

No	Name of Food	Ingredients	Method
1	Oven-Baked Salmon	<ul style="list-style-type: none"> • 12 ounce salmon fillet, cut into 4 pieces • Coarse-grained salt • Freshly ground black pepper • Toasted Almond Parsley Salsa, for serving • Baked squash, for serving, optional <p>Toasted Almond Parsley Salad:</p> <ul style="list-style-type: none"> • 1 shallot • 1 tablespoons red wine vinegar • Coarse grain salt • 2 tablespoons capers, rinsed • 1 cup fresh flat-leaf parsley • 1/2 cup toasted almonds • Extra-virgin olive oil 	<ol style="list-style-type: none"> 1. Preheat the oven to 450 degrees F. 2. Season salmon with salt and pepper. Place salmon, skin side down, on a non-stick baking sheet or in a non-stick pan with an oven-proof handle. Bake until salmon is cooked through, about 12 to 15 minutes. Serve with the Toasted Almond Parsley Salad and squash, if desired. <p>Toasted Almond Parsley Salad:</p> <ol style="list-style-type: none"> 3. Mince the shallot and add to a small bowl. Pour the vinegar over the shallots and add a pinch of salt. Let sit for 30 minutes. 4. Roughly chop the capers, parsley and almonds and add to the shallots. Add the olive oil, tasting as you go. Mix again and adjust the seasonings.
2	St Clement's pie	<p>For the crust</p> <ul style="list-style-type: none"> • 250g light digestive biscuit • 100g cornflake • 85g butter, melted • 140g caster sugar <p>For the filling</p> <ul style="list-style-type: none"> • 1 large egg, plus 4 large egg yolks • 397g can light condensed milk • zest and juice 3 lemons • zest and juice 2 oranges <p>For the topping</p> <ul style="list-style-type: none"> • 150ml pot extra-thick double cream • 100g 0% fat Greek yogurt • 4 tbsp icing sugar • more lemon and orange zest, to decorate 	<ol style="list-style-type: none"> 1. Heat oven to 180C/160C fan/gas 4. Sit a fluted 20cm round loose-bottomed tin (about 5cm deep, or a slightly shallower 22cm tin) on a baking sheet. Break the biscuits into a big bowl, or double-bag them in food bags, and bash to big crumbs with the end of a rolling pin or small saucepan. Add the cornflakes and bash a bit more to crumbs. Mix with the melted butter and sugar and press into the base and sides of the tin. Bake for 15 mins, then remove and reduce oven temperature to 160C/140C fan/gas 3. 2. Whisk egg and yolks in a big bowl until pale and frothy. Whisk in the condensed milk, followed by the zests and juices. Pour in the tin and bake for 20 mins. Cool in the tin, then chill for at least 5 hrs, or overnight. 3. Whip the cream, yogurt and icing sugar together. Dollop on the pie and scatter with zest to serve.
3	Beef, ale & parsnip pudding	<ul style="list-style-type: none"> • 1 large onion, chopped • 100g smoked bacon lardons • 2 tbsp olive oil • 500g lean stewing beef, cubed 	<ol style="list-style-type: none"> 1. Heat a large pan and cook the onion and lardons together for 5 mins until golden. Scoop out with a slotted spoon and set aside. Add the oil to the pan, dust the beef with the flour, then evenly brown over a high heat.

		<ul style="list-style-type: none"> • 2 tbsp plain flour • 3 parsnips, cubed • 500ml brown ale • 300ml beef stock • 2 tbsp cranberry or redcurrant jelly • 4 thyme sprigs • greens, to serve (optional) <p>For the suet pastry</p> <ul style="list-style-type: none"> • butter, for greasing • 300g self-raising flour, plus extra for dusting • 2 tsp English mustard powder • 140g shredded suet 	<ol style="list-style-type: none"> 2. Add the parsnips, ale, stock, jelly, thyme and lardon mixture to the pan. Bring to the boil, then cover and simmer for 1½ hrs until the meat is tender. 3. Generously butter a 1.5-litre pudding basin. To make the pastry, mix together the flour, mustard powder, suet and ½ tsp table salt. Add enough cold water, about 150ml, to make a soft dough. Remove one-quarter of the dough and set to one side. On a heavily floured surface, roll out the remaining dough to make a large round, big enough to line the basin. 4. Carefully lay the pastry in the basin (aim to have 1cm of pastry overhanging the rim), then press the edges of the join together to seal. Roll out the remaining one-quarter into a circle big enough to cover the top. 5. Pour off the cooking liquid from the filling into a small pan and set aside. Discard the thyme stalks. Spoon the filling into the lined basin and pour over 100ml of the cooking liquid. Fold over the overhanging pastry and brush with water. Place the lid on top, pressing firmly around the edges to seal. 6. Butter a sheet of baking parchment, fold in a large pleat and lay, butter-side down, on top of the pudding. Cover with a pleated layer of foil and finally tie with string, making a loop for the handle so you can lift the pudding easily. 7. Sit a small trivet or a large cookie cutter in the bottom of a deep saucepan that's big enough to take the basin easily. Half-fill the pan with water and bring to the boil. Lower in the pudding, cover and simmer for 2 hrs, topping up with boiling water when necessary. 8. Reheat the cooking liquid, bubbling it down a little so it reduces into a tasty gravy. Carefully lift out the pudding. Run a knife around the rim, then turn out and serve with gravy and greens, if you like.
4	Scampi with tartare sauce	<ul style="list-style-type: none"> • 15-20 langoustine or Dublin Bay prawn tails • vegetable or sunflower oil, for frying • 140g plain flour 	<ol style="list-style-type: none"> 1. To prepare the langoustines, pull off the head and pincers. Lay the tail flat on a chopping board and use a sharp pair of scissors to cut a line straight down the back of the shell. Carefully peel the

		<ul style="list-style-type: none"> • 85g cornflour • 150ml beer • 100ml sparkling water • lemon wedges and chips, to serve <p>For the tartare sauce</p> <ul style="list-style-type: none"> • 6 tbsp mayonnaise • 1 gherkin or 6 cornichons, finely chopped • 1 tbsp caper, rinsed and chopped • 1 tsp lemon juice • 1 tbsp chopped parsley • 2 tsp chopped tarragon 	<p>langoustine, score down the back, then remove the grit sac.</p> <ol style="list-style-type: none"> 2. Get the oil heating in a large saucepan or wok – you will need enough to come 2-3in up the side of the pan. For the tartare sauce, mix all ingredients in a bowl and season. 3. Place the flours in a bowl with a good pinch of salt and pepper. Add the beer and sparkling water, and whisk to a smooth batter. 4. To test if the oil is hot enough, put a drop of batter into the pan – it should crisp and brown within 30 secs. Dip each langoustine or prawn tail into the batter, then carefully drop it into the oil. Drizzle a little extra batter over each one while they are cooking – this will give you a really crispy coating. Cook them in batches, making sure you don't overcrowd the pan. When golden and floating to the surface, scoop out and drain well on kitchen paper. Sprinkle the scampi with salt and serve with the tartare sauce, lemon wedges and chips.
5	Easy treacle sponge	<ul style="list-style-type: none"> • 250g golden syrup • zest 1 lemon, plus juice ½ lemon • 5 tbsp breadcrumb • 200g pack butter, softened • 200g golden caster sugar • 3 medium eggs • 200g self-raising flour • 5 tbsp milk 	<ol style="list-style-type: none"> 1. Heat oven to 180C/160C fan/gas 4. Mix the syrup, lemon zest, juice and breadcrumbs and spread over the base of a 1.5 litre baking dish. 2. Beat the butter and sugar until pale and fluffy, then beat in the eggs, one by one. Stir in the flour and milk and dollop over the syrup. Bake for 35-40 mins until golden and risen, and a skewer poked into the sponge comes out clean-ish. Eat with lots of custard, cream or ice cream and extra dribbles of syrup.