

No	Name of Food	Ingredients	Method
1	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.
2	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,

			<p>followed by 200ml milk, then add the chicken back to the pan.</p> <ol style="list-style-type: none"> 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. 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. 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. 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>. Brush lightly with egg to glaze, then bake for 30 mins or until the pastry is risen and dark golden brown.
3	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 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 	<ol style="list-style-type: none"> 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 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>. 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. 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,

			<p>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>
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