

RECIPE GUIDE

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Note that these recipes do not include methods as the ingredient lists are written in such a way that encourages the methods become intuitive.

Also, I have elected to negate mention of salt and pepper in recipes as these are often subject to personal taste and method. My beta tends to be adding a teaspoon of salt at the initiation point of cooking, followed by intervals of half-teaspoons of salt with the addition of each new ingredient over 100g. For recipes which require plain black pepper, my beta calls for one teaspoon near the end of cooking. And remember, slat beta + pepper beta makes you a cooking AlphaChad.

Finally, note that I always use a combination of fresh tomatoes and tomato passata in dishes which call for a 'tomatoey' sauce. That is only because passata is the cheapest and esiest to buy and store in larger quantities. It can be replaced by chopped tomatoes, crushed tomatoes, etc. Or, for the best results, San Marzano tomatoes.

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Western

Seared Scallops

Scallops

- 1 tsp Olive Oil
- 1 tsp Butter
- 3 Large Scallops
- 50ml White Wine
- 50ml Double Cream
- Lemon Juice

Fennel

- 1 tsp Olive Oil
- 1 Bulb of Fennel

Pea Purée

- 90g Garden Peas
- 1 tsp Butter
- Lemon Juice
- Lemon Zest

Serving

- Horseraddish Sauce
- Fresh Samphire

Salmon En Croûte

Salmon Mousse

- 1 Fillet of Salmon
- 150g Soft Cheese
- 50g of Crème Fraîche
- Lemon Juice
- Lemon Zest
- Fresh Watercress
- Fresh Dill
- Black Pepper

Leeks

- 1 tsp Olive Oil
- 1 tsp Butter
- 1 Leek
- White Wine
- Black Pepper

Pastry & Filling

- The *Leeks*
- 8cm Salmon Fillet
- The *Salmon Mousse*
- Samphire
- 200g of Puff Pastry
- 1 Egg Yolk (For Brushing)

Potatoes

- 375g Baby Potatoes
- 1 tbsp Olive Oil
- Fresh Watercress

Vegetables

- 1 tsp Olive Oil (For Frying)
- Tenderstem Broccoli
- Asparagus
- Lemon Zest

Fish Mixed Grill

Fish

- 1 tbsp Olive Oil
- 1 Trout Fillet
- 1 Sea Bass Fillet
- Raw King Prawns

Mashed Potatoes

- 375g Charlotte Potatoes
- 1 tbsp Olive Oil
- 150ml Milk
- Coarse Black Pepper

Vegetables

- 1 tsp Olive Oil
- Asparagus

Sauce

- 1 tsp Olive Oil
- 2 Cloves Garlic
- $\frac{1}{2}$ Red Onion
- 150ml Fish Stock
- 150ml Crème Fraîche
- Fresh Parsley
- Lemon Zest

Beef Burger

Patty

- 1 tsp Olive Oil (For Frying)
- 1 tsp Olive Oil (To Mix In)
- 250g 12% Fat Ground Beef

Special Sauce

- 2 tbsp Mayonnaise
- 1 tbsp Ketchup
- Red Onion
- Gherkin

Assembly

- Bun of Choice
- The *Special Sauce*
- Lettuce Leaves
- Beef Tomato
- The *Patty*
- Mature Cheddar Cheese
- Red Onion (Grilled)

BBQ Mixed Grill

Meat & Fish

- 1 Ribeye Steak
 - Flaked Salt
 - Coarse Black Pepper
 - 1 tsp Olive Oil
 - 1 tsp Butter
 - 2 Cloves Garlic
 - Fresh Rosemary
- 1 Chicken Breast
 - 1 tsp Olive Oil
 - 1 tsp Paprika
 - 1 tsp Cumin
 - 1 tsp Oregano
 - $\frac{1}{2}$ tsp Onion Powder
- 2 Pork Sausages
 - 1 tsp Olive Oil
- 1 Fillet of Salmon
 - 1 tsp Olive Oil
 - 1 tsp Paprika
 - 1 tsp Coriander Powder
 - $\frac{1}{2}$ tsp Chilli Powder

Potato Salad

- 375g Charlotte Potatoes
- 1 Hard Boiled Egg
- $\frac{1}{2}$ Red Onion
- 1 Stick of Celery
- Spring Onion
- Fresh Chives or Dill
- 2 tbsp Mayonnaise
- 1 tbsp Crème Fraîche

- 1 tsp Dijon Mustard
- 1 tsp Celery Seeds
- Flaked Salt
- Coarse Black Pepper

Mac & Cheese

- 2 tsp Olive Oil
- 1 tsp Butter
- $\frac{1}{2}$ Red Onion
- 15g Flour
- 300ml Milk
- 1 tsp Dijon Mustard
- 30g Mature Cheddar Cheese
- 30g Gruyère Cheese
- 30g Parmigiano Reggiano
- 1 tsp Worcestershire Sauce
- Coarse Black Pepper
- 70g Conchiglie Pasta
- Water (For Boiling Pasta)
- 10g Parmigiano Reggiano (For Topping)

Coleslaw

- Green and/or Red Cabbage
- $\frac{1}{2}$ Red Onion
- 1 Carrot
- 2 tbsp Mayonnaise
- 1 tbsp Crème Fraîche
- 1 tsp Dijon Mustard
- 1 tsp Celery Seeds
- Flaked Salt
- Coarse Black Pepper

Vegetable Skewers

- 1 tsp Olive Oil
- $\frac{1}{2}$ Red Onion
- $\frac{1}{2}$ Yellow Pepper
- 1 Courgette

Beef In Peppercorn Sauce

- 2 tsp Olive Oil
- 2 Cloves of Garlic
- $\frac{1}{2}$ Red Onion
- 100g Chestnut Mushrooms
- Whole Peppercorns
- 150ml Beef Stock
- 50g Crème Fraîche
- Pastrami Deli Beef

Beef Stroganoff

Beef

- 1 tsp Olive Oil
- 1 Fillet Steak

Sauce

- 2 tsp Olive Oil
- 1 tsp Butter
- 2 Cloves Garlic
- $\frac{1}{2}$ Red Onion
- 100g Chestnut Mushrooms
- $\frac{1}{2}$ tsp Paprika
- 150ml Beef Stock
- 150g Sour Cream
- 1 tsp Lemon Juice
- Fresh Parsley

Boeuf Bourguignon (Beef Burgundy)

Casserole

- 2 tsp Olive Oil
- 2 Cloves Garlic
- $\frac{1}{2}$ Red Onion
- 2 Carrots
- 1 Steak of Choice
- 30g Flour
- 1 Bay Leaf
- 2 tsp Thyme
- 1 tsp Onion Powder
- 1 tsp Garlic Powder
- 150ml Beef Stock
- 375ml Red Wine of Choice
- 1 tbsp Tomato Purée
- Fresh Parsley

Last Minute Stuff

- 1 tsp Olive Oil
- 100g Chestnut Mushrooms
- Pearl Onions

Venison Steak

Venison

- 1 tsp Olive Oil
- 1 Venison Steak

Porcini Mushroom Sauce

- 1 tsp Olive Oil
- 2 Clove Garlic
- $\frac{1}{2}$ Red Onion
- 150ml Vegetable Stock
- 150g Cr/'eme Fraîche
- 100g Porcini Mushrooms
- Fresh Parsley

Potatoes

- 375g Ruby Gem Potatoes
- 1 tsp Olive Oil

Vegetables

- 1 tsp Olive Oil
- Asparagus
- Baby Chantennay Carrots

Chicken Pot Pie

- 2 tsp Olive Oil
- $\frac{1}{2}$ Red Onion
- 1 Carrot
- 1 Stick of Celery
- 2 Chicken Breasts
- 30g Flour
- 1 Bay Leaf
- 2 tsp Thyme
- 1 tsp Onion Powder
- 1 tsp Garlic Powder
- 150ml Chicken Stock
- 375ml White Wine
- 50g Garden Peas
- 50g Crème Fraîche
- Fresh Parsley
- Puff Pastry (To Top)

South American

Chile Con Carne

- 2 tsp Olive Oil
- 3 Cloves Garlic
- $\frac{1}{2}$ Red Onion
- $\frac{1}{2}$ Red Pepper
- 2 Tomatoes
- 250g 5% Fat Ground Beef
- 1 Can Red Kidney Beans
- 2 tsp Cumin
- 2 tsp Paprika
- 2 tsp Oregano
- 2 tsp Onion Powder
- 2 tsp Garlic Powder
- $\frac{1}{2}$ tsp Chilli Powder
- 150ml Beef Stock
- 150ml Passata
- 1 tbsp Tomato Purée
- 30g 70% Cocoa Chocolate
- 50ml Milk
- Fresh Coriander

Carne Asada Tacos

Steak

- Thin Rump Steak
- 2 Cloves Garlic
- Ginger
- 1 tbsp Olive Oil
- 2 tbsp Soy Sauce
- 1 tsp Cumin
- Fresh Coriander
- Lime Juice
- Lime Zest

Pico De Gallo

- 1 Red Onion
- 2 Tomatoes
- 1 tbsp Tomato Purée
- 1 tsp Chipotle Chilli Paste
- 1 tsp Cumin
- Fresh Coriander
- Lime Juice

Garlic Aioli

- 2 tbsp Mayonnaise
- 2 Cloves Garlic
- Lemon Juice
- Lemon Zest
- Coarse Black Pepper

Cheesy Beef Burrito

Beef

- 2 tsp Rapeseed Oil
- 2 Cloves Garlic
- 250g 5% Fat Ground Beef
- 2 tsp Cumin
- 2 tsp Paprika
- 2 tsp Oregano
- 2 tsp Onion Powder
- 2 tsp Garlic Powder
- $\frac{1}{2}$ tsp Chilli Powder
- 15g Sour Cream
- 30g Cheddar Cheese

The Rest

- 1 tsp Rapeseed Oil
- $\frac{1}{2}$ Red Onion
- $\frac{1}{2}$ Red Pepper
- Iceberg Lettuce
- Burrito Tortilla

Lime Chicken Tacos

Chicken

- 1 tsp Olive Oil
- 1 tbsp Tomato Purée
- 1 tsp Chipotle Chilli Paste
- Lime Juice
- Fresh Coriander
- 2 tsp Cumin
- 2 tsp Paprika
- 2 tsp Oregano
- $\frac{1}{2}$ tsp Chilli Powder
- 2 Chicken Breasts

Pico De Gallo

- 1 Red Onion
- 2 Tomatoes
- 1 tbsp Tomato Purée
- 1 tsp Chipotle Chilli Paste
- 1 tsp Cumin
- Fresh Coriander
- Lime Juice

Avocado Cream

- 1 Avocado
- 2 Cloves Garlic
- 1 tsp Crème Fraîche
- Lime Juice
- Fresh Coriander

Prawn Tacos

Prawns

- 1 tsp Olive Oil
- 1 tbsp Tomato Purée
- 1 tsp Chipotle Chilli Paste
- Fresh Coriander
- Lime Juice
- 2 tsp Cumin
- 2 tsp Paprika
- 2 tsp Oregano
-
- $\frac{1}{2}$ tsp Chilli Powder
- King Prawns
- Sour Cream

Pico De Gallo

- 1 Red Onion
- 2 Tomatoes
- 1 tbsp Tomato Purée
- 1 tsp Chipotle Chilli Paste
- 1 tsp Cumin
- Fresh Coriander
- Lime Juice

Guacamole

- 1 Avocado
- 1 Clove Garlic
- 1 Red Chilli
- Lime Juice
- Fresh Coriander

Mediterranean

Seared Sea Bass

Sea Bass

- 1 tsp Olive Oil
- 1 Sea Bass Fillet

Chorizo Potatoes

- 1 tsp Olive Oil
- 80g Smoked Chorizo
- 2 Cloves Garlic
- 375g Ruby Gem Potatoes
- 1 tsp Paprika
- 1 tsp Onion Powder
- 1 tsp Garlic Powder
- 1 tsp Coriander Powder

Vegetables

- 1 tsp Olive Oil
- $\frac{1}{2}$ Red Onion
- $\frac{1}{2}$ Yellow Pepper
- 1 Courgette
- Semi-Dried Tomatoes
- Pitted Kalamata Olives
- 1 tsp Oregano

Red Pepper Sauce (Optional)

- 1 tsp Olive Oil
- $\frac{1}{2}$ Red Onion
- $\frac{1}{2}$ Red Pepper
- $\frac{1}{2}$ Yellow Pepper
- 2 Cloves Garlic
- 1 tbs Tomato Purée
- 1 tsp Paprika

- 1 tsp Onion Powder
- 1 tsp Garlic Powder

Seared Salmon

Salmon

- 1 tsp Olive Oil
- 1 tsp Butter
- 1 Salmon Fillet
- Fresh Dill

Potatoes

- 375g Ruby Gem Potatoes
- 1 tsp Olive Oil
- Fresh Watercress

Vegetables

- 1 tsp Olive Oil
- 1 Clove Garlic
- 1 Shallot
- Green Beans
- Multi-Coloured Plum Tomatoes
- 1 Red Chilli
- Lemon Zest

Tuna Steak

Tuna

- 1 tsp Olive Oil
- 1 Yellofin Tuna Steak
- Fresh Thyme

Tomato Sauce

- 1 tsp Olive Oil
- 1 Red Onion
- 2 Cloves Garlic
- 1 Red Chilli
- 300ml Passata or Chopped Tomatoes
- 2 tsp Paprika
- 2 tsp Oregano
- $\frac{1}{2}$ tsp Chilli Powder
- Fresh Basil

Salmon Fritters

Salmon Fritters

- 1 Salmon Fillet
- 70g Crème Fraîche
- Lemon Juice
- Lemon Zest
- Fresh Watercress
- Fresh Dill

Prawns

- 1 tsp Olive Oil
- 2 Cloves Garlic
- King Prawns
- 1 tsp Chilli Flakes

Extras

- Dill Mustard Sauce
- Fresh Watercress
- Lemon Wedge

Tapas Selection

Prawns

- 1 tsp Olive Oil
- 80g Smoked Chorizo
- 1 Shallot
- 3 Cloves Garlic
- King Prawns
- 2 tsp Paprika
- 1 tsp Chilli Flakes
- Fresh Flat Leaf Parsley

Lamb

- 1 tsp Olive Oil
- 125g Minced Lamb
- 2 Cloves Garlic
- 2 tsp Cumin
- 2 tsp Paprika
- 2 tsp Onion Powder
- Fresh Coriander

Potato Salad

- 300g Charlotte Potatoes
- 80g Smoked Chorizo
- 2 tbsp Mayonnaise
- 1 tbsp Sour Cream
- 1 tsp Paprika
- Fresh Coriander

Seafood Paella

Paella

- 1 tsp Olive Oil
- 50g Smoked Chorizo
- $\frac{1}{2}$ Red Onion
- $\frac{1}{2}$ Red Pepper
- 2 Tomatoes
- 3 Cloves of Garlic
- Chicken Breast (Optional)
- 4 tsp Smoked Paprika
- 4 tsp Oregano
- 90g Any Suitable Rice
- 25ml White Wine
- 360ml Chicken or Fish Stock
- 1 tbsp Tomato Purée
- 1g Saffron
- 30g Garden Peas
- Lemon Juice
- Lemon Zest
- Fresh Flat Leaf Parsley

Optional Seafood

- Peeled & Unpeeled King Prawns
- Mussels
- Squid Rings

Bolognese

Ragu

- 2 tsp Olive Oil
- 3 Cloves Garlic
- $\frac{1}{2}$ White Onion
- $\frac{1}{2}$ Red Pepper
- 2 Tomatoes
- 1 Carrot
- 1 Stick Celery
- 250g 5% Fat Ground Beef
- 4 tsp Oregano
- 2 tsp Rosemary
- 2 tsp Onion Powder
- 2 tsp Garlic Powder
- 150ml Beef Stock
- 150ml Passata
- 1 tbsp Tomato Purée
- 1 tsp Balsamic Vinegar
- 50ml Milk
- 30g Parmigiano Reggiano
- Fresh Basil

Pasta

- 90g Conchiglioni
- Water (To Boil)

Italian Sausage Rigatoni

Sauce

- 2 tsp Olive Oil
- 3 Cloves Garlic
- $\frac{1}{2}$ Red Onion
- 2 Tomatoes
- 2 Italian Sausages
- 2 tsp Onion Powder
- 2 tsp Garlic Powder
- 150ml Vegetable Stock
- 150ml Passata
- 1 tbsp Tomato Purée
- 100g Porcini Mushrooms
- 100g Crème Fraîche
- 30g Parmigiano Reggiano
- Fresh Basil

Pasta

- 90g Rigatoni
- Water (To Boil)

Pasta Puttanesca

Sauce

- 2 tsp Olive Oil
- 3 Cloves Garlic
- $\frac{1}{2}$ Red Onion
- 2 Tomatoes
- 2 tsp Onion Powder
- 2 tsp Garlic Powder
- 300ml Passata
- 1 tbsp Tomato Purée
- Multi-Coloured Cherry Tomatoes
- Kalamata Olives
- Anchovies
- Capers
- Fresh Parsley

Pasta

- 90g Linguine
- Water (To Boil)

Neapolital Style Pizza

Dough

- 170ml Water
- 7g Instant Yeast
- 260g Double Zero Flour
- 4g Sea Salt

Anchovy & Olive Topping

- 200g Passata
- 1 Mozzarella Ball
- Anchovies
- Kalamata Olives
- Basil Pesto
- Pecorino Romano

Prawn Topping

- 200g Passata
- 1 Mozzarella Ball
- Prawns (Marinade, Don't Cook)
 - 1 tsp Olive Oil
 - 3 Cloves Garlic
 - King Prawns
 - Fresh Flat Leaf Parsley
- Basil Pesto
- Pecorino Romano

Spicy Meat Topping

- 200g Passata
- 1 Mozzarella Ball
- 80g Smoked Chorizo
- Spicy Chicken
 - 1 tsp Olive Oil
 - 1 tsp Paprika

- 1 tsp Oregano
 - $\frac{1}{2}$ tsp Chilli Powder
 - 1 Chicken Breast
- Nduja Chilli Paste or Ndjua Pesto

Tomato Bruschetta

Tomatoes

- $\frac{1}{2}$ Red Onion
- Red & Yellow Plum Tomatoes
- Red & Purple Salad Tomatoes
- 3 Cloves Garlic
- 1 tbsp Olive Oil
- 1 tbsp Balsamic Vinegar
- Fresh Basil

Bruschetta

- $\frac{1}{2}$ Ciabatta Loaf
- 1 tsp Olive Oil
- 3 Cloves Garlic
- Fresh Rosemary

Vegetarian Halloumi Bake

- 1 tbsp Coconut Oil
- 300g Charlotte Potatoes
- 1 tsp Rosemary
- 2 Aubergines
- 2 Beef Tomatoes
- 250g Cooked Puy Lentils
- 250g Halloumi
- Anchovies (To Top)
- Basil Pesto (To Top)

Oriental

Garlic & Chilli Beef

Paste

- 2 tbsp Soy Sauce
- 1 tbsp Oyster Sauce
- 1 tbsp Teriyaki Sauce
- 3 Cloves Garlic
- Ginger
- 1 Red Chilli
- Fresh Coriander

Beef

- 2 tsp Rapeseed Oil
- $\frac{1}{2}$ Red Onion
- $\frac{1}{2}$ Red Pepper
- Magetout (Halved)
- 250g 5% Fat Minced Beef
- 2 tsp Corn Flour
- The *Paste*
- 200ml Beef Stock
- 2 tsp Sesame Seeds

Noodles

- 1 Nest Egg Noodles
- 100g Beansprouts
- 1 tsp Sesame Oil

Salt & Chilli Chicken Curry

Chicken

- 2 tbsp Rapeseed Oil
- 2 Chicken Breasts
- 1 Egg
- 2 tbsp Cornflour
- 1 tsp Chilli Powder
- 1 tsp Coriander Powder
- 1 tsp Onion Powder
- 1 Red Chilli
- Spring Onion

Curry Sauce

- 3 tbsp Rapeseed Oil
- 1 tbsp Butter
- 1 White Onion
- 1 Carrot
- 3 Cloves Garlic
- Ginger
- 2 tbsp Curry Powder
- 2 tsp Five Spice
- 2 tsp Chilli Powder
- 2 tsp Turmeric
- 1 tsp Cumin
- 1 tsp Sugar
- 1 tbsp Soy Sauce
- 1 tsp Fish Sauce
- 400ml Vegetable Stock
- 2 tbsp Cornflour

Thai Red Curry

Paste

- 3 Cloves Garlic
- Ginger
- 2 Lemongrass Roots
- 1 Red Chilli
- $\frac{1}{2}$ Red Onion
- $\frac{1}{2}$ Red Pepper
- 1 tbsp Tomato Puree
- 2 tsp Rapeseed Oil
- 1 tbsp Soy Sauce
- 1 tsp Fish Sauce
- 1 tsp Tamarind Paste
- 1 tsp Lime Juice
- 1 tsp Paprika
- Fresh Coriander

Sauce

- 1 tsp Rapeseed Oil
- 2 Chicken Breasts
- $\frac{1}{2}$ Red Onion
- $\frac{1}{2}$ Red Pepper
- The *Paste*
- 300ml Coconut Milk
- 2 tsp Cornflour

Rice

- 90g Thai Jasmine Rice
- 180ml Water

Thai Green Curry

Paste

- 3 Cloves of Garlic
- Ginger
- 2 Lemongrass Roots
- 3 Kaffir Lime Leaves
- 1 Green Chilli
- $\frac{1}{2}$ White Onion
- 2 tsp Rapeseed Oil
- 1 tbsp Soy Sauce
- 1 tsp Fish Sauce
- 1 tsp Tamarind Paste
- 1 tsp Lime Juice
- 1 tsp Cumin
- $\frac{1}{2}$ tsp Turmeric
- Fresh Coriander

Sauce

- 1 tsp Rapeseed Oil
- King Prawns
- $\frac{1}{2}$ White Onion
- Green Beans
- The *Paste*
- 300ml Coconut Milk
- 2 tsp Cornflour

Rice

- 90g Thai Jasmine Rice
- 180ml Water

Poached Salmon

- 1 tbsp Rapeseed Oil
- 3 Cloves Garlic
- Ginger
- 2 tbsp Soy Sauce
- 1 tbsp Oyster Sauce
- 1 tbsp Teriyaki Sauce
- 1 tsp Fish Sauce
- 1 Red Chilli
- Spring Onion
- Fresh Coriander
- 150ml Fish Stock
- 1 tsp Corn Flour
- 2 Salmon Fillets

Korean Sea Bass

Sea Bass & Vegetables

- 1 tbsp Rapeseed Oil
- 1 Sea Bass Fillet
- Tenderstem Broccoli

Potatoes

- 300g Baby Potatoes
- 1 tbsp Sesame Oil
- 2 tbsp Soy Sauce
- 1 tbsp Oyster Sauce
- 1 tbsp Teriyaki Sauce
- 2 tbsp Honey
- 2 Cloves Garlic
- Ginger
- Spring Onion
- Fresh Coriander
- 2 tsp Sesame Seeds
- 50ml water

Fish Cakes

Salmon, Chilli & Ginger

- 1 Salmon Fillet
- 2 Cloves Garlic
- Ginger
- 1 Red Chilli
- Spring Onion
- Egg Yolk
- 2 tbsp Breadcrumbs
- 1 tsp Soy Sauce

Tuna

- 1 Tin Tuna
- 2 Cloves Garlic
- Ginger
- 1 Red Chilli
- Spring Onion
- Egg Yolk
- 2 tbsp Breadcrumbs
- 1 tsp Soy Sauce

Fish Cake Crust (Optional)

- 1 tsp Rapeseed Oil
- Plain Flour
- Eggs
- Breadcrumbs

Sweet Potato Fries

- Rapeseed Oil
- 1 Sweet Potato
- 1 tsp Paprika
- 1 tsp Coriander Powder

Asparagus

- 1 tsp Rapeseed Oil
- Asparagus
- 1 Shallot
- 1 Clove Garlic
- Lemon Zest

Middle Eastern

Prawn Bhuna

- 2 tsp Rapeseed Oil
- 3 Cloves Garlic
- Ginger
- $\frac{1}{2}$ White Onion
- 2 Tomatoes
- 2 tsp Garam Masala
- 2 tsp Coriander Powder
- 2 tsp Cumin
- 2 tsp Turmeric
- 1 tsp Chilli Powder
- 1 tbsp Tomato Purée
- 150ml Water
- 150ml Passata
- Fresh Coriander
- King Prawns

Chicken Tikka Garam Masala

Paste

- 2 tsp Rapeseed Oil
- 1 tbsp Water
- 3 Cloves of Garlic
- Ginger
- 1 tbsp Tomato Purée
- 1 tsp Lemon Juice
- 2 tsp Garam Masala
- 2 tsp Coriander Powder
- 2 tsp Paprika
- 1 tsp Cumin
- $\frac{1}{2}$ tsp Chilli Powder
- $\frac{1}{2}$ tsp Cinnamon

Chicken

- 1 tsp Rapeseed Oil
- 2 Chicken Breasts
- The *Paste*

Sauce

- 1 tsp Rapeseed Oil
- 3 Cloves of Garlic
- Ginger
- $\frac{1}{2}$ White Onion
- 2 Tomatoes
- 2 tsp Garam Masala
- 2 tsp Paprika
- 1 tsp Cumin
- 1 tsp Coriander
- $\frac{1}{2}$ tsp Chilli Powder
- $\frac{1}{2}$ tsp Cinnamon
- 150ml Water
- 150ml Passata

- 50ml Double Cream
- Fresh Coriander

Lentil Dahl

- 2 tsp Rapeseed Oil
- 3 Cloves of Garlic
- Ginger
- $\frac{1}{2}$ White Onion
- 2 Tomatoes
- 1 Can Green Lentils
- 2 tsp Garam Masala
- 2 tsp Coriander Powder
- 2 tsp Cumin
- 2 tsp Turmeric
- 1 tbsp Tomato Purée
- 100ml Passata
- 100ml Coconut Milk
- 80g Spinach

Sandwiches

Roast Beef & Onion

-

Chicken Caesar Club

-

Chicken Salad

-

Christmas Dinner

-

Salmon, Egg & Avocado

-

Prawn Salad

-

Red Pepper, Houmous & Goat's Cheese

-

Desserts & Sweets

Trifle

Raspberry & Black Cherry

- 1 Madeira Cake
- 200g Black Cherry Conserve
- 100ml Disaronno
- 1 Can Raspberries in Syrup
- 300g Vanilla Custard
- 250ml Whipping Cream
- 1 tsp Vanilla Extract
- Cocoa Powder

Tropical Fruit

- 1 Madeira Cake
- 200g Raspberry Conserve
- 100ml Sherry
- 400g Frozen Tropical Fruits
- 300g Vanilla Custard
- 250ml Whipping Cream
- 1 tsp Vanilla Extract

Apple & Rhubarb Crumble

Filling

- 400g Pink Lady Apples
- 400g Rhubarb
- 120g Light Brown Caster Sugar
- 1 tsp Vanilla Extract
- 1 tsp Cinnamon
- Fresh Ginger

Topping

- 120g Flour
- 80g Oats
- 100g Unsalted Butter
- 50g Demerara Sugar
- 50g Flaked Almonds
- 2 tsp Cinnamon

Strawberry Eton Mess

Base

- 600ml Double Cream
- 200g Fresh Strawberries
- 100g Meringue

Strawberry Compote

- 200g Fresh Strawberries
- 2 tsp Demerara Sugar

Christmas Sweets

Eggnog

- 240ml Milk
- 2 Egg Yolks
- $\frac{1}{2}$ tsp Vanilla Extract
- $\frac{1}{2}$ tsp Cinnamon
- $\frac{1}{2}$ tsp Nutmeg
- 50g Caster Sugar
- 120ml Double Cream

Florentines

- 50g Butter
- 100g Caster Sugar
- 100g Muscovado Sugar
- 50g Crème Fraîche
- $\frac{1}{4}$ tsp Bicarbonate of Soda
- 1 tsp Vanilla Extract
- 150g Flaked Almonds
- 50g Cherries
- 50g Dark Chocolate

Percy Pig Fudge

- 200g Condensed Milk
- 300g White Chocolate
- 50g Percy Pig Sauce
- Red Food Colouring
- 60g Mini Marshmallows
- Sprinkles (To Top)
- Percy Pigs (To Top)

Cookies

125g Cookies — 18 Mins — 180 Degrees

CupcakeJemma	Nigella Lawson	My OGs	My Final Recipe
190g Cold Unsalted Butter	150g Cold Unsalted Butter	115g Cold Unsalted Butter	125g Cold Unsalted Butter
135g Light Muscovado Sugar	125g Light Muscovado Sugar	165g Light Muscovado Sugar	175g Light Muscovado Sugar
135g Caster Sugar	100g Brown Caster Sugar	100g Brown Caster Sugar	100g Brown Caster Sugar
1 Egg	2 tsp Vanilla Extract	2 tsp Orange Oil	2 tsp Orange Oil
1 Egg Yolk	1 Egg	1 Egg	1 Egg
415g Strong Flour	300g Strong Flour	155g Strong Flour	300g Strong Flour
1 tsp Salt	$\frac{1}{2}$ tsp Salt	1 tsp Salt	1 tsp Salt
2 tsp Baking Powder	$\frac{1}{2}$ tsp Bicarbonate of Soda	$\frac{1}{2}$ a tsp Baking Powder	1 tsp of Bicarbonate of Soda
300g Milk Chocolate	200g Milk Chocolate	100g Milk Chocolate	200g Milk Chocolate
		100g Dark Chocolate	

Fudge

Classic	Mint Chocolate	Salted Caramel	Chocolate Orange	Lemon Cheese-cake	Lime & Pistachio
80g of Condensed Milk	80g of Condensed Milk	80g of Condensed Milk	80g of Condensed Milk	80g of Condensed Milk	80g of Condensed Milk
30g of Unsalted Butter	30g of Unsalted Butter	30g of Unsalted Butter	30g of Unsalted Butter	30g of Unsalted Butter	30g of Unsalted Butter
100g of Brown Caster Sugar	100g of Brown Caster Sugar	100g of Brown Caster Sugar	100g of Brown Caster Sugar	100g of Brown Caster Sugar	100g of Brown Caster Sugar
50g of White Chocolate	50g of Milk Chocolate	50g of Milk Chocolate	50g of Milk Chocolate	50g of White Chocolate	50g of White Chocolate
	3 tsp of Mint Oil	3 tsp of Salted Caramel Himalayan Salt	3 tsp of Orange Oil	3 tsp of Lemon Oil	Juice of 3 Limes
					Zest of 3 Limes

Truffles

Uncoated: Dark 200/90 — Milk 200/65 — White 200/40 **Coated:** Dark 150/70 — Milk 150/50 — White 150/30

Signature			
Coconut Almond	Carrot Cake	Salted Caramel	90% Cocoa
110g of Coconut Almond Butter	150g of White Chocolate	150g of Milk Chocolate	200g of 90% Dark Chocolate
50g of Gluten Free Oats	30ml of Double Cream	50ml of Double Cream	120ml of Double Cream
15g of Honey	70g of Carrot	1 tsp of Salted Caramel	Cocoa Powder
50g of Dark Chocolate	$\frac{1}{2}$ a tsp of Cinnamon	Himalayan Salt	
Almonds	$\frac{1}{2}$ a tsp of Nutmeg	50g of Dark Chocolate	
Gold Glitter	$\frac{1}{4}$ a tsp of Ginger	Gold Glitter	
	50g of White Chocolate		
	Cinnamon		
Classics			
Chocolate Orange	Mint Chocolate	White Mocha	Matcha Latte
150g of Milk Chocolate	150g of Dark Chocolate	150g of White Chocolate	200g of White Chocolate
50ml of Double Cream	50ml of Double Cream	20ml of Freshly Brewed Coffee	50ml of Double Cream
2 tsp of Orange Oil	2 tsp of Mint Oil	50g of White Chocolate	2 tbsp of Matcha Green Tea
50g of Dark Chocolate	50g of Dark Chocolate	Fresh Coffee	Matcha Green Tea
Desserts			
Lemon Cheesecake	Lime & Pistachio	Cherry Bakewell	Chocolate Peanut Butter
200g of White Chocolate	200g of White Chocolate	150g of White Chocolate	150g of Icing Sugar
50ml of Double Cream	30g of Desiccated Coconut	30ml of Double Cream	90g of Peanut Butter
2 tsp of Lemon Oil	20ml of Lime Juice	30g of Dried Cherries	50g of Milk Chocolate
Digestive Biscuits	10ml of Double Cream	2 tsp of Cherry Flavouring	
	Desiccated Coconut	$\frac{1}{2}$ a tsp of Almond Flavouring	
	Pistachios	50g of Dark Chocolate	
		Flaked Almonds	
Romantic			
Rose & Lychee	Dark Cherry	Prosecco & Strawberry	Grapefruit Gin
200g of Dark Chocolate	150g of Dark Chocolate	150g of White Chocolate	200g of Dark Chocolate
90ml of Double Cream	50ml of Double Cream	30ml of Prosecco	40ml of Double Cream
1 tsp of Rosewater	30g of Dried Cherries	$\frac{1}{2}$ a tsp of Strawberry Flavouring	30ml of Gin
$\frac{1}{2}$ a tsp of Lychee Flavouring	2 tsp Cherry Flavouring	50g of White Chocolate	Juice of $\frac{1}{4}$ of a Grapefruit
Cocoa Powder	50g of Dark Chocolate	Red Food Colouring	Zest of 1 Grapefruit
Icing Sugar		Pink Glitter	Cocoa Powder
Seasonal			
Mince Pie & Brandy Butter	Gingerbread	Spiced Eggnog	Candy Cane Cream
100g of White Chocolate	150g of Ginger Biscuits	150g of White Chocolate	250g of Icing Sugar
50g of Mincemeat	75g of Cream Cheese	20ml of Double Cream	1 Egg White
20g of Brandy Cream	50g of Dark Chocolate	$\frac{1}{2}$ a tsp of Cinnamon	$\frac{1}{2}$ a tsp of Mint Oil
50g of White Chocolate	Ginger Biscuits	$\frac{1}{2}$ a tsp of Nutmeg	50g of White Chocolate
Icing Sugar		50g of White Chocolate	Green & Red Food Colouring
		Nutmeg	White Chocolate Drizzle

Truffle Cakes

90% Cocoa	Salted Caramel	Chocolate Orange
50g of 90% Cocoa Chocolate	50g of Milk Chocolate	50g of Milk Chocolate
50ml of Double Cream	50ml of Double Cream	50ml of Double Cream
25g of Gluten Free Oats	25g of Gluten Free Oats	25g of Gluten Free Oats
25g of 90% Cocoa Dark Chocolate	1 tsp of Salted Caramel	1 tsp of Orange Oil
	Himalayan Salt	25g of Dark Chocolate
	25g of Dark Chocolate	

Fruit Jellies

Blackcurrant	Strawberry	Orange	Apple	Lemon	Pineapple
25g of Dried Gelatine	25g of Dried Gelatine	25g of Dried Gelatine	25g of Dried Gelatine	25g of Dried Gelatine	25g of Dried Gelatine
100ml of Hot Water	100ml of Hot Water	100ml of Hot Water	100ml of Hot Water	100ml of Hot Water	100ml of Hot Water
200g of Caster Sugar	200g of Caster Sugar	200g of Caster Sugar	200g of Caster Sugar	200g of Caster Sugar	200g of Caster Sugar
100ml of Water	100ml of Water	100ml of Water	100ml of Water	100ml of Water	100ml of Water
100g of Glucose Syrup	100g of Glucose Syrup	100g of Glucose Syrup	100g of Glucose Syrup	100g of Glucose Syrup	100g of Glucose Syrup
2 tsp of Lemon Juice	2 tsp of Lemon Juice	2 tsp of Lemon Juice	2 tsp of Lemon Juice	2 tsp of Lemon Juice	2 tsp of Lemon Juice
Blackcurrant Flavouring	Strawberry Flavouring	Orange Flavouring	Apple Flavouring	Lemon Flavouring	Pineapple Flavouring
Purple Colouring	Red Colouring	Orange Colouring	Green Colouring	Yellow Colouring	
Caster Sugar to Coat	Caster Sugar to Coat	Caster Sugar to Coat	Caster Sugar to Coat	Caster Sugar to Coat	Caster Sugar to Coat

Blue Sky

Candy Floss	Blueberry	Pineapple
400g of Caster Sugar	400g of Caster Sugar	400g of Caster Sugar
250g of Glucose Syrup	250g of Glucose Syrup	250g of Glucose Syrup
240ml of Water	240ml of Water	240ml of Water
2 tsp of Candy Floss Flavouring	2 tsp of Blueberry Flavouring	2 tsp of Pineapple Flavouring
1 Drop of Blue Colouring	1 Drop of Blue Colouring	1 Drop of Yellow Colouring

Health & Hills

Oat Pots

Standard

- 75g Oats
- Water

With Extras

- 75g Oats
- 15g Peanut Butter
- 15g Honey
- 15g Chia Seeds
- 15g Desiccated Coconut
- Water

Energy Balls

Cacao & Peanut

- 250g Dates
- 200g Peanuts
- 50g Oats
- 2 tbsp Cacao Powder

Goji & Pistachio

- 250g Dates
- 200g Almonds
- 50g Oats
- 2 tbsp Cacao Powder
- 2 tbsp Goji Berries
- Pistachios (For Coating)

Matcha Green Tea

- 250g Dates
- 200g Almonds
- 50g Oats
- 2 tbsp Cacao Powder
- 2 tbsp Matcha Powder

Acai & Blueberry

- 250g Dates
- 200g Almonds
- 50g Oats
- 2 tbsp Freeze Dried Blueberries
- 2 tbsp Acai Powder

Ginger & Lemon

- 250g Dates
- 200g Cashews
- 50g Oats
- 2 tsp Ginger
- 1 tsp Turmeric

Chia & Lemon

- 250g Dates
- 150g Cashews
- 50g Oats
- 50g Desiccated Coconut
- 25g Chia Seeds
- 2 tsp Lemon Juice
- Desiccated Coconut (For Coating)

Cocktails

Mojito (Short)

- 1 Lime
- 4 Sprigs Mint
- 2 tsp Demarera Sugar
- Ice to Fill Glass
- 50ml White Rum

Mojito (Long)

- 1 $\frac{1}{2}$ Limes
- 6 Sprigs Mint
- 3 tsp Demarera Sugar
- Ice to Fill Glass
- 75ml White Rum
- Soda Water to Fill Glass

Appendices

Additional Recipe Titles

- Fillet Steak (truffle mashed potatoes and tenderstem broccoli)
- Venison Burger (ciabatta, goat's cheese, candied apples, horseraddish red cabbage slaw)
- Lamb Burger
- Rack of Lamb (spiced cauliflower)
- Lamb Curry (tagine-made, vegetable couscous)
- Sausage & Pancetta Rice (smoked sausage, borlotti beans)
- Carbonara
- Proscuitto Chicken (stuffed with mushrooms, fontina cheese, black pudding, with sauteed leeks)
- All The Trimmings (bacon sausages, pork and chestnut stuffing, pork sage and onion stuffing, roast potatoes and parsnips, carrots sprouts onions chestnuts, cranberry and portsauce)
- Squid & Prawn Tempura (aioli, sweet chilli sauce)
- Whitebait (dill mayonnaise)
- King Prawn Tortelloni (pasta filled with prawn, mascarpone, red chilli, parsley, chilli)
- Seafood Linguine (baby scallops, king prawns, salmon flakes, garlic and parsley sauce)
- Shellfish Spaghetti (mussels and clams, anchovy olive and parsley sauce)
- Risotto (lobster tail, red onion, sundried tomatoes and saffron)
- Fish & Chips (cod, maris piper chips, tartar sauce, mushy peas)
- Crisp & Flatbreads (crispbreads, flatbreads, kalamata olive tapenade, sundried tomato tapenade)
- Baked Goat's Cheese (sourdough, rocket, balsamic glaze, pickled beetroot)
- Halloumi Fries (paprika, barbeque sauce)
- Macaroni Cheese (cheddar, red leicester, truffle oil, chifferi pasta)
- Falafel Burger (bagel, red cabbage slaw, yoghurt sauce)
- Mediterranean Style Mushroom (portobello mushroom, red pepper, petits pois, blue stilton)
- Meat & Cheese Platter (proscuitto, salami, chorizo, smoked sausage, scamorza, manchego, buratta)
- Crostini Platter (thin ciabatta toast with mozzarella and chilli; mackerel and rocket; tomato and olive with balsamic glaze)

- Pastry Platter (chicken and chorizo; sundried tomato and mozzarella; ricotta and spinach; halloumi and aubergine)
- Salad Platter (creamy coleslaw; chipotle coleslaw; jalapeno and cheddar coleslaw; baby charlotte potato salad with spring onions and shallots)
- Greek Platter (brown rice vine leaf rolls; falafels; lamb koftas)
- Antipasto Platter (manzanilla olives with garlic and herbs; semi-dried tomatoes; grilled artichoke; goat's cheese stuffed cherry peppers; buratta; rocket salad)
- Houmous Platter (traditional; roasted red pepper; caramelised red onion with coriander)
- Mediterranean Dip Platter (tzatziki; taramasalata; beetroot and carrot; babaganoush)
- Spanish & Mexican Dip Platter (guacamole; avocado cream; spicy tomato salsa; aioli; garlic and manchego; sour cream and chive)
- White Chocolate & Strawberry Gateau
- Apple Pie (cinnamon, nutmeg)
- Tarte au Citron
- Cherry Bakewell Tarte (thick marzipan)
- Iced Fruit Cake (candied orange layer, brandy butter)
- Triple Chocolate & Pegan Brownies
- Ginger Tiffin
- Mint Cream Bar
- Passionfruit Crepes (passionfruit and orange liqueur sauce, dark chocolate drizzle)
- Churros & Dulce de Leche
- Peanut Butter Brownie Sundae (dulce de leche, whipped vanilla cream)
- Mint Chocolate Bomb (mint chocolate ganache, mint chocolate chip ice cream)
- Praline Souffle (hazelnut mousse, pistachio crumb, praline ice cream)
- Panna Cota (raspberry crumb)
- Chocolate Orange Torte (chocolate orange ganache, orange and gold glitter jelly, gold leaf, dark chocolate shard, candied orange twist, salted caramel ice cream)
- Banoffee Pie (topped with caramelised banana, dark chocolate shavings)
- Caramelised Lotus Biscoff Cheesecake (Biscoff base, biscoff sauce cream cheese fillings, caramel drizzle, Biscoff biscuit)

El Cielo Azul Tacos

- Carne Asada (steak, hash brown, pico de gallo, garlic aioli)
- Lime Chicken (chicken, pico de gallo, corn relish)
- Lamb Kofta (minced lamb, red cabbage slaw, garlic aioli)
- Haggis Bob Bon (fried haggis balls, lettuce, whisky sauce)
- Chorizo & Paprika Potato (chorizo, potatoes, chipotle mayo, spring onion)
- Chipotle & Chorizo Mac-Cheese (mac-cheese, chorizo, spring onion)
- Breaded Sole (spiced breaded cod, pico de gallo, chipotle mayo)
- Garlic & Nduja Prawn (king prawns, roquito peppers, nduja chilli, garlic aioli)
- Anchovy & Olive (grilled anchovies, manzanilla olives, garlic aioli)
- Salt & Chilli Potato (fried potatoes, red chilli, spring onion, garlic aioli)
- Huevos Rancheros (scrambled egg, avocado, feta cheese, jalapeno, tomatoes)
- Sweetcorn & Chilli Fritter (corn, jalapeno, sweet chilli sauce)