

No	Name of Food	Ingredients	Method
1	Scotch eggs	<ul style="list-style-type: none"> • 12 large eggs • 800g good-quality Cumberland or Lincolnshire sausages, skinned • 5 tbsp curly parsley, finely chopped • 2 tsp Worcestershire sauce • 2 tsp English mustard powder • 2 tsp ground mace • 12 rashers smoked streaky bacon • 85g plain flour • 140-200g/5-7oz dried breadcrumbs • about 1 litre/1¾ pints sunflower or vegetable oil, for frying • scraps of bread, for testing oil 	<ol style="list-style-type: none"> 1. Put 9 eggs into a large saucepan. Cover with cold water and bring to the boil. Once boiling, set the timer for 5 mins. When 5 mins is up, quickly lift the eggs out with a slotted spoon and plunge into a big bowl of cold water. 2. Put the sausagemeat, parsley, Worcestershire sauce, mustard powder and mace into a bowl with plenty of seasoning. Break in 1 of the remaining eggs and mix everything together. 3. Crack remaining 2 eggs into a bowl, beat with a fork, then sieve onto a plate. Tip the flour onto another plate and season well. Finally, tip the breadcrumbs onto a third plate. 4. Bring a large saucepan of water to the boil. Drop in the bacon rashers, turn off the pan and fish out the bacon with a pair of tongs – it should be just cooked. 5. When the eggs are cool, tap lightly on a hard surface to crack the shell, then peel (Picture A). If you hold the eggs over the bowl of water as you peel, all the shell bits will collect in there and you can dip in the egg to wash off any fragments. Wrap a slice of bacon around the middle of each egg, overlapping, like a belt (Picture B). 6. Now finish coating the eggs. I set up the ingredients along my bench like a conveyer belt: eggs, then flour, mince, beaten egg and finally breadcrumbs, plus a baking parchment-lined tray at the end to put the finished scotch eggs on. 7. Roll your bacon-wrapped eggs in the flour, shaking off excess. Take a good chunk of mince and pat out to thinly cover one hand. Sit the egg on the meat (Picture C), then mould over the mince to cover, squeezing and patting so it is an even thickness. You'll probably have a gap (depending on how big your hands are – just patch and pat with a bit more mince). Dip in the egg, shaking off the excess, then roll in the breadcrumbs to coat, and transfer to your tray. Repeat to cover all 9 eggs, then cover with cling film and chill for 4 hrs or overnight.

			<p>8. To cook, pour the oil in a large, deep saucepan to about 4cm deep. Heat until a small chunk of bread browns in about 1 min. Carefully lower in a scotch egg and fry for about 5 mins, turning gently, until evenly browned. Depending on your pan, you can probably do 2-3 at a time, but don't overcrowd. Lift out onto a kitchen paper-lined tray. (If you like your scotch eggs warm, pop them into a low oven while you fry the rest.) keep an eye on the oil – if the scotch eggs start browning too quickly, the oil might be too hot and you risk the pork not being cooked before the scotch egg is browned. If the oil gets too cool, the scotch egg may overcook before it is browned. enjoy warm or cold; best eaten within 24 hrs of frying.</p>
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 	<p>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.</p> <p>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.</p>
3	Lemon & thyme butter-basted roast chicken & gravy	<ul style="list-style-type: none"> • 50g butter, softened • bunch fresh thyme or lemon thyme, leaves picked, stalks reserved, plus extra to serve • 4 garlic cloves, 1 mashed, the other 3 left whole but squashed • 2 lemons, halved • 1 chicken, about 1½ kg • 2 carrots, roughly chopped • 1 onion, roughly chopped • 2 bay leaves • 1 tbsp plain flour • 250ml chicken stock 	<p>1. Heat oven to 200C/180C fan/gas 6. In a small bowl, mash the butter with one-third of the thyme leaves, the mashed garlic and the juice of half a lemon. Mix everything together with some seasoning and set aside.</p> <p>2. Use your hand to loosen the chicken skin away from the breast, then push most of the butter mix into the gap. Rub the rest of the butter all over the outside of the chicken, then stuff the cavity with the lemon halves, remaining thyme leaves and stalks, and the garlic.</p> <p>3. Scatter the chopped carrot, onion and bay leaves over the base of a small roasting tin. Sit the chicken on top, breast-side up,</p>

		<ul style="list-style-type: none"> • splash soy sauce (optional) 	<p>and roast on the middle shelf for 1 hr 30 mins, basting with the buttery juices after about 40 mins. When the chicken is dark golden, crispy-skinned and the juices run clear, remove from the oven and leave in the tin for 5 mins. Use a pair of tongs to pull the lemons, garlic and thyme out of the cavity and into the tin. Lift the chicken up, letting any juices dribble into the tin, and transfer the chicken to a serving platter to rest for at least another 15 mins.</p> <p>4. To make the gravy, squeeze the juice out of the cooked lemon halves and discard the skins. Place the tin on a low heat, stir in flour and sizzle until light brown. Gradually pour in the stock and cook for a few mins. If you like a darker gravy, add a splash of soy sauce to the tin. Strain the gravy into a jug and serve with the chicken.</p>
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