

BBC



Rachel Allen's Mother's Day lunch
Butterflied roast lamb (& baked rice pud for afters!)

easycook

BBC goodfood

MARCH 2017

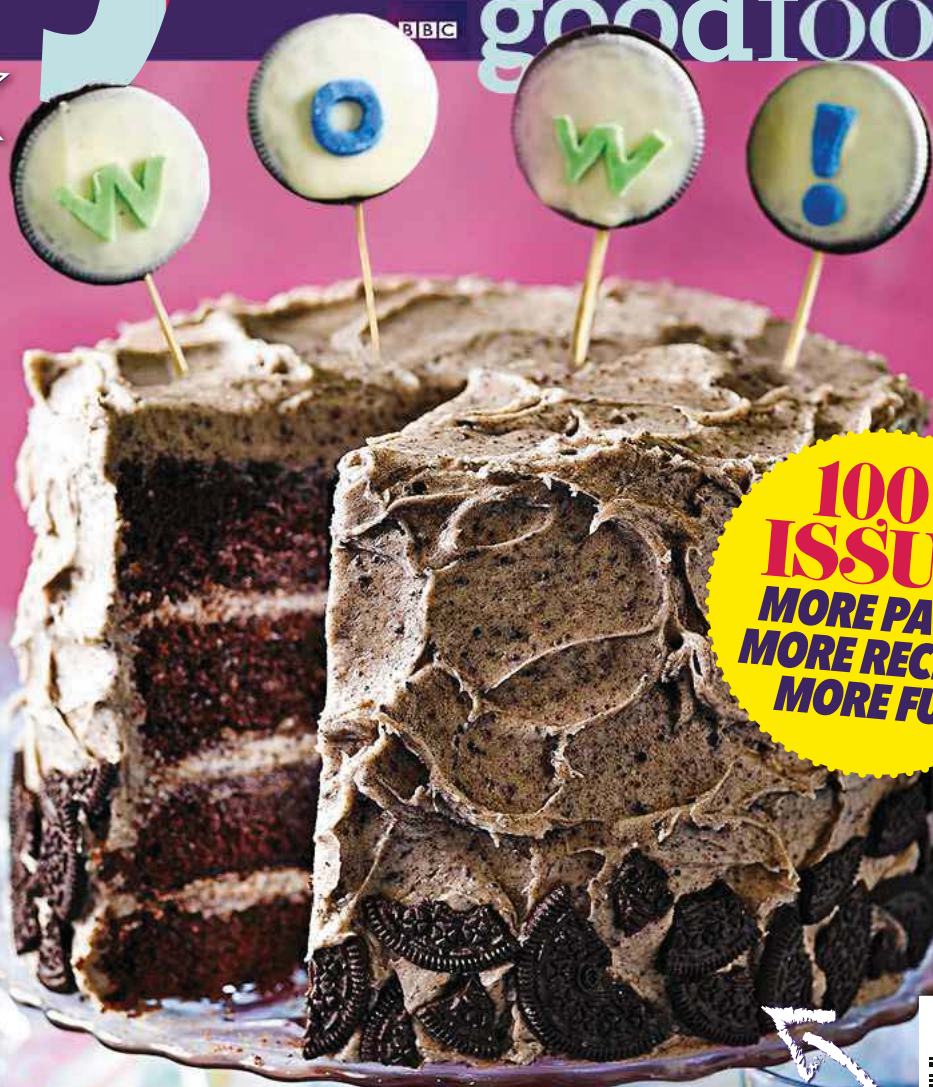
PULL OUT & KEEP

100

EASIEST EVER

skills, tips
& cooking
cheats

Hacks extravaganza p41



**100th
ISSUE!**
MORE PAGES
MORE RECIPES
MORE FUN

**ULTIMATE PARTY
SHOWSTOPPER**

**Cookies
& cream**
chocolate cake
Serves 20

£2.99



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Money-saving magic

Make tonight, use up tomorrow

Spag Bol → Beef tacos ■ Chinese chicken → Noodle salad



Red Nose Day Baking Tip:

Always always lick the bowl. Unless you're a toilet attendant.

Keen to bake a difference?
Our free fundraising kit will help
you raise some dough. Order
yours at rednoseday.com



**RED
NOSE
DAY**

**MAKE
YOUR
LAUGH
MATTER.**
Friday 24 March



Our first issue, 2004

THE 100TH ISSUE!

This month, we're celebrating a very special birthday at Easy Cook – our 100th since it all began back in the summer of 2004. Thirteen years ago, we vowed to make your lives easier with simple everyday and weekend recipes for you to enjoy with your family and friends. Ever since, our loyal army of time-pushed home cooks has grown and grown, coming back time and again for inspiration from our foolproof, delicious dinners and desserts, which have all been triple-tested so that you can be sure they'll work every time. To mark this very special occasion, we've put together a pull-out mini mag of our 100 most useful hacks: tips, tricks and techniques to make your cooking as easy as possible. Because that's what we do at Easy Cook. The clue's in the name!

Keith Kendrick

Editor



Keith celebrates with his sons

Celebrate with us... Citrus peach cooler

Put the juice of 2 **lemons** and juice of 2 **limes** into a large jug. Add 1 thinly sliced lemon and 1 thinly sliced lime, and a handful of **ice cubes**. Add **peach nectar** to come one-third of the way up the jug. Add another third of **cloudy lemonade**. Add a few sliced **strawberries** and top up with **sparkling water** and **mint sprigs**.

Pink fizz with raspberries

Simply drop some fresh **raspberries** into Champagne flutes and top up with some **pink Champagne** or **sparkling wine**. Enjoy chilled.



From **BBC goodfood**

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

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Our promise to you

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

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

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March 2017

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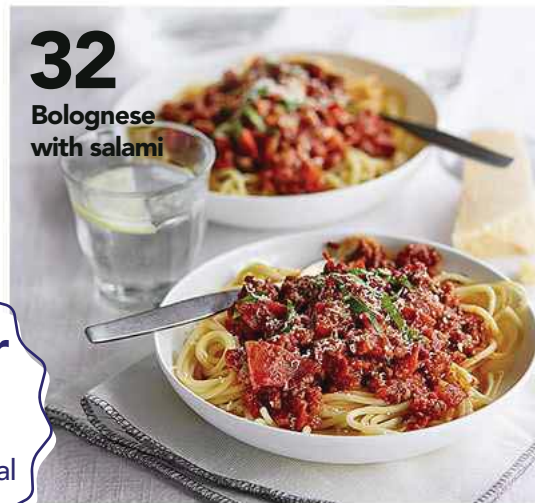
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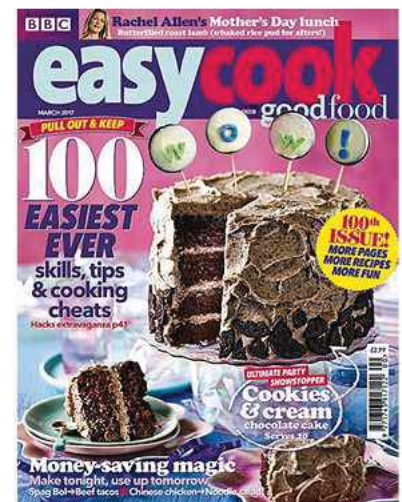
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MARCH SHOWSTOPPER

Give it a Swirl!

Vibrantly orangey in flavour, this stunning tart is a great way to use seasonal citrus fruit while still cleverly cutting a few corners on pastry making

Orange & chocolate drizzle tart

- Serves 12
- Prep 30 mins plus 5 hrs chilling and cooling
- Cook 30 mins
- 59p a portion
- 368 kcals, 25g fat, 14g sat. fat, 18g sugar

VEGETARIAN

375g pack sweet shortcrust pastry

2 tbsp cocoa powder

plain flour, for dusting

FOR THE ORANGE FILLING

5 medium oranges, zest & juice (separate)

200ml double cream

4 eggs, beaten

85g caster sugar

FOR THE CHOCOLATE DRIZZLE

85g dark chocolate (70% cocoa solids)

100ml double cream

2 tbsp golden syrup

1 Tear the pastry into a food processor, add the cocoa, pulse until combined, then knead a few times on a floured surface until evenly brown. Use to line a 23cm fluted tart tin, and prick the base several times with a fork. Chill or freeze until very firm. Heat oven to 200C/180C fan/gas 6.

2 Put the tart tin on a baking sheet then line the pastry case with overhanging baking parchment. Fill with baking beans, then bake for 15 mins, or until the sides of the pastry have set firm. Remove the beans and parchment, then bake for 10-15 mins more until the pastry feels dry all over. Leave to cool.

3 Strain the orange juice, then measure 250ml into a heavy-based saucepan. Add the cream and bring to the boil. Whisk the eggs and sugar in a bowl, then gradually whisk the hot cream into the mix. Wipe out the pan, return the custard to it and cook for about 5 mins on a medium heat, whisking, until steaming and thick enough to coat the back of a spoon. Strain into a jug, whisk in the zest and pour the custard into the pastry case. Cool, then chill for at least 4 hrs, or ideally overnight, until set.

4 Melt the drizzle ingredients together until smooth, spoon some over the tart, then return the tart to the fridge. Serve the rest of the drizzle warm for spooning alongside the chilled tart.

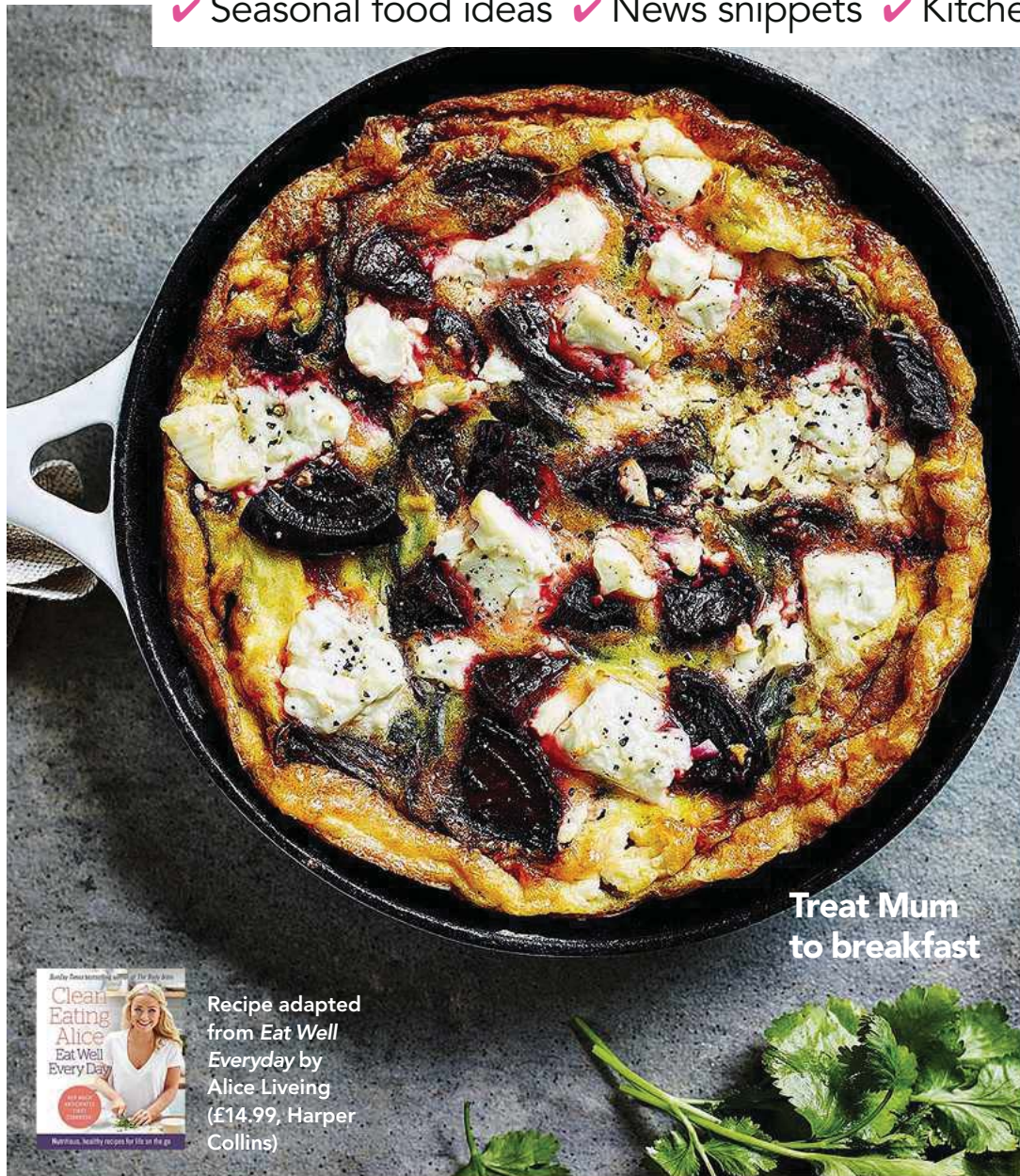




Made using our cheat's chocolate pastry

March QUICKBITES

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



Breakfast in bed

Beetroot & feta frittata

■ Serves 2
■ Prep 10 mins ■ Cook 50 mins

VEGETARIAN

1½ tbsp coconut oil
2 beetroots, peeled, trimmed and roughly chopped
6 free-range eggs
1 red onion, peeled, halved and finely sliced
100g feta, crumbled
a few sprigs coriander, leaves chopped

1 Preheat the oven to 200C/180C fan/gas 6. Put 1 tbsp of coconut oil into a small roasting tray and place in the oven to melt. Once melted, remove the tray from the oven, tip in the chopped beetroot and toss to coat. Season with salt and pepper and roast in the hot oven for 40 mins or until softened, tossing halfway through. Remove from the oven and set aside.

2 Preheat the grill to high. Crack the eggs into a bowl with a pinch of salt and pepper and whisk until fully combined. Heat the remaining ½ tbsp of coconut oil in a large non-stick ovenproof pan over a medium heat. Add the red onion and fry for 5–7 mins, until soft. Add the beetroot and feta and pour in the egg mixture. Place the pan under the grill for a few mins until set. Scatter with coriander to serve.

Treat Mum to breakfast



Recipe adapted from *Eat Well Everyday* by Alice Liveing (£14.99, Harper Collins)

What's in season right now?

Fruit and veg to inspire your cooking



BRAMLEY APPLES



CAULIFLOWER



CELERIAC



CHICORY



GRAPEFRUIT



ORANGES

Bad Brownie Chef's Selection Box £25,
badbrownie.co.uk



Mug With Cosy £18,
lindabloomfield.co.uk



Crabtree & Evelyn Salted Caramel Fudge £6,
crabtree-evelyn.co.uk

Treat Mum!

The Really Quite Good British Cookbook by William Sitwell (£25, Nourish)

DON'T FORGET SUNDAY MARCH 26TH

Allium Ocean Apron £22,
clarissahulse.com



Gold Cutlery (16-piece set), £30,
Sainsbury's Home



Pinkster Gin Miniatures £5,
pinkstergin.co.uk



On our bookshelf

Beat those lingering winter bugs with some healthy inspiration

Super Smoothies by Fern Green (£9.99, Hardie Grant)

Whatever you're having an issue with – slow metabolism, poor immunity or problem skin – this book is divided into sections to help you choose the smoothie you'll benefit from best. Perfect for an early morning boost!

[Try this](#) Red veg smoothie



Clean Soups by Rebecca Katz (£14.99, Murdoch Books)

There's nothing like a homemade soup to help you beat colds, clean out the fridge and save money. Clean Soups has the recipes you need to make simple, nourishing stocks from scratch (and not a packet in sight), as well as hearty soups and broths.

[Try this](#) Cauliflower korma soup

Quick & easy tips

Making a tart?

The easiest way to press a biscuit base right into the corners of a cake tin or dish is to put your hand in a sandwich bag and use it as a makeshift kitchen glove. Simple!

Save your money

Bulk out meaty dishes with lots of vegetables or red lentils. Not only does it make your meals much cheaper, it adds a good health boost to your meal, too.

HEALTH NEWS

Is it worth buying organic?

There is some evidence that there are more vitamins, minerals and omega-3s in organic produce – albeit sometimes just a small difference. A study showed higher levels of vitamins and antioxidants in some (though not all) organic fruit and vegetables, as well as lower levels of pesticide residues and heavy metals.

There are other reasons, too, such as taste, to avoid pesticides and a concern for the environment. The organic movement does promote better soil and it stands to reason that in the long run, organic

farming is better for overall soil quality.

If you're buying from supermarkets, organic food can be expensive, so if you are on a tight budget but would like to buy more organic food, then you could try prioritising your purchases. Items such as organic flour, milk, bread and butter can be cheaper, as can fresh seasonal produce such as salad leaves, herbs and fruit. If you do compare prices, you may actually find that many organic brands are a bit cheaper than their conventional equivalents, and are often on special offer.



PARSNIP



PURPLE SPROUTING BROCCOLI



RHUBARB



SWEDE



SWEET POTATO



WATERCRESS



Have you tried... Halloumi fries?

The salty cheese from Cyprus has become far more than a BBQ staple. Now we cook it all year round in salads, burgers, wraps – and, this month, deep-fried as chips.

Halloumi fries with spicy yogurt dip

- Serves 6
- Prep 10 mins ■ Cook 10 mins
- £1.21 a portion
- 406 kcals, 29g fat, 16g sat. fat, 3g sugar

VEGETARIAN

170g pot Greek yogurt

1 lemon, zested, cut into wedges

1 tbsp rose harissa

3 tbsp za'atar, plus extra for sprinkling

75g plain flour

2 x 250g blocks halloumi, cut into fries

oil, for frying

handful mint, leaves torn

1 Mix the yogurt with the lemon zest and some seasoning, then

swirl through the harissa so that you have pockets of hot and cool in the dip.

2 On a plate, stir the za'atar into the flour, then roll the halloumi in the mixture so that it's evenly coated. Heat the oil in a shallow, heavybottomed pan or casserole dish until about 180C on a cooking thermometer, or a piece of bread browns in 20 secs. Working in batches, carefully lower the halloumi into the oil and cook for 2 mins until crisp, then drain on kitchen paper.

3 Sprinkle over the mint and za'atar. Serve with the lemon and spicy yogurt for dipping.

4-INGREDIENT DINNER

Heat oven to 180C/160C fan/gas 4. Fry the veg with some oil for 8-10 mins. Add the lentils and cook for 2 mins. Season. Spoon into a medium pie dish with 1 tbsp water, then add slices of cheese. Top with scrunched pastry sheets, brush with oil and bake for 15-20 mins until golden.



1 tray Mediterranean roasting veg

1 pouch Puy lentils



120g log goat's cheese

3 sheets filo pastry



Speedy goat's cheese & lentil filo pie



Pyrex Cook & Go collection, from £8.99, Tesco Perfect for batch cooking, these multifunctional dishes can be used to bake your meals, then stored in the fridge or freezer.



The Saucy Fish Co Sicilian Salmon, £4.50, Ocado

Serve these salmon fillets with the accompanying sauce, a jacket potato and salad.



NEED DINNER IN A FLASH?

Massaman Curry Kit, £2.80, M&S

Make a straightforward Massaman curry in 3 easy steps.



A Little Bit Saucy Sauce, £3.95, alittlebit.co.uk

Use as a healthier pasta sauce, or as a base for a chicken casserole or Bolognese.



The Shopping list



Dell'Ugo Goat's Cheese & Beetroot, £3.49, Waitrose

These pasta parcels are ready in minutes.

Spotted!

Gerry from Berkshire made the Spicy tomato baked eggs from our January issue.

We'd love to see photos of your favourite Easy Cook makes and bakes. Contact us via:

Instagram @easycookmag

Facebook BBC Easy Cook





Tip Can be refrigerated for up to a day before baking

Fancy something sweet? Molten salted caramel chocolate chip cookie pots

With these cookie pots you have a chewy chocolate chip cookie-topped dessert hiding a liquid caramel centre. This is the reason we say 'always leave room for dessert!'

- Serves 6
- Prep 10 mins plus cooling
- Cook 18–20 mins

VEGETARIAN

90g unsalted butter
125g caster sugar
75g light brown sugar
1 tsp vanilla extract
1 large egg
225g self-raising flour
100g dark chocolate chips
12 tbsp canned caramel
6 ramekins, approximately 8 x 4 cm
a baking sheet

- 1** Preheat oven to 180C/160C fan/gas 4. In the bowl of a free-standing mixer or in a large mixing bowl with a handheld electric whisk, beat together the butter, both sugars and vanilla extract until light and fluffy. Add the egg and mix until incorporated.
- 2** Add half of the flour, mix together, then add the other half and mix well. Stir in the chocolate chips by hand until evenly distributed. Split the dough into 2 portions and set one half aside. Split the dough you are using into 3 portions, then halve each portion. You should be left with 6 roughly equal portions and half of the original dough set aside.
- 3** Roll the 6 dough portions into balls, flatten them slightly, then press each of them into a ramekin. Top the middle of each cookie base with 2 tbsp caramel and a pinch of salt.

- 4** Repeat this process with the remaining dough. Roll the 6 dough portions into balls, flatten them slightly, then carefully place them on top of the caramel in each ramekin, pressing around the edges to seal the caramel inside. Bake for 18–20 mins until the cookie top is golden brown, but the pot still has a bit of a wobble. Leave to cool for 10 mins before getting stuck in with a spoon.

easyoffer



Recipe adapted from **Miracle Mug Cakes & Other Cheat's Bakes** by Suzy Pelta (£9.99, Ryland Peters & Small). Photography by Adrian Lawrence. You can buy the book for the special price of £7.99 including P&P. Call Macmillan Direct on 01256 302 699 and quoting KB3.

SUPER-SAVER *suppers*

**JUST
15 MINS**
PREP TIME

Save on your shop with 10 simple meals that won't break the bank

£2.63
a portion

**Steak with
chimichurri
sauce, p14**

£1.95
a portion

Harissa prawn
skewers
with carrotty
couscous, p14

Steak with chimichurri sauce

- Serves 2
- Prep 10 mins ■ Cook 8-10 mins
- £2.63 a portion
- 303 kcals, 20g fat, 5g sat. fat, 1g sugar

small bunch parsley, roughly chopped
½ tsp oregano, fresh or dried
2 garlic cloves
1 shallot, chopped
½ tsp chilli flakes
2½ tbsp olive oil juice
½ lemon
2 tsp red wine vinegar
2 x 125g rib-eye or sirloin steaks
fries and salad, to serve

1 To make the chimichurri, blitz the parsley, oregano, garlic, shallot and chilli flakes in a food processor or chop very finely by hand. Add 2 tbsp of the olive oil, the lemon juice, vinegar and some seasoning, and pulse to combine everything to a saucy consistency.



2 Rub the remaining oil and a little seasoning into the steaks. Heat a griddle or frying pan and cook the steaks for 2-3 mins on each side or until done to your liking. Rest for a few mins, then spoon over the sauce and serve with fries and salad.

Juicy grilled sirloin with a piquant South American sauce of parsley, oregano, garlic and chilli – and chips of course!

Low fat, low cal

Harissa prawn skewers with carrotty couscous

- Serves 4
- Prep 15 mins ■ Cook 10 mins
- £1.95 a portion
- 344 kcals, 6g fat, 1g sat. fat, 10g sugar

1 tbsp olive oil
1½ tsp cumin seeds
3 carrots, coarsely grated
200g couscous
400g raw prawns
16 cherry tomatoes
1 onion, cut into 12 thin wedges leaving root intact
1 tbsp harissa
2 tsp tahini
2 tbsp low-fat natural yogurt
1 small garlic clove, crushed
juice ½ lemon, plus extra wedges to serve
handful mint leaves, roughly chopped

1 Heat the olive oil in a frying pan with the cumin seeds and toast for a few mins until aromatic. Tip in the grated carrots, season, then cook for 3 mins until tender. Transfer to a medium-sized bowl, then pour over the couscous and 400ml hot water. Cover with cling film and leave for about 10 mins, or until all the water has been absorbed and the couscous is tender.



2 Meanwhile, heat the grill to high. Put the prawns, cherry tomatoes and onion wedges in another bowl, season, then stir in the harissa. Thread everything onto skewers (if using wooden skewers, soak them in water first to prevent burning), then lay on a baking tray. Grill for 2-3 mins each side, or until the prawns are cooked though.

3 Mix the tahini, yogurt, garlic, lemon juice and seasoning. Fork the mint through the couscous, transfer to a platter and place the skewers on top. Drizzle over any cooking juices. Serve with the sauce and lemon.

Soft Italian cheeses like ricotta make a great sauce base when mixed with lemon, greens, herbs and pine nuts

Courgette & ricotta pasta

- Serves 4
- Prep 15 mins ■ Cook 15 mins
- £1.33 a portion
- 511 kJals, 27g fat, 8g sat. fat, 5g sugar

VEGETARIAN

- 2 tbsp olive oil
- 1 shallot, finely chopped
- 4 courgettes, halved and thinly sliced

- 3 garlic cloves, finely chopped
- 300g pasta shapes
- small bunch basil, most chopped
- zest 1 lemon
- 50g Parmesan (or vegetarian alternative)
- 50g pine nuts, toasted
- 250g tub ricotta

1 Heat the oil in a large frying pan. Cook the shallot and courgettes for 8 mins until softened.

When they are just beginning to colour, add the garlic and cook for 2 mins more.

2 Cook the pasta following pack instructions. Drain, reserving a little of the water. Tip the pasta into the courgette pan with the basil, lemon zest, grated Parmesan and pine nuts. Season, dot over the ricotta and mix gently so that you don't break it up too much. Serve sprinkled with extra Parmesan.

£1.33
a portion



£1.11
a portion

3 of 5-a-day

Spring vegetable minestrone

- Serves 4
- Prep 10 mins ■ Cook 30 mins
- £1.11 a portion
- 188 kcals, 11g fat, 2g sat. fat, 7g sugar

VEGETARIAN FREEZABLE

- 3 tbsp olive oil
- 2 leeks, finely sliced
- 2 celery sticks, finely chopped
- 2 courgettes, quartered lengthways, then sliced
- 4 garlic cloves, finely chopped
- 1 litre vegetable stock
- 250g asparagus, woody ends removed, chopped

- 100g peas, fresh or frozen
- 200g broad beans, double-podded
- small bunch basil, most chopped
- crusty bread, to serve

1 Heat the oil in a large saucepan, add the leeks and celery, and cook for 8 mins until soft. Add the courgettes and garlic. Cook gently for 5 mins more.

2 Pour in the stock and simmer, covered, for 10 mins. Add the asparagus, peas and broad beans, and cook for a further 4 mins, until just cooked through. Stir in the chopped basil and season well. Scatter with basil leaves and serve with crusty bread.



Soft-boiled egg, bacon & watercress salad

- Serves 2
- Prep 10 mins plus marinating
- Cook 5 mins
- £1.09 a portion
- 438 kcals, 28g fat, 6g sat. fat, 1g sugar

- 2 large eggs, at room temperature**
- 1 shallot, very finely chopped**
- 1 tbsp red wine vinegar**
- 1 heaped tsp wholegrain mustard**
- 2 tbsp rapeseed oil**
- handful chives, snapped (optional)**
- 4 thick rashers streaky smoked, dry-cured bacon**
- 2 slices good white crusty bread (ideally sourdough)**
- 2 good handfuls British watercress, thick stems removed**

1 Put the eggs in a pan of cold water and bring to the boil. Boil for 3 mins, then lift into a bowl of iced water and cool completely. Very carefully peel away the shells. Leave the eggs in the iced water until you finish the recipe, or for up to 1 hr ahead.

2 Mix the shallot with the vinegar and a pinch of salt, then set aside for a few mins to soften. Whisk in the mustard, oil and chives, if using, to make a dressing.

3 Heat the grill to low-medium and cook the bacon until crisp right through. Remove the bacon, then brush the bacon juice and fat all over the bread. Grill the bread for about 1 min on each side until crisp, then cut into soldiers and keep warm.

4 Just before serving, bring the pan of water back to the boil and add the eggs. Boil for 1 min to reheat. Toss the dressing with the watercress and divide between 2 plates. Top with an egg and 2 rashers of bacon, with the toast to the side. The egg yolks will still be runny inside.

Buying watercress

As well as green British watercress, a striking red watercress is now available in some supermarkets. It has the same distinctive peppery flavour and looks good in salads.

Tip **If you have more than one box of eggs to choose from, use the older ones. You'll find them easier to peel**



Turkey breast fingers with avocado dip

- Serves 2
- Prep 10 mins ■ Cook 12 mins
- £3.29 a portion
- 446 kcals, 17g fat, 5g sat. fat, 2g sugar

1 Oatibix or Weetabix
15g finely grated Parmesan
½ tsp each dried thyme and oregano
1 tsp each smoked paprika and ground coriander
344g pack turkey breast, cut into strips
1 large egg, beaten
FOR THE DIP
210g can butter beans, drained
1 avocado, stoned & peeled
4 spring onions, trimmed & chopped
zest and juice 1 lime
cherry tomatoes,
pomegranate seeds and
salad leaves, to serve

1 Heat oven to 220C/200C fan/gas 7. Crumble the cereal into a shallow bowl, then stir in the Parmesan, herbs and spices with seasoning. Dip the turkey into the egg, then coat with the spice mix. Lay on a baking tray, spaced apart. Bake for 12 mins.

2 Meanwhile, put the beans, avocado, onions, zest and juice in a bowl with seasoning and blitz with until smooth. Serve with the turkey, tomatoes, pomegranate and salad.

Chickpea, chorizo & spinach stew

- Serves 4
- Prep 15 mins ■ Cook 15 mins
- 1.12 a portion
- 487 kcals, 33g fat, 9g sat. fat, 6g sugar

3-4 tbsp extra virgin olive oil
1 onion, chopped
1 carrot, finely diced
1 celery stick, finely diced
few thyme sprigs
2 bay leaves
2 garlic cloves, finely chopped
200g chorizo, diced
¼ tsp cinnamon
1 tsp hot smoked paprika
2 x 410g cans chickpeas, rinsed and drained
1-2 tbsp Sherry vinegar
400g bag spinach leaves, washed and drained

1 Heat the oil in a large pan, then gently fry the onion for 3-4 mins until it begins to soften. Stir in the carrot, celery, thyme and bay leaves. Season, then cook for 2-3 mins, stirring occasionally. Add the garlic, chorizo, cinnamon and paprika. Gently fry until the veg softens and the chorizo crisps up.

2 Stir in the chickpeas, vinegar and 150ml water, then bring to a simmer for 1-2 mins until the chickpeas have heated up. Add the spinach, then stir through the chickpeas until it wilts a little. Remove from the heat, season to taste, then serve warm with crusty bread.



Speedy green chicken curry

- Serves 4
- Prep 5 mins ■ Cook 10 mins
- £2.63 a portion
- 352 kcals, 20g fat, 13g sat. fat, 5g sugar

FREEZABLE

1 tsp vegetable oil
1 red onion, cut into half-moon slices
4 tbsp Thai green curry paste
2 x 400g cans light coconut milk
2 tbsp fish sauce
zest and juice 2 limes
1 tbsp brined green peppercorns, drained and rinsed
200g green beans, trimmed and halved
4 skinless chicken breasts, cut into long strips
handful basil leaves
cooked basmati rice, to serve

1 Heat the oil in a medium pan, add the onion and fry for 2 mins. Tip in the paste and cook for 1 min more. Pour in the coconut milk, fish sauce, lime zest and juice, and peppercorns. Bring to a simmer, then add the beans and chicken. Cook for 5 mins or until the chicken is cooked through.

2 Just before serving, add the basil leaves. Serve with basmati rice on the side.



Low cal

Salmon & broccoli cakes with avocado & tomato salad

- Serves 4
- Prep 10 mins ■ Cook 20 mins
- £1.38 a portion
- 315 kcals, 18g fat, 3g sat. fat, 3g sugar

500g potatoes, cut into chunks
85g broccoli, cut into small florets
pack of 2 poached salmon fillets
juice 1 lemon, plus wedges to serve
small bunch dill, chopped
1 tbsp sunflower oil
1 tbsp Dijon mustard
1 avocado, peeled, stoned and roughly chopped
100g cherry tomatoes, halved
100g bag watercress

1 Cover the potatoes in salted water, bring to the boil and simmer for 8-10 mins, until just tender, adding the broccoli 3 mins before the end of cooking time. Drain, allow it all to steam dry, then roughly mash. Flake in the salmon, half the lemon juice and dill with some seasoning, then shape into 4 cakes.

2 Heat the oil in a pan and fry the cakes for 3 mins each side until golden. Meanwhile, mix remaining lemon juice with the mustard and seasoning, then set aside. Mix the avocado, tomatoes and watercress and divide between plates. Serve one fishcake each with the salad, drizzled with dressing, and extra lemon wedges for squeezing over.

Love quiche? Try this dauphinoise-like bake that skips pastry in favour of new potatoes

68p
a portion

New potatoes Lorraine

- Serves 4
- Prep 15 mins ■ Cook 30-35 mins
- 68p a portion
- 650 kcs, 48g fat, 25g sat. fat, 6g sugar

650g baby new potatoes

1 tsp olive oil

2 shallots, thinly sliced

200g thick smoked bacon rashers, chopped

4 large eggs

300ml milk

170ml pot double cream

100g cheddar or Gruyère, or a mix of both, grated

handful rocket, plus your favourite salad dressing, to serve

1 Heat oven to 180C/160C fan/gas 4. Boil the new potatoes for 10-12 mins until almost tender.

2 Meanwhile, heat the oil in a frying pan and fry the shallots and bacon until the shallots have softened. Beat the eggs, milk and cream with some seasoning.

3 Slice the potatoes thickly – you can skin them first if you like – and place in a large, shallow ovenproof dish.

4 Scatter over the bacon and shallots, then pour over the egg mixture and scatter on the cheese. Bake for 25-30 mins until set. Serve topped with dressed rocket.

Simply the breast

Try our 5 ways to jazz up a pack of skinless chicken breasts, and turn it into a delicious family supper

Tandoori

Mix 2 tsp **garam masala**, ½ tsp **turmeric**, 3cm piece **ginger**, grated, 2 chopped **garlic cloves**, 250ml **natural yogurt** and some seasoning. Add 4 **chicken breasts** and chill for at least 1 hr, or overnight. Heat oven to 220C/200C fan/gas 7. Put the chicken on a rack set over a baking tray and top with the yogurt mix. Bake for 10 mins, then grill for 5 mins more until and charred. Serve with **rice** and **mango chutney**. Serves 4.

Herby crusted

Heat oven to 200C/180C fan/gas 6. In a food processor, blitz 3 tbsp **parsley**, 2 tsp **rosemary**, 2 tsp **thyme** leaves (or chop and mix by hand). Add 75g **white breadcrumbs**, blitz again and **season**. Spread 1 tbsp **Dijon mustard** over 4 **chicken breasts**, then press on the herb crust. Bake for 15-20 mins until the crusts brown slightly and the chicken is cooked through. Serves 4.

Mozzarella, pancetta & thyme

Heat oven to 200C/180C fan/gas 6. Slice a 125g ball **mozzarella** and use to top 4 **chicken breasts**. Add a **thyme** sprig to each, then wrap each chicken breast with 2 slices **pancetta** or **streaky bacon**. Put the chicken on a baking tray, drizzle over 1 tbsp **olive oil** and season. Bake for 15-20 mins, then grill for a few mins to crisp the pancetta, if needed. Serves 4.

Satay

Heat oven to 180C/160C fan/gas 4. Pulse a 3cm piece **ginger**, 1 deseeded **red chilli**, 1 **garlic clove**, 2 tbsp **soy sauce**, 4 tbsp **peanut butter** and a handful **coriander** leaves in a food processor until smooth (or chop and mix by hand). Spread the sauce over 4 **chicken breasts** and sprinkle with **chopped peanuts**. Bake for 15-20 mins until the chicken is cooked through. Serve with **rice** and **sweet chilli sauce**. Serves 4.

Cacciatore (above)

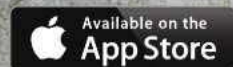
Fry 1 sliced **onion** and 2 sliced **garlic cloves** in 1 tsp **olive oil** until softened. Add 400g can **chopped tomatoes**, 2 tbsp chopped **rosemary** leaves and salt and freshly ground black pepper to season. Cook for 10-15 mins until thickened. Heat oven to 180C/160C fan/gas 4. Put 4 **chicken breasts** on a baking tray, top with the sauce and bake for 15-20 mins until cooked through. Serve scattered with a small handful of **basil** leaves, with your favourite **vegetables**. Serves 4.

Tip If you want to cook for two, the Tandoori, Herby crusted and Satay recipes can all be easily halved

'Cacciatore' is an Italian tomato sauce with herbs and garlic



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**Crunchy fish
goujons with
skinny chips**

**Fish dogs
with lemony
fennel slaw**

**Cut out
& keep!**

Fish fingers for tea

4 twists on the kids' all-time favourite after-school meal

**Southern fried fish
finger sandwiches**

**Fish
finger
wraps with
pea purée**

Fish dogs with lemony fennel slaw

- Serves 6 (easily halved)
- Prep 25 mins plus marinating
- Cook 15 mins
- £2.14 a dog
- 388 kcals, 7g fat, 1g sat. fat, 6g sugar

6 soft hot dog rolls
800g skinless firm white fish fillets, cut into thin fillets
6 tbsp plain flour
½ tsp paprika
a little vegetable oil for the slaw
1 fennel bulb, finely sliced zest & juice 1 lemon
2 tbsp light salad cream
100g natural yogurt
2 carrots, cut into matchsticks, handful flat-leaf parsley, roughly chopped
rind from 1 preserved lemon finely chopped

1 For the slaw, mix the sliced fennel with the lemon juice and marinate for 1 hr, then drain.



2 Mix the salad cream and yogurt in a big bowl. Add the fennel, remaining slaw ingredients, the fennel fronds (chopped) and some pepper, then mix well.

3 For the fish, mix the flour with the paprika and some salt on a plate. Dip in the fish fillets and coat. Heat a splash of oil in a frying pan, and fry the fish for a couple of mins each side until it flakes. Divide the fish between split rolls with the slaw and eat straight away.

Crunchy fish goujons with skinny chips

- Serves 4
- Prep 15 mins ■ Cook 35 mins
- £1.64 a portion
- 382 kcals, 10g fat, 2g sat. fat, 4g sugar

2 large potatoes, cut into skinny chips
2 tbsp olive oil
450g chunky fish fillets, cut into finger-sized strips
2 eggs, beaten
140g cornflakes, crushed into crumbs
tartare or tomato ketchup
lemon wedges, to serve

1 Heat the oven to 200C/180C fan/gas 6. Put the skinny chips on a baking tray, toss with the olive oil and season with salt and pepper. Cook for 20 mins on the top shelf.



2 Dip the fish strips in the egg and then the cornflakes. Lay on a rack over a baking tray. Transfer the chips to a lower shelf, then cook the fish above for 15 mins, turning half way, until crisp and golden.

Fish finger wraps with pea purée

- Serves 2
- Prep 5 mins ■ Cook 10 mins
- 74p a portion
- 391 kcals, 15g fat, 4g sat. fat, 9g sugar

FREEZABLE

6 fish fingers
175g frozen peas
½ tbsp rapeseed oil
1 tbsp lemon juice, plus wedges, to serve
2 wholemeal & seed tortillas
2 carrots, coarsely grated
1-2 cornichons, sliced

1 Grill or bake the fish fingers following pack instructions. Meanwhile, boil the peas for 3 mins, then drain, add the oil and lemon juice, and blitz with a hand blender (or in a food processor) until smooth. Season with salt and pepper, adding a little more lemon juice if you like.



2 Warm the tortillas. Spread with the pea purée, scatter with the carrots, then top with the fish fingers and cornichons. Roll up and eat while still hot, with a good squeeze of lemon.

Southern fried fish finger sandwiches

- Serves 4
- Prep 20 mins ■ Cook 15 mins
- £2.59 a portion
- 755 kcals, 41g fat, 4g sat. fat, 5g sugar

30g pack fajita seasoning
50g plain flour
2 large eggs, beaten
100g dried breadcrumbs
500g skinless and boneless cod, cut into fish fingers
oil, for frying
4 crusty white rolls, sliced
4 tbsp mayonnaise
½ iceberg lettuce, shredded
tomatoes, gherkins and lemon wedges, to serve

1 Mix the fajita seasoning with the flour and seasoning in a bowl. Put the beaten eggs and the breadcrumbs in two separate bowls, then line all three bowls up.

2 Working in batches, coat the fish in the seasoned flour, then shake off any excess and



dip in the egg, followed by the breadcrumbs. Place on a plate.

3 Pour enough oil into a large frying pan so that it covers the base. Heat the oil over a medium-high heat, then fry the fish in batches until golden and cooked through (3 mins). Drain on kitchen paper and season. Keep warm in a low oven.

4 Spread each roll with 1 tbsp mayo and a handful of lettuce. Add the fish fingers, tomatoes and gherkins. Serve with lemon.



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TOP AST TOPPERS!



Try one of these light, yet satisfying snacks.
They're a great way to use up leftover bread

Spiced mackerel on toast with beetroot salsa

- Serves 4
- Prep 10 mins ■ Cook 5 mins
- £1.26 a portion
- 471 kcals, 27g fat, 5g sat. fat, 11g sugar

250g pack beetroot (not in vinegar), diced
1 eating apple, cut into wedges then
thinly sliced
1 small red onion, finely sliced
juice ½ lemon
1 tbsp olive oil, plus extra for drizzling
1 tsp cumin seeds
small bunch coriander, leaves chopped
FOR THE FISH
4 mackerel fillets, halved widthways
1 tsp mild curry powder
4 slices from a sourdough loaf or ciabatta

1 Mix the diced beetroot, sliced apple, onion, lemon juice, olive oil, cumin and coriander together, season well, then set aside while you cook the mackerel. Heat the grill to high. Put the fish onto a sheet of foil on the grill rack, sprinkle over the curry powder, drizzle with oil, then season and rub well into the fish.

2 Grill the fish for 4-5 mins until the skin is crisp and the fillets are cooked through; you won't need to turn the fish over. Toast the sourdough bread in a toaster or alongside the fish under the grill, then drizzle with a little olive oil. Top with the salsa and mackerel, then pour over any pan juices and eat straight away.

Try these cheesy gems...

Cheese & pineapple

Take a 250g tub **cottage cheese** and mix in a drained 227g can **pineapple chunks**. Spoon onto **toast**. Top with snipped **chives**.

Blue cheese melt

Mix 85g **blue cheese** with 3 tbsp **low-fat crème fraîche**, then spread onto **toast** and pop under the grill until bubbling. Top with **caramelised onions** and serve warm.

Italian scrambled eggs

Beat 3 **eggs** with 2 tbsp **milk**, then season. Cook the eggs in a non-stick pan over a low heat, stirring. When almost cooked, add 3 tbsp **quark cheese**. When the eggs have set, add a few **basil** leaves and 6 halved **cherry tomatoes**.

Brioche French toast with bacon, banana & maple syrup

- Serves 4
- Prep 10 mins ■ Cook 15 mins
- £1.43 a portion
- 624 kJals, 43g fat, 19g sat. fat, 19g sugar

4 eggs
200ml single cream
½ tsp vanilla seed paste
1 tbsp golden caster sugar
4 thick, generous slices or 8 thin slices of day-old brioche
25g butter and 1 tbsp vegetable oil, for frying
12 rashers bacon
2 bananas, sliced
maple syrup, to serve

1 In a large bowl, whisk the eggs vigorously, then add the single cream, vanilla and sugar, and whisk again.

2 When you're ready to cook, heat the oven to its lowest setting, pop a baking tray inside and pour the cream mixture

into a shallow dish or tub that will allow space for the brioche to lay at. Heat a griddle or a frying pan to a medium heat, and melt the butter and the oil together.

3 Place the brioche slices in the cream mixture for 1 min, then turn each slice and gently press all over, allowing them to soak up the liquid for another 1 min or so until fully soaked.

4 Remove the brioche from the mixture and place onto the hot griddle or pan (you may need to do this in batches). Cook for a few mins on either side until the inside is tender and moist (but not wet). To check this, make a small cut in the middle with a knife – the inside should be like cooked bread pudding. Keep warm in the oven while you cook the remaining slices.

5 Fry the bacon in a pan for 5 mins until crispy. Serve the French toast topped with bacon, bananas and a drizzle of syrup.

3 more great ideas...

Baked garlic mushrooms

Place 4 large **Portobello mushrooms** on a lightly oiled baking tray. Drizzle with **olive oil**, and add 2 finely chopped **garlic** cloves. Season well. Bake for 15 mins at 200C/180C fan/gas 6 until tender. Place on **toast**, then sprinkle with chopped **parsley** and a few **toasted pine nuts**.

Open winter pudding

Heat 300g mixed fresh or frozen **berries** (try using redcurrants, blackcurrants and raspberries) and 2 tbsp **caster sugar** in a pan for 3-4 mins until the sugar has dissolved and the juices are released. Pour over **toast** and serve with a dollop of **low-fat crème fraîche**.

Cinnamon baked apple

Brush 2 slices of **toast** with melted **butter** and sprinkle with ground **cinnamon**. Slice 1 **apple** and pile onto the toast, drizzle with **honey**, then bake for 15 mins at 200C/180C fan/gas 6. Top with some chopped **hazelnuts** and serve warm.



**FOOD
KIDS WILL
LOVE**

Jo's quick family faves



Jo Pratt, TV chef and mum-of-two, shares her simple family recipes

Mother's Day at Jo's house

Did your mum influence your cooking at all?

Mum was always an adventurous cook when I was growing up – I recall she had the whole set of Cordon Bleu cookery folders and would really go to town when hosting dinner parties. Seeing my mum make cooking into a fun and sociable event influenced my own perception of cooking. She certainly didn't regard cooking as a chore or dull thing to do, and I don't now.

What do you do to treat her on Mother's Day?

Before having my own children, I would always either cook lunch for mum at her house or take her out. My sister would be there, too. We buy her flowers and a thoughtful gift. I recall one year when she thought I was away working, I turned up really early, with a boot full of food ready to cook a delicious breakfast. The joyful and

surprised look on her face when she opened the door will stay with me forever!

How do you celebrate Mother's Day with your kids?

My children (Olly and Rosa) are very sweet! On Mother's Day they always want to bring me breakfast in bed. From experience though, it isn't the easiest of things to do, so rather than get the bed covered in food, my husband encourages them to just bring me a cup of tea to enjoy in peace while they all make pancakes in the kitchen. Mine will be served with plenty of blueberries, Greek yogurt and some maple syrup, and a freshly made, healthy smoothie on the side.

What advice will pass on to your own children?

Always treat other people how you would like to be treated yourself. It's not difficult to be polite and have good manners.



Raspberry & marshmallow muffins

- Makes 12 muffins
- Prep 15 mins ■ Cook 25 mins

VEGETARIAN

300g self-raising flour
115g caster sugar
150g fresh or defrosted frozen raspberries
35g mini marshmallows
170ml milk
125g butter, melted
1 egg, beaten

1 Preheat the oven to 180C/160C fan/gas 4 and line a 12-hole muffin pan with paper muffin cases, or you could lightly grease a silicone muffin pan.

2 Put the flour, sugar, raspberries and marshmallows in a mixing bowl and lightly mix together so the raspberries are coated in flour. This will prevent the raspberries from sinking to the bottom of the muffins when they are cooking.

3 Mix together the milk, butter and egg, then gently mix into the flour mixture, creating a batter. Spoon into the muffin cases or pan and bake for 25 mins until risen and golden.

4 Leave to cool in the pan for a few minutes, then transfer to a wire rack. Serve warm or cold. (If they are not all eaten up right away, store in an airtight container for a couple of days.)

Leftovers for breakfast Crunchy muffin granola

'This couldn't be easier and makes a very yummy start to your day when eaten with milk or mixed with yogurt and fresh fruit for breakfast.'

Crumble 1 leftover **muffin** into a bowl and then stir in 25g **rolled oats**, 1 tbsp **sunflower seeds**, 1 tbsp **linseeds** (optional), 1 tbsp **desiccated/dried shredded coconut** and 2 tbsp warmed **clear honey**. Stir to combine, then put in a single layer on a baking sheet lined with baking paper. Cook in a preheated oven at 200C/180C/gas 6 for 10 mins. Stir in 2 tbsp **raisins**, **sultanas/golden raisins**, **dried cranberries** or **dried cherries** and return to the oven for 5–8 mins until the granola is a deep gold. Leave to cool a little. Serves 1 adult or 2 children.



Baking with her two children, Olly and Rosa



Moroccan lamb stew

- Serves 2 adults or 4 kids
- Prep 10 mins ■ Cook 1½ hrs

1 **1** **1** **2** **2** **3** **800g** **150g** **1**
tblsp olive oil
onion, thinly sliced
dicéd lamb shoulder
tsp ground coriander
tsp hot paprika
tsp ground cinnamon
canned chopped tomatoes
sultanas/golden raisins
or chopped apricots
handful of coriander
leaves, chopped
couscous, to serve

1 Heat the oil in a flameproof casserole dish over a medium heat, add the onion and fry for a few minutes until starting to soften. Increase the heat to high, add the lamb and cook for a few minutes until browned, stirring continuously.

2 Add all of the spices, season to taste with salt and pepper and cook for about 1 min, stirring. Add the tomatoes and 200ml water. Bring to the boil, then reduce the heat to low, cover with a lid and leave to simmer for 1 hr, stirring a couple of times during cooking.

3 After 1 hour, remove the lid, add the sultanas, golden raisins or chopped apricots and cook for a further 20–30 mins until the lamb is tender. (Can be frozen at this point for up to 3 months). Scatter with the coriander and serve with couscous.



Spaghetti & courgette carbonara

- Serves 2 adults or 4 kids
- Prep 15 mins ■ Cook 12 mins

250g spaghetti
1 **1** **125g**
tblsp olive oil
finely diced smoked
streaky bacon
1 courgette, grated
1 garlic clove, crushed
2 eggs, lightly beaten
100g mascarpone
25g freshly grated Parmesan

1 Bring a large pan of lightly salted water to the boil, add the spaghetti and return to the boil. Leave to simmer for about 10 mins until it is just tender.

2 Meanwhile, heat the olive oil in a large frying pan over a medium heat, add the bacon and fry for 5–8 mins until it is golden. Add the courgette and garlic and fry for a couple of minutes to take away the initial rawness.

3 In a bowl, mix together the beaten eggs, mascarpone and Parmesan and season lightly with some salt and pepper.

4 As soon as the spaghetti is cooked, remove it from the water with a pair of tongs and put it straight into the pan with the bacon and courgette and toss around. Finally, add the egg mixture.

5 Remove from the heat and toss together to coat the spaghetti in the sauce. The heat from the spaghetti will cook the egg just enough without it scrambling. Serve immediately while it's hot.

Leftovers transformed... Spaghetti fritters

Any leftover spaghetti carbonara can be transformed into really tasty fritters that are perfect for lunch or even cold in school lunchboxes. Simply take the leftovers and snip the spaghetti a couple of times with a pair of scissors into smaller pieces. Mix with enough beaten **egg** to bind. You can also add some **peas, sweetcorn or some more grated courgette** here too. Heat a drizzle of **olive oil** in a frying pan. Add spoonfuls of the spaghetti mixture and fry until golden on both sides. Drain on paper towels and serve hot or cold.

Baked risotto primavera

- Serves 2 adults or 4 kids
- Prep 10 mins ■ Cook 25 mins

VEGETARIAN

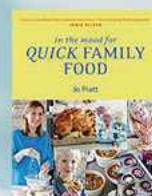
2 **1** **1** **3** **2** **275g** **1**
tblsp olive oil
tblsp butter
large onion, chopped
garlic cloves, crushed
courgettes, diced
carnaroli or arborio
risotto rice
litre hot chicken or
vegetable stock
grated zest of 1 small lemon
125g frozen peas, defrosted
125g frozen broad beans or
soy beans, defrosted
3 **50g** **3**
tblsp chopped chives, mint, basil or
parsley leaves (or a mixture)
freshly grated Parmesan (or
vegetarian alternative)
tblsp mascarpone or cream cheese



a lid and bake for 15 mins. If you are around, give it a stir halfway, but it's not essential. By now the rice will be just tender and most of the liquid absorbed. Stir in the peas and broad/fava beans. Return to oven for 5 mins.

3 Finally, when the risotto is ready, stir in the herbs, lemon zest, Parmesan and mascarpone. Season and serve hot.

Kids will love
this courgette
carbonara!



Recipes adapted from
**In the Mood
for Quick Family
Food** by Jo Pratt
(Nourish, £14.99)

Make it tonight...

Make your midweek meal planning simple. Cook a meal on Day One, then use the leftovers in a new recipe on Day Two

DAY ONE

Spaghetti Bolognese with salami & basil sauce

- Serves 4
 - Prep 15 mins ■ Cook 45 mins
 - £1.60 a portion
 - 718 kcals, 26g fat, 10g sat. fat, 10g sugar
- FREEZABLE** sauce only

1 tbsp olive oil
1 large onion, diced
1 red pepper, diced
3 garlic cloves, crushed
750g beef mince
4 tbsp tomato purée
50ml balsamic vinegar
2 x 400g cans chopped tomatoes
1 beef stock cube
75g salami, chopped
400g spaghetti
shredded basil leaves
grated Parmesan, to serve

1 Heat the oil in a large casserole and cook the onion and pepper for 3-4 mins until beginning to soften. Stir in the garlic, cook for 1 min, then add the mince and cook until browned.

2 Stir in the tomato purée, balsamic vinegar, chopped tomatoes and the beef stock cube. Bring to the boil, turn down to a simmer, put on the lid and cook, stirring every so often, for 20 mins.

3 Remove half the Bolognese, leave to cool, then put in a lidded container and keep in the fridge for tomorrow. Add the chopped salami to the pan and continue to cook. Meanwhile, bring a large pan of water to the boil and cook the pasta following pack instructions. Season the Bolognese mixture, serve with the spaghetti and scatter over the basil leaves and grated Parmesan.

DAY TWO

Speedy beef tacos

- Serves 4
- Prep 10 mins ■ Cook 20 mins
- 70p a portion
- 744 kcals, 39g fat, 15g sat. fat, 20g sugar

- 1 red onion, thinly sliced**
- ½ tsp sugar**
- 100ml cider vinegar**
- 400g can black beans or kidney beans, drained**
- 3 tbsp chilli sauce leftover Bolognese (from yesterday)**
- 8 corn tortillas**
- 1 Little Gem lettuce, shredded**
- 1 avocado, stoned, peeled and cut into chunks**
- 150g pot soured cream**

1 Quickly pickle the onion: put it in a bowl and sprinkle with the sugar and ½ tsp salt. Leave for 10 mins, then stir in the cider vinegar and leave to pickle for another 10 mins.

2 Meanwhile, stir the drained beans and chilli sauce into the Bolognese and heat for about 10-15 mins until piping hot. Add a little water if the mixture seems too thick.

3 Heat the corn tortillas following pack instructions. Top with spoonfuls of the Bolognese, some pickled onions, lettuce, avocado chunks and a dollop of soured cream.



...use it up tomorrow



DAY TWO

Cold chicken noodle salad

- Serves 4
- Prep 15 mins ■ Cook 15 mins
- 60p a portion
- 715 kcals, 30g fat, 6g sat. fat, 2g sugar

4 leftover cooked chicken legs (from yesterday)

400g soba noodles

½ tsp wasabi paste

1½ tbsp soy sauce

3 tbsp sesame oil

juice 1 lemon

good pinch of sugar

1 red chilli, finely chopped

6 spring onions, sliced diagonally

large pack coriander, leaves only

1 Shred the meat from the leftover chicken legs, and discard the skin and bones. Bring a pan of water to the boil and cook the noodles following pack instructions. Drain the noodles and cool in cold running water.

2 Mix together the wasabi paste, soy sauce, sesame oil, lemon juice and sugar until the sugar has dissolved.

3 Toss the cooled noodles with the dressing and arrange on a serving plate. Top with the chicken, chilli, spring onions and coriander. Toss everything through just before serving.



DAY ONE Chinese poached chicken & rice

- Serves 4
- Prep 20 mins ■ Cook 40 mins
- £1.93 a portion
- 317 kcals, 20g fat, 5g sat. fat, 3g sugar

large piece of ginger, 1 tbsp finely grated, the rest sliced

3 garlic cloves

1 tsp black peppercorns

1 tbsp soy sauce

soy sauce, plus 2-3 tsp (optional)

8 chicken legs

3 tbsp sesame oil

2 bunches spring onions, chopped

4 pak choi, halved

cooked long-grain rice, to serve

1 Put the sliced ginger, the garlic, peppercorns and half the soy in a large pan with the chicken legs. Add enough water to cover, and season with a little salt. Bring to the boil, then reduce to a low simmer, put on the lid and poach for 30 mins.

2 Meanwhile, heat a pan and add the sesame oil and spring onions. Soften for 1 min, then remove from the heat and stir in the grated ginger and remaining soy sauce to make a relish.

3 When the chicken is ready, remove from the pan, set aside 4 of the legs and chill for tomorrow. Add the pak choi to the poaching liquid and cook for 3-4 mins. Strain the poaching liquid to remove the ginger, garlic and peppercorns, reserving the liquid. Pull the skin from the remaining 4 chicken legs and discard. Tear the meat into thick pieces. Serve in bowls with rice, the pak choi, a ladle of the hot chicken broth, the spring onion relish and extra soy sauce, if you like.

DAY ONE Roast pepper & chorizo salad

- Serves 4
- Prep 15 mins ■ Cook 1 hr 10 mins
- £2.23 a portion
- 410 kcals, 21g fat, 7g sat. fat, 13g sugar

8 red peppers (or buy 2 bags of value peppers – it doesn't matter if there are a couple of yellow or green ones in there)

2 tbsp olive oil

8 garlic cloves, 6 unpeeled, 2 peeled and thinly sliced

225g chorizo ring, sliced

1 tsp smoked paprika

2 x 400g cans chickpeas, drained & rinsed

2 tbsp Sherry vinegar

4 eggs

large handful rocket leaves

crusty bread, to serve (optional)

1 Heat oven to 200C/180C fan/gas 6. Rub the peppers with 1 tbsp of the oil, then roast in the oven with the 6 unpeeled garlic cloves for 40-45 mins until soft. Put the peppers in a bowl, cover with cling film and

leave to steam for 10 mins until cool enough to handle. Remove the stalks and seeds from the peppers, peel and discard the skin.

2 Put 4 peppers and the garlic in a container and chill for tomorrow's dinner (if you have different coloured peppers, then keep 4 red ones for tomorrow), and tear the remaining peppers into chunks.

3 Heat the remaining oil in a frying pan. Fry the chorizo for a couple of mins until the oils start to leak into the pan. Stir in the sliced garlic and the paprika, cook for 1 min, then add the chickpeas and cook for a further 3-4 mins. Splash in the vinegar and add the torn peppers. Remove from the heat and season.

4 Poach the eggs. Toss the rocket with the chickpea mix and divide between 4 plates. Top each with a poached egg and serve with crusty bread, if you like.



DAY TWO

Roast pepper pesto with pasta

- Serves 4
- Prep 10 mins ■ Cook 15 mins
- 51p a portion
- 636 kcals, 23g fat, 5g sat. fat, 13g sugar

VEGETARIAN

6 roasted garlic cloves (from yesterday)
4 roasted red peppers (from yesterday)
1 tsp cayenne pepper
75g blanched almonds, roughly chopped
50g Parmesan (or vegetarian alternative), roughly chopped, plus extra for serving (optional)
2 tbsp olive oil
400g pasta (we used tripolini)
large pack basil leaves

1 Remove the skin from the roasted garlic cloves. In the small bowl of a food processor, whizz the roasted peppers, garlic, cayenne, almonds, Parmesan and oil until it makes a rough pesto consistency. Taste and season.

2 Bring a pan of water to the boil and cook the pasta following pack instructions. Drain, reserving a little cooking water. Return the pasta to the pan with the pesto, basil and a little of the cooking water, then heat through.

Just £2.23 per person





Cumin-spiced new potatoes give this lamb a kick!

DAY ONE

Griddled lamb with spiced new potatoes

- Serves 4
- Prep 10 mins ■ Cook 30 mins
- £2.18 a portion
- 490 kcals, 22g fat, 8g sat. fat, 2g sugar

1.5kg new potatoes, halved (or quartered depending on size)
2 tbsp olive oil
1 large garlic clove, crushed
2 preserved lemons (we used Belazu), flesh removed and skin finely chopped
1 heaped tsp cumin seeds, crushed
8 lamb chops
bunch mint, leaves chopped
peas or salad, to serve

1 Put the new potatoes in a large pan, cover with water, add a little salt and bring to the boil. Cook for 10-15 mins or until tender. Drain and set aside half for tomorrow. Return the rest of the potatoes to the drained pan with 1 tbsp of the olive oil, the garlic, preserved lemon and cumin. Keep warm while you cook the lamb.

2 Rub the lamb chops with the remaining olive oil and season. Heat a griddle pan and cook for 3 mins each side or until cooked to your liking. Season the potatoes and stir in the mint, then serve with the griddled lamb and peas or salad.

DAY TWO Smoked mackerel & harissa potato salad

- Serves 4
- Prep 15 mins ■ No Cook
- £1.33 a portion
- 546 kcals, 34g fat, 12g sat. fat, 8g sugar

5 tbsp crème fraîche
1 heaped tbsp harissa juice
½ lemon cooked potatoes (from yesterday)
3 large tomatoes, deseeded and diced
1 red onion, diced
300g smoked mackerel, flaked
2-3 good handfuls rocket leaves

Mix the crème fraîche, harissa and lemon juice, then season to taste. In a large bowl, toss together the potatoes, tomatoes and onion, then stir in the dressing to coat. Scatter with the flaked mackerel and rocket. Stir together before serving.

Spice up leftover cooked potatoes with flaked fish, creamy harissa dressing and rocket leaves for a tasty no-cook dish.



DAY ONE

Indian paneer skewers

- Serves 4
- Prep 15 mins ■ Cook 15 mins
- 85p a portion
- 557 kcals, 46g fat, 22g sat. fat, 6g sugar

VEGETARIAN

- 4 courgettes
- 2 x 225g blocks paneer, each cut into 16 cubes
- 1 small red pepper, deseeded and chopped into large chunks
- 1 small red onion, chopped into chunks
- 2 tsp curry powder
- 5 tbsp olive oil
- 3 tbsp lemon juice
- 2 garlic cloves, crushed
- 2cm piece ginger, finely grated
- cooked rice or naan and mango chutney, to serve

1 Thickly slice 2 courgettes. Using a peeler (a swivel peeler works well), thinly slice the remaining 2 lengthways.

2 Thread the thick slices of courgette onto skewers, along with the paneer, red pepper and onion. Mix together the curry powder, half the oil, the lemon juice, garlic and ginger, and spoon over the skewers. Leave to marinate until ready to cook, if you have time.

3 Heat a large griddle pan, drizzle the thinly sliced courgette with the remaining oil and cook for 1-2 mins on each side until charred. Set aside to cool, then chill for tomorrow.

4 Put the prepared skewers on the griddle and cook for 2 mins on each side until tender. Serve with rice and chutney.



DAY TWO Courgette & couscous salad with tahini dressing

- Serves 4
- Prep 10 mins ■ No Cook
- 87p a portion
- 445 kcals, 23g fat, 9g sat. fat, 5g sugar

VEGETARIAN

- 200g couscous
- zest and juice 1 lemon
- 2 tbsp olive oil
- 2 tbsp tahini
- 1 garlic clove, crushed
- griddled courgettes (from yesterday)

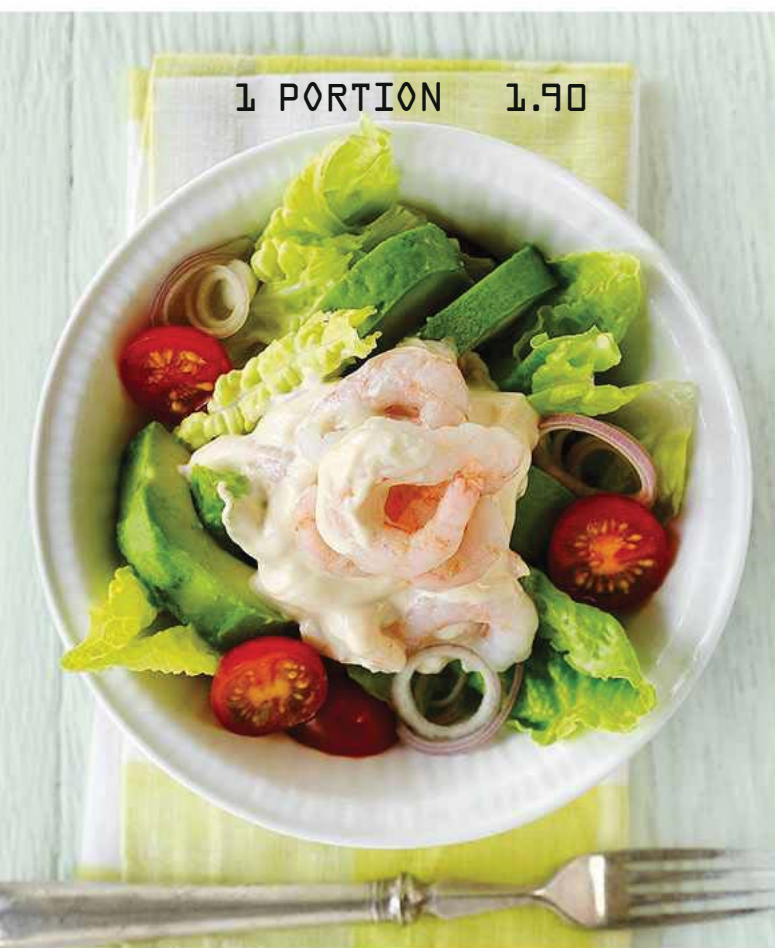
- 4 tomatoes, roughly chopped
- 200g pack feta, crumbled
- small pack mint, leaves picked
- small pack parsley, leaves picked
- 1 red chilli, deseeded and sliced

Put the couscous in a bowl and pour over boiling water. Cover with cling film and stand for 5 mins. Mix the zest, juice, oil, tahini and garlic. Season to taste. Fluff the couscous and season. Add the courgettes, tomatoes, feta, herbs and chilli, then the dressing.

**JUST 5 INGR

Minimum shopping.
Maximum flavour!

1 PORTION 1.90



Prawn cocktail salad

- Serves 2
- Prep 5 mins ■ No Cook
- £1.90 a portion
- 563 kcals, 53g fat, 7g sat. fat, 9g sugar

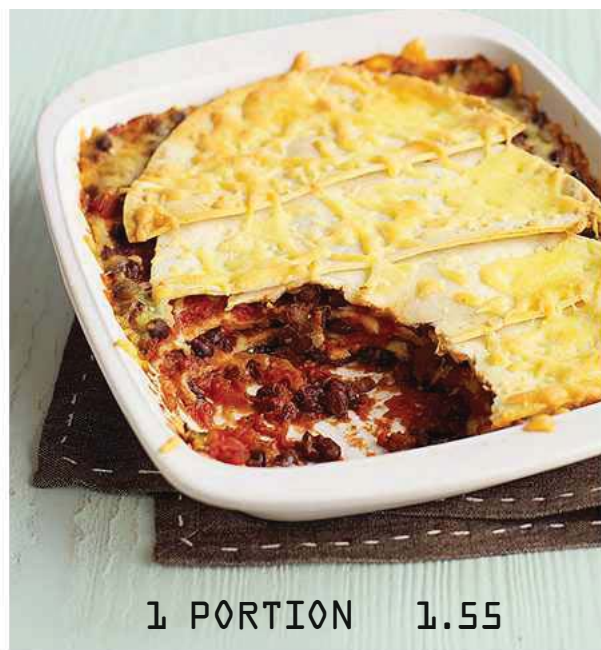
¼ Romaine lettuce, torn into pieces
1 large avocado, stoned, peeled and sliced
8 cherry tomatoes, halved

1 shallot, thinly sliced
300g tub prawn cocktail

Pile the lettuce, avocado, tomatoes and shallot into a bowl and toss together. Divide the mixture between 2 serving bowls, then top with the prawn cocktail. Lightly toss to mix the dressing into the salad, then eat with toast or some crusty bread, if you like.

TIP

One portion of this prawn cocktail salad contains 3 of your 5-a-day!



1 PORTION 1.55

Mexican bake

- Serves 4
- Prep 10 mins ■ Cook 30 mins
- £1.55 a portion
- 473 kcals, 14g fat, 8g sat. fat, 11g sugar

VEGETARIAN

2 x 400g cans black beans, drained and rinsed

35g sachet fajita spice mix

2 x 400g cans chopped tomatoes with chilli

6 tortillas

140g Monterey Jack or cheddar (or vegetarian alternative), grated

1 Heat oven to 180C/160C fan/gas 4. Heat a non-stick frying pan, add the black beans and fajita spice mix, stir together and cook for 1-2 mins. Add the tomatoes and simmer over a low heat for 10 mins.

2 Cut the tortillas in half. Lightly grease a 2-litre baking dish. Spread a third of the bean mixture over the base of the dish, followed by 3 tbsp of the cheese and a layer of tortillas. Repeat the process, finishing with a tortilla layer on top. Sprinkle over the remaining cheese. Bake for 15 mins until golden.

EDIENTS >

Sausage & lentil traybake

- Serves 3
- Prep 5 mins ■ Cook 25 mins
- £2.57 a portion
- 645 kcals, 30g fat, 10g sat. fat, 20g sugar

3 small onions

6 good-quality sausages (we used Toulouse)

2 x 250g pouch cooked Puy lentils

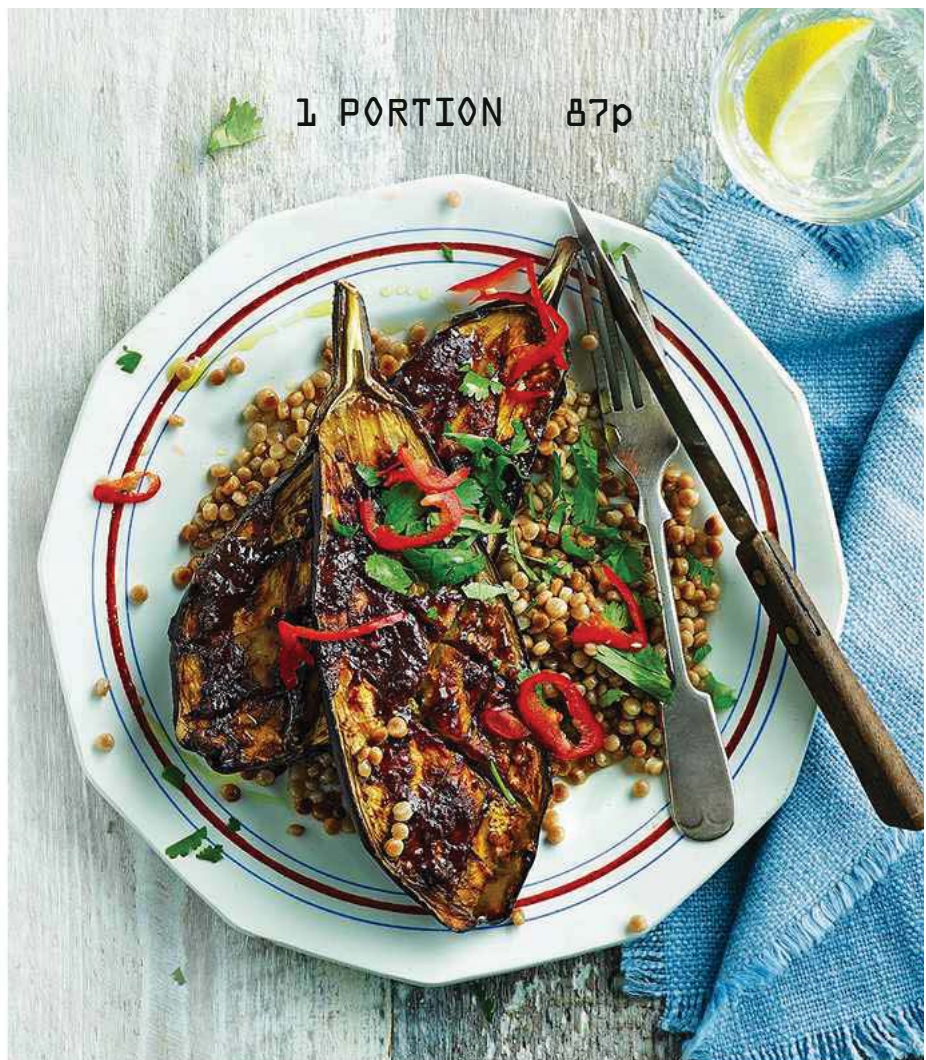
3 tbsp red wine vinegar

3 tbsp maple syrup

1 Heat oven to 200C/180C fan/gas 6. Quarter the onions, leaving the root intact so they don't fall apart during cooking. Heat a griddle pan to high. Griddle the onions to char them, then remove and set aside. Repeat with the sausages – you don't need to cook them through at this point.

2 Tip the lentils into a roasting tin and add any juices from the griddle pan, the vinegar and some seasoning, then toss together. Arrange the onion wedges and sausages on top. Brush the sausages and onions with the maple syrup, and season the onions. Cook for 20 mins, then serve.

1 PORTION 2.57



Miso aubergines

- Serves 2
- Prep 5 mins ■ Cook 50 mins
- 87p a portion
- 390 kcals, 12g fat, 1g sat. fat, 8g sugar

VEGETARIAN

2 small aubergines, halved

50g brown miso

100g giant couscous

1 red chilli, thinly sliced

½ small pack coriander, leaves chopped

1 Heat oven to 180C/160C fan/gas 4. With a sharp knife, criss-cross the flesh of the aubergines in a diagonal pattern, then place on a baking tray. Brush the flesh with 1 tbsp vegetable oil.

2 Mix the miso with 25ml water to make a thick paste. Spread the paste over the aubergines, then cover the tray with foil and roast in the centre of the oven for 30 mins.

3 Remove the foil and roast the aubergines for a further 15-20 mins, depending on their size, until tender.

4 Meanwhile, bring a saucepan of salted water to the boil and heat ½ tbsp oil over a medium-high heat in a frying pan. Add the couscous to the frying pan, toast for 2 mins until golden brown, then tip into the pan of boiling water and cook for 8-10 mins until tender (or following pack instructions). Drain well. Serve the aubergines with the couscous, topped with the chilli and coriander leaves.

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Create fabulous celebratory bakes with this 1200W die cast stand mixer. Let the mixer take care of all your kneading, whisking, mixing, and beating, making your life easier in the kitchen. Combining power with style the sleek design will ensure it will look good in any kitchen. Featuring four attachments to suit your needs: two different hooks, a whisk and a flat beater. With eight speed settings you

will be able to mix to your precise need. The top tilts up for easy access to the five-litre mixing bowl, giving ample room for ingredients. There is a plastic splash guard lid with access for pouring. Measures L39 x W23 x H33cm. Weighs 6.80kg. Power cord length: 126cm. Unit is wipe clean only and bowl is hand wash only.

COOKS
professional



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100 shortcuts, tips & cooking hacks



PLUS
Bake our
irresistible
celebration
cake, p58

This way
for all the
hacks you'll
ever need

1 Pickle your vegetables

Pickling is one of the simplest ways to preserve vegetables. Some vegetables need salting or brining before they meet the vinegar in order to stay firm and relatively crisp, while others need cooking first. Follow our master recipe and you'll be able to pickle just about any veg you like. In a saucepan, toast 1 tbsp **black peppercorns**, 1 tbsp

coriander seeds, 1 tbsp **yellow mustard seeds**, 10 **cloves** and a few pieces of **mace blades**. Add 2 **bay leaves**, 700ml **white wine vinegar** and 100g **light brown soft sugar**. Bring to a simmer until the sugar dissolves. Makes enough for 4 x 450ml jars. The hot vinegar is ready to use with many of the pickling recipes at bbcgoodfood.com.

Make our
pickled
golden
beetroot



Dishwasher dos and don'ts

Do you have disagreements in your house about how to stack the dishwasher? Here are some tips:



best you can in a circular pattern, dirty side facing the centre.

2 Do not sort cutlery when putting it in the cutlery basket. Spoons have a tendency to spoon, preventing them from cleaning thoroughly.

4 Carbs suit blasting, proteins need soaking. Put sticky pasta and potato dishes towards the centre, where they'll get

3 The main washing action comes from the centre of the machine; arrange plates as

the waterfall action. Put egg or meat-stained dishes towards the outside for extra soaking.

5 Overloading is pointless – nothing gets properly washed.

6 Cheeseburger, please

The secret to a perfectly melted slice of cheese? Cook your burger on one side, flip it, top with the cheese and cover with a pan lid. The cheese melts and the meat stays moist.

7 How to butterfly sardines

This technique also works for any small fish, including pilchards and herring



A Open out the gutted fish and place, skin-side up, on your work surface. Holding the tail, press along the backbone to flatten.



B Turn the fish over (if the head is still attached, use scissors to snip where backbone begins). From here, pull away the backbone.



C Keep pulling until you reach the tail end, then snip off the backbone and discard.



D Scrape away small bones, or remove them with tweezers – then either leave flat for grilling or frying, or fold over for stuffing.



Make vegan meringues ...with chickpeas!

8 Vegan meringues

We've been experimenting in our kitchen and have come up with this recipe for vegan meringues using chickpea water. Yes, really!

- Makes about 10
- Prep 20 mins
- Cook 1 hr 15 mins
- 40 kcals, 0g fat, 0g sat. fat, 10g sugar

Heat oven to 110C/90C fan/ gas ¼ and line a baking tray with parchment. Drain a 400g can **chickpeas** over a large bowl, collecting the water and saving the chickpeas for another recipe (you should have about 120ml of chickpea water). With electric beaters, whisk the chickpea water until it holds soft peaks, like egg whites. Add 100g **white caster sugar**, a little at a time, whisking continuously until the meringue is thick and glossy and you have used up all the sugar. Spoon or pipe the meringue in blobs, about 8cm wide, over your tray. Bake for 1 hr 15 mins until the meringues are crisp and pull easily off the tray. Leave to cool, then pile with **soya cream** and **fruit** for a vegan dessert.

9 Wrinkle test

When you start making jam, pop a couple of saucers in the freezer. To test for the setting point, spoon a little of the boiled jam onto the cold saucer. After a couple of minutes, gently push your finger through the jam – if the surface wrinkles, it is ready. If not, return to the boil for two minutes, then re-test.

10 Top of the roasts

When buying roasting tins, know that they should be fairly solid, so that it won't buckle when you put it on the hob to make gravy. It needs to be deep enough to hold a large joint comfortably and, ideally, should be easy to clean. The Scanpan roaster has a titanium non-stick finish and is suitable for all hobs except induction. However, you need to measure your oven before buying, as the larger tins in the range are for catering-sized ovens. Prices from £80 for the 34 x 22cm size on amazon.co.uk.



11 Perk up pesto

Here's a tip for making your own pesto: keep a basil plant dry, so that it's almost wilting, and the flavour in the leaves becomes concentrated. So, hold off on watering just before use.

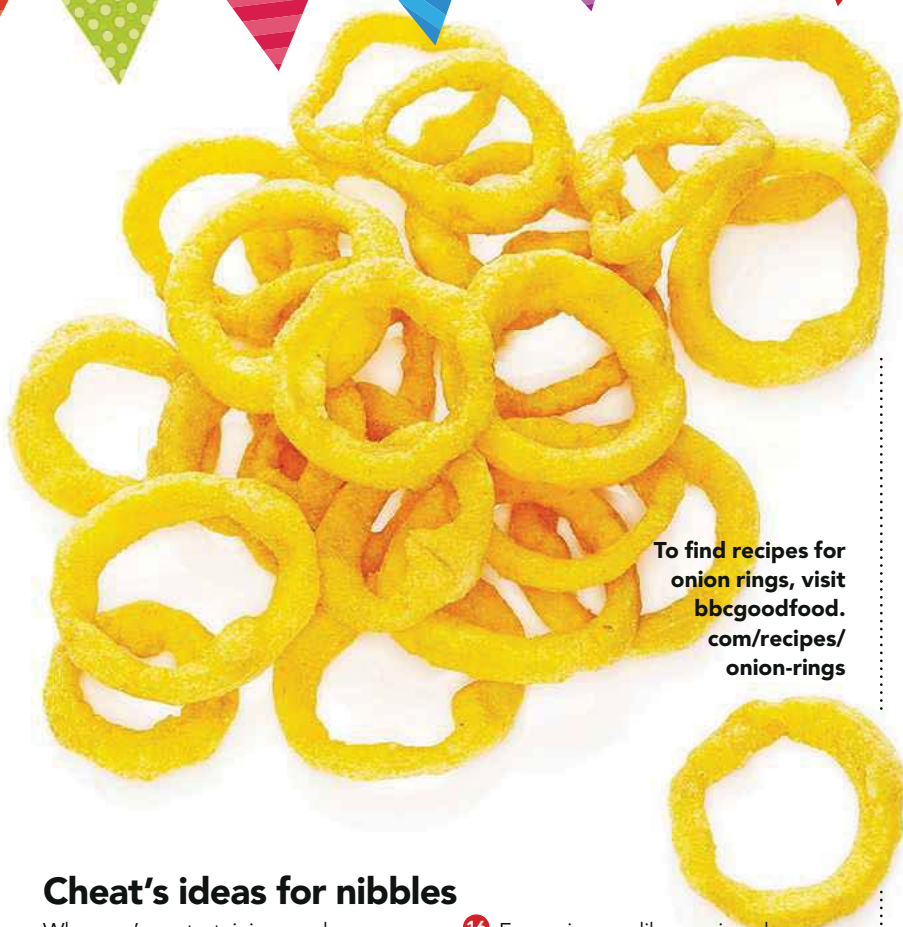
Salad days

12 A generous helping of fresh herbs will transform a so-so salad. Basil and mint leaves can go in whole, parsley and chives chopped. Roughly chopped coriander will give it an Asian spin.

13 Add verve to your vinaigrette: next time you mix up a salad dressing, put it in the liquidiser with a shallot or a few spring onions and whizz until smooth. For tomato vinaigrette, add a skinned tomato.

14 Jelly know-how

Struggling to get your jellies to budge from the mould? Here's a solution: try greasing the mould with a little oil. People might think you've gone mad until they see the jelly slip out perfectly. Use a light-flavoured oil, such as sunflower or rapeseed.



To find recipes for onion rings, visit bbcgoodfood.com/recipes/onion-rings

Cheat's ideas for nibbles

When we're entertaining, we have nibbles for when people arrive so they aren't waiting around for the main event.

15 We put out dips, such as smashed avocado (squeeze over lime to prevent browning) with red chilli; soured cream with chopped chives; and extra virgin olive oil and balsamic vinegar. Serve with breadsticks or crisp flatbreads – cut tortilla wraps into triangles, sprinkle with paprika and bake at 200C/180C fan/gas 6 for 6-8 mins.

16 For mains, we like serving slow-cooked meats, platters of cured meat, big salads and something with crunch. Everyone remembers the food if they've eaten something crunchy – whether it's a roast potato, a piece of crackling or beer-battered onion rings.'

17 Crispy garnishes such as shallot rings add extra texture to a dish. A great cheat is to buy crispy fried shallots in a tub and sprinkle them on top of salads, canapés or side dishes.



19 Toast for the most

For maximum flavour, we toast seeds and nuts before adding them to a recipe. Toast for a few mins in a warm pan or oven. Try toasting pine nuts before whizzing into pesto, or poppy seeds for a lemon cake.

GETTY IMAGES

18 Know your onions

If you're following a recipe that instructs you to sweat the onions until translucent, add a pinch of salt at the beginning of the cooking time – it will draw out some of the moisture and prevent them from browning.

20 Fab free-from cake

If you're baking a cake for wheat-and-dairy-intolerant friends check out the Red Velvet & Chocolate Heartache cookbook by Harry Eastwood (£20, Bantam), which contains ingenious recipes, often made from alternatives to butter and wheat. Our favourite is a free-from 'naked cake' – three tiers of Victoria sandwich filled with raspberry jam. The secret ingredient? Potato.

To make an occasion cake extra special, pack a bag of items to use for finishing touches. Ours contained elderflower cordial and icing sugar, so we could make a batch of icing without getting in the caterers' way, and a tea-infusing ball, which we fill with icing sugar as an impromptu sugar duster.

Wheat,
gluten and
dairy-free!





21 No-cook, no-fuss

If you're entertaining friends at home try to pick at least one no-cook course – such as a seafood platter for a starter, or a simple Eton mess for dessert. It takes the pressure off and leaves the oven free for your main course.



22 Think outside the pan!

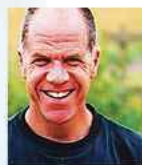
Our number one rule is to never venture into the unknown simply because you feel you should be cooking 'the latest thing'. You'll enjoy yourself far more if you are confident about what you're cooking, rather than exploring unfamiliar recipes and ingredients.'

Sometimes it's not what you serve, but how you serve it. One of the most successful starters we ever served was a seafood bisque that we poured from a vintage teapot into teacups containing crabmeat. It's still being talked about a year later! If you are cooking for more than four people, avoid frying or griddling. Even the most experienced cook will get in a wobble about timing food perfectly. Instead, choose something braised or roasted, which can sit in the oven keeping warm until you're ready.



23 Keen breadmaker?

Keep a shower cap in your kitchen drawer for covering the bowl when proving your dough. Think of all that cling film you'll be saving!



24 Easy ways to throw a party

Over the years, Consultant editor Orlando Murrin, who has run boutique B&Bs in the UK and France, has perfected the art of producing memorable food without losing his cool. 'If possible, make it a help-yourself occasion. It's less formal than restaurant-style plating up. Set out

the food on a side table, then let your guests serve themselves. 'Performers know that what is remembered is how you start and how you finish, so it's worth going to town on wonderful nibbles. Choose top-quality ingredients and give your guests something to talk about. Don't forget to serve coffee, tea and chocolates at the end of the meal too.'

Eat well, spend less

When there's just a little left in the jar...

25 Pour milk into an almost empty Nutella jar, pop the lid on and shake for a chocolate mix to add to a milkshake.

26 If a pot of honey has crystallised, stand it in a bowl of hot water and give it a good stir to loosen.



27 Add a little warm water to the remains of a jar of Marmite, replace the lid, shake, then tip into a meaty sauce for added flavour.

Go veggie

28 To save money, think about reducing the amount of meat you eat. You could replace the protein with pulses, nuts, eggs and dairy, or try a vegetarian or vegan diet – visit veganuary.com.

Stock up on sauce

29 Make a big batch of tomato sauce to stash in portions in the freezer. Add chunks of fish, chopped peppers and basil for a quick fish stew. Stir it through pasta, or spread it onto halved French sticks with toppings for speedy pizzas.

How to cut your food bills



30 Preserve the goodness

Fermented foods continue to be a key trend this year – they're good for your gut, and a great way to preserve veg. Want to get started? Here's how to make a classic sauerkraut

Simple sauerkraut

Serve it with sausages and mustard, or braise it to tenderness with ham or pork.

- Makes 4 x 450ml jars
- Prep 30 mins plus at least 5 days fermenting ■ No Cook
- Per tbsp 33 kcals, 0g fat, 0g sat. fat, 5g sugar

VEGETARIAN

- 2kg very firm, pale green or white cabbage (any leathery outer leaves removed), cored**
- 3 tbsp coarse crystal sea salt (or 6 tbsp flaky sea salt)**
- 1 tsp caraway seeds**
- 1 tsp peppercorns**

1 Thoroughly wash a large tub or bowl (mine was the size of a small washing-up bowl), then rinse with boiling water from the kettle. Make sure that your hands, and everything else coming into contact with the cabbage, are very clean. It's wise to use a container that will comfortably fit the softened cabbage, allowing several inches of room at the top to avoid overflow.

2 Shred the cabbage thinly – a food processor makes light work of this. Layer the cabbage and the salt in the tub or bowl. Massage the salt into the cabbage for 5 mins, wait 5 mins, then repeat. You should end up with a much-reduced volume of cabbage sitting in its own brine. Mix in the caraway seeds and the peppercorns.

3 Cover the surface of the cabbage entirely with a sheet of cling film, then press out all the air bubbles from below. Weigh the cabbage down using a couple of heavy plates, or other weights that fit your bowl, and cover as much of the cabbage as possible. The level of the brine will rise to cover the cabbage a little. Cover the tub with its lid (or more cling film) and leave in a dark place at a cool room temperature (about 18-20C) for at least 5 days. It will be ready to eat after 5 days, but for maximum flavour leave the cabbage to ferment for anywhere between 2-6 weeks (or until the bubbling subsides).

4 Check the cabbage every day or so, releasing any gases that have built up as it ferments, and give the cabbage a stir to release the bubbles. If any scum forms, remove it, rinse the weights in boiling water and replace the cling film. You should see bubbles appearing within the cabbage, and possibly some foam on the top of the brine. It's important to keep it at an even, cool room temperature – too cool and the ferment will take longer than you'd like, too warm and the sauerkraut may become mouldy or ferment too quickly, leading to a less than perfect result.

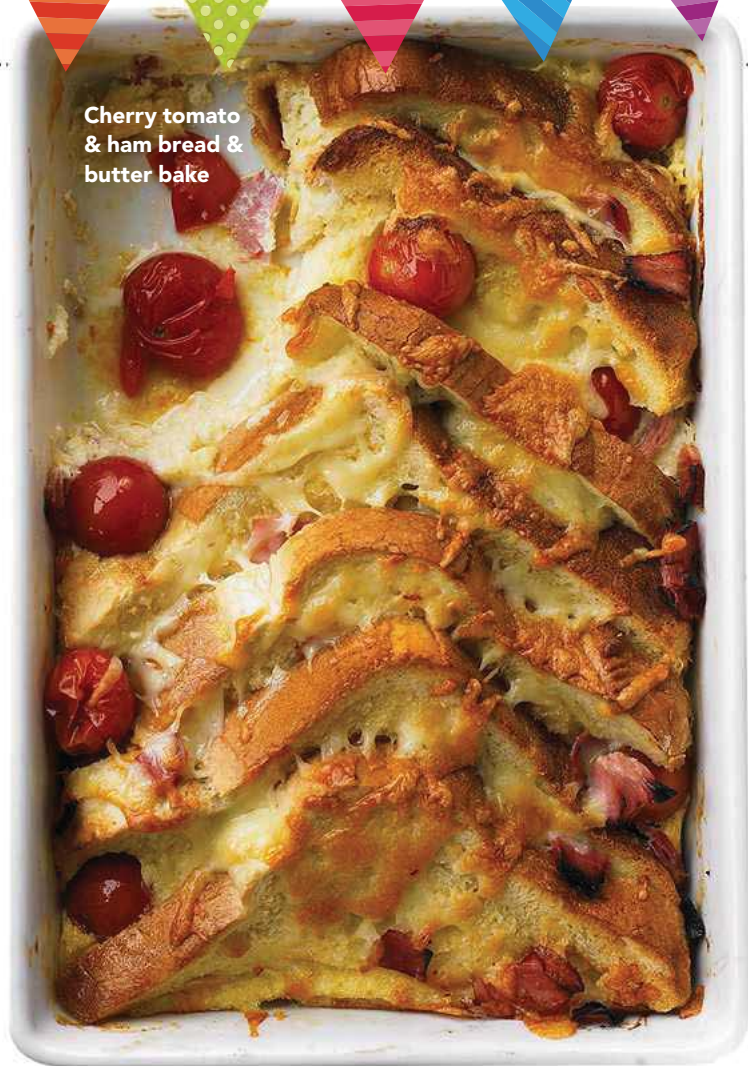
5 The cabbage will become increasingly sour the longer it's fermented, so taste it now and again. When you like the flavour, transfer it to smaller sterilised jars and keep it in the fridge for up to 6 months.

The sauerkraut know-how

- 31** Weigh the cabbage once trimmed, so that the proportion of salt to cabbage (15g per 500g) is correct.
- 32** If your cabbage isn't submerged in about 1cm depth of liquid after 24 hours, add some extra brine. Dissolve 1 tsp salt into 250ml water and add enough to cover the cabbage.
- 33** Only use pure sea salt.
- 34** As long as your sauerkraut isn't mouldy, it's safe to eat at any point.
- 35** Fermented vegetables have their vitamins locked in, providing a great dose of vitamin C in particular. Lactobacillus, meanwhile, supports the gut and immune system.
- 36** Serving your sauerkraut fresh from the jar is like eating a pot of friendly-bacteria yogurt every morning.
- 37** Heating does kill the bacteria, but you'll still be getting an excellent source of vitamins and fibre, as well as that homemade flavour.



Cherry tomato & ham bread & butter bake



Fresh ways to use up stale bread

- 38** Whizz into breadcrumbs using a food processor, bag up and store in the freezer to use as a topping for pasta bakes or gratins.
- 39** Mix sugar with cinnamon and toasted breadcrumbs for a topping for ice creams.
- 40** For a savoury twist on the classic bread and butter pudding, try our sumptuous Cherry tomato & ham bread & butter bake – it's a great family dinner made with only eight ingredients (check out the recipe at bbcgoodfood.com).
- 41** Make croutons by tearing into bite-sized pieces and tossing with oil, garlic and herbs, then bake until golden.
- 42** Dry in a low oven and crush them up into panko-style breadcrumbs for coating fried chicken.

43 The heat is on

If your oven temperature isn't accurate, you'll struggle to get good results from your cooking – especially baking. In our Test Kitchen we rely on oven thermometers that we can see through the door so we don't have to open the oven to keep checking the temperature. The moment you open the oven door you risk spoiling your bake as the cold air rushes in. We particularly like the Kitchen Craft Stainless Steel Oven Thermometer (£3.50, ocado.com), pictured.





44 Buying chicken

'I don't eat or cook a great deal of meat,' says cookbook author Rosie Birkett. 'But when I do, I like to use meat from animals reared to a high welfare standard, whose provenance I can trust. 'I prefer slow-grown, free-range, corn-fed birds, because they taste so much better, plus I know they've had a

happy existence. I use every bit of the chicken and keep the bones to make stock. 'Fosse Meadows Farm birds are my favourite (fossemeadows.com) – it's a family business in Leicester, where chickens are kept in small wooden sheds, fed local corn and can roam in herb-rich pastures.'

Fridge raid

Use up your leftovers with these budget-friendly storecupboard meals

45 Quick quesadilla

- Serves 1 ■ Prep 5 mins
- Cook 4 mins
- 575 kcals, 29g fat, 14g sat. fat, 1g sugar

Fill 1 soft **tortilla** with 50g grated **cheddar** and 100g leftover **roast chicken**. Fold the tortilla into a half-moon shape and fry for 2 mins each side until golden and crispy on the outside and melted in the middle. Serve with **salad or salsa**. Almost any cheese, cooked meat or veg combination will work. Haven't got tortillas? Try making your own flatbreads.

46 DIY noodle broth

- Serves 4 ■ Prep 5 mins
- Cook 5 mins
- (soup base only) 126 kcals, 1g fat, 0g sat. fat, 4g sugar

For the soup base, simmer 100g **dry noodles** in 2 litres stock. For a Thai twist, add 100ml **coconut cream** and 1 tbsp **Thai curry paste**, or for a Japanese broth, add 1 tbsp **miso** and a dash of **mirin**. Add any leftovers, such as shredded roast **chicken**, cooked **prawns** or **tofu**, shredded **carrot**, **spring onion** or **cabbage**.

47 Versatile baked eggs

- Serves 4 ■ Prep 5 mins
- Cook 35 mins
- 136 kcals, 5g fat, 1g sat. fat, 7g sugar

Simmer 2 x 400g cans **chopped tomatoes**, 400g chopped **roasted peppers** from a jar, a pinch of **paprika** and a dash of **Worcestershire sauce** in an ovenproof frying pan for 20 mins. Top the sauce with 4 **eggs** and bake in the oven at 180C/160C fan/gas 4 for 10-15 mins until the whites are firm but the yolks are still runny. To bulk it up, add canned chickpeas, leftover cooked veg or some cooked **chorizo**, **bacon** or **chicken**.

48 Good gadget

If your eggs aren't very fresh, you can still poach them. With these silicone Poachpods, poaching eggs is a doddle, even if they're a week or two old. Rubbing the pods with oil first will make turning out the poached eggs easier (£4.97 for two, Lakeland).



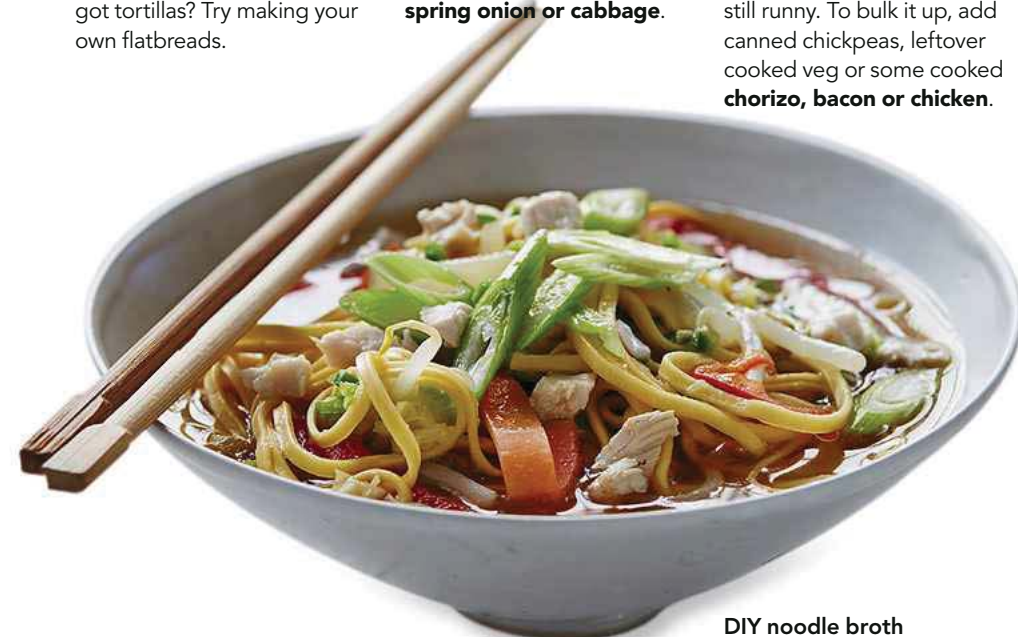
Easy peeling

49 Ginger

The knobbly surface can make using a peeler tricky. Instead, use the edge of a teaspoon to scrape away the outer layer.

50 Garlic

Put cloves in a jam jar. Shake vigorously and the papery casings will flake away.



DIY noodle broth



Add quince jelly to a baked Camembert pie

Update your storecupboard

51 Quince jelly

Sweet and tangy, this is traditionally eaten with cheese, but its tart flavour also works well with roasted meats. Use it to glaze roast chicken or lamb; stir into mayonnaise and use in ham sandwiches; or heat with lemon juice and a splash of water to make a dressing for grilled fish and couscous salads. We like Tiptree Quince Jelly, £1.79, available at large supermarkets.



52 Dukkah

This aromatic Egyptian dry mix of pounded nuts, seeds and spices comes in variations, however most use hazelnuts, sesame seeds, cumin and coriander. Sprinkle it on salads or hummus; or try dipping warm flatbreads in olive oil, then in the dukkah; or add crunch to meat and vegetables. We like Waitrose Cooks' Ingredients dukkah spice blend, £2.49.



53 Make your own... nut butter

This is really easy and fun to experiment with.

For a basic recipe, all you need is nuts and a food processor. We like to toast the nuts before grinding, adding a little salt to boost the flavour of the butter and to help the nuts to grind more smoothly. The processing draws out their natural oils, producing a buttery paste. Homemade nut butter will have a rougher texture than shop-bought, but adding a splash of oil towards the end of processing will make it creamier. Using the same nut oil will enhance the flavour (so use hazelnut oil for hazelnut butter, for example), but a flavourless oil will do. Here's a simple recipe that works with any nut.

Basic nut butter

- Makes 350ml ■ Prep 15 mins ■ Cook 15 mins
- 99 kcals, 8g fat, 1g sat. fat, 1g sugar

VEGETARIAN FREEZABLE

Heat oven to 160C/140C fan/gas 3. Spread 450g **raw shelled nuts** on a baking tray and roast in the oven for 10-15 mins until golden. Tip the nuts into a food processor with ½ tsp fine **salt** and pulse for 1 min. Continue to process in 1-min bursts until the butter is as smooth as you can get it (10-15 mins). If you want a creamier butter, add 1 tbsp **nut oil** for the final minute. Will keep in the fridge for up to 1 month.



Quick tips



54 How to stop brown sugar going hard Store it in an airtight container with a piece of orange peel. It will stay soft.



55 Made bread and got sticky dough on your hands? Don't rinse them under the tap – sprinkle them with flour and rub them together vigorously instead. The flour will dry the dough and it will rub away easily.



56 Don't have a potato masher? Simply mash your potatoes in a colander by pressing the potatoes through with a wooden spoon.



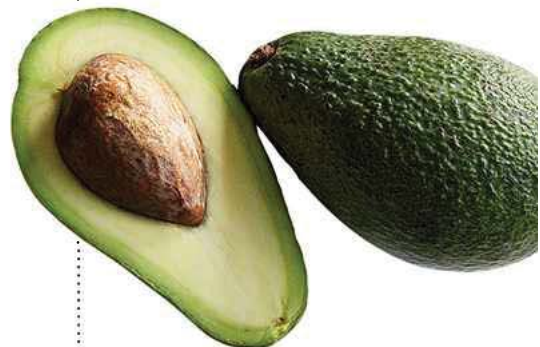
57 How to deglaze your pan

After frying or sautéing a piece of meat, make sure you don't waste those caramelised, flavoursome bits stuck to the bottom of the roasting tin or pan. Make a sauce in the tin by deglazing. Remove the meat and add liquid (wine, stock or water) to the hot tin. Over a medium-high heat, scrape and stir the browned bits to melt all the residues into the liquid – then use to make a gravy, or as a base for soups and sauces.

58 Ready to eat?

Ever bought a 'ready to eat' avocado, only to find that it's rock solid? Susi Richards, Sainsbury's Head of food, tells us how the store has made improvements following customer feedback.

'We've made sure our Ripe & Ready avocados really are perfectly ripe. Avocados do not ripen while on the tree, so all ripening takes place through state-of-the-art ripening chambers, where we're able to control the temperature, humidity and ethylene levels (ethylene is a natural plant hormone). Achieving the perfect ripeness takes three to six days. Each crate is then graded using high-tech sensors to ensure they're at optimum ripeness before going on sale.'



59 Modern ingredients

Chia seeds These are tiny oval seeds from a species of mint. They swell to nine times their size when you add them to liquid or eat them, and have the highest omega-3 fatty acids content of any plant. They are also a good source of protein, containing all the essential amino acids, as well as omega-6, calcium, iron, magnesium, phosphorous and potassium. Use them in dips, salads, smoothies, sweet bakes and breads, or soak them in water to form a gel and use in place of eggs in some baking recipes – perfect for vegans.



Za'atar This zesty herb and seed mix used as a seasoning across the Middle East. The mix is usually dried oregano and thyme, sesame seeds, dried sumac and salt. Serve it with bread and olive oil, or try it with roasted beetroot, chickpeas and harissa yogurt.





60 What's the difference?

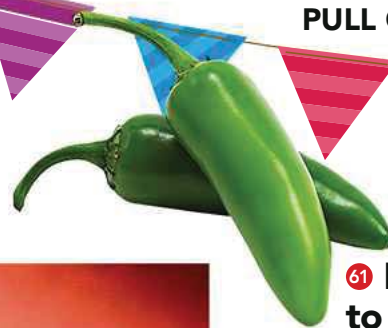
Although cocoa and cacao come from the same pod, they are made in different ways

Cocoa powder

Used in baking and to make hot chocolate, this is produced by pressing roasted cocoa beans and extracting the fat (cocoa butter) to produce a fine powder. It's common for an alkalising agent to be added to bring out the flavours of the chocolate and to help it mix better with water. We prefer to use cocoa with fewer ingredients, such as Green & Black's Fairtrade Organic Cocoa (£2.20 for 125g, available at Sainsbury's and Tesco) for a richer chocolatey taste.

Cacao powder

More bitter than cocoa because it's made using unroasted cocoa beans, this is usually sold in its raw form. For this reason, it's believed to have a higher nutritional value than cocoa. We recommend Sevenhills Wholefoods Organic Cacao Powder (£7.99 for 500g, sevenhillswholefoods.com).



61 How to pickle jalapeños

Quick to make, these will keep in the fridge for up to one month. They are great for Mexican dishes, or add them to sandwiches for a spicy kick.

Pickled jalapeños

■ Makes 1 jar ■ Prep 10 mins ■ Cook 20 mins

Heat oven to 120C/100C fan/gas ½. Wash a 700ml jar in hot soapy water, rinse, then put it in the oven upside-down for 15 mins to dry. Meanwhile, thinly slice 200g jalapeños and 3 garlic cloves. Put 250ml cider vinegar, 250ml water, 2 tbsp golden caster sugar, 2 tbsp fine sea salt and 1 tsp dried oregano in a medium saucepan and gradually bring to the boil. Take the jar out of the oven and fill with the jalapeños and garlic. Pour the boiling liquid over the chillies and put the lid on. Cool to room temperature, then store in the fridge. Eat within 1 month.



62 Which raising agent?

If you enjoy baking, as much as we do you probably have both baking powder and bicarbonate of soda in your cupboard. The pots often look similar, but don't be tempted to swap them – they work differently, and your cake will fall flat if you use the wrong one.

Bicarbonate of soda

(also called baking soda or sodium bicarbonate) is an alkaline substance. When it is mixed with moisture and an acidic ingredient, it develops gases that make your cake rise. This is why you'll often see acidic ingredients in recipes that use bicarb, such as lemon juice, yogurt or buttermilk.

Baking powder

is made from a combination of bicarb and a dried acidic powder, cream of tartar – so it does not require additional acidic ingredients. When mixed with wet ingredients and heated, a chemical reaction takes place, causing your cake to rise.

63 Choosing cheese for vegetarians?

Nowadays, the majority of British cheeses are suitable for vegetarians, as they are made using vegetarian rennet to coagulate the milk (traditional rennet is derived from the stomachs of newborn calves).

The exceptions are a handful of traditional farmhouse cheeses, including some cheddars and Stiltons. Even if a cheese is not specifically labelled 'vegetarian', check the label or ask your cheesemonger.

With French and Italian cheeses, many of the famous names are made from centuries-old recipes, and therefore use animal rennet. Again, check labels, but the best-known cheeses 'of protected origins' are to be avoided: Brie de Meaux, Camembert de Normandie, Gruyère, Roquefort and Gorgonzola. However, the first three are available in British, vegetarian-friendly versions, and the last two are easily switched for a feisty British blue, such as Blue Vinney.

Parmesan can be an issue for vegetarians too. Parmigiano Reggiano, Gran Padano and Pecorino Romano are all made with animal rennet. The best British alternatives, offering similarly deep flavour and a salty crunch, are Old Smales (also known as Old Winchester) and Twineham Grange. They're not stocked in supermarkets, but you can buy them online.



Two great websites, which specify which of their cheeses are suitable for vegetarians, are finecheese.co.uk (based in Bath) and nealsyarddairyshop.co.uk (featuring mainly British cheeses, and based in London).

65 Top tofu tip

Tofu is very bland which makes it great for absorbing other flavours. Try a simple marinade of soy sauce and rice wine to start, and then experiment with things like hot sauce, yuzu, minced ginger and garlic.

64 Nice & squeezey

Here's how to slice lemon wedges so that they won't squirt anyone in the eye!



A Cut the lemon in half lengthways, then cut each half into three to make six wedges.

B Trim the ends of each wedge.



C Trim the flesh, removing about 75mm of pulp (and most of the seeds).



D Now for the clever bit. Make three cuts across the flesh, going right down to (but not through) the peel.





66 Clever fix

Farmers wouldn't be without their baler twine – the tough synthetic cord that is used to keep bales of hay and straw in tight confinement. Often it seems to be what's holding the whole countryside together, used on gates, fences, stiles...

If you can get hold of some clean new twine from a friendly farmer, here's a great tip for your gadget drawer.

Knot a generous loop (it comes in blue, yellow and orange) around those small metal tools that you can never lay your hands on, such as measuring spoons and skewers. You'll be able to spot them instantly, and the baler twine is fine to go in the dishwasher.



67 Roast for extra crunch

Oven-roasting cauliflower transforms this great British vegetable from watery florets to something spectacularly flavoursome and crunchy. You might think you need to blanch it before roasting, but when we par-boiled it we found that it removes all the crunch (and most of the flavour). So trust us – roast from raw.



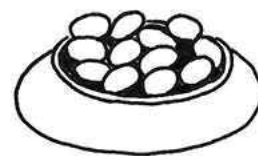
68 A clove of garlic...

can transform a salad. Cut it in half and use it to rub your salad bowl. Next, heat the halves gently in butter and oil (without browning), then remove and make croutons in the garlic oil. The garlic will now be mellow, so crush or finely chop it and add to dressings.

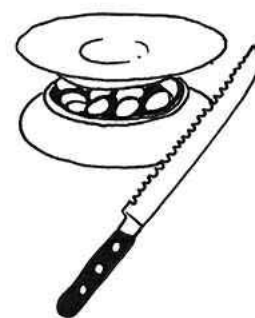


69 Knife trick

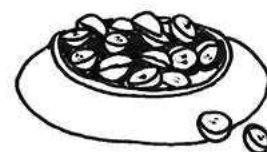
We were dubious when we were told that a trick for halving grapes would 'change our lives.' However, it really works. Try it...



A Find two dinner plates the same size. Turn the first one upside down and arrange the grapes within the base (to stop them rolling off).



B Gently lay the other plate on top, right-side up, press lightly with one hand and use a bread knife or long serrated knife to carve between the two. This neat trick also works for cherry tomatoes.





The cocktail hour

Serve your summer drinks with style with these tips:

70 Give red wine a summer makeover by transforming it into Tinto de Verano – an equal mix of red wine and soda or lemonade, and finish off with lots of ice and lemon slices.

71 Glasses and paper cups have a knack of sliding round on trays,

especially in the garden. Put them in the holes of a muffin tin and they'll be held securely.

72 Pop a frozen grape into a glass of white wine instead of an ice cube. It will keep the wine chilled without diluting it.

73 If you're being bothered by flies or wasps, cover your glass with a paper muffin case with a straw through it.

74 Deep-clean your chopping board

Wood or plastic? Controversy has raged for years about which material makes the most hygienic chopping board. But the latest research suggests that there's no difference – it's just down to cleaning. If you've been prepping protein (meat or fish), it's important to give your boards a quick rinse in cold water to wash it off (using hot water will fix it to the board and make it greasy), then wash it in hot soapy water (or pop your plastic board in the dishwasher). We've also found that rinsing our hands in cold water before washing with soap and hot water removes any lingering garlic or fishy smells from fingers.

Plenty more fish

If salmon and mackerel are your go-to fish for an omega-3 boost, cast your net wider and try some of these smaller oily fish.

75 Herrings are abundant in northern seas, and are delicious fried, grilled, baked, barbecued or 'soused' (pickled).

76 Sardines are from the herring family but are smaller and not as fleshy. They have a distinctive punchy flavour. Fresh sardines are readily available – some people remove the skin and bones before eating, but it is fiddly. Or buy them in cans (often called pilchards, but they are essentially the same – just slightly longer). The canning process softens the fish, so you can eat the whole thing, bones and all.

77 Sprats can be bought fresh, canned or smoked. You can eat them whole, but most people prefer them gutted. They can be cooked the same way as sardines.

78 Anchovies are tiny fish found abundantly in the Mediterranean, usually gutted and preserved in salt or oil, and used to give punch to salads (such as Caesar salad) and sauces (including Worcestershire sauce). For a more subtle result, mash the anchovies, bones and all.

79 Whitebait are the smallest of all, often a mix of baby herring, sprat, sardines, mackerel and other silver fish. Traditionally deep-fried and eaten whole, these fish are now not sustainable (unless it is pure sprat), so not a choice we recommend.

Whitebait



Anchovy



Sprat



Sardine



Herring





How much water for pasta?

81 The traditional advice is to boil pasta in lots of water. However, this could be a waste of water as well as cost you more for all that heating. Research has shown that as long as you are prepared to stir (tongs are best), you can cook 250g of pasta perfectly in just over a litre of water.

82 Another old wives' tale is to add a tablespoon of oil to the water to prevent sticking, but most of it will end up down the sink. So long as the water is boiling and you give the pasta a stir, it won't stick together.



Summer saviours

84 What do you do if you turn your BBQ skewers around only to find that the meat spins too? We've found the solution: the Double Prong Skewers by Weber (£11.99 for a set of 8, John Lewis) – a simple idea that keeps you in full control when trying to get an even char.

85 Trying to avoid drips from an ice lolly? We suggest threading a cupcake case onto the end of the stick so it acts as a sort of ruff: no more sticky fingers.

80 3-minute mayo

We swear by this easy formula for making mayonnaise: Three pieces of equipment + three basic ingredients = mayo in three minutes (max!).

Put 3 egg yolks in a large bowl and whisk with seasoning, a little mustard and a splash of lemon juice or vinegar. Whizz with a stick blender and very slowly add 450ml flavourless oil – start in drops, then a thin stream. Check the seasoning and serve as soon as possible. If you want to make it in advance, chill and eat within 24 hours.



83 Knife VS mezzaluna?

We have plenty of sharp knives to choose from in the test kitchen, but a mezzaluna (a curved blade with a knob at each end) can be rocked back and forth to chop herbs to the required fineness, and makes a good choice for the beginner cook who isn't confident with a knife. The single bladed version works just as well as the double.





Herbs and nuts add crunch and zing to this Black & white rice salad – find the recipe at bbcgoodfood.com

Plate up like a pro

86 Microgreens add a professional touch to dishes, but if you can't find any, use herbs instead. Try growing herbs on your windowsill, picking them when the leaves are young and delicate. If you pick sparingly, they will last ages. Purple basil is a favourite of ours. Combine cress leaves with smaller-leaved herbs like thyme or Greek basil and scatter them over your finished dish at the last minute.

87 A great way to decorate the plate and also add flavour to a dish is to fill chefs' squeeze bottles with thicker dressings made with mustard, horseradish, redcurrant jelly or a thick balsamic reduction. Prepare ahead and store in the fridge. We like the set of 2 Squeeze Bottles (above), £3.55, from lakeland.co.uk.



88 Smarten up a special pud by crushing a ginger biscuit, or pieces of honeycomb, and placing a teaspoonful of the crumbs on each plate to add texture. Top the crumbs with a ball of ice cream, or a quenelle of brandy butter, using two teaspoons, and serve next to the portion of pudding.

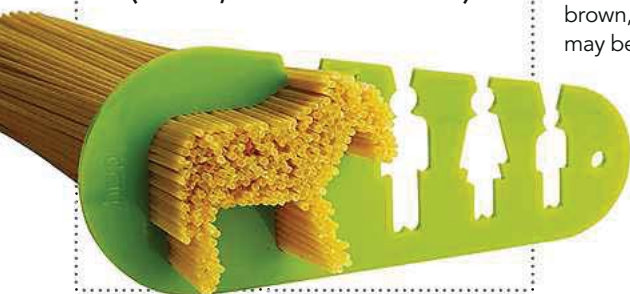
89 Sprinkle Japanese-style broth, noodle or rice dishes with fine shreds of sushi nori, and shreds of red chilli and spring onion. Pile this up in the centre of the dish for a flavour and colour boost.

90 A scattering of lightly toasted nuts or seeds adds an impressive touch to large salads. We also use watercress with fish and serve meat on peppery rocket.

91 Take the heat out of chillies If you want lots of chilli flavour but less heat, deseed then soak your chillies in a bowl of hot water for 10 minutes before using.

92 Pasta portions

Not sure how much spaghetti equals a portion size? Invest in a spaghetti measurer! We like the I Could Eat a Horse Spaghetti Measure (£7.96, lakeland.co.uk).



93 Beans mean green!

You might have been told that green beans will go brown if they're cooked with the pan lid on, but we disagree. The enzyme that breaks down the green chlorophyll and causes discoloration is destroyed by boiling water. So bring a large pan of water to a rolling boil, add your beans and cover quickly with a lid to bring the water back to boiling. If they still turn brown, the calcium in your tap water may be to blame. If you live in a hard-water area, try cooking your beans in filtered or mineral water.



Make the most of your leftovers

94 Leftover veg is ideal for making batches of soup that will freeze well. Try plastic Soup 'n' Sauce bags from Lakeland (£4.75-£5.26): you can freeze soup in portions, plus they don't take up much room in your freezer.

95 To stop ham or turkey breast drying out in the fridge, store it as one piece, then carve and slice as and when you need it from cold. If a carcass is too big for the fridge, break it into chunks, (such as the whole leg and thigh) rather than carving it into thin slices.

96 If you're not going to use an entire ball of mozzarella, reserve

the liquid from the pack, and keep the unused portion in the liquid in an airtight container. Left uncovered, the cheese would quickly dry out, but submerged in liquid it will last for another two days in the fridge.

97 Run out of airtight containers? Put any leftover cake on a plate and cover it with a big bowl to prevent it from drying out.

98 Wrap leftover bunches of soft herbs in damp kitchen paper, then in cling film. Harder herbs like thyme and rosemary can be frozen in bunches and the leaves crumbled off from frozen.



99 Update your storecupboard

Yuzu juice, £4.59, Waitrose

Sharp and tangy, yuzu juice tastes somewhere between a lemon and a grapefruit. It's high in vitamin C and is great in salad dressings or with seafood, meat and vegetable dishes.

Flavor Pearls, £5.95-£8.95, souschef.co.uk

Similar in size and texture to caviar, Flavor Pearls are little bursts of flavour that complement both sweet and savoury dishes. Created by French chef Christine Le Tennier, flavours range from Vinegar & shallot to Pink grapefruit, and can be served to top canapés or alongside fish, salads or desserts. We like the Golding rose pearls, which have a stylish shimmer, perfect for enhancing cocktails. Each 50g jar contains 10-15 portions and will keep for 4 months. Once opened, refrigerate and use within 7 days.

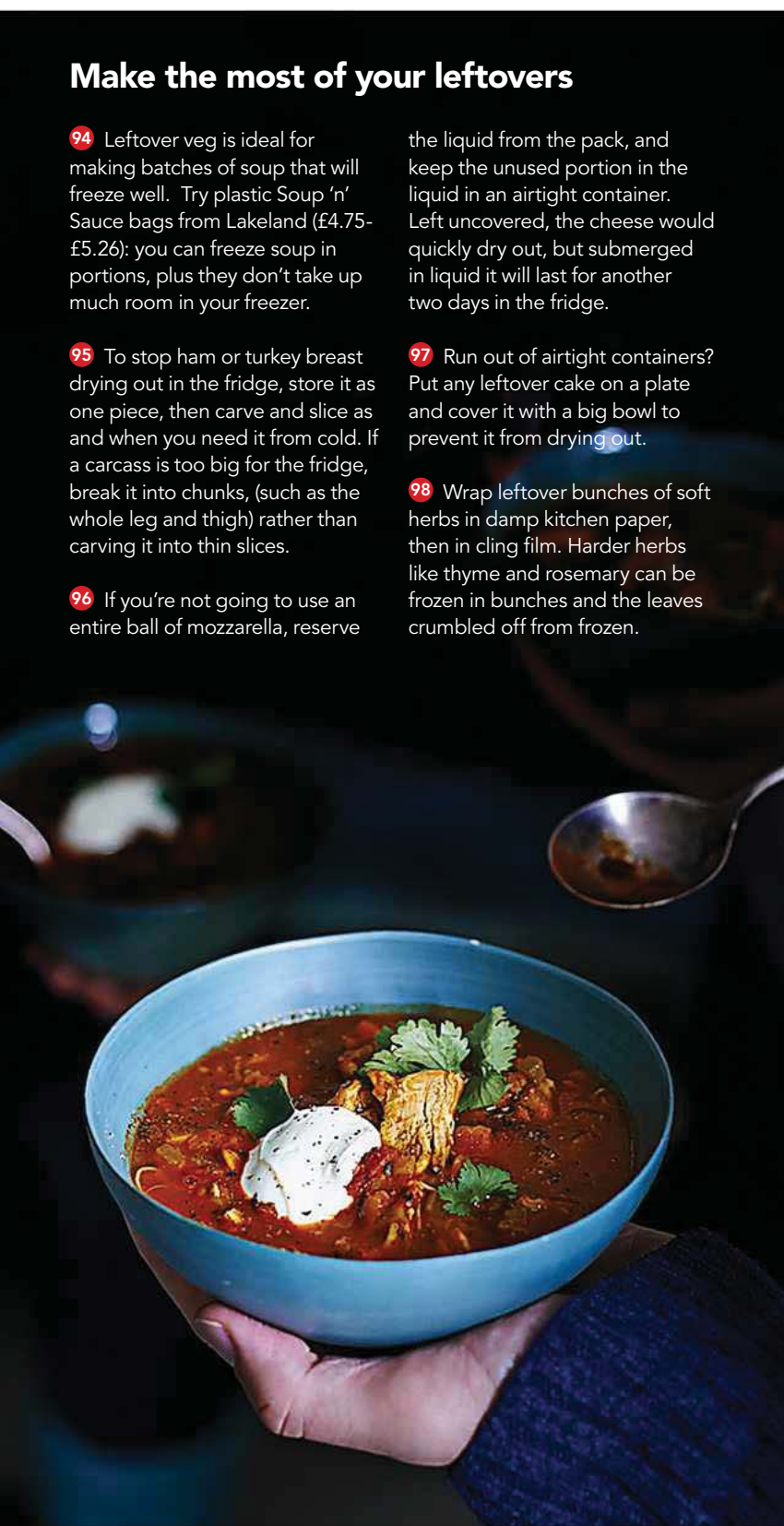


What is a yuzu?

A yuzu is an aromatic Japanese citrus fruit that looks a bit like a grapefruit but is smaller with bumpy yellow or green skin, depending on ripeness. With its tart flavour, it is rarely eaten as a fruit, but is commonly used in Japanese and Korean cooking in sauces or as a garnish, and also to flavour cakes and sweets. It's almost impossible to find the fresh fruit in Britain, but yuzu juice can be found in the world food aisle in most supermarkets, or online.

100 No need to peel

Carrots, potatoes, butternut squash and sweet potato don't need peeling before roasting – just rinse and prep. Most nutrients are stored in the skins, and you get extra fibre this way too.



CELEBRATE WITH CAKE



A birthday wouldn't be a birthday without cake. So join our celebrations with these very special bakes (they take a bit of time but, they're worth it!)

1 To make the icing, put the butter in a bowl and sieve in half the icing sugar. Mash with a spatula, then whizz with a hand mixer until smooth. Add the cream cheese and sieve in the remaining icing sugar, mash, then blend with the hand mixer. Put the Oreos in a food processor and whizz to fine crumbs. Add to the icing. Mix until combined.

2 Next, make the cookie cake toppers. You'll need one Oreo for each letter of the word you'd like to write. Carefully insert a skewer into the creamy filling in the middle of each Oreo – some cookies may break, so save these ones for later. Melt the chocolate in the microwave, stirring every 20 secs or so, or in a heatproof bowl suspended over a pan of gently simmering water. Spread a little chocolate over the surface of one side of each cookie. Roll out the fondant icing to the thickness of a 50p coin, and cut out your letters, then stick these to the cookies and set aside to dry.

3 To assemble the cake, stick one of your sponges to a cake stand or board with a little of the cream cheese icing. Use roughly half the icing to stack the remaining cakes on top, spreading a generous amount between each layer. Pile the remaining icing on top of the assembled cake, and use a palette knife to ease it over the edges, covering the entire surface of the cake. Break leftover Oreos into pieces and push around the base of the cake. Insert the dried cookie cake toppers into the top of the cake and serve. Chill for up to 2 days, but bring back to room temperature for an hour before eating.

The Easy Cook cookies & cream party cake

- Serves 20
- Prep 1 hr plus cooling ■ Cook 50 mins
- 61p a portion
- 657 kcals, 36g fat, 15g sat. fat, 58g sugar

VEGETARIAN

4 x Best-ever chocolate sponges (p60)

FOR THE ICING

250g pack slightly salted butter, softened
600g icing sugar
280g tub full-fat cream cheese

2 tsp vanilla extract

10 Oreo cookies (about ¾ of a pack)

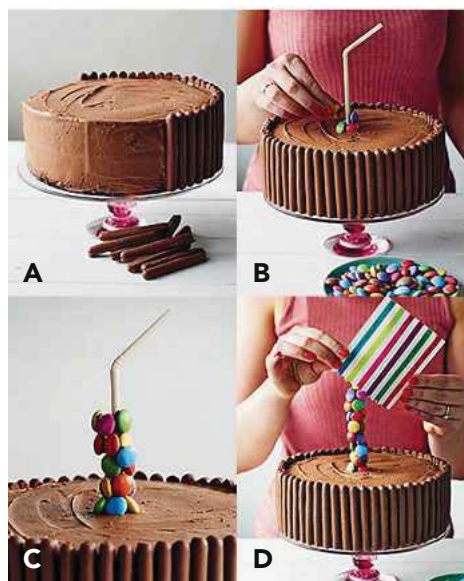
FOR THE COOKIE CAKE TOPPERS

Oreo cookies, as many as you need for the letters on top (some may break when you insert the skewers, so buy extra)

thin wooden skewers

100g white chocolate, finely chopped
ready-to-roll fondant icing, coloured (we used a mixture of blue and green food colouring), or an icing writing pen

Tip To get twenty neat slices of party cake, you can slice it into ten portions first, then halve each piece through the middle layer. Perfect!



Make sure the chocolate glue is at the right consistency. It should be like toothpaste!

Gravity-defying sweetie cake

- Serves 12
- Prep 1 hr plus cooling and setting
- Cook 35 mins
- 64p a portion
- 881 kcals, 45g fat, 20g sat. fat, 85g sugar

VEGETARIAN

2 x Best-ever chocolate sponges (p60)
2 x 114g packs milk chocolate fingers
8 tubes of Smarties, or other sweets
FOR THE CHOCOLATE FUDGE ICING
100g milk chocolate, chopped into small pieces, plus 50g for decorating
200g slightly salted butter, softened
400g icing sugar, sieved
4 tbsp cocoa powder
2 tbsp milk

YOU'LL ALSO NEED

1 bendy straw
2 wooden skewers
1 paper bag or sweet packet (available from amazon.co.uk or ocado.com)
sticky tape

1 To make the chocolate fudge icing, put the chocolate in a heatproof bowl, suspended over a pan of barely simmering water. Stir every now and then until melted. (Alternatively, melt in the microwave, stirring the chocolate every 20 secs so it doesn't burn.) Remove the bowl from the heat and leave to cool a little. Meanwhile, put the butter and icing sugar in another large bowl and mash with a spatula to combine (this will prevent you covering the work surface in icing sugar), then whisk with a mixer until



This must-have party cake will stun kids and grown-ups. With a bit of know-how, it's surprisingly easy to create

smooth. Sift in the cocoa and pour in the melted chocolate and milk. Mix until smooth.

2 Use roughly half the icing to sandwich the cakes together on a cake stand or board. Use a palette knife to cover the entire cake with the remaining icing – don't worry about being too neat. Use the chocolate fingers to cover the sides of the cakes (**A**) – do this straight after icing as the icing will set after a while, and the chocolate fingers won't stick.

3 Melt the remaining 50g chocolate in the microwave or in a small bowl suspended over a pan of gently simmering water. Leave to cool until the chocolate is a spreadable consistency. You can speed this up by putting it in the fridge – just stir it every 5 mins or so to prevent the chocolate from setting. Push a skewer into the centre of the cake and slip the straw over the top – this will give it more

stability. Push 1-2cm of the straw into the cake. Use a cutlery knife to spread a blob of chocolate onto a Smartie and, starting at the base, stick the Smarties to the straw. You will have to do this in stages to allow the chocolate to set a little before adding another layer of Smarties. Work your way up the straw until it's completely covered (**B** and **C**). If the chocolate in your bowl becomes too firm, simply heat again until it is at the correct consistency. Stop when you reach the bend in the straw.

4 Stick the remaining skewer into the top of the straw so that it pokes out at an angle. Place the paper bag on top – you may have to use a little sticky tape to hold it in place (**D**). If any of the straw is exposed, cover it with more Smarties. Tip the remaining Smarties on top of the cake to flood the surface. Store in an airtight tin for 2 days.

We've eaten (and baked) a lot of chocolate cakes in our time, and we think we've finally cracked the perfect recipe. This cake is so easy to make, and is guaranteed to be moist and intensely chocolatey every time. The recipe makes one 20cm cake, so if you need to feed more people, simply double, triple or quadruple the quantities and stack your sponges up. The sponges can be made up to three days ahead and will stay moist if wrapped in cling film, or you can freeze them for up to two months.

Use this sponge as a base for your party cakes

Best-ever chocolate sponge

- Makes 1 sponge
- Serves 6
- Prep 20 mins ■ Cook 25 mins
- 29p a portion
- 385 kcal, 19g fat, 4g sat. fat, 28g sugar

VEGETARIAN

75ml veg oil, plus extra for greasing
100g plain flour
4 tbsp cocoa powder
1 tsp baking powder
½ tsp bicarbonate of soda
140g light brown soft sugar
100ml buttermilk
50ml strong coffee or espresso
1 tsp vanilla extract
1 large egg

1 Heat oven to 180C/160C fan/gas 4. Grease and line a 20cm cake tin with baking parchment – if your cake tin is quite shallow, line the sides to a depth of at least 5cm. Put the flour, cocoa, baking powder, bicarb, sugar and ½ tsp salt in a bowl and mix. If there are any lumps, squeeze these through your fingers to break them up.

2 Measure the buttermilk, coffee, oil and vanilla in a jug. Add the egg and whisk until smooth. Pour the wet ingredients into the dry and whisk until combined. Pour the cake mixture into the tin, and bake for 25-30 mins until risen and a skewer comes out clean. Cool in the tin for 10 mins. Turn out onto a wire rack, peel off the parchment and leave to cool.



Next time in **easycook**

Choccy-woccy wonders!

STARRING...

Sunken drunken chocolate cake
Chocolate tiramisu cake
**Chocolate, hazelnut & salted
caramel tart**

NOT TO BE MISSED...

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EVERYTHING**

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BBC

ST PATRICK'S DAY MARCH 17TH

Craic-ing!

Celebrate St Patrick's day with this cider infused Irish stew and a Northern Irish fridge cake – perfect with a pint of Guinness

Irish coddled pork with cider

- Serves 2
- Prep 5 mins ■ Cook 30 mins
- £2.16 a portion
- 717 kcals, 44g fat, 17g sat. fat, 20g sugar

small knob of butter

2 pork loin chops

4 rashers smoked bacon, cut into pieces

1 carrot, cut into large chunks

2 potatoes, cut into chunks

½ small swede, cut into chunks

¼ large cabbage, cut into smaller wedges

1 bay leaf

100ml Irish cider

100ml chicken stock

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

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

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

TIP

You could also use lamb chops for this recipe, if you'd prefer. Simply trim the excess fat off the chops before browning.



Fifteens

- Makes 15
- Prep 20 mins plus 4 hrs chilling
- No Cook
- 16p a slice
- 229 kcals, 12g fat, 9g sat. fat, 17g sugar

15 digestive biscuits

15 marshmallows

15 glacé cherries, cut in half about

200ml condensed milk

200g desiccated coconut, to coat

1 Crush the digestive biscuits in a food processor or in a plastic bag with a rolling pin, then put them in a large mixing bowl. Chop each marshmallow into 4 pieces and add to the bowl with the cherries and 175ml condensed milk. Mix until the ingredients are well combined and you have a sticky mixture. If it's too dry, add a splash more condensed milk.

2 Sprinkle most of the coconut over a large piece of cling film (or foil). Tip the mixture onto the coconut and shape into a long sausage, about 30 x 5cm. Sprinkle more coconut over the top of it and wrap the cling film tightly around, twisting the ends together. Leave in the fridge to chill for 4-6 hrs, then cut into 15 slices and serve. Keep chilled for 1 week wrapped in cling film.

This Northern Irish fridge cake is made with digestives, marshmallows & glacé cherries





Glynn's beef encounters

Take it nice and slow this weekend with
Glynn Purnell's three favourite meaty classics



Beef rendang, p66

Ox cheek
cobbler,
p66

Beef rendang

- Serves 4-6
- Prep 20 mins
- Cook 3 hrs 15 mins

- 1 tsp cumin seeds
- 1 tbsp coriander seeds
- 2 cloves
- 2 shallots, chopped
- 3 garlic cloves, roughly chopped
- 2 red chillies, deseeded or not, and roughly chopped
- 70g fresh ginger, peeled and grated
- splash of sunflower oil
- 500g braising beef, diced (ox cheek is best)
- 400ml can coconut milk
- 4 cardamom pods, cracked
- 4 kaffir lime leaves
- 1 cinnamon stick
- 1 lemongrass stalk
- 4 coriander roots (optional)
- TO GARNISH**
- 1 red chilli, thinly sliced
- 2 spring onions, thinly sliced
- 50g crispy fried shallots
- 6 sprigs of coriander

1 Put the cumin and coriander seeds and cloves in a dry frying pan and gently heat until lightly toasted and aromatic. Tip the toasted spices into a mortar and grind with a pestle to a fine powder. Put the shallots, garlic, chillies, ginger and ground spices into a blender and whizz to a paste. Set aside.

2 Heat the oil in a medium saucepan or cast-iron braising pan, add the beef and cook until browned and sealed on all sides. Remove from the pan and set aside. Add the spice paste to the pan and sweat over a gentle heat for 5 mins. Return the beef to the pan and stir



in the coconut milk along with the remaining ingredients. Add cold water to cover, bring to a very gentle simmer and leave to braise gently for 3 hrs, topping up with water as necessary, until the beef is soft and tender.

3 Once the beef is cooked, cook gently until the liquid has reduced to a thick sauce. Serve the beef in a large sharing bowl, scattered with the thinly sliced chilli and spring onions, crispy fried shallots and sprigs of coriander, along with steamed jasmine rice.

Ox cheek cobbler

- Serves 4-6
- Prep 20 mins ■ Cook 2 hrs 20 mins

- 1 tbsp vegetable oil
- 2 whole ox cheeks, skinned & each sliced into 6 pieces
- 1 large carrot, peeled & cut into 2.5cm dice
- 2 onions, cut into 2.5cm dice
- 1 leek, washed and cut into 2.5cm dice
- 3 celery sticks, peeled & cut into 2.5cm dice
- ½ hard celeriac or swede, peeled and cut into 2.5cm dice
- 3 garlic cloves, roughly chopped
- 100g plain flour
- knob of butter
- 2 bay leaves

- 3 sprigs of thyme
- 3 sprigs of tarragon
- 6 black peppercorns
- 500ml good-quality red wine
- 500ml hot beef stock

FOR THE COBBLER TOPPING

- 230g plain flour
- 30g salted butter, chilled and grated
- 100g blue cheese, crumbled
- 1 tbsp chopped tarragon
- 1 tbsp chopped chervil
- 1 tsp mustard powder
- 2 medium eggs, beaten
- 3 tbsp milk
- 110g butter, melted

1 Preheat the oven to 180C/160C fan/gas 4. Heat the oil in a flameproof casserole dish, add the ox cheek pieces and cook until browned and sealed on all sides. Add the carrot, onions, leek, celery, celeriac or swede, and garlic to the dish and stir to mix. Add the flour and butter then the herbs and peppercorns. Pour in the red wine and cook gently, stirring, for 5 mins. Stir in the beef stock, then put the lid on the dish and place in the oven for 1 hr 40 mins until the beef is tender. Remove from the oven.

2 Prepare the cobbler topping while the beef is cooking. Mix the flour, butter, cheese, herbs and mustard powder in a bowl. Add the beaten eggs and milk and mix until it comes together into a dough. Season. Divide the mixture into 8–10 pieces, depending on how big you want your cobbles.

3 Remove from the oven, lift off the lid and place the balls on top of the beef. Bake, uncovered, for a further 25 mins. Remove from the oven and brush the cobbles with the melted butter. Serve with buttered cabbage.

Rump steak with baked potato gratin

- Serves 4
- Prep 10 mins ■ Cook 2 hrs 20 mins

- 200g clean, large-grained white rock salt
- 2 large baking potatoes, skin on, washed
- 300ml double cream
- 1 garlic clove
- a bunch of rosemary
- 300g firm mature cheddar, grated
- 4 x 200g rump steaks, fat on
- splash of vegetable oil
- 10g butter

1 Preheat oven to 180C/160C fan/gas 4. Sprinkle the salt onto a baking tray and

place the potatoes on top. Bake the baking potatoes for about 1½ hrs, or until soft.

2 While the potatoes are baking, heat the cream with the garlic and rosemary in a saucepan and bring to the boil. Remove the pan from the heat and leave to infuse. Remove the potatoes from the oven and leave to cool. Cut them in half and scoop out the potato, reserving the skins. Pass the potato through a fine sieve into a bowl.

3 Strain the garlic and rosemary from the infused cream and fold into the potato, season to taste with salt and cracked black

pepper and divide the creamed potatoes between four ramekins. Shred the potato skins and sprinkle over the creamed potato in the ramekins. Top with the grated cheese and bake for 15 mins.

4 Meanwhile, heat a frying pan over a high heat. After 7 mins, add the steaks to the hot pan with the oil and cook for 2 mins, then turn over and cook for a further 2 mins. Add the butter to the pan and baste the steaks with it. Remove and leave to rest for 5 mins. To serve, place a ramekin with the gratin on each plate. Season the steaks. Finish with a green salad.



**Rump steak with
baked potato gratin**



Recipes adapted from
Rib Ticklers & Choux-Ins
by Glynn Purnell (£19.99,
Kyle Books). Photography
by Peter Cassidy. Glynn is
a regular guest presenter
on BBC One's
Saturday Kitchen



Have a... Meat-free weekend

Have a break from meat and save on the washing-up with these healthy one-dish wonders

Chickpea & potato fry-up

- Serves 4
- Prep 10 mins ■ Cook 20 mins
- 66p a portion
- 201 kcals, 4g fat, 0g sat. fat, 6g sugar

VEGETARIAN FREEZABLE

- 300g potatoes, chopped
- 2 onions, sliced
- 2 cloves of garlic, crushed
- 1 tsp olive oil
- 1 tsp each ground coriander, turmeric and mild chilli powder
- 1 tbsp cumin seeds
- 410g tin chickpeas, drained and rinsed

- 2 tbsp tomato purée
- 200g baby spinach
- small bunch coriander, leaves chopped

1 Boil the potatoes until tender, then drain. Meanwhile, fry the onions and garlic in the oil for 5 mins. Add the spices, then fry for 1 min. Stir in the chickpeas, purée and 400ml water. Turn the heat up and bubble for 5 mins.

2 Add the potatoes to the pan and cook for 5 mins until thickened. Stir in the spinach, season, and cook until it has wilted. Scatter with the coriander. Serve with chapatis, yogurt and chutney on the side.

Leek & freekeh pilaf with feta & toasted pine nuts

- Serves 2
- Prep 5 mins ■ Cook 40 mins
- £1.52 a portion
- 834 kcals, 40g fat, 11g sat. fat, 6g sugar

VEGETARIAN

- 400g leeks
- 3 tbsp olive oil
- 200g freekeh
- 50ml white wine
- 400ml vegetable stock
- a few thyme sprigs
- 2 plump garlic cloves, sliced
- 3 tbsp pine nuts
- 100g feta
- 2 tbsp finely chopped mint
- juice and zest 1 lemon

1 Finely slice the leeks, keeping all the dark green tops. Put in a colander and rinse well under running water, then set aside to drain.

2 Put a large heavy-based pan on the hob over a moderate heat, pour in 2 tbsp of the oil and tip in the leeks. Stir well and cover with a lid. Cook the leeks for 10–15 mins, stirring occasionally, until they are very soft.

3 While the leeks cook, soak the freekeh in a bowl for 5 mins in plenty of cold water. Tip it into a sieve and rinse under running cold water, then drain well.

4 Add the freekeh to the leeks along with the wine, stock and thyme and bring to a simmer. Cook the freekeh over a low heat, stirring from time to time, for 20–25 mins. Switch off the heat and let the contents of the pan stand while you prep the feta and nuts.

5 Heat the remaining tbsp oil in a frying pan until hot, add the garlic and pine nuts, and cook until both the nuts and the garlic are lightly browned. Crumble the feta and toss this along with the garlic-nut mix, the mint and lemon juice and zest into the freekeh. Season to taste, then serve.



Delicious Leek & freekeh pilaf with feta

What is freekeh?

Freekeh is made from durum wheat, the wheat used to make pasta flour. Harvested green, it is sun-dried. The piles of grain are then carefully set alight, so only the straw and chaff is burned. The high moisture content of seeds prevents them burning – but they do gain a slightly smoky flavour.

Mushroom & rice one-pot

- Serves 4
- Prep 20 mins ■ Cook 30 mins
- 83p a portion
- 282 kcals, 5g fat, 1g sat. fat, 7g sugar

VEGETARIAN

1 tbsp olive oil
1 large onion, chopped
2 tsp chopped rosemary or 1 tsp dried
250g chestnut mushrooms, quartered
2 red peppers, sliced
400g can chopped tomatoes
425ml vegetable stock
handful parsley, chopped

1 Heat oven to 190C/170C fan/gas 5. Tip the rice into a sieve, rinse under cold running water, then leave to drain. Heat the oil in a flameproof casserole, add the onion, then fry until softened, about 5 mins. Stir in the rosemary and mushrooms, then fry briefly. Add the rice, stir to coat in the oil, then add the peppers, tomatoes, stock and some freshly ground pepper.

2 Bring to the boil, give it a stir, cover tightly with a lid, then bake for 20-25 mins until the rice is tender. Scatter over the parsley.

Up the flavour!

You can add a little heat to this one-pot by adding some smoked paprika and a small, chopped and deseeded red chilli when you add the herbs.



Take a handful of simple storecupboard ingredients and turn them into this hearty and comforting



This stew so good for you. Cinnamon reduces inflammation, is naturally sweet and helps to reduce bloating

Beetroot & butternut stew

- Serves 2
- Prep 20 mins ■ Cook 35 mins
- £1.11 a portion
- 250 kcals, 7g fat, 1g sat. fat, 23g sugar

VEGETARIAN

250g raw beetroot
350g butternut squash, unpeeled
1 garlic clove, grated
1 small onion, diced
¼ tsp cumin seeds
½ tsp ground coriander
4 cardamom pods, seeds removed & crushed
1 tbsp sunflower oil
½ tsp cinnamon
100g green beans, topped and cut in half
50g chard or spinach, stems removed and leaves roughly chopped
small pack flat-leaf parsley, chopped
brown rice, to serve (optional)

1 Peel the beetroot and chop into small pieces. Chop the butternut squash into small pieces. Put them in separate bowls until you need them.

2 In a large wide-topped saucepan, fry the garlic, onion, cumin seeds, coriander and cardamom pods in the oil for 2 mins on a medium heat. Add 125ml water along with the beetroot and leave for a further 5 mins until the water has simmered away.

3 Add 250ml water, the butternut squash and cinnamon, and leave to simmer on a medium heat for 10 mins. Add 250ml water and leave to simmer for another 10 mins.

4 Add 125ml water, the green beans and simmer for another 5 mins until the water has simmered away. Take off the heat and stir in the chard and parsley. Serve by itself or with brown rice for a fuller meal.

Baked cauliflower pizzaiola

- Serves 4
- Prep 15 mins ■ Cook 40 mins
- £1.24 a portion
- 358 kcals, 19g fat, 8g sat. fat, 10g sugar

VEGETARIAN

1 large cauliflower, cut into 8 wedges
2 tbsp olive oil, plus 1 tbsp for roasting
600g ripe tomatoes (we used a mixture of red and yellow cherry tomatoes), halved or quartered depending on their size
6 unpeeled garlic cloves, bashed
small pack basil
½ small pack fresh oregano, or ½ tsp dried
pinch of chilli flakes
4 tbsp dry white wine
2 tbsp grated Parmesan (or vegetarian alternative)
3 tbsp breadcrumbs
125g mozzarella, torn
crusty bread and a green salad, to serve

1 Heat oven to 200C/180C fan/gas 6. Brush the cauliflower wedges with the 1 tbsp oil, then put them in a large roasting dish. Season and roast for 10 mins or until beginning to soften. Carefully turn the wedges over.

2 Tuck the tomatoes, garlic and most of the basil and oregano around the cauliflower, then sprinkle with the chilli flakes, wine and 2 tbsp more oil. Season and return to the oven for 25 mins or until the tomatoes are soft and starting to catch here and there. Squish the tomatoes slightly.

3 Mix the Parmesan and breadcrumbs together. Tear the mozzarella over the cauliflower and tomatoes, scatter over the cheesy crumbs and bake for 10 mins more or until the topping is crisp and the cauliflower is tender. Top with the rest of the herbs and serve with crusty bread and a green salad.



Pick the best tomatoes and there's no need to make a tomato sauce for this one-pot



Bean & barley soup

- Serves 4
- Prep 5 mins ■ Cook 1 hr
- £1.04 a portion
- 488 kcals, 9g fat, 1g sat. fat, 11g sugar

VEGETARIAN FREEZABLE

2 tbsp vegetable oil
1 large onion, finely chopped
1 fennel bulb, quartered, cored & sliced
5 garlic cloves, crushed
400g can chickpeas, drained & rinsed
2 x 400g cans chopped tomatoes
600ml vegetable stock
250g pearl barley
215g can butter beans, drained & rinsed
100g pack baby spinach leaves
Parmesan (or vegetarian alternative)

1 Heat the oil in a saucepan over a medium heat, add the onion, fennel and garlic, and cook until softened and just beginning to brown, about 10-12 mins.

2 Mash half the chickpeas and add to the pan with the tomatoes, stock and barley. Top up with a can of water and bring to the boil, then reduce the heat and simmer, covered, for 45 mins or until the barley is tender. Add another can of water if the liquid has significantly reduced.

3 Add the remaining chickpeas and the butter beans to the soup. After a few mins, stir in the spinach and cook until wilted. Season and scatter with Parmesan.

PECKING ORDER

**COOK
SCHOOL
FOR KIDS**

Kids can help prepare this roast, plus assist in making the lemony gravy

This chicken recipe isn't complicated and, apart from halving a lemon, there isn't any chopping. Also, the prepping process shouldn't take any longer than 15 minutes. Although it's not essential, digital equipment like scales and cooking thermometers make the recipe more educational and help to support Key Stage 2 numeracy and science. If children connect with food like raw meat from an early age, they're less likely to be squeamish later in life. It's important that they understand now where food comes from.

Before you start

- **Clear the surface** so that your cooking area is free of any clutter.
- **Roll up sleeves**, or wear a short-sleeved top.
- **Put on an apron**, tie back long hair or use a hairband.
- **This recipe involves handling raw chicken**, so it is essential that your child washes their hands thoroughly afterwards – and watch that younger children don't put dirty fingers in their mouths.
- **Never leave a child unattended** – not only is it unsafe, but younger children might add ingredients that could spoil the recipe. gather ingredients and equipment together. switch on the oven 10 mins before you start cooking.

Really easy roast chicken

- Serves 4 with leftover chicken
- Prep 25 mins ■ Cook 1 hr 20 mins
- £1.10 a portion
- 689 kcals, 36g fat, 13g sat. fat, 8g sugar

1 whole chicken, about 1.5kg
1 lemon, halved
2 garlic cloves
thyme or rosemary sprig, if you have it

50g soft butter
800g very small salad potatoes, such as Charlotte, halved if you can only find large ones
350g small chantenay carrots, or 3-4 regular carrots, cut into chunks

1 tbsp olive oil
300ml chicken stock
1 tbsp low-salt soy sauce

WHAT YOU NEED
chopping board
scissors
1 large roasting tin
1 large bowl digital cooking thermometer – not essential, but good for learning about numbers
potato masher

! Safety first

This recipe involves hot, heavy trays and ovens. A child of eight and above can be trusted to put the cold tray into the oven, but an adult will need to take it out.



1
Cut the string off the chicken
 Heat oven to 220C/200C fan/gas 7. Get your child to use a pair of scissors to cut the elastic or string holding the chicken together.



2
Stuff the chicken
 Stuff the lemon halves in the cavity of the chicken with the garlic and herb sprig (if using).



3
Get your hands mucky!
 Sit the chicken in a large roasting tin and use your hands to smear the butter all over it.



4
Mix the vegetables
 Tip the carrots and potatoes into a large bowl, drizzle over the oil and toss everything together with your hands.

Kids can learn how to make this roast chicken dinner

What we learnt

As well as spending time bonding in the kitchen, here's two key skills your child will learn.

■ Roasting

At its most basic, roasting is nothing more than putting something in the oven to cook. seeing the process happen from start to finish gives a child a greater understanding of how so many family meals end up cooked and on the table.

■ Using the oven

As there is no direct flame, using the oven is the first way kids will progress to cook alone. It's good for them to know how it works and how hot it can get – if your oven has a clear glass door, then they can even watch things as they cook.



5 Add the vegetables

Scatter the veg in an even layer around the chicken. Season. Put in the oven and roast for 30 mins. Remove and give the veg a stir. Reduce the heat to 200C/180C fan/gas 6, then roast for 50 mins.



6 Test if the chicken is cooked

Remove from the oven. Using a cloth, pull the leg – if it easily comes away from the body, there is no sign of pink and the juices run clear, the chicken is cooked.



7 Make a lemony sauce

Scoop the veg into a serving dish. Using a spoon or a pair of tongs, remove the garlic, lemon and herbs from the chicken and put them in the roasting tin. Squash them with a potato masher.



8 Strain the sauce

Pour in the chicken stock and soy sauce and stir. Get the child to hold a sieve over a jug while you lift up the pan and strain the juices into the jug. If you want it piping hot, reheat in a pan.

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BAKING RHUBARB

Rhubarb buckle, p78

PINKY PERKY

Seasonal rhubarb adds
a pop of colour and
flavour to these treats
from **Edd Kimber**





Rhubarb & custard tart, p78

Rhubarb buckle

- Serves 8
- Prep 40 mins ■ Cook 1 hr 10 mins
- £1.65 a portion
- 472 kcals, fat 20g, sat. fat 12g, sugar 39g

VEGETARIAN

FOR THE CRUMBLE TOPPING

- 50g plain flour
- 50g golden caster sugar
- ½ tsp ground ginger
- 50g unsalted butter, chilled
- 25g rolled oats

FOR THE RHUBARB FILLING

- 225g thin forced rhubarb, trimmed, rinsed and cut into 2.5cm-long pieces

- 50g golden caster sugar

- zest 1 orange

FOR THE VANILLA CAKE

- 100g unsalted butter, room temperature, plus extra for greasing

- 200g golden caster sugar

- zest 1 orange

- 2 large eggs

- 200g plain flour

- 2 tsp baking powder
- 1 tsp vanilla bean paste
- 125ml soured cream

1 Heat oven to 180C/160C fan/gas 4. Grease a deep 20cm round cake tin and line the base with baking parchment.

2 To make the crumble topping, put the flour, sugar and ginger in a bowl and mix together. Add the butter and rub together until it resembles breadcrumbs. Stir in the oats. Using your hands, bring together into a dough, wrap in cling film and chill.

3 Put the rhubarb pieces in a bowl with the sugar and orange zest, and mix. Set aside.

4 Put the butter, sugar and zest in a large bowl and beat with an electric whisk until fluffy. Add the eggs, one at a time, beating until combined before adding the next.



5 In a separate bowl, mix the flour, baking powder, vanilla and a pinch of salt together and, in two additions, fold into the butter mixture, alternating with the soured cream. Tip into your cake tin and level out with a spatula. Top with the rhubarb mixture and

finish by breaking the chilled crumble into irregular-sized pieces and scattering over the rhubarb. Bake for 1 hr 10 mins or until the crumble is golden and a skewer inserted into the middle comes out clean. Check the cake after 1 hr – if it's colouring too quickly, cover lightly with foil.

6 Allow the cake to cool in the tin for 10 mins before transferring onto a wire rack to cool completely. Will keep in an airtight container for up to 3 days.

Buckle cakes have a layer of batter at the bottom, a layer of fruit, and are finished with a crumble topping. As they bake, the batter 'buckles' under the weight of the fruit

Rhubarb & custard tart

- Serves 8
- Prep 40 mins plus 4½ hrs chilling
- Cook 1 hr
- £2.05 a portion
- 515 kcals, fat 22g, sat. fat 12g, sugar 44g

VEGETARIAN

FOR THE PASTRY

- 225g plain flour, plus extra for dusting
- 3 tbsp icing sugar
- 140g unsalted butter, diced and chilled
- 1 medium egg yolk, plus 1 medium egg yolk, beaten, for glazing (save the whites for meringues)

- 1 tsp vanilla bean paste

FOR THE VANILLA CUSTARD

- 1 tsp vanilla bean paste

- 250ml whole milk

- 1 large egg, plus 2 large egg yolks

- 100g golden caster sugar

- 25g cornflour

- 1 tbsp unsalted butter

FOR THE ROASTED RHUBARB

- 700g thin forced rhubarb (about 5 stalks), trimmed, rinsed and cut into 9cm-long pieces

- 175g golden caster sugar

- 1 tsp vanilla paste

- juice 2 oranges

- 1 tbsp pistachios, chopped, to serve

1 To make the pastry, put the flour, icing sugar and a pinch of salt in a large bowl and mix. Add the butter and rub together until it resembles breadcrumbs. Add 1 egg yolk, the vanilla and 1 tbsp cold water, and mix until it just starts to come together as a dough. Tip onto a clean work surface and bring together with your hands. Wrap the pastry in cling film and chill for 1 hr.

2 To make the vanilla custard, put the vanilla paste in a pan over a medium-high heat, add the milk and bring to the boil. Meanwhile, tip the egg, egg yolks, sugar and cornflour into a bowl and whisk together until smooth. Pour the milk over the egg mix, whisking to combine. Pour the custard back into the pan and cook, whisking constantly, for 2-3 mins until thickened. Scrape into a bowl and add the butter, mixing until melted and combined. Press a sheet of cling film onto the surface of the custard to stop a skin forming, and chill for 3 hrs. Can be made and chilled 3 days ahead.

3 On a lightly floured surface, roll out the pastry into a large rectangle big enough to line a 30 x 20cm fluted rectangular tart tin. Roll the

pastry onto the rolling pin and carefully drape it into the tin, carefully lifting and pressing into the corners and edges. Roll your rolling pin over the tart tin, cutting off the excess. Chill for 30 mins or until the pastry is firm.

4 Heat the oven to 180C/160C fan/gas 4. Line the tart with baking parchment and fill with

baking beans and place on a baking tray. Bake for 30 mins, then remove the parchment and the beans, and return to the oven for another 5 mins or until golden brown. Brush the inside with the remaining yolk. Bake for 1 min to set. Set aside to cool.



5 For the rhubarb, heat oven to 190C/170C fan/gas 5. Put the rhubarb in a small roasting tin in one layer and sprinkle over the sugar, the vanilla and orange. Roast for 15-20 mins until the rhubarb has softened. Allow to cool. To assemble, remove the custard from the fridge, beat to loosen, then pour over the pastry. Top with the rhubarb, brushing a little syrup on top. Sprinkle over the pistachios.

Tonka bean panna cotta with roasted rhubarb

- Serves 4
- Prep 20 mins plus 4 hrs chilling
- Cook 25 mins
- £1.35 a portion
- 518 kcals, fat 42g, sat. fat 26g, sugar 29g

FOR THE PANNA COTTA

3 sheets gelatine

1 tonka bean (try souschef.co.uk)

zest ½ orange

300ml pot double cream

200ml whole milk

50g soft light brown sugar

FOR THE ROASTED RHUBARB

200g thin forced rhubarb, trimmed,
rinsed and cut into 5cm-long batons

50g golden caster sugar

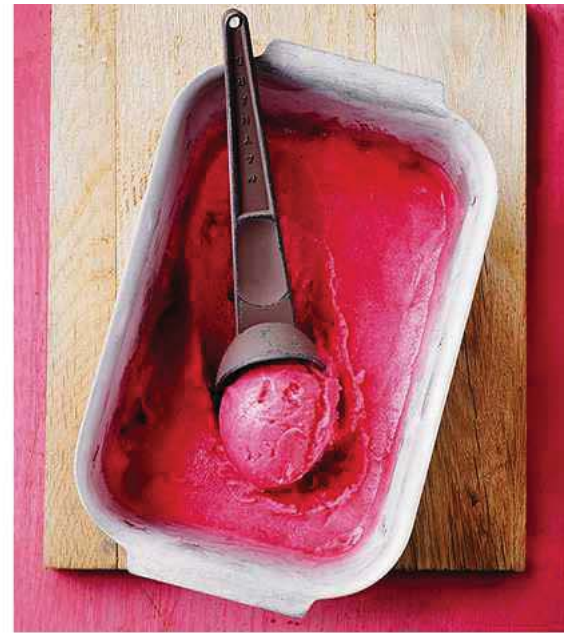
juice 1 orange

1 To make the panna cotta, put the gelatine in a bowl of ice-cold water and set aside. Grate the tonka bean into a medium saucepan and add the orange zest, cream, milk and sugar. Bring to the boil, stirring occasionally. Remove from the heat and

leave to cool for a few mins. Remove the gelatine from the water, squeezing out any excess water, and add to the cream mixture, stirring until fully melted. Pour the panna cotta mixture into a jug and divide between four dariole moulds. Carefully press a piece of cling film onto the surface of each pudding and chill for at least 4 hrs or until fully set.

2 Heat oven to 190C/170C fan/gas 5. Put the rhubarb, sugar and orange juice in a small roasting tin and cook in the oven for 15-20 mins or until the rhubarb has softened but is still holding its shape.

3 To serve, remove the panna cotta from the fridge and carefully peel off the cling film. Fill a bowl with hot water and dip each dariole mould into the water for about 10 secs to loosen the puddings. Invert onto a plate, tapping the mould firmly if it doesn't release easily. Serve with the rhubarb and a little of the syrup (this can be warm or cold).



Rhubarb & star anise sorbet

- Makes about 500ml
- Prep 20 mins plus cooling and freezing
- Cook 20 mins
- 75p a scoop
- 100 kcals, fat 0g, sat. fat 0g, sugar 20g

VEGETARIAN

700g thin forced rhubarb, trimmed,
rinsed and cut into 2cm-long pieces
140g golden caster sugar
3 tbsp liquid glucose (we used Dr Oetker)
1 vanilla pod
2 star anise
juice 1 lemon
1 tbsp vodka (optional)

1 Put the rhubarb in a pan and add the sugar, 75ml water and the liquid glucose. Scrape the seeds from the vanilla pod and add to the pan (with the pod) with the star anise.

2 Place over a medium-high heat and bring to the boil, stirring occasionally. Reduce the heat slightly and cook for 15 mins until the sugar has dissolved and the fruit is soft and starting to break down. Remove from the heat and fish out the vanilla pod and star anise. Purée in a blender.

3 Pour the mixture through a fine mesh strainer, removing any remaining stringy bits of rhubarb. Transfer to a jug and stir in the lemon and vodka, if using. Cover and put in the fridge until chilled before churning in an ice cream machine, according to the manufacturer's instructions. Scrape into an airtight container and freeze for at least 3 hrs before serving. Will keep frozen for 1 month.



A MARRIAGE MADE IN
HEAVEN

Chocolate and hazelnuts are the ultimate match for baking harmony



**Chocolate &
hazelnut praline
tart, p82**



Chocolate
& hazelnut
thumbprint
cookies, p82

Chocolate & hazelnut praline tart

- Serves 10 slices
- Prep 20 mins ■ Cook 40 mins
- 74p a slice
- 582 kcals, 40g fat, 18g sat. fat, 29g sugar

VEGETARIAN

FOR THE PASTRY

- 140g butter
- 100g golden caster sugar
- 225g plain flour
- 50g ground almonds
- 1 egg, beaten

FOR THE FILLING

- 85g blanched hazelnuts
- 50g golden caster sugar, plus 4 tbsp
- 200g dark chocolate (70% cocoa)
- 100g butter
- splash Frangelico liqueur or brandy
- 1 egg, plus 3 egg yolks

1 Make the pastry. Cream together the butter and sugar, then add flour and almonds. Bring together with the egg. If the pastry is very soft, chill for 20 mins. If not, roll out to fit a deepish 23cm fluted flan tin; if the pastry breaks, press scraps of pastry into the gaps. Leave an overhang. Chill for 20 mins.

2 Heat oven to 200C/180C fan/gas 6. Line the case with baking parchment and baking



beans, then bake for 10 mins. Remove the beans and cook for another 10 mins until golden brown.

3 Meanwhile, toast the nuts in a dry pan until starting to brown. Scatter over 4 tbsp of sugar, cook until it caramelises, then tip nuts onto a baking tray lined

with parchment. Leave to cool, then roughly chop. Over a pan of barely simmering water, melt the chocolate, butter and alcohol together, then set aside to cool slightly. Over the same pan, beat the egg, yolks and remaining sugar until pale and fluffy. Take off the heat, then fold in the chocolate mix.

4 When the case is cooked, remove from the oven and turn the heat down to 160C/140C fan/gas 3. Scatter most of the hazelnuts over the base, then tip in the chocolate mix, pressing it down slightly. Cook the tart for 15-20 mins until the chocolate has almost set. Leave to cool, then serve scattered with the remaining nuts. Can be made up to 1 day ahead.

Sweetheart choc & hazelnut sandwiches

- Serves 2
- Prep 10 mins ■ Cook 5 mins
- £1.05 a sandwich
- 524 kcals, 30g fat, 11g sat. fat, 32g sugar

VEGETARIAN

4 slices from a small brioche loaf

3 tbsp chocolate hazelnut spread

1 large egg

75ml whole milk

1 tsp vanilla extract

1 tsp caster sugar

2 tbsp chopped toasted hazelnuts

1 tbsp butter icing sugar, for dusting ice cream and raspberries, to serve

1 Thickly spread two of the brioche slices with the chocolate hazelnut spread, then top with the remaining slices to make 2 sandwiches. Use a large, heart-shaped cutter to cut the sandwiches into hearts.

2 Whisk the egg, milk, vanilla and sugar in a wide, shallow bowl. Tip the toasted hazelnuts onto a plate. Dip one side of the sandwiches into the egg mix, leave for 1-2 mins, then dip in the other side and leave again for 1-2 mins to allow the brioche to soak up the liquid, then dip one side of each sandwich into the nuts. Can be chilled, covered with cling film, for 1 hr.

3 Heat the butter in a frying pan until foaming. Cook the sandwiches for between 1-2 mins on each side until golden. Dust with a little icing sugar, then serve with ice cream and raspberries.

Chocolate & hazelnut thumbprint cookies

- Makes 25
- Prep 20 mins plus chilling
- Cook 20 mins
- 15p a cookie
- 163 kcals, 12g fat, 5g sat. fat, 4g sugar

VEGETARIAN FREEZABLE without filling

- 180g hazelnuts, toasted
- 100g plain flour
- 90g buckwheat flour
- 60g golden caster sugar
- 180g unsalted butter
- 100g dark chocolate, roughly chopped
- 1 tsp coconut oil (or use any flavourless oil)

1 Line a baking tray with baking parchment. Tip the hazelnuts into the bowl of a food processor and pulse until finely chopped. Add the flours, sugar and a pinch of flaked sea salt, and process for 20-30 secs until fully combined. Add the butter and pulse until the mixture just starts to come together.



Tip the dough out onto a work surface and knead by hand until smooth.

2 Roll the dough into 25 small balls, then transfer to the prepared baking tray. Using your thumb or the handle of a wooden spoon, make an indent in the centre of each

piece of dough. Put the tray in the fridge and chill for about 30 mins before baking. Heat the oven to 180C/160C fan/gas 4.

3 Bake in the oven for 15-20 mins or until light golden brown. Put the chocolate and oil in a heatproof bowl and set over a pan of simmering water, stirring occasionally, until fully melted. Use a teaspoon to top each cookie with a little melted chocolate. Put aside until the chocolate has set.

Also try Hazelnut & chocolate butter

Heat oven to 200C/180C fan/gas 6. Tip 400g **blanched hazelnuts** onto a large baking tray, place in the oven and roast for 10 mins, stirring now and then to ensure they don't catch. When golden brown, remove from the oven and leave to cool completely. Tip the nuts into a food processor, add 3 tbsp **cacao powder**, 2 tbsp **maple syrup** and ½ tsp **sea salt**. Blend for 6-8 mins to a smooth butter. If you want to looser consistency, add a drizzle of hazelnut oil and blend. Makes 1 jar.





Prepare these
ahead and cook
them right at
the last minute

RED NOSE DAY 24 MARCH

Bake a celebrity chef cupcake!

Fifteen dazzling cupcakes, designed by top chefs and cookery writers – but can you guess who the cakes belong to?





Match the chef to the cupcake...

Ainsley Harriott	Jean-Christophe Novelli
Angela Hartnett	John Torode
Anjum Anand	Lesley Waters
Delia Smith	Marcus Wareing
Gary Rhodes	Michel Roux Jr
Gordon Ramsay	Raymond Blanc
James Martin	Sophie Grigson
Jane Asher	

Turn over to see if you're right

Make the cake base... Red Nose Day cupcakes

- Makes 12
- Prep 15 mins ■ Cook 25 mins
- 25p per cupcake
- 283 kcals, 13g fat, 8g sat. fat, 16g sugar
- VEGETARIAN** **FREEZABLE** undecorated

350g plain flour
85g golden caster sugar
85g light muscovado sugar
1 tbsp baking powder
zest 2 lemons or small oranges
2 eggs
284ml carton soured cream
1 tsp vanilla extract
100g butter, melted

1 Heat oven to 200C/180C fan/gas 6. Line a 12-hole muffin tin with paper cases. Mix the flour, sugars, baking powder and zest. In another bowl, beat the eggs, then stir in the cream, vanilla and butter and pour into the dry ingredients. Stir to mix but don't overbeat. Spoon into cases.

2 Bake for 25 mins. Leave to cool in the tin for 5 mins, then turn out and leave to cool completely on a wire rack before decorating.

Comic Relief's Red Nose Day, Friday March 24th

Red Nose Day is a UK-wide fundraising event organised by the charity Comic Relief every two years. On Red Nose Day, everyone is encouraged to cast inhibitions aside, put on a Red Nose and fundraise to help make a difference to the lives of thousands of people across Africa and the UK living in desperate poverty. It culminates in a night of comedy and moving documentary films on BBC One. In its 30-year history, the appeal has raised more than £1 billion. Since the last Red Nose Day, your cash has helped...

- ...over 860,000 children in Africa to be given life-saving vaccines.
- ...over 47,000 people with a mental health condition get the support they need.
- ...over 310,000 children, young people and their families, at risk of abuse, violence and exploitation internationally, to lead safer lives.

To get involved and order a fundraising kit, go to rednoseday.com/fundraise

Did you guess correctly?



1 Football
Gordon Ramsay
 Cut circles the same size as the cupcake top from rolled-out ready-to-roll white icing.

Brush the cakes with a little runny honey and lay the circles on top. Make football marking templates. Colour some of the white icing blue using blue food colouring paste then, using the templates, cut out the shapes and stick onto the white circles with water.



5 Caramel springs
Jean-Christophe Novelli
 Gently heat 175g caster sugar and 1 tbsp liquid glucose

in a heavy-based pan to form a caramel. Pour a small puddle onto oiled greaseproof paper. When cold, roughly crush. Cool the rest until caramel falls in long threads from a spoon, then twirl threads round an oiled knife-sharpening steel and slide off to make springs. If the caramel gets too hard, gently reheat. Using a fork, dip 36 hazelnuts in caramel. Cool on baking parchment. Lightly whip 170ml double cream and fold in some crushed caramel. Cut circles from centre of each cake, and cut in half. Fill the centres with the cream, stick in the halved circles, dust with icing sugar and top with the nuts and the caramel springs.



2 Raspberry pyramid
Lesley Waters
 Mix 150g mascarpone, 100g soft cheese,

2 tbsp lemon juice and 4 tbsp lemon curd. Swirl over the cakes, pile on some raspberries and dust with a little icing sugar.



3 Not a chocolate eclair
James Martin
 Melt 125g white chocolate, then leave

to cool. Beat 250g icing sugar with 125g soft butter and 1-1½ tbsp milk, then stir in the chocolate. Spread on cake tops. Melt 100g dark chocolate, cool, then use a small writing nozzle to pipe writing on top.



6 Muffin the Moo
John Torode
 Make a cardboard template of the cow and grass. Cut out with rolled-out white ready-

to-roll icing, then leave to firm up. Using a small paint brush, paint on cow markings with black paste food colouring. Brush cake tops with honey, then lay the cow cut-outs on top.



4 Flowery Italian flag
Angela Hartnett
 Colour white ready-to-roll icing red, green

and yellow with paste food colours (leave some white). Use a cutter to make flowers from rolled-out white, red and green icing. Roll small balls from yellow icing and press into flower centres. Mix 3-4 tbsp water into 300g fondant icing sugar, spread over cakes, then leave to set slightly. Lay flowers in lines on top.



7 Spiky chocolate
Sophie Grigson
 Melt 175-200g both dark and white chocolate and spread

thinly and separately on a large cool surface. When almost – but not completely – hard, scrape into chocolate curls with a sharp knife. Whip 250ml double cream and 1 tbsp caster sugar, spread onto the cakes, then decorate with chocolate curls.



8 Share your good fortune **Anjum Anand**

Colour some **white ready-to-roll icing** brown with **paste food colour**, then use to shape boxes. Damp edges and brush with **edible gold glitter** and leave to dry. Cut circles from rolled-out white icing to fit cake tops. Brush cake tops with **honey**, lay a circle and box on top of each, then fill and spill with small **colourful sweets**, **jumbo edible confetti**, **sugar 'diamonds'**, **gold dragees** and **edible gold sparkles**.



9 Honey bees **Ainsley Harriott**

Colour **white ready-to-roll icing** blue, black, yellow, green and orange with **paste food colourings** (leave some white). Half-knead white icing into blue to look like sky. Roll out and cut circles to fit cakes. Brush cakes with **honey**; lay circles on top. Make a template and cut bees from rolled-out black icing. Cut stripes and use a cutter to make flowers from rolled yellow icing, and wings from white. Shape antennae, flower stalks and centres. Attach with honey.



10 Norwich City **Delia Smith**

Use **paste food colouring** to colour **white ready-to-roll icing** green and yellow (leave some white). Cut out 7.5 x 4.5cm rectangles for pitches from rolled-out green icing. Make pitch markings with thin strips of white icing, attach with water and leave to firm up. For each scarf, lay four 2.5 x 1cm rolls of green and five of yellow icing alternately in a line. Brush one side of each roll lightly with water and push all together to stick. Roll lightly with a rolling pin and trim to a 2cm width. Cut tassels with a sharp knife, then leave to firm up. Brush cakes with **honey** and lay the pitches and scarves on top.



11 Peanut butter & jelly popcorn **Marcus Wareing**

Softly whip 170ml **double cream** with 1 tbsp **icing sugar**, then stir in 1 tbsp **peanut butter**. Heat 150ml **double cream** and 4 tsp **caster sugar** just to boiling, take off the heat and stir in 85g chopped **dark chocolate** and 1½ tsp boiling water. Slice off cake tops. Cut small hollows from the peaks, then coat tops with chocolate icing. Spoon **raspberry jam** and the peanut butter cream into the hollows and spread both over the bases. Replace the lids and top with **popcorn**.



12 Maman's cooking pot **Raymond Blanc**

Colour some **white ready-to-roll icing** brown, black, green and orange with **paste food colourings**. Shape spoons from brown icing, handles from black icing and peas from green, then leave overnight to firm up. Cut circles from rolled-out orange icing to fit cake tops. Brush cakes with **honey**, then lay the circles on top. Tuck side handles under lids, and attach lid handle with **honey**. Lay spoon with peas on top.



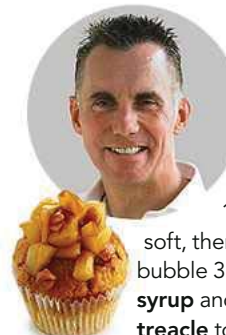
13 Chef's hat **Michel Roux Jr**

Melt 175g **dark chocolate**. Draw hat outlines onto baking parchment, then pipe over lines with chocolate. Spread more chocolate in to fill the outline. Leave to set. Melt 100g **white chocolate**, then use a small writing nozzle to pipe decoration and 'chef' onto hats. Cut circles from rolled-out **ready-to-roll white icing** to fit the cakes. Brush cake tops with **honey** and lay circles on top. Use small balls of icing to prop hats on top.



14 Hearts & flowers **Jane Asher**

Beat 100g **butter**, 280g **icing sugar** and 2-3 tbsp **milk** together, then swirl over the cakes. Decorate with **crystallised roses** and **silver & pink edible hearts**.



15 Toffee apples **Gary Rhodes**

Melt a knob of **butter**, add 3 **eating apples**, peeled and cut into 1cm dice, and cook until soft, then drain any juices. Briefly bubble 3 heaped tbsp **golden syrup** and 1 scant tbsp **black treacle** together to thicken slightly. Mix half with apples. Cool and stir in 50-75g soft fudge, chopped into small dice. Spoon onto cakes and drizzle with the remaining syrup.

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Baked creamy
vanilla rice
pudding, p92



Rachel Allen Recipes from my mum

BBC chef and mum-of-three Rachel shares the nostalgic family recipes from her childhood



'Although I often cook a leg of lamb with the bone still in, if I want to infuse it with lots of spice or herby flavours I will remove the bone, (butterfly it), and marinate the meat before roasting. Crushed coriander seeds will bring a warm, nutty note to the sweet lamb.'

Butterflied leg of lamb with coriander, p92

Rachel on her family life

'I grew up in Dublin with a sister, an Irish father and a mother from Iceland. I've always been very proud of my half-Icelandic and half-Irish heritage. I count myself fortunate in that it was a very happy home with lots of good food. While my father made great brown bread and the best poached eggs in town, it was my Mum who always cooked a delicious and nutritious meal for us all to eat at the end of the day. My favourites were the kinds of dishes that many people call comfort food – roast meats, stews and casseroles – for which there is rarely a traditional Irish recipe as every family has their own. Looking back

on it now, I am so appreciative of the fact that I got to sit down at the table to enjoy these meals with my family and catch up on what had happened during the day. It's

It was a very happy home with lots of good food

the one thing that my husband, Isaac, and I insist on now with our children – for me it's one of the most important times of the day. I get such pleasure when I see my children enjoying really good food or watching seeds they've planted turn into crunchy carrots or cucumbers. I hope that they'll get the opportunity to teach and inspire future generations, passing on the appreciation and joy that there is to be had from great food.'

Butterflied leg of lamb with coriander

- Serves 8–10
- Prep 20 mins plus marinating and resting ■ Cook 30–50 mins

- 1 leg of lamb, butterflied (bone removed – you can ask your butcher to do this, if you like)**
- 2 tbsp coriander seeds**
- 50ml extra-virgin olive oil**
- 2 garlic cloves, finely grated or crushed**
- 2 tbsp chopped coriander**

1 Place the lamb in a roasting tin, fat side up. Using a small sharp knife, make deep incisions every 6cm or so all over the top.

2 Next, place a dry frying pan on the heat and tip in the coriander seeds. Allow to get



slightly darker in colour and toasted – between 30 secs and 1 min – then tip into a mortar and grind with a pestle. Place in a bowl and mix in the oil, garlic and chopped coriander, then season. It should make a thick paste. Rub the paste all over both sides of the lamb and set in the fridge to marinate for at least 1 hr or overnight.

3 When ready to cook, preheat the oven to 200C/180C fan/gas 6. Roast the lamb for 30–50 mins, depending on how you like it cooked. (Equally good cooked on a barbecue.) Rest for 15–20 mins after cooking, then carve into slices. Drizzle the delicious juices over the lamb.

Baked creamy vanilla rice pudding

'Rice pudding is one of the desserts of my childhood. Mum used to bake it rather than cook it on the hob so that it would come out with a golden topping but still be creamy underneath.'

- Serves 4
- Prep 10 mins ■ Cook 1½ hrs

VEGETARIAN

- 2 tbsp raspberry jam (optional)**
- 75g pearl rice/pudding rice**
- 50g caster sugar**
- 700ml milk**
- 150ml double cream**
- 1 tsp vanilla extract**



1 Preheat the oven to 170C/150C fan/gas 3. If you want to add jam, spread it on the base of a 1 litre pie dish. Mix the rice and sugar together in a bowl and spread over the bottom of the dish.

2 Pour the milk and cream into a large saucepan and

bring to the boil. Stir in the vanilla extract, then carefully pour over the rice and sugar (I usually do this while the dish is sitting on the rack in the oven).

3 Bake for 1¼–1½ hrs until the top is golden. Serve with roasted rhubarb.

Roast ratatouille with feta

'My take on a Provençal classic. It always reminds me of my Mum as she seemed to make a version of this very regularly in the 1980s to go with roast lamb.'

- Serves 8–10
- Prep 15 mins ■ Cook 1 hr 20 mins

VEGETARIAN

- 2 red peppers**
- 2 yellow peppers**
- 175ml extra-virgin olive oil**
- 24 cherry tomatoes**
- 4 red onions, each cut into 6 wedges**
- 2 aubergines, cut into slices 5–7mm thick**
- 2 courgettes, cut into slices 5–7mm thick**
- 200g feta cheese**
- 30 black olives**
- FOR THE DRESSING**
- 3 tbsp extra-virgin olive oil**
- 1 tbsp Sherry vinegar**
- 2 tsp coriander seeds**
- 2 tbsp chopped fresh coriander**

1 Preheat the oven to 200C/180C fan/gas 6. Rub the whole peppers with 1 tbsp oil. Cook in a roasting dish for 45–60 mins until tender.

2 Meanwhile, halve the cherry tomatoes and place in a bowl, then add the onion. Pour 75ml of oil into the bowl and toss to coat, then season. Push the peppers up to one end of the dish and tip the tomatoes, onions and all the oil in the bowl into the other end. Place back in the oven. When the tomatoes are tender and onions golden, tip them out onto a large serving plate and set aside. Remove the peppers, place in a bowl and cover with cling film. Pour the juices from the tray over the tomatoes and onions.

3 Place a griddle pan over a high heat. Meanwhile, place the aubergines and courgettes in a bowl, pour the remaining oil over them and season with salt and pepper. When the griddle pan is good and hot, place the slices in a single layer on the pan and cook for 2 mins on either side until golden. Place with the tomatoes and onions. When the roasted peppers have cooled, peel off the cling film and peel and deseed the peppers. Discard the peel and seeds. Pour the juice over the other veg on the plate. Tear the pepper into strips and add to the other veg.

4 For the dressing, mix the oil and vinegar. Toast the coriander seeds in a dry frying pan over a medium-high heat for 1 min. Grind with a pestle and add to the dressing. Taste for seasoning. Drizzle over the veg, crumble over the feta and add the olives and coriander.



Recipes adapted from
Recipes From My Mother
by Rachel Allen
(£20, Harper Collins).

MOTHER'S DAY MARCH 26TH

MUM V S SON BAKE OFF



John Whaite, winner of the *Great British Bake Off* in 2012, was inspired to get cooking by his mum, Linda – also a keen baker. Here they share two of their favourite treats for Mother's Day

John's white chocolate & raspberry cake

- Cuts into 8-10 slices
 - Prep 20 mins plus cooling ■ Cook 25 mins
 - 60p a portion
 - 540 kcals, 34g fat, 20g sat. fat, 39g sugar
- VEGETARIAN** **FREEZABLE** uniced

200g butter, chopped into small cubes, plus extra for greasing
100g white chocolate, broken into pieces
4 large eggs
200g caster sugar
200g self-raising flour
175g raspberries, fresh or frozen
FOR THE GANACHE
200g white chocolate, chopped
250ml double cream
a little icing sugar, for dusting

1 Heat oven to 180C/160C fan/gas 4. Grease and line the base of 2 x 20cm round, loose-bottomed cake tins. Put the butter and chocolate in a heatproof mixing bowl, set over a pan of barely simmering water and allow to melt slowly, stirring occasionally.

2 When the butter and chocolate have melted, remove from the heat and allow to cool for 1-2 mins. Beat in the eggs and sugar with an electric whisk. Fold in the flour and the raspberries.

3 Gently pour the mixture into the tins and bake for 20-25 mins or until golden brown and a skewer inserted into the centre comes out clean (the raspberries may leave a residue on the skewer, so don't be fooled by their juiciness). Remove the cakes from the

oven and allow to cool in the tins for around 10 mins before turning out onto a wire rack.

4 To make the ganache, put the chocolate in a heatproof bowl with 100ml of the cream, set over a pan of barely simmering water. Stir until the chocolate has melted into the cream and you are left with a smooth, glossy ganache. Leave the ganache to cool to room temperature, then beat in the rest of the cream. When the cakes have cooled, sandwich them together with the chocolate ganache. Dust with icing sugar just before serving.

💡 **After a busy day, I just want to race home and get started in my kitchen. This recipe is a perfect stress-buster: the method of melting butter and chocolate together is somewhat pacifying, and the sharp raspberries against the sweetness of the chocolate makes everything better!**💡

John may have spent 10 weeks battling to impress *Bake Off* judges Mary and Paul, but there was a third person he was just as keen to win over – his mum, Linda.

'When he applied to take part in the series, I wasn't keen, as he was in the final year of his law degree,' says Linda, who manages a dairy farm near Wigan with her husband. 'I never imagined he'd get past the first few rounds, but as he progressed, I started to panic. He had his finals, so it couldn't have come at a worse time. I thought it was important that he completed his degree.'

'When I went to university,' says John, 'I was baking every day to relax, and I realised I wanted to do that more than law. I never really told mum, I just let it manifest itself as I progressed through the competition. That way it was a stronger message. It became clear to her that I didn't want to do law, I wanted to do this baking that I was passionate about.'

'As it went on, I did get really excited,' says Linda. 'He had to test lots of bakes, so we got to taste almost everything – a little sneak preview. Now John has finished his degree, and he's done so well. I know he's a workaholic – whatever he does, he gives 100 per cent.'

The family always has a get-together for Mother's Day. 'We'll do lunch or afternoon tea,' says John. 'I now make the puddings – Mum says she's renounced her crown! Any excuse for a gathering and lots of food.'



Turn over
for mum
Linda's fab
traybake



Moist apple, carrot
& mango sponge

Linda's fruity traybake

- Cuts into 15 pieces
 - Prep 20 mins plus cooling ■ Cook 40 mins
 - 23p a portion
 - 339 kcals, 16g fat, 4g sat. fat, 33g sugar
- VEGETARIAN FREEZABLE uniced

175ml veg oil, plus extra for greasing

175g dark muscovado sugar

3 large eggs

1 small ripe banana, mashed

140g grated eating apples

100g grated carrots

1 small mango, peeled & cut into small dice

zest 1 lemon

250g self-raising flour

1 tsp bicarbonate of soda

1 tsp mixed spice

FOR THE ICING

225g icing sugar, sieved

75g passion fruit or lemon curd

75g cream cheese

1 Heat oven to 180C/160C fan/gas 4. Grease and line a 22cm square tin with some baking parchment. Whisk the oil and sugar in a large mixing bowl until light and fluffy. Beat in the eggs, one at a time, followed by the banana.

Stir through the apples, carrots, mango and lemon zest. Combine the flour, bicarb and mixed spice in another bowl, then fold into the fruity mixture.

2 Pour the mixture into the tin and bake for 40 mins, until a skewer inserted comes out clean. Cool for 10 mins before turning out onto a wire rack.

3 To make the icing, beat together the icing sugar, passion fruit or lemon curd and the cream cheese. Spread over the top of the cake and cut into square pieces to serve.

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



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Nadiya Hussain's FAVOURITES

The *Bake-Off* winner and author shares her foodie passions

Childhood meal Every weekend, my dad would buy half a sheep and we'd have the whole family over. It was such a busy house that we'd all sit round on the floor and tuck in because we couldn't all fit around the table. That's a very fond memory for me.

Ingredient I love pink peppercorns. They're spicy and aromatic, and work well with stir-fries and even chocolate!

Breakfast I like porridge because it's so healthy and a great start to the day for kids. You can add lots of different toppings to make it tasty. I particularly love banana, poppy seeds and flaked almonds.

Lunch Risottos are quick and easy to make as well as filling. Or anything with cheese. I love cheese.

Dinner Sourdough with an extra virgin olive oil and balsamic dip, followed by blue steak and some sweet potato chips.



I love peppercorns!

Pudding

It would have to be chocolate dipped strawberries!

Four-ingredient recipe My recipe for Vanilla baked custard in my book, *Bake Me a Story*, only needs milk, vanilla, sugar and eggs.

Fond memory

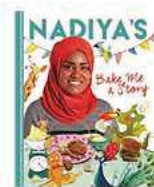
My mum's korma on Eid. She'd make it every morning for breakfast, so we'd have curry and rice for breakfast at around 7 o'clock in the morning.



Food-related book One of the first cookbooks I used for my GCSEs, which was a basic British baking book.

Person you'd like to cook for

I was recently asked to bake a cake for the Queen. I thought someone was pranking me. It all happened so quickly and I was just kind of left scratching my head thinking, 'Did I just make a cake for the Queen?' She loved that it was orange drizzle, not a fruitcake, which I was pleased about. When I told my daughter I was making a cake for the Queen, she said, 'But you've made loads of cakes for Mary Berry!' Mary is Queen in our house.



Nadiya's Bake Me a Story (£14.99, Hodder), is out now.

Piece of kitchen kit

I can't live without an oven thermometer.

Cooking shortcut

I always make two of every recipe and freeze a batch. It's perfect for busier days.

Piece of advice you've received

When baking cakes, always preheat the oven, always make sure all of your ingredients are at room temperature (I leave everything out the night before), and absolutely always follow the recipe.

Next time Tom Kerridge



Perfect breakfast

Cuisine I can't choose; I like everything!

Chef I love Nigel Slater. I think he is an inspired cook and writer, and makes cooking look so easy and enjoyable.

Restaurant

One of my favourite restaurants is Cona in Bradford.



My Black Forest brownies



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