

No	Name of Food	Ingredients	Method
1	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 	<ol style="list-style-type: none"> 1. Heat oven to 220C/fan 200C/gas 7 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. 3. While the beef is cooling, <u>chop 250g chestnut (and wild, if you like) mushrooms</u> 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. 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. 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. 6. Remove the mushroom duxelle from the pan to cool and discard the thyme. 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. 8. Spread half the duxelles over the prosciutto, then sit the fillet on it and spread the remaining duxelles over. 9. Use the cling film's edges to draw the prosciutto around the fillet, then roll it into a sausage shape, twisting the ends of cling film to tighten it as you go. 10. Chill the fillet while you roll out the pastry. 11. 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. 12. Roll out the remainder of the 500g pack of puff pastry to about 28 x 36cm.

			<p>13. Unravel the fillet from the cling film and sit it in the centre of the smaller strip of pastry.</p> <p>14. Beat the 2 egg yolks with 1 tsp water and brush the pastry's edges, and the top and sides of the wrapped fillet.</p> <p>15. Using a rolling pin, carefully lift and drape the larger piece of pastry over the fillet, pressing well into the sides.</p> <p>16. Trim the joins to about a 4cm rim. Seal the rim with the edge of a fork or spoon handle.</p> <p>17. 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.</p> <p>18. Chill for at least 30 mins and up to 24 hrs. Heat oven to 200C/fan 180C/gas 6.</p> <p>19. 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.</p>
2	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 • For the topping • 600g parsnip, peeled and chopped into large chunks • large potato, peeled and chopped into large chunks • 1 green chilli, deseeded and chopped • large bunch coriander, chopped • 2 tsp turmeric • juice of 1 lemon • 50g butter 	<p>1. 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.</p> <p>2. 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.</p> <p>3. 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 bake for 20 mins until golden and bubbling.</p>
3	Roasted autumn vegetables with	<ul style="list-style-type: none"> • 1 large butternut squash (about 600-700g/1lb 5oz - 1lb 9oz in weight) 	<p>1. Preheat the oven to fan 180C/conventional 200C/ gas 6. Using a sharp knife, cut the squash in half and scoop out the seeds. Cut the halves</p>

	Lancashire cheese	<ul style="list-style-type: none"> • 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 	<p>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.</p> <ol style="list-style-type: none"> 2. Halve the onion and trim the root end leaving a little on to hold the segments together. Peel and then cut each half into four wedges. Scatter the squash and onion in a large roasting tin so they have plenty of room to roast, drizzle over 5 tbsp of the oil and toss together. Strip the sage leaves from the stem and roughly chop – you should have about 2 tbsps. Scatter over the vegetables and season. Roast for 20 minutes, stirring once halfway through. 3. Meanwhile, slice the courgette thickly and toss with the remaining oil. Remove the roasting tin from the oven and push the partly cooked squash and onion to the side. Put the courgette slices flat on the base and season. Roast for a further 10 minutes, until all the vegetables are tender. 4. Remove tin from the oven, sprinkle the vinegar over the vegetables and toss. Crumble over the Lancashire cheese. Toss lightly so the cheese melts a little and serve.
4	Mini pork pies with piccalilli	<ul style="list-style-type: none"> • few dots of butter • 600g shortcrust pastry, bought or homemade • little flour, for dusting • 85g dried white breadcrumb • 400g good Cumberland sausage (about 6) • 200g smoked bacon lardon • 1/4 tsp each ground mace, ground pepper and dried sage • 1 egg, beaten with a fork • 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.
5	Oven-Baked Salmon	<ul style="list-style-type: none"> • 12 ounce salmon fillet, cut into 4 pieces • Coarse-grained salt • Freshly ground black pepper • Toasted Almond Parsley Salsa, for serving • Baked squash, for serving, optional <p>Toasted Almond Parsley Salad:</p> <ul style="list-style-type: none"> • 1 shallot • 1 tablespoons red wine vinegar • Coarse grain salt • 2 tablespoons capers, rinsed • 1 cup fresh flat-leaf parsley • 1/2 cup toasted almonds • Extra-virgin olive oil 	<ol style="list-style-type: none"> 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. <p>Toasted Almond Parsley Salad:</p> <ol style="list-style-type: none"> 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.