

No	Name of Food	Ingredients	Method
1	Meatball gravy sub	<ul style="list-style-type: none"> <li>• 1 tbsp olive oil</li> <li>• 1 onion, ½ finely chopped, ½ sliced</li> <li>• 1 garlic clove, crushed</li> <li>• 250g pack beef mince</li> <li>• ½ tbsp balsamic vinegar</li> <li>• 100ml beef stock</li> <li>• 1 tsp Worcestershire sauce</li> <li>• 1 large ciabatta roll</li> <li>• 2 slices mature cheddar</li> <li>• mixed leaves, to serve (optional)</li> </ul>	<ol style="list-style-type: none"> <li>1. Heat half the oil in a frying pan and add the finely chopped onion. Cook until softened and slightly browned, about 10 mins. Add the garlic and stir for 1 min. Set aside to cool a little. Put the mince in a large bowl and tip in the cooked onion and garlic. Season generously and mix together with your hands.</li> <li>2. Roll the mince into eight meatballs, then freeze half for another meal, if you like (defrost in the fridge before cooking). Heat oven to 200C/180C fan/gas 6. In the same pan, fry the meatballs with the remaining oil for 1-2 mins until browned.</li> <li>3. Transfer the meatballs to a roasting tin with the sliced onion, balsamic vinegar, stock and Worcestershire sauce. Bake for 20 mins until the meatballs are cooked and the onions are tender. Halve the ciabatta and bake for 2 mins to warm through.</li> <li>4. Pour some of the gravy and onions onto one side of the ciabatta, add the meatballs and layer over the cheese. Add more onion gravy to melt the cheese. Serve with mixed leaves, if you like.</li> </ol>
2	Easy meatballs	<ul style="list-style-type: none"> <li>• 300g good-quality pork sausage (about 4 large or 8 chipolatas)</li> <li>• 1 small onion</li> <li>• 1 carrot</li> <li>• 1 tbsp dried oregano</li> <li>• 500g lean beef mince</li> <li>• 50g parmesan, finely grated, plus extra to serve</li> <li>• 75g dried breadcrumb</li> <li>• 1 medium egg</li> <li>• 1 tbsp olive oil</li> </ul> <p>For the tomato sauce</p> <ul style="list-style-type: none"> <li>• 1 carrot (finely grated)</li> <li>• 2 sticks of celery (grated)</li> <li>• 1 courgette (coarsely grated)</li> <li>• 3 garlic cloves (finely grated)</li> <li>• 2 red peppers</li> <li>• 1 tbsp olive oil</li> <li>• 1 tbsp tomato purée</li> <li>• pinch golden caster sugar</li> </ul>	<ol style="list-style-type: none"> <li>1. <b>KIDS</b> the writing in bold is for you. <b>GROWN-UPS</b> the rest is for you. Squeeze some sausages. Get your child to squeeze all the sausage meat out of the skins into a large bowl. They can hold the sausages or do it by squashing them on a board.</li> <li>2. Get grating. Get your child to coarsely grate the onion and finely grate the carrot. If the onion starts to hurt their eyes, get them to wear goggles, which is good fun. Grating can take a bit of strength, so you may need to help. Tip these vegetables in with the sausages. While you have the grater out, grate the Parmesan, other vegetables and garlic for the sauce, and set aside.</li> <li>3. Make a marvellous mix. Next, get your child to add all the other meatball ingredients one by one, except the olive oil, into the bowl and season with black pepper.</li> <li>4. Squish everything together. Get the child to squish everything together through</li> </ol>

		<ul style="list-style-type: none"> <li>• splash red wine vinegar</li> <li>• 3 x 400g tins chopped tomatoes</li> <li>• cooked spaghetti, to serve</li> <li>• handful basil leaves, snipped</li> </ul>	<p>their hands until completely mixed. Keep an eye on younger children to make sure that they don't taste any of the raw mix.</p> <ol style="list-style-type: none"> <li>5. Roll meatballs. Children as young as three can now roll the meatball mix into walnut-sized balls, then place them on a board or tray. This mix should make 40 balls – counting these is great way to help teach older children basic division. Cover the meatballs with cling film and have a little tidy up.</li> <li>6. Prepare the red peppers. Firstly, peel the peppers with a vegetable peeler, cut off the tops and bottoms and remove the seeds. Cut the peppers in half and children from the age of four can cut the peppers into strips.</li> <li>7. Make the sauce. A grown-up will need to help here. Heat the oil in a large saucepan. Add the vegetables and garlic and cook for 5 mins. Stir in the tomato purée, sugar and vinegar, leave for 1 min then tip in the tomatoes and simmer for 5 mins. Get the child to help blitz the sauce with a hand blender. Gently simmer the sauce while you cook the meatballs.</li> <li>8. Cook the meatballs. Brown the meatballs in the olive oil on all sides then pop them into the sauce, working in batches if necessary. Simmer the meatballs in the sauce for 15 mins, gently stirring until they are cooked through. It's ready to eat now or cool and freeze in suitable batches for up to 6 months. Serve with spaghetti, some basil and extra Parmesan, if you like.</li> </ol>
3	Moroccan lamb meatballs with harissa & couscous	<ul style="list-style-type: none"> <li>• 2 tsp cumin seeds</li> <li>• 2 tbsp coriander seed</li> <li>• 50g breadcrumbs</li> <li>• 1 garlic clove, crushed</li> <li>• 500g lamb mince</li> <li>• juice 1 lemon</li> <li>• 1 egg, lightly beaten</li> <li>• 20g pack mint, most leaves chopped</li> <li>• 2-3 tbsp sunflower oil</li> <li>• 150ml natural yogurt, to serve</li> <li>• 300g couscous</li> <li>• 50g butter</li> </ul>	<ol style="list-style-type: none"> <li>1. Heat a heavy-based pan over a low heat. Add the spices to the pan then toast for 2-3 mins until fragrant. Crush using a pestle and mortar. Set aside.</li> <li>2. Mix the breadcrumbs with 2 tbsp water and the garlic and stir well. Add the lamb, lemon juice, crushed spices, egg most of the mint. Season well. Mix well then shape into 16 balls. Chill for a good 30 mins.</li> <li>3. Heat the oil in a frying pan. Fry the balls for 6-7 mins, turning now and then, until golden brown and cooked. Keep warm. Put the couscous in a large heatproof bowl, then rub in the butter and harissa.</li> </ol>

		<ul style="list-style-type: none"> <li>• 2 tbsp harissa - shop-bought or see below, to serve</li> <li>•</li> </ul>	<p>Pour over 400ml boiling water, cover and leave for 10 mins. Fluff up and season. Shred the remaining mint, then mix through. Serve with harissa and yogurt.</p>
4	Moroccan meatballs with eggs	<ul style="list-style-type: none"> <li>• 1 onion, finely chopped</li> <li>• 3 tbsp olive oil</li> <li>• 50g fresh breadcrumbs</li> <li>• 250g pack lean lamb mince</li> <li>• ½ tsp ground cinnamon</li> <li>• 5 eggs</li> <li>• 2 garlic cloves, sliced</li> <li>• 1 courgette, thickly sliced</li> <li>• 2 x 400g cans chopped tomatoes</li> <li>• 2 tsp honey</li> <li>• ½-1 tsp ras el hanout spice mix</li> <li>• 20g bunch coriander, mostly chopped</li> <li>• 400g can chickpeas, rinsed and drained</li> </ul>	<ol style="list-style-type: none"> <li>1. Fry the onion in 1 tbsp oil until soft, then allow to cool. Mix with the breadcrumbs, mince, cinnamon, 1 egg, ½ tsp salt and lots of pepper, then shape into about 24 meatballs with wet hands. Fry in the remaining oil in a shallow pan for about 8 mins, moving them round until evenly browned. Lift out and set aside.</li> <li>2. Add the garlic to the oil left in the pan and fry until softened. Add the courgette, fry for 1-2 mins, then tip in the tomatoes, honey, ras el hanout, three-quarters of the coriander, seasoning and a couple of tbsp water. Stir and cook until pulpy.</li> <li>3. Stir in the chickpeas and add the meatballs. Make 4 hollows in the sauce, then break in the remaining eggs. Cover and cook for 4-8 mins over a low heat until the eggs are set. Scatter with coriander and serve straight from the pan with crusty bread for scooping up the sauce.</li> </ol>
5	Ultimate vanilla ice cream Ultimate vanilla ice cream	<ul style="list-style-type: none"> <li>• 284ml carton double cream</li> <li>• 300ml full fat milk</li> <li>• 115g golden caster sugar</li> <li>• 1 vanilla pod</li> <li>• 3 large free-range egg yolks</li> <li>• have lots of ice cubes at the ready</li> </ul>	<ol style="list-style-type: none"> <li>1. Put the canister from the machine into the freezer a day before you want to make the ice cream. Next day, pour the cream and milk into a medium heavy-based pan, then tip in half the sugar. Slit the vanilla pod down its length with a small sharp knife and scoop out as many of the tiny black seeds as you can into the cream mixture. Cut the pod into three and drop it into the pan.</li> <li>2. Heat the cream and milk over a low heat, stirring occasionally, until it almost boils – you'll see a few bubbles at the edge. Take off the heat and set aside for 30 minutes so the vanilla can infuse.</li> <li>3. Put the egg yolks into a bowl with the rest of the sugar and beat with an electric hand beater for about 2 minutes until the mixture has thickened, is paler in colour and falls in thick ribbons when you lift the beaters. Using a measuring jug, scoop out about 125ml/4fl oz of the cream mixture and beat into the egg yolks to slacken them. Reheat the cream until it</li> </ol>

			<p>just comes to the boil, take off the heat and stir in the egg yolk mixture.</p> <ol style="list-style-type: none"> <li>4. Return the pan to a low heat and cook, stirring all the time with a wooden spoon, for 8-10 minutes, until the custard is thick enough to coat the back of the spoon. Watch that it doesn't boil – as soon as you see any bubbles about to burst to the surface, it should be thick enough, so take the pan off the heat so the mixture doesn't curdle.</li> <li>5. Pour the custard into a heatproof bowl, then sit it in a bigger bowl one third full of iced water to cool (this takes about 20 minutes). Stir occasionally to stop a skin forming. Put the bowl of custard in the fridge for 3-4 hours, preferably overnight, so it gets really cold.</li> <li>6. Get the ice cream machine running, scoop out the vanilla pod pieces, then slowly pour in the cold custard. Leave it to churn for 10-30 minutes (depending on your machine). When it stops, it is probably too soft to eat, so spoon into a plastic container, cover with cling film, then a lid, and freeze for a minimum of 3 hours. (It will keep in the freezer for 3 months but don't take it out, then refreeze.) Remove from the freezer 15 minutes before serving.</li> <li>7. To make it by hand: in step 1, heat the milk, vanilla, and half the sugar without the cream (the custard will be slightly thicker). At the start of step 6, whip the cream so it's light and floppy, not too stiff, and fold it into the cold custard. Freeze for 3-4 hours, stirring once an hour until almost frozen, then freeze as above.</li> </ol>
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