

No	Name of Food	Ingredients	Method
1	Sausages with apple mash	<ul style="list-style-type: none"> <li>• 700g floury potatoes, cut into chunks</li> <li>• 8 Cumberland sausages</li> <li>• 25g butter</li> <li>• 1 onion, thinly sliced</li> <li>• 2 tsp plain flour</li> <li>• 250ml beef stock</li> <li>• 2 apples (about 280g/10oz), peeled and chopped into small chunks</li> <li>• 3 tbsp milk</li> </ul>	<ol style="list-style-type: none"> <li>1. Cook the potatoes in boiling, salted water for 15 mins until tender. Meanwhile, heat a non-stick frying pan and add the sausages. Cook over a medium heat for 15-20 mins, turning occasionally, until cooked through. Remove from the pan and keep warm.</li> <li>2. Add a knob of the butter and the onion to the pan, then cook for 15-20 mins until soft. Stir in the flour, then gradually add the stock, stirring to make a sauce. Simmer for 2 mins, then pour into a jug and keep warm.</li> <li>3. Cook the apples in half the remaining butter for 5-10 mins until softened. Drain the potatoes and mash well with the rest of the butter and the milk. Fold in the apple, then serve with the sausages and onion gravy.</li> </ol>
2	Slow-baked clotted cream rice pudding	<ul style="list-style-type: none"> <li>• 25g butter</li> <li>• 100g short grain pudding rice</li> <li>• 450ml full-fat milk</li> <li>• 284ml pot double cream</li> <li>• 227g tub clotted cream</li> <li>• 1 split vanilla pod</li> <li>• 85g golden caster sugar</li> <li>• freshly grated nutmeg</li> </ul>	<ol style="list-style-type: none"> <li>1. Heat oven to 180C/fan 160C/gas 4. Lightly butter a shallow ovenproof dish. Wash the rice well under cold water, then drain. Bring the milk and creams to the boil with the vanilla pod, add the rice and sugar, then stir well.</li> <li>2. Tip the rice into the prepared dish, then grate a little nutmeg over the top. Dot with knobs of butter, bake for 15 mins, lower the oven to 160C/fan 140C/gas 3, then bake for 1 hr more, by which time the pudding should be golden brown on top and creamy underneath. Serve with spoonfuls of my Quick raspberry jam (below).</li> </ol>
3	Pear & blackberry crumbles	<ul style="list-style-type: none"> <li>• 700g (or 4 large) ripe English pear, peeled and cubed</li> <li>• 100g golden granulated sugar</li> <li>• 250g blackberry</li> <li>• 200g plain flour</li> <li>• 100g unsalted butter, cold, cut into small pieces</li> <li>• 85g shelled pistachio, roughly chopped</li> <li>• 100g demerara sugar</li> <li>• ice cream, to serve (optional)</li> </ul>	<ol style="list-style-type: none"> <li>1. Heat oven to 190C/fan 170C/gas 5. Place the pears in a medium-size pan, add the granulated sugar and cook on a medium heat until the fruit starts to soften and releases its juices, about 10 mins. Add the blackberries and bring back to the boil, then remove from the heat. Spoon the fruity mixture into 4 individual ovenproof ramekins, or 1 large baking dish.</li> <li>2. Place the flour, butter and a pinch of salt in a large bowl and rub together with your fingers until the mixture resembles coarse breadcrumbs. Add the pistachios and demerara sugar, then stir to combine.</li> </ol>

			<ol style="list-style-type: none"> <li>3. Sprinkle crumble evenly over the cooked fruit. This can be done up to 1 day ahead, or frozen for up to 1 month. Bake for 20-25 mins if small, 40 mins if large, until golden. If baking from frozen, add 15 mins cooking time. Remove from the oven, cool slightly, then serve with ice cream, if you like.</li> </ol>
4	Lancashire hotpot	<ul style="list-style-type: none"> <li>• 100g dripping or butter</li> <li>• 900g stewing lamb, cut into large chunks</li> <li>• 3 lamb kidneys, sliced, fat removed</li> <li>• 2 medium onions, chopped</li> <li>• 4 carrots, peeled and sliced</li> <li>• 25g plain flour</li> <li>• 2 tsp Worcestershire sauce</li> <li>• 500ml lamb or chicken stock</li> <li>• 2 bay leaves</li> <li>• 900g potato, peeled and sliced</li> </ul>	<ol style="list-style-type: none"> <li>1. Heat oven to 160C/fan 140C/gas 3.</li> <li>2. Heat a little of the 100g dripping or butter in a large shallow <u>casserole dish</u> and brown 900g stewing lamb chunks in batches, lift to a plate, then repeat with 3 trimmed and sliced lamb kidneys.</li> <li>3. Fry 2 chopped onions and 4 peeled and sliced carrots in the pan with a little more dripping until golden.</li> <li>4. Sprinkle over 25g plain flour, allow to cook for a couple of mins, shake over 2 tsp Worcestershire sauce, pour in 500ml lamb or chicken stock, then bring to the boil.</li> <li>5. Stir in the stewing lamb and kidneys and 2 bay leaves, then turn off the heat.</li> <li>6. Arrange 900g peeled and sliced potatoes on top of the meat, then drizzle with a little more dripping.</li> <li>7. Cover, then place in the oven for about 1½ hrs until the potatoes are cooked.</li> <li>8. Remove the lid, brush the potatoes with a little more dripping, then turn the oven up to brown the potatoes, or finish under the grill for 5-8 mins until brown.</li> </ol>
5	Lemon syllabub	<ul style="list-style-type: none"> <li>• 284ml tub whipping cream</li> <li>• 50g caster sugar</li> <li>• 50ml white wine</li> <li>• zest and juice from ½ lemon</li> <li>• almond thins or berries, to serve</li> </ul>	<ol style="list-style-type: none"> <li>1. Whip the cream and sugar together until soft peaks form. Stir in the wine, most of the lemon zest and the juice. Spoon into glasses or bowls, sprinkle with the remaining zest and serve with almond thins or berries.</li> </ol>