

Pink Grapefruit, Thyme & Ginger Spritz



Ingredients

Thyme syrup

- 2 tbsp sugar
- 2 tbsp water
- 4-6 thyme sprigs

Spritz

- 1/2 cup pink grapefruit juice (fresh or bottled)
- 1 cup ginger beer
- Soda water, to top
- 2 tsp lemon juice (optional, for extra zip)
- Ice
- Garnish: grapefruit slices + thyme sprigs

Method

1. Make thyme syrup: simmer sugar, water, and thyme for 2 minutes, then turn off heat and steep 5 minutes. Strain and cool.
2. Fill two glasses with ice. Add 1-2 tsp thyme syrup per glass (to taste).
3. Add grapefruit juice (and lemon juice if using).
4. Top with ginger beer and a splash of soda water.
5. Garnish with grapefruit and thyme.

Warm Beetroot, Goat's Cheese, Orange & Walnut Salad



Ingredients

- 250-300 g cooked beetroot (vac-pack), cut into wedges
- 60-80 g soft goat's cheese
- 1 orange
- 1 large handful rocket
- 1/3 cup walnuts
- 2 tsp honey
- 1 tbsp red wine vinegar (or balsamic vinegar)
- 2 tbsp extra virgin olive oil
- 1 tsp Dijon mustard
- Salt and black pepper
- Optional: 1 tbsp chopped parsley (to finish)

Method

1. Toast walnuts in a dry pan over medium heat for 2-3 minutes, tossing, until fragrant.
2. Segment the orange over a bowl so you catch the juice.
3. Whisk orange juice (about 2 tbsp), honey, vinegar, olive oil, Dijon, salt, and pepper to make a dressing.
4. Warm beetroot wedges in the same pan for 1-2 minutes, just to take the chill off.
5. Toss rocket with half the dressing and arrange on two plates.
6. Add warm beetroot and orange segments.
7. Crumble over goat's cheese, scatter walnuts, and spoon over remaining dressing.
8. Finish with black pepper and parsley, if using.

Crispy Chicken with Lemon-Caper Butter, Parmesan Polenta & Garlicky Greens



Ingredients

Chicken

- 2 chicken thighs (skin-on, bone-in or boneless)
- Salt and black pepper
- 1 tbsp olive oil

Lemon-caper butter

- 30-40 g butter
- 1 tbsp capers, drained
- 1 lemon (zest + 2 tbsp juice)
- 1 small garlic clove, finely grated (optional)
- 1 tbsp chopped parsley (or a small pinch of chopped sage)

Polenta

- 1/2 cup instant polenta
- 2 cups water (or 1 cup water + 1 cup milk)
- 30 g parmesan, finely grated
- Salt and pepper

Greens

- 1 bunch broccolini or 2 handfuls baby spinach
- 1 tsp olive oil
- 1 small garlic clove, sliced

Method

1. Season chicken well with salt and pepper.
2. Heat olive oil in a pan over medium-high heat. Place chicken skin-side down and cook until deeply golden and crisp, about 8-12 minutes (reduce heat if it's browning too fast).
3. Flip chicken and cook through, 6-10 minutes more (boneless cooks faster). Rest on a plate, loosely covered.
4. Polenta: Bring water (or water + milk) to a simmer. Whisk in polenta in a steady stream. Cook 2-3 minutes, stirring, until thick. Stir in parmesan, season, and cover to keep warm.
5. Greens: In a second pan (or after chicken comes out), warm olive oil, add sliced garlic for 20-30 seconds, then add greens and cook until just tender. Season lightly.
6. Lemon-caper butter: In the chicken pan (leave the tasty bits), reduce heat to low. Add butter, capers, lemon zest, and garlic (if using). Swirl until foamy. Add lemon juice, taste, and adjust salt.
7. Spoon polenta onto plates, add greens, top with chicken, then drizzle over lemon-caper butter. Finish with parsley (or a touch of sage).

Notes

- Easy vegetarian swap: Replace chicken with thick slices of halloumi or large field mushrooms. Sear until golden, then use the same lemon-caper butter.

Espresso Tiramisu Cups (No Alcohol)



Ingredients

- 125 g mascarpone
- 150 ml thickened cream
- 2 tbsp icing sugar
- 1 tsp vanilla extract
- 1/2 cup strong espresso or very strong instant coffee, cooled
- 8-10 sponge fingers (savoiardi), broken to fit
- 1-2 tbsp cocoa powder
- Optional: Dark chocolate, finely grated (to finish)

Method

1. Whip cream, icing sugar, and vanilla to soft peaks.
2. Fold mascarpone through gently until smooth and thick.
3. Dip sponge finger pieces quickly into cooled coffee (1-2 seconds per side).
4. Layer coffee-dipped biscuits and mascarpone cream into two glasses. Aim for 2-3 layers.
5. Chill for at least 30 minutes.
6. Dust generously with cocoa just before serving. Add grated dark chocolate if you feel fancy.