

No	Name of Food	Ingredients	Method
1	Marzipan Eccles tarts	<ul style="list-style-type: none"> <li>• 300g leftover dried fruit, like raisins, sultanas, currants</li> <li>• 2 eating apples or pears, cored and grated</li> <li>• 50g demerara sugar, plus a little extra to decorate</li> <li>• 100g leftover marzipan, grated</li> <li>• ½ tsp ground cloves</li> <li>• 1 tsp ground cinnamon</li> <li>• 500g block puff pastry</li> <li>• little flour, for rolling</li> <li>• 1 egg, beaten</li> </ul>	<ol style="list-style-type: none"> <li>1. Mix the dried fruit, grated apple or pear, Demerara sugar, marzipan, cloves and cinnamon.</li> <li>2. Divide the pastry into 6. Then assemble tarts one by one. Halve a chunk of pastry and roll out each halve 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 egg, then make three small slashes with a knife in a row. Repeat with remaining pastry and filling.</li> <li>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.</li> </ol>
2	The ultimate makeover: Steak & kidney pie	<p>For the filling</p> <ul style="list-style-type: none"> <li>• 200g lamb's kidneys, halved</li> <li>• 1 tbsp rapeseed oil</li> <li>• 2 medium onions, chopped</li> <li>• 2 bay leaves</li> <li>• 4 thyme sprigs</li> <li>• 600g lean stewing steak, cut into chunks</li> <li>• 100ml red wine</li> <li>• 2 tsp tomato purée</li> <li>• 1 tsp English mustard powder</li> <li>• 2 tbsp plain flour</li> <li>• 1 large carrot, chopped</li> <li>• 4 flat mushrooms, quartered or halved if small</li> <li>• 3 tbsp chopped parsley</li> </ul> <p>For the pastry</p>	<ol style="list-style-type: none"> <li>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.</li> <li>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</li> </ol>

		<ul style="list-style-type: none"> <li>• 140g plain flour, plus extra for dusting</li> <li>• 1 tsp thyme leaves (optional)</li> <li>• 25g very cold (or frozen) butter</li> <li>• 4 tbsp 2% fat Greek yogurt</li> <li>• 2 tbsp extra-virgin olive oil</li> </ul>	<p>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 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>
3	British pork cassoulet	<ul style="list-style-type: none"> <li>• 400-450g streaky steaks (strips of pork belly ), rind trimmed</li> <li>• 1 tbsp sunflower or vegetable oil</li> <li>• 400-450g pack of pork sausages (try Cumberland, garlic or sage-flavoured Lincolnshire varieties)</li> <li>• 4 back bacon chops, about 400g/14oz</li> <li>• 400g can cannellini, haricot, butter or mixed beans, drained</li> <li>• 1 large onion, chopped</li> </ul>	<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</p>

		<ul style="list-style-type: none"> <li>• 4 medium carrots, thickly sliced</li> <li>• 400g can chopped tomatoes</li> <li>• 1 bouquet garni 'tea bag'</li> <li>• about 600ml chicken stock (from a stock cube is fine)</li> <li>• 25g fresh white breadcrumbs</li> <li>• 2 garlic cloves</li> </ul>	<p>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>
4	No-fuss shepherd's pie	<ul style="list-style-type: none"> <li>• 1 tbsp sunflower oil</li> <li>• 1 large onion, chopped</li> <li>• 2-3 medium carrots, chopped</li> <li>• 500g pack lamb mince</li> <li>• 2 tbsp tomato purée</li> <li>• large splash Worcestershire sauce</li> <li>• 500ml beef stock</li> <li>• 900g potato, cut into chunks</li> <li>• 85g butter</li> <li>• 3 tbsp milk</li> </ul>	<ol style="list-style-type: none"> <li>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.</li> <li>2. When soft, turn up the heat, crumble in 500g lamb mince and brown, tipping off any excess fat.</li> <li>3. Add 2 tbsp tomato purée and a large splash of Worcestershire sauce, then fry for a few mins.</li> <li>4. Pour over 500ml beef stock, bring to a simmer, then cover and cook for 40 mins, uncovering halfway.</li> <li>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.</li> <li>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></li> <li>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></li> <li>8. Leave to stand for 5 mins before serving.</li> </ol>