray four 4oz (125ml) ramekins or muffin cups.
2. On a lightly floured work surface, cut the pastry into 4 squares large enough to line the ramekins. Ease in the pastry, so it lines the bottom and sides of the cups. Refrigerate for 1 hour until well chilled.
3. Combine the eggs, cream, and Parmesan, and season. Mix well.

4. Place an anchovy in each of the prepared pastry cases, along with 1 torn mozzarella ball, 2 olives, and 4 cherry tomato halves. Spoon the egg and cream mixture into the cases, and top each one with a basil leaf or sprig. Grind a little pepper over the top. Bake the tarts for 25-30 minutes, until puffed and golden on top. Serve warm, garnished with basil.

## Lemon sole with herbs

Serve this aromatic dish with potatoes and broccoli for a deliciously satisfying main course.

### INGREDIENTS

3 tbsp extra virgin olive oil  
 1 tbsp white wine vinegar  
 1 tsp Dijon mustard  
 small handful of fresh mixed herbs, such as parsley, thyme, and dill  
 4 lemon sole or other sole fillets, or other flat white fish fillets, about 6oz (175g) each  
 sea salt and freshly ground black pepper

### METHOD

1. Preheat the oven to 400°F (200°C). To make the dressing, whisk together the oil and vinegar in a small bowl. Mix in the mustard and herbs to blend. Season well with salt and pepper.
2. Lay out the fish in a roasting pan, then add enough water to cover by about ¼in (5mm). Season well with salt and pepper. Bake in the oven for 10-15 minutes until the fish is

cooked through and the water has nearly evaporated.

3. Using a spatula, carefully lift the fish onto a serving dish or individual plates. Spoon some of the herb dressing over each fillet. Serve hot with sautéed potatoes and broccoli.

## Swiss roll

A traditional bake, best served with after-dinner coffee.

### INGREDIENTS

3 large eggs  
 ½ cup granulated sugar, plus extra to sprinkle  
 1 tsp vanilla extract  
 ¾ cup self-rising flour  
 6 tbsp strawberry jam, raspberry jam, lemon curd, or Nutella

### METHOD

1. Preheat the oven to 400°F (200°C). Line the bottom and sides of the pan with parchment paper. In a bowl set over a saucepan of simmering water, beat the eggs, sugar, and a pinch of salt until very thick and creamy.
2. Remove the bowl from the pan. Beat for another minute, until cool. Add the vanilla and sift in the flour, and fold in gently. Pour into the tin and level the corners. Bake for 12-15 minutes, until firm to the touch and

the cake has shrunk from the sides of the pan.

3. Sprinkle sugar on some parchment paper, then invert the cake onto it. Leave to cool for 5 minutes, then peel off the parchment the cake was cooked in. Spread the jam over the top of the cake. Roll the cake up from one of the short sides, using the parchment paper to keep it tightly rolled and in shape. Leave to cool in the parchment paper.





**PREP**  
15  
MINS

**COOK**  
25  
MINS

**Chilling** • 1 hour  
**Serves** • 4  
**Special equipment** • 4-cup muffin tin

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STARTER



**PREP**  
10  
MINS

**COOK**  
20  
MINS



**Serves** • 4

**VARIATION**

When possible, serve Dover sole—it is far superior in taste and can be prepared as either fillets or a whole fish. It will, however, be far more costly.

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MAIN COURSE



**PREP**  
20  
MINS

**COOK**  
15  
MINS

**Serves** • 8-10  
**Special equipment** • electric mixer  
• 13 x 9 x 2in (32.5 x 23cm) jelly roll pan

**To serve...**

Peel off the parchment paper and place the cake on a serving plate. Dust with extra sugar, if needed, before serving.

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DESSERT

## Grilled shrimp with hot pepper sauce

A scrumptious, spicy starter, also perfect as finger food.

### INGREDIENTS

9oz (250g) large raw shrimp unpeeled,  
deveined  
2 tbsp olive oil  
1 red hot chile pepper, seeded and chopped

### For the hot pepper sauce

1 garlic clove, finely grated  
1 tsp hot chili powder  
1 tsp paprika  
pinch of ground cumin  
juice of 1 lime  
4-5 tbsp mayonnaise  
sea salt and freshly ground black pepper

### METHOD

1. In a bowl, combine the shrimp with 1 tbsp of the olive oil and the chile pepper. Toss well to coat, and set aside.
2. To make the hot pepper sauce, in another bowl, stir together the remaining olive oil, garlic, chili powder, paprika, cumin, lime, and mayonnaise until well blended. Taste, and season accordingly.

3. Heat a heavy frying pan or ridged cast-iron grill pan over high heat. Add the shrimp and cook for 3-4 minutes, turning once, until they turn pink and begin to curl. Serve with the hot pepper sauce, a salad, and fresh crusty bread.

## Butterflied sardines stuffed with tomatoes and capers

An exemplary way of enjoying this oily fish at its very best.

### INGREDIENTS

4-6 tomatoes, peeled and finely chopped  
2 tsp capers, rinsed and gently squeezed dry  
handful of flat-leaf parsley, finely chopped,  
plus extra, for garnish  
2 garlic cloves, crushed  
12 fresh sardines, butterflied  
a little olive oil  
juice of 1 lemon  
sea salt and freshly ground black pepper

### METHOD

1. Preheat the oven to 400°F (200°C). Stir together the tomatoes, capers, parsley, and garlic. Season well with salt and pepper, and stir again.
2. Lay the sardines skin-side down, and spoon on the tomato mixture. Roll the sardines lengthwise, or fold them over to enclose the filling, then place them all on a baking sheet without crowding. Drizzle with olive oil and the lemon juice.

3. Bake in the oven for about 10 minutes or until the sardines are cooked through and the filling is warm. Garnish with extra parsley, if you wish, and serve with a crisp green salad.

## Apple and blackberry brown betty

This delicious pudding became popular during the colonial years.

### INGREDIENTS

1½ cups fine dry bread crumbs  
2 tbsp butter, at room temperature  
finely grated zest of 1 lemon  
3 Granny Smith apples, peeled, cored,  
and sliced  
1 cup blackberries  
⅔ cup fresh orange juice  
2-3 tbsp granulated sugar (depending on  
the tartness of the fruit)

### METHOD

1. Preheat the oven to 375°F (190°C). In a bowl, mix the bread crumbs with the butter and lemon zest and set aside.
2. Place the apples in a greased ovenproof dish, then stir in the blackberries, orange juice, and enough of the sugar to sweeten as needed. Sprinkle the bread crumbs on top and bake for 30 minutes or until lightly golden.



PREP  
10  
MINS

COOK  
10  
MINS

Serves • 4

### COOK'S NOTES

The shrimp can be threaded onto skewers before cooking; allow 2-3 per person.



PREP  
15  
MINS

COOK  
10  
MINS



Serves • 4

### COOK'S NOTES

Ask your fish dealer to butterfly the sardines for you. To do this, they need to be scaled and the backbone removed, before being flattened.



PREP  
15  
MINS

COOK  
30  
MINS



Serves • 4

**Special equipment** • 1-quart (1.2-liter) ovenproof dish

## Garlic and chile shrimp and squid skewers

These classy appetizers make for very versatile nibbles.

### INGREDIENTS

12 large raw shrimp, peeled and deveined  
 6 baby squid, cleaned and halved lengthwise  
 2 fresh medium hot red chiles, seeded and finely sliced  
 3 garlic cloves, finely chopped  
 1 tbsp olive oil  
 small handful of flat-leaf parsley leaves  
 1 in (2.5cm) piece of fresh ginger, finely grated  
 sea salt and freshly ground black pepper

### METHOD

1. Combine the shrimp, squid, chiles, garlic, oil, parsley, and ginger, and season with salt and pepper. Leave to marinate in the refrigerator for at least 30 minutes or overnight.
2. Soak 6 cocktail-size bamboo skewers in cold water for 30 minutes, and preheat the oven broiler to its highest setting.
3. Thread 1 shrimp, 1 piece of squid, and a second shrimp, and another

piece of squid, onto each of the skewers. Place the skewers on a baking sheet without crowding, and broil each side for 1-2 minutes until just cooked through. Serve hot with yogurt, cucumber, and mint dip.

### Cheat...

You could use the leftovers in a salad, or a fish pie.

## Roast monkfish with peppers

Add a handful of cherry tomatoes to the roasting tin for even more flavor.

### INGREDIENTS

1½lb (675g) monkfish (one or two pieces), membrane removed  
 4 red bell peppers, halved, seeded, and sliced into strips  
 1 tbsp olive oil  
 ½ tsp mild paprika  
 12 slices bacon or pancetta

### METHOD

1. Preheat the oven to 400°F (200°C). Toss the monkfish and peppers with the olive oil, then sprinkle in the paprika. Wrap with the bacon or pancetta, covering entirely, then place in a roasting pan with the peppers.
2. Cook for 20-30 minutes or until the bacon is crispy and the fish is cooked through. Remove from the oven and keep warm while the fish rests for 10 minutes. Slice the fish

and serve with the peppers and an arugula salad.

## Vanilla ice cream with coffee drizzle

The coffee flavor makes this easy dessert an absolute delight.

### INGREDIENTS

6 scoops premium vanilla ice cream  
 2 freshly brewed single or double espressos, or strong coffee  
 pinch of demerara (optional)

### METHOD

1. Remove the ice cream from the freezer and let it soften for 5-10 minutes, until easy enough to scoop.
2. Place 3 scoops of ice cream in 2 bowls. Sweeten the coffee with sugar, if you wish, then pour the coffee over the ice cream and serve immediately.

### VARIATION

Sprinkle some chopped blanched almonds for added texture.





**PREP**  
20  
MINS

**COOK**  
10  
MINS

**Marinating** • 30 minutes  
**Serves** • 6  
**Special equipment** • cocktail sticks  
or mini wooden skewers

### COOK'S NOTES

Use some of the spicy marinade to brush over the shrimp while they are cooking.



**PREP**  
15  
MINS

**COOK**  
30  
MINS

**Serves** • 4

### Cheat...

Use 3-4 roasted red bell peppers from a jar. Simply slice and serve with the cooked fish and salad.



**PREP**  
10  
MINS

**Serves** • 2

### COOK'S NOTES

For an instant mocha dessert, use chocolate ice cream. If you're serving the dessert in a glass dish, be sure it can withstand the heat of the coffee.

## Sesame shrimp toasts

These spicy bites are great as no-fuss finger food.

### INGREDIENTS

10oz (300g) peeled and deveined cooked shrimp  
 2 garlic cloves, peeled but left whole  
 small handful of fresh cilantro  
 1 red chile, seeded and finely chopped  
 juice of 1 lime  
 sea salt and freshly ground black pepper  
 4 slices white bread  
 4½oz (125g) sesame seeds

### METHOD

1. Preheat the broiler to its highest setting. Blend the shrimp, garlic, cilantro, chile, and lime juice to a paste. Season. Blend again briefly.
2. Lightly toast the bread, then spoon the shrimp mixture evenly over one side of each of the toasts. Spread to cover completely, pressing the mixture down firmly.
3. Lightly oil a baking sheet, and pour in the sesame seeds in an even

layer. Place the toasts, shrimp-side down, on the seeds, and press so that the seeds stick and coat the mixture. Carefully flip the toasts over, and cut them into triangles.

4. Slide the baking sheet under the hot broiler, and cook the toasts for a few minutes, until the sesame seeds begin to turn golden. Keep an eye on them, as they can burn very quickly. Serve immediately.

## Jamaican-style fish with sweet potatoes

A succulent dish that is sure to add a little spice to a dinner with friends.

### INGREDIENTS

1 tsp ground allspice  
 1 tsp paprika  
 2in (5cm) piece of fresh ginger, peeled and thinly sliced  
 2 red hot chile peppers, seeded and finely chopped  
 1 tbsp olive oil  
 sea salt and freshly ground black pepper  
 4 white fish fillets, such as haddock or sustainable cod, each about 7oz (200g)  
 4 sweet potatoes, peeled and cut into bite-sized pieces  
 handful of fresh cilantro, finely chopped

### METHOD

1. Preheat the oven to 375°F (190°C). Mix the allspice, paprika, ginger, and chiles with the olive oil. Add a pinch of salt and lots of pepper. Coat the fish with most of the spice mixture. Toss the sweet potatoes with the remaining spice mixture and place in a roasting pan. Put in the oven to roast for 15 minutes.
2. Add the fish to the pan and roast for 15 minutes or until the potatoes are cooked—the fish will be cooked

by then as well. Sprinkle with the cilantro and serve warm.

## Fruit sorbet

A perfect palate cleanser, this sorbet is a refreshing finish to a summer meal.

### INGREDIENTS

⅓ cup (75g) sugar  
 2¼lb (1kg) strawberries

### METHOD

1. Combine the sugar in a pan with ¼ cup of water. Simmer gently for 5–10 minutes, until the sugar has dissolved, and the mixture has thickened.
2. Put the strawberries in a food processor, and process until puréed. (You can pass it through a sieve to remove the seeds, if you wish.) Pour the syrup mixture into the puréed strawberries and stir.

3. Pour the mixture into a freezer-proof container, the shallower the better (it will freeze more quickly). Leave to cool completely, then put into the freezer.

4. When frozen, remove and stir well to break up any ice crystals, then put back into the freezer. Sorbet is best eaten within a few days, as the fresh fruit taste starts to fade after a while.



PREP  
15  
MINS

COOK  
10  
MINS

Serves • 4  
Special equipment • blender  
or food processor



PREP  
15  
MINS

COOK  
20  
MINS



Serves • 4



PREP  
15  
MINS



Freezing • overnight  
Serves • 4  
Special equipment • shallow freezer-proof  
container • food processor

### VARIATION

Experiment with different  
flavors like blood orange  
and campari, strawberry  
and balsamic vinegar, or  
passion fruit.

## Scallops with sweet chile sauce

This piquant starter is extremely versatile and packed with flavor.

### INGREDIENTS

4 garlic cloves, finely grated  
 3 fresh red chile peppers, seeded and finely chopped  
 3 tbsp dry sherry  
 1 tsp granulated sugar  
 2 tbsp olive oil, plus extra for cooking  
 12 large sea scallops

### METHOD

1. Combine the garlic, chiles, sherry, and sugar in a bowl and mix well until the sugar dissolves. Add the oil and scallops, toss gently to coat, then let marinate for at least 30 minutes at room temperature or longer in the refrigerator.
2. Transfer the scallops to a plate using a slotted spoon, and reserve the marinade. Heat a little olive oil in a nonstick frying pan and cook the scallops over high heat for 1 minute

on each side, until nicely browned on the outside yet barely cooked through inside. Remove from the pan and set aside and keep warm. Pour the marinade into the pan and cook over high heat for 3 minutes, then pour over the scallops. Serve with a crisp green salad.

## Baked white fish in wine and herbs

A deliciously flavored main course perfect for a formal meal.

### INGREDIENTS

1½lb (675g) white fish, such as haddock, skinned and cut into 4 pieces  
 ¾ cup dry white wine  
 handful of flat-leaf parsley, finely chopped  
 12 cherry tomatoes  
 sea salt

### METHOD

1. Preheat the oven to 375°F (190°C). Season the fish with salt, then lay in a single layer in an ovenproof dish. Pour in the wine, and top with the tomatoes and herbs.
2. Cover the dish tightly with foil, then bake for 15–20 minutes until the fish is cooked through and the wine has evaporated. Serve with a salad and fresh crusty bread for a summery dish, or creamy mashed potatoes for winter.

### VARIATION

Use any white fish for this, such as pollack, turbot, or sustainable cod.

## Chocolate ice cream

This creamy homemade treat is like a dream come true for chocoholics.

### INGREDIENTS

4½oz (125g) semisweet chocolate  
 1¾oz (50g) milk chocolate  
 4 large egg yolks  
 4 tbs granulated sugar  
 4 cups heavy whipping cream

### METHOD

1. Break both of the chocolates into pieces and place in a heatproof bowl. Sit the bowl over a pan of simmering water and stir, just until the chocolate melts. Remove from the heat and allow to cool slightly.
2. Meanwhile, place the egg yolks in a mixing bowl and beat with an electric mixer at least 2 minutes or until they are light and fluffy. Add the sugar a little at a time, whisking constantly until it is all combined.

Gradually stir in the melted chocolate to blend well.

3. Place the cream in a mixing bowl and beat with an electric mixer until it forms soft peaks. Fold into the chocolate mixture. Spoon into a freezer-proof airtight container, and freeze overnight to set.

4. Remove the ice cream from the freezer 5–10 minutes before serving so it has a chance to soften slightly.





**PREP**  
10  
MINS

**COOK**  
5  
MINS

**Marinating** • 30 minutes  
**Serves** • 4



**PREP**  
5  
MINS

**COOK**  
20  
MINS



**Serves** • 4

### COOK'S NOTES

Salting the fish before it is cooked helps to keep the flesh firm during the cooking process.



**PREP**  
15  
MINS



**Setting** • overnight  
**Serves** • 8  
**Special equipment** • electric mixer

### COOK'S NOTES

Ice cream made sans ice cream maker becomes hard quickly, so it is best to eat within two days.

## Minced crab balls

Lightly spiced and crispy, this starter is heavenly enough to be served before any meal.

### INGREDIENTS

12oz (350g) cooked fresh, thawed frozen, or canned white crabmeat  
 1 medium-hot red chile, seeded  
 2 garlic cloves, peeled  
 handful of fresh cilantro  
 finely grated zest and juice of 1 lemon  
 1 tsp Thai fish sauce, such as nam pla  
 2 eggs, lightly beaten  
 1 cup fine fresh bread crumbs  
 3 tbsp vegetable oil, or as needed  
 sea salt and freshly ground black pepper  
 soy sauce and sweet chili sauce, to serve

### METHOD

1. Combine the crabmeat, chile, garlic, cilantro, lemon zest and juice, and fish sauce in a food processor. Process until a coarse paste forms, then add the eggs and plenty of salt and pepper. Process again.
2. Scoop the mixture up using your hands, and roll into 1in (2.5cm) balls. Spread the bread crumbs onto a plate, and roll the crab balls in them until well covered all over.

3. Heat a little of the oil in a frying pan over medium heat. Working in batches, cook a few balls at a time for about 5 minutes, turning frequently and adding more oil to the pan as needed, until nicely browned all over. Drain on paper towels.

4. Serve hot with soy sauce and sweet chili sauce for dipping.

## Sautéed scallops with pancetta and wilted spinach

This quick yet delicious dish never fails to impress.

### INGREDIENTS

1–2 tbsp olive oil  
 12 fresh sea scallops  
 4oz (115g) pancetta, cut into cubes  
 generous splash of good-quality balsamic vinegar  
 2 handfuls of fresh baby spinach, rinsed and drained  
 juice of 1 lemon  
 sea salt and freshly ground black pepper

### METHOD

1. Pat the scallops dry with paper towels and season with salt and pepper. Heat the oil in a nonstick frying pan over medium-high heat. When hot, add the scallops, positioning them around the edge of the pan. Sear for 1–2 minutes, then turn them over, starting with the first one you put in the pan. Once you have completed the circle, remove the scallops from the pan (starting with the first), and set aside to keep warm.

2. Add the pancetta to the same pan and cook until crispy. Splash in a generous amount of balsamic vinegar, increase the heat to high, and let boil for a couple of minutes, stirring to deglaze the pan. Drizzle the balsamic glaze over the reserved scallops.

3. In the same pan, add the spinach. Cook for 2–3 minutes, stirring, until just wilted. Squeeze in the lemon juice, and serve immediately with the scallops.

## Honeycomb parfait

This creamy, frozen dessert is a spectacular end to a formal dinner.

### INGREDIENTS

vegetable oil  
 2 tbsp Lyle's Golden Syrup or light corn syrup  
 5 tbsp granulated sugar  
 1 tsp baking soda  
 2 cups heavy whipping cream  
 1 x 14oz (400g) can sweetened condensed milk

### METHOD

1. To make the honeycomb, grease a baking sheet with the oil. Combine the syrup and sugar in a saucepan and heat until melted and smooth. Boil until it is a deep caramel color. Remove from the heat and stir in the baking soda (it will puff up). Scrape the mixture onto the baking sheet in one mound. Leave until cool, then break up into bite-sized chunks.
2. Put the cream in a mixing bowl and beat with an electric mixer until

soft peaks form. Beat in the condensed milk until well blended. Stir in the honeycomb chunks, then pour into the cake pan lined with plastic wrap, smoothing the mixture into the corners. Cover with plastic wrap and freeze overnight until firm.

3. Remove the parfait from the freezer 15 minutes before serving to allow it to soften. To serve, scoop into parfait glasses or wine goblets.



PREP  
10  
MINS

COOK  
15  
MINS

Serves • 4  
Special equipment • food processor

137

STARTER



PREP  
5  
MINS

COOK  
15  
MINS

Serves • 4

137

MAIN COURSE



PREP  
20  
MINS

COOK  
10  
MINS



Freeze • overnight  
Serves • 12-16  
Special equipment • electric hand mixer  
• 8in (20cm) square cake pan

137

DESSERT

### VARIATION

The basic cream mixture is a good base for all sorts of flavorings. Try it with chopped praline, a fruit coulis, or even chocolate chips.

## Curried devilled eggs

This quick recipe combines eggs with a scrumptious, spicy filling.

### INGREDIENTS

6 large eggs  
2 tbsp mayonnaise  
1–2 tsp medium-hot curry powder  
¼–½ tsp cayenne pepper, to taste  
sea salt and freshly ground black pepper

### METHOD

1. Cook the eggs in a pan of boiling water for about 6 minutes for hard-boiled. Remove from the pan and let cool, then peel away the shell.
2. Halve the eggs lengthwise, and carefully remove the yolk using a teaspoon. In a bowl, mix the yolks together with the mayonnaise, curry powder, and cayenne. Season with salt and pepper.

3. Now spoon the devilled egg mixture back into each egg white, dividing the mixture evenly among the halves.

4. Serve with some crispy lettuce leaves, prosciutto, and another pinch of cayenne pepper, if you wish.

## Bulgur wheat with shrimp, okra, and dill

An abundance of flavors in this big-pot dish makes it ideal for a family lunch.

### INGREDIENTS

14oz (400g) bulgur  
½ cup olive oil  
2 large onions, finely diced  
14oz (400g) okra, trimmed  
6 garlic cloves, finely chopped  
1½lb (675g) shelled, uncooked shrimp  
½ cup white wine  
large handful of fresh dill, chopped  
sea salt and freshly ground black pepper

### METHOD

1. Preheat the oven to 300°F (150°C). Put the bulgur in an ovenproof bowl, add 1 cup boiling water, and stir. Cover the dish with a dish towel and set aside, stirring occasionally.
2. Meanwhile, heat the oil in a large heavy-based pan, add the onions, and cook over a medium heat for 5 minutes or until starting to soften. Add the okra and cook for 2 minutes, then add the garlic and shrimp and cook, stirring frequently, for

5 minutes or until the shrimp have turned pink.

3. Stir in the wine and dill and cook for 5 minutes. Add to the bulgur, stir well, then season with sea salt and freshly ground black pepper. Cover with foil and cook in the oven for 20 minutes, stirring occasionally. Serve with a mixed salad.

## Mini summer puddings

This classic British dessert makes the most of fresh seasonal berries.

### INGREDIENTS

about 9 slices firm white bread,  
crusts removed  
1½lb (675g) mixed summer berries  
and currants  
½ cup granulated sugar, or to taste  
confectioner's sugar, for dusting

### METHOD

1. Line the ramekins with the bread. You may need two halves to line the sides, a quarter to fit the base, and a quarter or two to cover the top. The basins should be well lined without any gaps, or the puddings could collapse when you turn them out.
2. Put the fruit in a saucepan with the sugar and 1 cup water. Bring to a boil, stirring until the sugar dissolves. Simmer gently for 5 minutes or until the berries start to soften and release

their juices. Test for sweetness and add more sugar if needed. Spoon some of the juices into the ramekins to moisten the bread. Divide the berries evenly, pushing them down to pack in as many as possible, and letting the bread absorb the juice. Cover the berries with the remaining bread, then spoon over the remaining juices until no bread is visible. Let cool. Dust with confectioner's sugar before serving (optionl).





**PREP**  
5  
MINS

**COOK**  
10  
MINS

Serves • 4

### COOK'S NOTES

Do not overcook the eggs, otherwise the outside of the yolks will be gray instead of yellow, resulting in a less attractive finished dish.



**PREP**  
30  
MINS

**COOK**  
20  
MINS

Serves • 8



**PREP**  
30  
MINS

**COOK**  
10  
MINS



Makes • 6

**Special equipment** • 6 ramekins  
7fl oz (200ml)

### COOK'S NOTES

The amount of fruit needed will depend on the size of the berries and currants you use and how juicy they are. Just remember to pack in as many as you can so the puddings do not collapse. Enjoy leftover berries with some Greek yogurt as the cook's perk.

## Bruschetta with tomato and basil

Vibrant in color, this finger food looks and tastes great.

### INGREDIENTS

6 ripe tomatoes, coarsely diced  
handful of fresh basil leaves, torn  
4 tbsp extra virgin olive oil  
1 loaf ciabatta  
3 garlic cloves, peeled but left whole  
sea salt and freshly ground black pepper

### METHOD

1. Put the tomatoes, basil, and olive oil in a bowl. Season really well with salt and pepper. Set aside to allow the flavors to develop.
2. Preheat the broiler to its highest setting. Slice the ciabatta in half horizontally, then cut each piece into quarters so you have a total of 8 pieces of bread. Watching carefully, toast under the broiler, turning once, until both sides are golden.

3. Immediately rub the cut side of each piece of toast with the garlic. Spoon on the tomato and basil mixture, and serve immediately.

## Pan-fried shrimp, olives, and tomatoes

An indulgent main course with an abundance of flavors and textures.

### INGREDIENTS

1 tbsp olive oil  
1 onion, finely chopped  
2 garlic cloves, finely chopped  
12 large raw shrimp, peeled and deveined, but with tails left intact  
splash of dry sherry  
6 tomatoes, peeled  
large handful of mixed olives, pitted  
handful of fresh basil leaves and flat-leaf parsley, chopped  
sea salt and freshly ground black pepper

### METHOD

1. Heat the oil in a large frying pan over a medium heat. Add the onion, and sauté for about 5 minutes until soft. Add the garlic, and cook for a few seconds, then add the shrimp and cook over high heat just until the shrimp begin to turn pink.
2. Add the sherry, and cook for 5 minutes, stirring, until the smell of alcohol disappears, then add the tomatoes and olives. Cook for 2 minutes longer, stirring

occasionally, until the tomatoes start to break down. Season well with salt and pepper, and stir in the basil. Serve with fresh crusty bread.

## Pineapple upside-down cake

Bring in the flavors of the tropics with this lively dish topped with segments of fruit.

### INGREDIENTS

2-3 tbsp Lyle's Golden Syrup or light corn syrup  
1 x 14oz (400ml) can pineapple rings in juice, drained  
10 tbsp butter, at room temperature  
2/3 cup granulated sugar  
2 large eggs  
1 1/2 cups self-rising flour, sifted  
3-4 tbsp whole milk

### METHOD

1. Preheat the oven to 350°F (180°C). Grease the baking dish. Drizzle syrup to cover the bottom, then top with a layer of pineapple rings, and set aside.
2. Place the butter and sugar in a bowl, then beat with an electric mixer until pale and creamy. Mix in the eggs one at a time, adding a little of the flour after each one. Fold in the remaining flour, then add the milk a little at a time until the

mixture drops easily off the spatula. Pour evenly over the pineapple slices and bake for 25-30 minutes, or until the top is golden brown and springy to the touch.



**PREP**  
10  
MINS



Makes • 8

### COOK'S NOTES

The longer you can leave the tomatoes sitting in the oil and basil, the better. Peel and deseed the tomatoes, if you wish.



**PREP**  
5  
MINS

**COOK**  
15  
MINS



Serves • 4

### VARIATION

If you prefer, use a splash of white wine instead of the sherry.



**PREP**  
10  
MINS

**COOK**  
50  
MINS



Serves • 4-6

**Special equipment** • electric mixer • 1-quart (1.2-liter) ovenproof dish

### VARIATION

Replace the syrup with brown sugar and add a candied cherry to the center of each pineapple ring.

## Potato cakes

These cheesy mini cakes are an interesting variation to the usual mash.

### INGREDIENTS

about 2 cups leftover mashed potatoes  
1 small onion, peeled and grated  
handful of fresh chives, finely chopped  
1 cup crumbled feta cheese  
1 large egg, lightly beaten  
1 tbsp olive oil, plus more as needed  
flour  
sea salt and freshly ground black pepper

### METHOD

1. Mix the mashed potatoes with the onion, chives, feta cheese, and egg. Season with plenty of salt and pepper.
2. Heat about 1 tbsp olive oil in a nonstick frying pan over medium heat. Using floured hands, scoop up large balls of the mixture, roll, and flatten slightly. Carefully add to the hot oil and fry for 2–3 minutes on each side until golden, adding more

oil to the pan as needed. Serve hot with a green salad.

## Shrimp saganaki

Feta cheese and white wine bring extra flavors to this seafood favorite.

### INGREDIENTS

3 tbsp olive oil  
2 onions, finely chopped  
4 garlic cloves, finely chopped  
3 x 14oz (400g) cans whole tomatoes, chopped, with their juices  
2 cups dry white wine  
1 tsp sugar  
sea salt and freshly ground black pepper  
1½lb (675g) shelled uncooked shrimp  
9oz (250g) feta cheese  
handful of fresh thyme leaves

### METHOD

1. Heat half the oil in a large pan, add the onions, and cook over low heat for 8 minutes or until soft. Stir in the garlic and cook for a few seconds more. Add the tomatoes and their juices, the wine and sugar and season with salt and pepper. Bring to a boil, squashing the tomatoes with the back of a fork, then reduce to a simmer. Cook gently over low heat, stirring occasionally, for 30 minutes.

2. Heat the remaining oil in a large pan, add the shrimp, season with salt and pepper, and cook, stirring occasionally, 5–10 minutes until pink. Remove with a slotted spoon and set aside. Preheat the grill to high heat.

3. Stir the shrimp into the sauce, remove from heat, and sprinkle with the feta. Place on the grill until the feta melts and turns golden, then sprinkle with the thyme. Serve with a crisp salad and fresh crusty bread.

## Cold lemon soufflé

Light, fragrant, and decadent, this dish will melt in your mouth.

### INGREDIENTS

1 x ¼oz (7g) envelope unflavored gelatin (about 2¼ tsp)  
6 large eggs, separated  
¾ cup granulated sugar  
juice and finely grated zest of 1 lemon  
2 cups heavy whipping cream

### METHOD

1. Soften the gelatin in 3 tbsp warm water for 5 minutes, then stir to dissolve. Cut a 4in (10cm) strip of parchment paper and grease lightly. Wrap it around the top of a 1-quart (1.2-liter) soufflé dish, so it stands ¾in (2.5cm) higher than the rim. Secure with kitchen twine or tape.
2. Whisk the egg yolks, sugar, and lemon juice in a bowl until thick and creamy. Whisk in the gelatin mixture and let stand for about 10 minutes.

3. Whisk the cream in a bowl and beat until it forms soft peaks. Fold into the egg yolk mixture. Whisk the egg whites until they form stiff peaks. Fold into the egg yolk mixture along with the lemon zest.

4. Spoon the mixture into the soufflé dish, then cover and transfer to the refrigerator to set for at least 4 hours or overnight. Carefully remove the parchment paper collar and serve.





**PREP**  
10  
MINS

**COOK**  
15  
MINS

Serves • 2-4



**PREP**  
10  
MINS

**COOK**  
45  
MINS

Serves • 8



**PREP**  
30  
MINS

Setting • 4 hours  
Serves • 6-8

**Special equipment** • 1-quart (1.2-liter)  
soufflé dish • electric mixer

### COOK'S NOTES

Make sure you use vegetable oil to grease the paper, as it is tasteless. Olive oil will taint the flavor of the finished pudding.

## Beet-topped mini-rye breads

These bite-sized starters are topped with delicious cheese and beets.

### INGREDIENTS

8 thin slices rye bread or pumpernickel  
 4½oz (125g) Gorgonzola dolce, cubed  
 10oz (300g) packet ready-cooked beets (not  
 in vinegar), finely diced  
 2-3 tbsp creamed horseradish

### METHOD

1. Cut the rye bread into small squares—about 6 squares per slice, depending on how big the slices are.
2. Top each bread square with a fine slice of Gorgonzola, a teaspoonful of diced beets, and a tiny topping of creamed horseradish. Arrange on platters, and serve.

## Pan-fried clams with parsley and garlic

This aromatic dish garnished with herbs is perfect for a special meal.

### INGREDIENTS

1 tbsp olive oil  
 1 onion, finely chopped  
 pinch of sea salt  
 2 garlic cloves, finely chopped  
 1-2 green bell peppers, seeded and  
 finely chopped  
 ¾ cup dry white wine  
 1lb (450g) fresh clams in the shell,  
 well rinsed  
 handful of flat-leaf parsley,  
 finely chopped  
 lemon wedges, for serving

### METHOD

1. Heat the oil in a large frying pan over medium heat. Add the onion and salt, and cook for about 5 minutes until soft. Add the garlic and peppers, and cook gently until the peppers begin to soften. Increase the heat to high, and add the wine. Cook for a couple of minutes until the wine begins to evaporate.
2. Add the clams and cook, covered, shaking the pan occasionally, for 5-6 minutes or until the clams open.

(Discard any clams that do not open.) Stir in the parsley. Serve hot with fresh crusty bread to sop up the juices, and lemon wedges for squeezing.

## Bread and butter pudding

Simple and comforting, this is a perfect dessert for a wintry evening.

### INGREDIENTS

2 tbsp butter, at room temperature  
 4 thick slices firm-textured white bread,  
 challah, or brioche  
 4 tbsp thick-cut Seville orange marmalade,  
 chopped if pieces are large  
 1 large egg  
 1¼ cups whole milk  
 2 tbsp granulated sugar  
 1 tsp ground ginger

### METHOD

1. Spread the butter evenly over each slice of bread, then spread with the marmalade. Cut each slice into 4 triangles. Arrange in a lightly buttered 1-quart (1.2-liter) dish. In a bowl, lightly beat the egg into the milk, then beat in the sugar and ginger. Pour the mixture over the bread and let stand for 30 minutes.
2. Preheat the oven to 350°F (180°C). Bake for 35 minutes or until the

custard is set and the top is golden brown. Leave to cool completely, then wrap in foil, and freeze.

3. To serve, defrost in the refrigerator overnight. Bake uncovered in a preheated 350°F (180°C) oven for 30 minutes, until heated through.



**PREP**  
15  
MINS

Serves • 8-10

**VARIATION**

For a quick alternative, replace the Gorgonzola cheese with hummus.



**PREP**  
10  
MINS

**COOK**  
20  
MINS



Serves • 4

**VARIATION**

Meat is often paired with seafood in Portuguese cooking. Try adding small cubes of chorizo to this dish, cooking the meat just before you add the clams.



**PREP**  
10  
MINS

**COOK**  
35  
MINS



Serves • 4-6

**Special equipment** • 1-quart (1.2-liter) ovenproof dish

**VARIATION**

For a more traditional pudding, leave out the marmalade and ginger.

## Potato skins with spicy tomato sauce

Mouthwatering baskets that can hold a variety of fillings.

### INGREDIENTS

4 large baking potatoes  
1–2 tbsp olive oil  
sea salt and freshly ground black pepper  
6 ripe tomatoes, roughly chopped  
pinch of cayenne pepper  
small handful of fresh flat-leaf parsley,  
finely chopped  
2/3 cup sour cream

### METHOD

1. Put the potatoes in the microwave, and cook on full power for 3–4 minutes until softened. (Alternatively, rub the potatoes with a little olive oil, and bake in a preheated 400°F (200°C) oven for about 1 hour, until soft when pierced with a knife.) Set aside until cool.
2. Preheat the oven to 400°F (200°C). Once the potatoes are cool, quarter each one, and scoop out the flesh, leaving a thin layer of flesh in the

skin to make a shell. Put the skins hollow-side up on a baking sheet, and drizzle with the olive oil. Sprinkle over a pinch of salt.

3. Mix together the tomatoes, cayenne, and parsley, and season with salt and pepper. Spoon a little of the mixture into each potato skin. Bake in the oven for 15–20 minutes, until the skins are golden and crispy. Top each of the potato skins with some sour cream and serve.

## Pasta with seafood and tomatoes

A traditional spaghetti dish with fresh ingredients and a hint of spice.

### INGREDIENTS

1 tbsp olive oil  
1 onion, finely chopped  
3 garlic cloves, finely chopped  
1 x 14oz (400g) can diced tomatoes,  
with juices  
12oz (350g) dried linguine or spaghetti  
12oz (350g) assorted cooked seafood,  
such as shrimps, squid, and mussels  
handful of finely chopped flat-leaf parsley  
sea salt and freshly ground black pepper

### METHOD

1. Heat the oil in a large pan, add the onion and a pinch of salt, and cook over a low heat for 5 minutes or until soft. Stir in the garlic and cook for a few seconds. Add the tomatoes and their juices, bring to a boil, then simmer gently for 10 minutes.
2. Meanwhile, cook the pasta as the package directs. Drain, reserving a small amount of the cooking water. Return the pasta to the pot and toss with the reserved cooking water.

3. Add the seafood to the tomato mixture for the last few minutes of cooking, to reheat. Season with salt and pepper, add the parsley, then toss with the pasta. Serve immediately.

## Crème caramel

A classic French dessert with a creamy baked egg custard and a golden caramel top.

### INGREDIENTS

1¼ cups granulated sugar  
2 cups whole milk  
1 vanilla bean  
3 large eggs, plus 3 large egg yolks

### METHOD

1. Put half the sugar in a saucepan with 4 tbsp of water. Simmer, swirling the pan, until you have a rich caramel. Divide among 6 ramekins.
2. In a pan, add the milk, vanilla bean, and the remaining sugar. Heat gently, but do not allow to boil. Whisk the whole eggs and the egg yolks in a bowl until pale and creamy. Slowly add the hot milk, whisking until the mixture begins to thicken slightly. Remove the vanilla bean.

3. Preheat the oven to 350°F (180°C). Put the ramekins in a roasting pan. Divide the custard among them and let stand for 15 minutes.

4. Pour cold water into the pan, so that it comes two-thirds of the way up the sides of the ramekins. Carefully transfer to the oven and bake for 45 minutes–1 hour, until the custards are set. Remove and let stand to cool, then refrigerate until ready to serve.





**PREP**  
10  
MINS

**COOK**  
25  
MINS

Serves • 8-10

### COOK'S NOTES

To sour your own cream, add a squeeze of lemon juice to some light cream, and set aside for 10 minutes before using.



**PREP**  
10  
MINS

**COOK**  
20  
MINS



Serves • 4

### VARIATION

Use uncooked seafood, but add it to the sauce in plenty of time for it to cook through.



**PREP**  
20  
MINS

**COOK**  
1  
HR

Resting • 15 minutes

Serves • 6

Special equipment • electric mixer

### To serve...

Turn out the custard onto plates or small bowls, so that the caramel sauce streams down over it.

## Chicken wings with garlic

A tasty starter best enjoyed with friends.

### INGREDIENTS

12 chicken wings  
2 tbsp fresh lemon juice  
2 tsp paprika  
3 tbsp olive oil  
6 garlic cloves, thinly sliced  
4 tbsp dry sherry  
sea salt and freshly ground black pepper

### METHOD

1. Pierce the chicken wings all over with the tip of a sharp knife, then put them in a mixing bowl with the lemon juice and paprika and leave to marinate for 20 minutes.
2. Heat the oil in a deep-sided nonstick frying pan, add the chicken wings, and cook over medium heat, turning frequently, for 10 minutes or until brown all over.

3. Reduce the heat, add the garlic and sherry, then season well with salt and pepper. Combine well and cook for 5 minutes, then cover and cook over low heat for 15 minutes, turning occasionally. Serve with a crisp green salad.

## Pasta with spinach and ricotta

Throw together a quick meal with these colorful ingredients.

### INGREDIENTS

2 tbsp olive oil  
2 garlic cloves, finely sliced  
¼ cup dry white wine  
9oz (250g) bag fresh spinach, rinsed  
3 ripe tomatoes, diced  
sea salt and freshly ground black pepper  
12oz (350g) dried farfalle  
1 cup whole milk ricotta cheese  
extra virgin olive oil, to serve

### METHOD

1. Heat the oil in a large frying pan, add the garlic, and cook gently over a low heat for a few seconds. Add the wine, increase the heat, and allow to boil for a few minutes.
2. Add the spinach and cook, stirring, for 3–5 minutes, until wilted. Stir in the tomatoes, season with salt and pepper, and cook for a few seconds.
3. Meanwhile, cook the pasta according to package directions, until

tender but still firm to the bite. Drain, reserving a small amount of the cooking water. Return the pasta to the pot and toss together with the reserved cooking water.

4. Stir three-quarters of the ricotta into the spinach mixture, taste, and season, if needed. Add to the pasta and toss again. Serve topped with some of the remaining ricotta crumbled over and a splash of extra virgin olive oil.

## Lemony pudding cake

Round off your meal with this zesty dish that packs a punch.

### INGREDIENTS

5 tbsp butter, at room temperature  
1 cup granulated sugar  
finely grated zest of 2 lemons  
finely grated zest of 1 orange  
3 large eggs, separated  
¾ cup all-purpose flour  
1 cup whole milk  
juice of 2 lemons  
2 tbsp prepared lemon curd

### METHOD

1. Preheat the oven to 350°F (180°C). Combine the butter and sugar in a bowl and beat until light and creamy. Beat in the lemon zest, orange zest, and egg yolks to blend well. On low speed, beat in half of the flour and half of the milk until blended; then beat in the remaining flour and milk. Stir in the lemon juice and set aside.
2. In another bowl, whisk the egg whites until soft peaks form; then fold into the batter. Spread the lemon

curd over the bottom of the ovenproof dish, then pour in the batter. Place the dish in a pan and add warm water to fill halfway up the sides. Bake for about 25 minutes or until golden. Serve immediately.



PREP  
20  
MINS

COOK  
30  
MINS

**Marinating** • 20 minutes  
**Serves** • 4

149

STARTER



PREP  
10  
MINS

COOK  
15  
MINS

**Serves** • 4

### COOK'S NOTES

Shop around for good ricotta cheese—the fresher the better for this dish.

149

MAIN COURSE



PREP  
15  
MINS

COOK  
25  
MINS



**Serves** • 4  
**Special equipment** • electric mixer  
• 1-quart (1.2-liter) ovenproof dish

### VARIATION

For a zesty twist, use orange curd instead of lemon curd.

149

DESSERT

## Ham with pears

These little parcels are great as tapas-style appetizers.

### INGREDIENTS

½ cup dry sherry  
1 cup water  
½ cup granulated sugar  
3 firm but ripe Bosc pears, peeled  
and quartered  
5½oz (150g) thinly sliced Serrano ham or  
prosciutto, cut into pieces  
hot chili oil or yogurt and mint,  
for serving

### METHOD

1. Combine the sherry, water, and sugar in a saucepan and bring to a boil. Add the pears, return to a boil, and simmer for 10-15 minutes, until they are just tender. Turn off the heat and allow to cool for 30 minutes.
2. Wrap each pear cube in a piece of ham. Drizzle with chili oil, or serve with plain yogurt and fresh mint.

## Tomato and tarragon pilaf

Subtly spiced, this versatile rice dish is a great supper for vegetarians.

### INGREDIENTS

1 tbsp olive oil  
1 tbsp butter  
1 onion, finely chopped  
2 cloves garlic, peeled and crushed  
1½ cups instant rice  
1½ cups hot vegetable stock  
1lb (450g) tomatoes, quartered  
2 or 3 sprigs of fresh tarragon,  
leaves picked and torn  
sea salt and freshly ground black pepper

### METHOD

1. Heat the oil and butter in a large frying pan over low heat. Add the onion and a pinch of salt, and cook for about 5 minutes until soft. Stir in the garlic and rice, making sure the rice is well coated with butter.
2. Now pour in the hot stock, and stir again. Bring to a boil, cover, and remove from heat. Let stand for 5 minutes. Uncover and stir to fluff the rice. If the pilaf seems dry, add a little more hot stock or water.

3. Season well with salt and pepper, then stir in the tomatoes and tarragon. Serve hot with a crisp green salad.

## Tiramisu bombe

This luscious Italian pudding gets its name from espresso coffee and means “pick-me-up.”

### INGREDIENTS

7oz (200g) crisp Italian ladyfingers  
2-3 tbsp brandy  
½ cup brewed espresso or strong coffee  
2 cups heavy whipping cream  
2 tbsp unsweetened cocoa powder, plus  
extra for dusting  
2 tbsp confectioner's sugar,  
plus extra for dusting  
10oz (300g) fresh cherries, stemmed, pitted,  
and halved, or 1 x 13-14oz (400g) can  
morello or black cherries, drained and  
halved, plus 3 whole cherries for garnish  
4½oz (125g) semisweet chocolate

### METHOD

1. Oil a 1-quart (1.2-liter) bowl, and line the bottom with parchment paper. Dip all but 5 of the ladyfingers into the brandy, then into the coffee. Line the bottom of the bowl with a few ladyfingers, then line the sides as well, with sugared sides placed down.
2. In a bowl, beat the cream until soft peaks form. Transfer half of the whipped cream to another bowl. Sift the cocoa powder and confectioner's sugar into one of the bowls, and fold

to blend. Add the cherries to the other bowl. Layer the creams alternately in the mold, then top with the remaining ladyfingers. Cover and refrigerate for 6 hours or overnight, until firm.

3. To serve, uncover and invert onto a plate, then remove the mold. Dust with cocoa powder, top with the remaining whole cherries, and grate chocolate over all.





**PREP**  
10  
MINS

**COOK**  
15  
MINS

**Cooling** • 30 minutes  
**Serves** • 4



**PREP**  
10  
MINS

**COOK**  
25  
MINS



**Serves** • 4

### VARIATION

Tarragon isn't everyone's favorite herb, so substitute thyme or rosemary, if you wish.



**PREP**  
20  
MINS

**Chilling** • 6 hours  
**Serves** • 8  
**Special equipment** • 1-quart (1.2-liter) bowl or pudding mold • electric mixer

### COOK'S NOTES

A well-chilled dessert is easiest to unmold without breaking, so it's best to make this decadent treat the day before serving.

## Mini pork kebabs

This quick and easy dish is perfect as an appetizer.

### INGREDIENTS

550g (1¼lb) lean pork, cut into  
2cm (¾in) cubes  
6 garlic cloves, crushed  
1 tsp hot red pepper flakes  
1 tsp ground fennel seeds  
1 tsp paprika  
juice and zest of 1 lemon  
3 tbsp fresh flat-leaf parsley,  
finely chopped  
1 tbsp dry sherry  
2 tbsp olive oil  
salt and freshly ground black pepper

### METHOD

1. If using wooden skewers, soak them in cold water for 30 minutes before using. Put all the ingredients in a mixing bowl, combine well, then leave to marinate for at least 30 minutes.
2. Thread the pork onto the small skewers or cocktail sticks and cook in a hot frying pan or griddle pan for 10 minutes, turning frequently. Leave to rest for 10 minutes, then serve with a mixed salad.

## Gnocchi with Gorgonzola cheese and walnut sauce

An elegant vegetarian supper replete with nutty flavors.

### INGREDIENTS

1 tbsp butter  
1 onion, finely chopped  
½ cup coarsely chopped walnuts  
1 tbsp all-purpose flour  
2 cups whole milk  
4½oz (125g) Gorgonzola cheese  
1 package (about 18oz/500g) fresh  
or frozen gnocchi  
sea salt and freshly ground black pepper  
handful of fresh basil leaves,  
to garnish (optional)

### METHOD

1. In a saucepan, melt the butter over low heat. Add the onion, and cook gently for about 5 minutes until soft. Now add the walnuts, and cook for another couple of minutes. Remove from the heat, and stir in the flour, then add a little milk. Return to the heat, and add the remaining milk, stirring constantly for 4–6 minutes until the sauce thickens.

2. Remove from the heat again, and stir in the Gorgonzola cheese. Season with salt and pepper.

3. In a separate saucepan, cook the gnocchi as the package directs. Drain well. Add to the sauce, stirring gently to coat. Garnish with the basil leaves (if using), and serve immediately with a tomato and arugula salad.

## Raspberry crème brûlée

A classic pudding with a caramelized crunchy topping.

### INGREDIENTS

1 cup fresh raspberries  
4 large egg yolks  
8 tbsp granulated sugar  
2¼ cups heavy whipping cream  
1 tsp vanilla extract

### METHOD

1. Divide the raspberries among 6 ramekins. Put the egg yolks and 2 tbsp of the sugar in a bowl and beat until the mixture begins to thicken and becomes pale and creamy.
2. Heat the cream gently in a saucepan for 5 minutes. Do not boil. Remove from the heat, stir in the vanilla, and let cool for 5 minutes.
3. Add the warm cream to the egg mixture, beating constantly. Pour the

mixture back into the pan, and cook over low heat for a few minutes, stirring, until thick. Do not boil. Pour the custard into the ramekins and let cool. Cover loosely and refrigerate for a few hours.

4. To serve, sprinkle the tops evenly with the remaining sugar and place under a hot broiler until the sugar bubbles and turns golden brown. Allow the topping to harden for 20 minutes before serving.



**PREP**  
15  
MINS

**COOK**  
10  
MINS

**Marinating** • 30 minutes  
**Serves** • 4  
**Special equipment** • skewers



**PREP**  
10  
MINS

**COOK**  
20  
MINS

**Serves** • 4

*Cheat...*

*Use a carton of ready-made blue cheese sauce instead of making your own.*



**PREP**  
10  
MINS

**COOK**  
30  
MINS

**Setting** • 2 hours  
**Makes** • 6  
**Special equipment** • 6 ramekins  
• electric mixer

**COOK'S NOTES**

Add the cream to the eggs very slowly otherwise it could curdle and become unusable.

## Grilled sardines on toast

A scrumptious starter with a hint of herbs, perfect for a family meal.

### INGREDIENTS

8 fresh sardines, cleaned, gutted, and filleted  
 4 tbsp olive oil  
 3 garlic cloves, thinly sliced  
 1 fresh green chile, seeded and finely chopped  
 juice of 1 lemon  
 1 tsp fennel seeds, crushed  
 2 tbsp finely chopped flat-leaf parsley  
 sea salt and freshly ground black pepper  
 ciabatta, sliced and toasted, for serving

### METHOD

1. Brush the sardines with a little of the oil and cook under a medium-hot broiler for 3 minutes on each side. Remove and allow to cool.
2. Meanwhile, mix together the remaining oil, garlic, chile, lemon juice, fennel, salt, and pepper in a large bowl. Add the sardines, tossing to coat well, then marinate for 20 minutes. Serve on slices of toasted ciabatta.

## Spinach, squash, and horseradish bake

Make sure you use heavy cream for this dish; it is very stable and won't split.

### INGREDIENTS

2 handfuls of fresh spinach leaves, rinsed and drained  
 1 small to medium butternut squash, halved, seeded, peeled, and thinly sliced  
 2 garlic cloves, finely chopped  
 1½ cups heavy whipping cream  
 3-4 tsp cream-style white horseradish  
 sea salt and freshly ground black pepper

### METHOD

1. Preheat the oven to 400°F (200°C). Put the spinach in a saucepan with a little water (the water clinging to the freshly-rinsed leaves should be enough), and cook, stirring, for a few minutes over medium-low heat until just wilted. Drain, and squeeze out the excess water. Set aside.
2. Put the squash and garlic in a saucepan, pour in the cream, and simmer over low heat for 10 minutes. Using a slotted spoon,

remove the squash, and layer it in an ovenproof dish with the wilted spinach.

3. Stir the horseradish into the cream remaining in the pan, then pour the mixture over the squash. Season with salt and lots of pepper. Cover with foil and bake for 20 minutes.

## Pavlovas with spiced berries

This Russian dessert decorated with berries is a heavenly delight.

### INGREDIENTS

3 large egg whites  
 1 cup granulated sugar  
 ¾ cup confectioner's sugar  
 1½ tsp ground cinnamon  
 1lb (450g) package frozen mixed berries, thawed  
 3 tbsp port wine  
 ½ tsp pumpkin pie spice blend  
 finely grated zest of 1 orange  
 1 cup heavy whipping cream

### METHOD

1. Preheat the oven to 250°F (130°C). Line a baking sheet with parchment paper. Whisk the egg whites in a bowl with a pinch of salt and until stiff peaks form. Beat in ½ cup of granulated sugar, 1 tbsp at a time, until the mixture is stiff and shiny.
2. Sift in the confectioner's sugar and 1 tsp of the cinnamon, and fold them in. Spoon the mixture onto the baking sheet in 6 heaps, spreading each one out to make a round about

4in (10cm) in diameter. Make a small hollow in the center of each one. Bake for 1½ hours or until crisp and easy to peel from the paper. Remove and cool for 30 minutes.

3. Put half the berries and their juices in a pan with the port, the remaining sugar, the mixed spice, orange zest, and ½ tsp cinnamon. Boil until the sugar dissolves. Simmer for 5 minutes, then stir in the remaining berries, and leave to cool.





PREP  
10  
MINS

COOK  
10  
MINS



**Marinating** • 20 minutes  
**Serves** • 4



PREP  
10  
MINS

COOK  
30  
MINS

**Serves** • 4

**VARIATION**

Use fresh pumpkin instead of the butternut squash.



PREP  
30  
MINS

COOK  
1 1/2  
HRS

**Serves** • 6  
**Special equipment** • electric mixer

*To serve...*

Place the pavlovas on serving plates. Lightly whisk the cream and divide among the pavlovas. Spoon over the spiced berries and serve.

## Skewered swordfish with capers

These tender steaks can be cooked on the barbecue or under a hot grill.

### INGREDIENTS

1lb (450g) swordfish steaks,  
cut into ¾in (2cm) cubes  
sea salt and freshly ground black pepper  
3 tbsp olive oil  
1 tbsp white wine vinegar  
2 tbsp capers, rinsed and drained  
2 garlic cloves, thinly sliced  
hot chili oil

### METHOD

1. Preheat the oven to 400°F (200°C). Thread 3 pieces of swordfish onto each of 12–15 six-inch bamboo or other short skewers. (Be sure to soak for 30 minutes to avoid burning.) Place in a baking dish and season well with sea salt and ground black pepper.
2. Mix the oil, vinegar, capers, and garlic in a small bowl, crushing half the capers with the back of a fork or knife. Pour evenly over the

swordfish and bake in the oven for 10 minutes. Serve with a splash of chili oil and some crusty bread.

## Chunky ratatouille

A popular Mediterranean dish that brings an infusion of color and flavor to the table.

### INGREDIENTS

1 tbsp olive oil  
1 onion, finely chopped  
1 bay leaf  
2 garlic cloves, thinly sliced  
1–2 tsp dried oregano  
pinch of fennel seeds  
1 eggplant, cut into chunks  
½ cup dry red wine  
⅔ cup tomato juice  
2 small zucchini, cut into chunks  
3 tomatoes, coarsely chopped  
large handful of Swiss chard leaves  
sea salt and freshly ground black pepper

### METHOD

1. Heat the oil in a large saucepan over low heat. Add the onion, a pinch of salt, and the bay leaf, and cook for 5 minutes until the onion is soft.
2. Add the garlic, oregano, fennel seeds, eggplant, and wine. Let bubble for a minute, then add the tomato juice. Cook for about 10 minutes or until the eggplant is soft.

3. Add the zucchini and chopped tomatoes, and cook for 5–10 minutes longer. Stir in the Swiss chard, and cook until all the vegetables are tender. Taste, and season if needed.

## Espresso crème brûlée

An indulgent, caramelized concoction that makes a tempting after-dinner treat.

### INGREDIENTS

5 large egg yolks  
9 tbsp granulated sugar  
2 cups heavy whipping cream  
½ cup whole milk  
3 tbsp brewed espresso or strong coffee  
1 vanilla bean, split lengthwise and seeds scraped out, or 1 tsp vanilla extract

### METHOD

1. Preheat the oven to 325°F (160°C). Whisk egg yolks with 3 tbsp of the sugar until light. Put the cream, milk, espresso, and the vanilla bean pod and seeds in a saucepan. Heat until almost boiling. Stir into the egg yolk mixture. Strain and pour into the ramekins.
2. Place the ramekins in a pan and add hot water to halfway up their sides. Cover loosely with aluminum foil. Bake for 50 minutes–1 hour,

until just set. The middles should be slightly wobbly.

3. Remove from the pan, cool, then chill overnight. A few hours before serving, sprinkle 1 tbsp of the sugar over each custard, then place under the broiler, or use a cook's blowtorch until the sugar caramelizes and turns golden. Let stand until the sugar is hardened, 3–5 minutes. Serve at once.



PREP  
15  
MINS

COOK  
10  
MINS



157

Serves • 4

Special equipment • skewers or cocktail sticks

STARTER



PREP  
15  
MINS

COOK  
30  
MINS



157

Serves • 4

To serve...

Garnish with chopped parsley,  
and serve hot with fluffy rice  
or some fresh crusty bread.

MAIN COURSE



PREP  
15  
MINS

COOK  
1  
HR

157

Chilling • overnight

Serves • 6

Special equipment • electric mixer  
• 6 x 6fl oz (175ml) ramekins

**VARIATION**

For a more traditional flavor,  
omit the espresso and use 2  
vanilla beans.

DESSERT

## Fried calamari

The crispy coating of the squid is a real treat.

### INGREDIENTS

2 large eggs  
2 tbsp cold sparkling soda water  
1½ cups all-purpose flour  
1 tsp crushed hot red pepper flakes  
1 tsp sea salt  
1 lb 2oz (500g) small squid,  
gutted, cleaned, and cut into  
½in (1cm) rings  
1 cup vegetable oil or sunflower oil  
lemon wedges, to serve

### METHOD

1. Break the eggs into a bowl, add the soda water, and beat well with a whisk. Mix the flour, pepper flakes, and salt in a shallow bowl. Dip each piece of squid into the egg mixture, then coat evenly with flour.
2. Meanwhile, heat the oil in a deep frying pan over medium-high heat until hot. Carefully add the squid one piece at a time, working in small batches. Cook each batch for 2–3 minutes or until golden brown

all over. Remove with a slotted spoon and drain on paper towels. Serve hot, with a squeeze of lemon.

## Fried polenta with tomato sauce

The subtle taste of the polenta is complemented by the rich, spicy flavor of the tomatoes.

### INGREDIENTS

3–4 tbsp olive oil  
1 onion, finely chopped  
sea salt and freshly ground black pepper  
1 tsp dried oregano  
1 tsp crushed red pepper flakes  
1 x 14oz (400g) can diced tomatoes,  
with juices  
half of a 35oz (975g) package ready-made  
polenta, cut into rounds ¼in (.6cm) thick

### METHOD

1. Heat 1 tbsp of the oil in a large deep-sided frying pan over low heat. Add the onion and a pinch of salt, and cook for 5 minutes until soft.
2. Sprinkle in the oregano and pepper flakes, stir in the tomatoes, including any juices, and simmer gently for about 20 minutes. Season with salt and pepper.
3. Meanwhile, heat 1 tbsp of oil at a time in a large nonstick frying pan

over high heat. Working in batches, fry the polenta slices for 5 minutes on each side until crisp and golden. Remove from the pan with a spatula, drain on paper towels, and keep warm. Repeat until all the polenta has been cooked.

4. To serve, divide the crispy polenta rounds between 2 warm serving plates, and top with the spicy tomato sauce. Serve an arugula salad on the side with balsamic vinaigrette.

## Sticky toffee puddings

A classic winter pudding that is as fast to prepare as it will be eaten.

### INGREDIENTS

7oz (200g) pitted dates, preferably medjool  
1 tsp baking soda  
2 cups self-rising flour  
8 tbsp (1 stick) butter, at room temperature  
1 cup packed dark or light brown sugar  
3 large eggs

### For the toffee sauce

1 cup packed dark or light soft brown sugar  
5 tbsp butter, cut into pieces  
¾ cup heavy whipping cream  
sea salt  
half-and-half or light cream, to serve

### METHOD

1. Preheat the oven to 375°F (190°C). Butter the ramekins. In a small pan, simmer the dates with the baking soda and 1 cup of water for 5 minutes until softened. Purée with the cooking liquid in a blender.
2. Sift the flour into a bowl, add the butter, brown sugar, and eggs, and whisk until well combined, then mix in the date purée. Pour the mixture into the ramekins. Place them on a baking sheet and bake for 20–25

minutes or until firm to the touch. For the toffee sauce, melt the brown sugar, butter, and cream in a pan until smooth and combined. Stir in a pinch of salt and allow to simmer for a few minutes.

3. Remove the puddings from the ramekins, using a knife to ease them from the sides. Serve the warm puddings with the hot toffee sauce and a drizzle of half-and-half, if desired.





PREP  
15  
MINS

COOK  
10  
MINS

Serves • 4

### COOK'S NOTES

Use small squid, as it tends to be much more tender than the larger ones, and buy it fresh.



PREP  
10  
MINS

COOK  
25  
MINS

Serves • 2

### COOK'S NOTES

This dish also works well as a starter for 4 people. Make the sauce ahead, to save time.



PREP  
20  
MINS

COOK  
25  
MINS



Makes • 8

Special equipment • blender • electric mixer • 8 x 7fl oz (200ml) ramekins

### Cheat...

Use a store-bought toffee sauce instead, warming it just before serving.

## Scallops skewered with prosciutto

Bite-sized party snacks with deliciously contrasting textures.

### INGREDIENTS

8 fresh scallops, halved  
1 tbsp olive oil  
juice of 1 lemon  
sea salt and freshly ground black pepper  
8 slices prosciutto, halved

### METHOD

1. If using wooden skewers, soak them in cold water for 30 minutes. Preheat the oven to 375°F (190°C). Mix the scallops with the oil and lemon juice, and season with sea salt and black pepper.
2. Wrap each scallop half in a piece of prosciutto, then thread onto metal or wooden skewers. Carefully put two scallop halves on each skewer, or fewer depending on their size.

3. Lay the skewers on a baking sheet, and roast in the oven for 5–8 minutes, until the prosciutto starts to crisp. Serve hot with an arugula garnish.

## Zucchini stuffed with raisins, red onion, and pine nuts

A lavish mix of nuts and vegetables, this main course is a must-have for vegetarians.

### INGREDIENTS

8 zucchini  
1 tbsp olive oil  
1 red onion, finely chopped  
pinch of sea salt  
pinch of hot red pepper flakes  
handful of pine nuts, toasted  
handful of golden raisins  
½ cup crumbled feta cheese

### METHOD

1. Preheat the oven to 400°F (200°C). First, prepare the zucchini by cutting in half lengthwise. Scoop out the flesh, and chop it coarsely. Set the chopped zucchini aside with the zucchini shells.
2. Heat the oil in a large frying pan over low heat. Add the onion and a pinch of sea salt. Cook for 5 minutes until soft, then stir in the chopped zucchini and pepper flakes, and cook for a couple minutes longer.

3. Stir in half of the pine nuts and the raisins, then remove from the heat. Spoon the mixture into the zucchini shells, and top with the feta. Place on a baking sheet, and roast in the oven for about 10 minutes until the zucchini is tender and the filling is heated through.

4. Sprinkle the remaining pine nuts over the top, and serve hot.

## Crêpes with caramelized apples and chocolate

These melt-in-your-mouth pancakes with a caramelized filling make an irresistible dessert.

### INGREDIENTS

½ cup all-purpose flour  
1 large egg, lightly beaten  
⅔ cup whole milk  
⅓ cup heavy whipping cream  
1 tbsp butter  
2–3 tbsp granulated sugar, depending on the sweetness of the apples  
4 Pink Lady or other pink-skinned eating apples, sliced  
vegetable oil  
4½oz (125g) semisweet chocolate, grated or shaved

### METHOD

1. Sift the flour into a bowl with a pinch of salt and make a well. Put the egg and a little of the milk in the well. Stir the egg mixture, letting a little flour fall in as you go and adding the rest of the milk a little at a time. Whisk to remove any lumps.
2. Whisk the cream in a bowl until lightly whipped. Set aside. Put the butter and sugar in a frying pan over a low heat and stir until the sugar has dissolved. Add the apple slices and

toss well. Cook for 5–10 minutes, or until caramelized. Keep warm.

3. Heat a small frying pan over medium-high heat. Add a little vegetable oil, swirl it around, and pour into a heatproof cup. Add 2 tbsp of batter to the pan and swirl to cover the base. Loosen the edges of the crêpe with a palette knife and cook for 1 minute, or until golden. Flip the crêpe and cook for a minute. Slide onto a warmed plate and repeat.



PREP  
10  
MINS

COOK  
8  
MINS

Serves • 8  
Special equipment • skewers

### COOK'S NOTES

If serving vegetarians, omit the prosciutto and cook the scallops for a few minutes less.

161

STARTER



PREP  
10  
MINS

COOK  
20  
MINS

Serves • 4

161

MAIN COURSE



PREP  
15  
MINS

COOK  
20  
MINS

Serves • 4-6  
Special equipment • electric hand mixer

#### To serve...

Pile some of the apple mixture and a dollop of cream onto each crêpe, fold, and top with plenty of chocolate shavings.

161

DESSERT

## Halloumi with garlic, chile, and cilantro

This tapas-style starter is a perfect opening to a meal with friends.

### INGREDIENTS

3 tbsp olive oil  
2 fresh red chiles, seeded and finely sliced  
4 garlic cloves, finely sliced  
9oz (250g) halloumi cheese,  
cut into slices ¼in (5mm) thick  
handful of fresh cilantro, chopped  
sea salt and freshly ground black pepper

### METHOD

1. Heat the oil in a shallow frying pan, add the chiles, and cook over medium heat for 2 minutes. Add the garlic, cook for 1 minute, then remove from the heat. Using a slotted spoon, transfer the garlic and chiles to a plate and set aside. Reserve the oil left in the pan.
2. Return the pan with the oil to the heat and carefully add the halloumi. Fry for 3 minutes on each side, until golden. Add the cilantro and the

chile-garlic mixture, then season well. Toss together and cook for 2 minutes to blend the flavors. Serve with crusty bread or a tomato salad.

## Cheesy potato and mushroom gratin

This easy-to-prepare main course can also be made with smoked cheese or strong Cheddar.

### INGREDIENTS

1 tbsp butter  
4½oz (125g) mushrooms, sliced  
2 garlic cloves, finely chopped  
a few sprigs of fresh thyme, leaves picked  
2lb (900g) all-purpose waxy potatoes,  
peeled and thinly sliced  
1 cup Gruyère cheese, shredded  
sea salt and freshly ground black pepper

### METHOD

1. Preheat the oven to 400°F (200°C). Heat the butter in a frying pan, then add the mushrooms and cook for a few minutes until soft. Add the garlic and thyme, and cook for another minute.
2. Arrange a layer of potatoes in the bottom of a baking dish, then top with some of the cheese and mushrooms. Season each layer with a pinch of salt and pepper as you go. Continue layering until you have

used all of the ingredients, finishing with potatoes, and a sprinkling of cheese on top.

3. Bake in the oven for 25 minutes, or until golden on top and bubbly-hot. Serve with a green salad.

## Chilled black cherry cheesecake

A no-cook, creamy indulgence topped with juicy berries.

### INGREDIENTS

6 tbsp butter  
1 x 7oz (200g) package graham crackers,  
crushed  
1lb (450g) whole milk ricotta cheese  
6 tbsp granulated sugar  
grated zest and juice of 4 lemons  
⅔ cup (142ml) heavy whipping cream  
3½ tsp unflavored gelatin  
1 x 12-14oz (400g) can pitted  
dark sweet Bing cherries in  
syrup, or pitted dark tart cherries  
in light syrup

### METHOD

1. Grease and line the cake pan with parchment paper. Melt the butter in a pan, add the crackers, and stir until moistened. Transfer the mixture to the cake pan, pressing it down firmly.
2. Mix the ricotta, sugar, and lemon zest together. Put the cream in a bowl and beat lightly until soft peaks form. Add to the ricotta mixture and beat.
3. Mix the lemon juice and gelatin in a small heatproof bowl, then place it

over a pan of simmering water. Stir until the gelatin dissolves. Add to the ricotta mixture and stir. Pour the mixture on top of the crust, spreading it out evenly. Refrigerate for a couple of hours.

4. Drain the cherries, pouring the juice into a pan. Bring the juice to a boil. Simmer for 10 minutes until it has reduced by three-quarters. Let cool. Pile the cherries on top of the cheesecake, add the sauce, and serve.





**PREP**  
10  
MINS

**COOK**  
15  
MINS

Serves • 4

### COOK'S NOTES

Because halloumi cheese doesn't melt, it is great for cooking on a barbecue or cast-iron grill pan.



**PREP**  
10  
MINS

**COOK**  
30  
MINS



Serves • 4

### COOK'S NOTES

If you are cooking for strict vegetarians, check that the cheese is made with vegetarian rennet. Many are now, and the packaging should specify this.



**PREP**  
30  
MINS

Serves • 6

**Special equipment** • 8in (20cm) round springform cake pan • electric mixer

### COOK'S NOTES

To crush the graham crackers, put them in a plastic bag and smash with a rolling pin.

## Mushrooms on toast with Manchego cheese

Bite into this crunchy, cheesy toast laden with mushrooms.

### INGREDIENTS

2 tbsp olive oil  
7oz (200g) mushrooms, coarsely chopped  
sea salt and freshly ground black pepper  
3 garlic cloves, finely chopped  
1 tsp paprika  
3 tbsp dry sherry  
handful of flat-leaf parsley, finely chopped  
8 slices country-style bread, toasted  
3½oz (100g) Manchego cheese, shaved into strips with a vegetable peeler

### METHOD

1. Preheat the oven to 400°F (200°C). Heat the oil in a frying pan, add the mushrooms and salt, and cook over medium heat for 5 minutes, until the mushrooms start to release juices.
2. Add the garlic and paprika and cook for 1 minute. Add the sherry and 1 tsp of pepper, then raise the heat and allow to bubble until the liquid has reduced by three-quarters. Stir in the parsley and remove from the heat. Set aside.

3. Lay the toast out on a baking tray, then carefully spoon the mushroom mixture on top. Sprinkle liberally with the Manchego shavings and bake in the oven for 2 minutes or until the cheese has melted. Serve hot with a crisp salad, if desired.

## Rice and peas

A colorful rice dish with a healthy combination of ingredients.

### INGREDIENTS

1 tbsp olive oil  
1 onion, finely chopped  
2 garlic cloves, finely chopped  
2-3 fresh hot chile peppers, seeded and finely chopped  
2½ cups long-grain white rice, rinsed  
1 x 14oz (400g) can black-eye peas, drained and rinsed  
1 x 14oz (400g) can unsweetened coconut milk  
3 cups hot vegetable stock, or as needed

### METHOD

1. Heat the oil in a saucepan over low heat and cook the onion for 5 minutes until soft. Add the garlic and chiles, and cook for a few seconds more.
2. Stir in the rice, making sure the grains are well coated. Add the beans, coconut milk, and most of the stock. Cover and cook over low heat for about 20 minutes until the liquid is absorbed and the rice is tender; if you need to add stock, do so.

3. Serve hot, either on its own or with vegetables.

## Orange and pistachio cake

This moist, zesty treat is delicious served with mascarpone.

### INGREDIENTS

1½ sticks butter, at room temperature  
1 cup granulated sugar  
2 large eggs  
1½ cups self-rising flour  
¾ cup Greek-style plain yogurt  
½ cup pistachio nuts, finely chopped  
½ cup blanched almonds, finely chopped  
finely grated zest and juice of 1 orange  
finely grated zest and juice of 1 lemon  
1 tsp baking powder  
mascarpone cheese, to serve (optional)

### METHOD

1. Reheat the oven to 350°F (180°C). Beat the butter and sugar with an electric mixer for 5 minutes or until pale and creamy. Beat in the eggs one at a time, along with a few tbsp of the flour to prevent curdling.
2. Beat in the yogurt, pistachio nuts, almonds, orange zest and juice, and lemon zest and juice. Mix well to form a smooth batter. Sift in the remaining flour and the baking powder, and carefully fold into the mixture. Pour

into a lightly greased 8in (20cm) round springform pan.

3. Bake for 50-55 minutes, or until a skewer inserted into the center of the cake comes out clean. Remove from the oven and leave to cool in the pan for 10 minutes, then release the sides of the springform and leave on a wire rack to cool. Slice and serve with a dollop of mascarpone, if desired.



PREP  
10  
MINS

COOK  
20  
MINS

Serves • 4



PREP  
5  
MINS

COOK  
25  
MINS



Serves • 4

### COOK'S NOTES

Be sure to rinse the rice before you use it—this will help remove some of the starch.



PREP  
15  
MINS

COOK  
55  
MINS



Serves • 6

**Special equipment** • electric hand mixer  
• 8in (20cm) round springform cake pan

## Feta-stuffed peppers

This crunchy starter is packed with flavors of the Mediterranean.

### INGREDIENTS

5½oz (150g) feta cheese  
 3 garlic cloves, crushed through a press  
 1 tbsp finely chopped flat-leaf parsley  
 1 tsp freshly ground black pepper  
 12 fresh piquillo peppers (*see Cook's Notes*)  
 4 tbsp olive oil

### METHOD

1. Preheat the oven to 400°F (200°C). Combine the feta, garlic, parsley, and pepper in a bowl and mash together with a fork to form a smooth paste.
2. Cut the stem ends off the peppers. Using a melon baller, remove the seeds and membranes from inside the peppers, then stuff with the feta mixture. Brush with oil, then pack tightly into a small baking dish. Spoon the remaining oil over the top

and bake for 20 minutes, until the peppers are tender. Serve hot.

## Pasta with tomato sauce

An all-time favorite, this Italian classic is a great meal when time is short.

### INGREDIENTS

1 x 28oz (800g) can diced tomatoes, with juices  
 1 tbsp tomato purée  
 2 tbsp olive oil  
 12oz (350g) dried penne  
 freshly grated Parmesan cheese, for serving  
 sea salt and freshly ground black pepper

### METHOD

1. Place the tomatoes, tomato purée, and olive oil in a saucepan, season well with salt and pepper, and bring to a boil. Reduce the heat to a simmer and cook, uncovered, for 20 minutes.
2. Meanwhile, cook the pasta as the package directs, until it is tender yet still firm to the bite. Drain, reserving a small amount of the cooking water. Return the pasta to the pot and toss together with the reserved cooking

water. Add the tomato sauce and toss again. Sprinkle with Parmesan cheese, season with more black pepper, and serve.

## Blueberry-ripple cheesecake

Bring a touch of color to the dining table with this indulgent dessert.

### INGREDIENTS

4½oz (125g) graham crackers or British HobNobs  
 4 tbsp butter  
 1 cup blueberries  
 ¾ cup granulated sugar, plus 3 tbsp  
 12oz (350g) cream cheese, cut into pieces  
 1 cup mascarpone cheese  
 2 large eggs, plus 1 large egg yolk  
 ½ tsp vanilla extract  
 2 tbsp all-purpose flour

### METHOD

1. Preheat the oven to 350°F (180°C). Grease the cake pan. Put the crackers in a food storage bag and crush with a rolling pin. Melt the butter in a saucepan, then add the crumbs and stir until moistened. Press the crumbs evenly in the bottom of the pan.
2. Blend the blueberries and the 3 tbsp sugar in a food processor until smooth. Sieve into a small saucepan. Bring to a boil, then allow to simmer for 3-5 minutes or until thickened,

like jam. Set aside. Rinse the bowl of the food processor.

3. Blend the remaining ingredients in the food processor. Pour the mixture on to the crumb crust and smooth the top. Drizzle the blueberry mixture over the cream cheese mixture, in a swirly pattern. Bake the cheesecake for 40 minutes or until it has set but has a slight wobble in the middle. Leave to cool in the oven for 1 hour, then cool completely and serve.





PREP  
15  
MINS

COOK  
20  
MINS

Serves • 4

### COOK'S NOTES

If you can't get fresh piquillo peppers, use some from a jar. Drain well before use.



PREP  
5  
MINS

COOK  
30  
MINS



**Freeze** • the sauce can be frozen  
Serves • 4

### Cheat...

Use a 12oz jar of prepared tomato sauce for the pasta. Drizzle with olive oil and serve with fresh basil.



PREP  
20  
MINS

COOK  
40  
MINS

Serves • 8

**Special equipment** • 8in (20cm) loose-bottomed cake pan • food processor

### Cheat...

Instead of making the blueberry topping, spoon a blueberry compote over each serving.

## Grilled goat cheese with honey

These crunchy bites make a delectable start to an extravagant meal.

### INGREDIENTS

- 2 tbsp honey
- 2 tbsp dry sherry
- 1 x 10oz (300g) log of goat cheese, cut into ½in (1cm) thick slices
- 1 baguette, cut into 12 slices, each about ½in (1cm) thick, toasted
- 2 tbsp dried oregano

### METHOD

1. Put the honey and sherry in a small pan and cook over low heat, stirring, until the honey has completely dissolved.
2. Place a round of cheese on each piece of toast and pour a little of the honey mixture on top. Sprinkle with the oregano and broil about 8in (20cm) from the heat source for 3–5 minutes or until just starting to brown. Serve immediately with a crisp salad.

## Biryani with cardamom and cinnamon

An Indian rice dish made with intensely flavored spices and herbs.

### INGREDIENTS

- 1 tbsp vegetable oil
- 1 onion, finely chopped
- sea salt and freshly ground black pepper
- 6 green cardamom pods, crushed
- 2 dried bay leaves
- 1 cinnamon stick, broken in half
- 1 tsp whole black peppercorns, crushed
- ½–1 tsp chili powder
- a few saffron threads
- 4¾ cups hot vegetable stock
- 2½ cups white basmati rice
- ½ cup sliced almonds
- handful of dark raisins

### METHOD

1. Heat the oil in a large deep-sided frying pan over low heat. Add the onion and a pinch of salt, and cook gently for about 5 minutes until soft. Stir in the cardamom, bay leaves, cinnamon, crushed peppercorns, and chili powder, and cook for another 5 minutes or until fragrant.
2. Add the saffron to the hot stock and stir through. Stir the rice into the onion mixture until the grains are well coated, then pour over the

stock. Bring to a boil, reduce the heat slightly, cover, and simmer for 15–20 minutes, stirring occasionally. Add a little hot water if needed.

3. Lightly toast the almonds in a small, dry nonstick frying pan over low heat for a couple of minutes, until starting to turn golden. Stir the almonds and raisins into the biryani, taste, and season well with salt and pepper. Serve hot.

## Lemon, lime, and poppy seed cake

This zesty cake is perfect for any occasion.

### INGREDIENTS

- 12 tbsp (1½ sticks) butter, at room temperature
- 1 cup granulated sugar
- 3 large eggs, lightly beaten
- finely grated zest of 1 lemon
- finely grated zest of 1 lime
- 2 tbsp fresh lemon juice
- 1⅔ cups self-rising flour
- 2 tbsp poppy seeds
- 1 tbsp fresh lime juice
- 1 cup confectioner's sugar

### METHOD

1. Preheat the oven to 350°F (180°C). Line the bottom and sides of the loaf pan with parchment paper. In a large bowl, beat the butter and granulated sugar until light and fluffy. Gradually beat in the eggs until blended. Fold in the lemon zest, lime zest, and 1 tbsp of the lemon juice. Sift in the flour, then fold into the batter with the poppy seeds.
2. Scrape into the prepared pan and smooth the top. Bake for 1 hour, or

until risen, golden, and firm to the touch. Let cool for 5 minutes, then transfer to a wire rack and leave to cool completely.

3. Mix the remaining lemon juice with the lime juice in a saucepan. Sift in the confectioner's sugar and whisk to make a runny glaze. Place parchment paper under the rack to catch the drips, then spoon the glaze over the cake, letting it drizzle down the sides. Let it set before serving.



PREP  
10  
MINS

COOK  
5  
MINS

169

Serves • 4

### COOK'S NOTES

Drizzle with a little more honey to serve, if you wish. There are numerous varieties of honey available—try heather or orange blossom honey.

STARTER



PREP  
15  
MINS

COOK  
25  
MINS



169

Serves • 4

### VARIATION

Top with some cooked chicken or shrimp.

MAIN COURSE



PREP  
15  
MINS

COOK  
1  
HR



169

Serves • 8-10

**Special equipment** • electric mixer

• 8½ x 4½ x 2½in (21 x 11 x 6cm) loaf pan

### COOK'S NOTES

If you prefer, omit the poppy seeds from the recipe and replace with finely chopped lemon peel.

DESSERT



## Roasted sweet potato and pepper tortilla

This subtly spiced Spanish omelette makes a satisfying starter.

### INGREDIENTS

1½lb (550g) sweet potatoes, peeled and cut into ¾in (2cm) cubes  
1 tsp crushed hot red pepper flakes  
5 tbsp olive oil  
2 small onions, finely chopped  
6 large eggs  
sea salt and freshly ground black pepper

### METHOD

1. Preheat the oven to 400°F (200°C). Put the sweet potatoes on a nonstick baking sheet, add the pepper flakes and 2 tbsp of the oil, and mix well. Roast for 30 minutes, turning occasionally, until just tender.
2. Meanwhile, heat the remaining oil in a frying pan with an ovenproof handle. Add the onions, and cook over medium heat, stirring, for 5 minutes or until soft. Stir in the sweet potatoes.

3. Break the eggs into a mixing bowl, season with sea salt and ground black pepper, and beat well with a fork. Pour into the sweet potato mixture and cook over low heat for 10 minutes or until set. Transfer the pan to the oven to brown the top of the tortilla. Loosen the edges with a blunt knife or spatula, and invert onto a plate. Serve with a mixed green salad.

## Pizza with mozzarella and mushrooms

This Italian classic is always a winner.

### INGREDIENTS

1 tbsp olive oil  
4½oz (125g) mushrooms, sliced  
sea salt and freshly ground black pepper  
1 ball pizza dough  
all-purpose flour, for dusting  
semolina flour or cornmeal  
2-3 tbsp tomato purée or sauce  
5½oz (150g) mozzarella, torn into pieces  
hot chili oil, to serve (optional)

### METHOD

1. Preheat the oven to 475°F (245°C). Put a heavy baking tray in the oven to get hot. (They both need to be really hot before cooking the pizza.)
2. Meanwhile, heat the oil in a frying pan, add the mushrooms, and cook over low heat for 5 minutes, or until they begin to soften. Season well with salt and pepper.
3. Place the dough on a floured surface and roll it out as thin as you

can—about 10-12in (25-30cm) in diameter. Brush the hot baking tray with oil, sprinkle with semolina, and carefully place the dough on top.

4. Add the tomato sauce over the pizza and smooth it out evenly with the back of a spoon. Top with the cheese, then the mushrooms. Bake for 10 minutes, until the crust is golden and crispy and the cheese is bubbling. Drizzle with chili oil, and serve.

## Cherry and almond cake

Spoil your guests with this delicious, fruity cake.

### INGREDIENTS

11 tbsp butter, at room temperature  
¾ cup granulated sugar  
2 large eggs, lightly beaten  
2¼ cups self-rising flour, sifted  
1 tsp baking powder  
2 cups ground almonds  
1 tsp vanilla extract  
about ⅔ cup whole milk  
1lb (450g) cherries, stemmed and pitted  
¼ cup slivered almonds, chopped  
confectioner's sugar, for dusting (optional)

### METHOD

1. Preheat the oven to 350°F (180°C). Lightly grease an 8in (20.5cm) round springform pan and line the bottom with parchment paper. In a bowl, beat together the butter and sugar with an electric mixer until pale and creamy. Beat in the eggs one at a time, adding 1 tbsp of the flour before adding the second egg.
2. Mix in the remaining flour, baking powder, ground almonds, and vanilla. Stir in ⅓ cup of the milk. The batter

should drop easily from the beaters. Mix in half the cherries, then scrape the batter into the pan and smooth the top. Scatter with the remaining cherries, followed by the almonds.

3. Bake for 1 hour 30 minutes-1 hour 45 minutes or until golden and firm to the touch. Let cool for 5 minutes, then transfer to a wire rack to cool completely. Before serving, release the sides of the springform and dust with confectioner's sugar.





**PREP**  
15  
MINS

**COOK**  
45  
MINS

Serves • 4-6

### COOK'S NOTES

If your frying-pan handle is plastic or wooden, wrap it with a double layer of foil before putting it in the oven. To turn the tortilla out, make sure it is not stuck to the sides and bottom of the pan, place a plate over the frying pan, and carefully and quickly turn it over.



**PREP**  
10  
MINS

**COOK**  
15  
MINS

Makes • 1

### VARIATION

For a special occasion, use wild mushrooms and buffalo mozzarella.



**PREP**  
20  
MINS

**COOK**  
1 3/4  
HRS

Serves • 8-10

**Special equipment** • electric mixer • 8in (20cm) round, deep, loose-bottomed or springform cake pan

### COOK'S NOTES

The exact baking time depends on how juicy the cherries are. Insert a skewer into the cake. If there is uncooked mixture on it, put the cake back into the oven for 5 minutes and test again. If the surface of the cake starts to brown too much before it is fully cooked, cover with foil.

## Stuffed mushrooms

A tantalizing starter with a colorful, meaty filling.

### INGREDIENTS

12 medium mushrooms, stems removed  
 4 tbsp olive oil  
 3 tbsp fresh bread crumbs (from 1 slice of firm-textured white bread)  
 1 onion, finely chopped  
 2 garlic cloves, crushed  
 1 small fresh red chile, seeded and finely chopped  
 handful of flat-leaf parsley, chopped  
 5½oz (150g) ground pork  
 1 tomato, finely chopped  
 sea salt and freshly ground black pepper

### METHOD

1. Brush the mushroom caps all over with a little of the oil. Put the remaining oil in a bowl with the bread crumbs, onion, garlic, chile, parsley, pork, tomato, salt, and pepper. Mix with your hands to form a paste. Arrange the caps, stem-side up, on a parchment-lined baking sheet, and mound the filling into each cavity.
2. Place the baking sheet on a rack, 8in (20cm) from the heating element,

and broil for 12–15 minutes or until cooked through and golden brown. Serve with a drizzle of olive oil.

## Pea and mint risotto

For a creamy consistency, choose an authentic Italian short-grain rice, such as Arborio or Carnaroli.

### INGREDIENTS

5 cups vegetable stock, plus more as needed  
 1 tbsp olive oil  
 1 tbsp butter  
 1 onion, finely chopped  
 1½ cups Arborio or other short-grain risotto rice  
 ¾ cup dry white wine  
 1 cup thawed frozen or fresh peas  
 ½ cup freshly grated Parmesan cheese  
 handful of fresh mint leaves  
 handful of fresh basil leaves  
 sea salt and freshly ground black pepper

### METHOD

1. First, pour the stock into a large saucepan and heat to a simmer.
2. Heat the oil and butter in a large nonstick frying pan over low heat. Add the onion and a pinch of salt. Cook for about 5 minutes until soft, then stir in the rice, making sure the grains are completely coated. Increase the heat, pour in the wine, and let simmer for a couple of minutes until the smell of alcohol has evaporated.

3. Reduce the heat slightly, and add the simmering stock about ½ cup at a time, stirring with a wooden spoon; when each addition of stock has been absorbed, add some more. Continue like this for about 20 minutes until the rice is tender yet still firm to the bite. Use more stock as needed—every risotto is different.

4. Stir in the peas, Parmesan, mint, and basil. Season well with salt and pepper and serve hot.

## Vanilla sponge cake

This moist cake is guaranteed to be a crowd pleaser.

### INGREDIENTS

2 eggs, lightly beaten  
 ⅓ cup sugar  
 a few drops of vanilla extract  
 ⅔ cup self-rising flour  
 1¾oz (50g) butter, at room temperature  
 1 cup confectioner's sugar  
 2 tbsp lemon curd

### METHOD

1. Preheat the oven to 350°F (180°C). Beat the eggs and sugar in a mixing bowl for 5 minutes, until pale and creamy. Add a few drops of the vanilla extract.
2. Sift in the flour, a little at a time, folding each batch in gently before adding more. Pour the mixture into the lightly greased cake pan. Bake in the oven for 30 minutes, or until lightly golden. When cooked, remove from the oven, and let stand to cool in

the pan for 10–15 minutes, then loosen the edges with a knife and leave to cool completely.

3. Beat the butter in a bowl for a few minutes until creamy. Sift in the confectioner's sugar, beat well, then add a few drops of vanilla extract and beat again. Remove the cake from the pan and slice in half horizontally. Cover the bottom half with the buttercream and the top half with the lemon curd. Sandwich together. Serve.



PREP  
20  
MINS

COOK  
15  
MINS

Serves • 4

173

STARTER



PREP  
10  
MINS

COOK  
25  
MINS

Serves • 4

### COOK'S NOTES

For extra creaminess, stir in another tablespoon of butter at the end of the cooking time.

173

MAIN COURSE



PREP  
15  
MINS

COOK  
30  
MINS



**Freeze** • before filling

**Serves** • 4-6

**Special equipment** • electric mixer  
• 7in (18cm) round cake pan

173

DESSERT



## Sweet corn fritters

These crispy fritters make a tasty starter or party snack.

### INGREDIENTS

1¼ cups all-purpose flour  
2 tbsp cold sparkling soda water  
1 tsp baking powder  
1 x 11-12oz (340g) can corn kernels, drained  
1 tsp cayenne pepper  
sea salt and freshly ground black pepper  
3 tbsp olive oil

### METHOD

1. Combine the flour, soda water, and baking powder in a bowl and whisk together to form a smooth batter. Stir in the corn and cayenne, and season with salt and pepper. Refrigerate for 15 minutes until chilled.
2. Heat the oil in a shallow frying pan over medium-high heat. Stir the batter, then carefully drop a spoonful into the pan—it should spread out to be 3-4in (7.5-10cm) across. Stir the batter again and add 2-3 more

spoonfuls, depending on the size of your pan, and, working in batches, cook for 4-6 minutes, turning once, until golden brown. Remove with a slotted spoon or spatula and place on paper towels to drain. Serve with aioli (garlic mayonnaise) and a crisp salad.

## Thai red vegetable curry

The spicy paste makes this flavorsome main course truly fiery.

### INGREDIENTS

1-2 tbsp Thai red curry paste from a jar  
1 x 14oz (400g) can unsweetened coconut milk  
2 eggplants, cut into chunks  
6 kaffir lime leaves, torn in half lengthwise  
1¼ cups hot vegetable stock  
1 tbsp palm sugar or brown sugar  
splash of soy sauce  
1 red bell pepper, seeded and sliced  
1 green bell pepper, seeded and sliced  
juice of 1 lime  
handful of fresh cilantro leaves  
sea salt

### METHOD

1. Heat the curry paste in a large frying pan or wok over medium-high heat for a few seconds, stirring around the pan. Shake the can of coconut milk to blend, then open it and pour into the pan. Bring to a gentle boil, stirring to mix with the curry paste, and cook for 2-3 minutes until it releases its aroma.
2. Add the eggplant, lime leaves (optional), stock, sugar, and soy sauce. Season with salt and return

to a boil. Reduce the heat slightly, and simmer for about 15 minutes, or until the eggplant is soft.

3. Now stir in the peppers and lime juice. Taste, and adjust the seasoning accordingly, adding more sugar (sweetness), lemon juice (sour), or salt as needed. Stir in the cilantro, and serve immediately with some jasmine or sticky rice.

## Apple streusel cake

Friends and family will love this fruity cake.

### INGREDIENTS

1¼ cups all-purpose flour  
9 tbsp butter, at room temperature  
⅔ cup granulated sugar  
1 tsp ground cinnamon  
2 large eggs, lightly beaten  
½ tsp vanilla extract  
1 Granny Smith apple, peeled, cored, and cut into chunks  
½ cup golden raisins  
2½ cups ready-made crumble mix  
1 tsp ground cinnamon

### METHOD

1. Preheat the oven to 350°F (180°C). Lightly grease an 8in (20cm) round springform pan, and line the bottom with parchment paper. Sift the flour into a bowl, add the butter, sugar, cinnamon, eggs, and vanilla, and beat with an electric mixer until light and creamy. Scrape the mixture into the pan, and sprinkle the apple and raisins over the top.
2. Add the cinnamon to the crumble mix and catter an even layer of the

topping over the fruit, pressing down gently. Bake for 1 hour 20 minutes or until a skewer inserted into the cake comes out clean or with only a bit of moist fruit clinging to it. Let cool in the pan for at least 20 minutes before releasing the sides of the springform.





PREP  
10  
MINS

COOK  
15  
MINS



Chilling • 15 minutes  
Serves • 4

### COOK'S NOTES

The fritters will be crisper if the mixture is cold when it goes into the pan. Use fresh corn, sliced off the cob, if you can.

175

STARTER



PREP  
15  
MINS

COOK  
20  
MINS

Serves • 4

### COOK'S NOTES

You could add firm tofu to this curry; it's best bought from a specialty Asian supermarket where it is often homemade.

175

MAIN COURSE



PREP  
20  
MINS

COOK  
1 1/4  
HRS

Serves • 8  
**Special equipment** • 8in (20cm) round loose-bottomed or springform cake pan  
• electric hand mixer

### COOK'S NOTES

This cake also works well served with custard, ice cream, or cream.

175

DESSERT

## Roasted eggplant dip with pine nuts

A creamy Middle Eastern dip, best served with pita bread.

### INGREDIENTS

2 large eggplants  
4 garlic cloves, crushed  
small handful of fresh oregano, leaves picked (optional)  
finely grated zest and juice of 1 lemon  
½ cup olive oil  
1 cup pine nuts, toasted and coarsely chopped  
½ cup Greek-style plain yogurt  
sea salt and freshly ground black pepper

### METHOD

1. Heat an outdoor grill or grill pan until very hot. Pierce each eggplant several times with a knife. Place the whole eggplants on the grill and cook, turning occasionally, for 30–45 minutes until the skin is charred and blistered; it will become quite black. Remove from the heat and let cool before peeling the skin and chopping the flesh.
2. Put the eggplant, garlic, oregano (if using), lemon zest and juice, and oil

in a food processor, and blend, pulsing the machine on and off, to a chunky spread. Transfer to a bowl, and stir in the pine nuts and yogurt. Season with salt and pepper, and mix well.

3. Serve with torn chunks of sourdough bread or toasted baguette slices.

## Cheese and onion pie

Crisp pastry encases a delectably creamy filling in this classic vegetarian dish.

### INGREDIENTS

1 tbsp olive oil  
1 large onion, finely chopped  
sea salt and freshly ground black pepper  
2 large eggs  
1 cup shredded sharp Cheddar cheese  
2 sheets prepared dough for an 8–9in (20–23cm) pie

### METHOD

1. Preheat the oven to 400°F (200°C). Heat the oil in a saucepan over low heat. Add the onion and a pinch of salt, and cook for a couple of minutes until just starting to soften. Scrape into a bowl and let cool completely. Lightly beat 1 egg, and stir into the cooled onion. Stir in the cheese and season with salt and pepper.
2. Halve the pastry, and roll out each piece. Use one to line the pie pan, overlapping the edges, and fill with

the cheese and onion mixture. Wet the edge of the pastry with a little water, then top with the other circle of pastry. Trim away the excess, then pinch the edges together to seal. Make 2 slits in the top.

3. Lightly beat the remaining egg to make an egg wash, and brush all over the top of the pie. Bake in the oven for 25–35 minutes until cooked and golden.

## Coconut and lime cake

A summery cake with an unusual combination of ingredients.

### INGREDIENTS

2 cups self-rising flour  
1 cup plus 2 tbsp granulated sugar  
2 sticks butter, at room temperature  
4 large eggs, lightly beaten  
⅔ cup shredded coconut  
finely grated zest of 1 lime  
4 tbsp fresh lime juice  
1 cup confectioner's sugar  
finely grated zest of 1 lime  
10oz (300g) cream cheese, at room temperature  
2 tbsp toasted shredded coconut

### METHOD

1. Preheat the oven to 350°F (180°C). Lightly grease the pan and line the bottom with parchment paper. Sift the flour into a bowl, add the sugar, butter, and eggs and beat with an electric mixer until well blended.
2. Stir in the coconut, the zest of 1 of the limes, and 2 tbsp of the lime juice. Scrape into the prepared pan and level the top. Bake for 1 hour–1 hour 15 minutes or until risen and firm to the touch. Let cool for 5

minutes in the pan, then unmold onto a wire rack to cool completely. Using a serrated knife, carefully slice the cake into three equal layers.

3. To make the icing, sift the confectioner's sugar into a bowl, add the remaining lime zest, the remaining lime juice, and cream cheese and beat until it thickens. Spread the icing over each layer of the cake, then sandwich them together.



PREP  
15  
MINS

COOK  
45  
MINS



177

STARTER

Serves • 4

**Special equipment** • blender or food processor  
• outdoor grill or a ridged cast-iron grill pan

COOK'S NOTES

You could always roast the eggplants in the oven at 400°F (200°C) for about 30 minutes.



PREP  
15  
MINS

COOK  
40  
MINS



177

MAIN COURSE

Serves • 4

**Special equipment** • 8-9in (20-23cm) pie pan

Serve with...

This dish works with a mixed salad and boiled or steamed new potatoes.



PREP  
20  
MINS

COOK  
1 1/4  
HRS



177

DESSERT

Serves • 8

**Special equipment** • deep 8in (18cm) round pan • electric hand whisk or mixer

COOK'S NOTES

Scatter the toasted coconut over the top.

## Pork and fennel sausages with fresh tomato salsa

This hearty starter is a sure way to ward off the winter chill.

### INGREDIENTS

4 fresh pork and fennel Italian-style sausages  
3 tbsp olive oil  
2 garlic cloves, finely chopped  
4 sprigs of fresh dill  
4 ripe tomatoes, seeded and diced  
½ cup Kalamata olives, pitted and coarsely chopped  
large handful of fresh basil leaves  
2 tbsp extra virgin olive oil  
4 thick slices crusty Italian-style sourdough bread  
sea salt and freshly ground black pepper

### METHOD

1. Put the sausages in a shallow glass or ceramic dish. Add the 3 tbsp olive oil, the garlic, and dill, and season with salt and pepper. Stir the sausages around to coat. Cover with plastic wrap, and leave to marinate in the refrigerator for at least 1 hour.
2. Meanwhile, to make the salsa, combine the tomatoes, olives, basil, and extra virgin olive oil in a bowl, and mix well. Season with salt and pepper to taste.

3. Heat a ridged cast-iron stovetop grill or outdoor grill, or a heavy frying pan, until hot. Grill the sausages for 10–15 minutes until cooked through, turning halfway during cooking to brown both sides.
4. To serve, divide the sausages among 4 serving plates, and spoon the tomato salsa over the top. Serve immediately.

## Thai green curry

The combination of a spicy curry base and shrimp makes this an irresistible dinner dish.

### INGREDIENTS

1 tbsp sunflower or vegetable oil  
1 onion, finely diced  
1–2 tbsp bottled Thai green curry paste  
1 x 14oz (400g) can unsweetened coconut milk, well shaken  
2 tbsp Thai fish sauce, such as nam pla  
1–2 tsp palm sugar, demerara sugar, or brown sugar  
2–3 kaffir lime leaves (optional)  
salt and freshly ground black pepper  
1 x 8oz (225g) can bamboo shoots, drained  
1 x 8oz (225g) small bay shrimp, rinsed and drained, if canned

### METHOD

1. Heat the oil in a wok or large deep frying pan over medium-low heat. Add the onion and cook for about 5 minutes until soft and translucent. Stir in the curry paste, and cook for another 2–3 minutes until fragrant.
2. Pour in the coconut milk, then fill the empty can with water, and add this to the wok. Bring to a boil, reduce the heat slightly, and add the fish sauce, sugar, and lime leaves (if using). Season with salt and pepper.

3. Simmer over low heat for about 15 minutes, then stir in the bamboo shoots and shrimp and cook until warmed through. Taste, and adjust the seasonings if needed. Serve hot.

## Pecan, coffee, and maple cake

Whatever the season, this sweet treat is perfect to serve with after-dinner coffee.

### INGREDIENTS

2 cups self-rising flour  
1 cup (175g) granulated sugar  
1½ sticks butter, at room temperature  
3 large eggs, lightly beaten  
½ cup sour cream  
2 tbsp brewed espresso or strong coffee  
½ cup chopped pecans

### For the icing

¾ cup butter  
1 tbsp pure maple syrup  
2 cups confectioner's sugar  
2 tbsp brewed espresso or strong coffee

### METHOD

1. Preheat the oven to 350°F (180°C). Line the bottoms of greased cake pans with parchment paper. Beat the sugar and butter until light and fluffy. Beat in each egg, then beat in the sour cream and espresso. Sift the flour in and add the pecans; fold until the flour is just added and the pecans are mixed in. Divide the batter evenly between the pans and level the tops.
2. Bake for 35–40 minutes until risen, firm to the touch, and slightly

shrunken from the sides of the pans. Let cool for 5 minutes, then transfer onto a wire rack to cool completely.

3. For the icing, melt the butter with the maple syrup in a small pan. Sift the sugar into a bowl, add the butter and syrup mixture along with the coffee and beat with an electric mixer until thick and smooth. Spread the icing over the tops of the two cooled cakes, then sandwich together.





**PREP**  
10  
MINS

**COOK**  
15  
MINS

**Marinating** • 1 hour  
**Serves** • 4

### VARIATION

Try fresh chicken and chive sausages instead of pork ones.



**PREP**  
10  
MINS

**COOK**  
30  
MINS

**Serves** • 4

### VARIATION

Use chicken or tofu instead of shrimp.



**PREP**  
15  
MINS

**COOK**  
40  
MINS



**Serves** • 8  
**Special equipment** • 2 x 8in (18cm) round cake pans • electric mixer

### VARIATION

Garnish with  $\frac{1}{3}$  cup nuts. This works just as well with walnuts instead of pecans.

## Salt and pepper shrimp

This tempting, Asian-style starter is infused with flavor.

### INGREDIENTS

2 tbsp cornstarch  
1 tbsp fine sea salt  
1 tbsp freshly cracked black pepper  
16 raw jumbo shrimp, peeled and deveined  
(or more shrimp, for large appetites)  
4 tbsp vegetable oil  
3 fresh Thai or other red hot  
chile peppers, seeded and cut into strips  
1 garlic clove, finely chopped  
6 scallions, cut into 2in (5cm) pieces, then  
halved lengthwise  
soy sauce, for serving

### METHOD

1. Mix together the cornstarch, salt, and pepper. Add the shrimp, and toss until well coated. Set aside.
2. Heat 1 tbsp of the oil in a medium frying pan over medium heat. Add the chiles, garlic, and scallions, and cook for 1–2 minutes, stirring, until fragrant. Remove from the heat, and cover with a lid to keep warm while you cook the shrimp.

3. Heat the remaining oil in a wok or separate frying pan over high heat. Add the shrimp and cook for 3–5 minutes, tossing them gently until they are pink and curling.

4. Remove the shrimp from the pan with a slotted spoon, and divide among 4 serving plates. Top with the chile and scallion mixture, and serve at once with a splash of soy sauce.

## Vegetarian moussaka

Bring this famous Greek dish to your dinner table.

### INGREDIENTS

1 tbsp olive oil  
1 onion, finely chopped  
sea salt and freshly ground black pepper  
1 tsp dried mint leaves  
3 tsp dried oregano  
1 x 15oz (425g) can adzuki beans, drained  
and rinsed  
1 x 28oz (800g) can ground tomatoes or  
tomato purée  
¾ cup pine nuts  
freshly ground black pepper  
9oz (250g) Greek-style plain yogurt  
1 large egg

### METHOD

1. Preheat the oven to 400°F (200°C). Heat the oil in a saucepan over low heat. Add the onion and a pinch of sea salt, and cook gently for about 5 minutes until soft. Stir in the mint and 1 tsp of the dried oregano.
2. Add the beans, tomatoes, and pine nuts, and bring to a boil. Reduce the heat to low, and simmer gently for 15–20 minutes until thickened. Season well with salt and pepper.

3. Spoon the bean mixture into a baking dish. Mix together the yogurt, egg, and remaining 2 tsp oregano. Spoon evenly over the top of the bean mixture. Bake for 15–20 minutes until the top is golden, puffed, and set. Serve hot with a crisp green salad.

## Strawberry and cream cake

You can't go wrong with this perfect party cake.

### INGREDIENTS

8oz (225g) butter, at room temperature  
1 cup granulated sugar, plus 2 tbsp  
4 large eggs, lightly beaten  
2 cups self-rising flour

### For the strawberry and cream filling

½ cup heavy cream  
¾ cup sliced strawberries  
confectioner's sugar, to dust

### METHOD

1. Preheat the oven to 350°F (180°C). Line the cake pans with parchment paper. In a bowl, beat the butter and sugar with an electric mixer until light and creamy. Beat in the eggs gradually, adding a little of the flour if the mixture begins to curdle. Sift in the remaining flour and fold in gently. Divide the mixture evenly between the prepared pans and bake for 25 minutes, or until risen and firm to the touch. Let cool in the

pans for 5 minutes, then transfer to a wire rack to cool completely.

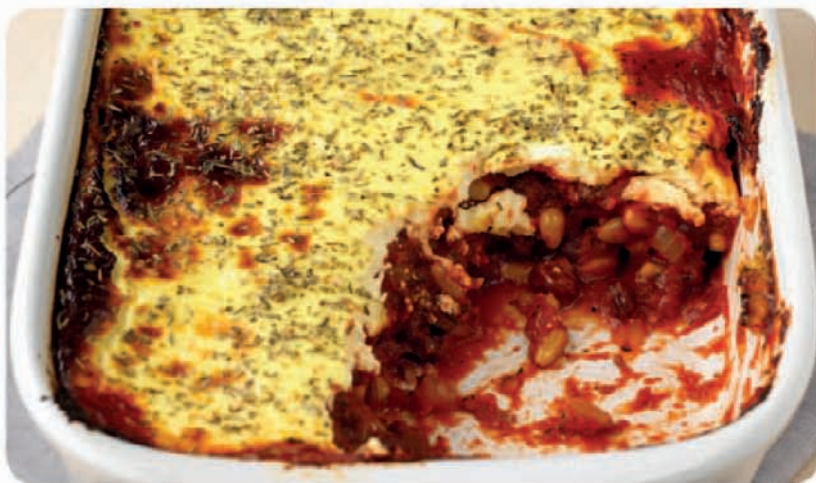
2. To make the filling, place the cream in a bowl and beat with an electric mixer until soft peaks form. Spread the whipped cream over one of the cakes, top with strawberries, then align the other cake layer on top. Dust generously with confectioner's sugar.



PREP  
10  
MINS

COOK  
10  
MINS

Serves • 4



PREP  
15  
MINS

COOK  
30  
MINS



Serves • 4



PREP  
20  
MINS

COOK  
25  
MINS



Serves • 8

**Special equipment** • 2 x 8in (20cm) round cake pans • electric mixer

### VARIATION

For a more intense strawberry flavor, spread a layer of strawberry jam on the top of the first cake before you cover it with cream.



## Grilled eggplant with spiced tomato sauce

This crunchy starter is perfect for barbecues.

### INGREDIENTS

2 large eggplants, cut into slices  
 ½in (1cm) thick  
 4 tbsp olive oil  
 2 garlic cloves, sliced  
 ½ tsp paprika  
 sea salt and freshly ground black pepper  
 1 x 14oz (400g) can diced tomatoes

### METHOD

1. Preheat the barbecue or ridged cast-iron grill pan until hot. Put the eggplants in a colander, sprinkle with salt, and weigh down with a plate. Leave to drain for 15 minutes, rinse, and pat dry with paper towels.
2. Meanwhile, heat 1 tbsp of the olive oil in a pan over very low heat. Add the garlic and paprika, and cook gently for a few seconds. Season with sea salt and black pepper. Stir in the tomatoes, and bring to a boil.

Reduce the heat slightly, and simmer gently for 15 minutes.

3. Brush the eggplant slices with the remaining oil, then grill on the barbecue or griddle for 3 minutes on each side until golden. Drizzle with the sauce and serve immediately.

## Lemony dal

Sate your hunger with this healthy, refreshing main course.

### INGREDIENTS

1 tbsp olive oil  
 1 onion, finely chopped  
 2 garlic cloves, finely grated  
 2in (5cm) piece of ginger, finely grated  
 pinch of turmeric  
 pinch of garam masala  
 1½ cups red lentils  
 grated zest and juice of 1 lemon  
 ¾ cups hot vegetable stock  
 2 tomatoes, peeled and chopped  
 handful of fresh cilantro leaves, finely chopped  
 sea salt and freshly ground black pepper

### METHOD

1. Heat the oil in a frying pan over low heat. Add the onion and a pinch of salt, and cook for 5 minutes until soft. Stir in the garlic, ginger, turmeric, and garam masala, and cook for 1 minute.
2. Stir in the lentils and lemon zest, pour in the stock, and simmer for about 20 minutes until the lentils are tender.

3. Season well with salt and pepper, and stir in the lemon juice, tomatoes, and cilantro. Serve hot with naan.

## Baked stem ginger cheesecake

An unusual alternative to regular cheesecake.

### INGREDIENTS

1 x 7oz (200g) package vanilla wafers, gingersnaps, or graham crackers  
 2 tbsp butter  
 4 large eggs, at room temperature, separated  
 1 cup granulated sugar  
 5½oz (150g) cream cheese, at room temperature  
 9oz (250g) mascarpone cheese  
 2 tbsp syrup from a jar of stem ginger  
 4-5 pieces stem ginger, thinly sliced and cut into thin strips  
 2 tbsp all-purpose flour

### METHOD

1. Preheat the oven to 350°F (180°C). Line the base of a greased cake pan with parchment paper. Put the cookies in a plastic bag and crush with a rolling pin. Melt the butter in a pan, add the crumbs, and stir until moistened. Spoon into the cake pan and press firmly.
2. Put the egg yolks and sugar in a mixing bowl and whisk until thick and creamy. Stir in the cheeses, beat with a wooden spoon until smooth.

Add in the ginger syrup and sliced ginger. Sift in the flour and fold until no longer visible.

3. Put the egg whites in a bowl and beat until stiff peaks form. Fold into the yolk mixture, and spoon over the crust. Bake for 50 minutes, until golden and almost set. Turn off the oven and leave the cake to cool for 1 hour. Remove from the pan and serve.





PREP  
15  
MINS

COOK  
20  
MINS



Serves • 4



PREP  
10  
MINS

COOK  
30  
MINS



Serves • 4



PREP  
30  
MINS

COOK  
50  
MINS

Cooling • 1 hour  
Serves • 8

Special equipment • 8in (20cm) springform pan • electric mixer

### COOK'S NOTES

Use eggs and cream cheese at room temperature—not straight from the refrigerator. Eggs take longer to whisk when cold.

## Crisp sweet potato cake with shaved zucchini and chive mascarpone

Indulge your guests with this creamy appetizer.

### INGREDIENTS

1½lb (550g) sweet potatoes, peeled  
and sliced into 8 even discs, about  
¾in (1.9cm) thick  
2 tbsp olive oil, plus extra for drizzling  
1 zucchini, about 5½oz (150g)  
juice of ½ lemon  
⅔ cup mascarpone cheese  
1 tbsp finely chopped chives,  
plus 8 whole chives  
sea salt and freshly ground black pepper

### METHOD

1. Preheat the oven to 400°F (200°C). Put the sweet potatoes in a bowl. Add the 2 tbsp olive oil, and season with salt and pepper. Toss to coat. Transfer to a baking sheet, and roast for 25 minutes until golden brown and tender when pierced with the tip of a sharp knife. Set aside to cool.
2. Trim off the zucchini's ends. Shave into thin slices with a peeler. Put in a bowl with the lemon juice, and add salt and pepper. Toss gently to coat.

3. Put the mascarpone in a separate bowl, and stir in the chopped chives.
4. To serve, place a sweet potato disc in the center of each of 4 serving plates. Divide the zucchini mixture into 4 equal portions, and mound over each sweet potato disc. Place another disc on top, then spoon on the chive mascarpone. Arrange 2 whole chives on top of each serving, and drizzle with a little olive oil. Serve immediately.

## Pizza with spinach and ricotta cheese

This classic Tuscan pairing works perfectly on pizza.

### INGREDIENTS

1 ball pizza dough  
all-purpose flour, for dusting  
semolina flour or cornmeal  
2-3 tbsp tomato purée or sauce  
8oz (225g) spinach, wilted  
and well drained  
2-3 tbsp ricotta cheese  
sea salt and freshly ground black pepper

### METHOD

1. Preheat the oven to 475°F (245°C). Put a heavy baking tray in the oven to get hot. (They both need to be really hot before cooking the pizza.)
2. Place the dough on a floured surface and use a rolling pin to roll it out as thin as you can—about 10-12in (25-30cm) in diameter. Brush the hot baking tray with oil, sprinkle with semolina, and place the dough on top.

3. Add the tomato sauce over the pizza and smooth it out evenly with the back of a spoon, then spread the spinach on top. Dot with small spoonfuls of ricotta, season with salt and pepper, then bake for 10 minutes, or until the crust is golden and crispy.

## Tropical angel cake

This mouthwatering cake, similar to a meringue, is a real treat.

### INGREDIENTS

4 large egg whites  
½ tsp cream of tartar  
¾ cup granulated sugar  
½ cup all-purpose flour  
4 tsp cornstarch  
⅓ cup shredded coconut

### For the topping

7oz (200g) Greek-style plain yogurt  
1 cup mixed peeled and chopped tropical  
fruit, such as pineapple and mango  
seeds and pulp from 2 passion fruits  
finely grated lime zest, for garnish

### METHOD

1. Preheat the oven to 375°F (190°C). Whisk the egg whites, cream of tartar, and 1 tbsp cold water until stiff peaks form. Whisk in the sugar 1 tbsp at a time until the mixture is stiff.
2. Sift the flour and cornstarch into the mixture, then fold in the coconut. Carefully spoon the batter into the ring mold and smooth the top, pressing down gently. Bake for 15 minutes. Reduce the oven temperature to 350°F (180°C) and bake for another

15 minutes, until the top of the cake is firm to the touch and golden brown.

3. Place the pan on a rack and let cool. Carefully ease the cake out of the pan and onto a serving plate.
4. To make the topping, lightly beat the yogurt until smooth and creamy, then spoon into the center of the cake. Top with the fruit, and drizzle with the passion fruit seeds. Scatter the lime zest over the top.



PREP  
15  
MINS

COOK  
25  
MINS

Serves • 4

### COOK'S NOTES

This could be served as a small starter or finger food by using one potato disc for each serving instead of two. Top each piece with the shaved zucchini and chive mascarpone.



PREP  
15  
MINS

COOK  
10  
MINS

Makes • 1



PREP  
15  
MINS

COOK  
30  
MINS

Serves • 6-8  
Special equipment • electric mixer • 9in (23cm) savarin ring mold

Use pine nuts instead of raisins if you prefer.

**INGREDIENTS**

4 large beefsteak tomatoes  
 2/3 cup tomato juice  
 3/4 cup couscous  
 1/2 cup golden raisins  
 handful of fresh basil leaves  
 handful of flat-leaf parsley  
 sea salt and freshly ground black pepper

**METHOD**

1. Slice the tops off the tomatoes and reserve. Working over a bowl, scoop out the seeds and flesh so you are left with only a "shell." Stir the tomato juice into the tomato flesh mixture. Set the tomato shells upside down on paper towels to drain.
2. Put the couscous in a separate bowl and pour in just enough hot water to cover, about 2/3 cup. Let stand for 10 minutes. Use a fork to fluff up the grains, then mix in the

tomato mixture. Let stand for another 10 minutes.

3. Stir the couscous well, breaking up any large bits of tomato. Stir in the raisins, basil, and parsley. Taste, and season with salt and pepper as needed. To serve, spoon the mixture into the tomato shells, and cover with the reserved tops. Any leftover couscous can be served on the side.

This warming stew with a hint of spice is great on a cold winter's night.

**INGREDIENTS**

3 tbsp olive oil  
 1 large onion, finely chopped  
 2 zucchini, cut into bite-sized chunks  
 3 garlic cloves, finely sliced  
 1 x 14oz (400g) can borlotti beans, drained and rinsed  
 3 fresh tomatoes, diced  
 1 tsp paprika  
 1 tsp dried oregano  
 sea salt and freshly ground black pepper  
 hot chili oil, to serve (optional)

**METHOD**

1. Heat the oil in a deep-sided frying pan, add the onion, and cook over medium heat for 3 minutes. Add the zucchini and cook for another 5 minutes, stirring frequently.
2. Add the garlic and beans, cook for 1 minute, then stir in the tomatoes, paprika, and oregano. Cook for 10 minutes, stirring occasionally, then season with salt and pepper. Drizzle with chili oil, if desired, and serve with crusty bread.

A stylish dessert with a delicious, creamy frosting.

**INGREDIENTS**

1 1/2 cups self-rising flour  
 2/3 cup light or dark brown sugar (packed)  
 1 tsp ground cinnamon  
 1 tsp pumpkin pie spice  
 1/2 tsp baking soda  
 2/3 cup sunflower oil or light olive oil  
 2 large eggs  
 1/3 cup light corn syrup  
 2 carrots, trimmed and coarsely grated  
 zest of 1 orange

**METHOD**

1. Preheat the oven to 350°F (180°C). Line the bottom and sides of a square cake pan with parchment paper. In a large bowl, stir together the flour, brown sugar, cinnamon, pumpkin pie spice, and baking soda. In another bowl, mix together the oil, eggs, and syrup, then combine with the dry ingredients. Stir in the carrot and zest of 1 orange. Scrape into the prepared pan and level the top. Bake for 30 minutes or until firm to the

touch. Let cool in the pan for 5 minutes, then transfer onto a wire rack to cool completely.

2. When the cake is cool, decorate with orange-flavored icing (*see Cook's Notes*). Sprinkle the cake with orange zest (if using) and cut into 16 squares to serve.





PREP  
30  
MINS



Serves • 4

### COOK'S NOTES

When preparing couscous, it can be a little tricky working out how much water you need. It is best to add the water slowly, and stop as soon as it sits just on top of the grains.



PREP  
10  
MINS

COOK  
20  
MINS



Serves • 4



PREP  
20  
MINS

COOK  
30  
MINS



**Makes** • 16 squares  
**Special equipment** • 8in (20cm) square cake pan • electric mixer

### COOK'S NOTES

To make orange-flavored icing, sift 2½oz (75g) confectioner's sugar into a bowl, add 3½oz (100g) cream cheese (at room temperature), 1–2 tbsp orange juice, and the zest of 1 orange. Whisk with an electric hand whisk until thick and spreadable.







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leeks: leek and potato soup 88 (S)  
potato and leek soup 80 (S)  
lemon: dark chocolate and lemon mousse 72 (D)  
lemon and lime syllabub 20 (D)  
lemon and lime tart 106 (D)  
lemon, lime, and poppy seed cake 168 (D)  
lemon sauce sponge pudding 148 (D)  
lemon soufflé pudding 142 (D)  
lemon tart 124 (D)  
lemony dhal 182 (M)  
lemon sole with herbs 126 (M)  
lentils: lemony dhal 182 (M)  
with artichokes and peppers 44 (S)  
lettuce: Baby Romaine lettuce with blue cheese and beets 24 (S)  
lime: lemon and lime syllabub 20 (D)  
lemon and lime tart 106 (D)  
lime cheesecakes 12 (D)  
liver: chicken livers with shallots and arugula 34 (M)  
lychees with ginger and star anise 46 (D)

**M** macadamia nut: white chocolate and macadamia nut blondies 74 (D)  
mackerel with garlic and tomatoes 124 (M)  
mangoes: meringue and mango mess 16 (D)  
marmalade-glazed ham 92 (M)  
Marsala chicken 10 (M)  
mascarpone: apricots with Amaretti

biscuits and 44 (D)  
crisp sweet potato with courgette and chive mascarpone 184 (S)  
fresh figs with cassis cream 18 (D)  
orange and chocolate tiramisu 38 (D)  
smoked trout, fennel, and mascarpone crostini 114 (S)  
melon with vodka, orange, and mint 32 (D)  
meringues: apricot meringue roulade 90 (D)  
meringue and mango mess 16 (D)  
pavlovas with spiced berries 154 (D)  
peaches with meringue and raspberry sauce 48 (D)  
Middle Eastern oranges 24 (D)  
mincemeat: pear and mincemeat pie 94 (D)  
mocha pots 60 (D)  
monkfish: roast monkfish with peppers 130 (M)  
moussaka, vegetarian 180 (S)  
mousses: baked chocolate 68 (D)  
dark chocolate and lemon 72 (D)  
dark chocolate and white chocolate 54 (D)  
muffins, savory cheese and bacon 108 (S)  
mushrooms: baked turkey rolls filled with chestnuts and 46 (M)  
cheesy potato and mushroom gratin 162 (M)  
coq au vin 30 (M)  
grilled mushrooms with bread, tomatoes, and feta 18 (S)  
mushrooms on toast with Manchego cheese 164 (S)  
noodle broth with dried mushrooms 96 (S)  
pasta with beef and mushroom sauce 70 (M)  
pizza with mozzarella and 170 (M)  
salmon with pak choi and 122 (M)  
stuffed mushrooms 172 (S)  
mussels in fennel broth 76 (S)

**N** nectarines, prosciutto with pear, endive, and 42 (S)  
noodles: chicken with basil and 12 (M)  
noodle broth with dried mushrooms 96 (S)  
Thai-style minced pork with 74 (M)

**O** okra: bulgur wheat with shrimp, dill, and 138 (M)  
olive and anchovy open tart 124 (S)  
oranges: beef stew with 66 (M)  
chocolate orange profiteroles 84 (D)  
Middle Eastern oranges 24 (D)  
orange and chocolate tiramisu 38 (D)  
orange and pistachio cake 164 (D)

**P** pak choi: salmon with mushrooms and 122 (M)  
wasabi beef and 58 (M)  
pancetta, pasta carbonara with 90 (M)  
papaya fruit salsa, smoked chicken salad with 34 (S)  
prosciutto: pizza bianca with arugula, mozzarella, and 82 (M)  
scallops skewered with 160 (S)  
with pear, nectarine, and Belgian endive 42 (S)  
pasta: pasta carbonara with pancetta and cream 90 (M)  
salmon and roasted tomato pasta 120 (M)  
with beef and mushroom sauce 70 (M)  
with meat sauce 54 (M)  
with seafood and tomatoes 146 (M)  
with spinach and ricotta

cheese 148 (M)  
with tomato sauce 166 (M)  
pâté, smoked mackerel 118 (S)  
pavlovas with spiced berries 154 (D)  
peaches: almond and peach tart 104 (D)  
with meringue and raspberry sauce 48 (D)  
pears: ham with 150 (S)  
pear and cinnamon strudel 100 (D)  
pear and mincemeat pie 94 (D)  
prosciutto with nectarine, Belgian endive, and 42 (S)  
peas: feta and pea salad 26 (S)  
pea and mint risotto 172 (M)  
pea and mint soup 86 (S)  
*see also* split peas  
pecan nuts: pecan, coffee, and maple cake 178 (D)  
sticky pecan pie 96 (D)  
peppers: feta-stuffed peppers 166 (S)  
lentils with artichokes and 44 (S)  
roast monkfish with 130 (M)  
roasted red pepper soup 90 (S)  
pies: cheese and onion pie 176 (M)  
pear and mincemeat pie 94 (D)  
pilaf: tomato and tarragon 150 (M)  
turkey, almond, and cranberry 44 (M)  
with chorizo, pancetta, and cranberries 78 (M)  
pineapple: ginger cake with 30 (D)  
pineapple and syrup upside-down pudding 140 (D)  
piri piri chicken 40 (M)  
pistachio nuts: orange and pistachio cake 164 (D)  
pita bread, roast pork in 88 (M)  
pizza: pizza bianca with prosciutto, arugula, and mozzarella 82 (M)  
with mozzarella and mushrooms 170 (M)  
with spinach and ricotta cheese 184 (M)  
polenta: fried polenta with tomato sauce 158 (M)  
pork: caramelized pork tenderloin 76 (M)  
mini pork kebabs 152 (S)  
pork and fennel sausages 178 (S)  
pork and spring greens 84 (M)  
pork and yellow split pea soup 70 (S)  
roast pork in pita bread 88 (M)  
roast pork with bacon and Belgian endive 80 (M)  
stuffed mushrooms 172 (S)  
Thai-style minced pork with noodles 74 (M)  
potatoes: cheesy potato and mushroom gratin 162 (M)  
devilled lamb cutlets with crushed potato and mustard seed salad 104 (M)  
glazed fillet of beef roasted with olives and 52 (M)  
Lancashire hotpot 100 (M)  
leek and potato soup 88 (S)  
marmalade-glazed ham with new potatoes and Belgian endive 92 (M)  
potato and leek soup 80 (S)  
potato cakes 142 (S)  
potato skins with spicy tomato sauce 146 (S)  
roast lamb with cherry tomatoes and new potatoes 102 (M)  
rosemary and pepper sausages with new potatoes 86 (M)  
skewered lamb with crispy rosemary potatoes 96 (M)  
profiteroles, chocolate orange 84 (D)  
prunes: marinated prunes and

- apricots 34 (D)  
prune and brandy tart 102 (D)
- Q** quesadillas: with ham, gherkin, and smoked cheese 110 (S)  
with spiced beef and tomato 104 (S)
- R** raspberries: peaches with meringue and raspberry sauce 48 (D)  
raspberry crème brûlée 152 (D)  
raspberry jelly with vanilla cream 10 (D)  
raspberry, lemon, and almond bake 114 (D)  
strawberry and raspberry granita 36 (D)  
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tomato and tarragon pilaf 150 (M)  
turkey, almond, and cranberry pilaf 44 (M)  
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rosemary and pepper sausages 86 (M)  
rye breads, mini topped 144 (S)
- S** salads: Baby Romaine lettuce with blue cheese and beets 24 (S)  
beef with beets and spinach 40 (S)  
bread salad 22 (S)  
Caesar salad 48 (S)  
carrot and shredded cabbage with peanuts 14 (S)  
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crab salad with grapefruit and cilantro 54 (S)  
devililled lamb cutlets with crushed potato and mustard seed salad 104 (M)  
duck with pink grapefruit and Belgian endive salad 48 (M)  
feta and pea salad 26 (S)  
goat's cheese, beets, and pistachios 16 (S)  
marinated squid salad 56 (S)  
prosciutto with pear, nectarine, and Belgian endive 42 (S)  
sliced beef and arugula salad 36 (S)  
smoked chicken salad 34 (S)  
smoked trout with beets, apple, and dill relish 46 (S)  
Thai-style beef salad 38 (S)  
tomato, red onion, and mozzarella salad 10 (S)  
salmon: baked salmon 118 (M)  
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salmon and roasted tomato pasta 120 (M)  
salmon with mushrooms and pak choi 122 (M)  
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salt and pepper shrimp 180 (S)  
sardines: butterflied sardines stuffed with tomatoes and capers 128 (M)  
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satay sauce, griddled chicken with 36 (M)  
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scallops: sautéed scallops with pancetta and wilted spinach 136 (M)  
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Scotch broth 74 (S)  
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pan-fried shrimp, olives, and 140 (M)  
pasta with seafood and 146 (M)  
pasta with tomato sauce 166 (M)  
potato skins with spicy tomato sauce 146 (S)  
roast lamb with cherry tomatoes and new potatoes 102 (M)  
salmon and roasted tomato pasta 120 (M)  
shrimp saganaki 142 (M)  
tomato and chorizo soup 72 (S)  
tomato and tarragon pilaf 150 (M)  
tomato, bean, and zucchini stew 186 (M)  
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- V** vanilla cupcakes 122 (D)  
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- W** wasabi beef and pak choi 58 (M)
- Y** yogurt, cucumber, and mint dip 102 (S)
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