

No	Name of Food	Ingredients	Method
1	Speedy Moroccan meatballs	<ul style="list-style-type: none"> • 1 tbsp olive oil • 350g pack ready-made beef or chicken meatballs (approx 16) • 1 large onion, sliced • 100g dried apricot, halved • 1 small cinnamon stick • 400g tin chopped tomato with garlic • 25g toasted flaked almond • handful coriander, roughly chopped 	<ol style="list-style-type: none"> 1. Heat the oil in a large deep frying pan, then fry the meatballs for 10 mins, turning occasionally until cooked through. Scoop out of the pan and set aside, then cook the onion for 5 mins, until softened. 2. Add the dried apricots, cinnamon stick, tomatoes and half a can of water to the pan, then bring to the boil and simmer for 10 mins. Remove the cinnamon stick. Return the meatballs to the pan and coat well with the tomato sauce. Serve sprinkled with the almonds and coriander.
2	Rhubarb, pear & hazelnut crumbles	<ul style="list-style-type: none"> • 25g butter • 3 pears, cored and halved • 500g rhubarb, cut into chunks • 2 tbsp soft light brown sugar • ½ tsp ground cinnamon • ¼ tsp ground cloves • vanilla ice cream or double cream, to serve <p>For the crumble topping</p> <ul style="list-style-type: none"> • 50g roasted hazelnut • 50g cold butter, diced • 85g self-raising flour • 1 tsp ground cinnamon • 50g demerara sugar 	<ol style="list-style-type: none"> 1. Melt the butter in a pan, then add the pears, rhubarb, sugar, cinnamon and cloves, and cook over a low heat for 10-12 mins or until just tender. Divide the rhubarb between 4 ovenproof dishes (or use 1 large dish) and set aside. 2. Heat oven to 200C/180C fan/gas 6. To make the crumble topping, tip all the ingredients into a food processor and pulse to crumbs. Sprinkle the topping over the fruit filling, then bake for 30 mins or until golden brown on top. Serve with vanilla ice cream or double cream.
3	Roast beef with caramelised onion gravy	<ul style="list-style-type: none"> • 1 tbsp black peppercorn • 1 tbsp English mustard powder • 1 tbsp dried thyme • 1 tsp celery seeds • 1 tbsp olive oil • about 2kg/4lb 8oz topside joint of beef • For the gravy • 4 tbsp plain flour • 2 beef stock cubes • 3 tbsp caramelised onion chutney or marmalade • 2-3 tsp Marmite 	<ol style="list-style-type: none"> 1. Crush the peppercorns, mustard powder, thyme and celery seeds together with some salt, using a pestle and mortar. Stir in the oil, then rub it all over the beef. (If you have time, cover and chill the joint overnight to marinate. Bring the beef out of the fridge 1 hr before roasting.) 2. Heat oven to 190C/170C fan/gas 5 and sit the joint in a snug-ish roasting tin. Roast for 12 mins per 450g/1lb (about 55 mins for a 2kg/4lb 8oz joint) for medium-rare, or 15 mins per 450g/1lb (about 1 hr 10 mins) for medium-well. 3. Remove from the oven, lift onto a platter, cover with foil and rest for 30 mins. If you're making the Yorkies (p90), increase oven to 220C/200C fan/gas 7. 4. For the gravy, pour any juices from the roasting tin into a jug. Let the juices

			<p>separate, then spoon 2 tbsp of the fat back into the tin – if there is no fat, use 2 tbsp butter instead. Discard any other fat. Sit the roasting tin on the hob and stir in the flour, stock cubes, onion chutney or marmalade and Marmite. Cook for 1 min, stirring well to scrape up any beefy bits stuck to the tin, then gradually stir in 750ml hot water from the kettle. Bubble to thicken to a nice consistency, then gently keep warm until ready to serve with the beef, carved into slices.</p>
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