

## Favori Tarifler

Yemek Ad: Fish pie

Talimatlar: 01.Put the potatoes in a large pan of cold salted water and bring to the boil. Lower the heat, cover, then simmer gently for 15 minutes until tender. Drain, then return to the pan over a low heat for 30 seconds to drive off any excess water. Mash with 1 tbsp olive oil, then season.

02.Meanwhile put the milk in a large sauté pan, add the fish and bring to the boil. Remove from the heat, cover and stand for 3 minutes. Remove the fish (reserving the milk) and pat dry with kitchen paper, then gently flake into an ovenproof dish, discarding the skin and any bones.

03.Heat the remaining oil in a pan, stir in the flour and cook for 30 seconds. Gradually stir in 200-250ml of the reserved milk (discard the rest). Grate in nutmeg, season, then bubble until thick. Stir in the cream.

04.Preheat the oven to 190°C/fan170°C/gas 5. Grate the artichokes and add to the dish with the leek, prawns and herbs. Stir the lemon zest and juice into the sauce, then pour over. Mix gently with a wooden spoon.

05.Spoon the mash onto the fish mixture, then use a fork to make peaks, which will crisp and brown as it cooks. Sprinkle over the cheese, then bake for 35-40 minutes until golden and bubbling. Serve with wilted greens.

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Yemek Ad: Kapsalon

Talimatlar: Cut the meat into strips. Heat oil in a pan and fry the strips for 6 minutes until it's ready. Bake the fries until golden brown in a deep fryer. When ready transfer to a backing dish. Make sure the fries are spread over the whole dish.

Cover the fries with a new layer of meat and spread evenly.

Add a layer of cheese over the meat. You can also use grated cheese. When done put in the oven for a few minutes until the cheese is melted.

Chop the lettuce, tomato and cucumber in small pieces and mix together. for a basic salad. As extra you can add olives jalapenos and a red onion.

Dived the salad over the dish and Serve with garlicksauce and hot sauce

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Yemek Ad: Duck Confit

Talimatlar: The day before you want to make the dish, scatter half the salt, half the garlic and half of the herbs over the base of a small shallow dish. Lay the duck legs, skin-side up, on top, then scatter over the remaining salt, garlic and herbs. Cover the duck and refrigerate overnight. This can be done up to 2 days ahead.

Pour the wine into a saucepan that will snugly fit the duck legs in a single layer. Brush the salt off

the duck legs and place them, skin-side down, in the wine. Cover the pan with a lid and place over a medium heat. As soon as the wine starts to bubble, turn the heat down to the lowest setting and cook for 2 hours, checking occasionally that the liquid is just barely simmering. (If you own a heat diffuser, it would be good to use it here.) After 2 hours, the duck legs should be submerged in their own fat and the meat should feel incredibly tender when prodded. Leave to cool.

The duck legs are now cooked and can be eaten immediately – or you can follow the next step if you like them crisp. If you are preparing ahead, pack the duck legs tightly into a plastic container or jar and pour over the fat, but not the liquid at the bottom of the pan. Cover and leave in the fridge for up to a month, or freeze for up to 3 months. The liquid you are left with makes a tasty gravy, which can be chilled or frozen until needed.

To reheat and crisp up the duck legs, heat oven to 220C/fan 200C/gas 7. Remove the legs from the fat and place them, skin-side down, in an ovenproof frying pan. Roast for 30-40 mins, turning halfway through, until brown and crisp. Serve with the reheated gravy, a crisp salad and some crisp golden potatoes.

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Yemek Ad: Lasagna Sandwiches

Talimatlar: 1. In a small bowl, combine the first four ingredients; spread on four slices of bread. Layer with bacon, tomato and cheese; top with remaining bread.

2. In a large skillet or griddle, melt 2 tablespoons butter. Toast sandwiches until lightly browned on both sides and cheese is melted, adding butter if necessary.

#### Nutrition Facts

1 sandwich: 445 calories, 24g fat (12g saturated fat), 66mg cholesterol, 1094mg sodium, 35g carbohydrate (3g sugars, 2g fiber), 21g protein.

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