

Breakfast

Core

Bacon

Serves 10

bacon 600 g

Pre-heat oven to 180C
Line baking trays with baking paper
Lay out bacon
Put into the oven

Boiled Eggs

Serves 1

eggs 1

Fried Eggs

Serves 5

eggs 5

Fry eggs in a pan

Pancakes

Serves 6

flour	135	g
baking powder	1	tsp
sugar	25	g
milk (full fat)	130	ml
eggs	1	
butter	20	g
maple syrup	120	ml
bananas	3	
bacon	600	g
blueberries	200	g

Lightly beat the egg
Melt the butter and leave to cool slightly
Mix the flour, baking powder and caster sugar with a pinch of salt into a large bowl. In a separate bowl or jug, lightly whisk together the milk and egg, then whisk in the melted butter.
Pour the milk mixture into the flour mixture and, using a fork, beat until you have a smooth batter. Any lumps will soon disappear with a little mixing. Let the batter stand for a few minutes.
Heat a frying pan over a medium heat and add a knob of butter or some oil. When it's melted, add a ladle of batter per pancake. It will seem very thick but this is how it should be. Wait until the top of the pancake begins to bubble, then turn it over and cook until both sides are golden brown and the pancake has risen to about 1cm (1/2in) thick.
Repeat until all the batter is used up. Keep the pancakes warm in a low oven
Chop bananas and pour maple syrup into jugs and put on tables.

Scrambled Eggs

Serves 1

eggs	2	
butter	3	g
chives	0.2	bunches

Scramble eggs in pan

Standard Breakfast

Serves 1

milk	0.4	pints
porridge oats	40	g
bread	0.08	loaves

Snack

Core

Flapjack (nick jones)

Serves 32

porridge oats	1000	g
margerine	500	g
golden syrup	500	g

Place tin of golden syup in bowl of hot water to warm up
Heat oven to 180C
Grease baking tray
Melt butter in a large saucepan over a gentle heat
Add sugar and stir well
Add golden syrup and continue to stir until fully mixed
Remove from heat and slowly add oats while continuing to stir
Spoon into the baking tray and press flat with spatula
Bake for 15 mins

Flapjack (seedy)

Serves 10

porridge oats	150	g
sunflower seeds	50	g
pumpkin seeds	50	g
dessicated coconut	25	g
flour	25	g
margerine	100	g
golden syrup	100	g
sugar (brown)	75	g
dried apricots	75	g
vanilla essence	1	tsp

Preheat oven to 160C

Chop the apricots using a food processor.

Line a shallow tray with baking paper

Oats, seeds, coconut and flour into a large bowl and mix together

Marge and golden syrup into a saucepan and cook until both have melted and combined

Add sugar, chopped apricots and vanilla extract to the saucepan and mix well

Mix wet and dry ingredients and stir until combined

Pour the mixture into a tin and cook for 20-25 minutes

Lunch

Core

Aubergine and Chickpea Stew

Serves 4

aubergines	350	g
onions	150	g
garlic	0.1	bulbs
tinned tomatoes (whole)	800	g
chickpeas (tinned)	350	g
pomegranate molasses	15	ml
allspice	0.5	tsp
sugar	5	g
parsley (flat leaf)	0.2	bunches

Preheat grill. Place the aubergine on a baking sheet lined with foil. Drizzle with 2 tablespoons olive oil and toss to coat.

Spread aubergine in a single layer. Fry, flipping once, until aubergine ant is charred, about 8 minutes.

In a large pot, heat remaining 2 tablespoons olive oil over medium-high heat. Add onion and cook, stirring occasionally, until tender, about 5 minutes.

Add garlic and cook for 1 minute.

Add tomatoes with juice to pot, crushing with your hands as you add them, and 3/4 cup water. Add aubergine, chickpeas, pomegranate molasses, sugar, salt and allspice. Stir and bring to a boil. Reduce heat to medium-low and simmer, stirring occasionally, for 40 minutes.

Top aubergine stew with parsley

Butternut & Sweet Potato Soup

Serves 4

butternut squash	1000	g
sweet potato	400	g
cumin (ground)	4	tsp
onions	200	g
garlic	0.2	bulbs
vegetable stock	500	ml
creme fraiche	250	ml
double cream	100	ml

Heat oven to 180C

Chop and peel butternut and sweet potato into chunks (roughly 1 inch or smaller)

Mix with oil, salt and cumin, then roast for 30-45 mins until starting to char at the edges

Meanwhile, chop onions and garlic and then sweat in oil. Add some cumin to the onions.

Once the veg has finished roasting, put into the saucepan with onions and add vegetable stock, cream and some creme fraiche

Blend using robocop

Keep adding creme fraiche until texture is thin enough

Put saucepan back on heat until the bell rings

Carrot Soup with Toasted Chickpeas

Serves 4

carrots	1000	g
onions	250	g
garlic	0.3	bulbs
coriander (ground)	0.25	tsp
cumin (ground)	0.5	tsp
paprika	0.5	tsp
vegetable stock	1000	ml
chickpeas (tinned)	400	g
tahini	25	g
lemons	1	
creme fraiche	30	ml
parsley (curly leaf)	0.1	bunches

Chop carrots and onions (smaller the better)

Fry some oil in a saucepan. Once hot, add the carrots, onions, garlic & spices. Season with salt. Let them sautee until the onion starts to brown.

Once brown, add the vegetable stock, and leave to simmer for 30 minutes.

Toss chickpeas in salt, cumin and oil. Spread over a baking tray and cook at 220C for 10-15 minutes (until brown)

Juice lemons, mix with tahini, creme fraiche and some water to thin.

Serve with tahini mix and chickpeas on the table

Filled Peppers (feta + pine nuts)

Serves 4

red pepper	4	
cous cous	300	g
feta	50	g
pine nuts	20	g
raisins	20	g
lemons	0.5	

Chop the peppers in half and take out the seeds
Part-roast red peppers for 15 mins
Meanwhile, make cous cous with toasted nuts, lemon zest and raisins
Take peppers out of the oven and fill with cous cous (add feta on the top)
Roast again for about 15 mins

Filled Peppers (leek and chorizo)

Serves 4

red pepper	2	
leeks	500	g
cherry tomatoes	300	g
lemons	1	
garlic	0.2	bulbs
basil	0.2	bunches
chorizo	100	g

Sweat leeks in oil with some butter, split and add chorizo to meaty leeks.
Halve peppers and remove seeds. Roast with some oil and salt for 15 minutes until partly cooked
Meanwhile chop tomatoes and mix with leeks, crushed garlic and lemon zest.
Spoon leek mixture into peppers and roast for a further 15 minutes.
Sprinkle with torn basil and serve

Filled Peppers (leek and tomato)

Serves 4

red pepper	4	
leeks	500	g
cherry tomatoes	300	g
lemons	1	
garlic	0.2	bulbs
basil	0.2	bunches

Sweat leeks in oil with some butter
Halve peppers and remove seeds. Roast with some oil and salt for 15 minutes until partly cooked
Meanwhile chop tomatoes and mix with leeks, crushed garlic and lemon zest.
Spoon leek mixture into peppers and roast for a further 15 minutes.
Sprinkle with torn basil and serve

Gravadlax

Serves 10

salmon	1000	g
peppercorns	2	tsp
sugar	70	g
salt	50	g
dill	0.3	bunches

Put in fridge under weight and sealed, turn each night, leave for 3 days

Leek, butter bean and chorizo gratin

Serves 6

chorizo	125	g
leeks	1000	g
garlic	0.2	bulbs
sherry	100	ml
butter beans	600	g
vegetable stock	100	ml
bread	0.2	loaves
parmezan	100	g
sun dried tomato	0.2	jar
basil	0.2	bunches

Heat oven to 200C/fan 180C/gas 6.

Heat the oil, fry the chorizo for a few mins until slightly crisp, then scoop out, leaving the oil behind.

Add the leeks and half the garlic; cook for 5 mins until soft.

Pour in the sherry, beans and stock. Season (inc. paprika), then bubble for 5 mins.

Meanwhile, blitz the bread to coarse crumbs with the remaining garlic, some paprika and some cayenne.

Tip the leek mixture into an ovenproof dish, stir in the chorizo and scatter over the crumbs.

Bake for 10 mins until golden, then serve with torn basil leaves.

VEGGIE VERSION - identical but without chorizo and with extra tomatoes

Shakshuka

Serves 4

onions	250	g
potatoes	100	g
garlic	0.3	bulbs
red pepper	1	
cumin (ground)	1	tsp
cayenne pepper	1	tsp
paprika	2	tsp
chopped tomatoes	600	g
sugar	10	g
lemons	0.5	
eggs	6	
coriander (fresh)	0.2	bunches

Boil the potatoes in a separate pan

Crush the garlic and juice the lemons

Fry onions until soft, then add spices

Add peppers and fry until soft

Add tinned tomatoes (sieve about half out of the juice so there's less liquid)

Add garlic, lemon, sugar, salt, pepper and potatoes

Leave to cook for a couple of hours

Pour the sauce into oven trays. Make divots in the sauce and break in the eggs. Season the eggs lightly, then cover and put into the oven.

Cook for about 45 minutes until they're just set. Sprinkle with coriander and serve.

Sweet Potato Skins

Serves 4

sweet potato	800	g
sun dried tomato	0.2	jar
garlic	0.2	bulbs
pecans	50	g
cheddar	100	g
parsley (curly leaf)	0.2	bunches

Preheat oven to 180. Poke holes in the sweet potatoes with a fork and bake for 30-40 minutes, or until the potatoes are very soft. Slice the top off the garlic so the cloves are open and put in the oven alongside.
 Remove from oven, and let the sweet potatoes cool until you can handle them (10-15 minutes)
 Slice the sweet potatoes in half. Scoop out the sweet potato flesh, leaving some in the skin. Take the garlic out of its skin and chop up.
 Mix tomatoes, parsley, nuts, garlic and potato flesh and put into the skins. Top with cheese.
 Put back into the oven for 10 mins / until cheese is melted/

Veg Shepherds pie

Serves 5

onions	600	g
red pepper	3	
garlic	0.2	bulbs
paprika	2	tsp
chopped tomatoes	800	g
tomato puree	30	g
carrots	600	g
vegetable stock	600	ml
sweet potato	800	g
margerine	30	g
thyme	0.1	bunches
oregano	1	tsp

Fry onions, add spices.
 Add rest of veg (except beans) and fry for 10 mins
 Add stock (and/or wine/water)
 Leave to cook on the hob for half an hour / until the carrots are softening
 Peel and roast sweet potatoes with thyme and oregano.
 Cream with margerine.
 Put veg into a tin, with sweet potato mash on top.
 Roast for 30-40 mins then serve with cheese on tables.

Veg

Asparagus salad

Serves 12

asparagus	500	g
manchego	200	g
flaked almonds	50	g

Boil asparagus for 5-10 minutes until slightly soft.
 Toast the flaked almonds
 Put in griddle pan with oil, some butter and salt for 5-10 mins.
 Meanwhile, chop manchego into strips
 Assemble and serve

Aubergine roast with turmeric yoghurt

Serves 4

aubergines	500	g
natural yoghurt	50	g
turmeric	0.5	tsp
limes	0.5	
garlic	0.1	bulbs
pomegranate seeds	10	g
pine nuts	10	g
parsley (curly leaf)	0.1	bunches

Slice aubergine and mix with oil and salt. Roast until browned.

Mix turmeric, lime juice, garlic and yoghurt

Serve on a platter with pomegranate seeds, pine nuts, parsley and yoghurt.

Baba Ganoush

Serves 6

aubergines	600	g
garlic	0.3	bulbs
lemons	1	
tahini	15	g
parsley (flat leaf)	0.1	bunches

Prick the aubergines with a fork. Grill the aubergines until the skin is charred and blacked and the flesh feels soft when you press it

Crush the garlic, juice the lemon and finely chop the parsley

When cool enough to handle, cut the aubergines in half and scoop out the flesh. Mix the soft flesh with the remaining ingredients.

Broccoli Slaw

Serves 16

broccoli	2	heads
dried cranberries	80	g
red onions	70	g
buttermilk	140	ml
mayonnaise	100	g
cider vinegar	40	ml
sugar	20	g

Chop broccoli thinly

Chop red onion and add to other ingredients to make the dressing

Serve with cranberries

Butternut (with beet and tahini)

Serves 6

butternut squash	1000	g
red onions	300	g
beetroot	200	g
tahini	50	g
lemons	1	
garlic	0.1	bulbs
za'atar	2	tsp
parsley (curly leaf)	0.2	bunches

Chop the veg

Roast separately until cooked

Mix and top with dressing (tahini,lemon juice,garlic,za'atar) and parsley

Carrots (feta and pine nuts)

Serves 8

carrots	800	g
feta	70	g
pine nuts	20	g
cumin (ground)	3	tsp
parsley (curly leaf)	0.1	bunches

Chop carrots, toss in olive oil, salt, pepper and cumin and roast for 50 minutes at 180

Meanwhile, dry-fry the pine nuts.

Crumble the feta, and finely chop the parsley

When the carrots are cooked, top with pine nuts, feta, cumin and parsley and serve

Chickpea and Lentil salad

Serves 6

green lentils	200	g
garlic	0.3	bulbs
sage	0.2	bunches
coriander (ground)	2	tsp
cumin (ground)	2	tsp
tahini	30	g
lemons	2	
feta	30	g
red onions	70	g
aubergines	100	g
parsley (flat leaf)	0.5	bunches

Put lentils, half the garlic (as full cloves), sage and some olive oil into a pot, with double the volume of cold water (as lentils)

Let the water come to a simmer (not boiling) and turn down to cook until tender (25-40 mins).

Let the lentils cool before draining, discard the sage and garlic.

Chop the aubergine into small cubes and fry with salt and some cumin, then drain on kitchen roll.

Make a tahini dressing with coriander and cumin (crush rest of garlic and put in as a paste). Can add a little water to thin if required.

Chop onions into thin slices (arcs).

Drain chickpeas and mix with lentils and aubergine, then top with onions, feta and parsley.

Green Beans (garlic and chilli flakes)

Serves 4

green beans	300	g
garlic	0.05	bulbs
chilli flakes	0.2	tsp

Boil green beans in water, then fry in oil with garlic and chilli flakes

Green Salad (cucumber and green pepper)

Serves 8

lettuce	1	
green pepper	0.2	
cucumber	0.25	
mustard (dijon)	1	tsp
white wine vinegar	50	ml
olive oil	50	ml

Green Salad (cucumber and walnuts)

Serves 8

lettuce	1	
spring onions	20	g
cucumber	0.25	
walnuts	30	g
mustard (dijon)	1	tsp
white wine vinegar	50	ml
olive oil	50	ml

Pickled Cucumbers

Serves 8

cucumber	1	
white wine vinegar	100	ml
sugar	15	g
salt	6	g
parsley (curly leaf)	0.1	bunches

Wash the cucumber and cut or slice as thin as possible

Mix the vinegar, sugar, salt and pepper except the parsley and place the cucumber slices in the marinade for a minimum of 15 min.

Sprinkle with parsley and serve.

Salad (beetroot, spinach and goat's cheese)

Serves 8

beetroot	300	g
spinach	210	g
goat's cheese	200	g

Put in a bowl (beetroot, then spinach, then goat's cheese)

Dress with a simple oil and white wine vinegar dressing

Salad (beetroot, spinach, tomatoes and goat's cheese)

Serves 6

beetroot	100	g
spinach	250	g
goat's cheese	120	g
cherry tomatoes	50	g
balsamic vinegar	50	ml
olive oil	50	ml

Put in a bowl (beetroot, then spinach, then goat's cheese)
Dress with a simple oil and white wine vinegar dressing

Sweet Potato (with pecans and feta)

Serves 4

sweet potato	600	g
feta	70	g
pecans	20	g
maple syrup	20	ml
parsley (curly leaf)	0.1	bunches

Cook sweet potato with maple syrup, toast pecans, then mix all together and serve

Sweet potato with cherries and goat's cheese

Serves 4

sweet potato	600	g
maple syrup	20	ml
dried cherries	20	g
goat's cheese	40	g
pecans	20	g
parsley (curly leaf)	0.1	bunches

Roast sweet potato with salt and maple syrup.
Chop pecans and goat's cheese
Serve with rest of ingredients

Turkish Cauliflower

Serves 4

cauliflower	400	g
greek yoghurt	25	g
lemons	1	
garlic	0.2	bulbs
sumac	1	tsp

Chop cauliflower into florets and roast at 200C for about 30-40 mins (until slightly blackened).
Mix yoghurt with sumac, lemon juice and garlic and drizzle over cauliflower.

Sauce

Gravadlax Sauce

Serves 6

creme fraiche	200	ml
mustard (dijon)	3	tsp
cider vinegar	5	ml
sugar	5	g
dill	0.2	bunches

Mix all the ingredients and season to taste

Yoghurt (garlic and lemon)

Serves 4

greek yoghurt	100	g
lemons	0.3	
garlic	0.2	bulbs

Crush garlic, juice lemon, mix with yoghurt and add salt

Starch

Bread

Serves 8

bread	1	loaves
butter	150	g

Heat in oven, serve with butter

Cous cous (almonds, pom, orange)

Serves 4

cous cous	120	g
flaked almonds	10	g
pomegranate seeds	20	g
oranges	0.5	

Toast flaked almonds

Grate zest from orange

Make cous cous in boiling water or stock

Add almonds, pomegranate seeds and orange zest to the cous cous and serve

Flatbread

Serves 8

self raising flour	350	g
natural yoghurt	350	g
baking powder	1	tsp

Mix ingredients in a bowl to make a dough.
Remember to add salt!
Nead for 1-2 minutes so that it forms a single ball.
Leave aside and cover for about an hour.
Split into smaller balls and roll out into 2-3mm thick sheets.
Fry in a very hot grill pan for 2 minutes on each side until brown.

Garlic Bread

Serves 10

ciabatta	2	loaves
butter	160	g
garlic	0.3	bulbs
parsley (flat leaf)	0.3	bunches

Soften butter, crush garlic, mix with parsley and put into bread. Cook under a high heat for 10 minutes in foil before serving

Nachos

Serves 10

nachos	300	g
--------	-----	---

New Potatoes

Serves 6

new potatoes	900	g
chives	0.2	bunches
butter	30	g

Boil potatoes, drain, then mix with butter, chives, salt and pepper before serving

Potato Salad (tamarind)

Serves 6

tamarind paste	1.5	tblsp
sugar (light muscovado)	50	g
cumin (ground)	3	tsp
ginger (fresh)	5	g
new potatoes	900	g
mayonnaise	150	g
natural yoghurt	100	g

To make the dressing, put the tamarind pulp in a small pan, pour over 75ml boiling water and add the sugar, cumin and ginger. Simmer, without a lid, until the dressing thickens and becomes syrupy, about 10-15 mins. It should have a pleasant tang – add extra sugar if needed.

While the tamarind is cooking, bring a large pan of salted water to the boil and add the potatoes. Return to the boil and cook for 15 mins until tender. Drain, then cool slightly before halving them. Transfer to a big mixing bowl and spoon over the dressing, gently stirring to make sure the potatoes are well coated. Drizzle over the yogurt, scatter over the coriander, and serve warm or at room temperature.

Dessert c

Apricot Compote

Serves 20

greek yoghurt	2000	g
apricots	1500	g
sugar	500	g
flaked almonds	30	g

Pit and halve the apricots.

Place apricots and sugar in a nonreactive pan or bowl, stir then cover and let macerate for at least 12 hours.

Transfer the fruit and sugar to a saucepan and bring to the boil over a medium- high heat. Reduce the heat so the mixture is boiling merrily and cook for 10 minutes, stirring occasionally.

This works best when you use the original quantities (1.5kg apricots) per batch.

Serve with yoghurt and top with toasted almonds

Banana Bread

Serves 12

pecans	60	g
glace cherries	125	g
flour	200	g
dessicated coconut	60	g
baking powder	1.5	tsp
bicarb of soda	0.5	tsp
eggs	2	
sugar	200	g
margerine	110	g
bananas	2	
almond extract	0.5	tsp

Chop the pecans

Mix together flour, coconut, baking powder, bicarbonate of soda, chopped pecans, cherries and a pinch of salt.

Break eggs in a mixing bowl, and beat until light and frothy. Add sugar and marge. Beat well. Stir in mashed banana and almond. Add flour mixture, and stir just to combine. Spoon into greased 23x12cm (9x5 in) loaf tin.

Bake at 180 C / Gas 4 for 1 hour, or until a skewer inserted in centre comes out clean. Let stand for 10 minutes, and remove from tin. Cool.

Banana, yoghurt, honey bowl

Serves 4

greek yoghurt	500	g
honey	90	g
bananas	3	
raisins	20	g
biscuits	50	g

Put everything in a bowl

Blueberry spelt cake

Serves 8

blueberries	500	g
elderflower cordial	80	ml
eggs	4	
sugar	250	g
vanilla essence	1	tsp
spelt flour	125	g
ground almonds	125	g
baking powder	2	tsp
salt	1	g
butter	125	g
greek yoghurt	125	g

Preheat oven to 170C

Spread blueberries over the bottom of the tin, drizzle cordial over them and leave to macerate.

Whisk eggs, sugar and vanilla until pale and fluffy

Combine flour, almonds, baking powder and salt.

Melt the butter

Gradually add butter yoghurt, and dry ingredients to the egg-sugar, alternating between them, until the batter is smooth.

Pour the batter over the blueberries, cook for 50-60 mins.

Serve after it has cooled.

Key Lime Pie

Serves 12

biscuits	240	g
butter	150	g
grape nuts	50	g
condensed milk	400	g
double cream	140	ml
limes	3	

Crumble the biscuits: most easily done in a food processor

Melt the butter, mix with the biscuit crumbs and grape nuts, press flat into your pie dish (use baking paper). Refrigerate for at least 20 minutes.

Take the zest off the limes and chop finely

Squeeze the juice of approx. 5/6 of the limes, keep the rest for something else

Whip the cream until stiff

Add the condensed milk, lime juice and lime zest, stir until thoroughly mixed

Pour the mixture over the pie base, refrigerate for several hours.

Plum Compote

Serves 8

greek yoghurt	1000	g
vanilla essence	1	tsp
plums	6	
oranges	1	
cinnamon	1	tsp
cloves	1	tsp
sugar (demerera)	30	g
marsala	100	ml
pecans	25	g
honey	80	g

Roughly chop plums. Pluck out the stones. Pop into a warm saucepan with a good squeeze of orange. Add the spices and sugar. Let it bubble up.

Keep stirring

Leave in marsala overnight

Reheat to burn off marsala and then serve warm with pecans

Rhubarb Crumble

Serves 6

rhubarb	900	g
sugar	110	g
ginger (fresh)	5	g
flaked almonds	110	g
margerine	75	g
self raising flour	175	g
cinnamon	2	tsp
ginger (ground)	1	tsp
sugar (demerera)	110	g

Nb: Normal sugar is for the rhubarb, demerera sugar is for the crumble.

Wash rhubarb, chop into 2cm ish chunks. Toss in a bowl with sugar and grate the ginger.

Cook on a hob for 20-30 mins until soft.

Put the rest of the ingredients into a bowl and mix until its a crumble.

Put the rhubarb in the bottom of the tin, and cover with crumble. Bake for 30-40 mins at 180C

Shortbread

Serves 4

butter	125	g
sugar	55	g
flour	180	g

Heat the oven to 190C

Beat the butter and the sugar together until smooth.

Stir in the flour to get a smooth paste. Turn on to a work surface and gently roll out until the paste is 1cm/½in thick.

Cut into fingers. Place onto a baking tray. Sprinkle with caster sugar and chill in the fridge for 20 minutes.

Bake in the oven for 15-20 minutes, or until pale golden-brown. Set aside to cool on a wire rack.

Dessert other

Ice Cream

Serves 1

ice cream 120 ml

Dinner

Dessert c

Carrot Cake

Serves 8

sugar (light muscovado)	175	g
sunflower oil	175	ml
eggs	3	
carrots	140	g
raisins	80	g
oranges	2	
self raising flour	175	g
bicarb of soda	1	tsp
cinnamon	1	tsp
nutmeg	1	tsp
sugar (icing)	175	g

Icing - juice of the oranges and icing sugar
Cake - everything else

Beat the 3 eggs. Then mix with sugar and oil. Stir in grated carrots, raisins and grated orange zest (don't use all the oranges).
Mix in flour, bicarb, cinnamon and nutmeg. The mixture will be soft and runny.
Pour into a tin with baking paper and bake at 180 for 50 minutes until firm and springy.

Icing - beat sugar and orange juice until smooth. Then drizzle over cake.

Cherry, pistachio and coconut cake

Serves 20

sugar	120	g
sugar (brown)	90	g
pistachios	60	g
ground almonds	180	g
dessicated coconut	45	g
self raising flour	50	g
vanilla essence	1	tsp
butter	150	g
eggs	3	
cherries	200	g

Put aside 1/6th of the sugar to use as the topping (100g for the cake, 20 for the topping).

Also put aside 1/2 the pistachios for the topping, roughly chop them and grind the rest.

Mix all the dry ingredients (sugar, almonds, ground pistachios, coconut, flour) and a pinch of salt. Melt the butter, and pour it in and then mix in the eggs and vanilla.

Pour the mix into tins.

Remove the stones from the cherries (if possible over the cake mix to collect the juice) and sprinkle over the top of the tin.

Top with chopped pistachios mixed with sugar.

Bake for 35-45 minutes at 190C (170 fan)

Lemon Drizzle Cake

Serves 8

lemons	3
self raising flour	225 g
milk (full fat)	150 ml
eggs	3
sugar	355 g
margerine	225 g
baking powder	1.5 tsp

You should use the same amount of sugar as flour and butter in the cake; set the rest aside for the drizzle.

Zest and juice the lemons.

Put oven on at 180C and line tins with baking paper

Blend butter and sugar until pale and fluffy. Add eggs slowly, mixing all the time. Add a spoonful of flour if it gets curdled.

Add the milk and blend until creamy

Blend the flour and baking powder into the mixture

Mix in the lemon zest

Bake for 30 mins until golden and shrinking from the sides (clean skewer)

Prick the cake all over

Combine lemon juice and remaining sugar, and spoon on top of the cake. Leave to cool

x2 fills 1 min tin

Orange marsala steam puddings

Serves 8

golden syrup	200 g
clementines	2
margerine	175 g
sugar	175 g
eggs	3
self raising flour	85 g
breadcrumbs	85 g
nutmeg	0.1 tsp
marsala	35 ml
oranges	2
dried fruit	200 g
glace cherries	10 g
madeira	50 ml

Golden Syrup - 3:5 cake:syrup (75:125)

Oranges - 1:1 cake:syrup (1:1)

Butter the inside of a 1.2-litre pudding basin. If you're steaming the pudding on the hob, boil the kettle and have a large saucepan with a lid and a heatproof saucer ready. Cut a sheet of foil and greaseproof paper, both about 30cm long, and butter the greaseproof.

Spoon 3 tbsp syrup into the bottom of the basin. Lay 5 slices of clementine or satsuma in the bottom, overlapping like petals. Beat eggs. Then, in a bowl, beat the butter and sugar until creamy, then add eggs gradually, beating all the while, until light and fluffy. Add a spoonful of flour if the mix starts to split. Tip in the breadcrumbs and the rest of the flour, fold until combined, then add all remaining ingredients and fold again. Spoon mix on top of the fruit slices. Add remaining slices of clementine or satsuma against the side of the bowl as you go.

To cook on the hob, cover with greaseproof and foil and steam for 1½ hrs (see Know-how, below). To microwave, loosely cover with cling film, pierce once, then cook on Medium for 12 mins. To check it's done, poke a skewer into the pudding; it should come out clean.

Make the syrup by heating the ingredients in a small pan. When the pudding is ready, turn out and serve drenched with syrup, or leave to cool and chill for up to 3 days. To reheat, re-cover with foil and greaseproof and steam for 30 mins, or cover with cling film and microwave on Medium for 5 mins until hot. Reheat sauce in the microwave or in a pan.

Peanut Butter Brownies

Serves 10

peanut butter	225 g
dark chocolate	200 g
sugar (brown)	280 g
eggs	3
self raising flour	100 g
ice cream	700 ml

Set aside 50g each of the peanut butter and chocolate. Heat oven to 180C/160C fan/gas 4 and line a 20cm square baking tin with baking parchment. Gently melt remaining peanut butter, chocolate and all the sugar in a pan, stirring occasionally, until the sugar has just about melted. Turn off heat and use a wooden spoon to beat in the eggs one by one. Stir in the flour and scrape into the tin.

Melt reserved peanut butter in the microwave on High for 45 secs, or in a pan, until runny, then drizzle over the brownie.

Bake for 30-35 mins until it has a crust, but the middle still seems slightly uncooked.

Melt reserved chocolate, drizzle over the brownie, then cool in the tin before cutting into squares.

Rhubarb Spice Cake

Serves 10

margarine	140 g
self raising flour	300 g
cinnamon	1 tsp
nutmeg	1 tsp
ginger (ground)	1 tsp
sugar (dark muscovado)	100 g
golden syrup	250 g
bicarb of soda	1 tsp
eggs	2
rhubarb	300 g
allspice	1 tsp

Heat oven to 180C/fan 160C/gas 4 and put the kettle on.

Butter and line a deep 20cm square cake tin.

Sift the flour and spices into a bowl. Beat together the butter and sugar until light and fluffy in the food processor, then beat in the golden syrup.

Beat the eggs. Dissolve the bicarbonate of soda in 200ml boiling water, then gradually pour through the spout of the processor. Pulse in the flour, then add the eggs, mixing briefly. Remove the bowl from the processor, then gently stir in the rhubarb.

Pour the mixture into the tin and bake for 50-60 mins, until the cake feels firm to the touch and springs back when pressed. Cool in the tin for 5 mins, then turn out and cool on a wire rack.

Sticky Toffee Pudding

Serves 8

butter	100	g
sugar (light muscovado)	175	g
eggs	2	
self raising flour	225	g
baking powder	1	tsp
bicarb of soda	1	tsp
black treacle	60	g
milk (full fat)	275	ml

Preheat the oven to 180C

Put the butter, sugar, eggs, flour, baking powder, bicarbonate of soda and treacle into a mixing bowl. Beat using an electric handheld whisk for about 30 seconds or until combined. Pour in the milk gradually and whisk again until smooth. Pour into the prepared dish. Bake for 35-40 minutes or until well risen and springy in the centre.

Strawberries and cream

Serves 2

strawberries	200	g
double cream	100	ml

White Chocolate Blondies

Serves 10

butter	225	g
white chocolate	200	g
flour	175	g
baking powder	0.5	tsp
sugar (brown)	200	g
sugar	200	g
eggs	3	
vanilla essence	2	tsp
ice cream	700	ml

Place the butter and half white chocolate in a bowl, suspended over a pan of gently simmering water. Stir every few mins, until the butter and chocolate have melted. Leave to cool.

Combine flour and baking powder, with a pinch of salt.

Whisk both sugars and eggs together until thick and foamy.

Add vanilla to the melted chocolate and stir (don't worry if its separated). Gently fold into the sugar/egg, until most of the buttery streaks are gone. Sieve in the flour, and the remaining chocolate (as small chunks) and stir.

Cook for 30-35 mins.

They will sink in the middle like brownies.

Serve with ice cream.

Make chocolate sauce for extra tastiness

Sauce

Red Pepper Salsa

Serves 4

red onions	400	g
red pepper	2	
garlic	0.2	bulbs
chopped tomatoes	800	g

Fry red onions until soft.

Add cayenne pepper and paprika and fry for 5 more mins

Then add peppers and cook until soft

Then add tomato and garlic and cook until ready to eat

Core

BBQ Chicken

Serves 6

chicken thighs	600	g
onions	50	g
garlic	0.2	bulbs
chilli powder	1	tsp
olive oil	20	ml
sugar (brown)	100	g
balsamic vinegar	80	ml
ketchup	200	ml
worcestershire sauce	4	tsp
mustard (dijon)	2	tsp

Blitz onion, garlic and chilli with enough olive oil to make a paste. Mix everything else (except rosemary), add salt and pepper. Marinade chicken.

Leave the sugar until the end, then add to taste

Roast chicken with rosemary (under foil), then blast at the end to crisp up

Chicken Tagine

Serves 16

chicken thighs	5000	g
onions	1200	g
sweet potato	900	g
carrots	600	g
preserved lemons	50	g
black olives	100	g
cumin (ground)	8	tsp
coriander (ground)	4	tsp
turmeric	12	tsp
garlic-ginger paste	0.4	jars
lemons	2	
red pepper	5	
orange pepper	5	

Marinate chicken in half of the spice mix (+ ginger/garlic paste, lemon zest and juice and olive oil) for a few hours
 Fry onions until soft, then add the remaining spices. Fry for another 5 mins or so.
 Take the pips out of the preserved lemons, and cut them into chunks (about 8 per lemon)
 Add all the other ingredients, mix them up.
 Put in the oven for 90 mins
 VEGGIE: use peppers instead of chicken (no marinade required)

Chicken with goats cheese & roast tomatoes

Serves 8

chicken thighs	1000	g
goat's cheese	220	g
lemons	5	
garlic	0.5	bulbs
oregano	3	tsp
white wine vinegar	500	ml
cherry tomatoes	400	g
thyme	0.4	bunches

Marinate chicken in lemon juice & zest, garlic, white wine vinegar and oregano.
 Stuff goat's cheese under the skin of the thighs
 Roast with thyme and cherry tomatoes

Chilli

Serves 8

onions	600	g
red pepper	2	
garlic	0.2	bulbs
chilli powder	1	tsp
paprika	2	tsp
cayenne pepper	2	tsp
beef mince	800	g
beef stock	1000	ml
chopped tomatoes	800	g
tomato puree	30	g
kidney beans	400	g
borlotti beans	400	g
cannellini beans	400	g
carrots	400	g
vegetable stock	1000	ml
sour cream	500	ml
coriander (fresh)	0.1	bunches
cheddar	300	g
spring onions	60	g

Fry onions, add spices.
Brown mince
Add rest of veg (except beans) and fry for 10 mins
Add stock (and/or wine/water)
Leave to cook for as long as you can
add beans about 30 mins before serving
Serve with sour cream, coriander, grated cheese and chopped spring onions

Fajitas (chicken)

Serves 4

chicken breast	300	g
limes	1	
oranges	0.8	
chilli powder	1	tsp
cumin (ground)	1	tsp
garlic	0.7	bulbs
worcestershire sauce	2	tsp
coriander (fresh)	0.2	bunches

Chop chicken into small cubes
Marinate chicken in lime juice, lemon juice, chilli powder, cumin, garlic, coriander and worcestershire sauce
Roast chicken in an oven

Goulash

Serves 5

beef	600	g
paprika	8	tsp
caraway seeds	1	tsp
flour	20	g
lard	25	g
onions	400	g
green pepper	2	
lemons	1	
leeks	400	g
yellow pepper	1	
beef stock	500	ml
vegetable stock	500	ml
sour cream	100	ml
chives	0.2	bunches

Cut the beef into large chunks. Mix the paprika, flour, salt and caraway seeds together in a bowl then add the beef and toss to coat. Heat the oven to 140C.
Melt the lard (or butter) and brown the meat
Fry onions and green pepper, adding the fat from the meat for flavour. Cook until soft. Stir in remaining flour/spice mixture in.
Put onion/pepper and beef into an oven dish, add the lemon juice and beef stock, and add some water to cover the meat (as little as possible). Cover with foil and put in the oven. You may need to remove the lid to allow it to reduce
Cook for as long as you can (at least 3 hours)
Season to taste
VEGGIES: Same as meat but fry all the vegetables (leeks and yellow peppers are veggie only)
Serve with sour cream

Haloumi skewers

Serves 4

red onions	100	g
halloumi	250	g
cherry tomatoes	30	g
limes	2	
mint	0.1	bunches

Marinate halloumi in whatever the meat is going in
put onto skewers with red onions and cherry tomatoes

Lamb Curry (madras)

Serves 7

onions	800	g
madras curry paste	100	g
tinned tomatoes (whole)	1600	g
bouillon powder	5	tsp
red lentils	100	g
chickpeas (tinned)	800	g
ginger (fresh)	10	g
cumin (ground)	3	tsp
cinnamon sticks	1	
lamb	1000	g
spinach	100	g

Chop onion (and lamb if required)

Put all the ingredients into a low temperature oven (except the rice) - this includes the liquid from the chickpeas

Fill the chickpea tin with water, and add to the tray until the meat is covered

Stir well

Cook for at least 3 hours

Make / heat rice and serve

VEG: same without lamb and with spinach at the end

Lasagna (Rosie's)

Serves 6

milk (full fat)	1200	ml
butter	100	g
cornflour	100	g
cheddar	100	g
tomatoes (fresh)	500	g
basil	0.5	bunches
garlic	0.3	bulbs
chopped tomatoes	400	g
rocket	300	g
parmezan	300	g
lasagna sheets	500	g

Preheat oven to 200C

Make cheese sauce: put milk butter and flour in a pan and heat, whisking until thickened and smooth. Simmer for 1 minute. Take off the heat, season and add grated cheddar.

Roast tomatoes: slice tomatoes and roast with oil and salt for about 20 mins

Cool, stirring occasionally to stop a skin forming

Make pesto: blend basil with some olive oil and crushed garlic to make a pesto

Assemble lasagna: sauce, pasta, sauce, chopped tomatoes, rocket, pasta, sauce, roasted tomatoes, pesto, pasta, sauce, parmezan

Roast Spiced Chicken Thighs

Serves 4

chicken thighs	400	g
limes	1	
lemons	1	
oranges	0.5	
chilli powder	1	tsp
cumin (ground)	1	tsp
garlic-ginger paste	0.2	jars
worcestershire sauce	2	tsp
coriander (fresh)	0.2	bunches

Marinate chicken in lime juice, lemon juice, spices, garlic ginger paste, coriander and worcestershire sauce

Roast chicken in an oven

Spring Green Risotto

Serves 5

onions	450	g
chorizo	200	g
asparagus	100	g
green beans	100	g
frozen peas	100	g
rocket	80	g
butter	120	g
risotto rice	400	g
vegetable stock	800	ml
white wine	100	ml
grana padano	80	g
lemons	1	
garlic	0.3	bulbs
bread	0.1	loaves
parsley (curly leaf)	0.2	bunches

Boil half the asparagus in very little water until soft

Blend them (still in their water) to create a gloop

Zest and juice the lemons

Meanwhile fry onions in oil (split for meat vs veggie - one pot with chorizo)

Add risotto rice and fry until clear / for about 5 mins

Add asparagus gloop and lemon juice

Add white wine, stock, bit by bit, to keep it cooking

Then, once rice is nearly cooked, add vegetables (chopped), cheese and butter

Toast breadcrumbs and make gremolata with garlic, lemon zest and parsley

Stuffed Aubergine with feta and olives

Serves 4

aubergines	500	g
onions	80	g
garlic	0.1	bulbs
sun dried tomato	0.1	jar
black olives	30	g
basil	0.2	bunches
pine nuts	30	g
feta	20	g

Heat oven to 200C

Slice aubergines in half and score. Brush with oil, season and bake (covered in foil) for 20 minutes. Remember you're going to add feta and olives so not too much salt.

Chop sun dried tomatoes and olives into small pieces

Toast pine nuts lightly, then chop finely

Fry onions in oil until soft. Mix with garlic, tomatoes, pine nuts and olives.

When aubergines are done, take out of the oven and put the onion mixture into the scores, and on top.

Top with feta and bake again for another 10-15 minutes.

Add basil and serve

Vegetable Pasta

Serves 4

sweet potato	150	g
mushrooms	120	g
cherry tomatoes	60	g
garlic	0.2	bulbs
passata	300	g
marcapone	70	g
spinach	70	g
paprika	2	tsp
cumin (ground)	1	tsp
basil	0.2	bunches
oregano	2	tsp
pasta	340	g
cheddar	80	g

Chop sweet potato into chunks and roast with a few cumin seeds until soft (30-50 mins)

Slice mushrooms, halve cherry tomatoes, peel and crush garlic, wash spinach

Grate cheddar and put into bowls to go to table

Boil water for the pasta

Fry onions in oil-butter mixture until soft. Add paprika and fry for a further 5 minutes to infuse. Add mushrooms.

Meanwhile, add pasta to the pan.

Once the mushroom is cooked, add cherry tomatoes to the mushrooms and cook for another 5 minutes or so. Then add passata and simmer for 10-15 minutes until it has thickened.

Add garlic, salt, pepper, marcapone and sweet potato and simmer for 5 minutes until combined.

Add herbs and spinach, cook until spinach is wilted, then serve with cheese on tables.

Veggie Chilli

Serves 8

onions	600	g
red pepper	2	
garlic	0.2	bulbs
chilli powder	1	tsp
paprika	2	tsp
cayenne pepper	2	tsp
chopped tomatoes	800	g
tomato puree	30	g
kidney beans	400	g
borlotti beans	400	g
cannellini beans	400	g
carrots	400	g
vegetable stock	1000	ml
sour cream	500	ml
coriander (fresh)	0.1	bunches
cheddar	300	g
spring onions	60	g

Fry onions, add spices.

Add rest of veg (except beans) and fry for 10 mins

Add stock (and/or wine/water)

Leave to cook for as long as you can

add beans about 30 mins before serving

Serve with sour cream, coriander, grated cheese and chopped spring onions

Zeni Chicken

Serves 4

chicken thighs	800	g
tomatoes (fresh)	250	g
onions	500	g
lemons	1	
black vinegar	60	ml
white wine vinegar	100	ml
dark soy sauce	100	ml
carrots	400	g
garlic-ginger paste	0.2	jars
tofu	100	g
sweet potato	200	g
orange pepper	0.5	

Black pepper - with NO salt

Marinate chicken in soy, garlic/ginger paste and spices.

Put the chicken into the oven dish. Mix all the ingredients together and pour over the chicken. Cover tightly with tinfoil and put in the oven at 200°C for 1 hour. Remove the foil, brush the sauce over the chicken and put back in the oven uncovered for another hour.

The chicken should be brown and succulent.

Season with black pepper (but no salt)

VEGGIE: use tofu instead of chicken

Starch

Fun Rice (tomato & spring onions)

Serves 4

rice	280	g
tomato puree	25	g
spring onions	40	g
lemons	1	
paprika	0.5	tsp

Boil rice in large pan

Sieve if required

Add tomato puree, chopped spring onions, lemon juice and paprika

Potato Wedges

Serves 4

potatoes	1000	g
----------	------	---

Chop into wedges, Part-boil for 10 mins to soften.

Then cover in salt, pepper, paprika, oil and bake.

Rice

Serves 1

rice	40	g
------	----	---

Boil rice in water

Dessert other

Chocolate Sauce

Serves 3

dark chocolate	50	g
butter	25	g
double cream	125	ml
sugar	20	g

Heat chocolate and butter in double boiler until melted.

Heat the cream and sugar separately until combined. Then stir in chocolate-mix and serve.

Sticky Toffee Sauce

Serves 8

butter	100	g
sugar (light muscovado)	125	g
black treacle	20	g
double cream	300	ml
vanilla essence	1	tsp

Put all the ingredients into a saucepan and stir over a low heat until the sugar has dissolved and the butter has melted. Bring to the boil, stirring for a minute.

Then serve over the pudding

Veg

Butternut and tahini dip

Serves 8

butternut squash	700	g
tahini	60	g
honey	10	g
hazelnuts	20	g
lemons	0.2	

roast and salt hazelnuts, then roughly chop (either by hand or in the mixer)

Peel and scrape the seeds from the squash and cut into chunks (about an inch square)

Put the squash with some salt, pepper and cumin into a saucepan on a low heat. Remove the lid every 10 minutes or so to stir, and cook until the desired texture.

Remove from the heat and add the tahini and honey. Add some water if required to get the correct consistency, and potentially lemon juice.

Sprinkle the hazelnuts over the dip and serve.

Carrots (roast with cumin and mustard seeds)

Serves 4

carrots	400	g
honey	20	g
cumin seeds	1	tsp
mustard seeds	1	tsp

Put all the ingredients into a roasting tray and roast for an hour / 90 minutes

Corn on the cob

Serves 6

corn	2
------	---

chop up, salt and roast.

Serve with butter (can add chilli paste)

Courgettes (butter and garlic)

Serves 4

butter	20	g
courgettes	400	g
garlic	0.3	bulbs

Whisk together butter, garlic and lemon juice (can add oregano or basil); season with salt and pepper, to taste. Brush courgette slices with butter mixture.

Fry in their butter until just beginnng to char

Garlic mushrooms

Serves 12

button mushrooms	1000	g
garlic	1	bulbs
chilli flakes	2	tsp
parsley (flat leaf)	0.5	bunches

Roast mushrooms in a tin with oil and salt.

Chop garlic finely and cook in oil alongside chilli flakes slowly until golden (20 mins or so).

Take mushrooms out of the oven and pour garlic/chilli oil over them, top with chopped parsley.

Slaw

Serves 4

carrots	100	g
beetroot	100	g
red cabbage	100	g
mayonnaise	150	g
greek yoghurt	100	g
lemons	1	
cider vinegar	20	ml

Julienne all the veg, mix the dressing (lemon juice), and combine. Add a little sugar to taste if required. Let it sit for a couple of hours before serving to soften.

Other

Fajitas (garnishes)

Serves 4

wraps	8	
lettuce	0.3	
spring onions	10	g
cheddar	160	g
sour cream	200	ml

Grate cheese, chop spring onions

Serve with wraps, lettuce and sour cream