

Friday dinner

Fajitas (chicken) (4) - m

| | | | |
|----------------------|-------|------|---------|
| chicken breast | (0.3) | 3.15 | kg |
| limes | (1) | 11 | |
| oranges | (0.8) | 8.4 | |
| chilli powder | (1) | 11 | tsp |
| cumin (ground) | (1) | 11 | tsp |
| garlic | (0.7) | 7.3 | bulbs |
| coriander (fresh) | (0.2) | 2 | bunches |
| worcestershire sauce | (2) | 21 | tsp |

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

Courgettes (butter and garlic) (4) - v

| | | | |
|------------|-------|-----|-------|
| butter | (150) | 300 | g |
| courgettes | (400) | 800 | g |
| garlic | (0.3) | 0.6 | 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 beginnnig to char

Red Pepper Salsa (4)

| | | | |
|------------------|-------|-----|-------|
| red onions | (0.4) | 5 | kg |
| red pepper | (2) | 25 | |
| garlic | (0.2) | 2.5 | bulbs |
| chopped tomatoes | (0.8) | 10 | kg |

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

Fajitas (garnishes) (4)

| | | | |
|---------------|--------|-----|----|
| spring onions | (20) | 250 | g |
| cheddar | (0.12) | 1.5 | kg |
| wraps | (8) | 100 | |
| sour cream | (0.2) | 2.5 | l |
| lettuce | (0.4) | 5 | |

Grate cheese, chop spring onions

Serve with wraps, lettuce and sour cream

Rhubarb Spice Cake (10)

| | | | |
|------------------------|--------|------|-----|
| margerine | (140) | 700 | g |
| self raising flour | (0.3) | 1.5 | kg |
| allspice | (1) | 5 | tsp |
| cinnamon | (1) | 5 | tsp |
| nutmeg | (1) | 5 | tsp |
| ginger (ground) | (1) | 5 | tsp |
| sugar (dark muscovado) | (100) | 500 | g |
| golden syrup | (0.25) | 1.25 | kg |
| bicarb of soda | (1) | 5 | tsp |
| eggs | (2) | 10 | |
| rhubarb | (0.3) | 1.5 | kg |

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.

Saturday breakfast

Standard Breakfast (1)

| | | | |
|---------------|--------|----|--------|
| milk | (0.4) | 20 | pints |
| porridge oats | (0.04) | 2 | kg |
| bread | (0.08) | 4 | loaves |

Scrambled Eggs (1)

| | | | |
|--------|-------|-----|---------|
| eggs | (2) | 100 | |
| butter | (3) | 150 | g |
| chives | (0.2) | 10 | bunches |

Scramble eggs in pan

Saturday snack

Flapjack (seedy) (10)

| | | | |
|--------------------|-------|-----|-----|
| porridge oats | (150) | 750 | g |
| sunflower seeds | (50) | 250 | g |
| pumpkin seeds | (50) | 250 | g |
| dessicated coconut | (25) | 125 | g |
| flour | (25) | 125 | g |
| margerine | (100) | 500 | g |
| golden syrup | (100) | 500 | g |
| sugar (brown) | (75) | 375 | g |
| dried apricots | (75) | 375 | g |
| vanilla essence | (1) | 5 | tsp |

Preheat oven to 160C

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

Saturday lunch

Gravadlax (10) - m

| | | | |
|-------------|-------|-----|---------|
| salmon | (1) | 4.2 | kg |
| peppercorns | (2) | 8 | tsp |
| sugar | (70) | 295 | g |
| salt | (50) | 210 | g |
| dill | (0.3) | 1 | bunches |

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

Gravadlax Sauce (6) - m

| | | | |
|-----------------|-------|-----|---------|
| creme fraiche | (0.2) | 1.4 | l |
| mustard (dijon) | (3) | 21 | tsp |
| cider vinegar | (5) | 35 | ml |
| sugar | (5) | 35 | g |
| dill | (0.2) | 1 | bunches |

Mix all the ingredients and season to taste

Sweet Potato Skins (4) - v

| | | | |
|----------------------|-------|-----|---------|
| sweet potato | (0.8) | 1.6 | kg |
| sun dried tomato | (0.2) | 0.4 | jar |
| parsley (curly leaf) | (0.2) | 0 | bunches |
| pecans | (50) | 100 | g |

Preheat oven to 180°. Poke holes in the sweet potatoes with a fork. And then bake for 30-40 minutes, or until the potatoes are very soft.

Remove from oven, and let the sweet potatoes cool until you can handle them (10-15 minutes). Increase the oven temperature to 200

Slice the sweet potatoes in half. Scoop out the sweet potato flesh, leaving some in the skin.

Place the skins on a baking sheet fitted with a baking mat. Brush with olive oil, sprinkle salt and pepper.

Bake in preheated oven for 15-20 minutes, or until the tops are crispy and brown.

Mix tomatoes, parsley, nuts and potato flesh and put into the skins

Salad (beetroot, spinach and goat's cheese) (8)

| | | | |
|---------------|--------|------|----|
| beetroot | (0.3) | 1.88 | kg |
| spinach | (0.21) | 1.31 | kg |
| goat's cheese | (0.2) | 1.25 | kg |

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

Dress with a simple oil and white wine vinegar dressing

Pickled Cucumbers (8)

| | | | |
|----------------------|-------|-----|---------|
| cucumber | (1) | 6.3 | |
| white wine vinegar | (100) | 625 | ml |
| sugar | (15) | 94 | g |
| salt | (6) | 38 | g |
| parsley (curly leaf) | (0.1) | 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.

New Potatoes (6)

| | | | |
|--------------|-------|-----|---------|
| new potatoes | (0.9) | 7.5 | kg |
| chives | (0.2) | 2 | bunches |
| butter | (30) | 250 | g |

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

Plum Compote (8)

| | | | |
|------------------|-------|------|-----|
| greek yoghurt | (1) | 6.25 | kg |
| vanilla essence | (1) | 6 | tsp |
| plums | (6) | 38 | |
| oranges | (1) | 6.3 | |
| cinnamon | (1) | 6 | tsp |
| cloves | (1) | 6 | tsp |
| sugar (demerera) | (30) | 190 | g |
| marsala | (100) | 625 | ml |
| pecans | (25) | 155 | g |
| honey | (80) | 500 | 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

Saturday dinner

Goulash (5)

| | | | |
|-----------------|-------|------|---------|
| beef | (0.6) | 6 | kg |
| paprika | (8) | 80 | tsp |
| caraway seeds | (1) | 10 | tsp |
| flour | (20) | 200 | g |
| lard | (25) | 250 | g |
| onions | (0.4) | 4 | kg |
| green pepper | (2) | 20 | |
| lemons | (1) | 10 | |
| leeks | (0.4) | 4 | kg |
| yellow pepper | (1) | 10 | |
| beef stock | (0.5) | 5 | l |
| vegetable stock | (0.5) | 5 | l |
| sour cream | (100) | 1000 | ml |
| chives | (0.2) | 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

Carrots (roast with cumin and mustard seeds) (4)

| | | | |
|---------------|-------|-----|-----|
| carrots | (0.4) | 5 | kg |
| honey | (20) | 250 | g |
| cumin seeds | (1) | 13 | tsp |
| mustard seeds | (1) | 13 | tsp |

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

Fun Rice (tomato & spring onions) (4)

| | | | |
|---------------|--------|-----|-----|
| rice | (0.28) | 3.5 | kg |
| tomato puree | (25) | 315 | g |
| spring onions | (40) | 500 | g |
| lemons | (1) | 13 | |
| paprika | (0.5) | 6 | tsp |

Boil rice in large pan

Sieve if required

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

Sticky Toffee Pudding (8)

| | | | |
|-------------------------|---------|------|-----|
| butter | (100) | 625 | g |
| sugar (light muscovado) | (0.175) | 1.09 | kg |
| eggs | (2) | 13 | |
| self raising flour | (0.225) | 1.41 | kg |
| baking powder | (1) | 6 | tsp |
| bicarb of soda | (1) | 6 | tsp |
| black treacle | (60) | 375 | g |
| milk (full fat) | (0.275) | 1.72 | l |

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.

Sticky Toffee Sauce (8)

| | | | |
|-------------------------|-------|------|-----|
| butter | (100) | 625 | g |
| sugar (light muscovado) | (125) | 780 | g |
| black treacle | (20) | 125 | g |
| double cream | (0.3) | 1.88 | l |
| vanilla essence | (1) | 6 | 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

Sunday breakfast

Standard Breakfast (1)

| | | | |
|---------------|--------|----|--------|
| milk | (0.4) | 20 | pints |
| porridge oats | (0.04) | 2 | kg |
| bread | (0.08) | 4 | loaves |

Bacon (10) - m

| | | | |
|-------|-------|------|----|
| bacon | (0.6) | 2.52 | kg |
|-------|-------|------|----|

Pre-heat oven to 180C

Line baking trays with baking paper

Lay out bacon

Put into the oven

Fried Eggs (5) - v

| | | | |
|------|-----|---|--|
| eggs | (5) | 8 | |
|------|-----|---|--|

Fry eggs in a pan

Sunday lunch

Shakshuka (4)

| | | | |
|-------------------|--------|------|---------|
| onions | (0.25) | 3.13 | kg |
| potatoes | (0.1) | 1.25 | kg |
| garlic | (0.3) | 3.8 | bulbs |
| red pepper | (1) | 13 | |
| cumin (ground) | (1) | 13 | tsp |
| cayenne pepper | (1) | 13 | tsp |
| paprika | (2) | 25 | tsp |
| chopped tomatoes | (0.8) | 10 | kg |
| sugar | (10) | 125 | g |
| lemons | (0.5) | 6.3 | |
| eggs | (6) | 75 | |
| coriander (fresh) | (0.2) | 3 | 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 an hour or so

If needed, make a roux to help thicken the sauce

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 30-45 minutes until they're just set. Sprinkle with coriander and serve.

Baba Ganoush (6)

| | | | |
|---------------------|-------|-----|---------|
| aubergines | (0.6) | 5 | kg |
| garlic | (0.3) | 2.5 | bulbs |
| lemons | (1) | 8.3 | |
| tahini | (15) | 125 | g |
| parsley (flat leaf) | (0.1) | 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.

Cous cous (almonds, pom. seeds, orange peel) (4)

| | | | |
|-------------------|-------|-----|---|
| cous cous | (50) | 625 | g |
| flaked almonds | (10) | 125 | g |
| pomegranate seeds | (30) | 375 | g |
| oranges | (0.5) | 6.3 | |

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

Key Lime Pie (15)

| | | | |
|----------------|-------|------|----|
| biscuits | (240) | 800 | g |
| butter | (150) | 500 | g |
| grape nuts | (50) | 165 | g |
| condensed milk | (0.4) | 1.33 | kg |
| double cream | (140) | 465 | ml |
| limes | (3) | 10 | |

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 2½ of the limes, keep the other half for something else

Whip the cream until stiff

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

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