

No	Name of Food	Ingredients	Method
1	Raspberry ripple ice cream	<ul style="list-style-type: none"> • 250g raspberry, plus extra to serve, if you like • 225g caster sugar • 2 large eggs, plus 4 egg yolks • 600ml double cream • sliced mango, sprinkles, or cones, to serve 	<ol style="list-style-type: none"> 1. Place the raspberries and 2 tbsp of the sugar in a small pan. Cook on a medium heat until sugar dissolves. Simmer for 5 mins until thickened, then push through a sieve into a bowl and discard the seeds left in the sieve. 2. Place the eggs, egg yolks and remaining sugar in a bowl. Whisk with an electric whisk to combine, then place over a pan of gently simmering water – make sure the bowl isn't actually touching the water. Beat with the electric whisk for 3-4 mins until thick and pale. Remove from heat and continue beating until cool. 3. In another bowl, whisk the cream until it forms soft peaks, then gently fold into the cool egg mix until just combined. Pour the mix into a shallow container or dish that can be frozen. 4. Gently swirl the raspberry coulis through, cover with cling film and freeze for at least 6 hrs. Serve scoops in bowls with sliced mango and extra raspberries, or scoop into cones and top with sprinkles for the kids.
2	Toddler recipe: Batch-cook mini pork & veg balls	<p>For the meatballs</p> <ul style="list-style-type: none"> • 2 tsp rapeseed oil • 1 small onion, chopped • 1 slice wholemeal bread, torn into chunks • 1 carrot, cut into chunks • 1 celery stick, cut into chunks • 1 red pepper, cut into chunks • 500g lean pork mince • 1 egg <p>For the sauce</p> <ul style="list-style-type: none"> • 1 tsp rapeseed oil • 2 garlic cloves, crushed • 2 x 390g cartons passata • 1 tsp dried thyme • 1 tsp sugar (optional) • fresh basil or parsley, chopped (optional) • cooked spaghetti and grated cheese, to serve 	<ol style="list-style-type: none"> 1. Heat oven to 200C/180C fan/gas 6. Heat 2 tsp rapeseed oil in a medium <u>saucepan</u>. Add the onion and cook for 5-10 mins until softened. Blitz the bread in a <u>food processor</u> until you have breadcrumbs. Add the cooked onion, carrot, celery and peppers and pulse until finely chopped. You may need to use a spatula to scrape the sides of the bowl a few times. Add the pork, egg and a little black pepper, then pulse to combine. 2. Divide the mixture in half. Shape half into small meatballs about the size of large marbles and arrange on a baking tray lined with foil. Shape the rest into golf-ball-sized meatballs. Arrange on a lined tray and open freeze. Once frozen, transfer to a freezer bag and save for another meal. Now bake the mini meatballs for 25 mins or until browned and cooked through. 3. Meanwhile, make the sauce. Using the same pan that you cooked the onion in, heat the 1 tsp oil, add the garlic and cook for 2 mins. Pour in the passata, add the

			<p>thyme and sugar. Simmer for 5-10 mins. Gently stir the meatballs and any juices into the sauce and heat through for a few mins. Stir the meatballs through the spaghetti and serve with grated cheese.</p>
3	Roasted autumn vegetables with Lancashire cheese	<ul style="list-style-type: none"> • 1 large butternut squash (about 600-700g/1lb 5oz - 1lb 9oz in weight) • 1 medium red onion • 6 tbsp olive oil • 1 large sprig fresh sage • 1 large courgette • 1 tbsp balsamic or sherry vinegar • 100g Lancashire cheese 	<ol style="list-style-type: none"> 1. Preheat the oven to fan180C/conventional 200C/ gas 6. Using a sharp knife, cut the squash in half and scoop out the seeds. Cut the halves into smaller pieces so you can peel them more easily. Chop the flesh into big bite-sized pieces – they don't have to be neat. 2. Halve the onion and trim the root end leaving a little on to hold the segments together. Peel and then cut each half into four wedges. Scatter the squash and onion in a large roasting tin so they have plenty of room to roast, drizzle over 5 tbsp of the oil and toss together. Strip the sage leaves from the stem and roughly chop – you should have about 2 tbsps. Scatter over the vegetables and season. Roast for 20 minutes, stirring once halfway through. 3. Meanwhile, slice the courgette thickly and toss with the remaining oil. Remove the roasting tin from the oven and push the partly cooked squash and onion to the side. Put the courgette slices flat on the base and season. Roast for a further 10 minutes, until all the vegetables are tender. 4. Remove tin from the oven, sprinkle the vinegar over the vegetables and toss. Crumble over the Lancashire cheese. Toss lightly so the cheese melts a little and serve.
4	Mini pork pies with piccalilli	<ul style="list-style-type: none"> • few dots of butter • 600g shortcrust pastry, bought or homemade • little flour, for dusting • 85g dried white breadcrumb • 400g good Cumberland sausage (about 6) • 200g smoked bacon lardon • 1/4 tsp each ground mace, ground pepper and dried sage • 1 egg, beaten with a fork 	<ol style="list-style-type: none"> 1. Heat oven to 200C/180C fan/gas 6. Line each hole of a 12-hole muffin tin with a thin strip of baking parchment across the middle that's long enough so the ends stick out a centimetre or two – use a dab of butter to stick in place. Roll out two thirds of the pastry on a lightly floured surface and stamp out 12 x 10cm circles (you may need to re-roll trimmings). Press a circle into each hole to line. 2. Sprinkle 1 tsp of breadcrumbs into the base of each pie. Tip the rest of the crumbs into a mixing bowl. Squeeze in the sausage meat, discarding the skins,

		<ul style="list-style-type: none"> • few pinches sesame seeds • piccalilli, homemade or bought, to serve 	<p>along with the bacon, mace, pepper, sage and just a little salt. Get your hands in and mash and squish everything together until the breadcrumbs have just about disappeared. Divide mixture between the holes, packing in firmly and shaping to a dome in the middle.</p> <p>3. Roll out the remaining pastry and stamp out 12 x 7cm circles. Brush with a little egg and add a top to each pie, egg-side down to stick, carefully pressing pastry edges together to seal. Brush with more egg (don't throw away leftovers) and sprinkle with sesame seeds. Bake for 30 mins until golden then carefully remove the pies from the tin, using the parchment ends to help you lift them out. Sit on a parchment lined baking tray, brush all round the sides with more egg and put back in the oven for 8 mins. Cool completely then eat with piccalilli, or your favourite pickle.</p>
5	Oven-Baked Salmon	<ul style="list-style-type: none"> • 12 ounce salmon fillet, cut into 4 pieces • Coarse-grained salt • Freshly ground black pepper • Toasted Almond Parsley Salsa, for serving • Baked squash, for serving, optional <p>Toasted Almond Parsley Salad:</p> <ul style="list-style-type: none"> • 1 shallot • 1 tablespoons red wine vinegar • Coarse grain salt • 2 tablespoons capers, rinsed • 1 cup fresh flat-leaf parsley • 1/2 cup toasted almonds • Extra-virgin olive oil 	<p>1. Preheat the oven to 450 degrees F.</p> <p>2. Season salmon with salt and pepper. Place salmon, skin side down, on a non-stick baking sheet or in a non-stick pan with an oven-proof handle. Bake until salmon is cooked through, about 12 to 15 minutes. Serve with the Toasted Almond Parsley Salad and squash, if desired.</p> <p>Toasted Almond Parsley Salad:</p> <p>3. Mince the shallot and add to a small bowl. Pour the vinegar over the shallots and add a pinch of salt. Let sit for 30 minutes.</p> <p>4. Roughly chop the capers, parsley and almonds and add to the shallots. Add the olive oil, tasting as you go. Mix again and adjust the seasonings.</p>