

No	Name of Food	Ingredients	Method
1	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 lardons • 1/4 tsp each ground mace, ground pepper and dried sage • 1 egg, beaten with a fork • few pinches sesame seeds • piccalilli, homemade or bought, to serve 	<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, 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. 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.
2	Herby toad in the hole	<ul style="list-style-type: none"> • 140g plain flour • 3 eggs • 300ml milk • 2 tsp Dijon mustard • 2 tbsp vegetable oil • 8 Cumberland sausages • 8 sage leaves • 4 rosemary sprigs 	<ol style="list-style-type: none"> 1. Heat oven to 240C/220C fan/gas 9. In a food processor, combine the flour, eggs, milk, mustard and some salt and pepper, blitz until smooth, then leave to rest for 30 mins. 2. Pour the oil into a metal roasting tin about 30 x 23cm and 7.5cm deep. Brush the oil all over the sides and bottom, then place in the oven. When the roasting tin is very hot and smoking, place the sausages inside, evenly spread out, and cook for 5 mins. 3. Give the rested batter a stir and pour into the really hot tin – take care as it may spit.

			<p>Quickly sprinkle over the sage leaves and rosemary, then place in the middle of the oven. Do not open the door for 25 mins, then check – if needed, cook for a further 5-10 mins. Cook until puffed up and brown and the batter is completely cooked through. Serve straight from the dish.</p>
3	Crispy topped Cumberland pie	<ul style="list-style-type: none"> • 2 celery sticks, sliced into 1cm pieces • 1 onion, chopped • 2 really big carrots, halved lengthways then chunkily sliced • 5 bay leaves • 3 thyme sprigs • 2 tbsp vegetable oil • 1 tbsp butter • 2 tbsp each plain flour, tomato purée and Worcestershire sauce • 2 beef stock cubes, crumbled • 850g feather blade beef, or other braising cut, cut into large chunks • 850g large potato • 25g each mature cheddar and parmesan, finely grated 	<ol style="list-style-type: none"> 1. Heat oven to 160C/140C fan/gas 3. Soften the celery, onion, carrots, bay and 1 thyme sprig in a casserole with 1 tbsp oil and the butter for 10 mins. Stir in the flour, followed by the purée, Worcestershire sauce and stock cubes. 2. Gradually stir in 600ml hot water, then tip in the beef and bring to a gentle simmer. Cover and cook in the oven for 2 hrs 30 mins, then uncover and cook for 30 mins -1 hr more until the meat is really tender and sauce thickened. 3. Meanwhile, cook potatoes in a pan of boiling water until they're not done but about ¾ of the way there. 4. Transfer meat to a baking dish. Slice spuds into 1cm thick rounds and gently toss with seasoning, the remaining oil and thyme leaves. Layer on the beef, scattering with the cheese as you layer. You can cover and chill the pie now for 1 day, or freeze for up to 3 months. 5. Increase oven to 200C/180C fan/gas 6 and bake for 30-40 mins until golden and crispy, and sauce bubbling if the dish went in cold. Serve with peas.
4	Cherry & almond tarts	<ul style="list-style-type: none"> • 375g pack all-butter puff pastry • 75g self-raising flour, plus extra for dusting • 12 rounded tsp morello cherry jam • 75g plain sponge or madeira cake • 100g butter, softened • 75g ground almond • 75g golden caster sugar • 2 medium eggs • ½ tsp almond extract • 25g flaked almond 	<ol style="list-style-type: none"> 1. Very thinly roll out the pastry on a lightly floured surface. Stamp out 12 x 9cm circles with a fluted cutter, if you have one, and use to line a bun tin. Spread 1 rounded tsp of the cherry jam in the bottom of each tart. 2. Whizz the cake to crumbs in a food processor, then tip into a mixing bowl and add the flour, butter, ground almonds, caster sugar, eggs and almond extract. Beat together until smooth, then divide between the tarts, spreading a little with the back of a teaspoon to cover the jam. Scatter over the flaked almonds and openfreeze for 2 hrs, then wrap well in cling film and freeze for up to 2 months.

		<ul style="list-style-type: none"> • 100g icing sugar, sieved to decorate 	<p>3. Heat oven to 180C/160C fan/gas 4 with a baking sheet in it. Unwrap the tarts from the freezer and loosely top with a sheet of foil. Bake on the heated baking sheet for 30-40 mins until golden, removing the foil halfway. Cool the tarts a little, then add a splash of water into the icing sugar to make a runny icing. Drizzle over the tarts and leave to set.</p>
5	Classic summer pudding	<ul style="list-style-type: none"> • 300g raspberry, plus a few extra to serve • 225g blackberry, plus a few extra to serve • 100g redcurrant, plus a few extra to serve • 400g strawberry, hulled and quartered • 140g golden caster sugar, plus a bit extra (optional) • 400g brioche loaf • clotted cream, to serve (optional) 	<p>1. Wash the fruit and place it all (except the strawberries) in a large pan with the caster sugar and 3 tbsp water. Gently heat for 3 mins until the juice from the fruit starts to seep out. Add the strawberries and cook for 2 mins more. Drain the juice from the fruit through a sieve set over a large bowl. Taste the juice and add a little more sugar if necessary.</p> <p>2. Line a 1.2-litre pudding basin with a double layer of cling film, leaving an overlap around the top. Remove the crusts from the brioche and slice the loaf into 1cm-thick slices along the length of the loaf. Cut 1 slice in half widthways and trim the corners to fit into the base of the bowl – you may need to use both squares, trimmed to fit.</p> <p>3. Trim the slices to the correct length to line the sides of the bowl. To assemble the pudding, dip the slices of brioche into the fruit juice, then use them to line the basin. Start with the bottom pieces, then lay soaked rectangles of brioche along the sides of the bowl. If you have any gaps left at the end, patch these up with any remaining brioche, but make sure you save some for the base.</p> <p>4. Tip the fruit into the lined basin. Finish the pudding with a layer of brioche to make a base, then pour over any remaining liquid. Wrap the overhanging cling film over the top.</p> <p>5. Place a small plate, which will fit snugly on top of the basin, over the cling film and weigh down with 2 x 400g cans of tomatoes or beans. Leave the pudding weighed down in the fridge for at least a couple of hours, or overnight if possible.</p> <p>6. To serve, unwrap the cling film and place a serving plate over the pudding. Flip it over, remove the basin and carefully peel</p>

			away the cling film. Serve in slices with clotted cream, if you like.
6	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 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.
7	Roast lamb with spring herb crumbs	<p>For the crumbs</p> <ul style="list-style-type: none"> • 100g good-quality white bread • 2 garlic cloves • zest 1 lemon • 1 tsp thyme leaf, chopped • small bunch parsley, chopped • 3-4 anchovy fillets, chopped (optional) <p>For the lamb</p> <ul style="list-style-type: none"> • 5 carrots, cut into chunks • 2 onions, cut into chunks • 4 bay leaves • small bunch rosemary • 2 tbsp olive oil 	<ol style="list-style-type: none"> 1. Heat oven to 160C/140C fan/gas 3. For the lamb, scatter the vegetables, bay leaves and a few rosemary sprigs into a large roasting tin and drizzle with the olive oil. Use a sharp knife to make little slits all over the lamb. Poke a slice of garlic and a small sprig of rosemary into each one. Sit the lamb on top of the veg in the roasting tin, add a splash of wine, then cook for 2 hrs if you like it pink, or 2 hrs 15 mins for cooked through. Remove from the oven, transfer to a board and cover with foil, then rest for 45 mins-1 hr. 2. To make the gravy, pour off most of the fat from the tin but leave the veg and any meat juices. Place the tin on the heat to caramelise the veg, then stir in the flour

		<ul style="list-style-type: none"> • large leg of lamb, about 3kg/6lb 8oz • 3 garlic cloves, thickly sliced, plus a whole bulb, halved <p>For the gravy</p> <ul style="list-style-type: none"> • 5 tbsp plain flour • 200ml white wine, plus a splash • 600ml lamb stock 	<p>and cook to a paste. Gradually stir in the wine, cook for a min, then stir in the stock and simmer until you have a tasty gravy. Push the gravy through a sieve into a small pan and keep warm.</p> <p>3. Turn oven up to 220C/200C fan/gas 7. For the crumbs, blitz everything in a food processor and scatter over a tray. Bake in the oven for 10-15 mins until crisp, then re-blitz or break up with your fingers to crumbs again. These can be made in advance and kept in an airtight container for 2 days. Serve the lamb carved into slices, sprinkled with crumbs and a jug of gravy alongside.</p>
8	No-fail Yorkies	<ul style="list-style-type: none"> • 450ml milk • 4 large eggs • 250g plain flour • 2 tbsp sunflower or vegetable oil 	<p>1. Up to 3-4 hrs before cooking, mix together the milk, eggs, flour and 2 tsp salt in a food processor or blender until you have a smooth batter. If you don't have a food processor or blender, whisk the eggs into the flour and salt, then gradually whisk in the milk until smooth. Transfer to a jug, cover and leave at room temperature for at least 15 mins.</p> <p>2. Heat oven to 220C/200C fan/gas 7 and brush 12 holes of a muffin tin with the oil. Heat the tin in the oven for 5 mins, then carefully lift out and quickly pour the batter into the holes. Bake in the oven for 5 mins, then reduce oven temperature to 200C/180C fan/ gas 6 and cook for a further 30 mins until puffed, risen and golden.</p>
9	Baked Fish and Chips	<p>For the Chips:</p> <ul style="list-style-type: none"> • 3 medium russet potatoes (1 1/4 pounds) • 1/4 cup extra-virgin olive oil • Pinch of cayenne pepper • Kosher salt <p>For the Fish:</p> <ul style="list-style-type: none"> • Olive oil cooking spray • 2 3/4 cups crispy rice cereal • Kosher salt and freshly ground black pepper • 3 large egg whites • 1 1/2 pounds skinless, boneless Pollock (or other 	<p>1. Position racks in the upper and lower thirds of the oven and preheat to 450 degrees F using the convection setting, if available. Place a baking sheet on one of the racks to preheat.</p> <p>2. Prepare the chips: Cut the potatoes into 1/4-inch-thick sticks. Toss with the olive oil and cayenne in a bowl. Carefully remove the hot baking sheet from the oven, add the potatoes and spread in an even layer. Use a rubber spatula to scrape any oil from the bowl over the potatoes. Bake on the top oven rack, turning once, until browned and crisp, 25 to 30 minutes. Season with salt.</p> <p>3. Meanwhile, make the fish: Set a wire rack on a baking sheet and coat with cooking spray. Lightly crush the cereal in</p>

		firm white fish), cut into 2-by-4-inch pieces <ul style="list-style-type: none"> • Tartar sauce and/or malt vinegar, for serving (optional) 	a bowl with your fingers. Add 2 teaspoons salt, and black pepper to taste. In another bowl, whisk the egg whites and a pinch of salt until frothy. 4. Dip the fish in the egg whites, then roll in the cereal crumbs to coat. Place the fish pieces on the rack (position them on their sides so that the majority of the crust is exposed) and mist with cooking spray. 5. Bake the fish on the bottom oven rack until crisp and just cooked through, about 12 minutes. Season with salt and black pepper. Serve the fish and chips with tartar sauce and/or malt vinegar, if desired.
10	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 Toasted Almond Parsley Salad: <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 	1. Preheat the oven to 450 degrees F. 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. Toasted Almond Parsley Salad: 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. 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.
11	St Clement's pie	For the crust <ul style="list-style-type: none"> • 250g light digestive biscuit • 100g cornflake • 85g butter, melted • 140g caster sugar For the filling <ul style="list-style-type: none"> • 1 large egg, plus 4 large egg yolks • 397g can light condensed milk • zest and juice 3 lemons • zest and juice 2 oranges For the topping	1. Heat oven to 180C/160C fan/gas 4. Sit a fluted 20cm round loose-bottomed tin (about 5cm deep, or a slightly shallower 22cm tin) on a baking sheet. Break the biscuits into a big bowl, or double-bag them in food bags, and bash to big crumbs with the end of a rolling pin or small saucepan. Add the cornflakes and bash a bit more to crumbs. Mix with the melted butter and sugar and press into the base and sides of the tin. Bake for 15 mins, then remove and reduce oven temperature to 160C/140C fan/gas 3. 2. Whisk egg and yolks in a big bowl until pale and frothy. Whisk in the condensed

		<ul style="list-style-type: none"> • 150ml pot extra-thick double cream • 100g 0% fat Greek yogurt • 4 tbsp icing sugar • more lemon and orange zest, to decorate 	<p>milk, followed by the zests and juices. Pour in the tin and bake for 20 mins. Cool in the tin, then chill for at least 5 hrs, or overnight.</p> <p>3. Whip the cream, yogurt and icing sugar together. Dollop on the pie and scatter with zest to serve.</p>
12	Beef, ale & parsnip pudding	<ul style="list-style-type: none"> • 1 large onion, chopped • 100g smoked bacon lardons • 2 tbsp olive oil • 500g lean stewing beef, cubed • 2 tbsp plain flour • 3 parsnips, cubed • 500ml brown ale • 300ml beef stock • 2 tbsp cranberry or redcurrant jelly • 4 thyme sprigs • greens, to serve (optional) <p>For the suet pastry</p> <ul style="list-style-type: none"> • butter, for greasing • 300g self-raising flour, plus extra for dusting • 2 tsp English mustard powder • 140g shredded suet 	<p>1. Heat a large pan and cook the onion and lardons together for 5 mins until golden. Scoop out with a slotted spoon and set aside. Add the oil to the pan, dust the beef with the flour, then evenly brown over a high heat.</p> <p>2. Add the parsnips, ale, stock, jelly, thyme and lardon mixture to the pan. Bring to the boil, then cover and simmer for 1½ hrs until the meat is tender.</p> <p>3. Generously butter a 1.5-litre pudding basin. To make the pastry, mix together the flour, mustard powder, suet and ½ tsp table salt. Add enough cold water, about 150ml, to make a soft dough. Remove one-quarter of the dough and set to one side. On a heavily floured surface, roll out the remaining dough to make a large round, big enough to line the basin.</p> <p>4. Carefully lay the pastry in the basin (aim to have 1cm of pastry overhanging the rim), then press the edges of the join together to seal. Roll out the remaining one-quarter into a circle big enough to cover the top.</p> <p>5. Pour off the cooking liquid from the filling into a small pan and set aside. Discard the thyme stalks. Spoon the filling into the lined basin and pour over 100ml of the cooking liquid. Fold over the overhanging pastry and brush with water. Place the lid on top, pressing firmly around the edges to seal.</p> <p>6. Butter a sheet of baking parchment, fold in a large pleat and lay, butter-side down, on top of the pudding. Cover with a pleated layer of foil and finally tie with string, making a loop for the handle so you can lift the pudding easily.</p> <p>7. Sit a small trivet or a large cookie cutter in the bottom of a deep saucepan that's big enough to take the basin easily. Half-fill the pan with water and bring to the boil. Lower in the pudding, cover and</p>

			<p>simmer for 2 hrs, topping up with boiling water when necessary.</p> <p>8. Reheat the cooking liquid, bubbling it down a little so it reduces into a tasty gravy. Carefully lift out the pudding. Run a knife around the rim, then turn out and serve with <u>gravy and greens, if you like.</u></p>
13	Scampi with tartare sauce	<ul style="list-style-type: none"> • 15-20 langoustine or Dublin Bay prawn tails • vegetable or sunflower oil, for frying • 140g plain flour • 85g cornflour • 150ml beer • 100ml sparkling water • lemon wedges and chips, to serve <p>For the tartare sauce</p> <ul style="list-style-type: none"> • 6 tbsp mayonnaise • 1 gherkin or 6 cornichons, finely chopped • 1 tbsp caper, rinsed and chopped • 1 tsp lemon juice • 1 tbsp chopped parsley • 2 tsp chopped tarragon 	<p>1. To prepare the langoustines, pull off the head and pincers. Lay the tail flat on a chopping board and use a sharp pair of scissors to cut a line straight down the back of the shell. Carefully peel the langoustine, score down the back, then remove the grit sac.</p> <p>2. Get the oil heating in a large saucepan or wok – you will need enough to come 2-3in up the side of the pan. For the tartare sauce, mix all ingredients in a bowl and season.</p> <p>3. Place the flours in a bowl with a good pinch of salt and pepper. Add the beer and sparkling water, and whisk to a smooth batter.</p> <p>4. To test if the oil is hot enough, put a drop of batter into the pan – it should crisp and brown within 30 secs. Dip each langoustine or prawn tail into the batter, then carefully drop it into the oil. Drizzle a little extra batter over each one while they are cooking – this will give you a really crispy coating. Cook them in batches, making sure you don't overcrowd the pan. When golden and floating to the surface, scoop out and drain well on kitchen paper. Sprinkle the scampi with salt and serve with the tartare sauce, lemon wedges and chips.</p>
14	Easy treacle sponge	<ul style="list-style-type: none"> • 250g golden syrup • zest 1 lemon, plus juice ½ lemon • 5 tbsp breadcrumb • 200g pack butter, softened • 200g golden caster sugar • 3 medium eggs • 200g self-raising flour • 5 tbsp milk 	<p>1. Heat oven to 180C/160C fan/gas 4. Mix the syrup, lemon zest, juice and breadcrumbs and spread over the base of a 1.5 litre baking dish.</p> <p>2. Beat the butter and sugar until pale and fluffy, then beat in the eggs, one by one. Stir in the flour and milk and dollop over the syrup. Bake for 35-40 mins until golden and risen, and a skewer poked into the sponge comes out clean-ish. Eat with lots of custard, cream or ice cream and extra dribbles of syrup.</p>

15	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.
16	Steamed cranberry roly-poly	<ul style="list-style-type: none"> • 175g fresh cranberries (or frozen, thawed) • 1 tbsp icing sugar • 2 tbsp cranberry sauce or jelly • 300g self-raising flour, plus extra for dusting • 140g dried suet • 85g caster sugar • finely grated zest 1 orange • 175-200ml milk • custard, to serve 	<ol style="list-style-type: none"> 1. To make the filling, warm the cranberries and icing sugar together in a saucepan until the fruits begin to soften. Increase the heat, so the juices boil and become jammy. Pour the mixture into a bowl, then stir in the cranberry sauce or jelly. Leave to cool. Butter and lightly flour a large sheet of greaseproof (about 40 x 30cm), and sit it on a bigger sheet of foil. Put a steamer on to simmer. 2. For the dough, mix together the flour, suet, caster sugar and orange zest with a wooden spoon. Stir in some milk until the mixture reaches the consistency of a soft pastry. Gather together into a ball, but don't overwork or it will toughen. 3. On a lightly floured surface, roll the dough into a rectangle about 22cm x 25cm. Spread with the cooled cranberry

			<p>mix, leaving a 2cm border around the edge. Moisten the border with cold water or milk before rolling into a cylinder. Start by tucking over the border of one of the short ends, then lift as you roll (see step 1, click photo above) so the jam doesn't get squeezed out. With the long join underneath, lay the roly-poly in the centre of the parchment paper. Fold over the long paper and foil edges to seal, leaving enough space above the pudding to allow it to rise. Squeeze the paper ends together tightly to seal them.</p> <p>4. Lay the parcel in the steamer over the simmering water, cover and steam for 1¼-1½ hrs, until firm to the touch. Rest for a min or two before unwrapping, slicing and serving. Vanilla custard is the perfect accompaniment and the roly-poly is best eaten as soon as it is made.</p>
17	Sugared scones	<ul style="list-style-type: none"> • 85g diced butter • 350g self-raising flour • ¼ tsp salt • 1½ tsp bicarbonate of soda • 4 tbsp caster sugar • 200ml milk, warmed to room temperature, plus a splash extra • crushed sugar cubes, to decorate 	<p>1. Heat oven to 200C/180C fan/gas 6. Whizz butter into flour. Tip into a bowl and stir in salt with bicarbonate of soda and sugar. Using a cutlery knife, quickly stir in milk – don't over-mix.</p> <p>2. Tip out onto a lightly floured surface and turn over a couple of times to very gently bring together with your hands. Gently pat to about 1in thick, then stamp out rounds with a floured cutter. Pat together trimmings to stamp out more. Brush the tops with a splash more milk, then scatter with crushed sugar cubes. Bake on a baking sheet for 10-12 mins until risen and golden.</p>
18	The ultimate makeover: Full English breakfast	<ul style="list-style-type: none"> • 4 rashers good-quality lean unsmoked back bacon • 4 brown-cap portabello mushrooms • 12-16 cherry tomatoes on the vine, room temperature • 6 tsp olive oil • 2 slices granary or wholegrain bread, cut on the diagonal • 2 good-quality free-range pork sausages, minimum 86% pork 	<p>1. Lay the bacon, mushrooms and tomatoes on a foil-lined tray. Brush the tops of the mushrooms with 3 tsp of the oil and both sides of the bread with the remaining oil. Set aside. Heat the grill to very hot. Lay the sausages on a small foil-lined tray (best not to prick good-quality sausages or they may lose moisture). Grill for about 10 mins until cooked, turning occasionally.</p> <p>2. Meanwhile, three-quarters fill a small pan, and a wide, deep sauté pan with water. Bring both to the boil. Lower an egg into the small pan and remove after 30 secs. Crack the egg into a cup. Add vinegar to the larger pan then, using a</p>

		<ul style="list-style-type: none"> • 2 free-range, omega-3 rich eggs, room temperature • few drops cider vinegar • 2 x 100ml / 3½ fl oz glasses freshly-squeezed orange juice, plus 1 orange cut into wedges • handful fresh blueberries (about 50g/2oz) 	<p>wire whisk, swirl the water around to create a whirlpool. Remove the whisk and slowly tip the egg into the centre of the whirlpool (see top picture). When the water comes back to the boil, remove the pan from the heat, cover and leave for 3 mins, then remove the egg. Place in a bowl of warm water while you cook the other egg – or cook both eggs an hour ahead, leave in a bowl of iced water, then reheat for 1½ mins in simmering water before serving.</p> <p>3. Meanwhile heat a griddle pan to very hot. Place the tomatoes, bacon and mushrooms under the grill for 3-4 mins without turning. At the same time, lay the bread on the griddle pan, cook until crisp, about 1 min each side. Drain everything on kitchen paper.</p> <p>4. Remove the eggs with a slotted spoon and drain briefly on a cloth. Arrange everything on a plate and serve with the juice and fruit.</p>
19	Sausages with apple mash	<ul style="list-style-type: none"> • 700g floury potatoes, cut into chunks • 8 Cumberland sausages • 25g butter • 1 onion, thinly sliced • 2 tsp plain flour • 250ml beef stock • 2 apples (about 280g/10oz), peeled and chopped into small chunks • 3 tbsp milk 	<p>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.</p> <p>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.</p> <p>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.</p>
20	Slow-baked clotted cream rice pudding	<ul style="list-style-type: none"> • 25g butter • 100g short grain pudding rice • 450ml full-fat milk • 284ml pot double cream • 227g tub clotted cream • 1 split vanilla pod • 85g golden caster sugar 	<p>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.</p> <p>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,</p>

		<ul style="list-style-type: none"> • freshly grated nutmeg 	<p>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).</p>
21	Pear & blackberry crumbles	<ul style="list-style-type: none"> • 700g (or 4 large) ripe English pear, peeled and cubed • 100g golden granulated sugar • 250g blackberry • 200g plain flour • 100g unsalted butter, cold, cut into small pieces • 85g shelled pistachio, roughly chopped • 100g demerara sugar • ice cream, to serve (optional) 	<ol style="list-style-type: none"> 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. 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. 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.
22	Lancashire hotpot	<ul style="list-style-type: none"> • 100g dripping or butter • 900g stewing lamb, cut into large chunks • 3 lamb kidneys, sliced, fat removed • 2 medium onions, chopped • 4 carrots, peeled and sliced • 25g plain flour • 2 tsp Worcestershire sauce • 500ml lamb or chicken stock • 2 bay leaves • 900g potato, peeled and sliced 	<ol style="list-style-type: none"> 1. Heat oven to 160C/fan 140C/gas 3. 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. 3. Fry 2 chopped onions and 4 peeled and sliced carrots in the pan with a little more dripping until golden. 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. 5. Stir in the stewing lamb and kidneys and 2 bay leaves, then turn off the heat. 6. Arrange 900g peeled and sliced potatoes on top of the meat, then drizzle with a little more dripping. 7. Cover, then place in the oven for about 1½ hrs until the potatoes are cooked.

			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.
23	Lemon syllabub	<ul style="list-style-type: none"> • 284ml tub whipping cream • 50g caster sugar • 50ml white wine • zest and juice from ½ lemon • almond thins or berries, to serve 	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.
24	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 	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

			<p>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> <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>
25	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>
26	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 	<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</p>

		<ul style="list-style-type: none"> • 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 • splash soy sauce (optional) 	<p>everything together with some seasoning and set aside.</p> <ol style="list-style-type: none"> 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. 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, 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. 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.
27	Marzipan Eccles tarts	<ul style="list-style-type: none"> • 300g leftover dried fruit, like raisins, sultanas, currants • 2 eating apples or pears, cored and grated • 50g demerara sugar, plus a little extra to decorate • 100g leftover marzipan, grated • ½ tsp ground cloves • 1 tsp ground cinnamon • 500g block puff pastry • little flour, for rolling • 1 egg, beaten 	<ol style="list-style-type: none"> 1. Mix the dried fruit, grated apple or pear, Demerara sugar, marzipan, cloves and cinnamon. 2. Divide the pastry into 6. Then assemble tarts one by one. Halve a chunk of pastry and roll out each half to a circle about the thickness of a 50p piece on a floured surface. Spoon a sixth of the filling into the centre of one circle in a pile. Brush edges with egg, and lift the second pastry circle on top. Gently press down on the fruit to push out as much air as you can. Press the pastry edges to seal. Use an appropriate sized bowl, glass etc to help you trim the edges to a neat circle. At this stage, you can cover and chill the tarts overnight, or freeze for 1 month. Defrost before continuing. Brush with beaten

			<p>egg, then make three small slashes with a knife in a row. Repeat with remaining pastry and filling.</p> <p>3. Pop the tarts in the fridge while you heat oven to 200C/180C fan/gas 6. When the oven is nice and hot, brush tarts all over with egg and sprinkle each with a little more sugar. Bake for 20 - 25 mins, until golden, then eat warm with ice cream or custard.</p>
28	The ultimate makeover: Steak & kidney pie	<p>For the filling</p> <ul style="list-style-type: none"> • 200g lamb's kidneys, halved • 1 tbsp rapeseed oil • 2 medium onions, chopped • 2 bay leaves • 4 thyme sprigs • 600g lean stewing steak, cut into chunks • 100ml red wine • 2 tsp tomato purée • 1 tsp English mustard powder • 2 tbsp plain flour • 1 large carrot, chopped • 4 flat mushrooms, quartered or halved if small • 3 tbsp chopped parsley <p>For the pastry</p> <ul style="list-style-type: none"> • 140g plain flour, plus extra for dusting • 1 tsp thyme leaves (optional) • 25g very cold (or frozen) butter • 4 tbsp 2% fat Greek yogurt • 2 tbsp extra-virgin olive oil 	<p>1. Cut out and discard the thin tubes from the kidneys. Rinse the kidneys in cold water until the water runs clear, then chop them into small pieces. Heat the oil in a large saucepan or deep sauté pan. Add the onions, bay and thyme sprigs and fry over a medium heat for 8-10 mins until the onions are really golden, stirring often. Put the kettle on.</p> <p>2. Add the steak and kidney to the pan and stir-fry briefly, just until it loses its pink colour. Turn up the heat, pour in the wine, stir to deglaze the bottom of the pan, then let it boil over a high heat for 2-3 mins until reduced and absorbed into the meat. Stir in the tomato purée and mustard powder. Sift in the flour, stirring, then stir for a couple of mins. Pour in 400ml boiling water and continue stirring until the mixture starts to boil and is thickened. Tip in the carrot and both mushrooms, reduce the heat, cover with a lid, then leave to simmer gently for about 1 hr, stirring occasionally. Remove the lid and simmer another 25-30 mins or until the meat is very tender and the gravy has thickened slightly.</p> <p>3. Remove from the heat and remove the bay leaves and thyme sprigs. Stir in the parsley, season to taste, then transfer to a pie or ovenproof dish (22-23cm in diameter, 6cm deep, 1.7-litre capacity or similar), then leave to cool slightly. Heat oven to 200C/180C fan/gas 6.</p> <p>4. While the meat is cooling, make the pastry. Put the flour, and thyme if using, into a bowl. Grate in the cold or frozen butter, make a well in the centre, then add the yogurt, olive oil, a pinch of salt and a good grinding of black pepper. Using a round-bladed knife, mix together with 2</p>

			<p>tsp cold water, then gently gather together with your hands to form a dough. Remove from the bowl and knead briefly until smooth.</p> <p>5. Roll out the pastry on a lightly floured surface so it's slightly bigger than the top of the pie dish. Lay the pastry over the meat and trim the edges with scissors so it slightly overhangs the edge of the dish. Make 2 small slits in the centre. Flute the edges, then roll out the trimmings and cut out 6 diamond-shaped leaves. Dampen one side and lay them on the pastry lid. Place the dish on a baking sheet, then bake in the oven for about 25 mins or until the pastry is golden.</p>
29	British pork cassoulet	<ul style="list-style-type: none"> • 400-450g streaky steaks (strips of pork belly), rind trimmed • 1 tbsp sunflower or vegetable oil • 400-450g pack of pork sausages (try Cumberland, garlic or sage-flavoured Lincolnshire varieties) • 4 back bacon chops, about 400g/14oz • 400g can cannellini, haricot, butter or mixed beans, drained • 1 large onion, chopped • 4 medium carrots, thickly sliced • 400g can chopped tomatoes • 1 bouquet garni 'tea bag' • about 600ml chicken stock (from a stock cube is fine) • 25g fresh white breadcrumbs • 2 garlic cloves 	<p>1. Heat oven to 180C/fan 160C/gas 4. Quickly pan-fry the strips of pork belly in the oil, followed by the sausages and back bacon chops, until well browned.</p> <p>2. Mix together the beans, onion, garlic, carrots and tomatoes in a bowl. Starting with a spoonful of the veg, inter-layer the vegetable mix and meats in a deep braising pan (about 3 litres capacity, 7.5cm deep, preferably one that will go on top of the stove – see Gary's tip, below). Place the bouquet garni in the centre as everything is being stacked.</p> <p>3. Pour just enough chicken stock on top to almost cover, then bring to a simmer on top of the stove (see Gary's tip). Sprinkle the breadcrumbs over the top and braise in the oven for about 1hr 20- 1hr 30 mins, until the meats are all tender and the top is golden brown. If the stock reduces while braising, simply pour a little more on top to moisten. Remove from the oven and allow to settle for 5 mins before serving. (Remember to take out the bouquet garni.)</p>
30	No-fuss shepherd's pie	<ul style="list-style-type: none"> • 1 tbsp sunflower oil • 1 large onion, chopped • 2-3 medium carrots, chopped • 500g pack lamb mince • 2 tbsp tomato purée • large splash Worcestershire sauce 	<p>1. Heat 1 tbsp sunflower oil in a medium <u>saucepan</u>, then soften 1 chopped onion and 2-3 chopped carrots for a few mins.</p> <p>2. When soft, turn up the heat, crumble in 500g lamb mince and brown, tipping off any excess fat.</p>

		<ul style="list-style-type: none"> • 500ml beef stock • 900g potato, cut into chunks • 85g butter • 3 tbsp milk 	<ol style="list-style-type: none"> 3. Add 2 tbsp tomato purée and a large splash of Worcestershire sauce, then fry for a few mins. 4. Pour over 500ml beef stock, bring to a simmer, then cover and cook for 40 mins, uncovering halfway. 5. Meanwhile, heat the oven to 180C/ fan 160C/ gas 4, then make the mash. Boil the 900g potato, cut into chunks, in salted water for 10-15 mins until tender. <u>Drain</u>, then mash with 85g butter and 3 tbsp milk. 6. Put the mince into an <u>ovenproof dish</u>, top with the mash and ruffle with a fork. <i>The pie can now be chilled and frozen for up to a month.</i> 7. Bake for 20-25 mins until the top is starting to colour and the mince is bubbling through at the edges. <i>(To bake from frozen, cook at 160C/fan 140C/gas 3 for 1 hr-1 hr 20 mins until piping hot in the centre. Flash under the grill to brown, if you like.)</i> 8. Leave to stand for 5 mins before serving.
31	Split pea & green pea smoked ham soup	<ul style="list-style-type: none"> • 1kg gammon or ham hock • 200g split peas, soaked overnight • 2 onions, roughly chopped • 2 carrots, roughly chopped • 2 bay leaves • 1 stick celery, roughly chopped • 300g frozen peas • crusty bread and butter, to serve 	<ol style="list-style-type: none"> 1. Put the gammon in a very large pan with 2 litres water and bring to the boil. Remove from the heat and drain off the water – this helps to get rid of some of the saltiness. Recover with 2 litres cold water and bring to the boil again. Put everything but the frozen peas into the pan and bring to the boil. Reduce to a simmer and cook for 1½-2½ hrs, topping up the water as and when you need to, to a similar level it started at. As the ham cooks and softens, you can halve it if you want, so it is all submerged under the liquid. When the ham is tender enough to pull into shreds, it is ready. 2. Lift out the ham, peel off and discard the skin. While it is still hot (wear a clean pair of rubber gloves), shred the meat. Remove bay from the soup and stir in the frozen peas. Simmer for 1 min, then blend until smooth. Add a splash of water if too thick, and return to the pan to heat through if it has cooled, or if you are making ahead. 3. When you are ready to serve, mix the hot soup with most of the ham – gently reheat if made ahead. Serve in bowls with the

			remaining ham scattered on top, and eat with crusty bread and butter.
32	Chicken & mushroom puff pie	<ul style="list-style-type: none"> • 1 tbsp vegetable oil • 8 skinless boneless chicken thighs • 8 rashers smoked streaky bacon, cut into large pieces • 1 onion, halved and sliced • 250g pack baby button mushrooms • handful thyme sprigs • 2 tbsp plain flour • 400ml chicken stock • 200ml milk • 500g pack fresh puff pastry, or frozen and defrosted • 1 egg, beaten 	<ol style="list-style-type: none"> 1. Heat 1 tbsp vegetable oil in a large, non-stick <u>frying pan</u>. 2. Season 8 skinless, boneless chicken thighs and fry for 5-8 mins until golden brown, turning occasionally. You may need to do this in two batches, depending on the size of your pan. 3. Lift the chicken onto a plate and tip 8 smoked, streaky bacon rashers, cut into large pieces, into the pan. Fry for 5 mins until crisp. 4. Add 1 halved and sliced onion, 250g baby button mushrooms and a handful of thyme sprigs, then fry on a high heat for another 3 mins until the onions start to colour. 5. Tip 2 tbsp plain flour into the pan and cook, stirring, for 1 min. 6. With the pan off the heat, gradually stir or <u>whisk</u> in 400ml chicken stock, followed by 200ml milk, then add the chicken back to the pan. 7. Bring to the boil, then simmer for 30 mins. Spoon the filling into a large pie or baking dish (approx 20 x 30cm) with a lip and leave to cool. 8. Heat oven to 220C/fan 200C/gas 7. On a floured surface, <u>roll</u> 500g puff pastry to the thickness of two £1 coins. 9. Cut a long strip as wide as the rim of the pie dish and, using a little of the 1 beaten egg, fix to the edge of the pie dish. 10. Brush with beaten egg, then lift the rest of the pastry over the pie, using the rolling pin to help. Gently press the edges with your fingers and trim with a <u>sharp knife</u>. 11. Brush lightly with egg to glaze, then bake for 30 mins or until the pastry is risen and dark golden brown.
33	Fish pie - in four steps	<ul style="list-style-type: none"> • 400g skinless white fish fillet • 400g skinless smoked haddock fillet • 600ml full-fat milk • 1 small onion, quartered • 4 cloves • 2 bay leaves 	<ol style="list-style-type: none"> 1. Poach 400g skinless white fish fillets and 400g skinless smoked haddock fillets. Put the fish in the <u>frying pan</u> and pour over 500ml of the full-fat milk. Quarter 1 small onion and stud each quarter with a clove, then add to the milk, with 2 bay leaves. Bring the milk just to the boil – you will see a few small bubbles. Reduce the heat and simmer for 8 mins. Lift the

		<ul style="list-style-type: none"> • 4 eggs • small bunch parsley, leaves only, chopped • 100g butter • 50g plain flour • pinch freshly grated nutmeg • 1kg floury potato, peeled and cut into even-sized chunks • 50g cheddar, grated 	<p>fish onto a plate and strain the milk into a jug to cool. Flake the fish into large pieces in the <u>baking dish</u>.</p> <p>2. Hard-boil 4 eggs. Bring a <u>small pan</u> of water to a gentle boil, then carefully lower the eggs in with a slotted spoon. Bring the water back to a gentle boil, with just a couple of bubbles rising to the surface. Set the timer for 8 mins, cook, then <u>drain</u> and cool in a bowl of cold water. Peel, slice into quarters and arrange on top of the fish, then scatter over the chopped leaves of a small bunch of parsley.</p> <p>3. Make the sauce. Melt 50g butter in a pan, stir in 50g plain flour and cook for 1 min over moderate heat. Take off the heat, pour in a little of the cold poaching milk, then stir until blended. Continue to add the milk gradually, <u>mixing</u> well until you have a smooth sauce. Return to the heat, bring to the boil and cook for 5 mins, stirring continually, until it coats the back of a spoon. Remove from the heat, season with salt, pepper and a pinch of freshly grated nutmeg, then pour over the fish.</p> <p>4. Assemble and bake. Heat oven to 200C/fan 180C/gas 6. Boil 1kg floury potatoes, cut into even-sized chunks, for 20 mins. Drain, season and mash with the remaining 50g butter and 100ml full-fat milk. Use to top the pie, starting at the edge of the dish and working your way in – push the mash right to the edges to seal. Fluff the top with a fork, sprinkle over 50g grated cheddar, then bake for 30 mins. Make up to a day ahead, chill, then bake for 40 mins.</p>
34	Granny's Victoria sponge	<ul style="list-style-type: none"> • 200g unsalted butter, softened, plus extra for greasing • 200g caster sugar • 1 tsp vanilla extract • 4 medium eggs • 200g self-raising flour, plus extra for dusting • about 6 tbsp raspberry jam • 250ml double cream, whipped 	<p>1. Heat oven to 190C/170C fan/gas 5. Grease and flour two 20cm <u>sandwich tins</u>.</p> <p>2. Place 200g softened unsalted butter, 200g caster sugar and 1 tsp vanilla extract into a <u>bowl</u> and <u>beat</u> well to a creamy consistency.</p> <p>3. Slowly beat in 4 medium eggs, one by one, then fold in 200g self-raising flour and mix well.</p> <p>4. Divide the mix between the cake tins, place into the oven and bake for about 20</p>

		<ul style="list-style-type: none"> • icing sugar, for dusting 	<p>mins until risen and golden brown. The cakes should spring back when gently pushed in the middle.</p> <p>5. When ready, remove from the oven and allow to cool for 5 mins in the tin, before turning out onto a <u>wire rack</u> and cooling completely.</p> <p>6. <u>Spread</u> about 6 tbsp raspberry jam onto one cake and top with 250ml whipped double cream. Sandwich the cakes together and dust with icing sugar.</p>
35	Beef Wellington	<ul style="list-style-type: none"> • a good beef fillet (preferably Aberdeen Angus) of around 1kg/2lb 4oz • 3 tbsp olive oil • 250g/ 9oz chestnut mushroom, include some wild ones if you like • 50g/ 2oz butter • 1 large sprig fresh thyme • 100ml/ 3½ fl oz dry white wine • 12 slices prosciutto • 500g/1lb 2oz pack puff pastry, thawed if frozen • a little flour, for dusting • 2 egg yolks beaten with 1 tsp water 	<p>1. Heat oven to 220C/fan 200C/gas 7</p> <p>2. Sit the 1kg beef fillet on a roasting tray, brush with 1 tbsp olive oil and season with pepper, then roast for 15 mins for medium-rare or 20 mins for medium. When the beef is cooked to your liking, remove from the oven to cool, then chill in the fridge for about 20 mins.</p> <p>3. While the beef is cooling, <u>chop</u> 250g chestnut (and wild, if you like) mushrooms as finely as possible so they have the texture of coarse breadcrumbs. You can use a <u>food processor</u> to do this, but make sure you pulse-chop the mushrooms so they don't become a slurry.</p> <p>4. Heat 2 tbsp of the olive oil and 50g butter in a large pan and fry the mushrooms on a medium heat, with 1 large sprig fresh thyme, for about 10 mins stirring often, until you have a softened mixture.</p> <p>5. Season the mushroom mixture, pour over 100ml dry white wine and cook for about 10 mins until all the wine has been absorbed. The mixture should hold its shape when stirred.</p> <p>6. Remove the mushroom duxelle from the pan to cool and discard the thyme.</p> <p>7. Overlap two pieces of cling film over a large <u>chopping board</u>. Lay 12 slices prosciutto on the cling film, slightly overlapping, in a double row.</p> <p>8. Spread half the duxelles over the prosciutto, then sit the fillet on it and spread the remaining duxelles over.</p> <p>9. Use the cling film's edges to draw the prosciutto around the fillet, then roll it</p>

			<p>into a sausage shape, twisting the ends of cling film to tighten it as you go.</p> <ol style="list-style-type: none"> Chill the fillet while you roll out the pastry. Dust your work surface with a little flour. Roll out a third of the 500g pack of puff pastry to a 18 x 30cm strip and place on a non-stick baking sheet. Roll out the remainder of the 500g pack of puff pastry to about 28 x 36cm. Unravel the fillet from the cling film and sit it in the centre of the smaller strip of pastry. Beat the 2 egg yolks with 1 tsp water and brush the pastry's edges, and the top and sides of the wrapped fillet. Using a rolling pin, carefully lift and drape the larger piece of pastry over the fillet, pressing well into the sides. Trim the joins to about a 4cm rim. Seal the rim with the edge of a fork or spoon handle. Glaze all over with more egg yolk and, using the back of a knife, mark the beef Wellington with long diagonal lines taking care not to cut into the pastry. Chill for at least 30 mins and up to 24 hrs. Heat oven to 200C/fan 180C/gas 6. Brush the Wellington with a little more egg yolk and cook until golden and crisp – 20-25 mins for medium-rare beef, 30 mins for medium. Allow to stand for 10 mins before serving in thick slices.
36	Spiced parsnip shepherd's pies	<p>For the meat sauce</p> <ul style="list-style-type: none"> • 2 tbsp sunflower oil • 1 large onion, chopped • 2 garlic cloves, crushed • small knob of ginger, peeled and grated • 2 tbsp medium curry powder • 500g minced beef or lamb • 400g can chopped tomato • 100g frozen pea <p>For the topping</p> <ul style="list-style-type: none"> • 600g parsnip, peeled and chopped into large chunks • large potato, peeled and chopped into large chunks 	<ol style="list-style-type: none"> For the sauce, heat the oil in a pan and add the onion. Cook until soft, add the garlic, ginger and curry powder, then cook until aromatic. Turn up the heat, add the mince, fry until browned, then add the tomatoes and simmer for 20 mins until thickened. A few mins before the end, add the peas. Meanwhile, tip the parsnips and potatoes into a pan of cold water, bring to the boil, then cook for 10 mins. Drain, season and mash with the rest of the ingredients. Heat oven to 220C/fan 200C/gas 8. Assemble the pies in individual dishes (or one large one) by placing some meat sauce on the bottom and topping with mash. Ruffle up the tops with a fork, then

		<ul style="list-style-type: none"> • 1 green chilli, deseeded and chopped • large bunch coriander, chopped • 2 tsp turmeric • juice of 1 lemon • 50g butter 	bake for 20 mins until golden and bubbling.
37	Masala meatball curry	<ul style="list-style-type: none"> • 2 garlic cloves • 1 red chilli, deseeded • 1 thick slice white bread • small pack mint leaves, reserving some to serve • 400g lamb mince • 1 egg, lightly beaten • 1 tbsp vegetable oil • 1 large onion, roughly chopped • 1 tbsp masala curry paste • 400g can chopped tomato • 400ml lamb stock • 100g baby spinach leaves • cooked basmati rice and cucumber & mint raita, to serve (optional) 	<ol style="list-style-type: none"> 1. Place the garlic, chilli, bread and mint in a food processor and pulse until finely chopped. Tip into a bowl and mix with the lamb, egg and seasoning. using damp hands, shape into 16 small meatballs. 2. Heat half the vegetable oil in a large non-stick frying pan. Fry the meatballs in batches over a high heat until golden, then set aside. 3. Heat the remaining oil in the frying pan, add the onion and cook for 3-4 mins until beginning to soften. Add the curry paste and fry for 1 min, then tip in the tomatoes and stock and bring to a simmer. 4. Add the meatballs and simmer for 15 mins until the sauce is thickened. Stir through the spinach until just wilted. Scatter over the reserved mint leaves, and serve with rice and cucumber & mint raita, if you like.
38	Green spaghetti & meatballs	<ul style="list-style-type: none"> • 500g lean pork mince • 1 apple, grated • 1 tsp fennel seeds • 1 tbsp oil • 250g-300g wholemeal spaghetti (for children, use white spaghetti as wholemeal can be too filling) • 200g baby spinach, plus extra to serve • 1 ripe avocado, stoned and peeled, plus extra to serve • small bunch basil • 100g frozen peas • 25g parmesan, grated, plus extra to serve 	<ol style="list-style-type: none"> 1. Mix the mince, apple and fennel seeds in a bowl. Divide and roll into 24 cherry tomato-sized balls. Heat the oil in a large frying pan. Cook the meatballs until golden brown and cooked through. Heat a large pan of water and cook the pasta following pack instructions. 2. Meanwhile, make the sauce. Set aside a handful of spinach, 4 tbsp peas and half the avocado for later. Pour hot water over the rest of the peas to defrost them, then drain well. Whizz the defrosted peas, spinach, avocado, basil and parmesan in a blender with 100ml pasta water, adding more if needed, to make sauce. Season well. 3. Add the reserved frozen peas to the pasta for the last min of cooking. Drain, saving some of the water, and tip the pasta into the meatball pan. Add the sauce and cook for a minute or 2 until hot, adding more seasoning or pasta water if you need to. Serve a salad of spinach and avocado on

			the side and top the pasta with extra parmesan for adults, if you like.
39	Malmö meatball subs	<ul style="list-style-type: none"> • 1-2 tbsp sunflower oil, for frying • 2 tbsp white wine vinegar • 1 tbsp golden caster sugar • ½ cucumber, thinly sliced • 1 tbsp chopped dill (optional) • 4 sub rolls, halved, or 1 long, thin baguette, cut into 5cm chunks • jar cranberry sauce <p>For the meatballs</p> <ul style="list-style-type: none"> • 300g pack pork mince • 50g breadcrumb • 1 tsp caraway or fennel seeds • 1 egg, beaten • 3 tbsp wholegrain mustard • 1 tbsp clear honey • good grating nutmeg 	<ol style="list-style-type: none"> 1. Mix all the meatball ingredients together with plenty of seasoning, then shape into walnut-sized balls. Freeze for 30 mins to firm up if the party is about to start, or chill in the fridge for up to 24 hrs. 2. Heat oven to 220C/200C fan/gas 7. Roll the meatballs in the oil in a baking tray, then roast for 20 mins until browned and cooked through. 3. When the meatballs are nearly ready, mix the vinegar and sugar in a mixing bowl to dissolve, then stir in the cucumber and dill, if using. 4. Split the baguette chunks, rolls or subs and spread with a little cranberry sauce. Add some cucumber and 2-3 meatballs, arrange on a platter and serve.
40	Spanish meatball & butter bean stew	<ul style="list-style-type: none"> • 350g lean pork mince • 2 tsp olive oil • 1 large red onion, chopped • 2 peppers, sliced, any colour will do • 3 garlic cloves, crushed • 1 tbsp sweet smoked paprika • 2 x 400g cans chopped tomatoes • 400g can butter beans, drained • 2 tsp golden caster sugar • small bunch parsley, chopped • crusty bread, to serve (optional) 	<ol style="list-style-type: none"> 1. Season the pork, working the seasoning in with your hands, then shape into small meatballs. Heat the oil in a large pan, add the meatballs and cook for 5 mins, until golden brown all over. Push to one side of the pan and add the onion and peppers. Cook for a further 5 mins, stirring now and then, until the veg has softened, then stir in the garlic and paprika. Stir everything around in the pan for 1 min, then add the tomatoes. Cover with a lid and simmer for 10 mins. 2. Uncover, stir in the beans, the sugar and some seasoning, then simmer for a further 10 mins, uncovered. Just before serving, stir in the parsley. Serve with crusty bread for dunking, if you like.
41	Moroccan meatball tagine with lemon & olives	<ul style="list-style-type: none"> • 3 onions, peeled • 500g minced lamb • zest and juice 1 unwaxed lemon, quartered • 1 tsp ground cumin • 1 tsp ground cinnamon • pinch cayenne pepper • small bunch flat-leaf parsley, chopped 	<ol style="list-style-type: none"> 1. Put the onions in a food processor and blitz until finely chopped. Put the lamb, lemon zest, spices, parsley and half the onions in a large bowl, and season. Using your hands, mix until well combined, then shape into walnut-sized balls. 2. Heat the oil in a large flameproof dish, or tagine with a lid, then add the remaining onions, ginger, chilli and saffron. Cook for 5 mins until the onion is softened and

		<ul style="list-style-type: none"> • 2 tbsp olive oil • thumb-sized piece ginger, peeled and grated • 1 red chilli, deseeded and finely chopped • pinch saffron strands • 250ml lamb stock • 1 tbsp tomato purée • 100g pitted black kalamata olive • small bunch coriander, chopped • couscous or fresh crusty bread, to serve 	<p>starting to colour. Add the lemon juice, stock, tomato purée and olives, then bring to the boil. Add the meatballs, one at a time, then reduce the heat, cover with the lid and cook for 20 mins, turning the meatballs a couple of times.</p> <p>3. Remove lid, then add the coriander and lemon wedges, tucking them in between the meatballs. Cook, uncovered, for a further 10 mins until the liquid has reduced and thickened slightly. Serve hot with couscous or fresh crusty bread.</p>
42	Lemony lamb meatballs	<ul style="list-style-type: none"> • 100g stale white bread, blitzed to crumbs • 100ml milk • 600g lamb mince • 2 fat lemons, zested • 2 garlic cloves, crushed • 1 tbsp ground cumin • ¼ tsp ground cloves • small bunch coriander, stalks finely chopped and leaves picked • 2 tbsp olive oil • 250ml natural yogurt • ½ pomegranate, seeds removed 	<p>1. Put the breadcrumbs in a bowl and add the milk. Leave for 5 mins, or until the milk has been absorbed. Add the lamb, lemon zest, garlic, spices, coriander stalks and plenty of seasoning. Mix everything well with your hands, then shape into meatballs, it should make about 30. Cover and chill the meatballs for at least 30 mins, or up to 24 hrs.</p> <p>2. Heat the oil in a large frying pan, or two smaller ones. Cook the meatballs for 8-10 mins, rolling them around the pan until nicely browned on all sides and cooked through. To serve, arrange the meatballs on a platter. If the yogurt is quite thick, add a drop of water or lemon juice. Drizzle it over the meatballs, then scatter the pomegranate seeds and coriander leaves on top.</p>
43	Spaghetti & meatballs	<ul style="list-style-type: none"> • 8 good-quality pork sausages • 1kg beef mince • 1 onion, finely chopped • ½ a large bunch flat-leaf parsley, finely chopped • 85g parmesan, grated, plus extra to serve if you like • 100g fresh breadcrumbs • 2 eggs, beaten with a fork • olive oil, for roasting • spaghetti, to serve (you'll need about 100g per portion) <p>For the sauce</p> <ul style="list-style-type: none"> • 3 tbsp olive oil 	<p>1. First make the meatballs. Split the skins of 8 good-quality pork sausages and squeeze out the meat into your largest <u>mixing bowl</u>.</p> <p>2. Add 1kg beef mince, 1 finely chopped onion, ½ large bunch flat-leaf parsley, 85g grated parmesan, 100g fresh breadcrumbs, 2 beaten eggs and lots of seasoning. Get your hands in and mix together really well – the more you squeeze and mash the mince, the more tender the meatballs will be.</p> <p>3. Heat oven to 220C/200C fan/gas 7.</p> <p>4. Roll the mince mixture into about 50 golf-ball-size meatballs. Set aside any meatballs for freezing, allowing about 5 per portion, then spread the rest out in a</p>

		<ul style="list-style-type: none"> • 4 garlic cloves, crushed • 4 x 400g cans chopped tomato • 125ml red wine (optional) • 3 tbsp caster sugar • ½ a large bunch flat-leaf parsley, finely chopped • few basil leaves (optional) 	<p>large <u>roasting tin</u> – the meatballs will brown better if spaced out a bit.</p> <ol style="list-style-type: none"> 5. Drizzle with a little oil (about 1 tsp per portion), shake to coat, then roast for 20-30 mins until browned. 6. Meanwhile, make the sauce. Heat 3 tbsp olive oil in your <u>largest pan</u>. Add 4 crushed garlic cloves and sizzle for 1 min. 7. Stir in four 400g cans chopped tomatoes, 125ml red wine, if using, 3 tbsp caster sugar, ½ a large bunch flat-leaf parsley and seasoning. Simmer for 15-20 mins until slightly thickened. 8. Stir in a few basil leaves, if using, spoon out any portions for freezing, then add the cooked meatballs to the pan to keep warm while you boil the spaghetti (you'll need about 100g per portion). 9. Spoon the sauce and meatballs over spaghetti, or stir them all together and serve with extra <u>parmesan</u> and a few basil leaves, if you like.
44	Asparagus & meatball orzo	<ul style="list-style-type: none"> • pack of 12 pork meatballs • 500g pack orzo pasta • large bunch of asparagus, sliced in half lengthways • 200g tub crème fraîche 	<ol style="list-style-type: none"> 1. Heat oven to 180C/160C fan/gas 4. Put the meatballs on a tray lined with foil, season and cook for 20 mins until cooked through. Meanwhile, bring a pan of salted water to the boil, add the orzo and cook for 4 mins, then add the asparagus and simmer for 4 mins more. Drain, then tip back into the pan along with the meatballs and crème fraîche, mix and season well.
45	Chicken meatballs with quinoa & curried cauliflower	<ul style="list-style-type: none"> • 250g chicken mince • 1 garlic clove, finely chopped • 1 tsp turmeric • pinch of cumin • pinch of cinnamon • handful dill, finely chopped • 2 spring onions, finely chopped <p>For the quinoa & curried cauliflower</p> <ul style="list-style-type: none"> • 50g quinoa • 4 cauliflower florets • 25g sweet potato, chopped • 1 tbsp olive oil 	<ol style="list-style-type: none"> 1. For the meatballs, mix together all the ingredients in a bowl with some seasoning. Form into six balls and chill in the fridge for 20 mins. 2. For the meatballs, mix together all the ingredients in a bowl with some seasoning. Form into six balls and chill in the fridge for 20 mins. 3. Put the cauliflower and sweet potato in a roasting tin and toss in the oil and curry powder. Put the meatballs in a separate tin. Cook both in the oven for 15 mins or until cooked through. 4. Mix the quinoa with the cauliflower, sweet potato, pistachios and sultanas, squeeze over the lime juice, then serve with the meatballs.

		<ul style="list-style-type: none"> • 1 tbsp medium curry powder • 1 tsp pistachios, chopped • 1 tsp sultanas • ½ lime, juiced 	
46	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 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.
47	Teriyaki pork meatballs	<ul style="list-style-type: none"> • 250g dried medium egg noodles • 12 fresh pork meatballs • 300g pak choi • 6 tbsp teriyaki sauce 	<ol style="list-style-type: none"> 1. Cook the noodles following pack instructions. Add 2 tbsp sunflower oil to a frying pan over a medium heat. Fry the meatballs for 3 mins or until golden brown all over. Lower the heat and cook for 6 mins more. Quarter the pak choi, raise the heat, add the pak choi and cook for 3 mins. Stir through the teriyaki sauce and toss everything together with the drained noodles. Divide between bowls and serve.
48	Spicy meatball tagine with bulgur & chickpeas	<ul style="list-style-type: none"> • 2 onions, 1 quartered, 1 halved and sliced • 2 tbsp tomato purée • 2 garlic cloves 	<ol style="list-style-type: none"> 1. Put the quartered onion in the food processor and process to finely chop it. Add the minced beef, 1 tbsp tomato purée, the garlic, egg and chilli powder

		<ul style="list-style-type: none"> • 1 egg • 1 tbsp chilli powder • 500g pack extra-lean beef mince • 2 tsp rapeseed oil • 4 large carrots, cut into batons • 1 tsp ground cumin • 2 tsp ground coriander • 400g can chopped tomatoes • 1 lemon, zest removed with a potato peeler, then chopped • 12 Kalamata olives, chopped • 1 tbsp vegetable bouillon powder • 1/3 pack fresh coriander, chopped • For the bulgur • 200g bulgur wheat • 400g can chickpeas • 2 tsp vegetable bouillon powder • 2 tsp ground coriander 	<p>and blitz to make a smoothish paste. Divide the mixture into 26 even-sized pieces and roll into balls.</p> <ol style="list-style-type: none"> 2. Heat the oil in a large frying pan and cook the meatballs for about 5-10 mins to lightly brown them. Tip from the pan onto a plate. 3. Now add the sliced onion and carrots to the pan and stir fry briefly in the pan juices to soften them a little. Add the spices and pour in the tomatoes with 1 1/2 cans of water then stir in the chopped lemon zest, remaining tomato purée, olives and bouillon powder. Return the meatballs to the pan then cover and cook for 15 mins until the carrots are just tender. Stir in the coriander. 4. While the tagine is cooking, tip the bulgur into a pan with the chickpeas and water from the can. Add 2 cans of water, the bouillon and coriander. Cover and cook for 10 mins until the bulgur is tender and the liquid had been absorbed. If you're doing the <u>Healthy Diet Plan</u>(serving two people), serve half with half of the tagine and chill the remainder for another night if you like.
49	Pheasant meatballs with orzo	<ul style="list-style-type: none"> • 1 shallot, roughly chopped • 1 garlic clove, roughly chopped • 150g leftover pheasant meat picked from the carcass (including skin and fat) • 100g fresh breadcrumbs • zest and juice 1 lemon • 1 tbsp natural yogurt • 1 large egg • 2 tbsp pistachio nuts, chopped • 2 tbsp chopped flat-leaf parsley • small grating nutmeg • 3 tbsp olive oil, plus extra for greasing • 2 rosemary sprigs • 200g orzo • 80g baby spinach leaves • 4 tbsp crème fraîche 	<ol style="list-style-type: none"> 1. To make the meatballs, put the shallot, garlic and pheasant into a blender and process until finely chopped. Add the breadcrumbs, lemon zest and juice, yogurt and egg and blitz once more, until the mixture is clumping together, then tip into a bowl. Add the pistachios and parsley, stir well and season with salt, pepper and nutmeg. Oil your hands and roll the mixture into golf ball-sized meatballs. Put in the fridge to chill. 2. Heat oven to 180C/160C fan/gas 4. In a heavy-bottomed, non-stick frying pan or skillet, heat the olive oil and rosemary, and stir to infuse the oil, then add the meatballs and fry for 4-5 mins, turning them carefully to brown all over. Remove from the pan with a slotted spoon, retaining the rosemary oil, and transfer the meatballs to a roasting tin. Put them in the oven for 10 mins to heat through while you cook the pasta. 3. Cook the orzo following pack instructions, and drain when al dente,

		<ul style="list-style-type: none"> • 20g finely grated parmesan, plus extra to serve 	<p>reserving some of the water. Remove the sprigs of rosemary from the olive oil in the frying pan and tip in the pasta along with the spinach, stirring to coat in the infused oil. Warm gently over a low heat then stir in the crème fraîche and Parmesan, plus a little pasta water (or stock, if you have it). Season and divide between plates, topping with the meatballs. Serve with extra Parmesan, if you like.</p>
50	Meatballs with spaghetti	<ul style="list-style-type: none"> • pack of 8 good-quality sausages • 500g pack minced beef • 4 garlic cloves, crushed • small bunch fresh parsley, finely chopped • 3 tbsp dried breadcrumbs • 1 egg, lightly beaten • plain flour for rolling • 4 tbsp sunflower or vegetable oil • 2 x 400g cans chopped tomatoes • pinch sugar • 500g spaghetti • grated parmesan, to serve 	<ol style="list-style-type: none"> 1. Cut through the skin of each sausage and pull them off. Put the sausage meat into a large bowl with the mince. Add half the garlic, half the parsley, the breadcrumbs and egg, and mix well. Season generously with pepper and a little salt, and mix again. 2. Sprinkle a chopping board with flour. Scoop out level dessertspoons of the mix, dip them in the flour and roll them into balls. Heat 3 tbsp of the oil in a large frying pan or wok, then fry the meatballs in batches, browning them on all sides. Set aside on a plate. When you've fried all the meatballs, pour away any excess fat. Rinse and dry the pan. 3. Pour the remaining oil into the pan, heat for 1 min then add the remaining garlic and fry for a few seconds. Tip in the tomatoes and break them down with a fork or wooden spoon. Cook over a moderately high heat for 5 mins until jammy. Season with salt, pepper and a little sugar. 4. Tip in the meatballs and turn them over in the sauce, ensuring they're all covered. Cover the pan and cook the meatballs on a low heat for about 30 mins, spoon over the sauce occasionally and add a little water if it's becoming too dry. 15 mins before the end of the cooking time, cook the spaghetti. To serve, stir most of the remaining parsley into the sauce then spoon the meatballs and sauce over the spaghetti. Scatter with last of the parsley and serve Parmesan on the side.
51	Spicy meatballs with chilli black beans	<ul style="list-style-type: none"> • 1 red onion, halved and sliced • 2 garlic cloves, sliced 	<ol style="list-style-type: none"> 1. First make the meatballs. Tip the mince into a bowl, add the oats, spring onions, spices and the coriander stalks, then lightly knead the ingredients together

		<ul style="list-style-type: none"> • 1 large yellow pepper, quartered, deseeded and diced • 1 tsp ground cumin • 2-3 tsp chipotle chilli paste • 300ml reduced-salt chicken stock • 400g can cherry tomatoes • 400g can black beans or red kidney beans, drained • 1 avocado, stoned, peeled and chopped • juice ½ lime <p>For the meatballs</p> <ul style="list-style-type: none"> • 500g pack turkey breast mince • 50g porridge oats • 2 spring onions, finely chopped • 1 tsp ground cumin • 1 tsp coriander • small bunch coriander, chopped, stalks and leaves kept separate • 1 tsp rapeseed oil 	<p>until well mixed. Shape into 12 ping-pong- sized balls. Heat the oil in a non-stick frying pan, add the meatballs and cook, turning them frequently, until golden. Remove from the pan.</p> <p>2. Tip the onion and garlic into the pan with the pepper and stir-fry until softened. Stir in the cumin and chilli paste, then pour in the stock. Return the meatballs to the pan and cook, covered, over a low heat for 10 mins. Stir in the tomatoes and beans, and cook, uncovered, for a few mins more. Toss the avocado chunks in the lime juice and serve the meatballs topped with the avocado and coriander leaves.</p>
52	Pistachio lamb koftas with apricot relish	<ul style="list-style-type: none"> • 2 ½ tbsp olive oil • 3 red onions, 2 ½ thinly sliced, ½ grated • 400g lamb mince • 1 tbsp ras el hanout • 85g pistachios, roughly chopped • ½ small pack flat-leaf parsley, roughly chopped • 4 tbsp good-quality apricot jam • zest and juice 1 lemon • 2 carrots, cut into skinny matchsticks • 4 round wholemeal pitta breads, split and warmed • 4 tbsp Greek-style yogurt, to serve 	<p>1. Put 1 1/2 tbsp olive oil in a frying pan, add most of the sliced onions with some seasoning and cook over a medium heat for about 15 mins until soft and golden.</p> <p>2. Meanwhile, heat the grill to high. In a large bowl, combine the mince, grated onion, ras el hanout, most of the pistachios, half of the parsley and some seasoning. Divide the mixture into 8 and shape into patties. Place on a baking tray and brush with 1/2 tbsp oil. Grill for about 10 mins, turning once, until browned and cooked through.</p> <p>3. Add the apricot jam, a large pinch of zest and half the lemon juice to the cooked sliced onions, bubble down until thick, then set aside. To make the salad, mix the carrots, reserved sliced onions and remaining parsley in a bowl, then toss in the remaining lemon juice and olive oil and some seasoning. To serve, spoon the apricot relish into the pittas. Then add the koftas, salad, yogurt and remaining</p>

			pistachios. Alternatively, serve the pittas open with the filling piled on top.
53	Lamb & rosemary koftas	<ul style="list-style-type: none"> • 500g lamb mince • ½ tsp allspice • 2 garlic cloves, crushed • 8 rosemary sprigs • 4 pitta breads • 170g pot Greek yogurt • 2 lemons, cut into wedges • 150g pack radishes, sliced • ½ cucumber, chopped 	<ol style="list-style-type: none"> 1. Heat the grill to high. In a large bowl, mix together the mince, allspice and garlic. Season and shape into 8 koftas, each wrapped around a rosemary sprig, with the stalk sticking out at one end. Repeat until all the mince is used up. Brush the koftas with a little oil and place on a baking tray. Grill for 10 mins or until cooked through, turning once. 2. Eat the koftas from the rosemary stalks or pull out the stalks before serving. Serve with the pitta, yogurt, lemon wedges, radishes, cucumber and pickled chillies, if using.
54	Lemon & fennel pork meatballs	<ul style="list-style-type: none"> • 2 tbsp olive oil • 1 medium onion, finely chopped • 2 garlic cloves, finely sliced • 2 x 400g cans plum tomatoes • 1 lemon, zested and cut into wedges • 500g pork mince • 2 tsp fennel seeds • 250g kale • 25g pine nuts, toasted • crusty bread or mashed potato, to serve (optional) 	<ol style="list-style-type: none"> 1. In a medium pan, heat 1 tbsp of the oil over a medium heat. Add the onion and garlic to the pan and cook for 5 mins. Tip in the tomatoes with a splash of water, increase the heat and allow to bubble for 15 mins. 2. Meanwhile, in a large bowl, combine the lemon zest, mince, fennel seeds and a good pinch of seasoning. Mix well, then shape into walnut-sized balls. 3. Heat the remaining oil in a lidded frying pan over a medium heat. Add the meatballs and brown for 5 mins, then pour the tomato sauce into the pan. Simmer for 10 mins, then add the kale, cover with a lid and cook for 5 mins more until wilted. Season to taste, and scatter over the pine nuts. Serve with the lemon wedges, for squeezing over, and crusty bread or mash, if you like.
55	Meatball gravy sub	<ul style="list-style-type: none"> • 1 tbsp olive oil • 1 onion, ½ finely chopped, ½ sliced • 1 garlic clove, crushed • 250g pack beef mince • ½ tbsp balsamic vinegar • 100ml beef stock • 1 tsp Worcestershire sauce • 1 large ciabatta roll • 2 slices mature cheddar • mixed leaves, to serve (optional) 	<ol style="list-style-type: none"> 1. Heat half the oil in a frying pan and add the finely chopped onion. Cook until softened and slightly browned, about 10 mins. Add the garlic and stir for 1 min. Set aside to cool a little. Put the mince in a large bowl and tip in the cooked onion and garlic. Season generously and mix together with your hands. 2. Roll the mince into eight meatballs, then freeze half for another meal, if you like (defrost in the fridge before cooking). Heat oven to 200C/180C fan/gas 6. In the same pan, fry the meatballs with the remaining oil for 1-2 mins until browned.

			<ol style="list-style-type: none"> 3. Transfer the meatballs to a roasting tin with the sliced onion, balsamic vinegar, stock and Worcestershire sauce. Bake for 20 mins until the meatballs are cooked and the onions are tender. Halve the ciabatta and bake for 2 mins to warm through. 4. Pour some of the gravy and onions onto one side of the ciabatta, add the meatballs and layer over the cheese. Add more onion gravy to melt the cheese. Serve with mixed leaves, if you like.
56	Meatballs with fennel & balsamic beans & courgette noodles	<ul style="list-style-type: none"> • 400g lean beef steak mince • 2 tsp dried oregano • 1 large egg • 8 garlic cloves, 1 finely grated, the other sliced • 1-2 tbsp rapeseed oil • 1 fennel bulb, finely chopped, fronds reserved • 2 carrots, finely chopped • 500g carton passata • 4 tbsp balsamic vinegar • 600ml reduced-salt vegetable bouillon • For the courgette noodles • 1 tsp rapeseed oil • 1-2 large courgettes, cut into noodles with a julienne peeler or spiralizer • 350g frozen soya beans, thawed 	<ol style="list-style-type: none"> 1. Put the mince, oregano, egg and grated garlic in a bowl and grind in some black pepper. Mix together thoroughly and roll into 16 balls. 2. Heat the oil in a large sauté pan over a medium-high heat, add the meatballs and fry, moving them around the pan so that they brown all over – be careful as they’re quite delicate and you don’t want them to break up. Once brown, remove them from the pan. Reduce the heat slightly and add the fennel, carrots and sliced garlic to the pan and fry, stirring until they soften, about 5 mins. 3. Tip in the passata, balsamic vinegar and bouillon, stir well, then return the meatballs to the pan, cover and cook gently for 20-25 mins. 4. Meanwhile, heat the 1 tsp of oil in a non-stick pan and stir-fry the courgette with the beans to heat through and soften. Serve with the meatballs and scatter with any fennel fronds.
57	Pork & pepper meatballs on parsnip mash	<ul style="list-style-type: none"> • ¼ tsp cinnamon • 1 tsp smoked paprika • 1 red pepper, chopped • 2 garlic cloves, crushed • 1 tsp oregano • 1 wholemeal pitta bread, torn into pieces • 250g lean pork mince • 1 egg, beaten • 2 tsp olive oil • 3 parsnips, peeled and chopped • 140g passata • 1 tbsp flat-leaf parsley, chopped 	<ol style="list-style-type: none"> 1. Heat oven to 190C/170C fan/gas 5. In the small bowl of a food processor, put the cinnamon, half the paprika, the pepper, 1 garlic clove, the oregano and torn pitta. Blitz until very finely chopped, then tip into a large bowl and add the mince and the egg, and season well. Rub 1 tsp of the oil over a large baking sheet. Squish the pork and pepper mixture together with your hands, shape into 8 meatballs and place evenly spaced on the prepared baking sheet. 2. Bake the meatballs for 20 mins or until cooked through and lightly golden. Meanwhile, cook the parsnips in a pan of boiling water over a high heat for 15

			<p>mins, then drain and mash with some seasoning, keeping warm until needed.</p> <p>3. For a quick tomato sauce, put the remaining crushed garlic and paprika in a small saucepan with the passata and cook over a medium heat for 5 mins, until thickened a little. To serve, divide the parsnip mash between the plates, tip the meatballs into the pan with the sauce and stir to coat them, then pile everything on top of the mash. Scatter over the parsley and drizzle with the remaining olive oil. Serve immediately.</p>
58	Cooking with kids: Spaghetti & meatballs with hidden veg sauce	<p>For the meatballs</p> <ul style="list-style-type: none"> • 300g good quality pork sausage (about 4 large or 8 chipolatas) • 500g lean beef mince • 1 small onion, coarsely grated • 1 carrot, finely grated • 1 tbsp dried oregano • 50g parmesan, finely grated, plus extra to serve • 1 medium egg • 1 tbsp olive oil <p>For the tomato sauce</p> <ul style="list-style-type: none"> • 1 tbsp olive oil • 1 courgette, coarsely grated • 3 garlic cloves, finely grated • 1 tbsp tomato purée • pinch caster sugar • splash red wine vinegar • 2x 400g tins chopped tomato <p>To serve</p> <ul style="list-style-type: none"> • cooked spaghetti 	<p>1. Children: Squeeze all the sausage meat out of the sausage skins into a large bowl and add the mince. Tip all the rest of the meatball ingredients, except the olive oil, into the bowl and season with black pepper then squish everything together through your hands until completely mixed. Keep an eye on younger children to make sure they don't taste any of the raw mix.</p> <p>2. Children: Roll the meatball mix into walnut-sized balls and place them on a plate – this is a job children as young as 2 can help with and a great job to help teach older children basic division.</p> <p>3. Grown ups: While the children are rolling the meatballs make the sauce. Heat the oil in a large saucepan. Add the courgette and garlic and cook for 5 mins until soft and mushy. Stir in the tomato puree, sugar and vinegar leave for 1 min then tip in the tomatoes and simmer for 5 mins. If your children like courgettes then you can leave the sauce chunky. But if, like mine, they hate courgettes then blitz the sauce with a hand blender – either way continue to simmer sauce gently while you cook the meatballs. If your child is confident with heat, from 7+ they can cook the sauce with supervision.</p> <p>4. Grown ups: Heat the oil in a large frying pan and, working in batches, brown the meatballs on all sides then pop them into the sauce – continue to simmer the sauce for 15 mins, stirring very gently until the meatballs are cooked through. Serve with cooked spaghetti, extra grated Parmesan</p>

			and a few torn basil leaves your child has picked and torn.
60	Lamb meatballs with watercress dressing	<ul style="list-style-type: none"> • 500g lamb mince • 100g feta, crumbled • 100g bag watercress • small pack mint, leaves picked and roughly chopped • 3 tbsp olive oil • 1 tbsp red wine vinegar • 300g couscous • 200g frozen peas • 100g pomegranate seeds, to serve • 100g natural yogurt, to serve 	<ol style="list-style-type: none"> 1. Heat oven to 180C/160C fan/gas 4. Line a baking tray with parchment. Mix the lamb, feta and some seasoning in a large bowl. Roll the mince mixture into 20 walnut-sized balls. Put the meatballs on the prepared tray and bake in the oven for 20 mins until cooked through. 2. To make the dressing, whizz 25g of watercress, the mint, oil, vinegar and plenty of seasoning in a small food processor until smooth. Tip the couscous into a heatproof bowl and cover with 400ml boiling water. Cover with cling film and leave for 3-4 mins. Remove the cling film and fluff up with a fork. 3. Meanwhile, bring a small pan of water to the boil, add the peas and cook for 3 mins. Mix half the dressing, the peas and remaining watercress into the couscous. Top with the meatballs and serve with the remaining dressing, the pomegranate seeds and yogurt.
61	Sesame pork meatballs with chilli noodle broth	<ul style="list-style-type: none"> • 500g pack pork mince • 3 red chillies, deseeded, 1 finely chopped, 2 sliced • 2 tbsp soy sauce • 2 tbsp hoisin sauce • 50g sesame seeds • small pack coriander, stalks finely chopped, leaves picked • 1 tbsp sesame oil • 25g ginger (peeled weight), finely grated • 500ml chicken stock • 250g dried egg noodles • 1 large head of broccoli, cut into small florets 	<ol style="list-style-type: none"> 1. Heat oven to 180C/160C fan/gas 4. Mix the pork, finely chopped chilli, 1 tbsp soy sauce, 1 tbsp hoisin sauce, two-thirds of the sesame seeds and the coriander stalks. Roll into 16 meatballs. Place on a baking-parchment-lined tray and bake for 15 mins until cooked through. 2. Meanwhile, heat the oil in a large saucepan. Add the sliced chilli and the ginger, and cook for 1 min. Add the chicken stock, remaining hoisin and soy sauces, and bring to the boil. Tip in the noodles and cook for 3 mins. Add the broccoli and simmer for 3-4 mins until just cooked. Top with the meatballs and sprinkle with the remaining sesame seeds and the coriander leaves to serve.
62	Weaning recipe: Chicken meatballs	<ul style="list-style-type: none"> • ½ celery stick, cut into small chunks • 1 small carrot, cut into small chunks • 500g boneless skinless chicken thighs, cut into chunks • a few chives, snipped • oil, for greasing 	<ol style="list-style-type: none"> 1. Heat oven to 200C/180C fan/gas 6. Blitz the celery, carrot, chicken and chives in a food processor until finely chopped. You may need to use a spatula to scrape the sides of the bowl a few times. 2. Shape into small meatballs. <i>If freezing, space out on a tray and put in the freezer. Once frozen, transfer to a freezer bag and take them out when needed. Defrost thoroughly in the fridge before cooking.</i>

		<p>To serve</p> <ul style="list-style-type: none"> • boiled rice • steamed broccoli 	<p>3. To cook, put on a baking tray lined with greased foil and bake for 10 mins or until browned and cooked through.</p> <p>4. Served with boiled rice and steamed broccoli.</p>
63	Summer courgetti & meatballs	<ul style="list-style-type: none"> • 400g pork mince • 4 garlic cloves, 2 crushed, 2 left whole and unpeeled • 2 tbsp olive oil, plus extra for frying • 400g cherry tomatoes • 4 fat courgettes • 4 tbsp half-fat crème fraîche • zest 1 lemon • 50g pine nuts, toasted • large handful basil • parmesan shavings, to serve (optional) 	<p>1. Heat oven to 200C/180C fan/gas 6. Put the mince in a bowl, season well and add the crushed garlic. Mix together with your hands, then shape into small meatballs – roughly the size of a cherry tomato. Heat 1 tbsp of the oil in a large frying pan, add the meatballs and fry for 10-15 mins until golden brown. Meanwhile, tip the tomatoes into a roasting tin with the whole garlic cloves and the remaining oil. Season and roll around the tin until well coated in oil, then roast for 15 mins.</p> <p>2. While the meatballs and tomatoes cook, use a <u>spiralizer</u> – I used the finer noodle attachment – or a julienne peeler to create courgette noodles. Once cooked, tip the meatballs into the roasting tin with the tomatoes, fish out the garlic and set aside, then cover the tin with foil to keep warm.</p> <p>3. Wash the frying pan. Heat another 1 tbsp oil in the pan, squeeze the garlic cloves from their skins into the pan and mash with a fork. When sizzling, add the crème fraîche, lemon zest and some seasoning. Add the courgetti and toss in the pan for 30 secs until warmed through – any longer and it will wilt. Remove the pan from the heat, and tip in the meatballs, tomatoes and any juices from the tin. Toss together and scatter with pine nuts, basil and Parmesan, if you like.</p>
64	Lighter spaghetti & meatballs	<ul style="list-style-type: none"> • 1 tsp rapeseed oil • 280g spaghetti <p>For the meatballs</p> <ul style="list-style-type: none"> • 200g green lentils (well drained weight from a 400g can) • 250g lean minced pork (max 8% fat) • ½ tsp finely chopped rosemary • ½ tsp Dijon mustard • 1 garlic clove, crushed <p>For the sauce</p>	<p>1. Heat oven to 200C/180C fan/gas 6. Line a baking sheet with foil and brush with 1 tsp oil. Mash the lentils in a bowl with the back of a fork to break down a bit, but not completely. Stir in the pork, rosemary, mustard, garlic, some pepper to generously season, and mix well with the fork to distribute the lentils evenly. Divide the mixture into 4. Form each quarter into 5 small balls – to give you 20 in total – squeezing the mixture together well as you shape it. Lay the meatballs on the foil and roll them around in the oil to coat all over. Bake for 15 mins until</p>

		<ul style="list-style-type: none"> • 1 tbsp rapeseed oil • 2 shallots, finely chopped • 2 garlic cloves, finely chopped • 500g cherry tomatoes, preferably on the vine, halved • 2 tsp tomato purée • pinch of chilli flakes • 2 tbsp chopped oregano, plus a few chopped leaves to garnish 	<p>cooked and lightly browned. Remove (leave the oven on) and set aside.</p> <ol style="list-style-type: none"> 2. While the meatballs cook, heat 2 tsp of the oil for the sauce in a large non-stick frying pan. Tip in the shallots and garlic, and fry on a medium heat for 3-4 mins until softened and tinged brown. Pour in the remaining 1 tsp oil, lay the tomatoes in the pan so most of them are cut-side down (to help release the juices), raise the heat and fry them for 3-4 mins or until the tomatoes are starting to soften and release their juices. Don't stir, or they may lose their shape. Splash in 125-150ml water so it all bubbles, and gently mix in the tomato purée. Lower the heat and simmer for 2 mins to create a juicy, chunky sauce. Season with the chilli flakes, oregano, pepper and a pinch of salt, and give it a quick stir, adding a drop more water if needed – you want it thick enough to coat the meatballs. 3. Pour the sauce into a casserole dish, add the meatballs and spoon the sauce over them to coat. Cover with foil and bake for 10 mins while you cook the spaghetti. 4. Boil a large saucepan of water. Add the spaghetti, stir and bring back to the boil. Cook for 10-12 mins, or following pack instructions, until al dente. Drain well, season with pepper and serve with the meatballs, sauce and a light sprinkling of oregano.
65	Venison meatball & wild mushroom stroganoff	<ul style="list-style-type: none"> • 1 onion, finely chopped • 2 garlic cloves, crushed • 2 tbsp sunflower oil • small bunch dill, roughly chopped plus 1 tbsp finely chopped • 2 tbsp wholegrain mustard • 400g venison mince • 100g fresh white breadcrumbs • 1 medium egg, beaten • 25g butter • 400g wild mushrooms, larger ones sliced • ½ tsp smoked paprika • 1 tbsp plain flour • 400g beef stock 	<ol style="list-style-type: none"> 1. Gently cook the onion and garlic in 1 tbsp oil until really soft. Cool for 10 mins, then tip into a big bowl with the finely chopped dill, 1 tbsp of the wholegrain mustard, the venison, breadcrumbs and egg with 1 tsp salt and ½ tsp ground black pepper. Squelch together with your hands, squeezing the mince well to tenderise it as you mix. 2. Heat the remaining oil in a large frying pan or sauté pan and fry the meatballs in small batches until well browned – add a splash more oil if needed towards the end. Set aside the meatballs in a dish. 3. Add the butter to the pan and fry the mushrooms over a very high heat until the juices have evaporated and the mushrooms are turning golden. Lower

		<ul style="list-style-type: none"> • 150ml brandy • 2 tsp Dijon mustard • 1 tbsp tomato purée • 300ml pot soured cream • pinch of sugar (optional) • buttered tagliatelle, rice or sautéed potatoes, to serve 	<p>the heat and stir in the paprika and flour for 1 min.</p> <p>4. Stir in the stock and brandy, and bring to a simmer, scraping up any bits stuck in the pan. Lift out the mushrooms with a slotted spoon to a dish. Boil the sauce for 3 mins, then stir in the remaining 1 tbsp wholegrain mustard, the Dijon mustard, tomato purée and soured cream. Simmer the sauce until it has reduced again and is a good consistency – anything up to 15 mins depending on your pan. Return the meatballs and any juice and simmer gently until they are cooked through. Stir in the mushrooms to warm through, and season to taste, plus a pinch of sugar if needed. Scatter with the remaining dill and eat with buttered tagliatelle, rice or sautéed potatoes.</p>
66	Meatball stroganoff	<ul style="list-style-type: none"> • 500g beef mince • drizzle of oil • 1 red onion, sliced • 2 garlic cloves, crushed • 200g pack small button mushrooms, sliced • 2 tbsp tomato purée • 1 tbsp sweet paprika • 1 tbsp plain flour • 1 beef stock cube, made up to 300ml stock • 150ml pot soured cream • small pack parsley, chopped • rice, mashed potato or tagliatelle, to serve 	<p>1. Season the beef and shape into walnut-sized meatballs. Heat the oil in a pan and cook the meatballs until brown on all sides. Scoop out of the pan and set aside. Add the onion to the pan and cook for a few mins to soften. Add the garlic and mushrooms, and fry for a few mins until the mushrooms soften and start to brown a little. Stir in the tomato purée, paprika and flour for 1 min, then add the stock, bit by bit, to make a smooth sauce. Return the meatballs to the pan, cover and simmer gently for 15 mins or until the meatballs are cooked through.</p> <p>2. Stir in the soured cream and most of the parsley, and season to taste. Serve scattered with the remaining parsley, with rice, mashed potato or tagliatelle.</p>
67	Spiced turkey patties with fruity quinoa salad	<ul style="list-style-type: none"> • 4 carrots, peeled and cut into thin batons • 3 red onions 2½ cut into chunky wedges (roots intact) and ½ grated • 2 tbsp olive oil • 200g quinoa • 2 tsp coriander seed • 2 tsp cumin seed • 400g turkey mince • 25g fresh wholemeal breadcrumb • 3 garlic cloves, crushed 	<p>1. Heat oven to 220C/200C fan/gas 7. Tip the carrots and onion wedges into a roasting tin. Toss in 1 tbsp olive oil, season and roast, stirring once, for 30 mins or so until tender.</p> <p>2. Meanwhile, cook the quinoa following pack instructions, drain and put to one side. Heat a large, non-stick frying pan and toast the seeds for 1-2 mins until aromatic. Pop into a pestle and mortar and grind before tipping into a large bowl. Add the turkey, grated onion, breadcrumbs, most of the garlic and seasoning, then mix. Shape into 12 small</p>

		<ul style="list-style-type: none"> • 4 tbsp 0% fat Greek yogurt • few dashes of Tabasco sauce • 1 pomegranate, deseeded over a bowl to catch the juices • 2 oranges, segmented • large pack parsley, roughly chopped 	<p>patties. Heat the remaining oil in the same pan and fry the patties for 3-4 mins on each side until browned and cooked through.</p> <p>3. In a small bowl, mix the yogurt, remaining garlic, Tabasco, 1 tbsp of water and seasoning. Toss together the drained quinoa, pomegranate seeds and juice, orange segments, parsley and roasted veg and some seasoning. Serve with the patties and spiced yogurt.</p>
68	Thai coconut soup with turkey meatballs	<ul style="list-style-type: none"> • ½ small pack coriander, stems chopped, leaves reserved • 1 garlic clove • 250g turkey mince • 1 tbsp fish sauce • 2 tbsp Thai tom yum or Thai red curry paste • 400ml can low-fat coconut milk • 500ml chicken or vegetable stock • zest and juice 2 limes • 300g pack stir-fry vegetable • 200g pack cooked egg or rice noodle 	<p>1. Put the coriander stems and garlic in a food processor, pulse until finely chopped, add the turkey and 1 tsp of the fish sauce, and blend again. Roll into meatballs about 3cm in diameter.</p> <p>2. In a saucepan, heat the tom yum or curry paste with a splash of water for 2-3 mins. Pour in the coconut milk, stock, lime zest and juice, and remaining fish sauce. Bring to a simmer, add the meatballs and cook for 3 mins. Add the vegetables and cook for 5 mins more, or until the meatballs are cooked through.</p> <p>3. Add the noodles to warm through just before serving. Season, pour into 2 bowls and top with coriander leaves.</p>
69	Veggie meatballs with tomato courgetti	<ul style="list-style-type: none"> • 3 garlic cloves • For the veggie meatballs • 2 tsp rapeseed oil, plus extra for greasing • 1 small onion, very finely chopped • 2 tsp balsamic vinegar • 100g canned red kidney beans • 1 tbsp beaten egg • 1 tsp tomato purée • 1 heaped tsp chilli powder • ½ tsp ground coriander • 15g ground almonds • 40g cooked sweetcorn • 2 tsp chopped thyme leaves <p>For the tomato courgetti</p> <ul style="list-style-type: none"> • 2 large or 3 normal tomatoes, chopped • 1 tsp tomato purée 	<p>1. Finely chop the garlic. Heat the oil in a large pan and fry the onion, stirring frequently, for 8 mins. Stir in the balsamic vinegar and cook for 2 mins more. Meanwhile, put the beans in a bowl with the egg, tomato purée and spices, and mash until smooth. Stir in the almonds and sweetcorn with the thyme, a third of the chopped garlic and the balsamic onions. Mix well and shape into about 8 balls the size of a walnut, and place on a baking tray lined with oiled baking parchment.</p> <p>2. Heat oven to 220C/200C fan/gas 7 and bake the veggie meatballs for 15 mins until firm. Meanwhile, put the tomatoes, tomato purée and balsamic vinegar in a pan and cook with 2-3 tbsp water until pulpy, then stir in the remaining garlic and courgetti. Turn off the heat as you want to warm the noodles rather than</p>

		<ul style="list-style-type: none"> • 1 tsp balsamic vinegar • 2 courgettes cut into 'noodles' with a spiralizer, julienne peeler, or by hand 	cook them. Serve with the veggie meatballs.
70	Spanish meatballs with clams, chorizo & squid	<ul style="list-style-type: none"> • 25g butter • 3 small shallots, diced • 1 heaped tsp smoked Spanish paprika (we used the sweet, or dulce type) • 3 garlic cloves, 2 crushed and 1 sliced • 2 tbsp dry sherry • 50g fresh breadcrumbs • 300g pork mince • 1 egg yolk • 50ml olive oil, for frying • 300g chorizo, either mini whole ones or a large sausage, cut into bite-size pieces • 300g cleaned squid, cut into rings • 100ml white wine • 300g chopped and squashed tomatoes (squeeze to a pulp using your fingers) • 400g clams • handful flat-leaf parsley, roughly chopped • extra-virgin olive oil, for drizzling 	<ol style="list-style-type: none"> 1. Melt the butter in a heavy-based casserole, then soften the shallots for 5 mins. Add the paprika and crushed garlic and cook for 1 min until the paprika becomes fragrant. Splash in the sherry, then pour the whole lot into a bowl with the breadcrumbs. Season and cool. 2. Add the pork mince and the egg yolk to the bowl, then beat well. Shape into 18 small meatballs. Wipe the pan, put on a medium-high heat, then add the oil. Fry the meatballs for 5 mins, just to colour, then lift onto a plate, but keep the oil in the pan. Sizzle the chorizo with the sliced garlic. Add the squid and fry to give a little colour. Now tip in the white wine and bring to the boil, scraping the bottom. Stir in the pulped tomatoes, bring to the boil, then add the meatballs and the clams. Cover and cook for 5 mins until the clam shells open. Discard any that stay shut. Sprinkle with the chopped parsley, drizzle with the extra virgin oil, then serve with crusty bread
71	Springtime spaghetti & meatballs	<ul style="list-style-type: none"> • 400g pork mince • 1 small onion, grated • 4 garlic cloves, crushed • zest ½ lemon • 50g grated parmesan • 1 tbsp olive oil • 400g spaghetti • 150ml double cream • 200g fresh or frozen pea, defrosted if frozen • handful parsley, roughly chopped 	<ol style="list-style-type: none"> 1. Mix the mince, onion, garlic and zest with half the Parmesan and some seasoning, then shape into 16 walnut-sized meatballs. Heat the oil in a non-stick pan and fry the meatballs for 10-12 mins until golden. 2. Meanwhile, cook the pasta following pack instructions, drain and reserve 150ml of the cooking liquid. Add the cream and 100ml pasta water to the meatballs, scraping the bottom of the pan to get all the sticky bits off. Bubble until thick and the meatballs are cooked through. 3. Add the peas, cook for a further 2 mins, then add the parsley. Stir through the pasta with a splash more pasta water to

			make the whole thing saucy. Sprinkle over the remaining Parmesan and serve.
72	Meatballs with spicy chipotle tomato sauce	<ul style="list-style-type: none"> • 500g pork mince • 2 large handfuls fresh breadcrumbs • 1 egg • 2 medium red onions, ¼ finely chopped, the rest sliced • small bunch coriander leaves and stems, finely chopped, plus extra leaves to serve • 2 tbsp vegetable oil • 2 garlic cloves, chopped • 400ml passata • 1 tbsp chipotle paste • potatoes or rice, to serve 	<ol style="list-style-type: none"> 1. In a small bowl, mix together the pork, breadcrumbs, egg, finely chopped onions and the chopped coriander leaves. Season, mix well and shape into small meatballs. Over a medium heat, add 1 tbsp of the oil to a large frying pan and brown the meatballs on all sides, then remove from the pan and set aside. 2. Add the remaining oil, sliced onion, garlic, coriander stems and some salt. Cook for 5 mins, then add the passata and chipotle paste. Pour in 100ml water and stir well, then simmer for 10 mins before adding the meatballs and cooking for a further 5 mins. Serve with potatoes or rice and scatter with the extra coriander leaves.
73	Classic Swedish meatballs	<ul style="list-style-type: none"> • 400g lean pork mince • 1 egg, beaten • 1 small onion, finely chopped or grated • 85g fresh white breadcrumbs • 1 tbsp finely chopped dill, plus extra to serve • 1 tbsp each olive oil and butter • 2 tbsp plain flour • 400ml hot beef stock (from a cube is fine) 	<ol style="list-style-type: none"> 1. In a bowl, mix the mince with the egg, onion, breadcrumbs, dill and seasoning. Form into small meatballs about the size of walnuts – you should get about 20. 2. Heat the olive oil in a large non-stick frying pan and brown the meatballs. You may have to do this in 2 batches. Remove from pan, melt the butter, then sprinkle over the flour and stir well. Cook for 2 mins, then slowly whisk in the stock. Keep whisking until it is a thick gravy, then return the meatballs to the pan and heat through. Sprinkle with dill and serve with cranberry jelly, greens and mash.
74	Baked turkey meatballs with broccoli & crispy potatoes	<ul style="list-style-type: none"> • 1 onion, grated • 1 large carrot, grated • 3 garlic cloves, crushed • 1 tbsp rosemary leaves, chopped • 350g pack turkey mince • 4 large potatoes, skin on and cut into small cubes • 1 tbsp olive oil • 400g can cherry tomato • 2 tbsp grated parmesan • 350g thin-stemmed broccoli • bunch basil leaves, shredded 	<ol style="list-style-type: none"> 1. Heat oven to 220C/200C fan/gas 7. In a large bowl, combine the onion, carrot, half the garlic and half the rosemary with the turkey and some seasoning. Shape into 16 meatballs and put in a small baking tray. Toss the potatoes with the remaining garlic, rosemary and the oil, place in a baking tray, then cook both for 20 mins, with the potatoes on top shelf. 2. After 20 mins, drain juices off the meatballs, pour cherry tomatoes over, sprinkle with the Parmesan and season. Toss the potatoes, and swap to bottom shelf with the potatoes on top. Cook for another 20 mins until the potatoes are crisp and the meatball sauce is bubbling. 3. When the potatoes and meatballs are almost done, cook the broccoli for 3-4

			mins, until tender. Sprinkle the basil on top of the meatballs and serve with the crispy potatoes and broccoli.
75	Oriental pork balls in hoisin broth	<ul style="list-style-type: none"> • 500g pack lean pork mince • 2 tbsp soy sauce • 2 tbsp cornflour • 1 tsp Chinese five-spice powder • 225g can water chestnut, drained, half finely chopped, half sliced • 500ml chicken stock • 3 tbsp hoisin sauce • thumb-sized piece ginger, shredded • 2 large carrots, shaved into strips with a potato peeler • 8 Chinese leaves, thick part sliced, leaves shredded • 300g pack beansprout • bunch spring onions, cut into lengths, plus a few tops chopped to serve 	<ol style="list-style-type: none"> 1. Tip the mince into a bowl with the soy, cornflour, five-spice, chopped water chestnuts and some black pepper. Work everything together, then shape into 12 meatballs. 2. Pour the stock into a wide, deep pan and stir in the hoisin and ginger. Add the meatballs, then cover and poach for 5 mins. Drop in the carrots, Chinese leaves, beansprouts, spring onions and sliced chestnuts, then put on the lid and simmer for 5 mins. Ladle into bowls, then serve scattered with spring onion tops.
76	Turkey patty & roasted root salad with Parmesan dressing	<ul style="list-style-type: none"> • 3 large carrots, cut into chunky batons • 1 large potato, cut into chunky batons • ½ celeriac, cut into chunky batons • 4 tbsp olive oil, plus extra for brushing • 2 tbsp finely grated parmesan • 2 tsp white wine vinegar • 1 tsp Dijon mustard • 1 tbsp natural yogurt <p>For the turkey patties</p> <ul style="list-style-type: none"> • 400g turkey mince • 2 tbsp chopped basil leaf • 1 tsp fennel seed, crushed • 110g bag watercress, spinach and rocket salad, to serve 	<ol style="list-style-type: none"> 1. Heat oven to 220C/200C fan/gas 7. Put the carrots, potato and celeriac in a roasting dish. Pour over half the olive oil and some seasoning, then cook for 45-50 mins, turning occasionally, until tender and golden. 2. Meanwhile, make the patties. Put the mince, basil and fennel seeds in a bowl, add some seasoning and shape into little patties. Heat a griddle pan to hot, brush the patties with oil and cook for 5-6 mins on each side, or until cooked through. 3. To make the dressing, mix the remaining oil, Parmesan, vinegar, mustard and yogurt with some seasoning. Lay the roasted veg and patties over the salad, then drizzle over the dressing and serve.
77	Easy meatballs	<ul style="list-style-type: none"> • 300g good-quality pork sausage (about 4 large or 8 chipolatas) • 1 small onion 	<ol style="list-style-type: none"> 1. KIDS the writing in bold is for you. GROWN-UPS the rest is for you. Squeeze some sausages. Get your child to squeeze all the sausagemeat out of the

		<ul style="list-style-type: none"> • 1 carrot • 1 tbsp dried oregano • 500g lean beef mince • 50g parmesan, finely grated, plus extra to serve • 75g dried breadcrumb • 1 medium egg • 1 tbsp olive oil <p>For the tomato sauce</p> <ul style="list-style-type: none"> • 1 carrot (finely grated) • 2 sticks of celery (grated) • 1 courgette (coarsely grated) • 3 garlic cloves (finely grated) • 2 red peppers • 1 tbsp olive oil • 1 tbsp tomato purée • pinch golden caster sugar • splash red wine vinegar • 3 x 400g tins chopped tomatoes • cooked spaghetti, to serve • handful basil leaves, snipped 	<p>skins into a large bowl. They can hold the sausages or do it by squashing them on a board.</p> <ol style="list-style-type: none"> 2. Get grating. Get your child to coarsely grate the onion and finely grate the carrot. If the onion starts to hurt their eyes, get them to wear goggles, which is good fun. Grating can take a bit of strength, so you may need to help. Tip these vegetables in with the sausages. While you have the grater out, grate the Parmesan, other vegetables and garlic for the sauce, and set aside. 3. Make a marvellous mix. Next, get your child to add all the other meatball ingredients one by one, except the olive oil, into the bowl and season with black pepper. 4. Squish everything together. Get the child to squish everything together through their hands until completely mixed. Keep an eye on younger children to make sure that they don't taste any of the raw mix. 5. Roll meatballs. Children as young as three can now roll the meatball mix into walnut-sized balls, then place them on a board or tray. This mix should make 40 balls – counting these is great way to help teach older children basic division. Cover the meatballs with cling film and have a little tidy up. 6. Prepare the red peppers. Firstly, peel the peppers with a vegetable peeler, cut off the tops and bottoms and remove the seeds. Cut the peppers in half and children from the age of four can cut the peppers into strips. 7. Make the sauce. A grown-up will need to help here. Heat the oil in a large saucepan. Add the vegetables and garlic and cook for 5 mins. Stir in the tomato purée, sugar and vinegar, leave for 1 min then tip in the tomatoes and simmer for 5 mins. Get the child to help blitz the sauce with a hand blender. Gently simmer the sauce while you cook the meatballs. 8. Cook the meatballs. Brown the meatballs in the olive oil on all sides then pop them into the sauce, working in batches if necessary. Simmer the meatballs in the sauce for 15 mins, gently stirring until
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			they are cooked through. It's ready to eat now or cool and freeze in suitable batches for up to 6 months. Serve with spaghetti, some basil and extra Parmesan, if you like.
78	Meatball & mozzarella bake	<ul style="list-style-type: none"> • 400g pack raw beef meatball (about 15) • 2 x 400g cans cherry tomatoes • 1 small rosemary focaccia loaf, chopped into large chunks • 2 x 125g balls mozzarella, torn • handful fresh basil or oregano leaves 	<ol style="list-style-type: none"> 1. Heat oven to 200C/180C fan/gas 6. In a large roasting tin, toss the meatballs with the cherry tomatoes. Season well and cook for 20 mins. 2. Scatter over the chopped focaccia and mozzarella. Season and sprinkle over a handful of herbs then return to the oven for 15 mins, until the bread is crispy and the cheese melted.
79	Saucy meatball & carrot bake with crispy feta crumbs	<ul style="list-style-type: none"> • 900g pork mince • 140g breadcrumbs • 1 tbsp caraway seeds • 1 egg • 4 tsp ground cumin • 750g carrot, peeled and halved lengthways, or quartered if they're really big • 4 tbsp olive oil, plus extra for frying • 3 onions, whizzed to a paste in a food processor • good chunk ginger, grated • 680g bottle passata • 2 x 400g cans chopped tomatoes • 2 tbsp sugar • Sugar • 200g pack feta cheese, crumbled • small pack parsley, chopped 	<ol style="list-style-type: none"> 1. Heat oven to 220C/200C fan/gas 7. Mix the pork, 50g of the breadcrumbs, caraway seeds, egg and half the cumin with 2 tsp salt and lots of pepper. Roll into about 30 meatballs and put into a large non-stick roasting tin. Put the carrots into another roasting tin. Split the oil between the two, and gently toss to coat. Roast for 30-40 mins, shaking the tins halfway (and swapping between shelves if you need to), until golden and cooked through. 2. Meanwhile, fry the onion, ginger and remaining cumin in a drop more oil for a few mins in a large pan, stirring constantly. Stir in the passata, chopped tomatoes, sugar and some seasoning, then simmer for 15 mins. 3. Divide the meatballs and carrots between baking dishes or tins and spoon over the tomato sauce. Mix the remaining breadcrumbs with the feta, parsley and some seasoning. Set aside any portions for freezing now, and sprinkle feta crumbs over any portions to be cooked immediately. 4. To eat now, reduce the oven to 200C/180C fan/gas 6 and bake for 20 mins until crumbs are golden and everything is piping hot. Or follow the tips for freezing below, then defrost portions, finish assembling and bake at 180C/160C fan/gas 4 for 30-50 mins until everything is piping hot and bubbling –

			the cooking time will depend a bit on the portion size you are baking.
80	Turkey meatballs in tomato & fennel sauce	<ul style="list-style-type: none"> • 400g turkey mince • 25g fresh white breadcrumbs • 2 garlic cloves, crushed • 2 tbsp olive oil • 1 onion, chopped • 1 carrot, diced • 1 tsp fennel seeds • 400g can chopped tomatoes • 1 tbsp tomato purée • 400g spaghetti, cooked, to serve 	<ol style="list-style-type: none"> 1. Put the mince in a mixing bowl with the breadcrumbs and half the garlic. Season and mix well to combine. Using your hands, shape the mixture into 12 balls, then chill for 10 mins. 2. Meanwhile, heat 1 tbsp oil in a pan. Add the onion, carrot and remaining garlic. Cook for 5-6 mins until softened. Add the fennel seeds and cook for a few secs. Tip in the tomatoes with half a can of water, then stir in the tomato purée. Season and simmer for 15 mins until thickened. Using an electric hand blender, whizz until roughly smooth. 3. Meanwhile, heat the remaining oil in a non-stick frying pan and fry the meatballs for 8-10 mins until cooked through. Transfer to the sauce and simmer until piping hot. Serve with spaghetti.
81	Moroccan lamb meatballs with harissa & couscous	<ul style="list-style-type: none"> • 2 tsp cumin seeds • 2 tbsp coriander seed • 50g breadcrumbs • 1 garlic clove, crushed • 500g lamb mince • juice 1 lemon • 1 egg, lightly beaten • 20g pack mint, most leaves chopped • 2-3 tbsp sunflower oil • 150ml natural yogurt, to serve • 300g couscous • 50g butter • 2 tbsp harissa - shop-bought or see below, to serve • 	<ol style="list-style-type: none"> 1. Heat a heavy-based pan over a low heat. Add the spices to the pan then toast for 2-3 mins until fragrant. Crush using a pestle and mortar. Set aside. 2. Mix the breadcrumbs with 2 tbsp water and the garlic and stir well. Add the lamb, lemon juice, crushed spices, egg most of the mint. Season well. Mix well then shape into 16 balls. Chill for a good 30 mins. 3. Heat the oil in a frying pan. Fry the balls for 6-7 mins, turning now and then, until golden brown and cooked. Keep warm. Put the couscous in a large heatproof bowl, then rub in the butter and harissa. Pour over 400ml boiling water, cover and leave for 10 mins. Fluff up and season. Shred the remaining mint, then mix through. Serve with harissa and yogurt.
82	Moroccan meatballs with eggs	<ul style="list-style-type: none"> • 1 onion, finely chopped • 3 tbsp olive oil • 50g fresh breadcrumbs • 250g pack lean lamb mince • ½ tsp ground cinnamon • 5 eggs • 2 garlic cloves, sliced • 1 courgette, thickly sliced 	<ol style="list-style-type: none"> 1. Fry the onion in 1 tbsp oil until soft, then allow to cool. Mix with the breadcrumbs, mince, cinnamon, 1 egg, ½ tsp salt and lots of pepper, then shape into about 24 meatballs with wet hands. Fry in the remaining oil in a shallow pan for about 8 mins, moving them round until evenly browned. Lift out and set aside. 2. Add the garlic to the oil left in the pan and fry until softened. Add the courgette, fry for 1-2 mins, then tip in the tomatoes,

		<ul style="list-style-type: none"> • 2 x 400g cans chopped tomatoes • 2 tsp honey • ½-1 tsp ras el hanout spice mix • 20g bunch coriander, mostly chopped • 400g can chickpeas, rinsed and drained 	<p>honey, ras el hanout, three-quarters of the coriander, seasoning and a couple of tbsp water. Stir and cook until pulpy.</p> <p>3. Stir in the chickpeas and add the meatballs. Make 4 hollows in the sauce, then break in the remaining eggs. Cover and cook for 4-8 mins over a low heat until the eggs are set. Scatter with coriander and serve straight from the pan with crusty bread for scooping up the sauce.</p>
83	Lamb & apricot meatballs	<ul style="list-style-type: none"> • 2 tbsp olive oil • 2 red onions, very finely chopped • 4 garlic cloves, crushed • 2 tsp each ground cumin and coriander (or 4 tsp Moroccan spice blend) • 400g can chopped tomatoes • ½ tsp sugar • ½ 20g pack mint, finely chopped • 500g pack lean lamb mince • 8 dried apricots, finely chopped • 50g fresh breadcrumbs • pitta bread and salad, to serve 	<p>1. Heat 2 tsp oil in a pan and soften the onions for 5 mins. Add the garlic and spices and cook for a few mins more. Spoon half the onion mixture into a bowl and set aside to cool. Add the tomatoes, sugar and seasoning to the remaining onions in the pan and simmer for about 10 mins until reduced.</p> <p>2. Meanwhile, add the mint, lamb, apricots and breadcrumbs to the cooled onions, season and mix well with your hands. Shape into little meatballs.</p> <p>3. Heat the rest of the oil in a non-stick pan and fry the meatballs until golden (in batches if you need to). Stir in the sauce with a splash of water and gently cook everything for a few mins until the meatballs are cooked through. Serve with pitta bread and salad.</p>
84	Pork, fennel & chilli meatballs	<ul style="list-style-type: none"> • 2 tbsp olive oil • 1 onion, chopped • ½ bulb fennel, chopped • 1 tsp chilli flakes • 2 tsp fennel seed • 500g pack pork mince 	<p>1. Heat 1 tbsp olive oil in a large frying pan, add onion and fennel and cook for 8 mins until soft. Add chilli flakes and fennel seeds and cook for a further 2 mins. Remove from the heat and allow to cool, then mix in pork mince with some seasoning. Form into bite-sized balls.</p> <p>2. Heat 1 tbsp olive oil in a large frying pan. Add the meatballs and cook for 10-15 mins until golden and cooked through. Serve at room temperature with cocktail sticks.</p>
85	Moroccan turkey meatballs with citrus couscous	<ul style="list-style-type: none"> • 500g pack turkey mince • 2 tsp each chilli powder, ground cumin and ground coriander • 1 tsp cinnamon • 1 onion, coarsely grated 	<p>1. In a big bowl, mix the mince, spices, onion and orange zest together really well with your hands. Roll the mixture into about 20 walnut-sized meatballs.</p> <p>2. Put the couscous in a bowl, pour over the hot chicken stock, cover with cling film and leave to stand for 10 mins.</p>

		<ul style="list-style-type: none"> • zest 1 orange, then peeled and orange segments chopped • 250g couscous • 250ml hot chicken stock • 2 tsp olive oil • small bunch coriander, roughly chopped 	<ol style="list-style-type: none"> 3. Heat the olive oil in a frying pan. add the meatballs and fry, turning often, for about 12 mins until browned all over and cooked through. 4. Fluff the couscous up with a fork, stir in the chopped orange, coriander and some seasoning. Pile onto plates and serve with the meatballs.
86	Bean & pasta stew with meatballs	<ul style="list-style-type: none"> • 6-8 pack pork sausages • 1 tbsp olive oil • 2 onions, finely chopped • 3 celery sticks, diced • 2 carrots, diced • 3 garlic cloves, finely chopped • 400g can chopped tomatoes • 1l chicken stock • 175g macaroni • 410g can cannellini beans, rinsed and drained • handful flat-leaf parsley, chopped 	<ol style="list-style-type: none"> 1. Snip the ends off the sausages and squeeze out the meat. Roll into rough walnut-sized meatballs. Heat half the oil in a large, wide pan and fry until browned, around 10 mins. Remove from pan and set aside. 2. Add the rest of the oil to the pan. Tip in the onions, celery and carrots and fry for 10 mins until soft. Add garlic and cook for 1 min more. Tip in the tomatoes and stock. Bring to the boil and simmer for 10 mins. 3. Stir in the macaroni and return the meatballs. Simmer for about 10 mins until pasta is cooked and meatballs are cooked though. Stir in beans and heat until piping hot. Season, mix in parsley and serve.
87	Fragrant pork & rice one-pot	<ul style="list-style-type: none"> • 4-6 good-quality sausages • 1 tbsp olive oil • ½ onion, finely chopped • 2 garlic cloves, crushed • 2 tsp each ground cumin and coriander • 140g long grain rice • 850ml vegetable stock • 400g can chopped tomato • ½ small bunch coriander, leaves picked 	<ol style="list-style-type: none"> 1. Split the sausage skins, squeeze out the meat, then roll it into small meatballs about the size of a large olive. Heat the oil in a large non-stick saucepan, then brown the meatballs well on all sides until cooked – you might need to do this in batches. Set the meatballs aside. 2. Add the onion and garlic to the pan. Soften for 5 mins, stir in the spices and rice, then cook for another min. Pour in the stock and tomatoes. Bring to a simmer, scraping up any sausagey bits from the bottom of the pan. Simmer for 10 mins until the rice is just cooked, then stir in the meatballs with some seasoning. Ladle into bowls, scatter with coriander and serve with crusty bread.
88	Fruity pork meatballs	<ul style="list-style-type: none"> • 300g pack meatball (we like Waitrose organic) • 3 tbsp caramelised onion marmalade or onion chutney • 300g vegetable stock 	<ol style="list-style-type: none"> 1. In a large, non-stick frying pan, brown the meatballs for 2 mins over a high heat. Stir in the onion marmalade, stock and apples, then bring to the boil. 2. Simmer for about 15 mins until the apples and pork are cooked and the sauce has

		<ul style="list-style-type: none"> • 2 red apples, cored and thickly sliced 	thickened. Spoon the meatballs and sauce over mash or a jacket potato.
89	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.
90	Asian pork meatballs	<ul style="list-style-type: none"> • 2 tbsp clear honey • 3 tbsp fish sauce • 450g minced pork • 4 spring onions, finely chopped • 1 small garlic clove, crushed • 2 tsp lemongrass, finely chopped • 1 tsp cornflour • 1 tbsp finely chopped fresh mint • 2 tbsp finely chopped fresh coriander • olive oil for frying <p>For the oriental dipping sauce</p> <ul style="list-style-type: none"> • 1 tsp chopped fresh coriander • 3 spring onions, finely sliced • 2 tbsp lime juice • 2 tbsp light soy sauce • 1 tsp sesame oil 	<ol style="list-style-type: none"> 1. Make the meatballs. Gently warm the honey in a non-stick frying pan, add the fish sauce and stir to make a syrup. Leave to cool. 2. Put pork in a bowl and fold in honey syrup, spring onions, garlic, lemongrass, cornflour, mint and coriander. Mix and season with salt and lots of black pepper. 3. Shape into 20 balls and put on a tray lined with greaseproof paper. Chill for 30 mins. To make the sauce, mix all the ingredients together, then set aside. 4. Brush the balls with olive oil and fry for 3-4 mins each side. Serve with the sauce.
91	Sausageball pasta bake	<ul style="list-style-type: none"> • 450g sausagemeat • 50g fresh white breadcrumb • 1 tsp thyme or rosemary leaves, chopped • 1 tbsp olive oil • 500g carton passata • 2 tbsp sundried tomato paste 	<ol style="list-style-type: none"> 1. Put the sausagemeat, breadcrumbs and thyme or rosemary in a bowl and mix to combine. Shape into 20 small balls. 2. Heat oil in a wide pan and cook the sausageballs for 10 mins until nicely browned. Add passata and tomato paste, cover and simmer gently for 20 mins. 3. Meanwhile, cook pasta following pack instructions, adding the cabbage for the final 5 mins of cooking time. Drain

		<ul style="list-style-type: none"> • 300g fusilli or other pasta shapes • ½ small Savoy cabbage, cut into 1cm-wide slices • 250g ball mozzarella, cubed • 2 tbsp freshly grated parmesan 	<p>cabbage and pasta, toss with the sauce and spoon into a heatproof dish.</p> <p>4. Heat oven to 200C/180C fan/ gas 6. Push mozzarella cubes into the top of the pasta. Sprinkle with Parmesan and bake for 15-20 mins until bubbling and crusty.</p>
92	Choc hazelnut ice cream sandwich	<ul style="list-style-type: none"> • 2 scoops chocolate & salted caramel ice cream, softened • 4 double chocolate cookies • 2 handfuls hazelnuts, roasted and chopped 	<p>1. Put a scoop of ice cream on 2 cookies, then top with 2 more cookies and squish down a bit so the ice cream reaches the edges.</p> <p>2. Put the hazelnuts on a plate. Roll the sides of each ice cream sandwich through the nuts, like a wheel, to create a nutty edge, then either pop in the freezer if you want to serve them later, or devour immediately.</p>
93	Amaretti affogato	<ul style="list-style-type: none"> • 4 scoops vanilla ice cream • 4 shots espresso, freshly made and hot • 8 amaretti biscuits, crushed 	<p>1. Divide the ice cream between four coffee cups. Carefully pour a shot of espresso over each, then scatter over the amaretti biscuit crumbs. Serve immediately while some of the ice cream is still frozen.</p>
94	Easy strawberry ice cream	<ul style="list-style-type: none"> • 1 x 400g punnet strawberries • 1 x 250g tub mascarpone • ½ x 397g can condensed milk • cones and sprinkles, to serve 	<p>1. Pull the green hulls out of the strawberries. If they are still quite hard, cut them in half or quarters with a table knife. Tip them into a flat-bottomed dish.</p> <p>2. Use a potato masher to squash the strawberries as much as you can. Tip into a bowl. Ask your grown-up helper to give you a hand if you need to.</p> <p>3. Add the mascarpone and mash this in – don't worry if it is a bit lumpy. Add the condensed milk and mix everything together. Don't worry if the mix is streaky.</p> <p>4. Spoon the mixture into a metal or plastic box and put it in the freezer. Wait until the next day or at least 6 hours before scooping into bowls or cones. Decorate how you like.</p>
95	Black forest arctic roll	<p>For the ice cream</p> <ul style="list-style-type: none"> • 2 eggs, separated • 2 tbsp icing sugar • 1 vanilla pod, seeds only • 100ml double cream • 250g jar black cherries in kirsch <p>For the sponge</p> <ul style="list-style-type: none"> • knob of butter, for the tin 	<p>1. To make the ice cream, whisk the egg whites in a bowl with an electric whisk until stiff. In another bowl, whisk the yolks, icing sugar and vanilla seeds until pale and thick like fresh custard. In a third bowl, whip the double cream until just holding its shape. Fold the yolk mixture into the cream and stir in about half of the cherries from the jar, leaving the kirsch</p>

		<ul style="list-style-type: none"> • 3 eggs • 100g golden caster sugar, plus extra for dusting • 100g plain flour • 2 tbsp cocoa powder • ½ tsp baking powder • 1½ tsp vanilla extract • red gel food colouring • 150g black cherry jam 	<p>behind. Now fold in the egg whites. Pour into a 900g loaf tin lined with a sheet of baking parchment that overlaps each side – you will use this to roll your ice cream later. Freeze for 2 hrs.</p> <p>2. Remove the ice cream from the freezer and tin when it feels set but soft. Lift out of the tin on the parchment. Use a spatula to shape the mixture into a rough sausage shape, then use the parchment to roll the mixture tightly together into a cylinder about 35cm in length. Twist the ends of the baking parchment like a cracker and return to the freezer for 1 hr.</p> <p>3. Heat oven to 200C/180C fan/gas 6. Line a 24 x 32cm Swiss roll tin with baking parchment (with plenty of excess) and butter well. Whisk the eggs and sugar with an electric hand whisk for 2-3 mins or until thickened and pale. Sift the flour, cocoa powder and baking powder into the egg mixture and add the vanilla extract and fold everything together with a large metal spoon until there are no pockets of flour visible. Scoop 50g of the mixture into a small bowl and add a small amount of red food colouring. Mix well, then transfer to a piping bag. Pipe polka dots onto your prepared Swiss roll tin and bake in the oven for 2 mins. Remove from the oven, then pour the rest of the sponge mixture over to cover the dots and fill the tray completely. Bake for 15 mins or until lightly golden and springy to the touch.</p> <p>4. Remove from the oven, allow to cool until cool enough to handle, then carefully roll up the sponge while it's still warm (keeping the baking parchment attached). Leave to cool completely in its rolled-up shape. Uncurl the sponge and spread the jam on the inside. Working quickly, unwrap the ice cream and put it on top of the jam. Roll the cake up around it.</p> <p>5. Wrap the roll in a new sheet of baking parchment and a layer of foil. Return to the freezer for at least a further 20-30 mins, then unwrap, slice and serve.</p>
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96	Club Tropicana ice cream cake	<ul style="list-style-type: none"> • 1 madeira cake (we used one from M&S that comes in a large rectangular block) • 500ml tub mango sorbet • 500ml tub vanilla ice cream • 50g dark chocolate • 500ml tub raspberry sorbet • 150ml double cream, whipped • maraschino cherries, to decorate 	<ol style="list-style-type: none"> 1. Cut a piece of sponge about 5mm thick to fit a 1lb 16 x 10cm loaf tin and trim off any dark edges (off-cuts are a cook's perk). Line the loaf tin with a double layer of strong cling film and push the sponge into the base. If the madeira cake is smaller than the tin, patch any gaps – you won't see them when the cake is finished. 2. Spoon a layer of mango sorbet into the tin using three-quarters of the tub, flatten the surface using the back of a spoon and freeze for 10 mins. Repeat using the vanilla ice cream, then add another layer of sponge. Melt the chocolate and pour it over the second layer of sponge. Freeze for 10 mins, then carefully add a layer of raspberry sorbet in the same way, followed by a final layer of sponge. Cover the lot in cling film, then freeze until you need it. Turn the ice cream cake out of the tin onto a plate and peel off the cling film, then decorate the top with whipped cream and cherries. Wait 10 mins before slicing with a long, straight-edged knife. Extra cherries are optional.
97	Magical instant ice cream	<ul style="list-style-type: none"> • 300ml semi-skimmed milk • 1 tbsp caster sugar • 1 tsp vanilla paste • food colouring of your choice • 2kg ice • 12 tbsp rock salt • sprinkles 	<ol style="list-style-type: none"> 1. Place the milk, sugar, vanilla and food colouring of your choice into a medium zip-seal bag, then place this in a second bag to double bag it. 2. Squeeze the air out, close and secure with sticky tape if the seal isn't strong. 3. Tip the ice and salt into a large zip-seal bag, then place the medium bag containing the milk inside and seal well. 4. You will need to keep the bag moving for 10-15 mins to freeze the milk. Gently throw the bag from hand to hand or take turns shaking it – it's a good idea to wear gloves to keep your hands warm! 5. Remove the ice-cream bag, open and scoop into bowls. Sprinkle with hundreds & thousands.
98	Four banana ice cream sandwiches Quick banana ice cream sandwiches	<ul style="list-style-type: none"> • 200g peanut butter (crunchy or smooth is fine) • 175g golden caster sugar • 75g dark chocolate, chopped into chunks • 1 large egg 	<ol style="list-style-type: none"> 1. Heat oven to 180C/fan 160C/gas 4 and line two large baking sheets with baking parchment. Put the peanut butter, sugar, ¼ tsp fine table salt and chocolate chunks in a bowl and mix well with a wooden spoon. Crack in the egg and mix again until the mixture clumps together and forms a dough.

		<ul style="list-style-type: none"> • For the ice cream • 3 bananas, peeled, chopped and frozen in advance • 2 tbsp double cream • 1 tsp vanilla essence 	<ol style="list-style-type: none"> 2. Break off chunks of dough (about the size of a cherry tomato) and arrange them, spaced apart, on the sheets. Press the cookies down with the back of a fork to squash them a little. (The cookies can be frozen for up to two months – to cook from frozen, add an extra 1-2 mins to the cooking time.) Bake for about 12 mins until golden around the edges and paler in the centre. Leave to cool on the trays for 5 mins. 3. Meanwhile, put the bananas, cream and vanilla in a food processor and blend until they make a thick ice cream. Scoop into balls with an ice cream scoop, and sandwich between the cookies. Serve immediately.
99	Ultimate vanilla ice cream	<ul style="list-style-type: none"> • 284ml carton double cream • 300ml full fat milk • 115g golden caster sugar • 1 vanilla pod • 3 large free-range egg yolks • have lots of ice cubes at the ready 	<ol style="list-style-type: none"> 1. Put the canister from the machine into the freezer a day before you want to make the ice cream. Next day, pour the cream and milk into a medium heavy-based pan, then tip in half the sugar. Slit the vanilla pod down its length with a small sharp knife and scoop out as many of the tiny black seeds as you can into the cream mixture. Cut the pod into three and drop it into the pan. 2. Heat the cream and milk over a low heat, stirring occasionally, until it almost boils – you'll see a few bubbles at the edge. Take off the heat and set aside for 30 minutes so the vanilla can infuse. 3. Put the egg yolks into a bowl with the rest of the sugar and beat with an electric hand beater for about 2 minutes until the mixture has thickened, is paler in colour and falls in thick ribbons when you lift the beaters. Using a measuring jug, scoop out about 125ml/4fl oz of the cream mixture and beat into the egg yolks to slacken them. Reheat the cream until it just comes to the boil, take off the heat and stir in the egg yolk mixture. 4. Return the pan to a low heat and cook, stirring all the time with a wooden spoon, for 8-10 minutes, until the custard is thick enough to coat the back of the spoon. Watch that it doesn't boil – as soon as you see any bubbles about to burst to the surface, it should be thick enough, so take

			<p>the pan off the heat so the mixture doesn't curdle.</p> <ol style="list-style-type: none"> 5. Pour the custard into a heatproof bowl, then sit it in a bigger bowl one third full of iced water to cool (this takes about 20 minutes). Stir occasionally to stop a skin forming. Put the bowl of custard in the fridge for 3-4 hours, preferably overnight, so it gets really cold. 6. Get the ice cream machine running, scoop out the vanilla pod pieces, then slowly pour in the cold custard. Leave it to churn for 10-30 minutes (depending on your machine). When it stops, it is probably too soft to eat, so spoon into a plastic container, cover with cling film, then a lid, and freeze for a minimum of 3 hours. (It will keep in the freezer for 3 months but don't take it out, then refreeze.) Remove from the freezer 15 minutes before serving. 7. To make it by hand: in step 1, heat the milk, vanilla, and half the sugar without the cream (the custard will be slightly thicker). At the start of step 6, whip the cream so it's light and floppy, not too stiff, and fold it into the cold custard. Freeze for 3-4 hours, stirring once an hour until almost frozen, then freeze as above.
100	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.
101	Caramel & coffee ice cream sandwich	<ul style="list-style-type: none"> • 1 tbsp chocolate-coated coffee beans, roughly chopped • 2 scoops coffee ice cream, softened • 4 caramel wafers 	<ol style="list-style-type: none"> 1. Mix the chocolate coffee beans into the softened ice cream until combined, then transfer to a small loaf tin and freeze for a few hours or until solid. 2. Use cookie cutters to cut the ice cream to the same size as the waffles, then sandwich between two waffles.
102	Cinnamon ice cream	<ul style="list-style-type: none"> • 225ml milk • 1 cinnamon stick • 3 egg yolks • 100g caster sugar • 1 tsp ground cinnamon, freshly ground if possible • 450ml whipping or double cream 	<ol style="list-style-type: none"> 1. Put the milk in a pan with the cinnamon stick and bring to the boil. In a bowl, whisk together the yolks, sugar and ground cinnamon. Discard the cinnamon stick, then strain the hot milk over the yolks, whisking continuously. 2. Pour the custard mix back into a pan and cook on a low-ish heat for 8-10 mins, stirring constantly until thickened. Whisk the custard into the cream, then cool, chill and freeze in an ice-cream maker.
103	Silly twits ice cream	<ul style="list-style-type: none"> • 4 eggs • 1 tsp vanilla extract • 140g caster sugar • 300ml pot double cream 	<ol style="list-style-type: none"> 1. Separate the eggs. Beat the yolks and vanilla extract with an electric whisk until light and foamy. Clean the whisk, then in another bowl whisk the egg whites, gradually adding the caster sugar until it is thick and glossy, a bit like making meringues. 2. Lightly whip the double cream until it softly holds its shape. Mix with the yolks and egg white mixture until everything is combined. Turn into a container, cover and freeze until solid. Take out of the fridge about 10 mins before serving.
104	Rum 'n' raisin ice cream sandwich	<ul style="list-style-type: none"> • 2 tbsp raisins • 30ml dark rum • 2 scoops vanilla ice cream, softened • 4 oat and raisin cookies 	<ol style="list-style-type: none"> 1. In a small saucepan, warm the raisins in the rum for a few mins. Set aside to cool for 15 mins, then mix with the ice cream. Freeze for a few hours, or until solid. 2. Divide the ice cream between 2 cookies, then top with the other cookies.
105	Coconut, caramel & pecan dairy-free ice cream	<ul style="list-style-type: none"> • 2 x 400ml cans full-fat coconut milk • 3 egg yolks • 4 tbsp coconut sugar, or caster sugar • dash vanilla extract • 50g pecans, toasted and roughly chopped 	<ol style="list-style-type: none"> 1. Whisk the coconut milk until smooth. Measure 600ml into a saucepan and heat until just steaming. Meanwhile whisk the egg yolks with 3 tbsp sugar and the vanilla. Slowly pour the hot milk onto the yolks, whisking constantly. Wipe the pan clean, pour in the coconut and egg mixture, then cook over a medium heat, stirring for 5-6 mins until you have a thin

			<p>custard. Strain and leave to cool completely, then churn in an ice cream maker.</p> <p>2. To make the caramel, put the remaining coconut milk and sugar in a saucepan with a pinch of salt. Boil for 3 mins until it has the consistency of double cream. Cool, then swirl the caramel and pecans through the ice cream mix, cover the surface with cling film and freeze.</p>
106	Strawberry shortbread ice cream sandwich	<ul style="list-style-type: none"> • 4 scoops strawberry cheesecake ice cream, softened • a few fresh strawberries, finely chopped • 8 Viennese whirls (or shortbread biscuits) 	<p>1. Mix the ice cream with the strawberries and freeze until solid.</p> <p>2. Sandwich spoonfuls of the ice cream between the biscuits, then eat immediately.</p>