

No	Name of Food	Ingredients	Method
1	Granny's Victoria sponge	<ul style="list-style-type: none"> <li>• 200g unsalted butter, softened, plus extra for greasing</li> <li>• 200g caster sugar</li> <li>• 1 tsp vanilla extract</li> <li>• 4 medium eggs</li> <li>• 200g self-raising flour, plus extra for dusting</li> <li>• about 6 tbsp raspberry jam</li> <li>• 250ml double cream, whipped</li> <li>• icing sugar, for dusting</li> </ul>	<ol style="list-style-type: none"> <li>1. Heat oven to 190C/170C fan/gas 5. Grease and flour two 20cm <u>sandwich tins</u>.</li> <li>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.</li> <li>3. Slowly beat in 4 medium eggs, one by one, then fold in 200g self-raising flour and mix well.</li> <li>4. Divide the mix between the cake tins, place into the oven and bake for about 20 mins until risen and golden brown. The cakes should spring back when gently pushed in the middle.</li> <li>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.</li> <li>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.</li> </ol>
2	Beef Wellington	<ul style="list-style-type: none"> <li>• a good beef fillet (preferably Aberdeen Angus) of around 1kg/2lb 4oz</li> <li>• 3 tbsp olive oil</li> <li>• 250g/ 9oz chestnut mushroom, include some wild ones if you like</li> <li>• 50g/ 2oz butter</li> <li>• 1 large sprig fresh thyme</li> <li>• 100ml/ 3½ fl oz dry white wine</li> <li>• 12 slices prosciutto</li> <li>• 500g/1lb 2oz pack puff pastry, thawed if frozen</li> <li>• a little flour, for dusting</li> <li>• 2 egg yolks beaten with 1 tsp water</li> </ul>	<ol style="list-style-type: none"> <li>1. Heat oven to 220C/fan 200C/gas 7</li> <li>2. Sit the <b>1kg beef fillet</b> on a roasting tray, brush with <b>1 tbsp olive oil</b> 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.</li> <li>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.</li> <li>4. Heat <b>2 tbsp of the olive oil</b> and <b>50g butter</b> in a large pan and fry the mushrooms on a medium heat, with <b>1 large sprig fresh thyme</b>, for about 10 mins stirring often, until you have a softened mixture.</li> <li>5. Season the mushroom mixture, pour over <b>100ml dry white wine</b> and cook for about 10 mins until all the wine has been</li> </ol>

			<p>absorbed. The mixture should hold its shape when stirred.</p> <ol style="list-style-type: none"> <li>Remove the mushroom duxelle from the pan to cool and discard the thyme.</li> <li>Overlap two pieces of cling film over a large <u>chopping board</u>. Lay <b>12 slices prosciutto</b> on the cling film, slightly overlapping, in a double row.</li> <li>Spread half the duxelles over the prosciutto, then sit the fillet on it and spread the remaining duxelles over.</li> <li>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.</li> <li>Chill the fillet while you roll out the pastry.</li> <li>Dust your work surface with a <b>little flour</b>. Roll out a <b>third of the 500g pack of puff pastry</b> to a 18 x 30cm strip and place on a non-stick baking sheet.</li> <li>Roll out the <b>remainder of the 500g pack of puff pastry</b> to about 28 x 36cm.</li> <li>Unravel the fillet from the cling film and sit it in the centre of the smaller strip of pastry.</li> <li>Beat the <b>2 egg yolks with 1 tsp water</b> and brush the pastry's edges, and the top and sides of the wrapped fillet.</li> <li>Using a rolling pin, carefully lift and drape the larger piece of pastry over the fillet, pressing well into the sides.</li> <li>Trim the joins to about a 4cm rim. Seal the rim with the edge of a fork or spoon handle.</li> <li>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.</li> <li>Chill for at least 30 mins and up to 24 hrs. Heat oven to 200C/fan 180C/gas 6.</li> <li>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.</li> </ol>
3	Spiced parsnip shepherd's pies	<p>For the meat sauce</p> <ul style="list-style-type: none"> <li>• 2 tbsp sunflower oil</li> <li>• 1 large onion, chopped</li> <li>• 2 garlic cloves, crushed</li> </ul>	<ol style="list-style-type: none"> <li>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</li> </ol>

		<ul style="list-style-type: none"> <li>• small knob of ginger, peeled and granted</li> <li>• 2 tbsp medium curry powder</li> <li>• 500g minced beef or lamb</li> <li>• 400g can chopped tomato</li> <li>• 100g frozen pea</li> <li>• For the topping</li> <li>• 600g parsnip, peeled and chopped into large chunks</li> <li>• large potato, peeled and chopped into large chunks</li> <li>• 1 green chilli, deseeded and chopped</li> <li>• large bunch coriander, chopped</li> <li>• 2 tsp turmeric</li> <li>• juice of 1 lemon</li> <li>• 50g butter</li> </ul>	<p>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>
4	Masala meatball curry	<ul style="list-style-type: none"> <li>• 2 garlic cloves</li> <li>• 1 red chilli, deseeded</li> <li>• 1 thick slice white bread</li> <li>• small pack mint leaves, reserving some to serve</li> <li>• 400g lamb mince</li> <li>• 1 egg, lightly beaten</li> <li>• 1 tbsp vegetable oil</li> <li>• 1 large onion, roughly chopped</li> <li>• 1 tbsp masala curry paste</li> <li>• 400g can chopped tomato</li> <li>• 400ml lamb stock</li> <li>• 100g baby spinach leaves</li> <li>• cooked basmati rice and cucumber &amp; mint raita, to serve (optional)</li> </ul>	<p>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.</p> <p>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.</p> <p>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.</p> <p>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 &amp; mint raita, if you like.</p>