

No	Name of Food	Ingredients	Method
1	Roast lamb with spring herb crumbs	<p>For the crumbs</p> <ul style="list-style-type: none"> <li>• 100g good-quality white bread</li> <li>• 2 garlic cloves</li> <li>• zest 1 lemon</li> <li>• 1 tsp thyme leaf, chopped</li> <li>• small bunch parsley, chopped</li> <li>• 3-4 anchovy fillets, chopped (optional)</li> </ul> <p>For the lamb</p> <ul style="list-style-type: none"> <li>• 5 carrots, cut into chunks</li> <li>• 2 onions, cut into chunks</li> <li>• 4 bay leaves</li> <li>• small bunch rosemary</li> <li>• 2 tbsp olive oil</li> <li>• large leg of lamb, about 3kg/6lb 8oz</li> <li>• 3 garlic cloves, thickly sliced, plus a whole bulb, halved</li> </ul> <p>For the gravy</p> <ul style="list-style-type: none"> <li>• 5 tbsp plain flour</li> <li>• 200ml white wine, plus a splash</li> <li>• 600ml lamb stock</li> </ul>	<p>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.</p> <p>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 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>
2	No-fail Yorkies	<ul style="list-style-type: none"> <li>• 450ml milk</li> <li>• 4 large eggs</li> <li>• 250g plain flour</li> <li>• 2 tbsp sunflower or vegetable oil</li> </ul>	<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</p>

			further 30 mins until puffed, risen and golden.
3	Baked Fish and Chips	<p>For the Chips:</p> <ul style="list-style-type: none"> <li>• 3 medium russet potatoes (1 1/4 pounds)</li> <li>• 1/4 cup extra-virgin olive oil</li> <li>• Pinch of cayenne pepper</li> <li>• Kosher salt</li> </ul> <p>For the Fish:</p> <ul style="list-style-type: none"> <li>• Olive oil cooking spray</li> <li>• 2 3/4 cups crispy rice cereal</li> <li>• Kosher salt and freshly ground black pepper</li> <li>• 3 large egg whites</li> <li>• 1 1/2 pounds skinless, boneless Pollock (or other firm white fish), cut into 2-by-4-inch pieces</li> <li>• Tartar sauce and/or malt vinegar, for serving (optional)</li> </ul>	<ol style="list-style-type: none"> <li>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.</li> <li>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.</li> <li>3. Meanwhile, make the fish: Set a wire rack on a baking sheet and coat with cooking spray. Lightly crush the cereal in 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.</li> <li>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.</li> <li>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.</li> </ol>