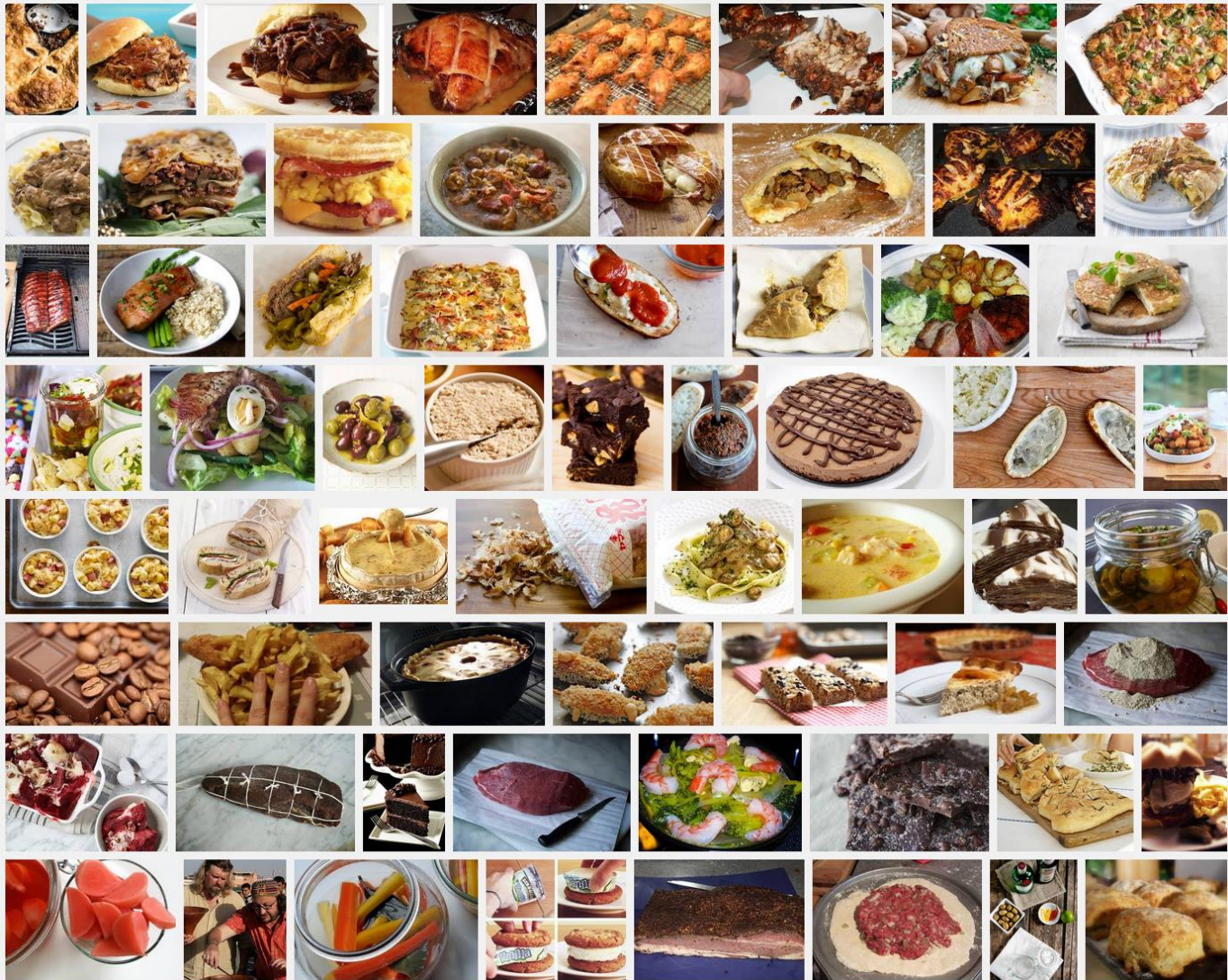


# Recipes from The Beaver is a Proud and Noble Animal

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As of September 2015

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## Recipes

### How to interpret a French wine label



#### French Wine Label Basics:

1. Vintage
2. Producer
3. Appellation title or “sub-region”
4. Region and style
5. Translates as “bottled at the estate”
6. Alcohol content
7. Winery address
8. Volume

Now that we have covered the basics, let’s highlight some of France’s most prominent wine regions, the grapes grown there, and the styles of wine produced, along with specific regional phraseology.

#### Bordeaux

Located in the southwest corner of France, this region’s bold red blends, based around Cabernet Sauvignon and Merlot, are the benchmarks by which all other wines of this style are compared. Although there are dry and sweet white wines made primarily of Sauvignon Blanc and Sémillon, this is



predominately a red wine region.

Primary Red Grapes – Cabernet Sauvignon, Merlot, Cabernet Franc, Petit Verdot, Malbec, Carmenere  
General Style – full-bodied, dry, earthy red wines

The region is divided by the Gironde Estuary. The regions to the West, or “Left Bank,” of the river produce wines based upon Cabernet Sauvignon, while the regions to the East, or “Right Bank,” of the river produce wines based primarily on Merlot.

*Major Left Bank Regions* – Médoc, St. Julien, Pauillac, St. Estephe, Margaux, Graves, Pessac-Léognan  
*Major Right Bank Regions* – Pomerol, St. Émilion

### **Burgundy**

Located far inland near the eastern border of France, Burgundy is the one region equally famous for both its reds and whites. Comprised of dozens of small villages and vineyards that were sectioned off by the Cistercian monks hundreds of years ago, Burgundy is the most intricate vineyard land in the world.

Primary Grapes – Pinot Noir, Chardonnay, Gamay

General Style – elegant, light-bodied, dry reds and expressions of Chardonnay that range from steely and crisp to richly oaked.

There are five main sub-regions of Burgundy, each with its own distinct style. From North to South:

*Chablis* – crisp, generally un-oaked Chardonnay

*Côte d’Or* – further subdivided into two regions, the Côte de Nuits in the North (primarily Pinot Noir) and the Côte de Beaune in the South (primarily Chardonnay). This is where most of Burgundy’s top vineyards or grand crus are located.

*Côte Chalonnaise* – high quality reds and whites

*Maconnais* – good quality Chardonnay, most famously from Pouilly-Fuissé

*Beaujolais* – focused on the Gamay grape

Nowhere else in the world are single parcels and vineyards so prized as in Burgundy. The two highest levels of quality in Burgundy are based solely around single vineyard wines, emphasizing the distinct characteristics of that particular place.

Grand Cru – the 33 most famous single vineyards in Burgundy

Premier Cru (or 1er Cru) – over 500 single vineyards of exceptional quality

Village Wine – wines made from grapes surrounding a single village, where the village is actually the name of the wine (examples: Pommard, Mercurey, Rouilly, Volnay)

Bourgogne – wines made from any grapes grown anywhere in Burgundy

### **Alsace**

Located in the far northeast corner of France, bordering Germany, this region has a long history of Germanic influence with respect to grape varieties, while the winemaking reflects a distinctively French influence. These are the easiest labels within France to understand: they are mostly labeled by grape varietal.



Primary Grapes – Riesling, Pinot Gris, Gewurztraminer, Pinot Blanc, Muscat  
General Style – crisp, dry whites, with some delicious dessert wines

Alsace also utilizes a “grand cru” designation with over 50 of its top vineyards classified as such. Although most of the wines produced here are crisp, un-oaked whites, there are two tiers of high quality dessert wine, as well: Vendange Tardive and Sélection de Grains Nobles.

### **Rhône**

Located in the southeast corner of France, the Rhône River flows through some of the country’s most diverse vineyard land on its way to the Mediterranean Sea. This is a region of extremes, from the searing hot regions in the Southern Rhône to the frigid windswept mountains of the Northern Rhône.

Primary Grapes – Syrah, Grenache, Mourvedre, Viognier  
General Style – wild, gamey reds; rich, aromatic whites; and bone-dry rosés

The Rhône Valley is a tapestry of sub-regions, each with its own specific style and blending requirements. With a scorching climate, the sub-regions of the Southern Rhône are based around blending the grapes, Grenache, Syrah, and Mourvedre (GSM). The cooler temperatures of the Northern Rhône allow for single varietal wines of great purity, primarily Syrah for red and Viognier for white.

*Major N. Rhône Regions* – Hermitage, Cornas, Cote Rotie, Condrieu  
*Major S. Rhône Regions* – Châteauneuf-du-Pape, Gigondas, Vacqueyras  
*Major Rosé-producing Regions* – Tavel, Provence

Not to be confused with the Chardonnays from the Pouilly-Fuissé region of Burgundy, Pouilly-Fumé is made from Sauvignon Blanc grapes.

### **Loire**

Located in the heart of France, the Loire is the country’s longest river. Draining from the Central Massif mountain range, the Loire river runs steadily west, passing through over fifty sub-regions on its way to the Atlantic. This is the most difficult region in France to learn, as virtually every possible style of wine is made here.

Primary Grapes – Cabernet Franc, Sauvignon Blanc, Chenin Blanc, Melon de Bourgogne  
General Style – racy, herbaceous, mineral-driven reds and whites, as well as a large quantity of sparkling, sweet, and rosé wines

Similar to the Rhône region, the Loire is comprised of many sub-regions, each focusing on specific grapes and styles.

*Dry, crisp Sauvignon Blanc* – Sancerre, Pouilly-Fumé  
*Wild, savory Cabernet Franc* – Chinon, Bourgueil  
*Fruity, dry rosés and high quality sparkling wines* – Anjou-Saumur  
*Rich, yeasty Melon de Bourgogne* – Muscadet  
*Dramatic Chenin Blanc, from sweet to dry* – Savennieres, Vouvray







## 10-minute ice-cream cake



### Ingredients

10 ice cream sandwiches

1-2 flavors of ice cream, slightly softened

12 Oreo cookies, finely crushed

Magic Shell ice cream topping(\*)



#### Instructions

Line a 9×5 loaf pan with heavy foil, letting it hang over on each side.

Fit 5 sandwiches on bottom of pan. They should be snug.

Spread layer of ice cream over-top of sandwiches, about 1-1 1/2" thick.

Fit remaining 5 sandwiches over ice-cream.

Spread 2nd layer of ice cream over sandwiches.

Cover ice-cream with crushed Oreo cookies.

Cover with saran wrap and freeze until set, at least 2 hours or overnight.

To serve, invert cake onto plate or platter. Cover top with Magic Shell & cut into slices.

(\* ) the ice cream topping can be replaced with some good, high-quality melted chocolate or a thin ganache.

## A primer on hot sauce



### Ingredients

1 pound stemmed fresh chiles (such as jalapeño, serrano, Fresno, or habanero; use one variety or mix and match)  
2 tablespoons kosher salt  
1 1/2 cups distilled white vinegar

### Preparation

Pulse chiles and kosher salt in a food processor until a coarse purée forms. Transfer to a 1-qt. glass jar, loosely screw on lid, and let stand at room temperature for 12 hours to ferment slightly.

Stir in vinegar and loosely screw on lid. Let chile mixture stand at room temperature for at least 1 day and up to 7 days. (Taste it daily; the longer it sits, the deeper the flavor becomes.)

Purée mixture in a food processor or blender until smooth, about 1 minute. Place a fine-mesh sieve inside



a funnel. Strain mixture through sieve into a clean glass bottle. (Hot sauce will become thinner and may separate after you strain it; shake vigorously before each use.)

### Notes

#### 1. Chiles

This is perhaps the most important part: **What kind of chiles do you like?** Buy a bunch and try them. Nibble the tip, see how powerful they are and where the spice hits you (the tip of your tongue? the back of your throat?), and what other flavors they have. Then, once you know what you like, use those chiles.

Of course, it gets more complicated than that. You can roast or smoke chiles to alter their flavors or soften thick skins, which is particularly good for green chiles, since they tend to turn brown after being puréed. Cooking chiles mellows their heat, too; conversely, leaving them raw and including the ribs and seeds (but not the tough, bitter stems) gives you the full brunt of their power.

#### 2. Acid

An acid is going to help draw out flavor, preserve the ingredients, and turn it into something you could truly call a sauce. The standard is 5% white vinegar. If you're not concerned with creating a shelf-stable product, there are tons of other vinegars out there to play with. (I'm a big fan of the sweetness that apple cider vinegar brings.) Beyond vinegars, there are also citrus juices to add – but you shouldn't cook them. Either add them at the end to complement a vinegar or use them in a raw sauce.

#### 3. Aromatics

For some, aromatics such as carrots, onions, garlic, and ginger may be optional, but they contribute that garden-fresh flavor they're after. They also tend to require some cooking, both to bring out their sweetness and temper either their texture or their raw power.



## Apple custard tart (Maman Roux)



### **Ingredients**

#### For the pastry

250g plain flour  
pinch sea salt  
125g unsalted butter, diced, at room temperature  
25g caster sugar  
1 tsp cold water  
1 medium free-range egg

#### For the filling

15g unsalted butter  
1/2 tbsp lemon juice  
65g caster sugar  
1/2 tbsp calvados  
3-4 Cox or Braeburn apples, peeled, cores removed, each cut into 10 segments  
100ml double cream  
1 medium free-range egg  
1-2 tbsp icing sugar, for dusting

### **Preparation method**

For the pastry, pulse together the flour, sugar, butter and salt in a food processor until you reach a sandy texture. Add the egg, water and pulse again. If you over mix the dough at this stage it will lose its



flakiness.

Transfer the dough onto a lightly floured work surface and knead with the palms of your hands for 30 seconds, or until the dough is smooth and well combined.

With the palm of your hand flatten the dough slightly to 1cm/½in thickness, then sandwich it between two large sheets of cling film. Chill in the fridge for 30 minutes.

Preheat the oven to 220C/440F/Gas 7. Place a baking tray into the oven to preheat.

Roll the chilled dough, still sandwiched in cling film, to a 2mm thickness. Place a 22cm diameter, 2cm deep tart ring on a greaseproof lined wooden peel or baking tray. Remove the top layer of clingfilm and carefully pick up the dough, place it into the tart ring with the second layer of clingfilm facing up. Lift and tuck the dough into the edges of the ring and discard the clingfilm. By tucking in the base you will minimise the shrinking of the dough during cooking. Trim off any excess with a rolling pin.

Using your index finger and thumb, pinch and press the dough until it's 2mm above the tart ring all around the edge. With a fork, prick the bottom of the tart. Chill in the fridge for 20 minutes.

Meanwhile, for the filling, heat the butter, lemon juice and 15g of the sugar in a small saucepan until the butter has melted and the sugar has dissolved. Remove from the heat and stir in the Calvados. Set aside.

When the tart case has chilled, arrange the apple segments in concentric circles, overlapping the apple slices as you go. Brush the apples all over with the Calvados mixture. Slide the tart ring onto the pre-heated baking tray and bake for 10 minutes.

Reduce the oven temperature to 200C/400F/Gas 6, then continue to cook for a further 20 minutes, until the pastry is pale golden-brown and the apples have caramelised.

Whisk together the double cream, egg and the remaining 500 caster sugar until well combined.

When the pastry is pale golden-brown and the apples have caramelised, sprinkle the tart with a tablespoon of sugar and pour the custard mixture into the tart, bake for a further 10 minutes, until the filling mixture has just set.

To serve, remove the tart from the oven and set aside for 1 hour to cool slightly, then carefully remove the tart ring. Dust all over with icing sugar. Serve immediately.

## Apple glazed ham



English gammon joint (2-4kg)  
handful whole peppercorns  
thyme  
bay leaf  
2 onions, cut into quarters  
500ml apple cider  
3 tbsp dijon mustard  
3 tbsp honey  
2 tbsp brown sugar

– place trivet or saucer upside down in a large pan. place the gammon joint with the strings intact as it holds the joint together during cooking on the trivet. Add peppercorns, thyme, bay leaf, onions and 400 ml of the cider. Fill with enough cold water to cover the gammon.

– bring slowly to a boil and reduce heat to simmer for 20 minutes per 500g, adding water from the kettle as necessary.

– At the end of the calculated cooking time, turn the heat off and allow the ham to cook in the cooking liquid for at least 30 minutes, until it's cool enough to handle. Transfer the ham to a board and pat dry





with kitchen paper. Using a small sharp knife, peel away and discard the skin, leaving a layer of fat exposed

– score the fat into a diamond pattern. transfer to a roasting dish.

– preheat the oven to 200C

– mix mustard, honey, sugar and then stir in enough cider to thin the paste down to a pouring consistency. Pour the glaze over the ham and spoon over it until it is thoroughly coated. Roast for 30-35 minutes, or until evenly browned, basting every 10 minutes. With only 10 minutes left, after the last basting, sprinkle some brown sugar on top of the ham and roast until done.

– cover and allow to cool.



## Apple honey glazed ham

I have discovered the recipe for ham love.

Take one 2kg smoked roasting ham. Put it on a rack in roasting pan filled with two cups of apple juice (make sure you have about an inch of liquid on the bottom of the pan). Stick a few cloves in the ham. Cover the ham with some foil and cook at 350F/180C for 2.5 hours.

Melt half a cup of brown sugar in half a cup of maple syrup. Once melted, uncover the ham and brush the glaze generously on the ham. Cook for another 30 minutes, basting after 15 minutes.

When cooked, let sit for 10 minutes and dig in.

In one word, SQUEEEEEEEEEEEEEEEEEEEEEEEEEEEEEEEEE!!!!!!!



## Apple pie



### Ingredients

#### FOR THE FILLING

1kg Bramley apples  
140g golden caster sugar  
1/2 tsp cinnamon  
3 tbsp flour

#### FOR THE PASTRY

225g butter, room temperature  
50g golden caster sugar , plus extra  
2 eggs  
350g plain flour

### Directions

1. Put a layer of paper towels on a large baking sheet. Quarter, core, peel and slice the apples about

- 5mm thick and lay evenly on the baking sheet. Put paper towels on top and set aside while you make and chill the pastry.
2. For the pastry, beat the butter and sugar in a large bowl until just mixed. Break in a whole egg and a yolk (keep the white for glazing later). Beat together for just under 1 min – it will look a bit like scrambled egg. Now work in the flour with a wooden spoon, a third at a time, until it's beginning to clump up, then finish gathering it together with your hands. Gently work the dough into a ball, wrap in cling film, and chill for 45 mins.
  3. Mix the 140g/5oz sugar, the cinnamon and flour for the filling in a bowl that is large enough to take the apples later.
  4. After the pastry has chilled, heat the oven to 190C/fan 170C/gas 5. Lightly beat the egg white with a fork. Cut off a third of the pastry and keep it wrapped while you roll out the rest, and use this to line a pie tin – 20-22cm round and 4cm deep – leaving a slight overhang. Roll the remaining third to a circle about 28cm in diameter. Pat the apples dry with kitchen paper, and tip them into the bowl with the cinnamon-sugar mix. Give a quick mix with your hands and immediately pile high into the pastry-lined tin.
  5. Brush a little water around the pastry rim and lay the pastry lid over the apples pressing the edges together to seal. Trim the edge with a sharp knife and make 5 little slashes on top of the lid for the steam to escape. (Can be frozen at this stage.)
  6. Brush it all with the egg white and sprinkle with caster sugar. Bake for 40-45 mins, until golden, then remove and let it sit for 5-10 mins.
  7. Sprinkle with more sugar and serve while still warm from the oven with softly whipped cream.

## Artichoke focaccia



### Ingredients

#### *For the dough*

500g strong flour  
7g sachet fast-action yeast  
1 heaped tsp salt

#### *For the filling*

large bunch rosemary  
285g jar artichokes antipasti in oil  
50g freshly grated parmesan, plus extra for grating

### Method

Tip the flour into a large bowl and make a well in the centre. Add the yeast and salt, then gradually pour in 350ml tepid water, stirring as you go. Bring the dough together with a spoon, then with your hands. It should be soft, but not too sticky or wet. If it won't come together, pour in a little extra water; if the dough is too wet, add extra flour. Tip onto a floured work surface and knead for about 10 mins, or until it's smooth, soft and springs back when pushed with a finger. Leave to rise in an oiled bowl covered with



cling film in a warm place for 1 hr or until the dough has doubled in size.

Strip leaves from half the rosemary and finely chop. Break the rest into smaller pieces. Drain the artichokes, reserving the oil, and chop into chunks.

When risen, tip the dough onto an oiled work surface and roll out into a 35 x 45cm rectangle. Slip an oiled baking sheet under half of the dough. Top the half with artichokes, all the Parmesan and rosemary. Grind over black pepper and drizzle with a little of the reserved oil. Fold over the other dough half, pressing the edges together and under to seal. Leave to rise in a warm place, covered with the oiled cling film, for 30 mins.

Heat oven to 240C/fan 220C/gas 9.

Drizzle with a little more of the oil and make dents in the top with your fingers. Pop the rosemary sprigs into the dents and grate over a little more cheese. Bake for 15 mins, until golden and risen. Cool on a rack for 30 mins, cut into squares and serve.

## Asian tuna salad



### Ingredients

- 10-12 ounces of canned white albacore tuna packed in water, drained
- 8-10 small radishes, cut into wedges
- 1 large carrot, shredded
- 1 teaspoon minced ginger
- 1/2 to 1 serrano chile, seeded and minced (taste for heat and adjust, can also sub some chili pepper flakes)
- 2 Tbsp vegetable oil
- 3 Tbsp seasoned rice vinegar (or plain rice vinegar with a teaspoon of sugar)
- Salt and black pepper to taste
- 2 Tbsp chopped coriander
- 1/2 red onion, sliced
- Optional: 8 ounces (dry) soba noodles\* or fresh lettuce

\*If mixing in with soba noodles, cook soba noodles according to package directions, and rinse with cold water.

### Method

1 Place the drained tuna, radishes, shredded carrot, ginger, chile, vegetable oil, and rice vinegar in a large bowl. Gently toss to combine. Add salt and pepper to taste. Refrigerate until ready to serve.

2 When ready to serve, stir in the chopped coriander and green onion.



Serve with lettuce, or mixed in with cold, cooked soba noodles.





## Asparagus and ham strata



This ham and asparagus strata is basically a breakfast casserole, taken up a notch or two. It's a layered casserole with cubes of rustic bread, eggs, Gruyere cheese, milk, cream, diced ham, and asparagus.

It feeds a crowd. You can easily make ahead. Leftovers (if you have them, which I seriously doubt) will reheat beautifully for days.

### INGREDIENTS

1 loaf Italian or French rustic bread, cut into 1 1/2-inch cubes, about 8 cups total of bread cubes

1 pound asparagus spears, woody ends removed, spears cut into 3/4-inch pieces

Salt (for blanching water)

1 medium bowl of ice water

2 Tbsp softened butter (for buttering the dish)

6-ounces ham, cut into 1/4-inch cubes, about 2 cups

4-ounces Gruyere cheese, grated, about 1 cup, packed

4 eggs

1 1/4 cups cream

1 3/4 cups milk

1 teaspoon salt

1 teaspoon dried tarragon (or thyme)

1/4 teaspoon ground black pepper



#### METHOD

1. Preheat the oven to 400F. Spread the cubed bread over a baking dish or sheet pan in a single layer. Place in oven and bake until lightly toasted, about 7 to 8 minutes. Remove and set aside. Lower the oven temperature to 350F.



2. In a large bowl, whisk together the eggs, milk, cream, salt, pepper, and tarragon. Set aside.



3. Bring 2 quarts of salted water to a boil (1 1/2 teaspoons of salt). Add the cut asparagus to the boiling water. Return to a boil and blanch the asparagus for 2 to 3 minutes. Remove the asparagus to a bowl of ice water to shock the asparagus and stop the cooking. Drain and set aside.



4. Spread butter over the inside of a 8x11x2 inch casserole dish. Spread half of the bread cubes over the bottom of the casserole dish. Sprinkle half of the ham cubes over the bread. Sprinkle half of the asparagus over the ham. Sprinkle everything with half of the Gruyere cheese. Pour half of the milk egg mixture over everything.



5. Repeat the process. Add another layer of cubed bread, ham, asparagus, Gruyere, and milk egg mixture. Press down on the mixture with your (clean) hands to help the bread soak up more of the milk mixture. (At this point you can make up to a day ahead, cover and refrigerate until ready to cook.)



6. Cover with aluminum foil and place in the 350F oven for 40 minutes. Remove the foil. Bake uncovered for an additional 20 to 30 minutes, until the egg mixture is set. Test by inserting a sharp knife into the center of the casserole. If the inside is still runny, it's not cooked through yet and needs more time in the oven. If the top starts to get too browned, you can cover again with aluminum foil.

Remove from oven and let sit for 10 minutes before serving.

## Bacon and egg pies



Makes 12

### Ingredients

6 rashers back bacon, derinded  
3 large eggs  
about 4 fl oz (120 ml) milk, plus a little extra for brushing the top of the pies  
salt and freshly milled black pepper

For the shortcrust pastry:

6 oz (175 g) plain flour, plus a little extra for dusting  
a pinch of salt  
1oz (40 g) softened lard  
1oz (40 g) softened butter

You will also need a 12 hole patty tin, each hole 1 inches (4.5 cm) at the base, 2 inches (6 cm) at the top, and inch (2 cm) deep, well greased, plus a 3 inch (9 cm) and a 3 inch (7.5 cm) pastry cutter.

Begin by making the pastry by sifting the flour and pinch of salt into a large bowl, holding the sieve as high as possible.

Now add the lard and butter, cut into smallish lumps, then take a knife and begin to cut the fat into the flour. Go on doing this until it looks fairly evenly blended, then begin to rub the fat into the flour, using your fingertips only, and being as light as possible. As you do this, lift it up high and let it fall back into the bowl, just long enough to make the mixture crumbly with a few odd lumps here and there. Now sprinkle 1 tablespoon of water in, then, with a knife, start bringing the dough together. Then discard the knife and, finally, bring it together with your fingertips. When enough liquid is added, the pastry should leave the bowl fairly clean. If this hasn't happened, then add a spot more water. Now place the pastry in a polythene bag and leave it in the fridge for 30 minutes to rest.



Alternatively, store-bought shortcrust pastry works just as well.

Next, hardboil 2 of the eggs by placing them in a small saucepan and adding enough water to cover them by about inch (1 cm). Bring the water up to simmering point and put a timer on for 7 minutes. Then, when the time is up, cool the eggs rapidly under cold, running water for about a minute, and leave them in cold water till theyre cool.

Meanwhile, grill (or fry) the bacon gently until the fat begins to run and pre-heat the oven to gas mark 6, 400(200Roll out half of the pastry, on a lightly floured surface, cut out 12 rounds using the 3inch (9 cm) cutter and line the patty tin. Now peel and chop the eggs quite small and chop the bacon fairly small, too, Then divide the egg and bacon among the pies and season with freshly milled pepper and a very little salt. Beat the remaining egg together with the milk and carefully pour the mixture into the pies, allowing it to settle as you go. Dampen the edges and roll out the rest of the pastry to cut out the smaller rounds for the lids.

Make a small hole in the centre of each pie, brush the tops with milk, then bake for 10 minutes. After that, reduce the heat to gas mark 5, 375(190and cook for a further 25 minutes.



## Bacon cheeseburger grilled cheese



### Ingredients

- 2 strips bacon, cut into 1 inch pieces
- 1/2 small onion, diced
- 1/4 pound ground beef
- 1 tablespoon ketchup
- 1 teaspoon mustard
- salt and pepper or steak seasoning to taste
- 2 slices bread
- 1 tablespoon butter
- 1/4 cup cheddar, shredded
- 1/4 cup mozzarella, shredded
- 1/4 cup lettuce, shredded
- 1/4 cup tomatoes, diced
- 1 tablespoon pickle, diced

### Directions

Cook the bacon in a pan over medium heat, set aside on paper towels to drain reserving 1 teaspoon of grease in the pan and the rest elsewhere.

Add the onion and saute until tender, about 5-7 minutes.

Add the ground beef and cook draining any grease when done.

Mix in the ketchup, mustard, salt and pepper, simmer to reduce, remove from heat and set aside.

Heat a clean pan over medium heat.

Butter the outside side of each slice of bread, place one slice in a pan buttered side down, sprinkle on half of the cheese, then top with the the bacon, beef, lettuce, tomato and pickle followed by the remaining cheese and slice of bread, buttered side up.



## Recipes

### Bacon cheeseburger grilled cheese

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Cook until golden brown on both sides and the cheese is melted, about 2-4 minutes per side.

## Bacon Cinnamon Roll



A clever soul has discovered that rashers of streaky bacon are a perfect fit to insert into Pillsbury ready-to-bake cinnamon rolls.

Looks really nice!



## Bacon jam



Sometimes, when I hear of a recipe, I just can't get it out of my head and it preoccupies my thoughts for all waking (and sometimes sleeping) hours. This is one of them. I mean. Bacon. Jam.

Seriously.

### **Ingredients**

1 1/2 pounds sliced bacon, cut into 1-inch pieces  
2 medium yellow onions, diced small  
1/4 cup cider vinegar  
1/4 cup packed dark-brown sugar  
1/4 cup pure maple syrup  
3/4 cup brewed coffee  
Tabasco sauce (according to taste)  
Black pepper to taste

### **Directions**



1. In a heavy cast-iron pot, fry the bacon in batches until lightly browned and beginning to crisp.
2. Fry the onion in the rendered bacon fat on medium heat until translucent.
3. Add the rest of the ingredients except for the water. Simmer for 2 hours adding 1/4 of a cup of water every 25-30 minutes or so and stirring.
4. When ready, cool for about 15-20 minutes and then place in a food processor. Pulse for 2-3 seconds so that you leave some texture to the “jam” or of course you could keep whizzing and make it a smoother and more paste like.

## Bagels

I found a recipe for a little taste of home. I was dubious about the results for a while there, but dayum, they taste wonderlicious!

Yield: 9 bagels

### INGREDIENTS

3 cups flour  
2 tablespoons white sugar  
1 1/2 teaspoons salt  
1 cup warm water  
1 packet active dry yeast

3 quarts boiling water  
3 tablespoons white sugar (to boil)  
1 tablespoon cornmeal  
1 egg white

### DIRECTIONS

Combine flour, yeast, sugar, salt and water into a firm dough. Let it raise in warm area for 30 minutes. Once dough has raised, bring 3 quarts of water to boil in a large pot. Stir in 3 tablespoons sugar.

Cut dough into 9 equal pieces and roll each piece into a small ball. Flatten balls. Poke a hole in the middle with your thumb. Twirl the dough on your finger to enlarge the hole and to even out the dough around the hole. Cover bagels with a clean cloth and let rest for 10 minutes.

Sprinkle ungreased baking sheet with cornmeal. Carefully transfer bagels to boiling water. Boil for 1 minute, turning half-way through. Drain briefly on clean towel. Arrange boiled bagels on baking sheet. Glaze tops with egg white, and sprinkle with poppy seeds or another topping of your choice.

Bake in preheated 350°F oven for 20 – 25 minutes until well browned. Cool on wire rack.

## Baked camembert

Based on a recipe from Nigel Slater. Pure indulgence, this. As the Camembert bakes, the cheese underneath the crust becomes a hot, creamy, sticky, smelly, bubbling pool.



### Ingredients:

a whole small Camembert in it's wooden box  
a little white wine

### Method:

Take the cheese from it's wooden box and remove the paper wrapping. Push the cheese back into the box.

Make half a dozen tiny holes in the rind and drizzle a little white wine into them. Just a few drops. Replace the lid. Bake in an oven preheated to 200°C for twenty-five or until hot and bubbling.

While the cheese is cooking put the potatoes on to boil in salted water. Serve the melted cheese in its box, dipping in the spuds or some gherkins, or simply a chunk or two of very crusty bread.

## BBQ baby back ribs

I made BBQ ribs this weekend. This was the first time I'd been able to savour BBQ ribs in close to 10 years. It was a moment that was waaaay too long in the making, but damn! They was good!!



It's a bit of a convoluted process, but the end result is so worth it if you can't just go a grill house and order them from there, as is the case for me. All in all, they took about 4 hours to get done.

This process was adapted from the [Meathead's guide to amazing ribs](#):

- 1) Rinse.** Rinse the ribs in cool water to remove any bone bits from the butchering. Pat dry with paper towels.
- 2) Skin ‘n’ trim.** If the butcher has not removed the membrane from the back side, do it yourself. Insert a butter knife under the membrane, then your fingers, work a section loose, grip it with a paper towel, and peel it off. Finally, trim the excess fat from both sides.
- 3) Rub.** Coat the meat with a thin layer of vegetable oil because most of the flavourings in the rub are oil soluble, not water soluble. The oil should help the flavour get into the surface and for a better crust. A lot of seasoned barbecue cooks use a base of mustard, but I think oil works better. Sprinkle enough rub to coat all surfaces but not so much that the meat doesn’t show through. That is about 2 tablespoons per side depending on the size of the slab. Many of the herbs and spices in the rub are oil soluble, so the vegetable oil will help them penetrate a little better. Spread the rub on the meat and rub it in. Wash your hands. Wrap the meat in half the foil and let it sit in the fridge for at least 4 hours on a platter or pan to catch leaks. In addition to flavouring the meat, the salt in the rub pulls the juices to the surface and that will help form a crust during the cooking.

### **Meathead’s Memphis Dust Rub Recipe**

Adapted from:

[http://www.amazingribs.com/recipes/rubs\\_pastes\\_marinades\\_and\\_brines/meatheads\\_magic\\_dust.html](http://www.amazingribs.com/recipes/rubs_pastes_marinades_and_brines/meatheads_magic_dust.html)

- 1/4 cup firmly packed dark brown sugar
- 1/4 cup white sugar
- 2 tbsp paprika
- 1 tbsp kosher salt
- 1 tsp ground black pepper
- 1 tsp ground ginger powder
- 1 tsp onion powder
- 1 tsp dried rosemary leaves, ground to a powder

**4) Setup your cooker for indirect cooking with 2 zones.** That means that one side is hot and the other is not. For my gas BBQ, that means only using the left-hand burner. Put a disposable aluminum pan with water on top of the hot burner. Moisture and combustion gasses in a propane grill combine to create a seductive, baconlike flavor in the meat.

**5) Adjust the temp.** Preheat your cooker to about 225F and try to keep it there throughout the cook. Take your time getting the temp right. Cooking at 225F will allow the meat to roast low and slow, liquefying the collagen in connective tissues and melting fats without getting the proteins knotted in a bunch. It’s a magic temp that creates silky texture, adds moisture, and keeps the meat tender. If you can’t hit 225F, get as close as you can. Don’t go under 200F and try not to go over 250F. On my BBQ, this is about 2/3 down on the dial. A tip to see if the temp is too high is to check the water in the water pan. If there are bubbles, you’re probably too high.

**6) Smoke.** For charcoal or gas cookers, add 4 ounces of wood at this time. I put some apple wood chips that had been soaked for 30 minutes and then drained in a cast-iron smoke box that I put right on top of the flame. Resist the temptation to add more wood. Nothing will ruin a meal faster and waste money

better than oversmoked meat. You can always add more the next time you cook, but you cannot take it away if you oversmoke.

**7) Relax.** Put the slabs in the BBQ on the cooler side of the grill, meaty side up on a grill pan with a wire tray. Close the lid and go drink a beer and read a book.

**8) More smoke.** When the smoke disappears after 20-30 minutes, add another 2 ounces of wood. After the first hour, stop adding wood. Adding wood at the beginning of the cook allows better penetration before the meat surface seals itself. If you have more than one slab on, halfway through the cook you will need to move the ribs closest to the fire away from the heat, and the slabs far from the flame in closer. Leave the meat side up. There is no need to flip the slabs. Otherwise, keep your lid on. Opening the lid just upsets the delicate balance of heat, moisture, and oxygen inside your cooker. It can also significantly lengthen the cooking time. No peeking. If you're lookin', you ain't cookin'.

Check the water level every 45 minutes or so and top off with boiling water from the kettle if required.

**9) The bounce test.** After allow 5-6 hours for St. Louis Cut ribs or 3-4 hours for baby back ribs. The exact time will depend on how thick the slabs are and how steady you have kept the temp. If you use rib holders so they are crammed close to each other, add another hour. Check to see if they are ready. I like the bounce test. Pick up the slab with tongs and bounce them. If the surface cracks and it bends a lot, it is ready.

**10) Sauce.** Now paint both sides with your favourite home made barbecue sauce. Move the slab directly over the hottest part of the grill in order to caramelize and crisp the sauce. On a gas grill, remove the water pan and crank up all the burners. Sizzle the sauce on one side and then the other. One coat of a thick sauce should be enough, but if you need two, go ahead, but no more! Don't hide all the fabulous flavors under too much sauce. If you think you'll want more sauce, put some in a bowl on the table. I left the ribs to grill in direct heat for about 20 minutes, flipping regularly so they didn't burn.

### **Home-made BBQ Sauce**

1 bottle of reggae reggae love apple tomato ketchup  
1/3 tin of Tate & Lyle black treacle (aka molasses)  
a splash of balsamic vinegar

Mix everything and simmer until well blended. Adjust taste if too sharp or sweet.

Additional reading:

The Zen of Wood

[http://www.amazingribs.com/tips\\_and\\_technique/zen\\_of\\_wood.html](http://www.amazingribs.com/tips_and_technique/zen_of_wood.html)



## BBQ braised beef sandwich



One 3-pound chuck roast, rinsed and dried (also works well with brisket)  
2 medium onions, chopped  
1 Tbsp olive oil  
1 large tin whole tomatoes (500g or more, preferably plum tomatoes)  
600ml of your favorite homemade barbecue sauce

Preheat oven to 300F/150C.

In a large, heavy pot, heat olive oil on medium heat. Add the onions and cook until translucent, about 5 minutes. Add the tomatoes, roughly chopping them in the pot. Add the barbecue sauce, increase heat to medium high and simmer for 10 minutes.

Add the chuck roast. Cover and put in oven. Braise until fork tender, about 3-4 hours.

Remove the meat from the pot. Use a fork and knife to separate the roast into small pieces. Set aside.

Place the pot on medium/medium-high, uncovered, and reduce the liquid until thick. Stir often to prevent burning.

Return the meat to the liquid in the pan. Warm both thoroughly. Add salt and pepper to taste.

Serve on buns.

### BBQ sauce





1/4 cup vegetable oil  
1/4 cup butter  
1 chopped chile pepper, such as a serrano  
1 medium yellow or white onion, grated  
1 cup bourbon or whiskey  
1/2 cup ketchup  
1/2 cup lemon juice  
1/2 cup apple cider vinegar  
1/3 cup dark molasses  
2-3 tablespoons brown sugar  
Salt to taste

- 1 Heat the butter and oil in a sauce pan over medium-high heat.
- 2 Grate the onion through the coarse grate of a box grater, or finely mince the onion if you don't have a grater.
- 3 Add grated onion and chile to the oil/butter combination and cook over medium heat for 3-4 minutes, or until onions turn translucent. You do not want the onions to turn color.
- 4 Take the pan off the heat and add the bourbon. Return to the stove, turn up the heat to medium-high again and boil down the bourbon for 5 minutes.
- 5 Add the ketchup, lemon juice, vinegar, molasses, and the sugar. Mix well and return to a simmer.
- 6 Cook the sauce for a few minutes to combine the flavors and then taste test it. Is it salty enough? If not, add salt. Is it spicy hot enough? If not, add a little cayenne powder. Is it sweet enough? If not, add some molasses.
- 7 Let the sauce cook down slowly until it thickens, about 20 minutes.

## BBQ braised brisket



### Ingredients

1 (5 to 6-pound) beef brisket, point cut  
1 tablespoon smoked paprika  
Kosher salt and freshly ground pepper  
1 tablespoon olive oil  
1 cup ketchup  
2/3 cup cider vinegar  
1/4 cup molasses  
3 tablespoons brown sugar  
1 tablespoon mustard powder  
3 tablespoons whisky, plus more for seasoning  
10 potato rolls, for serving

### Directions

1. Adjust the oven racks to fit a large Dutch oven. preheat the oven to 350F/175C. Rub the brisket with the paprika, 1 tablespoon salt, and 1/2 teaspoon pepper. Heat the oil in a large Dutch oven over medium-high heat. Add the brisket and sear well on all sides, about 10 minutes.



2. Meanwhile, in a small bowl, stir together the ketchup, vinegar, molasses, sugar, mustard powder, 2 teaspoons salt and 1 cup water. Pour the sauce over the brisket.
  
3. Cover the Dutch oven; transfer to the oven and cook, undisturbed, until the meat is tender, 3 1/2 to 4 hours. Transfer the brisket to a large bowl. Meanwhile, skim excess fat from the sauce in the Dutch oven and bring to a boil over medium heat on the stovetop. Boil until the sauce is thickened (you should have about 2 cups sauce), about 10 minutes. Season with more vinegar, whisky, and salt, if desired.
  
4. Pull the meat apart into large chunks and stir into about two-thirds of the sauce. Sandwich the meat on the potato rolls. Serve with extra sauce on the side.

## BBQ sauce

I've been looking for a garlic-free BBQ sauce. Of course, I can't find one, so I found a few recipes online and combined them into this one, which I will try as soon as I have my BBQ :)

### Ingredients

1 can (28 oz.) tomato puree  
1 can (28 oz.) chopped tomatoes in juice  
1 onion, chopped  
1/3 cup dijon mustard  
1 cup orange juice  
1 1/2 cups wine vinegar  
1/4 cup molasses  
2 tablespoons packed brown sugar  
1 tablespoon paprika  
2 teaspoons chili powder  
2 teaspoons ground red pepper  
1/4 teaspoon Mace  
1/4 teaspoon Cumin  
1 teaspoon salt  
1 teaspoon ground black pepper  
muslin wrapped cloves and cinnamon (to remove afterwards)

In large saucepan, whisk together the tomato puree and mustard until smooth. Stir in remaining ingredients. Bring to a boil. Reduce heat to low and simmer for 30 minutes, stirring occasionally. When done, sieve and simmer for another 10 minutes.

In theory, it should last a few weeks in the fridge because of the vinegar, but I might pack it in sterile jars and see if I can make it last a bit longer.



## Beef and ale pie



- 1 tablespoon vegetable oil
- 1 medium yellow onion, sliced
- 1 medium carrot, chopped
- 4 medium plum tomatoes, diced
- 1 stick celery, sliced
- 500g ground beef
- 500g button mushrooms
- 2 tablespoons all-purpose flour, plus more for rolling
- 1 cup ale beer (or you can use beef or vegetable stock instead)



1 teaspoon dried thyme  
Salt & pepper, to taste  
250g puff-pastry, enough to cover pan

In a large, deep, ovenproof skillet (like a 10-inch cast iron skillet), heat the vegetable oil over a medium heat. Add in the sliced onion and cook while stirring until the onion is translucent. Add the carrot, tomatoes, mushrooms and celery, and continue to cook for 5 minutes, stirring occasionally with a wooden spoon. Add the ground beef and use your spoon to break it up into small pieces.

Keep stirring the mixture until all the beef is opaque and no longer pink. Sprinkle the flour over the contents of the skillet, then stir it in. Lastly stir in the ale, thyme, and a good grind of black pepper. Season with salt, to taste, then take it off the heat and set aside to cool for 10 minutes while you preheat the oven to 400F/200C. (This is a good time to clean up the kitchen!)

Dust the puff pastry with some flour and roll out into a square large enough to cover your skillet. Roll the pastry up onto your rolling pin and unroll over the skillet. Trim off any overhanging edges of the pastry. Place the skillet into the oven and bake for 25 to 30 minutes until golden and bubbling. Leave to cool for 10 minutes before serving.

## Beef and ale pie

### The Laws of the Pie

An authentic steak and ale pie must have a shortcrust pastry lid and come in an oven-proof porcelain or ceramic dish. To truly impress, it must contain the largest amount of actual meat ever seen in a pie. It must always be piping hot when received and stay that way, thanks to the heat-conservation properties of the dish. A truly authentic pie must also arrive accompanied by a selection of potatoes and seasonal vegetables to give balance to the whole meal.

### Pie Facts

There are several factors that influence the outcome of an outstanding steak and ale pie:

- The Dish – You need one that holds heat well, so use a shallow ceramic crockpot or traditional pie dish.
- The Meat – You need a good cut of beef, well-trimmed and suitable for long, slow cooking. A quality stewing or braising beef works best.
- The Ale – For the sake of authenticity, this must be a traditional ale, even a stout will work, but if it is too bitter, you will need to tone it down with a dash of sugar. Some have been known to use cider or porter, and these are acceptable as variations on a theme. The ale provides a marinade base, into which you need to place your prepared, trimmed and cubed beef for at least two hours prior to cooking.
- The Pastry – A truly traditional pie will be lovingly topped with a homemade shortcrust pastry. However, there are not many who will go down the route of preparing the pastry from scratch for a single pie. Enter the supermarket knight on its trusty steed carrying the ready-made packet of pastry. Buy it. Making it is a pain.

### Seasoning

Salt and ground black pepper are the king and queen of seasoning and nutmeg is the prince. You massage the nutmeg and pepper into the meat before cooking and can add them to the marinade as well. However, keep the salt well away until the meat is cooked! Salt will pull the moisture out of the meat, making it tougher.

This dish needs a little more than just salt and pepper though; it needs a kick. You may think chilli would do it but you would be wrong. Think British, think authentic. That leaves you a choice of two items: mustard or horseradish. You pick, but don't overdo it this is comfort food after all.

### Making the Pie

#### Ingredients:

- a ceramic or porcelain dish



- a packet of ready-made shortcrust pastry
- 1kg lean braising or stewing steak, trimmed and cubed
- 2 large white onion, peeled then chopped finely
- 250g white mushrooms, cut in large chunks
- 250g frozen peas
- 1 tbsp plain flour
- 500ml local ale
- salt, pepper and nutmeg to taste
- 1 tsp thyme
- 2 bay leaves
- a dash of English mustard or grated horseradish
- 1 tspn vegetable oil for frying
- an egg



I used Strong Suffolk Vintage Ale, made by [Greene King](#). It has a very dark colour and almost-burnt caramel-y taste without being overpowering. I strongly recommend it.

#### Method

1. Place the beef in a non-metallic dish, having rubbed the meat with nutmeg and pepper, then cover with the ale of your choice and set aside for a couple of hours. You could do this the night before and place the dish, covered, in the bottom of your fridge.
2. When you are ready to begin the cooking process, bring out your dish of marinated beef and set it aside. Place a pan on medium heat, drizzle some oil into it, chop the onion finely and drop it in to sauté gently. When the onion is a pale golden brown, take out your beef, piece by piece, dust with flour and drop into the pan to brown gently. Whisk the rest of the flour, the salt, the thyme and mustard or horseradish into the marinade mixture left in the dish. Once you have browned the beef sufficiently, slowly add the marinade mixture, the bay leaves and the mushrooms then leave to simmer and reduce.
3. While waiting for the liquid to reduce, roll out your pastry on a floured board. The stew needs to be moist but not wet when cooked, bearing in mind that some evaporation will take place in the oven. When it is ready, add the frozen peas and mix well. Ladle the stew into your dish (remove the bay leaves) and drape the pastry over it. Using a knife, trim the edges and make a hole in the top. Fold in the edges of the hole and use your knife to press into the pastry around all the edges and make a scalloped pattern – for a really professional look, you may decide to cut out little patterns and add them around the edges of the hole. Brush the top of the pastry with a little whisked egg yolk to glaze.
4. Place in a pre-heated medium oven at about 200 for about 30 minutes, or until the pastry is golden brown and crisp. You should expect some variation in cooking from different ovens. Some hold moisture in, some allow it out, some distribute the heat with a fan, others insist on charring the top or bottom of your creation. The time and temperature offered here are in the way of a generalised pointer. If you are



uncertain how your oven will perform, keep your eye on proceedings and use the colour of the pastry as a guide. Golden brown and crisp is your aim.





## Beef and vegetable pie



This is one of those spur-of-the-moment recipes.

I had an extra block of defrosted ready-made puff pastry, so I just made a pie lining and cover.

To make the filling, brown 1 pound of lean ground beef in olive oil. Season with thyme, parsley, tabasco, salt & pepper. When the beef is browned, add two diced onions, 3 small diced carrots, half a punnet of quartered mushrooms, one head of broccoli florets and add a bit of water. Cover and let the veg steam until tender (about 8-10 minutes).

Add the ingredients to the lined pie dish. I reused the frying pan to make some thick instant gravy (Bisto granules) and covered the veg/meat with it. Cover with the second half of the pastry and seal well. Brush with beaten egg and cook for 10 minutes in a pre-heated oven at 200C, then lower the heat to 190C for another 25 minutes.

Serve with mashed potatoes and a bit of salad and you have a quick, simple and very tasty meal!

## Beef biryani



### Ingredients

100ml/3½oz full-fat milk  
1 heaped tsp saffron strands  
1kg/2lbs 2oz braising steak, cut into bite-sized chunks  
4 onions, peeled  
25g/1oz fresh root ginger, peeled and roughly chopped  
2 fresh red chillies, deseeded and roughly chopped  
5 cloves  
2 tsp cumin seeds  
2 tsp coriander seeds  
¼ cinnamon stick  
2½ tsp sea salt flakes, plus extra to season  
½ whole nutmeg, finely grated  
135ml/4¾fl oz sunflower oil  
200ml/7fl oz natural yoghurt  
2 bay leaves  
2 tsp caster sugar  
325g/11½oz basmati rice  
4 tbsp chopped fresh coriander  
50g/2oz butter

### To Serve

3 large free-range eggs  
freshly ground black pepper  
fresh coriander

## Preparation method

Pour the milk into a small saucepan, add the saffron threads and heat gently for two minutes without boiling. Remove from the heat and set aside for 2-3 hours, preferably overnight.

Trim the beef of any hard fat and cut into bite-sized pieces. Heat two tablespoons of oil in the frying pan. Season the beef with salt and freshly ground black pepper and fry in 2-3 batches over a medium-high heat until browned on all sides. Transfer to a large, lidded saucepan.

While the beef is frying, roughly chop two of the onions and put in a food processor with the ginger and chillies. Add 50ml/2fl oz cold water and blend to a smooth paste.

Put the cloves, cumin, coriander, cinnamon and 1½ teaspoons salt into a pestle and mortar. Grind until a fine powder. Grate the nutmeg into the mixture and tip into the onion paste. Add plenty of freshly ground black pepper. Mix until all the ingredients are combined.

Add a further three tablespoons of oil into the same frying pan that was used to cook the beef and fry the spiced onion paste over a medium heat for around 10 minutes until lightly browned, stirring often. Place the mixture into the pan with the beef. Stir in the yoghurt, 450ml/16fl oz water and bay leaves. Place the pan over a low heat and bring to a gentle simmer. Cover with a lid and simmer gently for 1½ hours or until the beef is tender, stirring occasionally.

Remove the lid from the pan and stir in the sugar. Increase the heat and simmer the sauce for 10 minutes, or until reduced and thick. Add a little more salt and pepper to taste.

Cut the remaining two onions in half and slice thinly. Pour two tablespoons of oil into a frying pan and fry the onions for 6-8 minutes over a fairly high heat until softened and golden-brown, stirring frequently. Set aside.

Preheat the oven to 180C/350F/Gas 4.

Half-fill a large pan with water, add one teaspoon of salt and bring to the boil. Put the rice in a sieve and rinse under plenty of cold water. Stir the rice into the hot water and return to the boil. Cook for five minutes and drain well. Add the coriander and stir until well combined.

Transfer half the meat and sauce into a large, ovenproof dish. Spoon over half of the part-cooked rice and drizzle with half the soaked saffron threads and milk. Top with half the fried onions. Repeat the layers once more. Dot with the butter. Cover the dish with two layers of tightly fitting foil and bake for 30 minutes.

Hard-boil the eggs for nine minutes until firm and drain in a sieve under running water until cool enough to handle. Peel the eggs and cut into quarters.

Remove the dish from the oven and discard the foil. Use a fork to lightly fluff the rice. Garnish with the freshly boiled eggs. Add a few fresh coriander leaves and serve.



## Beef brisket



Easy! Beef brisket roast, slathered in a mixture of BBQ sauce and soy sauce, wrapped in foil, and baked until falling apart tender. Simple and delicious.

3 to 4 lbs of a brisket cut of beef  
3/4 cup barbeque sauce  
1/4 cup soy sauce  
1 cup of water

Preheat oven to 300F/150C.

In a bowl, mix together the barbeque sauce, soy sauce, and water.

Place the brisket roast on a large piece of aluminum foil. Spread the BBQ sauce mixture generously over meat. Wrap the brisket in aluminum foil and place it in a roasting pan. Bake for 1 hour for every 1 pound of meat.

Remove from oven and let rest in the foil for 30 minutes before serving. The easiest way to serve the roast is to first cut it in half along the grain of the meat (poke the meat with the tip of a knife or tines of a



fork to see which way the grain or lines of the muscles are going if you can't see it from the surface). Then make 1/4-inch to 1/2-inch thick cuts across the grain to serve. (Cutting the meat across the grain will make it much easier to eat, as the cuts break up the muscle tissue.)

## Beef Stroganoff



### Ingredients

400g beef rump steak, trimmed  
1 tbsp butter  
1 tbsp olive oil  
300g small button mushrooms  
250g pappardelle pasta  
3 shallots, finely chopped  
1 tbsp plain flour  
300ml beef stock  
1 tbsp Dijon mustard  
1 tbsp tomato purée  
3 tbsp crème fraîche (or Greek yogurt)  
flat-leaf parsley, chopped

1. Freeze the beef for 45 mins before you begin, slice as thinly as you can, then season.
2. In a large, non-stick frying pan, melt half the butter with half the oil. Increase the heat, then quickly sear the beef in batches until browned on both sides. Remove the meat and set aside. Repeat with the





mushrooms, then set aside with the beef. Boil the pasta.

3. Add the remaining butter and oil to the pan and soften the shallots for a few mins. Stir in the flour for 1 min, then gradually stir in the stock. Bubble for 5 mins until thickened, then stir in the mustard, purée, crème fraîche and seasoning. Bubble for 1 min more, then return the beef and mushrooms to the pan.

4. Drain the pasta, toss with half the parsley, season, then serve with the creamy stroganoff, sprinkled with the remaining parsley.

## Beef Stroganoff



Beef Stroganoff first appeared in Russian cookbooks in the mid 1800s, presumably named for a prominent member of the Stroganoff family. The dish became popular in the U.S. in the 1950s from servicemen returning from Europe and China after WWII.

If you substitute yogurt for the sour cream, use full fat yogurt, and make sure to take the pan off the heat before stirring it in or it may curdle.

70g butter  
500g of top sirloin or tenderloin, cut thin

1/3 cup chopped shallots (can substitute onions)  
250g button mushrooms, sliced  
Salt to taste  
Pepper to taste  
1/8 tsp nutmeg  
1/2 tsp of dry tarragon or 2 teaspoons of chopped fresh tarragon  
1 cup of sour cream at room temperature

1 Melt half of butter in a large skillet on medium heat. Increase the heat to high/med-high and add the strips of beef. You want to cook the beef quickly, browning on each side, so the temp needs to be high enough to brown the beef, but not so high as to burn the butter. You may need to work in batches. While cooking the beef, sprinkle with some salt and pepper. When both sides are browned, remove the beef to a bowl and set aside.

2 In the same pan, reduce the heat to medium and add the shallots. Cook the shallots for a minute or two, allowing them to soak up any meat drippings. Remove the shallots to the same bowl as the meat and set aside.

3 In the same pan, melt last of the butter. Increase heat to medium high and add the mushrooms. Cook, stirring occasionally for about 4 minutes. While cooking, sprinkle the nutmeg and the tarragon on the mushrooms.

4 Reduce the heat to low and add the sour cream to the mushrooms. You may want to add a tablespoon or two of water or stock to thin the sauce (or not). Mix in the sour cream thoroughly. Do not let it come to a simmer or boil or the sour cream may curdle. Stir in the beef and shallots. Add salt and pepper to taste.

Serve immediately over egg noodles, mashed potatoes, or rice.



## Beef or turkey Stroganoff



### Ingredients

- 1 1/2 pounds lean ground beef or turkey
- 1 small onion, chopped
- 1/2 pound sliced white button mushrooms
- 4 ounces light cream cheese, cubed
- 2 cups beef stock
- 1/2 cup lowfat milk
- 3 tablespoons flour
- 1/2 cup light sour cream
- Salt and pepper to taste
- Cooked egg noodles or rice for serving

### Directions

In a large nonstick skillet, cook the meat, onion, salt and pepper, on medium-high heat, stirring occasionally to break up the meat into small pieces, until the meat is almost cooked through but still slightly pink, about 5 minutes. Drain excess grease. Add sliced mushrooms and cook until the mushrooms are soft and browned and the meat is cooked through, another 5 minutes or so.

Add the cubed cream cheese and let the cream cheese melt over medium heat, about 2-3 minutes, before stirring in. Mix gently until the cream cheese is incorporated throughout the meat mixture. In a large liquid measuring cup, combine the beef stock and milk. Whisk in the flour until the mixture is smooth and there are no lumps of flour remaining.

Stir the beef stock/milk mixture into the meat and cook over medium or medium-high heat, stirring



occasionally. Let the mixture bubble and simmer until slightly thickened, 3-4 minutes. Stir in the sour cream and add additional salt and pepper to taste. Serve over cooked egg noodles or hot, cooked rice. Sprinkle each serving with fresh parsley, if desired.

## Beef Wellington



A good beef fillet (preferably Aberdeen Angus) of around 1kg  
3 tbsp olive oil  
250g chestnut mushroom, include some wild ones if you like  
50g butter  
1 large sprig fresh thyme  
100ml oz dry white wine  
12 slices prosciutto  
500g pack puff pastry, thawed if frozen  
a little flour, for dusting  
2 egg yolks beaten with 1 tsp water  
Dijon mustard

1. Heat oven to 200C/fan 180C/gas 7. Pan sear the beef in olive oil to give it some colour. Season with salt and pepper. Transfer to the oven and roast for 15 mins for medium-rare or 20 mins for medium. When the beef is cooked to your liking, remove from the oven to cool, then chill in the fridge for about 20 mins.

2. While the beef is cooling, chop 250g chestnut (and wild, if you like) mushrooms as finely as possible so they have the texture of coarse breadcrumbs. You can use a food processor to do this, but make sure

you pulse-chop the mushrooms so they don't become a slurry.

3. Heat 2 tbsp of the olive oil and 50g butter in a large pan and fry the mushrooms on a medium heat, with 1 large sprig fresh thyme, for about 10 mins stirring often, until you have a softened mixture. Season the mushroom mixture, pour over 100ml dry white wine and cook for about 10 mins until all the wine has been absorbed. The mixture should hold its shape when stirred. Remove the mushroom duxelle from the pan to cool and discard the thyme.

4. Overlap two pieces of cling film over a large chopping board. Lay 12 slices prosciutto on the cling film, slightly overlapping, in a double row. Spread half the duxelles over the prosciutto, then sit the fillet on it. Brush Dijon mustard on the beef fillet with a pastry brush and spread the remaining duxelles over. Use the cling film's edges to draw the prosciutto around the fillet, then roll it into a sausage shape, twisting the ends of cling film to tighten it as you go. Chill the fillet while you roll out the pastry.

5. Dust your work surface with a little flour. Roll out a third of the 500g pack of puff pastry to a 18 x 30cm strip and place on a non-stick baking sheet. Roll out the remainder of the 500g pack of puff pastry to about 28 x 36cm. Unravel the fillet from the cling film and sit it in the centre of the smaller strip of pastry. Beat the 2 egg yolks with 1 tsp water and brush the pastry's edges, and the top and sides of the wrapped fillet. Using a rolling pin, carefully lift and drape the larger piece of pastry over the fillet, pressing well into the sides. Trim the joins to about a 4cm rim. Seal the rim with the edge of a fork or spoon handle. Glaze all over with more egg yolk and, using the back of a knife, mark the beef Wellington with long diagonal lines taking care not to cut into the pastry. Chill for at least 30 mins and up to 24 hrs. Heat oven to 200C/fan 180C/gas 6. Brush the Wellington with a little more egg yolk and cook until golden and crisp – 20-25 mins for medium-rare beef, 30 mins for medium. Allow to stand for 10 mins before serving in thick slices.

Alternatives: You can replace the prosciutto with a generous slathering of paté. You can also mix in some Boursin cheese with the mushroom duxelle.

## Beer-braised brisket



Serve brisket with sauces, slaw, pickles, and rolls so guests can assemble into sandwiches.

### Ingredients

- 2 tablespoons brown sugar
- 2 tablespoons Dijon mustard
- 2 tablespoons olive oil
- 1 tablespoon freshly ground black pepper
- 1 tablespoon ground cumin
- 1 tablespoon paprika
- 1 teaspoon cayenne pepper
- 1/4 cup kosher salt, plus more
- 1 8–10-pound untrimmed flat-cut brisket
- 2 onions, thinly sliced
- 500ml can beer

### Preparation

Mix brown sugar, mustard, oil, black pepper, cumin, paprika, cayenne, and 1/4 cup salt until smooth. Rub all over brisket, working into crevices. Wrap in plastic; chill 1–2 days. Let meat sit out until room





temperature, about 1 hour.

Preheat oven to 325F/165C. Scatter onions in a large roasting pan and set brisket, fat side up, on top. Add beer; cover with foil. Braise until meat is very tender, 5–6 hours. Remove from oven; heat broiler. Broil brisket, uncovered, until top is browned and crisp, 5–10 minutes.

Let brisket cool slightly. Remove from pan and shred or slice. Remove onions with a slotted spoon; mix into brisket. Taste and moisten with some cooking liquid and season with salt, if needed.

## Beignets

If you havent been to New Orleans youve probably never eaten a Beignet, but youve probably had something similar. Cafe au Lait and Beignets, is New Orleans for Coffee & Donuts.

The most famous place in New Orleans for Beignets and Cafe au Lait is Cafe Du Monde on Decatur on the riverside of Jackson Square, which is legendary, you have to go once.

### New Orleans Style Beignet Recipe

1 Envelope Active Dry Yeast  
3/4 Cup Warm Water  
1/4 Cup Granulated Sugar  
1/2 tsp Salt  
1 Beaten Egg  
1/2 Cup Evaporated Milk  
3 1/2 – 3 3/4 Cups A.P. Flour  
1/8 Cup Butter  
Vegetable Oil for Frying  
Powdered Sugar in a shaker or sifter

Combine the Yeast, Water, and Sugar in a large mixing bowl. Let this sit until frothy, about 5 minutes, then add the Salt, Egg, and Evaporated Milk. Mix well, then add half of the flour until it starts to come together, then add the butter. When the butter is incorporated start adding the remaining flour, a little at a time until most of it is incorporated. At this time I always turn the dough onto a floured bench to finish by hand, just like when I make bread; its a touch thing. Knead the dough adding just enough flour as necessary to make a non-sticky, smooth dough. Place the dough into a large oiled bowl, loosely cover and let rise (about 1h in a warm cupboard)

After the dough has doubled in bulk, punch it down and turn it onto a floured surface and roll out into a rectangle that is about 1/2thick. With a very sharp knife working at a diagonal to the rectangle, cut into 2wide strips. Now cut into diamond shapes by making diagonal cuts in the opposite direction. Place the Beignets on a floured baking sheet to let rise another hour in a warm place.

When the Beignets have risen, deep fry them in vegetable oil at 180C. Place 2-3 Beignets into the hot oil at a time, being careful not to smash or deflate them. When they are golden brown, flip them over until golden brown on the other side (They go pretty quickly so start checking them right after they go into the oil). Remove to paper towel lined plates to drain. Serve hot topped with plenty of powdered sugar (because the dough doesnt contain much sugar, you will want a lot!). Best served with Cafe au Lait. Enjoy!

Makes about 2 dozen.



## Bhaji frittata



2 tbsp vegetable oil  
2 onions, thinly sliced  
2 tsp mild curry powder (\*)  
450g potatoes, coarsely grated and any excess liquid squeezed out  
6 medium eggs, beaten  
100g frozen peas  
small bunch coriander, roughly chopped

1. Heat oven to 200C/180C Fan/gas 6
2. Heat oil in an ovenproof frying pan and fry onions for about 10 minutes over medium heat, until golden. Add curry powder and cook for 1 min.

3. Add grated potatoes and cook for 5-8 minutes, stirring occasionally. You want the potatoes to soften, but also catch a little and turn golden in patches.
4. Season the eggs, then pour into the pan with peas and most of the coriander, swirling to coat the potato mixture. Cook for 1 min more, then transfer to the oven for 10 mins until the eggs have set.
5. Sprinkle with remaining coriander and serve with chutney, natural yogurt and naan bread.

#### Homemade mild curry powder

- 2 tablespoons ground cumin
- 2 tablespoons ground coriander
- 1 teaspoons ground turmeric
- 1/2 teaspoon crushed red chili
- 1/2 teaspoon mustard seed
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground fenugreek



## Bigos - Polish hunter's stew



### INGREDIENTS

- 50g dried porcini or other wild mushrooms
- 2 Tbsp bacon fat or vegetable oil
- 1kg pork shoulder, cubed
- 1 large onion, chopped
- 1 head cabbage (regular, not savoy or red), chopped
- 750g pounds mixed fresh mushrooms
- 500g kielbasa or other smoked sausage
- 1 smoked ham hock
- 500g fresh Polish sausage (optional)
- 1 medium tin chopped tomatoes
- 1 bottle of pilsner or lager beer
- 1 Tbsp juniper berries (optional)
- 1 Tbsp black peppercorns
- 1 Tbsp caraway seeds
- 2 Tbsp dried marjoram
- Salt
- 2 Tbsp tomato paste (optional)
- 1-2 Tbsp mustard or horseradish (optional)

### METHOD



1 Pour hot tap water over the dried mushrooms and submerge them for 20-40 minutes, or until soft. Grind or crush the juniper berries and black peppercorns roughly; you don't want a powder. Cut the pork shoulder into large chunks, about 2 inches. Cut the sausages into similar-sized chunks. Clean off any dirt from the mushrooms and cut them into large pieces; leave small ones whole.

2 Heat the bacon fat or vegetable oil in a large lidded pot for a minute or two. Working in batches if necessary, brown the pork shoulder over medium-high heat. Do not crowd the pan. Set the browned meat aside.

3 Put the onion and fresh cabbage into the pot and sauté for a few minutes, stirring often, until the cabbage is soft. Sprinkle a little salt over them. The vegetables will give off plenty of water, and when they do, use a wooden spoon to scrape any browned bits off the bottom of the pot. Add the tomato paste. Once the pot is clean and the cabbage and onions soft, remove from the pot and set aside with the pork shoulder.

4 Add the mushrooms and cook them without any additional oil, stirring often, until they release their water. Once they do, sprinkle a little salt on the mushrooms. When the water is nearly all gone, add back the pork shoulder, the cabbage-and-onion mixture, and then everything else. Add the beer and chopped tomatoes. Stir well to combine.

5 You should not have enough liquid to submerge everything. That's good: Bigos is a "dry" stew, and besides, the ingredients will give off more liquid as they cook. Bring everything to a simmer, cover the pot and cook gently for at least 2 hours.

6 Bigos is better the longer it cooks, but you can eat it once the ham hock falls apart. Check at 2 hours, and then every 30 minutes after that. When the hock is tender, fish it out and pull off the meat and fat from the bones. Discard the bones and the fat, then chop the meat roughly and return to the pot.

Bigos is best served simply, with rye bread and a beer. If you want a little kick, add the mustard or horseradish right before you eat it. Bigos improves with age, too, which is why this recipe makes so much: Your leftovers will be even better than the stew was on the first day.

## Borscht



### Ingredients

250g sirloin or flank steak, trimmed, cut into 1/2-inch cubes  
250g mushrooms, sliced  
4 medium beets (about 500g), peeled and shredded  
2 medium potatoes (about 200g), peeled and cubed  
1 1/2 cups shredded cabbage  
1 cup shredded carrots  
1 cup finely chopped onion  
1 cup finely chopped celery  
120ml red wine  
1.5l beef broth  
250ml tomato sauce  
chopped fresh dill (to taste)  
1/2 cup sour cream (to serve)

### Preparation

Heat 2 teaspoons oil in a large soup pot or Dutch oven over medium-high heat. Add steak and cook, stirring frequently, until beginning to brown, 2 to 4 minutes. Transfer to a bowl.

Add 1 teaspoon oil to the pot and heat over medium-high. Add mushrooms and cook, stirring, until beginning to brown, 3 to 5 minutes. Transfer to the bowl.



Add the remaining 1 teaspoon oil to the pot. Add potatoes, beets, cabbage, carrots, onion and celery. Cook, stirring frequently, until beginning to soften, about 10 minutes. Add wine and cook, stirring and scraping up any browned bits. Stir in the reserved mushrooms, broth and tomato sauce. Cover and bring to a boil. Reduce heat to maintain a simmer and cook, covered, until the vegetables are tender, about 30 minutes.

Add the reserved beef. Simmer, covered, until heated through, 1 to 2 minutes. Stir in dill. Top each portion with 1 tablespoon sour cream and garnish with more dill, if desired.



## Bottisham-style smoked meat

I'm a happy camper! I am! Really, really happy!

Why am I so happy, you might ask? It's because I've finally gotten my grubby little hands on 2kg of freshly smoked, custom-made smoked meat :D



Ever since my garlic allergy reared its ugly head, I haven't been able to eat proper smoked meat because there's garlic in the spice rub they use to dry-cure the meat. However, I discovered that there's a smokery about 30 minutes away from the house. Our local pub buys their smoked salmon and smoked duck breast from there and they're good.

The guy that runs it has a blog and we got talking about the possibility of him making some for me. He was intrigued about the concept and decided to have a go at it. He found a recipe online and he's been working at it for the last week or so :) What you see in that picture is half a brisket that's been dry-cured for a week, then smoked for 10 hours. All that I needed to do was to steam it for 2-3 hours:



Even though it's fully cured and smoked, the steaming process renders out all the fat and truly changes the texture and taste. It mellows out the smoky taste and makes the meat incredibly moist.





I only steamed a quarter of the brisket for 2 hours. There's still a bit of fat that could have been melted away, but we were too hungry by that time :)



All that was left was to cut it into thin slices, pile it on some rye bread with lots of mustard and enjoy a sandwich with coleslaw and some pickles :)



It was toe-curling good. I must have more.

## Braseolea

Bresaola is salted and dried just like a salami but it's made from a single muscle of beef. This means that, though the surface might develop a healthy bloom of mould while it dries, the inside of the meat is never exposed to the air making any kind of bacterial development much less likely.

There's a common belief that we don't "do charcuterie" in this country because our humid climate makes meat go off rather than dry; that's a complete myth. You actually need a cool, moist environment for curing, preferably with a decent breeze. If a sausage or piece of meat dries quickly in dry air the outside becomes hard too quickly, preventing the moisture from escaping from the centre. In moist air the outer surface remains pliable as the meat dries evenly throughout. Most of the best charcuterie in the world is cured in moist temperate climates, often in mountains or where a good clean sea-breeze can promote drying through evaporation.

This is obviously not an accurate description of conditions where I live in Camden Town but I've had great success drying meat in my kitchen, hanging close to a north facing window for maximum chill and breeze through the knackered sashes. I also tend to hang over the sink to keep the humidity up. If things get too hot I move things to the shade. In fact the more you can keep an eye on your meat, checking it daily, the better result you're likely to get.

Many home curers starting out get jumpy when mould appears. Actually a chalk-white bloom on the surface is healthy and any spots of slimy or black mould can be spotted and quickly removed with plain vinegar – one good reason for a daily check. The best reassurance, though, is a good deep sniff. If your meat is going off you'll definitely know by the smell in fact, in Italy this is still considered the only sure way to check. Testers use a long needle made from horse bone which can be slid into the ham or salami and sniffed to ensure there's no trace of putrescence.

Have a go at a bresaola before the weather gets too hot (there's a step by step picture gallery here). The cut of meat is cheap, the process simple and if you start now then by late June you'll be smugly picnicking under the bougainvillea on your own charcuterie.

1. Ask your butcher for the main muscle in the top round. This is from the top of the leg, usually regarded as a second class roast but excellently lean and close textured for our purposes



2. Trim off all the surface fat and silverskin. Be merciless, it all makes for great stock. Don't try to remove the single vein of silverskin running through the centre of the muscle – your meat will fall apart if you do.



3. Make up your dry cure from 100g of coarse salt, 100g of sugar, 5g black pepper and 5g of Prague Powder #2. (easily available [online here](#)). You can go off piste with the aromatics if you like but I favour the traditional rosemary and juniper. Put the lot through the grinder and reserve half the cure in an airtight jar.

4. Rub half the cure into the surface of the meat and seal it into a freezer bag. Place the meat in the fridge and allow to marinate, turning daily. After a week, take the meat out of the bag, dry it with a paper towel and then rub with the second half of the cure. Reseal and marinate for a second week.



6. Remove any remaining cure and pat dry with paper towels. Tie two pieces of string vertically around the meat then tie a series of butchers knots horizontally around and wrap in clean muslin.







7. Label clearly with date and weight and hang in a cool place, not too dry. Check regularly by taking a good deep sniff for unpleasantness and weighing carefully. Your bresaola will be ready after around three weeks when it's lost 30% of its weight.



8. I usually remove the muslin for the last week of drying. If there's a great deal of mould on the surface I wash it off with a clean piece of muslin soaked in vinegar.



9. Slice paper thin and serve as it comes or with with a little olive oil and lemon juice.





## Brie and ham bread and butter pudding



### Ingredients

3 tablespoons unsalted butter, plus more for the ramekins

450g camembert cheese with rind

400ml single cream

400ml full fat milk

4 large eggs

Kosher salt and freshly ground black pepper

1 baguette, bottom crust discarded, cut into 1/2-inch dice

450g cooked, smoked ham, cut into 1/2-inch cubes

2 shallots, thinly sliced

2 large fresh thyme sprigs

1 Granny Smith apple, peeled, cored and cut into 1/2-inch cubes

1 cup dry white wine

Green salad, for serving, optional

**Directions**

Preheat the oven to 375 degrees F with 1 rack set on the middle shelf and 1 rack set on the bottom shelf. Fill a large baking dish halfway with warm water and place on the bottom rack.

Butter eight 8-ounce ramekins and place on a baking sheet. Slice the cheese into 1/2-inch cubes and lay on a plate to keep them from sticking together.

Whisk the cream and eggs together in a large bowl. Add 1 teaspoon salt and a pinch of pepper. Add the baguette cubes and ham. Stir to combine.

Melt the butter in a large saute pan over medium-high heat. Add the shallots and thyme, season with salt and pepper and cook until slightly softened and browned around the edges, 4 to 6 minutes. Add the apples, season with salt and pepper and cook until slightly softened and browned around the edges, 3 to 5 minutes. Stir in the wine and cook until the wine has completely absorbed, 3 to 4 minutes. Discard the thyme sprigs. Add the apple mixture along with the cheese cubes to the beaten eggs, and stir to combine.

Evenly divide the bread pudding among the ramekins. Bake until a paring knife inserted into the center of a bread pudding comes out clean and hot, 18 to 25 minutes, rotating the pan halfway through. Allow the bread puddings to cool for at least 5 minutes before serving. Serve alongside a lightly dressed green salad.



## Brie wrapped in prosciutto & brioche



### Ingredients

375g strong white bread flour  
50g caster sugar  
7g sachet fast-action dried yeast  
75ml milk  
3 large eggs, plus 2 beaten eggs for glazing  
185g unsalted butter, softened

250g round brie  
8 slices prosciutto

### Method

Mix the flour, 1 tsp salt, caster sugar, yeast, milk and eggs together in a mixer using the dough attachment for 5 mins until the dough is smooth. Add the butter and mix for a further 4 mins on medium speed. Scrape the dough bowl and mix again for 1 min. Place the dough in a container, cover with cling film and leave in the fridge for at least 6 hrs before using.



Wrap the Brie in the prosciutto and set aside.

Turn out the dough onto a lightly floured surface. Roll into a 25cm circle. Place the wrapped Brie in the middle of the circle and fold the edges in neatly. Put the parcel onto a baking tray lined with baking parchment and brush with beaten egg. Chill in the fridge for 30 mins, then brush again with beaten egg and chill for a further 30 mins. Leave to rise for 1 hr at room temperature. Heat oven to 200C/180C fan/gas 6, then bake for 22 mins. Serve warm.

TIP – Serve warm but not too hot, so the cheese isn't too runny.

## Brownies



185g unsalted butter  
185g best dark chocolate  
85g plain flour  
40g cocoa powder  
50g white chocolate  
50g milk chocolate  
3 large eggs  
275g golden caster sugar

Melt 185g unsalted butter, cut into smallish cubes, and 185g best dark chocolate, broken into small pieces, in a double boiler. Leave the melted mixture to cool to room temperature.

While you wait for the chocolate to cool, position a shelf in the middle of your oven and turn the oven on to fan 160C/conventional 180C/gas 4 Using a shallow 20cm square tin, cut out a square of non-stick baking parchment to line the base.

Sieve together 85g plain flour and 40g cocoa powder over a medium bowl.

With a large sharp knife, chop 50g white chocolate and 50g milk chocolate into chunks on a board, so you end up with rough squares.

Break 3 large eggs into a large bowl and tip in 275g golden caster sugar. With an electric mixer on maximum speed, whisk the eggs and sugar until they look thick and creamy, like a milk shake. This can take 3-8 minutes, depending on how powerful your mixer is. You'll know it's ready when the mixture becomes really pale and about double its original volume.

Pour the cooled chocolate mixture over the eggy mousse, then gently fold together with a rubber spatula. The idea is to marry them without knocking out the air, so be as gentle and slow as you like.

Hold the sieve over the bowl of eggy chocolate mixture and resift the cocoa and flour mixture, shaking the sieve from side to side, to cover the top evenly. Gently fold in this powder using the same figure of eight action as before. The mixture will look dry and dusty at first, and a bit unpromising, but if you keep going very gently and patiently, it will end up looking gungy and fudgy. Stop just before you feel you should, as you don't want to overdo this mixing. Finally, stir in the white and milk chocolate chunks until they're dotted throughout. Now your mixing is done and the oven can take over.

Pour the mixture into the prepared tin, scraping every bit out of the bowl with the spatula. Gently ease the mixture into the corners of the tin and paddle the spatula from side to side across the top to level it. Put in the oven and set your timer for 25 minutes. When the buzzer goes, open the oven, pull the shelf out a bit and gently shake the tin. If the brownie wobbles in the middle, it's not quite done, so slide it back in and bake for another 5 minutes until the top has a shiny, papery crust and the sides are just beginning to come away from the tin. Take out of the oven.

Leave the whole thing in the tin until completely cold, then, if you're using the brownie tin, lift up the protruding rim slightly and slide the uncut brownie out on its base. If you're using a normal tin, lift out the brownie with the foil. Cut into quarters, then cut each quarter into four squares. They'll keep in an airtight container for a good two weeks and in the freezer for up to a month.



## Buffalo cauliflower



1 head cauliflower, leaves removed  
light oil (canola, rapeseed, sunflower)  
Kosher salt and freshly ground black pepper  
125ml preferred hot sauce  
100g unsalted butter, cut into small pieces  
Crumbled blue cheese, to taste

Arrange a rack in the middle of the oven and preheat to 190C.

Cut the stalk end off the cauliflower so that the head sits flat and place it on a large baking sheet. Rub 2 tbsps of the oil all over the cauliflower, season to taste with salt and pepper, and roast until the outside starts to brown, about 30 minutes.

Transfer the cauliflower to a cutting board and let cool. Once the cauliflower is cool enough to handle, cut or break it into small florets.

In a medium saucepan over moderate heat, bring the hot sauce to a simmer. Reduce the heat then slowly whisk in the butter until fully incorporated. Remove from the heat and let cool.

In a large, deep frying pan over moderate heat, warm the remaining oil. Add the cauliflower florets, season to taste with salt and pepper, and sauté until heated through, about 5 minutes. Add enough Buffalo sauce to coat the cauliflower and continue sautéing until both the cauliflower and the sauce are hot, about 5 minutes. Transfer the cauliflower to a platter and garnish with the crumbled blue cheese.

## Butter scones

### Ingredients

225g/8oz self raising flour  
1 tsp baking powder  
50g/2oz butter  
25g/1oz caster sugar  
150ml/5fl oz milk combined with 1/2 beaten egg

### Method

1. Heat the oven to 220C/425F/Gas 7.
2. Sieve together the flour, baking powder and rub in the butter until a fine breadcrumb consistency is achieved.
3. Stir in the sugar.
4. Add just enough of the milk/egg mixture to get a soft dough. Note that you will probably not need to add all of it.
5. Turn on to a floured work surface and knead very lightly. Divide the dough in half and roll out to a round 2cm thick. Use a 5cm/2in cutter to stamp out rounds and place on a baking sheet lined with grease-proof paper.
6. Lightly knead together the excess cuttings with the other half of the dough and stamp out more scones to use it all up.
7. Brush the tops of the scones with the remaining milk/egg mix. Bake for 12-15 minutes until well risen and golden.
8. Cool on a wire rack and serve with butter and good jam and maybe some clotted cream.

## Caesar salad

### Ingredients

6 bacon rashers  
2 large free-range egg  
juice of half a lemon  
3 anchovy fillets  
6 tbsp olive oil, plus a little extra for frying  
1 tsp dijon mustard  
freshly ground black pepper  
25g/1oz Parmesan cheese, coarsely grated  
1 large romaine lettuce, washed and torn into pieces  
2 thick slices of white bread, crusts removed, cubed

### Method

1. Place the eggs in a pan of cold water and bring to the boil. Boil for 1 minute and then plunge into cold water to stop the cooking process.
2. Once the eggs are cool enough to handle, crack them into a food processor and add lemon juice, anchovies, mustard and oil. Process well and add pepper to taste.
3. Place the romaine lettuce in a bowl.
4. Fry the bacon until crisp. Drain on kitchen paper and chop roughly into bits.
5. Fry the bread cubes in a little olive oil until crispy, then drain on kitchen paper.
6. To serve, toss the bacon into the lettuce, pour the dressing over the leaves and add the croutons and Parmesan. Toss well and serve at once.



## Carrot and chili chutney

3 lb finely grated carrots  
2? fresh ginger, chopped  
1 large lemon, grated with rind and juice  
4–6 fresh chopped chillies  
12 tablespoon mustard seeds (white if possible)  
2 heaped teaspoons cumin powder  
1 heaped teaspoon turmeric  
3 heaped teaspoons coriander  
1 heaped teaspoon chili powder  
1 teaspoon black pepper  
1 teaspoon salt  
8 tablespoons olive oil  
180ml malt vinegar  
2 tablespoons balsamic vinegar  
4 tablespoons tomato purée  
6 oz brown sugar

Heat the oil, add the mustard seeds and pop them.

Add all the other spices and fry for about 2 minutes, add lemon juice and vinegar and mix altogether.

Add the remainder of the ingredients and give a good stir.

Cover and simmer for about 2 hours.

Ladle into hot, sterilized jars, adding a little extra oil, and seal.

Label with contents when fully cool.



## Carrot and orange cake



### Ingredients:

175 g light muscovado sugar  
150 ml sunflower oil  
3 large eggs, beaten  
160 g (fine to medium) grated carrot  
Grated zest of 1 large orange  
100 g wholemeal self-raising flour  
75 g self-raising flour  
1 teaspoon bicarbonate of soda  
1 teaspoon ground cinnamon (freshly ground cinnamon is best)

### For the Orange Glaze:

Juice of 1 large orange  
2 tablespoons of caster sugar

### For the Frosting:

200 g cream cheese (low fat is better)  
Icing sugar to taste (I have left the quantity for you to decide, some like it sweet, some prefer, like me, not so sweet)

### Directions:

Heat oven to 160 C (Fan).



Put sugar, oil and beaten eggs into a large bowl, and thoroughly combine with a spoon, beating lightly. Stir in carrots and orange zest.

Mix flours, bicarbonate of soda, and cinnamon together, then sift into bowl and lightly mix.

Pour mixture into prepared tin (18 cm square loose bottomed, greased and lined with baking parchment)

Bake for 45 mins, and a wooden skewer comes out clean. Leave to cool in tin, but remove before decorating.

Squeeze the juice of the orange into a pan (sieve to remove all that isn't juice), and add sugar, and heat slowly until sugar has dissolved. As soon as cake is out of oven, brush the glaze all over the top of the cake and allow to soak in. Leave cake to cool completely, then remove from tin.

Mix together the cream cheese and icing sugar. Add more icing sugar if you prefer it sweeter.

Spread the frosting all over the top of the cake, and swirl it a knife.

## Cereal bars



1. Base Ingredient: 2 1/2 Cups, Total, of any of the following:  
Quick cooking oats, Puffed wheat, Rice Crispies, Special K
  2. Something Sweet: 3/4 Cups of any combination of the following:  
Honey, Grade B Maple Syrup, Molasses, Agave or other sweetener.
  3. Something Chewy: 1 Cup of any or all of the below:  
Dried Cranberries, Raisins, Apricots, Dates, Pineapple, Figs, Cherries, Blueberries etc. (Just keep the size of the fruit relatively small (ie, diced if larger, like dates).
  4. Something Crunchy: 1 Cup of any.  
Sunflower Seeds, Chocolate Chips, Cocoa nibs, other seeds or nuts (if possible)
  5. Something to Hold it All Together: 1 Cup  
Try using Applesauce, Peanut Butter, Almond Butter, Pureed Dates, Nutella, Biscoff Spread, etc. (again, avoid peanut butter if sending these to school).
1. Heat Oven to 325F/ 170C/ 150fan.
  2. Line an 8×8 Baking pan with parchment paper in cross-wise fashion with lots of extra overhanging.
  3. Mix dry ingredients together in a large bowl. (ie. base, chewy, crunchy). Add spice to taste. (ex cinnamon, clove, nutmeg, 1 tsp salt).

4. Mix wet ingredients together. ( ie. sweet, and something to hold it all together, 1 tsp vanilla extract).
5. Combine wet into dry, and mix well.
6. Pour mixture into baking pan, and with the extra parchment paper overhanging, press mixture firmly and evenly in pan. When you think you've pressed it firmly enough, do it again and press a little more.
7. Bake for 25 minutes. Remove from oven, and let cool for 2 hours. Remove from pan and cut into desired size (squares or bars).

You can store these in an airtight container for 5-6 days. (if they last that long!)



## Coffee-chocolate cake



- 2 cups sugar
- 1 3/4 cups all-purpose flour
- 3/4 cup unsweetened cocoa powder
- 2 teaspoons baking soda
- 1 teaspoon baking powder
- 1 teaspoon kosher salt
- 2 eggs
- 1 cup buttermilk (\*)
- 1 cup strong black coffee



1/2 cup vegetable oil  
2 teaspoons vanilla extract

(\*) Buttermilk can be substituted by adding 1 tbsp vinegar to 1 cup milk and letting stand for 5 minutes.

**DIRECTIONS:**

1. Heat oven to 175C. Grease and flour two 9-inch round baking pans. Set aside.
2. In the bowl of a stand mixer fitted with the whisk attachment or in a large bowl with an electric mixer, combine the sugar, flour, cocoa, baking soda, baking powder and salt. Mix on low until dry ingredients are thoroughly combined. Add eggs, buttermilk, coffee, oil and vanilla. Beat on medium speed for about two minutes; the batter will be thin. Pour batter evenly into prepared pans.
3. Bake in preheated oven for 30 to 35 minutes or until wooden toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans to wire racks. Cool completely.
4. Frost as desired. You can either use the coffee mascarpone filling as described below or glaze with a simple ganache.

Coffee mascarpone filling/icing

500g tubs mascarpone  
85g golden caster sugar  
4 tbsp very strong coffee  
50g dark chocolate, for grating

Beat the mascarpone and sugar together, then beat in the coffee. Use half the mix to sandwich the cakes and spread the other half over the top, swirling with the back of a spoon to make pointy curls. Finely grate the chocolate over the top, then serve.



## Cheese and bacon scones



Makes 15 to 20, depending on big you cut them

- 16 ounces (1 pound) plain flour
- 1 level tsp bicarbonate of soda
- 1 level tsp of cayenne pepper (or to taste)
- 1 tsp salt
- 1 ounce of cold butter, cube
- 4 ounces bacon, grilled and finely chopped with a sharp knife
- 4 ounces strong cheddar cheese, grated (1 cup)
- 1 medium free range egg
- 375ml of sour milk or buttermilk (1 2/3 cup)

Preheat the oven to 220°C/425°F/ gas mark 7. Dust a large baking sheet lightly with flour. Set aside.

Sift the flour, soda, cayenne pepper and salt into a large bowl. Drop in the butter and then rub it in with your fingertips until the mixture resembles fine dry bread crumbs. Stir in the bacon and cheese.



Whisk together the egg and milk.

Make a well in the centre of the dry ingredients and pour in the wet. Mix to a soft dough with your hand by running it around the bowl. Try not to knead it as this will develop the gluten which will toughen the scones. Dump the dough out onto a lightly floured surface. (The dough will be quite sticky) Pat out with floured hands until you get a square 3/4 inch thick. Using a pizza cutter, cut it into 15 to 20 squares. (Alternately you can cut them out with a sharp knife or a 2 inch round cutter) Place onto the floured baking sheet leaving about 2 inches between each.

Bake for 10 to 14 minutes until well risen and golden brown. Allow to cool on a wire rack.





## Cheesy jalapeno pull bread



### Ingredients

1 rustic loaf of bread, unsliced, either Italian or French  
350g strong cheese (mix of stilton, cheddar, gouda, etc)  
250g cooked chicken breast  
1/4 cup (less or more to taste) pickled jalapeños  
1/4 cup (less or more to taste) olives  
1/4 cup chopped green onions, including greens  
50g butter

### Method

1. Preheat the oven to 350°F/16°C. Slice the bread almost all the way through (not all the way) in a cross hatch pattern, spacing an inch between the slices.
2. Use a food processor to blitz all the ingredients together and make into a paste.
3. Place the bread on a large sheet of aluminum foil (large enough to wrap the bread) on a baking sheet. Stuff every crevasse with the mixture. Wrap with the aluminum foil. At this point you can make ahead and refrigerate until ready to bake.
4. Place in the oven for 15 minutes. Then uncover the foil from the bread and cook for 10 minutes



more, until all of the cheese has melted.

5. Place on a serving board or plate to serve.



## Chewy chocolate chip cookies

### Ingredients

125g butter, softened  
100g light brown soft sugar  
125g caster sugar  
1 egg, lightly beaten  
1 tsp vanilla extract  
225g self-raising flour  
1/2 tsp salt  
200g chocolate chips



1. Preheat the oven to 180°C, gas mark 4.
2. Cream butter and sugars, once creamed, combine in the egg and vanilla.
3. Sift in the flour and salt, then the chocolate chips.
4. Roll into walnut-sized balls.
5. Place on ungreased baking paper. If you want to have the real Millies experience then bake for just 7 minutes, till the cookies are just setting – the cookies will be really doughy and delicious. Otherwise cook for 10 minutes until just golden round the edges.
6. Take out of the oven and leave to harden for a minute before transferring to a wire cooling rack. These are great warm, and they also store well, if they don't all get eaten straight away!



## Recipes

Chewy chocolate chip cookies

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## Chicken Alfredo pasta



700g boneless, skinless chicken breasts  
200g sliced mushrooms  
Coarse salt and freshly ground black pepper, to taste  
Olive oil  
30g unsalted butter  
1 small white onion, chopped finely



1L chicken broth, preferably low-sodium  
500g penne rigate  
375ml heavy (whipping) cream, warmed  
50g freshly grated Parmesan, plus more for serving

Cut the chicken breasts into 1-inch pieces. Season with salt and pepper. Brown the chicken in olive oil, in batches if necessary, and sauté until nicely browned on the outside, but still a bit pink inside, about 4 minutes (the pieces don't have to be browned on all sides; two sides is fine). Remove the chicken and set aside on a plate.

Melt butter in a bit more olive oil and sauté the mushrooms for a few minutes, until browned. Remove the mushrooms and set aside with the chicken. Add the onion to the pan and sauté over medium heat until translucent, 30 seconds. Turn the heat to high, add the chicken broth to deglaze the pan. Bring to a simmer, lower to medium heat, and simmer for 5 minutes. Add the pasta, stir well, and simmer until the pasta starts to soften, about 8 minutes.

Stir in the warm cream and the browned chicken and mushrooms with any juices that have accumulated on the plate. Cover and simmer, stirring occasionally, until the pasta is tender, most of the liquid has been absorbed, and the chicken is cooked through, about 4 minutes more.

Stir in the parmesan until well incorporated, taste, and adjust the seasonings if needed.



## Chicken and red lentil curry

2 tbsp Sunflower Oil  
2 onions, finely sliced  
2 tsp cumin/coriander powder  
1 tsp turmeric  
1 tsp chilli powder  
1 tsp whole cumin seeds  
2 tbsp tomato paste  
1 pack (500g) mini chicken fillets  
500ml chicken stock  
175g dried red lentils  
6 tbsp greek-style yogurt

### Instructions

Heat oil in a large pan and fry the cumin seeds until they start to pop. Add onion. Cook over gentle heat, stirring occasionally, until softened. Mix all the remaining spices and tomato paste into a paste. Dilute slightly with 1 tbsp of the chicken stock add to pot. Cook for 1-2 minutes more.

Add the chicken, and cook for 2-3 minutes each side until coated in the spice mixture. Stir in the stock and lentils, bring to the boil then cover and simmer for 25 minutes, stirring occasionally until the lentils are tender and the chicken is thoroughly cooked.

Stir in the yogurt and cover, then simmer for a further 5 minutes.

Spoon the curry into individual bowls over steamed basmati rice.



## Chicken corn chowder



### Ingredients

- 2 tablespoons extra virgin olive oil
- 2 stalks of celery, finely chopped
- 1 red pepper, finely chopped
- 1 medium onion, finely chopped
- 1 jalapeno, finely chopped, seeds and membrane removed
- 1/4 cup thinly sliced or cooked chopped ham
- 3 1/2 cups chicken broth
- 3 tablespoons flour
- 3 ears of fresh corn kernels or 1 1/2 cups frozen corn kernels
- 2 large chicken breasts, cooked and shredded
- 4 oz. softened cream cheese
- 1 cup milk
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup shredded cheddar cheese

### Directions

1. Place olive oil in a large pot over medium heat. Saute celery, pepper, onion and jalapeno until tender, about 5 minutes. Stir in the ham; cook for another 3 minutes. Whisk the broth with the flour in a liquid measuring cup or bowl and then stir into the soup. Stir in the corn and chicken. Bring to a low boil and reduce heat.



2. Whisk together the cream cheese and milk in a large bowl until smooth (I had a difficult time getting my cream cheese to completely whisk into the milk so my soup had some minor small lumps but next time, I'll soften the cream cheese until almost melted in the microwave).
3. Whisk the cream cheese/milk mixture into the soup along with the salt, pepper and cheddar cheese. Simmer on low until ready to serve.

## Chicken in orange sauce



- 3 tablespoons honey
- 1 teaspoon finely grated orange zest
- 3/4 cup orange juice, preferably fresh
- 1/3 cup reduced-sodium soy sauce
- 3 tablespoons rice vinegar
- 3 tablespoons cornstarch
- 1 tablespoon finely minced peeled fresh ginger
- Freshly ground black pepper, to taste
- 2 pounds skinless, boneless chicken breasts or thighs, cut into 3/4-inch pieces (see Recipe Notes below for a tofu alternative)
- Kosher or coarse salt
- 2 tablespoons vegetable oil
- 4 scallions, white and light green parts, sliced
- Hot cooked rice (brown or white) or quinoa, for serving

Whisk together the honey, orange zest and juice, soy sauce, rice vinegar, cornstarch, ginger, and pepper in a small bowl. Set the sauce aside.

Season the chicken lightly with salt and pepper. Heat the oil in a very large skillet or a wok over high heat. Add the chicken and sauté until it starts to turn white, 3 minutes. Add the sauce and scallions and cook until the sauce thickens and the chicken is cooked through, 3 to 4 minutes more.

Serve over hot rice or quinoa.



## Chicken kebab

12 boneless skinless chicken thighs  
zest and juice of a lemon  
1/2 tsp ground cinnamon  
1/2 tsp allspice  
1/2 tsp cumin powder  
1/2 tsp coriander powder  
1 tsp onion powder  
1 tbsp oregano  
2 tsp smoked paprika  
big old glug olive oil  
large bunch parsley, chopped  
pitta bread, dill yogurt sauce and tomato, onion & cucumber salad to serve (see below)









Combine the ingredients for the marinade in a big bowl. Add the chicken and coat in the marinade. Cover and put in the fridge for a few hours.

Push each piece of chicken onto two metal skewers. Push the meat on really tight.

Cook in the oven at 180Cfan/200C for about 50 minutes, turning occasionally, basting with the fatty juices. This can also be cooked on the BBQ.

Check it's cooked through, remove from the oven, cover with some foil and leave for 20 minutes. Meanwhile make the sauce – combine 2 parts of greek yogurt with one part mayo, add a big handful of chopped dill and season. Make the salad by chopping up some deseeded cucumber, tomato and red onion and adding some lemon juice and seasoning.

To serve, stuff some warmed pitta with sliced chicken, topped with the salad and creamy sauce.

Just like you get in the 'Happy Doner Kebab House of Happiness' on the High street, next to the pub.

## Chicken kebab



Marinated some chicken in lime juice, ginger, coriander, onion powder, sambal oelek, salt, pepper, turmeric, paprika, olive oil and Greek yogurt. Oven baked for 30 minutes. Served on Lebanese pita with homemade tzaziki, pickled carrots, mixed salad, onions and Dijon salad dressing.

## Chicken souvlaki



## Chicken souvlaki

### Ingredients

- 1 red onion, quartered
- 1 lemon, juice and zest
- 1 tablespoon yogurt
- 1/4 cup olive oil
- 1 teaspoon oregano
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 pound chicken breast, cut into bite sized pieces

### Directions

Mix all of the ingredients, place them in a sealed container along with the chicken and let marinate in the fridge for 30 minutes to overnight.

Skewer the meat, and grill over medium-high heat until cooked, about 2-4 minutes per side.



## Chicken souvlaki pita

### Ingredients

- 4 pitas
- 1 batch chicken souvlaki, warm
- 2 tomatoes, sliced
- 1/4 cup red onion, sliced
- 1/4 cup tzatziki
- 1/2 cup feta, crumbled
- 2 roasted red peppers, sliced (optional)

### Directions

Assemble the gyros and enjoy.

## Chicken wings



### Wings:

1 cup all-purpose flour  
1 tsp. salt  
1/2 tsp. paprika  
1/2 tsp. chili powder  
1/4 tsp. black pepper  
20 chicken wing segments

- Prepare the chicken wings by boning wings into 3 segments. Get rid of the wing tip or use it for chicken stock. I try and trim as much fat/skin from the wings as I can (but seriously, there's no way in hell this any part of this meal can be considered healthy, so you can skip this step if you want)
- In a shallow dish, combine flour, salt, paprika, chili powder, and pepper.
- Coat chicken entirely in the flour mixture
- Deep-fry chicken, 8 – 10 pieces at a time, in 375F/190C degree oil for 10-12 minutes.
- Drain chicken on a wire cooling rack for 30 seconds, then immediately toss fried chicken in buffalo sauce mixture and remove with a slotted spoon.
- Repeat with remaining chicken.



Sauce:

4 Tbsp margarine

5 Tbsp Tabasco sauce

1 Tbsp white wine vinegar

– Melt the margarine over medium heat in a heavy saucepan, add the hot sauce and the 1 tablespoon of vinegar. Stir well and remove from the flame immediately.

**Blue Cheese dip:**

1/2 cup sour cream

1/2 cup crumbled blue cheese (I used Cornish Blue)

1/2 cup mayonnaise

1 Tbsp white wine vinegar or white vinegar

Mix everything together in a food processor. Add salt/pepper to taste.

## Chili

I made chili this weekend. It was nummilicious, but there is room for improvement. Though the original recipe calls for beef, I made it with turkey breast so that Katy's mom could try some. I'll try again with beef next time, and possibly add a bit more liquid and more heat. Even though the heat seemed quite fiery while it was cooking, once it was well reduced and had stood in the fridge overnight, it really mellowed out. I had also put some bacon off-cuts in the mix, but they were waaaay too salty for the end result.

### Ingredients

2 tsp ancho chili powder  
1 tsp chipotle chile powder  
1 Tbsp ground cumin  
2 tsp ground oregano  
1 tsp thyme  
1/2 tsp ground coriander seeds  
3-4 Tbsp water

6 strips bacon  
One 2 1/2 pound braising steak (aka chuck roast), cut into 1/2-inch cubes  
1 medium white onion, chopped  
1 large green pepper, chopped

1 large tin plum tomatoes  
2 1/2 cups veggie stock  
1 tin dark beer  
1 Tbsp freshly squeezed lime juice  
1 tsp sugar

Grated cheddar cheese and chopped red onion for garnish

### Method

1 In a small bowl mix the chili powder, chipotle chili powder, ground cumin, oregano, thyme, and ground coriander seeds. Mix in water so that chili forms a light paste. Set aside.

2 Cook the bacon in a large skillet on medium high heat until crisp. Use a slotted spoon to remove from pan and set aside on a paper towel. Pour bacon fat from the pan into a separate container, reserve. When the bacon cools, crumble it into smaller pieces and set aside.

3 Increase heat to medium high, add back in 1 Tablespoon of bacon fat. Working in batches so that you don't crowd the beef (crowding will steam cook the meat instead of browning it), brown the beef cubes on all sides, lightly salting as you cook the beef. Remove beef from pan, set aside.



4 Add another Tablespoon of bacon fat to the pan. Add the chopped onions and sauté until soft, about 5 minutes. Add the garlic and jalapeño, cook until fragrant, 1 minute more. Add the chili paste and cook for 2-3 more minutes.

5 Into a 6-quart thick-bottomed Dutch oven, put onion chili mixture, beef, bacon, tomatoes (break up the whole tomatoes with your fingers as you put them in the pot), water, lime juice and sugar. Heat the chili on medium high heat until it comes to a simmer. Then reduce the heat to low. Cover and cook for 1 1/2 hours. Then uncover and cook for another half hour, keeping the temperature at a place where you can maintain a simmer.

6 Mix the cornstarch powder into a little water to dissolve the corn starch (otherwise you'll have lumps to deal with) and add to the chili to thicken it. Add salt to taste. Adjust seasonings. Depending on the acidity of the tomatoes and lime juice you may need a little more sugar to bring the stew to balance. At this point you can also add a little more chili powder if you desire more heat.

Sprinkle with grated cheddar cheese and chopped red onion. Serve with cornbread, tortilla chips, and or rice.

EDIT: I forgot to mention that I got the chili powders from [Cool Chili](#). They rock.



## Chocolate chip cookie dough cheesecake



### Ingredients

#### **Crust:**

4 tablespoons butter, melted

2 1/2 cups chocolate cookie crumbs (I like to use chocolate Teddy Grahams but you could use any chocolate wafer cookie or even Oreos)

#### **Filling:**

4 (8-ounce) blocks cream cheese, softened to room temperature

1 cup sugar

4 large eggs

1 teaspoon all-purpose flour

1 teaspoon vanilla



1 cup sour cream (I used light and it worked just fine)

**Cookie Dough:**

1/2 cup butter, softened

1/2 cup sugar

1/2 cup packed light brown sugar

2 tablespoon water or milk

2 teaspoon vanilla extract

1 cup all-purpose flour

1/4 teaspoon salt

1 cup mini chocolate chips

An additional 1 cup mini chocolate chips to fold into the batter with the cookie dough balls

**Garnish:**

1 cup heavy whipping cream, whipped to stiff peaks (add 1 tablespoon powdered sugar while whipping if you like a bit of extra sweetness)

Mini chocolate chips, for sprinkling

**Directions****For the cookie dough:**

1. In a medium bowl, combine the butter and sugars for the cookie dough.
2. Add the water (or milk), vanilla and blend.
3. Mix in the flour, salt and the chocolate chips. The dough will be fairly soft.
4. Gently roll the dough into small balls (about a teaspoon size, maybe a bit larger) and place them on a wax paper lined plate or baking sheet.
5. Place them in the freezer to harden while making the rest of the cheesecake.

**For the crust:**

1. Lightly grease the bottom and sides of a 10-inch springform pan.
2. In a medium bowl, combine the butter with the chocolate cookie crumbs (you could easily use a food processor to crush the cookies and incorporate the butter).
3. Press onto the bottom and about halfway up the sides of the prepared pan.

**For the cheesecake:**

1. Using an electric mixer on high speed, beat the cream cheese, sugar, eggs and flour until smooth. Add the vanilla and sour cream and mix just until blended. Be careful not to overmix – incorporating too much air into the batter can contribute to a cheesecake cracking on top during baking.
2. Pour half the batter into the prepared crust.
3. Gently stir in the cookie dough balls and the additional 1 cup mini chocolate chips into the remaining batter. Pour into the pan, spreading the batter to the sides of the pan and evening it out across the top (it is ok to see bumps of cookie dough here and there, smooth it the best you can).



4. Bake the cheesecake at 325F/160C for one hour. Turn off the oven and prop the door open several inches. Let the cake sit in the oven for an additional 30 minutes.
5. Remove the cake from the oven and let it cool completely on a wire rack. Refrigerate until chilled (ideally, overnight).

To serve, cut into slices and top with whipped cream and mini chocolate chips. this cheesecake, like any good, baked cheesecake, tastes best after being refrigerated overnight.



## Chocolate-covered coffee beans



### Ingredients

1 cup high quality coffee beans  
125g chocolate (dark or milk, to your preference)  
3 tbsp cocoa powder (optional)

### Method

Preheat oven to 180C/350F. Spread the beans on a baking sheet and roast them for 8 to 10 minutes. Let them cool to room temp.

Melt chocolate in a double-boiler until smooth.

Mix the beans into the chocolate and stir gently until well coated.

Remove the beans with a slotted spoon (or two forks) and let the excess chocolate drip. Spread out the beans on a piece of grease-proof paper so that they don't touch each other. When the beans have cooled sufficiently but the chocolate is still malleable, roll the beans to form small balls.

Optional: dust the balls with cocoa powder and set aside until completely firmed up.

Alternatively, make a bark!



Roast the beans as previously described. Line a baking tray with parchment paper. Melt 200g milk chocolate and 200g dark chocolate separately then allow to cool slightly.

Pour most of the chocolate onto the tray, roughly swirling together. Sprinkle over the coffee beans, then drizzle over the remaining chocolate. Optionally dust with cocoa powder and cane sugar. Chill until set, then break into big chunks before serving.



## Chocolate crepe cake



### Crepe Recipe

1 2/3 cups flour ( 250g plain flour)  
1 tbsp caster sugar  
3 eggs, plus 3 egg yolks  
600ml milk  
40g unsalted butter, melted, plus extra melted butter to brush,

### Chocolate & Espresso filling

250g good-quality dark chocolate, roughly chopped  
50g unsalted butter, chopped  
150ml milk  
100ml thickened cream  
100ml strong black coffee (espresso)  
1/4 cup (55g) caster sugar

Mix flour, sugar, eggs, yolks and milk in a blender or food processor until smooth, then pour into a jug and stand for 30 minutes. Just before cooking, stir 40g (2 tbsp) melted butter through the batter. Heat pan and brush with extra butter, add enough batter to coat base, swirl to cover, tip off any excess. Cook for 45 seconds, then flip and cook for 30 seconds more or until golden. Repeat with butter and remaining batter



till you get abt 20 crepes, stacking with baking paper in between.

For the filling, melt the chocolate in a bain marie. Stir in butter, milk, cream, coffee and sugar, then whisk until mixture is smooth and sugar dissolves. Remove from heat, cover and set aside for 20-30 minutes until mixture cools and thickens. Lightly grease an 18cm springform pan. Place a crepe in pan and spread with a little filling. Continue layering, finishing with a crepe. There should be 1/3 cup filling left. Cover cake with foil and chill for 1 hour. When set, remove springform pan and pour remaining chocolate filling and top with cream.

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I tried making this last weekend when we were at Katy's parents'. Two things: you really do need a good crepe pan because otherwise it's a PITA to get the crepes to come out nicely. I also made the ganache a bit too runny, so cut down on the amount of liquid for next time.



## Chocolate cream pie

### Ingredients

#### Biscuit base

120g rich tea biscuits  
120g butter, softened

#### Filling

50g corn flour  
100g + 1tsp caster sugar  
90g plain chocolate, chopped  
2 egg yolks  
1/2 tsp vanilla essence

#### Topping

150ml double or whipping cream

### Directions

1. Preheat oven to 190oC
2. Beat biscuits until fine crumb.
3. In shallow 9inch pie dish, mix biscuits crumbs with softened butter and press mixture on bottom and upside of dish. Bake crust for 8 minutes and cool on wire rack.
4. In a large, non-stick saucepan mix the corn flour, 100g sugar and stir in milk and chocolate. Cook over medium heat, stirring constantly until chocolate mixture thickens and boils. Boil for 1 minute and immediately remove from heat.
5. In a cup, beat the egg yolks with a fork and stir in a small amount of the chocolate mix. Slowly pour the egg mix back into the chocolate mix, stirring rapidly to prevent lumping.
6. Cook stirring constantly until the mixture thickens and coats a spoon well. Do not boil otherwise the mixture will curdle.
7. Stir in vanilla essence and remaining butter until blended.
8. Pour chocolate filling in the biscuit crust and smooth the top with a spatula.
9. Press dampened grease-proof paper directly onto the surface of the hot filling to prevent a skin from forming and refrigerate pie for at least 3 hours or until well chilled.
10. Whip cream with a teaspoon of sugar and flomp on top of pie.



## Chocolate espresso mug cake



### Ingredients

- 3 tbsp all purpose flour
- 1 tsp instant coffee powder
- 2 tbsp drinking chocolate powder or sweetened cocoa powder
- 2.5 tbsp sugar
- 1/4 tsp baking powder
- 2 tbsp milk
- 1 egg
- 2 tbsp oil
- 1/2 tsp vanilla extract

### Method

In a mixing bowl combine all purpose flour, coffee powder, sugar and baking powder. Mix well.



Add milk, egg, oil and vanilla extract. Stir with a fork just until combined.

Pour into a greased mug and microwave on high for 90 seconds (or a few seconds more) until cooked through. (DO NOT OVER COOK)

Serve with a scoop of vanilla ice cream or simply dust with powdered sugar.

ENJOY!!!!!!

NOTE: you can use cocoa powder instead of drinking chocolate mix. In that case, add 1 or 2 tsp more sugar according to your taste.



## Chocolate espresso semifreddo

A semifreddo is basically any sort of chilled or partially frozen dessert. It's similar to cheesecake, but instead of baking it, you cook everything first and then freeze it. This is a wonderful dessert, especially perfect for coffee lovers. It has a nice smooth texture and is not overly sweet.



This dessert consists of an espresso custard base mixed with chocolate which is mixed with mascarpone and cream. This mixture is then in turn folded together with stiffly beaten egg whites and poured atop a chocolate cookie crumb crust. Then it just needs to set up in the freezer for a few hours before serving.

### Ingredients:

#### For the crust:

- 1 3/4 cups chocolate cookie crumbs
- 3 tbsp. unsalted butter, melted, plus more for brushing the pan

#### For the filling:

- 4 large eggs, separated
- 1/3 cup plus 2 tbsp. sugar, divided
- 2 tsp. vanilla extract
- 1 tbsp. dark rum
- 3 oz. espresso (can be substituted with Kahlua)
- 4 oz. semi-sweet chocolate, chopped fine
- 16 oz. mascarpone cheese
- 2 oz. heavy cream

### Directions:



To make the crust, preheat the oven to 350 degrees F. Lightly brush the bottom of a 9-inch springform pan with melted butter. Combine the chocolate cookie crumbs and 3 tablespoons of melted butter in a small bowl, and mix with a fork until all the crumbs are moistened. Transfer the crumbs to the springform pan and use the flat bottom of a ramekin or drinking glass to press them into an even layer. Bake for 10 minutes, then transfer to a wire rack to cool. Once cooled, line the edges of the pan with strips of parchment paper.

Over a double boiler, whisk together the egg yolks and 2 tablespoons of sugar. Lift the whisk out of the bowl as you go to incorporate air into the mixture. Continue whisking until the mixture is pale yellow and thick, and ribbons. (This takes awhile but you will get there.) Add the vanilla, rum, and espresso. Cook over the simmering water until the liquid coats the back of a spoon and the mixture is thick and foamy. Remove from the heat and stir in the chopped chocolate. Stir until melted, and continue stirring until the mixture has cooled.

In a separate bowl, combine the mascarpone and heavy cream. Stir together until soft and smooth, taking care not to overstir.

Combine the egg whites and the remaining 1/3 cup of sugar in the stainless steel bowl of a stand mixer. Gently whisk together over a simmering water bath until the mixture reaches 145 degrees F. Remove from the water bath and attach the bowl to the mixer fitted with the whisk attachment. Whip on medium-high speed until stiff peaks form. Reduce the speed to medium and mix until the bowl is cool to the touch (cooler than your hand).

Fold the mascarpone mixture into the chocolate mixture until there are no streaks left. Fold in 1/4 of the meringue into the chocolate-mascarpone mixture to lighten it. Gently fold in the remaining meringue in three parts, taking care not to overmix and deflate the egg whites. Spread the mixture over the crust in the parchment-lined pan, cover tightly with plastic wrap, and freeze for at least 4 hours.

When ready to serve, loosen and remove the sides of the pan. Remove the parchment paper strips. Garnish as desired. Serve cold and cut slices with a warm, dry knife.



## Chocolate ganache cheesecake



### Ingredients

#### Crust:

9-ounce package of chocolate cookies (such as chocolate wafers, graham crackers or teddy grahams)  
1 tablespoon sugar  
6 tablespoons butter, melted

#### Filling:

10 ounces semisweet or bittersweet chocolate, chopped (use the best quality you can afford)  
4 (8-ounce) packages cream cheese, room temperature  
1 1/4 cups plus 2 tablespoons sugar  
1/4 cup unsweetened cocoa powder  
4 large eggs

#### Topping:

3/4 cup whipping cream  
6 ounces semisweet or bittersweet chocolate, chopped



1 tablespoon sugar  
Chocolate curls for garnish

## Directions

### For crust:

1. Preheat the oven to 350F/175C.
2. Butter a 9-inch springform pan with 3-inch-high sides (or use a 10-inch springform pan with 2-inch sides).
3. Process the chocolate cookies in a food processor (or the old-fashioned way with a bag and a rolling pin) until they are finely ground. Transfer them to a small bowl and mix in the sugar.
4. Add the melted butter and mix until well combined.
5. Press the crumbs evenly onto the bottom only of the prepared pan.
6. Bake just until set, about 5 minutes. Cool while preparing filling.
7. Keep the oven heated at 350F/175C.

### For filling:

1. Melt the 10 ounces of chocolate in the microwave or in a double boiler until melted and smooth. Cool the chocolate until lukewarm but ensure that it is still warm enough to be pourable.
2. In a large bowl (or with a stand mixer), blend cream cheese, sugar, and cocoa powder until smooth.
3. Blend in eggs one at a time.
4. Mix in lukewarm chocolate.
5. Pour the cheesecake filling over the crust; smooth the top.
6. Bake until the center is just set and just appears dry, about 1 hour.
7. Remove the cheesecake from the oven and cool on a wire rack for 10 minutes.
8. Run knife around sides of cake to loosen. Let the cheesecake cool to room temperature. Cover lightly with plastic wrap and chill overnight.

### For topping:

1. One hour before serving (or up to 3 days ahead of time), stir cream, 6 ounces chocolate, and sugar in heavy medium saucepan over low heat until smooth. Cool slightly.
2. Pour over the center of the cheesecake, spreading to within 1/2 inch of edge and filling any cracks.
3. Chill until the topping is set, about 1 hour.

When ready to serve, release the springform pan sides. Transfer the cheesecake to a platter. Top with chocolate curls. It is preferable to let the cheesecake stand at room temperature for 1-2 hours before serving.



## Chocolate orange cupcakes



### Chocolate Orange Cupcakes

- 1 1/2 cups all-purpose flour
- 3/4 cup cocoa powder
- 1/4 tsp baking soda
- 2 tsp baking powder
- 1/4 tsp salt
- 1/4 cup butter, softened
- 1 cup sugar
- 1/2 cup brown sugar
- 2 eggs, room temperature
- 1 tsp vanilla extract
- 1 tbsp orange zest
- 1 cup milk (any kind)

Preheat oven to 350F. Line 12 muffin cups with paper liners.

In a medium bowl, whisk together flour, cocoa powder, baking soda, baking powder and salt. In a large bowl, cream together butter and sugars until light and fluffy, then beat in the eggs one at a time. Add vanilla and orange zest.

Alternating in 3 additions, beat in the flour and the milk at low speed, ending with an addition of flour. Evenly distribute into prepared muffin tins and bake at 350F for 15-17 minutes, until a tester comes out clean and the cake springs back when lightly pressed.





Cool completely on a wire rack before frosting.

**Chocolate Orange Cream Cheese Frosting**

8-oz. cream cheese, softened

1/4 cup butter, softened

1/4 cup cocoa powder

1 tbsp orange zest

3 tbsp orange juice

2-3 cups powdered sugar (may need extra)

In a large bowl, beat together cream cheese and butter until well combined, then beat in cocoa powder, orange zest, orange juice and 2 cups powdered sugar until smooth. With the mixer on medium-high, add additional powdered sugar (1-2 more cups) until frosting is somewhat stiff but still easy to spread.

Apply to cooled cupcakes.



## Chocolate panettone bread and butter pudding



### INGREDIENTS:

#### *for the egg custard*

6 medium eggs + 1 yolk  
500ml single cream  
500ml full fat milk  
180g castor sugar  
1 Vanilla pod or 3 teaspoons vanilla essence

#### *for the rest*

200g melted butter  
200g castor sugar  
300g dark chocolate broken into pieces or chocolate buttons  
zest and juice of 1 large orange  
And most importantly your Panattone.

1. First of all pre-heat your oven too 180c
2. slice your Panettone into medium sized wedges



3. Sprinkle half of the castor sugar over base of dish, and half of chocolate. Cover with slices of Panettone
4. Melt your butter in a bowl in a microwave or a pan on the stove
5. Pour your melted butter over your panettone base
6. Grate the zest of 1 large orange over your pudding
7. Then squeeze the Juice of the orange all over
8. Sprinkle the rest of the castor sugar and chocolate over the Panettone
9. For egg custard heat the milk and cream in a pan with 1 split Vanilla pod/vanilla essence
10. Beat your eggs + 1 yolk in a bowl with 180g of sugar, then pour over boiled milk&cream , continually whisking.
11. Sieve your egg custard then pour evenly over the panettone base
12. Press down the Panettone into the egg mix and leave to stand for at least 20 mins. place in pre-heated oven for 35 minutes until set
13. When its out of the oven, stick a knife in the centre, if no liquid comes to the surface then your pudding is ready
14. To finish off dust with icing sugar

Its now ready to serve :)

## Chocolate tart

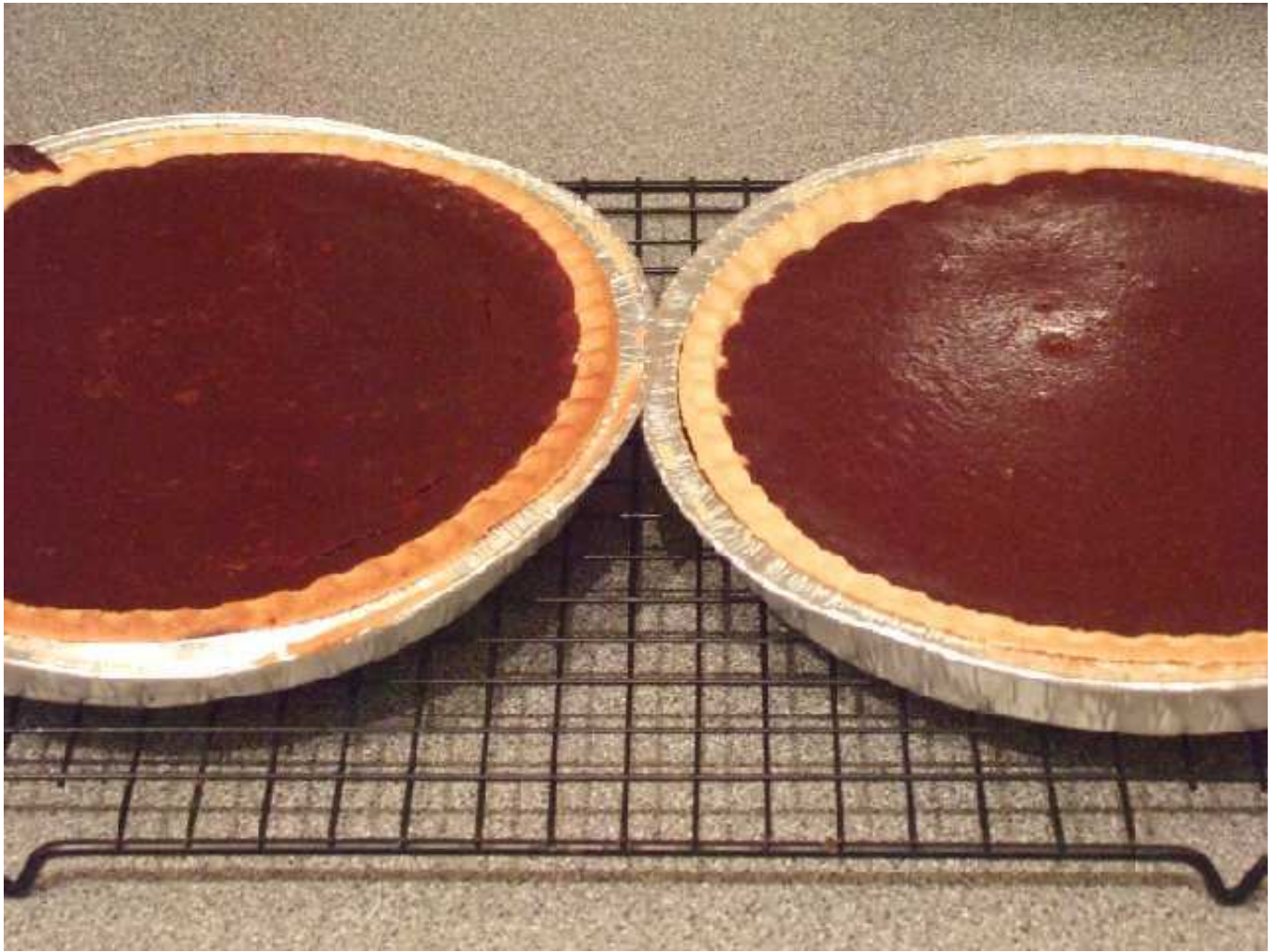
This recipe comes from the Rachel Allen 'Bake' book. It originally calls for a 9" sweet pastry case but I cheated and used two 6" pre-cooked tart shells from Tesco.

For the tart:

175 ml (6 fl oz) double cream  
125 ml (4 fl oz) milk  
125g (4 1/2 oz) milk chocolate, chopped  
175g (6 oz) good quality dark chocolate, chopped  
2 eggs, well beaten  
250g (9 oz) sugar-coated chocolate eggs, to decorate

Method:

1. Preheat oven to 180C.
2. Heat the cream and milk in a saucepan to boiling point then immediately take off the heat and stir in the chocolate to melt. Allow to cool slightly for a few minutes, then stir in the beaten eggs.
3. Pour the chocolate mixture into the baked pastry case and bake in the oven for 15-20 minutes, or until just softly set.
4. Allow the tart to cool for 20 minutes before removing from the tin.
5. Decorate with sugar-coated chocolate eggs.



A few notes for future reference. I used Green&Blacks milk and 70% dark in the quantities described in the recipe. It came out a bit too dark chocolaty for my taste, but I think that's because the G&B milk has a higher cocoa level than traditional milk chocolate. Next time, if I use G&B again, I'll go half-and-half.

## Chocolate truffles



### Ingredients

200g dark chocolate  
200g milk chocolate  
150ml double cream  
28g / 2tbsp butter

5-6 tbsp you favourite cream liqueur (baileys, tia Maria, etc)

#### Directions

In a heatproof bowl set over simmering water, heat the cream until hot to the touch and turn off the heat. Meanwhile, chop the chocolate into small pieces. Add the chocolate and butter to the hot cream, and stir until the chocolate melts. Let the mix cool down a bit and stir in booze. Line a square tin with parchment paper and spread chocolate mix. Leave to set in the fridge for a couple of hours.

When set, cut into 1 inch square cubes. Truffles can either be dusted with cocoa powder or dipped into tempered chocolate to make a hard chocolate shell.

To make the tempered chocolate, chop the 400 grams of milk chocolate and place 3/4 of it in a small glass bowl in the microwave for 20 seconds exactly. Stir the chocolate and continue to microwave for 20 seconds at a time, stirring in between, until the chocolate is smooth and shiny. Add the remaining 1/4 of the chocolate and stir until smooth.

With 2 small spoons, pick up each truffle and cover it with tempered chocolate. (You can also use your hands to coat them.) They can look a little messy and “truffle” like. Place the truffle back on the parchment paper. Continue to coat each of the truffles until they’re all coated with milk chocolate. Allow to sit for a few minutes until the chocolate hardens. Serve at room temperature.



## Chorizo and potato hot terrine



A festive, paprika-seasoned version of the traditional sausage and potato pie.

Serves 4

onion 1 medium – large, thinly sliced

butter 30g

chorizo 500g

parsley 4 tbsp, chopped

sage 4 leaves, chopped

potatoes 600g

Line a heatproof, china terrine with clingfilm, pushing it well into the corners, leaving plenty overhanging the sides.

Peel and thinly slice the onions, then cook them in the butter in a shallow pan till they soften and turn pale gold. Skin and crumble the chorizo into the softened onions and continue cooking for a couple of minutes. Stir in the chopped parsley and sage leaves.

Set the oven at 180C/gas mark 4. Wash and thinly slice the potatoes. Cover the base of the terrine with slices of potato, season with salt and pepper, then a layer of onions and chorizo, then another of potato and so on, till all is finished, ending with potato. Cover the top with the overhanging film.

Place the terrine in a roasting tin, pour hot water in to come half way up the sides and cover with a heavy weight before baking for 1.5 hours. Leave to rest for 20 minutes before turning out and removing the clingfilm.





## Recipes

Chorizo and potato hot terrine

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## Citrus and chile braised short ribs



- 8 5–6” English-style bone-in beef short ribs (about 3kg)
- Kosher salt and freshly ground black pepper
- 2 tablespoons vegetable oil
- 2 medium onions, chopped
- 4 celery stalks, chopped
- 2 medium carrots, peeled, chopped
- 2 tablespoons tomato paste
- 1 teaspoon coriander seeds
- 1 teaspoon cumin seeds
- 1 teaspoon crushed red pepper flakes, plus 1 chile, for serving
- 4 sprigs oregano
- 4 wide strips orange zest, plus some thin strips for serving
- 1 cup plus 2 tablespoons fresh orange juice
- 2 limes, halved
- 1/2 cup fresh corianderleaves with tender stems

Season short ribs with salt and pepper. Place on a rimmed baking sheet and chill, uncovered, at least 2 hours (ribs are even better if you can do this a day ahead).

Preheat oven to 160C. Heat oil in a large heavy pot over medium. Working in batches, cook short ribs until evenly browned, about 5 minutes on each side. Transfer to a platter; pour off pan drippings between batches.

Wipe out any burned bits from pot, but leave the golden-brown pieces (doing this will keep the finished sauce from tasting bitter). Place onions, celery, carrots, tomato paste, coriander seeds, cumin seeds, and red pepper flakes in pot; season with salt and pepper and stir to coat. Increase heat to medium-high and cook, stirring often, until vegetables are softened, tomato paste is slightly darkened in color, and spices are fragrant, 10–12 minutes.



Add oregano, wide strips of orange zest, 1 cup orange juice, and 6 cups water to pot, scraping up any browned bits; season with salt and pepper. Add ribs with any juices accumulated on the platter, making sure they're completely submerged. Cover pot and braise ribs in the oven until meat is tender and falling off the bone, 4–5 hours.

Carefully transfer ribs to a platter. Strain braising liquid into a large bowl, then return to pot. Bring to a boil, then reduce heat and simmer until reduced by half (it will be thickened but still saucy). Return short ribs to pot and turn to coat.

To serve, drizzle short ribs with remaining 2 tablespoons orange juice and squeeze limes and crush remaining chile over. Top with coriander and thin strips of orange zest.



# Cookie monster cookies

## Cookie Monster's Famous

## Cookie Dough



Dear Reader,

Hello, there! Me **COOKIE MONSTER** and my favorite thing is **EATING COOKIES**.

In this wonderful set of books me going to show you how to make **ALL KINDS OF COOKIES!** But first... me tell you secret recipe for

### COOKIE DOUGH (It been in my family for years.)

Here is what you need:



A medium-sized mixing bowl  
Measuring cup and spoons  
A fork



Butter or margarine (soft, but not melted)

Sugar  
2 eggs  
Vanilla

All-purpose flour  
Baking powder  
Salt

What to do to make the dough:



1. Put  $\frac{3}{4}$  cup of butter or margarine (that's a stick and a half) into your mixing bowl.



2. Measure 1 cup of sugar.



3. Pour sugar over butter.



4. With a fork, squash butter and sugar together until they are blended.



5. Crack shells of 2 eggs and pour eggs over mixture in bowl.



6. Measure 1 teaspoon vanilla and pour over mixture.



7. With fork, blend everything in the bowl together.



8. Measure  $2\frac{1}{2}$  cups of all-purpose flour and pour over mixture in bowl.



9. Measure 1 teaspoon baking powder and sprinkle over flour.



10. Measure 1 teaspoon salt and sprinkle over flour and baking powder.



11. Mix everything together either with the fork or with your hands.



12. Put dough in icebox to chill (at least one hour).

You can make **LOTS** of dough at once and keep it in your icebox in a plastic bag (it will last a long time). Then whenever you make **COOKIES**, just take out as much as you need.

In the Sesame Street Treasury me tell you how to use this yummy dough to make yummy **COOKIES**.

Love,  
**Cookie**





There are no instructions for baking from this print, but a quick search for others' experiences with the recipe and recommendations say to roll out cookies 1/4 inch thick, sprinkle with sugar, and bake at 400F/200C.



## Coq Au Vin (Gordon Ramsey)

### Ingredients:

- \* 1 x large chicken, cut into 8 joints
- \* 1 large plateful seasoned flour (plain flour mixed with salt and pepper)
  
- \* 225g lardons, chopped
- \* 16 button onions
- \* 2 sprigs fresh thyme
- \* 2 bay leaves
- \* 725 ml red wine (1 bottle – use wine you'd drink!)
- \* 225g small mushrooms
- \* salt and pepper
  
- \* Olive oil
- \* Freshly ground black pepper
- \* Salt

### Method:

Lightly dust the chicken pieces in the seasoned flour. Heat the oil in a pan and fry the chicken until coloured all over. Remove the chicken and place them in the cooking pot – the dish will have to be deep and wide enough to arrange the chicken in one layer and completely cover them with liquid later.

Using fresh oil in the pan, saute the lardons until browned and add them to the chicken, then finally brown the onions a little and add them too. Next place the sprigs of thyme among the chicken pieces, season with freshly milled pepper and just a little salt, and pop in a couple of bay leaves. Pour in the wine, put a lid on the pot and simmer gently for 45-60 minutes or until the chicken is tender. During the last 15 minutes of the cooking, add the mushrooms and stir them into the liquid.

Remove the chicken, bacon, onions and mushrooms and place them on a warmed serving dish and keep warm. (Discard the bay leaves and thyme at this stage.) Now bring the liquid to a fast boil and reduce it by about one third, whisking all the time until the sauce has thickened. Then serve the chicken with the sauce poured over.

Mashed potato makes a perfect accompaniment!

## Corned beef

This is something I did earlier in the year, but forgot to blog about. Based on a recipe found here:  
[http://simplyrecipes.com/recipes/home\\_cured\\_corned\\_beef/](http://simplyrecipes.com/recipes/home_cured_corned_beef/)



### Home Cured Corned Beef

The spice mix with the gallon of brine makes easily enough curing brine for a 5 pound brisket, cured in a somewhat large-ish container. If you were to use a 2-gallon freezer bag or marinating bag, you would likely need just half (or less) of the amount of brine and brine spices.

#### *Ingredients*

Pickling spices:

- \* 1 Tbsp whole mustard seeds (brown or yellow)
- \* 1 Tbsp coriander seeds
- \* 1 Tbsp red pepper flakes
- \* 1 Tbsp whole cloves
- \* 1 Tbsp whole black peppercorns
- \* 6 large bay leaves, crumbled
- \* 2 teaspoons ground ginger
- \* 1/2 stick cinnamon

### Brine:

- \* 1 gallon water
- \* 2 cups Kosher salt
- \* 5 teaspoons pink curing salt\*
- \* 3 Tbsp pickling spices
- \* 1/2 cup brown sugar

\*Pink curing salt, or sodium nitrite, goes by many names, such as Prague Powder #1 or DQ Curing Salt #1, and is available online and may be available at your local specialty market or butcher shop. If you don't have it, you can still make corned beef, but it is necessary for that vibrant pink color we associate with corned beef. And it adds flavor too. Without it the corned beef will be a dull grey color. [Rc note: see, I couldn't get this at all, but I used the curing salt mix from [Weschenfelder](#) and it worked out fine]

### Brisket:

- \* 1 4-5 pound beef brisket
- \* 1 Tbsp pickling spices

### *Method*

1. You can either use store-bought pickling spices or you can make your own. To make your own, toast the mustard seeds, coriander seeds, red pepper flakes, cloves and peppercorns in a small frying pan on high heat until fragrant and you hear the mustard seeds start to pop. Remove from heat and place in a small bowl. Use a mortar and pestle to crush the spices a little (or the back of a spoon or the side of a knife on a flat surface). Add to a small bowl and stir in the crumbled bay leaves and ground ginger.
2. Add about 3 Tbsp of the spice mix (reserve the rest for cooking the corned beef after it has cured), plus the half stick of cinnamon, to a gallon of water in a large pot, along with the Kosher salt, pink salt (if using), and brown sugar. Bring to a boil, then remove from heat and let cool to room temperature. Then refrigerate until well chilled.
3. Place the brisket in a large, flat container or pan, and cover with the brine. The brine should cover the meat. The meat may float in which case you may want to weigh it down with a plate. Alternatively you can use a 2-gallon freezer bag (placed in a container so if it leaks it doesn't leak all over your refrigerator), place the brisket in the freezer bag and about 2 quarts of brine, squeezing out the air from the bag before sealing. Place in the refrigerator and chill from 5-7 days. Every day flip the brisket over, so that all sides get brined equally.
4. At the end of the cure, remove the brisket from the brine and rinse off the brine with cold water. Place the brisket in a large pot that just fits around the brisket and cover with at least one inch of water. If you want your brisket less salty, add another inch of water to the pot. Add a tablespoon of the pickling spices to the pot. Bring to a boil, reduce to a very low simmer (barely bubbling), and cook 3-4 hours, until the corned beef is fork tender. (At this point you can store in the fridge for up to a week.) Remove the meat to a cutting board. Slice thinly against the grain to serve.





## Corned beef with caramelized onion grilled cheese sandwich



### Ingredients

- 1 tablespoon oil
- 1 medium onion, sliced
- 1 cup Guinness
- 2 teaspoons grainy mustard
- 1 tablespoon butter, room temperature
- 2 slices rye, lightly toasted
- 1/2 cup cheddar, shredded, room temperature
- 2 ounces cooked corned beef, sliced or shredded, warm

### Directions

Heat the oil in a pan over medium heat.

Add the onions and saute until tender, about 5-7 minutes.

Add 1/4 cup Guinness, cover and simmer until the liquid has mostly evaporated, about 15 minutes and repeat three more times.

Remove from heat and mix in grainy mustard.



Heat a non-stick pan over medium heat.

Butter the outside of each slice of bread, sprinkle half of the cheese on the inside of one slice of bread, top with half of the onions, the corned beef, the remaining onions, cheese and finally the other slice of bread. Add the sandwich to the pan and grill until golden brown and the cheese has melted, about 2-4 minutes per side.

## Cornish pasties



### Ingredients

#### FOR THE PASTRY

125g chilled and diced butter  
125g lard  
500g plain flour , plus extra  
1 egg , beaten

#### FOR THE FILLING

350g beef skirt or chuck steak, finely chopped  
1 large onion , finely chopped  
2 medium potatoes , peeled, thinly sliced  
175g swedes , peeled, finely diced  
1 tbsp freshly ground black pepper

### Method

1. Rub the butter and lard into the flour with a pinch of salt using your fingertips or a food processor, then blend in 6 tbsp cold water to make a firm dough. Cut equally into 4, then chill for 20 mins.
2. Heat oven to 220C/fan 200C/gas 7. Mix together the filling ingredients with 1 tsp salt. Roll out each piece of dough on a lightly floured surface until large enough to make a round about 23cm across – use a



plate to trim it to shape. Firmly pack a quarter of the filling along the centre of each round, leaving a margin at each end. Brush the pastry all the way round the edge with beaten egg, carefully draw up both sides so that they meet at the top, then pinch them together to seal. Lift onto a non-stick baking tray and brush with the remaining egg to glaze.

3. Bake for 10 mins, then lower oven to 180C/fan 160C/gas 4 and cook for 45 mins more until golden. Great served warm.

## Cretons du Québec



### Ingredients

1 pound ground pork  
1/2 pound ground veal  
3/4 cup finely chopped yellow onion  
1 tsp salt  
3/4 tsp ground black pepper  
1/2 tsp ground cloves  
1/4 tsp ground cinnamon  
1/4 tsp ground ginger  
1/4 tsp nutmeg  
3/4 cup vegetable stock  
1/3 cup fine breadcrumb

- \* In a large heavy bottomed pan, lightly sweat the onions, then brown the pork and veal mince (about 5 minutes).
- \* Add all the spices, mix well, then add stock and bread crumbs, stirring over medium heat.
- \* Reduce the heat to low, cover, and cook, stirring occasionally, until the meat is very tender and most of the liquid is evaporated, about 1 hour.
- \* Remove the lid and cook uncovered, stirring occasionally, until the mixture is thick and all the liquid is evaporated, about 10 to 15 minutes.
- \* Remove from the heat and adjust the seasoning, to taste.
- \* Transfer to a decorative bowl or several smaller ramekins, smoothing the top with a rubber spatula.
- \* Cover tightly with plastic wrap and refrigerate until well chilled and firm, at least 4 hours or overnight.
- \* Serve with thinly sliced French bread or toasted French bread croutons.

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**Update:** The first time I did this recipe was almost a complete disaster. The heat was too high and the bread scorched at the bottom of the pan because there wasn't enough liquid. That got solved by moving the mix to a new pan and adding another cup of stock and a cup of whole milk. The mix was now too soupy, so I added a big handful of extra breadcrumbs. The cretins now had the right colour and, most pleasing, the right taste. I was worried about that because it smelled very strongly of cloves but the taste was really good. I slowly simmered the mix until most of the liquid was gone and packed the mix into ramekins. I debated pulsing it with a hand blender to make it smoother. I didn't this time but I might next time, to see if it improves the texture of the final product.







## Cucumber, ginger and prosecco sangria

Serve this sangria alongside some fresh cheese, like a soft goat cheese drizzled with local honey or a fresh mozzarella topped with really good extra-virgin olive oil, and voila — all you have to do is invite a few friends over to make this a perfect happy hour.



- 1/2 cup light honey
- 1/2 cup water
- 3/4-inch piece fresh ginger, peeled and sliced
- 1 large strip of lemon peel, no pith
- 1 1/2 cups thinly sliced cucumber
- 1/2 cup brandy
- 1 lemon, thinly sliced, seeds removed and discarded
- 1 750-millileter bottle Prosecco, chilled

Combine the honey, water, ginger, and lemon peel in a small saucepan and bring to a simmer. Reduce the heat to a low simmer for 10 minutes. Remove from heat, cool, and then strain.

In a pitcher, combine the cucumber, ginger, syrup, and brandy. Add the lemon slices and stir. If you have time, let this sangria base chill in the refrigerator overnight.

When ready to serve, top the pitcher off with the chilled Prosecco. Serve immediately over ice, being sure to scoop some cucumber and lemon slices into each glass.





## Recipes

Cucumber, ginger and prosecco sangria

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## Curry powder blend



4 parts ground coriander  
2 parts ground turmeric  
2 parts ground yellow mustard powder  
2 parts chile powder\*  
1 parts cayenne powder  
1 parts ground cumin  
1/2 parts ground cardamom

\* The chili powder that I use is literally that — ground up chili peppers. It does not have any cumin, oregano, or other spices that are typically in chili powders. I realize that this ingredient could be confusing, since what I use as chili powder may not be what others use. You can always skip the chili powder and add in extra cayenne or another form of dried pepper. Or, add in the chili powder you have on hand.



## Dashi, chawanmushi and dobinmushi

Note: I really wanted to try my hand at the recipes I found online on the [Steamy Kitchen](#) blog. I've copied some of the pictures for the Dashi Stock in case that particular entry goes away.

### Dashi Stock

4 cups water

6-inch piece kombu or kelp (I had to improvise with the materials at hand and used 4 kelp knots)

2 handfuls of katsuobushi or bonito flakes (about 2 cups loosely packed)

To make dashi, use large bonito flakes or katsuobushi. They come in a big package at the Asian market. Look for the big flakes. The little flakes are for garnishing. Big flakes should be the size of a cornflake.



You'll also need a 6-inch piece of dried kelp (seaweed) or kombu for dashi. They usually come long, folded and then dried. You'll only need 6-inches and just a single layer, so break it apart.



Do not soak the kelp or even rinse it. Just take a damp cloth and wipe it down to clean any dirt off the seaweed. Add the kelp to water and turn the heat to medium-low.





Just before it comes to a boil, add two big handfuls of bonito flakes, stir and turn off the heat immediately.



Leave it to seep until the bonito flakes start to fall to the bottom of the pan, then strain.



The stock can be used now or frozen (use within one month).

### **Chawan mushi**

I first had this in a Japanese restaurant in London and it was bloody marvellous. It's a very light and silky steamed egg custard that is traditionally served in a lidded cup but can just as easily be done in a ramekin.

This recipe serves 2 or 3, depending on the size of the cup/ramekin being used.

- 2 eggs
- 1.5 cups dashi stock
- 1 tablespoon light colored Japanese style soy sauce
- 1 teaspoon mirin
- 1 sliced shiitake mushroom
- 2-3 asparagus spears, sliced into pieces about 2 inches long.
- 2-3 shrimp, cleaned and deveined

Combine egg, dashi stock, soy sauce and mirin in a bowl and with smooth strokes, gently beat with chopsticks. Try not to create too much froth, because you don't want a lot of air bubbles in your custard. Strain egg mixture through cheesecloth or strainer.

Divide egg mixture among the chawan mushi cups.



Add a few slices of mushroom, one shrimp, and an asparagus piece (using an end piece that includes the pointy tip looks best) to each cup. Cover with lids if using chawan mushi cups, or cover with foil if using the ramekins or teacups.

Place cups into steamer basket. Steam on high heat for 2 minutes, then reduce heat to low for another 10-12 minutes.

Test the surface with toothpick or skewer to check doneness...some clear liquid should form on top when prodded. Custard should be smooth and soft but not super firm. Don't worry if it doesn't look completely gelled, it is supposed to be a silken consistency. If it looks underdone, just keep on the steamer and re-cover, checking back at 1-2 minute intervals until it reaches the desired consistency.



### **Dobin mushi**

Dobin mushi is a soup that is cooked and served in a teapot. You should first pour out and drink the broth while enjoying the bits left in the pot.

For two people:



2 tiger prawns, cleaned and deveined  
2 king scallops, without roe, cut in halves  
2 ounces of white fish, cut into thin slices (I had cod)  
1/2 carrot, sliced thinly  
2 asparagus, sliced in 2 inch lengths  
2 mushrooms, cut into slices.  
1 tbsp soy sauce

Matsutake mushrooms are very traditional in this dish, but they cost a small fortune and aren't that easy to get a hold of. I used some shiitake mushrooms and it came out quite nicely.

Place all the ingredients into the teapot. Ladle in some dashi stock (enough to cover) and add the soy sauce and a sliver of lime peel.



Steam for 8-10 minutes (longer if you have chicken or other meats that require longer to fully cook).

Serve immediately. You can add a twist of yuzu or lime if you want to add a zing of freshness.





## Recipes

Dashi, chawanmushi and dobinmushi

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## Dill refrigerator pickles



Makes 3 pints

2 pounds Kirby cucumbers

1 1/2 cups apple cider vinegar

1 1/2 cups water

2 tablespoons kosher salt (iodine-free, if possible)

1/4 teaspoon crushed red pepper per jar (3/4 teaspoons total)

1 teaspoon dill seed per jar (3 teaspoons total)

1/2 teaspoon black peppercorns per jar (1 1/2 teaspoons total)

Wash and slice the cucumbers.

In a large saucepot, combine vinegar, water and salt. Bring to a simmer.

Arrange jars on counter and dole out the spices to each. Pack the cucumber slices firmly into the jars. You don't want to damage the cukes, but you do want them packed tight.

Pour the brine into the jar, leaving approximately 1/2 inch headspace.

Tap jars gently on countertop to dislodge any trapped air bubbles.

Apply lids and let jars cool. When they've returned to room temperature, place jars in refrigerator. Let them sit for at least 48 hours before eating.



## Recipes

Dill refrigerator pickles

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## Dutch apple cake

From the Rachel Allen cookbook. I was bored today and felt like cooking.



### Ingredients:

Two eggs  
175g caster sugar  
Half tsp vanilla essence  
75g butter  
75ml milk  
125g plain flour  
Half tsp ground cinnamon  
2¼ tsp baking powder  
Two small or one medium cooking apple  
A separate 15g caster sugar

Preheat the oven to 200°C, Gas Mark 6. Grease, and line with parchment paper, an 8"x 8" square tin.

Whisk the eggs with the 175g caster sugar until the mixture is thick and mousse-like and the whisk leaves a figure '8'. (about 5 minutes)

Melt the butter with the milk and pour onto the eggs, whisking all the time. Sieve in the flour and baking



powder and fold carefully into the batter so that there are no lumps of flour. Pour the mixture into the prepared tin.

Peel and core the apples and slice into thin slices. Arrange them over the batter. They're going to sink, that's normal. Sprinkle with the remaining 15g of sugar. Bake in the preheated oven for 10 minutes, then reduce the heat to 180°C, Gas Mark 4, for a further 20 to 25 minutes, or until well risen and golden brown.

Cool in the tin and serve warm. Delicious with cream, or, of course, custard.



## **Eggo breakfast sandwich**

**MUST. TRY. THIS!!!**

Two Eggos toasted, scrambled eggs with cheese, bacon, make into a sandwich. It takes 15 min, including cleaning of the pan. Peppers, onions, etc can be added, of course.





## Eggs benedict with healthy hollandaise



I made one of Katy's favourite breakfasts this weekend: eggs benedict. We used store-bought (Tesco's Finest) hollandaise sauce and, while it was really good, you could tell that it was evil for you. I scrouged a bit online and found a healthier version of the hollandaise sauce.

As a side note, I made it with some thickly toasted sourdough bread slices, thick cut ham on the bone and 3 minute poached eggs. YUMMAY!

### **Healthy Greek Yogurt Hollandaise Sauce**

This is far healthier, with a lot less fat than the traditional butter-based Hollandaise. This is guilt-free Hollandaise, so enjoy over eggs, asparagus, other vegetables, as a dipping sauce for artichokes or any dish finished with Hollandaise.

Makes about 1 cup (Serves 4)

#### *Ingredients:*

- \* 1 Cup Fat Free Plain Greek Yogurt
- \* 2 Tsp. lemon juice
- \* 3 Egg Yolks
- \* 1/2 Tsp salt
- \* 1/2 Tsp Dijon mustard



\* 1 pinch fresh ground pepper

*Directions:*

\* Fill a medium saucepan with two inches of water. Choose a stainless steel bowl that will sit partially inside of the saucepan without touching the water to create a double boiler.

\* Fill the pan without about two inches of water and bring to a boil, then turn down to a simmer.

\* Beat yogurt, lemon juice, egg yolks well

\* Heat over simmering water, stirring frequently, until sauce has thickened, approx 15 min (sauce will become thinner after about 10 min and then thicken again).

\* Remove from heat and stir in salt, mustard and pepper.





## Feta marinated in thyme & chilli oil



### Ingredients

- 100ml olive oil
- 2 tbsp fresh thyme leaves , plus a few extra for scattering
- 4 garlic cloves, sliced (optional)
- 1/4 tsp dried chilli flakes
- 140g semi-dried tomatoes in olive oil, drained
- 175g pack or jar grilled artichoke hearts in oil
- 2 x 200g packs feta cheese
- 85g Kalamata olives (or any good olives)

### Method

Tip the olive oil and thyme into a bowl and blitz with a hand blender. Stir in the garlic, chilli and lots of black pepper (but no salt). You could add some of the oil from the tomatoes and artichokes, too.

Cut each block of feta into 4 (or 6) and arrange in a dish or a food container with the tomatoes, artichokes and olives. Spoon over the herby oil, scatter with extra thyme and leave to marinate in the fridge overnight.



Notes: the tomatoes can be replaced by an equal amount of grilled red peppers.

## Fish cakes



We had leftover veg from making food for the beastie so I decided to get creative.

I mixed the mashed root veg (potatoes, carrots, swede) with a tin of flaked tuna, some grated mature cheddar, a bit of tabasco, some parsley, onion salt, pepper, and some breadcrumbs to thicken the mix. After forming into patties, dredging in egg wash and coating with breadcrumbs seasoned with paprika, I pan fried on both sides to color the cakes then finished them in the oven for 15 minutes at 220. Very nummy indeed!

## Fish and chips



- 4x175g/6oz thick cod or haddock fillets, taken from the head end rather than the tail end of the fish
  - 225g/8oz self-raising flour, plus extra for dusting
  - salt and freshly ground black pepper
  - 300ml/10fl oz fridge-cold lager
- 
- 6-8 large floury potatoes, such as maris piper, king edward, desiree (depending on how hungry you are)
1. Preheat the oven to 150C/300F/Gas 2 and preheat the dripping or oil to 120C/250F.
  2. For the chips, peel the potatoes and cut into whatever size you prefer. Wash well in cold water, drain and pat dry with a clean tea towel. Put the potatoes into the fryer and allow them to fry gently for about 8-10 minutes, until they are soft but still pale. Check they're cooked by piercing with a small, sharp knife. Lift out of the pan and leave to cool slightly on greaseproof paper.
  3. Increase the heat of the fryer to 180C/350F.
  4. Season the fish and dust lightly with flour; this enables the batter to stick to the fish.
  5. To make the batter, sift the flour and a pinch of salt into a large bowl and whisk in the lager to give a thick batter, adding a little extra beer if it seems over-thick. It should be the consistency of very thick double cream and should coat the back of a wooden spoon. Season with salt and thickly coat 2 of the fillets with the batter. Carefully place in the hot fat and cook for 8-10 minutes until golden and crispy. Remove from the pan, drain and sit on a baking sheet lined with greaseproof paper, then keep warm in the oven while you cook the remaining 2 fillets in the same way.
  6. Once the fish is cooked, return the chips to the fryer and cook for 2-3 minutes or until golden and crispy. Shake off any excess fat and season with salt before serving with the crispy fish. If liked, you can serve with tinned mushy peas and bread and butter, for the authentic experience!

## Fish pie (Hairy Bikers)

Katy and I watched the Hairy Bikers make this pie. It was so droolworthy that we just had to do it. It serves 6, so just use half the ingredients to make a very good meal for 2 ;)

We used cod and haddock for the white fish, skipped the salmon (cause I'm not a fan) and added some fresh scallops for a bit more seafood. There is no way in hell this can be thought of as a healthy meal with all the cream, butter and cheese that's in it. But damn if it ain't good!

Also, while there are many steps in the recipe, it's actually very straightforward to do.



### Ingredients

For the potato topping

1.5kg/3lb 5oz potatoes (such as King Edwards, Maris Piper or Estima)  
salt and white pepper  
butter, to taste  
100g/3½oz grated gruyère cheese

For the poaching broth

1 litre/1 pint 15fl oz fish stock  
4 tbsp dry vermouth  
1 onion, roughly chopped  
1 small carrot, chopped  
1 small stick of celery, chopped  
1 bay leaf



pinch saffron

For the fish

750g/1lb 10oz white fish (such as haddock, hake, sea bass or halibut)

250g/9oz smoked haddock

200g/7oz salmon

120g/4oz raw prawns

For the parsley sauce

75g/2½oz unsalted butter

75g/2½oz plain flour

150ml/5fl oz full-fat milk

large handful parsley, finely chopped

150ml/5fl oz double cream

salt and white pepper

To assemble the pie

butter, to grease the dish

125g/4½oz leaf spinach

4 hard-boiled eggs

25g/1oz ciabatta crumbs

25g/1oz grated parmesan cheese

## Method

1. For the potato topping, place the potatoes in a large pan of boiling salted water and cook for 15-20 minutes, or until tender.
2. Drain the potatoes well and mash them with a potato masher or ricer along with salt, white pepper and butter, to taste.
3. Stir in the *gruyère* and set aside the potatoes, keeping them warm.
4. For the poaching broth, place the fish stock, vermouth, onion, fennel, carrot, celery, bay leaf and saffron in a large pan and bring to the boil.
5. Reduce the heat and simmer for five minutes.
6. For the fish, place the white fish, smoked haddock, salmon and prawns into the broth and poach for three minutes. Using a slotted spoon, gently remove the fish from the pan and set aside.
7. Pour the broth through a sieve into a clean pan, discarding the vegetables and herbs. Bring the broth back to the boil and simmer until reduced by half.
8. For the parsley sauce, heat the butter and flour together in a pan over a low heat, stirring to make a paste.
9. Add the reduced broth a ladleful at a time and keep whisking until smooth. Add the milk and the parsley, bring to the boil, then reduce the heat and simmer for ten minutes.
10. Preheat the oven to 180C/350F/Gas 4.
11. To finish the sauce, add the double cream to the pan and season, to taste, with salt and white pepper.
12. To assemble the pie, butter a casserole dish generously and flake the set-aside fish, discarding any skin and bones. Lay the fish in the casserole dish and pour about half of the parsley sauce on top (reserve the remainder of the sauce to use as a pouring sauce on the finished pie).



13. Bring a large pan of salted water to the boil and add the spinach to the pan. Blanch for a minute until the spinach has wilted. Drain well.
14. Slice the hard-boiled eggs and lay on top of the fish, followed by the blanched spinach.
15. Cover with the mashed potatoes.
16. In a small bowl, mix together the ciabatta crumbs and the parmesan. Sprinkle the cheese breadcrumbs on top of the pie.
17. Place in the preheated oven and bake for about 20-25 minutes, or until the top is golden-brown. Reheat the parsley sauce and serve the pie hot with the remaining parsley sauce poured over.

## French onion dip



1/4 cup oil (olive or canola)  
4 medium yellow onions, finely chopped (about 4 cups)



Pinch of salt  
1 vegetable stock pot  
2 sprigs fresh thyme (optional)  
2 cups plain Greek-style yogurt (either no-, low-, or full-fat)  
Freshly ground black pepper  
1 teaspoon salt (either table salt or celery salt) or to taste

Add the oil and onions along with a big pinch of salt to a large sauté pan. Cook over medium heat, stirring frequently, until onions caramelize into a deep brown color. This may take 15 minutes or more. You may need to add a splash of water or wine towards the end if the onions begin to burn.

When the onions are done, turn off the heat and stir in the stock pot. Strip the leaves from the two sprigs of thyme and add to the onions. Let cool.

In a bowl, mix the cooled onions and the yogurt until blended. Stir in several turns of freshly ground black pepper. Taste for salt. If you are serving this with salted chips, be sure to use one for your final tasting so you can adjust accordingly.

Serve garnished with a sprig of thyme and surrounded by your dippers of choice (see below). This dip can be made a day in advance, kept well-covered in the refrigerator.

### **Recipe Notes**

The thyme and celery salt are optional, but I really like the bright, vegetal quality they offer to the dip.

The dip tastes better if it's given several hours for the flavors to blend. It can even be made the day before with excellent results.

The onions can be caramelized a day or two in advance as well. Follow the recipe through Step 2 then place the cooled onions in a container, cover, and refrigerate until needed.

The texture of the dip calls for finely chopped onions. This means they will cook more quickly and burn more easily than larger cuts of onion when caramelizing, so keep an eye on them, stirring frequently. It also helps to keep a little water or wine nearby so the pan can be quickly deglazed and cooled if the onions start to scorch.

Potato chips are the classic dipping vehicle but fresh vegetables such as carrot and celery sticks, cut up bell pepper strips, radishes, and so on are great.

## Gin-marinated olives



### INGREDIENTS

40 large pitted, unstuffed olives  
1 1/2 cups gin  
6 3×1? strips lemon zest (yellow part only)  
1/4 cup dry vermouth  
2 tablespoons fresh lime juice

### PREPARATION

Combine all ingredients and 1 cup water in a large jar. Cover; shake well and chill for at least 2 hours. Divide among smaller jars. **DO AHEAD:** Keep chilled for up to 2 weeks.



## Ginger and coriander pickled baby carrots



- 1 pound farmers' market baby carrots
- 1 cup water, plus more for blanching the carrots
- 1 cup white wine vinegar
- 1 tablespoon kosher salt (iodine-free, if possible)
- 2 tablespoons honey, or to taste
- 1 bay leaf
- 1 teaspoon coriander seeds, toasted
- 1 teaspoon mustard seeds, toasted
- fresh ginger, peeled and sliced

Trim and peel the carrots and cut them in half lengthwise.

Bring a saucepan of water to a boil. Add the carrots and blanch until crisp-tender, about 2 minutes. Immediately drain and run under cold water. Transfer the carrots to a bowl (or jars if you plan to keep the carrots for longer).

Combine 1 cup of water with the vinegar, salt, honey, bay leaf, coriander, ginger, and mustard seeds in a small saucepan. Bring to a boil and stir to dissolve the salt and honey. Pour over the carrots.



Let cool to room temperature and then refrigerate in an airtight container for at least an hour and up to a month.

**Recipe Notes**

*Substituting regular carrots:* To use regular-size carrots, cut them into sticks about 3 to 4 inches long and 1/2 inch wide.

*Substituting spices:* Feel free to substitute an equal amount of other toasted spices such as cumin seeds, dill seeds, fennel seeds, anise seeds, or celery seeds. Add heat with a pinch of red pepper flakes.



## Golabki - Polish stuffed cabbage rolls



Adapted from several recipes found online

### Ingredients

- 1 head Savoy cabbage (3-4 lbs)
- 1 Tbsp olive oil
- 1 small onion, minced
- 1 small carrot, shredded (on a box grater)
- 1 stalk celery, minced
- 1-1/4 lb lean ground beef or turkey
- 2/3 cup cooked long-grain white rice
- 2 Tbsp tomato paste
- 2 Tbsp chopped fresh flat-leaf parsley
- 1 tsp kosher salt
- 1 tsp fresh black pepper
- 1/2 cup canned chopped tomato
- 1L tomato juice

### Directions

Cut the core out of the cabbage, and leave it whole. Bring a large pot of water to a boil. Submerge the cabbage, core side up, in the boiling water. Reduce heat to low, and simmer for 10-15 minutes. (Hint: if



the cabbage floats to the top, set a small ceramic plate on top to keep the ribs of the cabbage leaves under water.)

While the cabbage is in the pot, heat the oil in a large Dutch oven or deep pan (the one you'll use for cooking the cabbage rolls — I use a 12-inch straight-sided pot, with a lid). Sauté the onion, carrot and celery until the vegetables are soft, 2-3 minutes. Scrape the mixture into a large mixing bowl and set it aside to cool.

Remove the cabbage from the hot water, and carefully peel off the outer leaves (you'll need 18 leaves, or fewer if some of the leaves are large enough to be cut in half). Work with one leaf at a time. Dry each leaf with paper towels. Place the leaf cupped side down on the counter. With a very sharp paring knife, slice off the hardest part of the center rib (or, you can cut it out, and overlap the two flaps of the cabbage leaf to fill the gap). Pile up the whole, trimmed leaves; chop the remaining cabbage into 1-inch pieces, and layer them in the bottom of your cooking pan.

Add to the mixing bowl with the sautéed vegetables the ground beef, cooked rice, tomato paste, parsley, salt and pepper. Mix well (with your hands).

Set one of the cabbage leaves on the counter, cupped side facing up. (If you've cut the rib away, overlap the two flaps of the leaf.) Make a small log out of 2-3 tablespoons of the meat filling, and set it at the end of the leaf closest to you. If you've ever made eggrolls, you know what to do next. Fold up the bottom of the leaf over the mixture. Then fold in both sides, and roll the leaf to cover all of the filling. Place the rolled, filled cabbage leaf in the pot, on top of the chopped cabbage.

Continue with the remaining leaves and remaining meat mixture. Pack the leaves into the pot tightly; you'll need to make two layers.

Sprinkle the chopped tomato over the cabbage rolls, and pour in the tomato juice to cover. If the juice doesn't cover, add some beef broth or water so that the rolls are almost covered, but not totally submerged.

Bring the liquid to a boil over high heat. Then, cover the pot and reduce the heat to low. Cook for 45 minutes (check midway through; if the liquid in the pot is boiling, reduce heat to simmer).

Let the cabbage rolls cool for 5-10 minutes before serving, or let cool completely and refrigerate or freeze. Save any extra braising liquid and the chopped cabbage from the base of the pot — it's the perfect start to a wonderful soup.



## Goosey chocolate pudding

Preparation time less than 30 mins

### Ingredients

125g unsalted butter, plus extra for greasing  
150g chocolate (70 per cent cocoa solids)  
4 free-range eggs  
75g caster sugar  
50g self-raising flour, plus extra for dusting  
1 tbsp cocoa powder, plus extra for dusting  
mascarpone, to serve

### Method

1. Preheat the oven to 180C/365F/Gas 4.
2. Place the butter and chocolate into a heatproof bowl. Place the bowl over a pan of barely simmering water, and allow the chocolate and butter to melt.
3. Once the chocolate and butter have melted, stir to combine, then set aside and allow to cool.
4. Place the eggs and sugar into a clean bowl and whisk for 4-5 minutes, or until pale and light (more than doubled volume and holds soft peaks).
5. Add the egg mixture to the chocolate mixture and gently fold together, taking care to maintain volume in the eggs.
6. Add the flour and cocoa powder and fold in.
7. Grease and flour four ramekins or dariole moulds.
8. Divide the chocolate mixture among the ramekins. Place onto a baking tray and transfer to the oven to bake for 10-12 minutes, or until set, but still with some wobble in the centre.
9. Loosen the puddings and very carefully turn each out onto plates.
10. Dust the puddings with cocoa powder and serve with a dollop of mascarpone on top.



## Ham hock and mustard terrine



### Ingredients

2 small ham hocks, approx 1kg/2lb 4oz each  
sunflower oil, for greasing  
2 tbsp wholegrain mustard  
small handful parsley, chopped  
handful of sweet gherkins and silverskin onions  
1 sheet gelatine

### FOR THE STOCK

500ml cider  
2 carrots, chopped  
2 celery sticks, chopped  
1 large onion, chopped  
2 bay leaves, fresh or dried  
6 thyme sprigs  
6 whole peppercorns





Serves 8

Prep 30 mins

Cook 3 hrs 30 mins

Plus chilling

### Method

Put the ham hocks in a large pan with the stock ingredients. Cover with cold water. Set pan over a high heat and bring to the boil. Reduce heat to a simmer, cook for 2½-3 hrs or until the meat falls from the bone. Leave to cool in the pan.

Grease a 1-litre terrine mould or loaf tin with the oil, then line with cling film. Remove the hocks, then strain the stock through a fine sieve into a pan. Set aside.

Shred the ham, leaving some large chunks, removing as much fat and sinew as possible. In a large bowl, mix the ham with the mustard and parsley. Press the mixture into the prepared terrine, putting a layer of gherkins and onions in the middle.

Bring the reserved stock back to a rapid boil and reduce by half. You should have about 600ml/1pt liquid remaining. Remove from the heat. Meanwhile, soak the gelatine in cold water for 5 mins to soften.

Remove from the water, then squeeze out any excess liquid. Add the gelatine to the hot stock and stir well.

Pour enough of the stock over the ham to just cover. Tap terrine firmly on a hard surface to knock out air pockets, then cover with cling film. Chill for 3-4 hrs or overnight. To serve, remove from the mould and carve into chunky slices. Serve with capers and toast.

## Hamburger Helper



This is a bit embarrassing, as a decent cook, but I used to love Hamburger Helper. I've been unable to eat it since my allergies cropped up. I liked was the standardization of the directions in every variety, along with the cutting open of packets and throwing it in the pot. It requires little thinking, which is often what you need at the end of a long day when you're tired and everyone is hungry.

But, the Internet is your friend! Make your own helper, thought I! You can even make it in advance so it's all pre-measured and ready to toss in the pot on busy nights. Just like store-bought helper, your homemade helper comes with standardized directions and "packets" to throw in the pot. Very little thinking required—but in this case, it's much more fresh and you can feel a whole lot better about feeding it to your family.



### Hamburger Helper Basics

When creating your own helpers, keep in mind that most packages of Hamburger Helper include about 1 1/2 cups of pasta plus a packet of sauce seasonings, depending on the variety.

After browning and draining half a kilo of ground beef, in the same skillet you add water and milk (usually about 3 cups total), seasonings, and simmer (usually about 12-20 minutes). Add cheese near the end for some varieties.

Brown ground beef in a large frying pan and drain.



Add hot water and milk:



Add pasta and your homemade sauce packet:



Bring to a boil. Cover and simmer on low about 12 minutes, stirring occasionally, until pasta is tender.



When the pasta is tender, turn off heat and uncover. Let mixture stand, uncovered, about five minutes. It

will continue to thicken as it stands.



You can make your Homemade Hamburger Helper in advance by pre-measuring the pasta. Place in a sandwich-size baggie. Snack-size baggies are perfect for the sauce mix. The measured pasta can be used in a number of Hamburger Helper varieties. Just label the sauce mix so you'll know what you're picking up then grab whichever bag of pasta you need.

### **Spice mixes**

*Chili Mac:* Using 1 pound ground beef, 2 1/4 cups hot water and 1/2 cup milk, 1 1/2 cups elbow macaroni, and 1 cup stewed or diced canned tomatoes, prepare a sauce packet including 1 tablespoon corn starch, 1 tablespoon chili powder, 1 teaspoon onion powder, 1 teaspoon salt, and 1 teaspoon sugar. Stir in 1/2 cup shredded cheddar cheese near the end.

*Lasagna:* Using 1 pound ground beef, 2 1/4 cups hot water and 1/2 cup milk, 1 1/2 cups either lasagna broken into small pieces or small egg noodles, and 1 cup stewed or diced canned tomatoes, prepare a sauce packet including 1 tablespoon corn starch, 1 tablespoon mixed Italian herbs, 1 teaspoon onion powder, 1 teaspoon salt, and 1 teaspoon sugar. Stir in 1/2 cup mozzarella, shredded, near the end, then sprinkle the top with parmesan cheese during the 5-minute standing period.

*Beef Stroganoff:* Using 1 pound ground beef, 1 cup hot water and 2 cups milk (if you have sour cream, replace 1/2 cup of the milk with sour cream), and 1 1/2 cups small egg noodles, prepare a sauce packet including 1 tablespoon corn starch, 1 teaspoon onion powder, 1 teaspoon parsley, 1 teaspoon salt, 1 teaspoon sugar, 1/2 teaspoon pepper, 1/2 teaspoon mustard powder with an add-in of 1 cup sliced fresh mushrooms.

*Beef Goulash:* Using 1 pound ground beef, 1 cup hot water and 2 cups milk (if you have sour cream, replace 1/2 cup of the milk with sour cream), and 1 1/2 cups small egg noodles, prepare a sauce packet including 1 tablespoon corn starch, 1 teaspoon onion powder, 1 teaspoon parsley, 1 teaspoon salt, 1 teaspoon sugar, 1/2 teaspoon pepper, 1/2 teaspoon paprika, 1/2 teaspoon italian seasoning with an add-in of 1 tin of tomatoes and 1/2 cup of frozen peas.

## Haslet



8 thick slices of white bread cut into small pieces

Milk for soaking

1kg of lean pork mince

2 medium onions, chopped

1 tbsp dried sage, chopped

1 tsp dried rosemary, chopped

1 tsp dried thyme, chopped

Salt and pepper

1. Soak cubed bread in enough milk to cover.
2. When soft, squeeze out excess moisture.
3. Mix the bread, pork, onion, herbs, salt, and pepper.
4. Push into a loaf tin, pressing down firmly and evenly.
5. Place the loaf tin in a roasting tin filled with freshly boiled water
6. Cover with foil, place the roasting tin in a preheated 175degC oven bake 2 hours.

## Hot sauce



### Ingredients:

500g red jalapeño chiles, coarsely chopped  
1 teaspoon kosher salt  
1 cup distilled white vinegar  
2 tablespoons palm sugar

### Directions:

Place all the ingredients except the sugar in large glass bowl, loosely cover with plastic wrap and allow to sit overnight. This brine helps mellow the heat of the peppers.

Place the mixture and sugar in small saucepan. Bring to a boil over high heat, then lower the heat and simmer for 5 minutes. Remove from heat and set aside to cool to room temperature.

Blend with an immersion blender (or a food processor/blender) until a smooth, orange-red mixture forms.

Run through a strainer and smush out as much juice as possible.

Refrigerate to store.

### Notes:

I haven't tried this yet, but I want to experiment with adding roasted red peppers, or fresh ginger and lime juice, to see how that changes the flavour profile.

## Hot giardiniera



Prep Time: 20 min

Inactive Prep Time: 16 hr 0 min

Serves: 3 to 4 cups

### Ingredients

- 1/4 cup table salt
- 1 cup small-diced carrots
- 1 cup tiny cauliflower florets
- 4 to 8 serrano peppers, sliced (depending on heat level desired)
- 1 stalk celery, diced small
- 1 red bell pepper, diced small
- 2 cups olive oil
- 1 tablespoon dried oregano
- 1/2 teaspoon freshly ground black pepper

### Directions

Combine 2 cups water and the salt in a glass or non-reactive bowl. Mix until the salt is dissolved. Add the carrots, cauliflower, serranos, celery and bell pepper to the salt water and stir to combine. Cover and refrigerate overnight.

Day 2, drain and rinse the vegetables. In a clean bowl, mix together the oil with the oregano and pepper. Add the vegetables and mix to combine. Allow to marinate overnight. Giardiniera will only get better with time. After 2 days at the most in the bowl, you can place in air-tight mason jars and keep in the fridge for at least 2 to 3 weeks.

## Ganache



The sort of ganache you will make depends on what you want to use it for. It's a question of proportion between the chocolate and heavy cream. These proportions are based on weight.

- Layer cake filling and thick glaze: 1:1, equal parts chocolate and cream.
- Chocolate truffles: 2:1, two parts chocolate to one part cream.
- Soft icing and pourable glaze: 1:2, one part chocolate to two parts cream.

1. Weigh out the amount of chocolate called for in your recipe. If you aren't following a recipe, start with a small amount and make more as needed.
2. Based on the ratio chart above and how you're intending to use the ganache, weigh the amount of cream needed for the ganache in a separate bowl.
3. Pour the cream into a double-boiler. It just needs to get hot. The cream is ready when you can place a



finger in the cream and keep it there for 3 to 4 seconds. Turn off the flame and remove the cream from the stove.

4. Chop the chocolate into fine pieces while the cream is heating.

5. Scoop the chocolate into the cream. Stir gently to distribute the chocolate through the cream and then let it sit for a few minutes to give the chocolate time to soften and melt.

6. With a spatula or wooden spoon, stir the ganache. At first it might look spotty and broken but keep stirring until it comes together in a creamy mass.

7. Cool the ganache:

– If you plan on pouring the ganache over a cake, pie, or pastry, it will need to be loose enough to flow but thickened enough to stay on the pastry.

– To whip the ganache for frosting or for layer cake filling, cool the ganache until it is thick, but still soft, and then beat in a stand mixer or with a hand held mixer, until the ganache is fluffy and has lightened in color, about 1 or 2 minutes.

– To use the ganache make truffles, you may need to set the pan in the refrigerator so the ganache cools. Remove the pan every 5 minutes or so and stir so that the ganache cools evenly. As the chocolate begins to stiffen, stir it more frequently — it will go from soft to very hard quite suddenly. If this happens, soften the ganache over gently simmering water, stirring until you've reached the right consistency again.



## Girdle-buster pie (Nigella Lawson)

This is something I want to try over Christmas. It's my take on Nigella's [girdle-buster pie](#).

### Ingredients

For the pie:

Ingredients

- \* 375g digestive biscuits
- \* 75g soft butter
- \* 50g dark chocolate pieces or chips
- \* 50g milk chocolate pieces or chips
- \* Coffee ice cream

For the ganache:

- \* 8 ounces (227 grams) semisweet or bittersweet chocolate, cut into small pieces
- \* 3/4 cup (180 ml) heavy whipping cream or double cream (35%-40% butterfat)
- \* 2 tablespoons (28 grams) unsalted butter
- \* 1 tablespoon Cointreau (or liqueur of your choice)

### Method

- Process digestive biscuits with soft unsalted butter. Add chocolate chips.
- Press in to a flan dish and place in freezer to firm up.
- Pour over softened coffee flavour ice cream.
- Cover with cling film and return to freezer.
  
- Place the chopped chocolate in a medium sized heatproof bowl. Set aside. Heat the cream and butter in a small saucepan over medium heat. Bring just to a boil. Immediately pour the boiling cream over the chocolate and allow to stand, without stirring, for a few minutes. Stir gently (as you do not want to incorporate air into the ganache) with a spoon or whisk until smooth. If desired,



add the liqueur.

- Let it cool but not set, and pour over ice cream

**A few notes about the ganache:**

To Cover a Torte or Cake: If the cake you are covering needs to be refrigerated, first chill the cake. (This will ensure that the ganache will not lose its shine when the cake is stored in the refrigerator.)

First, brush any loose crumbs from the cake. Using a cake spatula or knife, cover the sides and top of the cake with a thin layer of ganache. (This is called a crumb coat and seals in any cake crumbs so that your cake will have a smooth finish.) Refrigerate the cake for about 5 minutes or until the crumb coat has set. Then place the cake on a wire rack, and put the wire rack on top of a large baking sheet (to catch any excess ganache that drips from cake.) Then pour the ganache into the center of the cake. Working quickly, spread the ganache with a large metal spatula or knife, using big strokes to push the ganache over the sides of the cake. (This will create an even coating of ganache.) If there are any bare spots on the sides of the cake, cover with ganache. Let the ganache set before covering and storing the cake.

Leftover ganache can be strained to remove any crumbs. It can be used to make chocolate truffles. Cover and refrigerate the ganache until firm (several hours or overnight). Roll into small balls and then roll in cocoa powder, confectioners (powdered or icing) sugar or chopped nuts. You can use your hands to form the truffles, a melon baller or small spoon. Truffles can be refrigerated for a couple of weeks or else frozen for a couple of months.

## Hungarian Goulash

### INGREDIENTS:

- \* 1 kg beef brisket, cut into 1-inch chunks
- \* salt and freshly ground black pepper
- \* tabasco sauce, to taste
- \* 2 tbsp all-purpose flour
- \* 3 tbsp olive oil, divided use
- \* 5 medium sweet onions, sliced and separated into rings
- \* 1/2 cup sweet red wine
- \* 1 cup oxo cube broth
- \* 1 tin chopped tomatoes with juice
- \* 4 tsp cup sweet Hungarian paprika (see Note)
- \* 1 cup sour cream

### PREPARATION:

Place beef chunks in a large bowl. Sprinkle liberally with salt and freshly ground pepper. Toss with the flour.

Heat a heavy Dutch oven over medium high heat and add 1 tablespoon of the olive oil. Swirl to coat the bottom of the pan. Place beef chunks in a single layer and brown on two sides. Season with tabasco. You will probably need to do this in batches. Do not crowd the meat or it will boil instead of brown. Remove browned beef chunks to a bowl.

Reduce heat to medium-low. To the drippings in the Dutch oven, add the remaining 2 tablespoons of olive oil, onion rings and onions. Toss to coat with the olive oil. Cover tightly and sweat the vegetables, stirring occasionally, until onions are limp but not browned.

Add red wine to the vegetables and cook 2 minutes. Add broth and paprika. Return beef to the pan. Stir until well-combined. Cover tightly, reduce heat, and simmer on low heat for 1-1/2 to 2 hours, stirring occasionally, until beef is fork-tender.

Remove Dutch oven from heat and wait for boiling to subside. Taste and add additional salt if necessary. Stir in sour cream until completely incorporated into the gravy.

Serve Hungarian goulash over hot buttered noodles with chopped parsley or over plain basmati rice.



## Indian spinach and potato pie



### For the filling

- 1.25 kg large waxy potatoes, halved
- 85g butter
- 2 onions, chopped
- 1 tbsp black mustard seed
- 2 tbsp finely chopped ginger
- 2 red chilies, halved, deseeded and sliced
- 1 tbsp tomato paste
- 2 tsp ground cumin
- 1 tsp ground coriander seed
- 1/2 tsp turmeric
- 1/2 tsp garam masala
- 400g bag fresh spinach
- 4 tomatoes, chopped
- small bunch coriander, chopped

### For the pastry

- 270g pack filo pastry (6 large sheets)
- 50g melted butter



1/2 tsp poppy seeds seed

**Method**

Heat oven to 190C/170C fan/gas 5.

To make the filling, heat a pan of salted water. When boiling, add potatoes and boil for 15 mins until tender.

Melt the butter then fry the onions for a few mins. Combine tomato paste, spices and some water. Add spice paste, mustard seeds, ginger and chilies and fry, stirring occasionally, for about 7 mins until soft.

Wilt the spinach by immersing in boiling water. Drain and squeeze out as much liquid as you can, then chop it.

Drain the potatoes and crush lightly to break them up into chunks rather than mash. Toss in the spice mixture with plenty of salt to coat them, then add the spinach, tomatoes and coriander.

Carefully unroll the pastry and brush 2 x 20cm loose-bottomed sandwich tins with some butter. Brush the first sheet of pastry and lay it in and across the tin so that it hangs over the side. Do the same with another sheet of pastry to cover the other side of the tin (so the two form a cross), butter and fold the final sheet in half and lay it in the base of the tin to create a firm base. Do the same with the other tin and remaining pastry.

Spoon the filling into the tin and fold up the pastry that is overhanging so that it covers the filling. Brush generously with the remaining butter and sprinkle with seeds. Bake for 35 mins until golden and crisp.

## Infused vodka

Infused spirits are a great way to get flavor without bulk. The substance that gives herbs and spices their flavor is referred to as the “essential oil,” an apt term that reflects the similarity of these flavorful substances to fats. Like fats, essential oils don’t dissolve readily in water so the most flavorful infusions can be made in fat—or its more drinkable molecular relative, alcohol.

Some of those compounds that produce a plant’s characteristic flavor are agents of chemical defense that have repellent or disruptive effects on attackers and, unless contained, can foul up the inner workings of the plant itself. For this reason, many of the prized aromatic compounds are isolated in special storage cells. That’s why herbs and citrus peels release a burst of aroma when you crush them between your fingers: You’re breaking open said storage cells. To maximize flavor in vodka infusions, run the ingredients through the blender briefly to release flavorful and aromatic compounds from their freshly broken storage cells.

Vodka has very little flavor of its own, so it makes a great neutral solvent. I like to infuse it with citrus peels left over from juicing or end-of-summer garden herbs, but the possibilities are endless. Raid your fridge, cupboards and spice racks for inspiration. Mix and match with simple syrup, sparkling water, juices, and fancy garnishes for easier-than-they-seem party cocktails.

### Step 1 PROCURE FRUIT



Citrus-infused vodkas are simple, classic, and easily put together from fruit peels left over from eating or juicing. I try to buy organic produce to minimize the possibility of pesticide residue in my cocktails.

### Step 2 WASH IT



When using citrus peels, I wash them thoroughly because I've seen my share of mangy toddlers in the produce aisle with their sticky mitts all over the fruit.

### Step 3 PEEL IT





Using a sharp vegetable peeler is the easiest way to separate the flavorful yellow zest from the bitter white pith.

Step 4 WEIGH IT



5% by weight is enough citrus peel or herb to infuse plenty of flavor. A 750 ml bottle of vodka weighs 690 to 700 grams, so if you want to infuse the whole bottle, use 35 grams of zest. For rogue cooks or those without kitchen scales, one very large lemon, one small orange, or half a grapefruit will yield 35 grams of zest.

Step 5 BLANCH IT



Blanch the strips of zest in boiling water for 30 seconds to tame bitterness.

Step 6 ADD ZESTS



Pour the zests in a strainer over a sink and shake off remaining water. If you're using herbs in your infusion, in this step you'll want to dry them more thoroughly to avoid diluting the vodka. Rinse the blanched herbs quickly in cold water, then carefully wring them out.

#### Step 7 ADD VODKA



Put the zest in the blender. Add the vodka. Save the bottle for storing the finished infusion.

#### Step 8 BLEND IT



Blend. This increases the surface area of the lemon zest, exposing more of it to the vodka, and busts open the cells in which the essential oils are stored—yielding a stronger infusion in less time. Follow the same procedure for herbs. There’s no need to liquefy the mixture; just blend for 20-30 seconds to break the zest into small pieces.

Step 9 POUR IT



Pour the vodka and zest into a wide-mouthed jar. If some bits of zest are stuck under the blade, pour a small amount of vodka back into the pitcher, swirl it, and pour it quickly back into the jar.

Step 10 STORE IT



Screw on the lid and stash the jar someplace dark for four days or so. Herbs should be strained on the fourth day; I noticed that they picked up off flavors if left in longer. Citrus peel was less finicky and had sufficient flavor and bright color after four days.

Step 11 POUR IT



When it's time to strain, set a funnel inside the vodka bottle and line it with a coffee filter. Pour the vodka into the funnel slowly, being careful that it doesn't breach the filter.

Step 12 FILTER IT





The coffee filter will catch solid bits as the bottle collects the crystal-clear infusion.

### Step 13 MIX AND DRINK

Image not found

Unlike commercially infused vodka, homemade infusions naturally pick up color from the fruit. Mix up some lemon peel-infused vodka with simple syrup and sparkling water for an easy “Limoncello” soda.

## Italian Beef sandwich



Italian Beef is made by slowly roasting lean beef in a pan filled with seasoned beef-based stock. Then it is sliced paper thin, soaked in the juice for a few minutes, and layered generously, dripping wet, onto sections of Italian bread loaves, sliced lengthwise. This crust is typically tan, only slightly crumbly, fluffy and white in the center, and high in gluten.

The meat is topped with sautéed green bell pepper slices and giardiniera, which is usually a spicy hot blend of chopped serrano peppers, carrots, cauliflower florets, celery, olives, herbs, salt & pepper, packed in oil and/or vinegar. Finally juice is spooned over the toppings, making the bread wet and chewy.

Preparation time: 20 minutes.

Cooking time: Allow about 2 hours to cook and another 3 hours to firm the meat for slicing in the refrigerator if you don't have a meat slicer. You need 90 minutes to cook a 3 pound roast, or about 30 minutes per pound. You can cook this well in advance and refrigerate the meat and juice and heat it up as needed. You can even freeze it. This is a great Sunday dish because the smell of the roasting beef and herbs fills the house. After you cook it, you need another 30 minutes to chill it before slicing.

Ingredients

**The beef**

1 boneless beef roast, about 3 pounds with most of the fat trimmed off. Top sirloin, top round, or bottom round are preferred in that order.

**The rub**

1 tablespoon ground black pepper  
1 teaspoon onion powder  
1 teaspoon dried oregano  
1 teaspoon dried basil  
1 teaspoon paprika  
1/2 teaspoon crushed red pepper

**The juice**

6 cups of hot water  
4 cubes of beef bouillon (see discussion below)

**The sandwich**

10 soft, fluffy, high gluten rolls, sliced lengthwise but hinged on one side or Italian bread loaves cut widthwise into 10 portions

3 medium sized green bell peppers  
1 tablespoon olive oil, approximately  
1 cup hot giardiniera

1) Mix the rub in a bowl. Sprinkle it generously on the meat and massage it in. There will be some left over. Do not discard it, we will use it in the juice. Let the meat sit at room temp for about 30 minutes. Meanwhile, preheat the grill or oven to 200°C/400°F.

2) Pour the water into a 9 x 13" baking pan and heat it to a boil on the stove top. Dissolve the bouillon in the water. It may look thin, but it will cook down and concentrate during the roasting. Pour the remaining rub into the pan. Everyone has their own secret. Many, like Al's #1 (my fave), put the meat in the juice, submerged half way while it roasts rather than hovering above it. Roast at 200°C/400°F until interior temperature is about 130°F/55°C for medium rare, about 30 minutes per pound (exact time will depend on the cut of meat, its thickness, and how well calibrated your oven is). This may seem long, but you are cooking over water and that slows things down. The temp will rise about 5°F more as it rests. Don't worry if there are people who won't eat medium-rare meat. The meat will cook further in step 5, and you can just leave theirs in the juice until it turns to leather if that's what they want.

Beware. This recipe is designed for a 9 x 13" baking pan. If you use a larger pan, the water may evaporate and the juice will burn. If you have to use a larger pan, add more water. Regardless of pan size, keep an eye on the pan to make sure it doesn't dry out during cooking. Add more water if necessary.

3) While the meat is roasting, cut the bell peppers in half and remove the stems and seeds. Rinse, and cut into 1/4" strips. Cook the peppers in a frying pan over a medium high heat with enough olive oil to coat the bottom, about 1 tablespoon. When they are getting limp and the skins begin to brown, about 15 minutes, they are done. Set aside at room temp.



4) Remove the roast and the juice pan. Pour off the juice, put the meat back in the pan, and place it in the coldest part of the refrigerator. Let it cool for a few hours, long enough for the meat to firm up. This will make slicing easier. Chill the juice, too, in a separate container. Slice the meat against the grain as thin as humanly possible, preferably with a meat slicer. If you don't have a slicer, use a thin blade and draw it along the meat. If you try to cut down or saw through the crust you will be cutting it too thick.

5) Taste the juice. If you want you can thin it with more water, or make it richer by cooking it down on top of the stove. Turn the heat to a gentle simmer. Soak the meat in the juice for about 1 minute at a low simmer. That's all. That warms the meat and makes it very wet. You can't leave the meat in the juice for more than 10 minutes or else it starts to curl up, squeezes out its natural moisture, and toughens.

6) To assemble the sandwich, start by spooning some juice directly onto the bun. Get it wet. Then lay on the beef generously. Spoon on more juice (don't burn your hand). Top it with bell pepper and, if you wish, giardiniera. If you want it "wet", dip the whole shootin' match in juice. Be sure to have plenty of napkins on hand.

## Jalapeno poppers



Back to making these jalapeños, one important note when making these, wear gloves while handling the peppers. There is nothing worse than touching your eye or lip with jalapeño fingers, trust me, I've done it!

These can be made ahead of time, then baked when ready to serve.

12 jalapeño peppers, sliced in half lengthwise  
6 rashers streaky bacon, cooked and chopped up into small bits.  
150g light cream cheese  
50g shredded sharp cheddar  
2 eggs, beaten  
1/2 cup panko crumbs  
1/8 tsp paprika  
1/8 tsp onion powder  
1/8 tsp chili powder  
small bunch of chives, chopped  
salt and fresh pepper  
spray oil

Preheat oven to 350°F/175°C. Wearing rubber gloves, cut peppers in half lengthwise and scoop out the seeds and membrane.



Combine cream cheese, cheddar, bacon and chives in a medium bowl.

Combine panko, paprika, chili powder, onion powder, salt and pepper in another bowl.

Fill peppers with cheese filling with a small spoon or spatula.

Dip peppers in egg wash.

Place pepper in panko mixture, using a spoon to make sure all the seasoning doesn't fall to the bottom of the bowl.

Spray a baking pan with oil spray. I lined my pan with parchment for easier cleanup. Lightly spray the peppers with a little more oil spray.

Bake in the oven for about 20-25 minutes, until golden and cheese oozes out.

Remove from oven and serve immediately. Serve hot.

## Japanese pickled radishes



These are Japanese-style pickles, with a well-balanced sweet/sour flavor and a satisfying crunch. One thing to be warned about, though, if you aren't used to pickled radishes: they may be pretty, but they can have a funky smell to those who are unfamiliar with them.

3/4 cup hot water (not boiling)  
1/2 cup rice wine vinegar  
6 tablespoons sugar  
1 tablespoon salt (iodine-free, if possible)  
2 bunches red radishes, rinsed and drained

Combine water, vinegar, sugar and salt in a large jar, cover with a lid and shake it up until the sugar and salt are dissolved. Alternatively, you can stir them in a non-reactive (glass, ceramic, stainless) bowl. Set aside.

Remove the greens from the radishes. Quarter the radishes. Smaller radishes can be halved and larger ones may need to be cut into sixths. You'll want them to be roughly the same size.

Pack radishes into your non-reactive container of choice, cover with the brine and then the lid, and place in the refrigerator. Let sit at least 3 days before enjoying (although they can be eaten sooner.) They should last for a month in the refrigerator.



## Jerusalem artichoke tartiflette



floury potatoes 600g  
Jerusalem artichokes 400g  
smoked lardons or pancetta 250g  
olive oil a little  
red onions 2, sliced  
crème fraîche 300ml  
reblochon 350g

Peel the potatoes and artichokes then steam or boil them in deep, salted water until tender. They take roughly the same time, so you can cook them together. Drain and cut each one into thick slices. Don't worry if they crumble a little. Cut the pancetta into short, thick pieces. Heat the oven to 180C/gas mark 4.

Warm the olive oil in a shallow pan, add the lardons or pancetta and cook over a moderate heat with the occasional stir, until the fat is golden. Transfer the pancetta to a plate, leaving behind the oil and fat. Peel the onions, then slice thickly. Add them to the oil and pancetta fat and cook for 10 minutes, until pale gold and soft.

Put the sliced potatoes and artichokes in the pan with the softened onions, and continue cooking for 3 or 4 minutes, shaking the pan occasionally, until they have coloured lightly here and there. Stir in the cooked pancetta.

Cut the reblochon into thick slices. Spoon a layer of the potato, onion and bacon into a dish, add a few slices of reblochon then more potato mixture. Finish with spoonfuls of the crème fraîche and, if you wish, a fine grating of parmesan.

Bake the tartiflette for about 40 minutes until bubbling.





## Lamb doner kebab

500g lamb mince  
100g of stale breadcrumbs  
1 1/2 tsp salt  
1/2 tsp ground cumin  
1/2 tsp ground coriander  
1/2 tsp chili powder  
a good grind of black pepper  
1 medium onion coarsely grated.

Mix thoroughly using a rubber spatula and then place back into the fridge to chill.

Mince the chilled ingredients again through the finest plate which should render a smooth, meaty pâté. In making something like a hamburger you want to keep the mixture loose to allow a good texture when cooked; with doner meat we're looking for as near a homogenous slab of flavoured protein as possible so you can't overwork it – as long as the whole thing remains as cold as possible so the fat can't escape.



You could cook the meat in a regular terrine dish but bear with me here. Honestly it's worth it.



Clean an empty, standard 1lb tin and line with two layers of cling film. Be careful of the edge, it's lethal. Work the chilled mixture quickly through your fingers until it looks more homogeneous then form into fat burger shapes that will just fit into the tin. In the real thing, discs of the paste are piled onto a skewer which gives the shape and a slight horizontal grain structure. We'll try to keep to that idea. Pack the pucks into the tin and then close the cling film tightly to seal the top.



Stand the tin in the bottom of a big casserole and add boiling water to about half its depth. Put into a medium oven, around 150C, and cook until the internal temperature reaches 75C – mine took around an hour and a half – then turn the oven off and leave for 15 minutes while you prepare a salad mix, like a dry coleslaw, heavy on the white cabbage, dressed with lemon.





Turn out and unwrap your mini-elephant leg and trim the bottom so it will stand on end on an oven tray or metal plate.





To serve, play a blowtorch over the surface of the meat and then slice vertically, stabilising the cylinder with a carving fork if necessary.







## Lamb kefta tagine (meatballs with eggs)

Kefta tagine

Original recipe by Simon King and David Myers  
from The Hairy Bikers

### For the meatballs

500g minced lamb  
1 onion, very finely chopped  
1 tsp ground ginger  
1 tsp ground cumin  
1/2 tsp chilli powder  
1 tsp paprika  
small handful coriander leaves, finely chopped  
small handful flatleaf parsley, finely chopped  
1 free-range egg yolk (to bind)  
salt and freshly ground black pepper

### For the tagine

2 tbsp olive oil  
1 small onion, finely chopped  
2 tbsp tomato pur  
1 x 400g can chopped tomatoes, drained  
2 tsp clear honey  
200g frozen peas  
2-4 free-range eggs  
handful parsley, chopped, for garnish

### Method

1. Preheat the oven to 200C/400F/Gas 6.
2. For the meatballs, place the meat, onion, spices, fresh herbs and egg yolk into a large bowl. Season with salt and freshly ground black pepper and mix well. Knead with your hands to form a smooth paste. Roll into walnut-sized balls and set aside.
3. For the stew, in a tagine or heavy-bottomed lidded casserole heat the olive oil, add the onion and sweat until translucent.
4. Add the meatballs and cook until lightly browned on all sides. Combine the tomato pur with the canned tomatoes and add this to the tagine along with the honey. Cover and simmer for ten minutes.
5. Add the peas to the tagine or casserole and stir. Carefully break the eggs onto the top of the stew. Place the tagine or casserole into the oven and bake until the eggs are cooked to your liking, approximately ten minutes.



6. Garnish with chopped parsley and serve with couscous.

## Lasagna soup



- 1 pound sausage meat
- 2 cups diced onions
- 1 cup diced carrots
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/4 teaspoon red pepper flakes
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 4 cups chicken broth
- 1 large tin crushed tomatoes
- 1 large tin tomato sauce
- 1 cup dry large-shaped pasta
- 2 cups chopped fresh spinach
- 4 ounces diced provolone cheese
- 1 ounce fresh grated Parmesan cheese

In a dutch oven over medium-high, add sausage and cook until browned – crumble the sausage as you go with a wooden spoon. Add the onions and carrots – cook 3 minutes. Mix in the basil, oregano, red pepper flakes, salt and pepper – cook 1 minute. Pour in the broth, crushed tomatoes and tomato sauce. Bring to a boil and add in the pasta. Simmer soup until the pasta has cooked. Mix in the fresh spinach and cook until wilted – about 1 to 2 minutes. Remove from the heat.

To serve – place 1 ounce of diced provolone in the bottom of 4 bowls. Evenly divide the soup between the 4 bowls. Sprinkle each serving with Parmesan and basil.





## Lemon custard tart

### Ingredients

One 9-inch sweet pastry shell

4 eggs

4 egg yolks

175ml lemon juice

190g caster sugar

60g butter

icing sugar to decorate

### Directions

1. In a non-stick saucepan, with a whisk or fork, beat eggs and egg yolks until blended. Stir in lemon juice and 150g sugar.
2. Cook over medium-low heat, stirring constantly, until mix thickens and coats a spoon well (about 15 minutes). Do not boil as mixture will curdle.
3. Remove from heat and stir in butter until melted.
4. Pour lemon filling in pastry shell.
5. Refrigerate tart overnight.
6. Before serving, sprinkle remaining sugar on top of tart and melt sugar glaze using grill or blowtorch until it just turns brown. If using grill, cover pastry with foil to prevent over-browning.



## Lemon scones







Zest and juice of one lemon

450g self raising flour

80g unsalted butter, cubes

3 tbsp caster sugar

300ml whole milk

Preheat oven to 200c. Sift flour with a pinch of salt and Sdf the finely chopped lemon zest. Rub butter into the flour until it resembles fine breadcrumbs. Stir in the sugar and a few tbsp of lemon juice. Gradually mix in the milk until you have a rough dough (not all the milk might be necessary). Mix or knead as little as possible. Turn into a floured board and roll to a thickness of 2cm. Cut out rounds with a 6cm cutter. Put on a baking sheet and bake for 12-15 minutes. Cool on a rack and serve with cream and jam.



## Lemon tart (Michel Roux Senior)



Serves 8

Prep 25 mins

Cook 1 hr plus chilling

### Ingredients

#### *Pastry (makes double)*

500g plain flour , plus extra for dusting

140g icing sugar

250g unsalted butter , cubed

4 egg yolks

#### *Filling*

5 eggs

140g caster sugar

150ml double cream

juice 2-3 lemon (about 100ml/3.5fl oz)

and 2 tbsp lemon zest

### Method

1. To make the pastry, mix the flour and icing sugar in a bowl. Rub the butter into the flour with your fingers until crumbly. Mix in the egg yolks. If the pastry is still too dry, add 1-2 tbsp water until it comes together. Roll into a ball and divide in half (freeze one half for another recipe). Flatten out the pastry with



your hands, wrap the dough in cling film, then chill for at least 30 mins. While the pastry is chilling, make the filling. Beat all the ingredients, except for the zest, together. Sieve the mixture, then stir in the zest.

2. Roll out the pastry on a lightly floured surface to about the thickness of a £1 coin, then lift into a 23cm tart tin. Press down gently on the bottom and sides, then trim off any excess pastry. Stab a few holes in the bottom with a fork and put back in the fridge for 30 mins.

3. Heat oven to 160C/140C fan/gas 3. Line the tart with foil and fill with rice or dried beans. Bake for 10 mins, then remove the tart tin from the oven, discard the foil, and bake for another 20 mins until biscuity. When the pastry is ready, remove it from the oven, pour in the lemon mixture and bake again for 30-35 mins until just set. Leave to cool, then remove the tart from the tin and serve at room temperature or chilled.

**Notes:**

- The quantity of pastry given is about double the amount that you'll need because if I'm going to the effort of making my own pastry, I always make double and freeze half for next time. If you don't want to freeze some, simply halve the pastry quantities.
- To make this tart even more decadent, whip some whipping cream with icing sugar and a bit of lemon juice, then fold in a sheet of soaked leaf gelatine. Top generously and leave to set.



## Lonzino - dry cured pork loin



Lonzino is a section of pork loin that has been cured then air dried. A very simple whole muscle cure that has a wonderful tenderness to it, with clean pronounced flavors, possibly thanks to the low amount of fat in each slice. It is pretty much the pork version of [bresaola](#).

### Ingredients

NOTE: Cure ingredients are given here as percentage of the total meat weight, after trimming.

Pork loin – 1082g  
Kosher Salt – 36g (3.3%)  
Black Pepper 10.8g (1%)  
Cane sugar 10.8g (1%)  
Cure #2 2.7g (0.25%)  
Juniper Berry 1.6g (0.15%)  
Fennel Seed 3g (0.27%)  
Dried Bay Leaf – 0.4g – about 2 leaves

Trim away any nasty looking stuff from the meat – blood spots and so on. Wash gently, dry well. When trimming this thing up I thought it would be rather lovely to leave a little fat on it, just to help give a silkier mouth-feel. That turned out to be a good plan. The actual muscle is pretty lean, and the fat certainly helps to give a good texture and flavor balance.

Grind up all the cure ingredients in a spice grinder until finely ground. Put the meat in a large zip lock bag, and rub the cure all over. Seal the bag, and put in the fridge for 10 days. Every couple of days rub the



meat through the back, helping to distribute the cure well.

Wrap in [muslin](#) and tie the meat up, using butchers loops and knots, much the same way you would tie a roast.

Hang to air dry at 55F, 75% humidity with gentle airflow for about a month – until the meat has lost 35% of its weight.

Slice thinly to serve.

## Madeleines

I made these over xmas. My mom had been given a madeleine pan but had never used it. They were NUMMAY!



### Ingredients:

1/2 cup (113 grams) unsalted butter, melted  
1 cup (140 grams) all-purpose flour  
1/2 teaspoon baking powder  
1/8 teaspoon salt  
3 large eggs, at room temperature  
2/3 cup (133 grams) granulated white sugar  
1 teaspoon pure vanilla extract

### Directions:

First, melt the butter and allow it to cool while you make the batter.

In a small bowl place the flour, baking powder and salt and whisk until well blended.

In a large bowl, beat the eggs and sugar with an electric mixer at medium-high speed until the mixture has tripled in volume and forms a thick ribbon when the beaters are lifted (about 5 minutes). Add the vanilla extract and beat to combine.

Sift a small amount of flour over the egg mixture and, using a large rubber spatula, fold the flour mixture into the beaten eggs to lighten it. Sift the rest of the flour over the egg mixture and fold in being sure not to overmix or the batter will deflate.

Whisk a small amount of the egg mixture into the melted butter to lighten it. Then fold in the cooled melted butter in three additions. Cover and refrigerate for at least 30 minutes, or several hours, until slightly firm.

Position a rack in the center of the oven and preheat to 375 degrees F (190 degrees C). Generously butter two 12-mold madeleine pans. Dust the molds with flour and tap out the excess. (Make sure the pans are well greased or the madeleines will stick and be hard to remove.)

Drop a generous tablespoonful of the batter into the center of each prepared mold, leaving the batter mounded in the center. (This will result in the classic “humped” appearance of the madeleines.)

Bake the madeleines for 11 to 13 minutes, until the edges are golden brown and the centers spring back when lightly touched. Do not overbake these cookies or they will be dry.

Remove the pans from the oven and rap each pan sharply against a countertop to release the madeleines. Transfer the madeleines, smooth sides down, to wire racks to cool. The madeleines are best served the same day but can be stored in an airtight container at room temperature for 2 to 3 days or frozen, well wrapped, for up to 1 month.

When serving dust with confectioners sugar.

Variation: Lemon-Poppy Seed Madeleines – Substitute 3/4 cup (150 grams) granulated white sugar for 2/3 cup white sugar, substitute 1/2 teaspoon pure lemon extract plus 1 teaspoon finely minced lemon zest for 1 teaspoon vanilla extract, and add 1 tablespoon poppy seeds after adding butter. Proceed with recipe.

Bittersweet Chocolate Madeleines – Melt 4 ounces bittersweet or semi-sweet chocolate (in pieces) in top of double boiler (stainless steel bowl over a saucepan) until melted. Let cool slightly. Follow the above recipe but add the melted chocolate to the batter after adding the melted butter. Proceed with recipe.

## Marinated olives



**Ingredients:**

1 lb. of assorted olives.

1/3 cup of extra virgin olive oil

Zest of 1 lemon, in long strips from a vegetable peeler



2 tablespoons of whole coriander seeds, lightly crushed  
1/2 tablespoon black peppercorns, lightly crushed  
3 dried bay leaves  
red chili flakes (optional, to taste)

First combine and drain your olives in whatever proportion you like.

In a wide-mouth mason jar, add all the ingredients and make sure that all the olives are covered with the oil. Let the flavors infuse for at least an hour at room temperature. Cover and refrigerate overnight to up to a month.

This recipe is highly versatile and can be changed as desired:

- 1/2 tsp. of dried rosemary, 1 tsp. fennel seed and 1 tsp. of dried thyme.
- 1 tsp oregano, 1 tsp basil, 1/2 tsp rosemary

## Marmorkuchen

I tried this recipe over xmas to try out my new silicone baking mold.



### Ingredients:

- 3 1/2 cups sifted cake flour
- 1 tbsp baking powder
- 1/2 tsp. salt
- 1 cup butter
- 2 cups sugar
- 4 eggs, well beaten
- 1 cup milk
- 1/4 cup cocoa
- 3 tbsp. rum (optional)

### Directions:

Measure sifted flour, add baking powder, and salt, and sift again. Cream butter and gradually add 1 1/2 cups of the sugar, creaming well after each addition. Cream until light and fluffy.

Add beaten eggs, about a third at a time, beating well after each addition. Add flour mixture and milk alternately, beginning and ending with flour mixture. Beat after each addition just until smooth. (Do not overbeat.)

Blend together the remaining 1/2 cup sugar, the cocoa, and rum. Stir the cocoa mixture into half of the cake batter. Layer batters alternately in a 10-inch tube pan. Cut through with a spatula just to marble the batters. (Do not blend)

Bake in a moderate oven (350F/175C) about 60 minutes (until a toothpick comes out clean).

Remove from mold and let cool. Dust with icing sugar before serving slices with a nice cup of coffee or tea.



## Meatloaf

This is another recipe we saw recently and just had to try out. It's from the Beeb's *Something for the weekend*. I prepared the mix the night before we wanted to cook it for dinner and it came out tasting lovely! The best thing though is that it makes excellent leftover meatloaf sandwiches :)



### Ingredients

1 free-range egg, beaten  
150ml oz milk  
300g soft white bread, cut into cubes  
1 tbsp Dijon mustard  
pinch dried thyme  
pinch freshly grated nutmeg  
pinch dried basil  
handful fresh parsley, finely chopped  
1 onion, finely chopped  
1 large stalk celery, finely chopped  
1 medium carrot, finely chopped  
225g bacon lardons, fried until golden-brown all over  
salt and freshly ground black pepper  
700g minced beef  
200g minced pork  
3 slices streaky bacon  
ketchup, for basting

### Method

1. For the meatloaf, place the egg and milk into a large bowl and mix together.
2. Add the cubes of bread and leave to stand for 15 minutes.
3. Mash the milk and egg-soaked bread with a fork.
4. Add the mustard, thyme, nutmeg, basil, onion, celery, carrot and bacon lardons, season with salt and freshly ground black pepper and mix well.
5. Add the beef and pork mince. Mix well to combine thoroughly.
6. Cover with cling film and place into the fridge to chill (overnight if possible, but for at least two hours).
7. Preheat the oven to 180C/360F/Gas 4.

8. Transfer the meatloaf mixture into a 30cm x 11cm/12in x 4in loaf tin.
9. Top with the streaky bacon slices to cover. Baste with ketchup.
10. Transfer to the oven and bake for 55 minutes, or until completely cooked through.
11. Remove from the oven and leave the meatloaf to stand for 5-6 minutes before slicing.
13. To serve, slice the meat loaf. Place a slice onto each plate with a dollop of mashed potato alongside. Pour over some gravy and enjoy.

## Medfouna

### Medfouna

Adapted from the original recipe by Simon King and David Myers from The Hairy Bikers



#### For the dough

1 sachet dried yeast  
175ml lukewarm water  
250g plain flour, plus extra for dusting  
1/2 tsp salt  
egg wash, for brushing  
poppy seeds, for sprinkling

#### For the filling

1 onion, finely chopped  
1/2 large stick celery, finely chopped  
2 tbsp thyme, leaves picked and chopped  
4 tbsp flatleaf parsley, chopped  
1 tsp ground coriander  
500g fillet steak, finely chopped  
salt and freshly ground black pepper

#### Method

1. Preheat the oven to 180C/350F/Gas 4.
2. For the dough, add the yeast to the warm water and mix to dissolve.
3. Mix the flour and salt in a bowl. Add the yeast and water mixture to the flour and mix to form a dough.
4. On a floured work surface, knead the dough for ten minutes.
5. Divide the dough into two equal pieces and place in bowls. Cover the bowls with a tea towel or cling film and leave to rise in a warm place for 30 minutes, or until the dough has doubled in size.
6. Meanwhile, for the filling, place the onion, celery, thyme, parsley, coriander and meat into a bowl.

Season with salt and freshly ground black pepper and mix well.

7. To make the medfouna, once the dough has risen, roll out both portions into large rounds the size of a dinner plate.

8. Place one of the dough rounds on a baking tray. Place the filling on top and spread evenly, leaving a 2cm edge. Brush the edge with a little water. Place the second dough round on top and press the edges gently together to seal the bread.

9. Brush the top with some egg wash and sprinkle lightly with poppy seeds.

10. Transfer to the oven and bake for 20-25 minutes, or until golden-brown. Serve.

## Mediterranean chicken

### Ingredients

- \* 4 skinless, boneless chicken breast cut in half
- \* 1 large onion
- \* 1 red pepper
- \* 6-8 large mushrooms
- \* 2 sticks of celery
- \* 2 tins chopped tomatoes
- \* 1/2 cup white wine
- \* 2 tsp mixed italian herbs (oregano, thyme, bay, basil, parsley)
- \* As many chopped olives as you want (about a dozen is good)
- \* salt and pepper to taste

### Directions

- Cut onion in half and slice into half rings.
- De-seed pepper and chop pepper into large chunks.
- Prepare mushrooms and cut in half.
- Slice celery into large chunks.
- Heat the oil in a large skillet over medium heat. Add chicken and saute about 4 to 6 minutes each side, until golden. Remove chicken from skillet and set aside.
- Saute onion in pan drippings for 3 minutes. Add all other vegetables except the olives and toss. Add tomatoes and bring to a boil. Lower heat, add 1/2 cup white wine and herbs. Simmer for 15 minutes.
- Return chicken to skillet and cover. Cook over low heat until the chicken is cooked through and no longer pink inside. Add olives to the skillet and cook for 1 minute.
- Season with salt and pepper to taste and serve.
- Serve with basmati and wild rice.

YUMMAY!





## **Mexican-style rice**



The key to this recipe is to sauté the rice in sizzling oil until toasted and golden brown. This helps the grains keep some of their texture after they are cooked. Next, the rice simmers in a puree of tomatoes,

onions, and chicken stock to really absorb all of those delicious additional flavors. A handful of coriander, a few big squeezes of lime, and a light fluff with a fork guarantees the best rice ever, every single time.

1 large tin can whole peeled tomatoes  
1 medium onion, peeled and roughly chopped  
500ml chicken stock  
1 1/2 teaspoons kosher salt  
1/2 teaspoon ground cumin  
neutral cooking oil, such as canola or safflower  
2 cups long grain white rice  
1-2 chile peppers, such as jalapeño or serrano, seeded and minced  
1/4 cup finely chopped coriander  
Juice from 2 limes, plus additional wedges for serving

Place the tomatoes and onion in a blender or food processor and puree until smooth. Transfer 2 cups of the tomato mixture to a medium saucepan. Stir in the chicken stock, salt, and cumin and bring liquid to a boil over medium heat. (Reserve excess for another use, like Tomato Sauce.)

Meanwhile, heat the oil in a heavy Dutch oven over medium to medium-high heat. When the oil is sizzling, add the rice and sauté, stirring frequently until lightly toasted and golden, 8 to 10 minutes. Add the jalapeño and cook until they have softened, about 2 minutes, lowering the heat if necessary.

Pour the boiling tomato mixture over the rice and stir to combine. Turn heat to low and cook, covered, until liquid has evaporated and rice is done, about 15 minutes. Remove from heat and gently stir the rice. Return the cover and allow to rest undisturbed for an additional 10 minutes. Add coriander and lime juice; fluff gently with a fork. Taste and adjust seasoning if desired. Serve with additional lime wedges.



## Mushroom grilled cheese sandwich



### Ingredients

- 1 tablespoon butter
- 1 tablespoon olive oil
- 1 small onion, sliced
- 8 ounces mushrooms, sliced
- 1 teaspoon thyme, chopped
- 1/4 cup white wine or broth
- salt and pepper to taste
- 1 tablespoon parsley, chopped
- 1/2 teaspoon truffle oil (optional)
- 1 cup fontina or gruyere, shredded
- 1/4 cup parmigiano reggiano, grated
- 4 slices bread
- 2 tablespoon butter

### Directions

Melt the butter and heat the oil in a pan over medium heat.

Add the onion and saute until tender, about 5-7 minutes.

Add the mushrooms and thyme and saute until the start to caramelized and turn golden brown, about 10-15 minutes.

Add the wine, deglaze the pan and cook until most of the liquid has evaporated, about 2-3 minutes.

Season with salt and pepper, add the parsley and remove from heat and let cool a bit.

Mix the cheese into the mushrooms.

Butter one side of each slice of bread and place 2 in the pan buttered side down.

Top each with 1/2 of the mushroom mixture and finally the remaining slices of bread with the buttered



side up.

Grill until the cheese has melted and the bread is golden brown, about 2-4 minutes per side.



## Mushrooms marinated with lemon and herbs



Sear and saute:

24 oz button mushrooms, halved or quartered

4 tbsp olive oil

1/2 an onion, sliced

1/4 tsp dried chili flakes, or to taste (optional)

1 tsp thyme + extra sprig

1 tsp rosemary + extra sprig

salt and pepper to taste

you can add herbs to taste... add more if you like herbs and are using fresh.

4 tbsp apple cider vinegar (or any sort of clear vinegar you have)

1/2 tsp fresh lemon juice

2 tbsp olive oil, or as needed

Directions:

1. Clean mushrooms with paper towel, cut in half and if you have really large mushrooms, you may want to cut in quarters.
2. Heat skillet on medium high, add oil and when oil is hot, add the mushrooms (cut side down). You may want to add only half of the mushrooms and half the oil at a time.... and cook the mushrooms in 2 batches. The idea is to get a nice sear and colour on the mushrooms. So don't overcrowd the pan, otherwise your mushrooms will steam.
3. Cook mushrooms, cut side down, undisturbed, until starting to brown around edges, about 3-5 minutes. Turn over and cook an additional 2-3 minutes or until the second side browns a little as well. Remove mushrooms, and set aside in a bowl. If cooking mushrooms in 2 batches, add remaining half of the oil and the rest of the mushrooms and repeat process of searing the mushrooms. Remove all mushrooms from



skillet and set aside.

4. Reduce heat to low and add the onion to the skillet (you may add 1 teaspoon oil, if needed) and continue to cook until onion is translucent, about 2-4 minutes or so.

5. Stir in the reserved mushrooms, red pepper flakes, 1 teaspoon salt, and ½ teaspoon pepper, and cook until fragrant, about 3 minutes.

6. Stir in vinegar, thyme, rosemary, lemon juice and remove skillet from heat; season with salt and pepper to taste.

Assemble:

Place a 1-2 thyme and rosemary sprigs in empty Mason jar. Transfer contents of pan into jar; add a bit of oil, seal jar, and shake to combine. Cool to room temperature before serving.

Marinated mushrooms can be refrigerated in jar for up to 7 days...



## Onion soup



### Ingredients

1kg onions, cut into slices  
2 pints beef stock  
1 cup white wine  
1 tsp sugar  
olive oil  
mozzarella or gruyere cheese  
crusty bread

### Prep

In a large pot on high heat, add oil, onions and sugar and sautee for 5 minutes (until the edges of the onions start to blacken a bit). Reduce to minimum heat and let simmer for 30 minutes, stirring occasionally.

After that time, you'll be left with nicely browned onions and a good coating of flavour on the bottom of the pan. Deglaze gently with the white wine and add the beef stock. Let simmer for 1 hour.

Toast some crusty bread to make large croutons. Distribute soup into over-proof bowls. Top with croutons and cheese and broil until the cheese is golden.

Serve immediately.





## Oven-baked calamari



### Ingredients

Cooking spray  
1 pound calamari, tubes and tentacles  
1 1/2 cups panko bread crumbs  
1/2 cup white tortilla chip pieces (2 inch pieces)  
1 1/4 cups low-fat buttermilk  
1/2 cup plus 2 tablespoons all-purpose flour  
1/4 teaspoon ground black pepper

### Method

Preheat oven to 200oC. Coat two large baking sheets with cooking spray.

Pat calamari dry with a paper towel. Cut tubes crosswise into 1/2-inch thick rings (do not cut tentacles). Set aside.

Combine panko and tortilla chips in a food processor and process until finely ground. Transfer mixture to a bowl.

In a separate bowl, whisk together buttermilk, 2 tablespoons of the flour and black pepper. Place remaining 1/2 cup of flour in a large freezer bag.

Add calamari rings and tentacles to the bag with the flour and shake to coat. Working in batches, dip the flour-coated calamari into buttermilk mixture and then into panko mixture. Arrange calamari, in a single layer, on prepared baking sheets. Spray the surface with cooking spray.

Bake 15-20 minutes, until calamari is tender and coating is crisp and golden brown.



Serves 4

Serve with lemon wedges and warm tomato sauce/salsa on the side for dunking.



## Oven-roasted buffalo wings



The trick to perfect oven-roasted buffalo wings is to steam them first to render out a lot of the fat. Then you cool them to tighten the skin, then you roast them in the oven. Yes, there's a bit of labor involved, and yes ... it's worth it.

12 whole chicken wings

85g unsalted butter

1/4 cup hot sauce

1/2 teaspoon kosher salt

1. Load a large saucepan with a steamer basket and 1 inch of water in the bottom, over high heat, cover and bring to a boil.
2. Remove the tips of the wings and discard or save for making stock. Using kitchen shears, or a knife, separate the wings at the joint. Place the wings into the steamer basket, cover, reduce the heat to medium and steam for 10 minutes. Remove the wings from the basket and carefully pat dry. Lay the wings out on a cooling rack set in a half sheet pan lined with paper towels and refrigerate for one hour.
3. Heat the oven to 425F/220C.
4. Replace the paper towels (under the cooling rack) with parchment paper. Roast on the middle rack of the oven for 20 minutes. Turn the wings over and cook another 20 minutes or until meat is cooked through and the skin is golden brown.



5. While the chicken is roasting, melt the butter in a small bowl. Pour this along with hot sauce and salt into a bowl large enough to hold all of the chicken and stir to combine.
6. Remove the wings from the oven and transfer to the bowl and toss with the sauce. Serve warm.

## Paella

### Ingredients

3 tbsp olive oil  
6 chicken thighs, boned, skinned, cut in half  
150g Mathesons smoked sausage  
2 onions, chopped  
1 large red pepper, quartered, deseeded and sliced  
1 large green pepper, quartered, deseeded and sliced  
150g peas  
1 heaped tsp smoked paprika  
2 pinches saffron (or 1/2 tsp tumeric)  
1/2 tsp ancho chili powder  
1/2 tsp rosemary  
1 bay leaf  
250g paella rice  
1L pints hot chicken or vegetable stock  
24 raw king prawns  
salt and freshly ground black pepper  
handful chopped fresh flatleaf parsley, to garnish  
lemon wedges, to serve

### Method

Heat two tablespoons of the oil in a 36cm/14in paella pan or a very large frying pan set over a medium heat. Season the chicken thighs with rosemary, chili powder, salt and freshly ground black pepper and fry for five minutes, turning regularly until lightly coloured. Add the sausage and cook for a further minute. Transfer to a large heatproof bowl with a slotted spoon.



Add the onions to the pan and fry gently for five minutes until soft and lightly golden-brown. Add the remaining oil, red pepper and green pepper to the onions and cook for two minutes, or until beginning to soften. Stir in the smoked paprika and cook for a further minute.



Stir in the saffron, bay leaf and rice and cook for one minute until the rice is coated all over with the oil. Return the chicken and sausage to the pan, along with any juices that have collected underneath the meat. Stir well, then pour over the stock. Bring to a simmer over a medium heat and cook for 18 minutes, stirring occasionally.



Reduce the heat slightly, scatter the prawns over the top of the paella and continue cooking for a further 6-8 minutes, or until the rice is tender and almost all the liquid has been absorbed, turning the prawns once and pushing into the rice where you can. The prawns should be completely pink once cooked. It is important not to stir the paella after the prawns are added as you want the rice to become lightly browned and a bit sticky on the bottom as this adds lots of flavour.



Sprinkle with freshly chopped parsley and serve with the lemon wedges.





Enjoy with some freshly made white wine spritzer.



## Picalilli



Overnight preparation time  
10 to 30 mins cooking time  
Makes 3-4 x 450g/1 lb jars

### Ingredients

450g/1lb each pickling onions, peeled, cauliflower florets and de-seeded cucumber and topped and tailed French beans  
340g/12oz coarse rock salt  
750ml/1¼ pint white malt vinegar  
1 tbsp each English mustard powder, ground ginger and ground turmeric  
1 tbsp whole yellow mustard seeds  
175g/6oz light muscovado sugar  
2-3 tbsp cornflour

warm large sterilised jam jars with screw tops – prepare jars by washing in hot soapy water and leaving to dry and warm in a cool oven – 130C/250F/Gas ½ for 10-15 minutes.

### Preparation method

Put the vegetables into a non-metallic bowl. Sprinkle the salt over the top, toss together, cover and leave in a cool place for 12 hours.

The next day put the vinegar into a large saucepan or preserving pan, add the spices and bring to the boil.

Drain the vegetables, rinse well and add to the simmering vinegar, cook over a low heat for 20-25 minutes or until the vegetables are tender. Add the sugar and continue to simmer for a further 1-2

minutes.

Mix 2 tbsp of cornflour with a little water and blend into the hot vegetables. Bring back to the boil and cook for a further minute, the mixture should be glossy and thick. Add the remaining cornflour in the same way if necessary.

Remove the piccalilli from the heat and leave to cool for 15 minutes. Spoon into the hot jars and cover with a disc of wax paper and a screw top lid, wipe the jars and label. Store in a cool dark place for 3-4 weeks before eating.

## Pickles



### Dill Pickles

Yield: Approximately 8 pints (total yield varies depending on size of cucumbers)

### Ingredients

2 overflowing quarts of pickling cucumbers. They can be sliced into coins, lengths, quarters or left whole.

4 cups apple cider vinegar

4 cups water

5 tablespoons pickling salt. Pickling salt is pure salt without iodine or anti-caking agents.

1 teaspoon dill seed per jar (8 teaspoons total)

1/2 teaspoon mustard seed per jar (4 teaspoons total)

1/2 teaspoon black peppercorns per jar (4 teaspoons total)

## Instructions

Wash and slice the cucumbers.

In a large pan, combine vinegar, water and salt. Bring to a simmer.

Arrange jars on counter and dole out the spices to each. Pack the cucumber slices firmly into the jars.

Pour the brine into the jar, leaving 1/2 inch headspace.

Wipe rims, apply lids and rings and process in a boiling water bath for 10 minutes.

When 10 minutes are up, promptly remove the jars from the pot and allow them to cool on the countertop. When the jars are cool, check the seals (by pushing/tapping on the lid).

Pickles can be stored in a cool, dry place for up to a year.

If you want to skip the boiling water process, these pickles are also wonderful as refrigerator pickles. Just pop the jars into the fridge once they're cool.

## Pickled carrots



1 pound (450 g) carrots, peeled  
1 1/4 cups (310 ml) water  
1 cup (280 ml) cider vinegar  
1/4 cup (50 g) sugar  
1 1/2 teaspoons fennel, dill, or anise seeds (See Note)  
1 1/2 tablespoons coarse salt  
2 bay leaves

1. Cut the carrots into stick approximately the size of your fourth finger. Bring a medium-sized pot of lightly-salted water to a boil. (Use a non-reactive pot, f.e. stainless steel)
2. When the water boils, drop the carrots in and simmer for one minute. Pour into a colander and rinse under cold water. Drain thoroughly.
3. In the same pot, heat the remaining ingredients. Once it begins to boil, reduce the heat and simmer for two minutes.
4. Remove from heat and add the carrot sticks. Cool until room temperature, then put into jars and chill.

Carrot sticks should be made at least one day in advance, and will keep for up to four weeks in the refrigerator.

Note: The original recipe called for 1 1/2 tablespoons dill or fennel seeds (in later incarnations.) I found



the flavor way, way too strong and reduced it. But feel free to use their original quantities.

## Pickled red onions



### Ingredients

1 firm red onion, about 5 ounces  
1/2 teaspoon sugar  
1/2 teaspoon salt  
3/4 cup rice vinegar, white wine vinegar or apple cider vinegar

### Flavorings (optional):

5 black peppercorns  
3 small springs of thyme  
1 small dried chili

### Instructions

**Slice the onions:** Start 2 or 3 cups of water on to boil in a kettle. Peel and thinly slice the onion into approximately 1/4" moons.

**Dissolve the sugar and salt:** In the container you will be using to store the onions, add the sugar, salt, vinegar and flavorings. Stir to dissolve.

**Par-blanch the onions:** Place the onions in the sieve and place the sieve in the sink. Slowly pour the boiling water over the onions and let them drain.





**Add the onions to the jar:** Add the onions to the jar and stir gently to evenly distribute the flavorings.

**Store:** The onions will be ready in about 30 minutes, but are better after a few hours. Store in the refrigerator. They will keep for several weeks but are best in the first week.



## **Pizza-topped baked potatoes**

This slideshow requires JavaScript.

- 4 large jacket potatoes
- 1 cup shredded mozzarella cheese
- 1/2 cup very finely chopped green peppers
- 1/2 cup very finely chopped mushrooms
- 1/2 of MEAT (bacon, crumbled sausage, shredded chicken, whatever)
- 1/2 cup pizza sauce (or more, depending on your preference)

Preheat oven to 200C.

Poke holes in potatoes with a fork and bake for about an hour. Remove from the oven and let cool.

Once cool, slice around the inside of the potato and scoop out the flesh, be careful not to poke holes in the bottom (it's okay if you do – it happens!). Put scooped potatoes in a bowl and mix with 1/2 cup mozzarella and 2 tablespoons each of peppers, mushrooms and meat. Mix well. Scoop mixture back into potatoes and spoon pizza sauce over top. Add more toppings and cheese. Bake for 10-15 more minutes.

## Pork lo mein



Soak Chinese wheat noodles in boiling water. Stir-fry thinly sliced pork with ginger and sambal oelek and powdered onion. Add sliced mushrooms and sliced celery. Fry for a few minutes and add sliced Chinese cabbage and shredded carrots. Add a veggie stock pot. Dissolve some corn starch in a bit of water and soy sauce. Thicken the stir fry with the starch mix. Drain noodles and toss until well covered.

## Pork ribs



### INGREDIENTS

- 2 1/2 tablespoons kosher salt
- 1 tablespoon dry mustard
- 1 tablespoon paprika
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon freshly ground black pepper
- 8 pounds baby back pork ribs (8 racks)
- Low-salt chicken broth (optional)
- 1 1/2 cups store-bought or homemade bbq sauce

### PREPARATION

Preheat oven to 350F/175C. Combine first 5 ingredients in a small bowl. Place each rack of ribs on a double layer of foil; sprinkle rub all over ribs. Wrap racks individually and divide between 2 baking sheets.

Bake ribs until very tender but not falling apart, about 2. Carefully unwrap ribs; pour any juices from foil into a 4-cup heatproof measuring cup; reserve juices. Let ribs cool completely. **DO AHEAD:** Ribs can be baked up to 3 days ahead (the flavor will be more developed, and the cold ribs will hold together better on

the grill as they heat through). Cover and chill juices. Rewrap ribs in foil and chill.

Build a medium-hot fire in a charcoal grill, or heat a gas grill to high. Add broth or water to rib juices, if needed, to measure 1 1/2 cups. Whisk in barbecue sauce to blend.

Grill ribs, basting with barbecue sauce mixture and turning frequently, until lacquered and charred in places and heated through, 7-10 minutes. Transfer to a cutting board; cut between ribs to separate. Transfer to a platter and serve with additional barbecue sauce.

## Porc sausage

2 kg pork shoulder  
0.5 kg pork belly  
250g rusk or breadcrumbs (10%)  
250ml cold water (10%)  
25g salt (1%)  
12.5g seasonings (0.5%)

Clean all surfaces, knives, boards, etc. Sterilize all grinder parts in Milton for 30 minutes.

Rinse sausage casings to remove most of the salt and let them soak in cold water for 30 minutes. Cube the meat into 1? sided cubes and remove any large bits of gristle or connective tissue. Weigh the meat to adjust the amount of salt, breadcrumb, water and seasoning required. Put the meat in the freezer for 30 minutes to firm it up. This helps in the grinding.

Grind meat through a fine plate. Put the ground meat in the fridge to cool it down. While the meat is chilling, measure out all of the other ingredients.

Mix well. Cook a small sausage patty to verify the seasoning. Adjust if necessary.

Thread the sausage casing onto the filler tube. Make sure everything is wet. Leave 2 inches of untied sausage casings at the end. Fill the sausage casing. Knot the ends. To make links, make a dent in the sausage where you want to link it and twist in alternate directions for each link.









## Pork scratchings

Salty, crunchy shards of pork skin are one of my favourite things on the plate, although the amount of fat and salt involved makes crackling more of an occasional treat.



You need to get your pork rind as dry as possible (wet rind won't crackle) but with a good bit of fat beneath, and preferably cut into little finger sized strips by your butcher.

A simple way to make scratchings is to salt pork rind, roast at a high heat and then toss the crackled pieces of rind in a roasted pounded spice mix.

1.5 tbsp sea salt  
1/4 tsp smoked paprika (sweet or hot)  
1/2 tsp whole cumin seeds  
1/2 tsp whole fennel seeds  
500g pork rind, with at least 1cm of fat.

Roast the whole spices until fragrant and grind together with paprika and then mix in 1/2 the salt.

Preheat the oven to 220C/gas mark 6.

If the rind hasn't been cut, a pair of sturdy scissors will do the job. Rub the rind with half of the salt and leave for 20 minutes.

Put the pieces on a rack in a roasting tray without touching each other.

Roast in the oven for 20-25 minutes. You don't have to use a rack but using one will drain some of the fat away. Turn the roasting tray around every five minutes or so, making sure the rind doesn't burn or



catch. When the scratchings are bubbly and crisp they are ready.

Mix together the spices and hot scratchings in a bowl and toss to give them a good coating.

They are best eaten quite soon after cooking, but will keep in an airtight container for a few days.



## Poudding chomeur au sirop d'érable



### Ingredients

500 ml maple syrup  
500 ml single cream  
1/2 cup butter, room temperature  
1/2 cup milk  
1 cup sugar  
2 cups flour  
2 eggs  
2 tsp baking powder  
1 pinch salt

Preheat oven to 200 °C (400 °F). In a heavy bottomed saucepan, bring the maple syrup and cream to the boil. Let boil for 2 minutes. Make sure it doesn't boil over.



Cream together the sugar and butter. Add the eggs one by one. Fold in the dry ingredients, alternating with the milk. Pour the cake mix into a 13 X 9in pan.

Cover with the maple cream and cook for 35–40 minutes.



## Pressed picnic sandwich



### Ingredients

long ciabatta loaf, sliced in half lengthways  
3 tbsp olive oil  
1 tbsp balsamic vinegar  
1 tsp Dijon mustard  
2 big handfuls of rocket  
8 roasted artichoke hearts from a jar, quartered  
250g roasted red peppers from a jar  
8 slices prosciutto  
handful of basil  
125g ball mozzarella, cut into slices  
1/2 red onion, very finely sliced

### Method

Slice the ciabatta loaf in half lengthways and heat the oven to 200C/180C fan/gas 6.

Put the ciabatta loaf halves, crust-side down, on a large baking tray and drizzle with a little olive oil. Pop



them in the oven for a few mins until just golden and lightly toasted.

Put the olive oil, balsamic vinegar and mustard in a bowl, then whisk them together with a fork.

Remove the toasted ciabatta halves from the tray and drizzle the bottom slice with about half of the dressing.

Arrange the rest of the ingredients in layers. Start with a large handful of rocket, then a few artichoke hearts. Next add the slices of pepper, the prosciutto, basil, mozzarella and, finally, the red onion.

Drizzle over the rest of the dressing and pop the other slice of ciabatta on top.

Press down on the sandwich to squash all the layers together.

Wrap the sandwich in baking parchment and tie it together with a couple of pieces of string.

Place a heavy baking tray on top of your sandwich and top it with weights or loaf tins filled with baking beans.

Pop it all in the fridge overnight or until you are ready to eat it. Cut and serve in slices for the perfect picnic snack.

## Profiteroles



### **Choux Pastry**

75g butter, cubed  
115g plain flour  
3 medium eggs, beaten

### **Whipped Cream**

1 vanilla pod, split  
500ml double cream  
3 tsp icing sugar  
Cointreau, to taste

### **Chocolate Sauce**

100g dark chocolate  
15g unsalted butter  
3 tbsp milk  
Cointreau, to taste

### **Method**

1. First make the choux pastry. Put the butter into a medium saucepan with 200ml cold water and bring to the boil, melting the butter. Once it has melted, tip in all the flour and a pinch of salt, then remove the pan from the heat. Using a wooden spoon, beat the mixture really well for about 20 seconds until it comes away from the sides of the pan and forms a ball. Leave to cool completely. You can transfer it to a bowl if you want to speed things up.
2. Preheat the oven to 200°C, gas mark 6. Once the pastry mixture has cooled, start beating in the eggs, a little at a time, until it is shiny and of reluctant dropping consistency. You may not need to add every last

drop of the egg to reach this stage, so stop when it gets to the correct consistency. To test this, scoop some of the mixture onto your spoon: it should need a small nudge before dropping off and falling back into the pan. If it needs a flick of the wrist to help it slide off the spoon, then you should beat in a little more egg.

3. Line the baking sheets with the parchment. Pipe 20 walnut-sized blobs onto the sheets, spaced evenly apart or spoon them out and smooth into balls with a wet finger. Bake on the top shelf of the oven for 30–40 minutes. However tempted you are, do not open the door until at least 25 minutes have passed. The profiteroles should appear golden-brown; also, tap them to see if they are firm – they should sound hollow. Once ready, remove them from the oven and, using a skewer, make a hole, big enough to take the 7mm piping nozzle, in the side of each one. Bake for 5 more minutes to dry out the insides, then cool on a wire rack.

4. While the choux pastry is in the oven, make a start on the cream. Scrape the beans from the vanilla pod into a pan with the cream. Sieve in the icing sugar and whisk until strong peaks form. Chill it in the fridge until ready to use.

5. To make the chocolate sauce, first chop the chocolate. Using a double boiler, melt chocolate, butter and milk until smooth. Be careful to not scald the chocolate.

6. To assemble, fill the piping bag with the thick cream and squeeze a little into each bun. Don't fill them any more than 2 hours ahead: they'll go soggy if left standing for too long.

7. Pile up the profiteroles in a dish and pour over the hot chocolate sauce.



## Pulled pork



I've been wanting to try this for ages, and I finally got up the courage to try to make pulled pork. I had the butcher keep me a bone-in shoulder (aka pork butt) last weekend. When I weighed it this morning, it was a touch over 10 pounds :)

I trimmed the fat and skin off of it, coated it with lemon olive oil and then gave it a good coating of dust:

Meathead's Memphis Dust Rub Recipe

Adapted from:

[http://www.amazingribs.com/recipes/rubs\\_pastes\\_marinades\\_and\\_brines/meatheads\\_magic\\_dust.html](http://www.amazingribs.com/recipes/rubs_pastes_marinades_and_brines/meatheads_magic_dust.html)

- 1/4 cup firmly packed dark brown sugar
- 1/4 cup white sugar
- 2 tbsp paprika
- 1 tbsp kosher salt
- 1 tsp ground black pepper
- 1 tsp ground ginger powder
- 1 tsp onion powder
- 1 tsp dried rosemary leaves, ground to a powder

I used the fast-cook method, if only because I can't control the heat well enough on my smoker. Normally, the cooking time would be to allow 2 hours per pound at 225°F. Even though butts are very forgiving and temp control isn't crucial, I also wasn't keen on refueling my smoker for 20 hours.

After 4 hours of smoking at about 225°F with lots of smoke, adding a handful of soaked wood chips every 30 minutes or so, put the meat on a roasting rack in a roasting pan and pour a cup of water or apple juice into the pan. Cover the meat with foil and fasten the foil tightly to the edges of the pan so the meat is in a nice enclosed environment. Roast in the oven at 350°F for another 2 to 3 hours or until the temp hits 190°F and it passes the fork test.

When it hits about 180°F, collagens, which are part the connective tissues, begin to melt and turn to gelatin. The meat gets much more tender when this happens. And juicy. When it hits 190°F, it may be ready, and it may not be ready. But it's time to check. If there is a bone, use a glove or paper towel to protect your fingers and wiggle the bone. If it turns easily and comes out of the meat, the collagens have melted and you are done. If there is no bone, use the "stick a fork in it method". Insert a fork and try to rotate it 90 degrees. If it turns with only a little torque, you're done. If it's not done, close the lid and leave it for 30 minutes. If the internal temp hits 190°F but the meat is still not tender, reduce the heat in your cooker to about 190°F and hold it there for as much as another hour. It should then be done. If not, you've just got a tough butt. Wrap tough butts in aluminum foil and let them go for another hour, but don't take them above 200°F or else the muscle fibers will start giving up moisture and toughen.

Leave the butt to rest for 30-60 minutes, then start pulling! Put the meat into a large pan to catch drippings. Pull the clod apart with gloved hands or forks. Discard big chunks of fat. If you wish you can slice it or chop it, but you lose less moisture by pulling it apart by hand since the meat separates into bundles of muscle fibers, hence the name pulled pork. Try not to eat all the flavorful crusty bits when you are doing the pulling, and distribute them evenly throughout. Make sure you save any flavorful drippings and pour them over the meat.

Adapted from: [http://www.amazingribs.com/recipes/porknography/perfect\\_pulled\\_pork.html](http://www.amazingribs.com/recipes/porknography/perfect_pulled_pork.html)

## Quiche

For the pastry

175g/6oz plain flour, plus extra for dusting  
salt  
75g/2butter, plus extra for greasing  
olive oil  
milk

For the filling

250g/9oz English cheddar, grated  
200g/7oz bacon, chopped  
5 eggs, beaten  
100ml/3oz milk  
200ml/7fl oz double cream  
salt  
freshly ground black pepper  
Mushrooms, diced  
onion, chopped

1. To make the pastry, sift the flour together with a pinch of salt in a large bowl. Rub in the butter until you have a soft breadcrumb texture. Add enough milk to make the crumb mixture come together to form a firm dough, baste with olive oil and then rest it in the fridge for 30 minutes.
2. Roll out the pastry on a light floured surface and line a 22cm/8well-buttered flan dish. Don't cut off the edges of the pastry yet. Chill again.
3. Preheat the oven to 190C/375F/Gas 5.
4. Remove the pastry case from the fridge and line the base of the pastry with baking parchment and then fill it with baking beans. Place on a baking tray and bake blind for 20 minutes. Remove the beans and parchment and return to the oven for another five minutes to cook the base
5. While the base is cooking, saute the bacon. When almost done, add in the onions and mushrooms and cook until tender.
6. When the crust is done, reduce the temperature of the oven to 160C/325F/Gas 3.
7. Pour savoury mix into the crust. Combine the eggs with the cheese, milk and cream in a bowl and season well. Pour over the bacon and veggies.
8. Bake for 30-40 minutes or until set. Remove from the oven and allow to cool and set further.



## Red velvet bread and butter pudding



### Ingredients

- 1/3 cup vegetable oil, plus more for greasing pan
- One 16.5-ounce box red velvet cake mix
- 8 large eggs plus 2 large egg yolks
- 12 ounces cream cheese, softened
- 4 tablespoons unsalted butter, softened, plus more for greasing dish
- 1 cup confectioners' sugar
- 1 tablespoon plus 1 teaspoon pure vanilla extract
- Fine salt
- 4 cups whole milk
- 1/4 cup granulated sugar

### Directions



Preheat the oven to 350F. Generously oil a 12-cup muffin pan.

Combine the cake mix, oil, 3 of the eggs and 1 cup water until smooth; divide among the muffin cups. Bake until a tester comes out clean, about 18 minutes. Cool in the pan for 5 minutes, then cool completely on a wire rack.

Meanwhile, beat the cream cheese, butter, confectioners' sugar, 1 teaspoon of the vanilla and a pinch of salt in the bowl of a stand mixer fitted with a paddle attachment (or in a large bowl if using a hand mixer) until smooth.

Whisk the milk, egg yolks, granulated sugar, remaining 5 eggs and 1 tablespoon vanilla, and a pinch of salt in a large bowl until smooth.

Butter a shallow 3-quart baking dish. Cut the cupcakes in quarters and scatter half over the bottom of the dish. Dollop half the frosting over the cupcakes, then pour in half the custard mixture. Repeat the layering once. Cover and refrigerate at least 1 hour or overnight.

When ready to bake, preheat the oven to 350F. Uncover the bread pudding and bake until the top is golden brown and the center is set, about 1 hour. Cool completely on a wire rack.



## Red velvet cookies with cream cheese filling



### Ingredients

#### Cookies:

- 1 box red velvet cake mix
- 2 eggs
- 1/3 cup oil
- 1 1/2 tsp. vanilla extract
- 1/2 cup powdered sugar

#### Cream Cheese Filling:

- 4 oz. cream cheese, softened
- 1/4 cup butter, softened



1 tsp. vanilla extract  
3-4 cup powdered sugar

#### Directions

1. Preheat oven to 375 degrees and line two cookie sheets with parchment paper.
2. In a large bowl, combine cake mix, eggs, oil and vanilla extract. Mix well until smooth.
3. Roll the dough into balls (about 1 1/2 inches). (Dough will be gooey)
4. Drop into powdered sugar and cover with the sugar, then place on the cookie sheet, 3 inches away from other dough balls.
5. Bake for 7-10 minutes. Watch for the cookies to puff up a bit and form cracks along the top, then take them out of the oven and let them rest on the cookies sheet for a couple of minutes.
6. Remove the cookies to a wire rack and let them cool completely.
7. Make the filling: Beat cream cheese and butter until smooth. Add vanilla and slowly add powdered sugar until you reach your desired consistency.
8. Pipe onto the bottom of half the cookies, sandwich with another cookie and then roll in coarse sugar to decorate.



## Risotto with cod, smoked haddock, bacon and peas

I made risotto for the first time today. It was dead simple but oh-so-tasty!



### Ingredients

240g risotto rice  
750 ml chicken stock  
250g smoked lardons  
300g cod  
200g undyed smoked haddock  
1 chopped onion  
large handful of frozen peas, thawed  
olive oil  
parmesan  
pepper

### Method

1. Bring the stock to a boil and lower to a simmer. Poach the fish in the stock for 5 minutes. Remove the fish from the stock and set aside.
2. Brown the lardons in olive oil. When well coloured, add the onion and sautee until translucent.
3. Add the rice and mix well until all the grains are covered in bacon fat. Start adding the stock one ladle at a time until the stock is mostly absorbed. Stir often and simmer until all the stock has been used and the rice is cooked but the core still has a bit of bite (about 18 minutes).
4. Add the fish, peas and parmesan. Mix well, cover and let sit for 3 minutes.
5. Serve with fresh black pepper and steamed asparagus.





## Roast cod wrapped in parma ham



Preheat the oven to 180C/350F/Gas 4.

Cut out four squares of greaseproof paper, approximately 25cm/10in x 25cm/10in in size, and lay two slices of ham on each piece of paper to overlap.

Lay a cod fillet on top of each pair. Season with salt and pepper. Coat with preferred topping\*. Roll up the paper around each fillet to make a cigar-shaped parcel and carefully remove the paper from each piece of wrapped cod.

Place the parcels onto a lightly oiled baking tray. Roast for 15-20 minutes until cooked all the way through. Serve at once.

\* suggested toppings:

- Red pepper pesto
- Maille dill and lime mustard
- Sundried tomato and basil tapenade
- Lemon zest and rosemary

## Roasted pumpkin soup



1kg pumpkin, peeled, deseeded, cut into 1cm pieces  
800g carrots, peeled, cut into 1cm pieces  
60ml (1/4 cup) olive oil  
2 brown onions, halved, thinly sliced  
1 tsp mustard seeds  
2 tsp ground coriander  
1 tsp ground cumin  
1 tsp ground turmeric  
1/4 tsp chilli powder (optional)  
1L (4 cups) salt-reduced vegetable stock  
500ml (2 cups) water  
Natural yoghurt, to serve  
Bought naan bread, warmed, to serve

Preheat oven to 210°C. Line a large roasting pan with non-stick baking paper. Place pumpkin and carrot in lined pan. Drizzle over 2 tablespoons of oil and toss to coat. Roast for 30-35 minutes or until golden and tender.

Meanwhile, heat the remaining oil in a large saucepan over medium heat. Add the onion. Season with salt. Reduce heat to low. Cook, stirring often, for 20 minutes or until soft. Add mustard seeds, coriander, cumin, turmeric and chilli powder, if desired. Cook, stirring, for 2 minutes or until aromatic and the mustard seeds start to pop.



Add the pumpkin, carrot, stock and water. Increase heat to medium. Cover and bring to the boil. Reduce heat to low. Cook, covered, for 15 minutes. Uncover. Set aside for 15 minutes to cool slightly.

Blend until smooth.

Place over low heat and cook, stirring, for 4 minutes or until heated through. Ladle among serving bowls. Top with a dollop of yoghurt and stir to create a swirled effect. Serve with naan bread.

## Roasted rabbit stew



1 rabbit, jointed in 6 portions  
6 sausages, cut in chunks  
6 rashers smoked bacon, cubed  
6 large roma tomatoes, cut in segments  
4 onions, sliced  
3 bay leaves  
1 rosemary sprig  
500ml white wine  
salt, pepper  
olive oil

0. Preheat oven to 180C.
1. Brown the rabbit pieces in olive oil on high heat in an oven-proof pot. Remove and set aside.
2. Reduce heat. Brown bacon, sausages and onions in some more olive oil until well caramelised.
3. Deglaze with wine. Add rabbit pieces, tomato segments and herbs. Season with salt and pepper.



4. Roast in oven for 1 hour.
5. Remove rabbit pieces and set aside. Return pot to oven for another 20 minutes to further stew the vegetables.
6. Check stew seasoning. Place rabbit pieces on top of stew and return pot to oven for 10 minutes to re-heat.

I used honey and wholegrain mustard sausages we get from the Giggly Pig people at the market and a nice Riesling for the wine. All in all, a very good first try and the recipe.



## Roast turkey Reuben sandwich



### Ingredients

- 1 tablespoon butter, room temperature
- 2 slices rye, lightly toasted
- 1/2 cup swiss cheese, shredded and at room temperature
- 1-2 slices roast turkey, warm
- 1/4 cup coleslaw or sauerkraut, squeezed, drained and coarsely chopped
- 1 tablespoon russian dressing or thousand islands dressing

### Directions

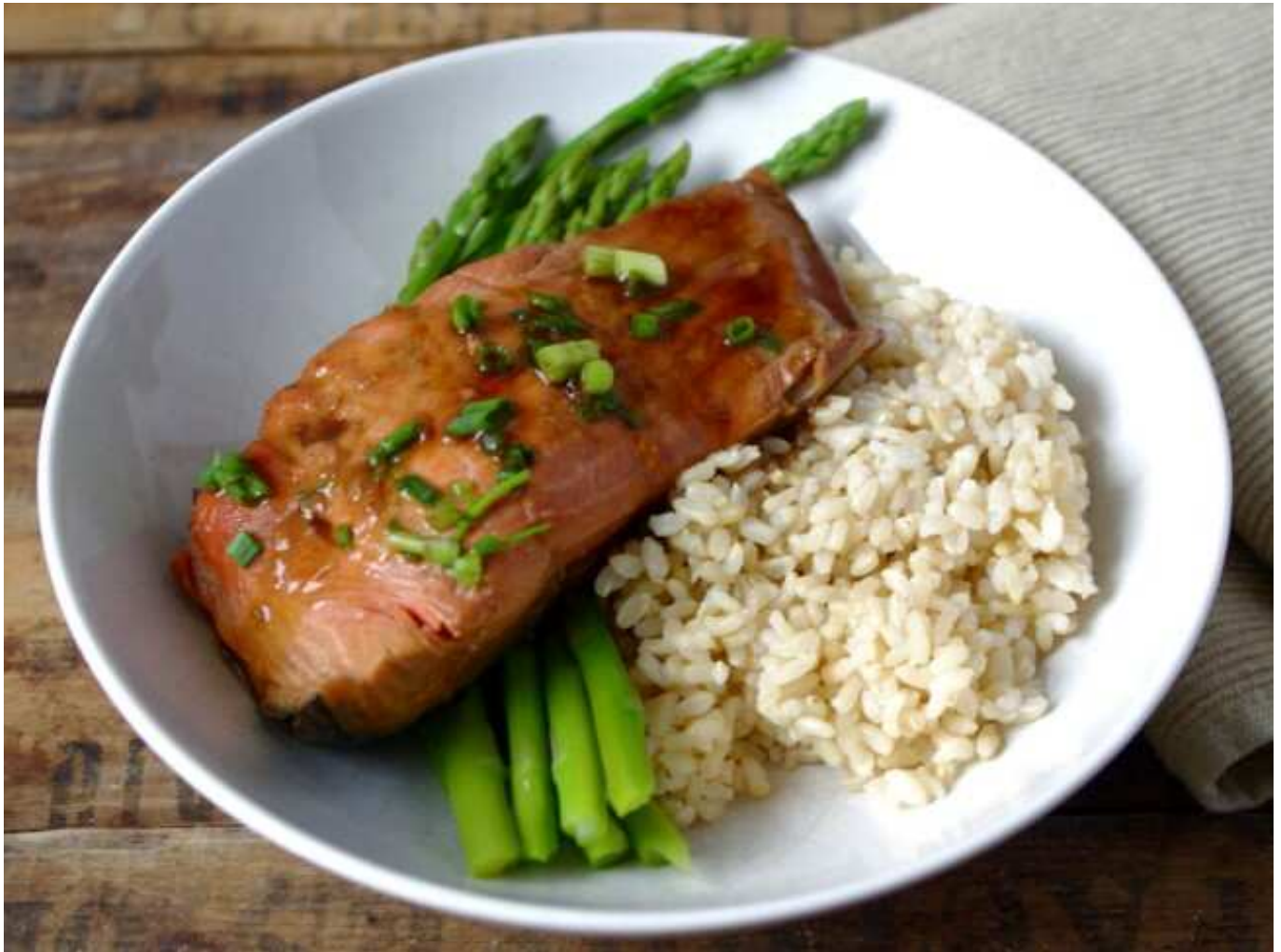
Heat a non-stick pan over medium heat.  
Butter the outside of each slice of bread, sprinkle half of the cheese on the inside of one slice of bread, top with the turkey, coleslaw or sauerkraut, dressing, the remaining cheese and finally the other slice of bread.  
Add the sandwich and grill until golden brown and the cheese has melted, about 2-4 minutes per side.

### Notes

You can use either rye or sourdough bread. The bread should be slightly toasted to help absorb moisture. Try and remove as much moisture from the coleslaw/sauerkraut to avoid a soggy sandwich. The roast turkey can also be substituted for corned beef, to make a proper Reuben sandwich.



## Salmon with soy-ginger glaze



- 1/4 cup soy sauce
- 1 tsp finely grated fresh ginger
- 1 tsp honey
- 1 tsp Dijon mustard
- 2 tsp extra-virgin olive oil
- 4 175g skinless salmon fillets
- Freshly ground pepper
- Coriander leaves, for garnish

Preheat the oven to 175°C.

In a small saucepan, combine the soy sauce and ginger and bring to a simmer. Remove from heat and stir in the honey and mustard.



Heat the olive oil in a large nonstick ovenproof skillet. Season the salmon with pepper and add it to the skillet, skinned side up. Cook over high heat until golden and crusty, 2 to 3 minutes.

Turn the salmon and spoon the ginger-soy glaze on top. Transfer the skillet to the oven and bake the salmon for 5 minutes, or until cooked through.

Using a slotted spatula, transfer the salmon fillets to plates, garnish with the coriander and serve with boiled potatoes or wild rice.



## Salsa

2.5 kg tomatoes (blanched, peeled and grossly chopped and drained)  
2 large onions, diced  
2 green peppers, diced  
2 red peppers, diced  
1 yellow pepper, diced  
6 hot peppers, chopped (I use jalapeno, but you can use finger chilies for a bit more oomph! Remove the pepper seeds to tone down the heat)  
1/2 cup white vinegar  
1/3 cup white sugar  
2 tbsp salt  
zest and juice of 2 limes  
large clump of fresh coriander leaves.

Mix everything except the lime and coriander. Bring to a boil while stirring. Cook uncovered for 15-20 minutes, until thickened. Add lime juice and coriander. Cook for another 5 minutes.

Put in sterilized pots. Store forever in a cool dry place.

To sterilize pots (I use jam jars, but mason jars work just as well), wash in warm soapy water, rinse with very hot water, place upside down on a baking tin and leave in a medium oven for 15 minutes. Boil lids. Fill while warm and cover promptly. Tighten lid and Bob's your uncle.

## Scotch egg pie



### Ingredients

8 medium eggs  
14 Lincolnshire sausages  
1 tsp ground mace  
1 tbsp thyme leaves  
100g fresh breadcrumbs  
500g pack shortcrust pastry  
flour, for dusting  
1 tbsp sesame seeds

### Method

Put 6 of the eggs in a large pan of cold water. Bring to the boil, then remove from the heat. Leave for 5 mins, then lift out eggs and cool under cold running water. Peel.

Snip the ends of the sausages and squeeze the meat out into a mixing bowl. Add the mace, thyme, 75g of the breadcrumbs, 1 remaining egg and some ground pepper, and mix together well.



Heat oven to 200C/180C fan/gas 6. Criss-cross 2 long strips of baking parchment in a 20cm pie tin or round cake tin (to help you lift out the pie). Roll out half the pastry on a lightly floured surface to line the tin. Scatter remaining breadcrumbs over the base of the pastry, then pat in about a quarter of the sausage mixture. Evenly space the peeled eggs on top, then gently pack the meat around and over – trying to evenly cover the eggs without leaving any gaps.

Roll out remaining pastry, cover the pie, then trim the edges. Pinch and crimp edges to seal, poke a steam hole in the top, then glaze with the final egg, lightly beaten with a fork. Scatter with the sesame seeds, then bake for 30 mins.

Remove the pie from the oven and carefully remove it from the tin. Place on a baking tray and return to the oven for 10 mins to brown the sides of the pie. Transfer to a wire rack to cool, then serve in chunky wedges.

If, like me, you're allergic to sesame seeds, you can replace them with poppy seeds.

## Scotch eggs



Makes 4

6 eggs  
200g plain sausagemeat  
200g pork mince  
3 tbsp chopped mixed herbs (I like chives, sage, parsley and thyme)  
A pinch of ground mace  
1 tbsp Dijon mustard  
Splash of milk  
50g flour  
100g panko breadcrumbs  
Vegetable oil, to cook

1. Put four of the eggs into a pan, cover with cold water and bring to the boil. Turn down the heat and simmer for five minutes, then put straight into a large bowl of iced water for at least 10 minutes.
2. Put the meat, herbs, mace and mustard into a bowl, season and mix well with your hands. Divide into four.
3. Carefully peel the eggs. Beat the two raw eggs together in a bowl with a splash of milk. Put the flour in a second bowl and season, then tip the breadcrumbs into a third bowl. Arrange in an assembly line.
4. Put a square of clingfilm on the worksurface, and flour lightly. Put one of the meatballs in the centre, and flour lightly, then put another square of cling film on top. Roll out the meat until large enough to encase an egg and remove the top sheet of clingfilm.



5. To assemble the egg, roll one peeled egg in flour, then put in the centre of the meat. Bring up the sides of the film to encase it, and smooth it into an egg shape with your hands. Dip each egg in flour, then egg, then breadcrumbs, then egg and then breadcrumbs.
  
6. Fill a large pan a third full of vegetable oil, and heat to 170C (or when a crumb of bread sizzles and turns golden, but does not burn, when dropped in it). Cook the eggs a couple at a time, for seven minutes, until crisp and golden, then drain on kitchen paper before serving.

## Seafood chowder



2kg fresh clams, scrubbed  
500g large shrimp, peeled and deveined  
250g scallops  
250g pound fresh lump crabmeat  
200g thick unsmoked bacon or pancetta, cut into small dice  
1 onion, finely chopped  
1 bay leaf  
2 tbsp plain flour  
2 medium waxy potatoes, chopped into 1cm dice  
1/2 cup corn kernels, fresh or frozen  
150ml double cream  
Knob of butter  
1/2 tsp paprika  
1/2 tsp cayenne

Put the clams in a large pan with 600ml water. Cover, bring to the boil and steam until most are open, then pour into a sieve with a bowl underneath to catch the cooking liquid.

When cool enough to handle, remove from their shells and discard these. Roughly chop the clams, if large. Strain the liquid through a couple of layers of paper towel, or cheesecloth – you should have about 1.2 litres.

Meanwhile, heat a medium pan over a medium-high heat and fry the bacon in its own fat until this begins to render. Add the onion and fry until this is soft, the bacon is crisp, and both are beginning to brown. Add the bay leaf, cayenne, paprika and flour and cook, stirring, for a couple of minutes.



Slowly stir in the clam liquid, then add the potatoes. Simmer for 5 minutes and the corn and all of the seafood. Simmer until all the seafood is cooked and the potatoes are tender (about 10 minutes), then stir in the cream, clams and butter. Heat through, season to taste with plenty of black pepper and salt if necessary, and serve.

## Shoyu ramen



### INGREDIENTS

#### KOMBU DASHI AND TARE

- 2 pieces dried kombu
- 1/2 cup reduced-sodium soy sauce
- 2 Tbsp. dry sake
- 1 Tbsp. mirin

#### PORK AND STOCK

- 1.5 lb. boneless pork shoulder
- Kosher salt and freshly ground black pepper
- 2 Tbsp. vegetable oil
- 2 lb. chicken necks, backs, and/or wings
- 1 lb. pork spareribs
- 1 onion, chopped
- 2 carrots, peeled, cut into pieces
- 1 1" piece ginger, peeled, sliced
- 1/4 cup bonito flakes



## RAMEN AND GARNISHES

3 large eggs  
6 5-oz. packages fresh thin and wavy ramen noodles (or six 3-oz. packages dried)  
1 large onion, thinly sliced  
3 toasted nori sheets, torn in half  
Chili oil

## OPTIONAL GARNISHES

Wilted spinach  
Sweetcorn  
Sliced mushrooms  
Sliced leeks  
Pretty much anything else you want!

## INGREDIENT INFO:

You can find all the Asian ingredients listed here at Asian markets, in the Asian foods section of some supermarkets, and online. Look in the refrigerated section of Asian markets for fresh noodles. Ask your butcher for chicken necks and backs.

## PREPARATION

### KOMBU DASHI AND TARE

Two days ahead: For the dashi, combine kombu and 4 quarts cold water in a large bowl. Cover and let sit at room temperature at least 8 hours and up to 12 hours. For the tare, combine soy sauce, sake, and mirin in a small bowl; cover and chill.

### PORK AND STOCK

One day ahead: Season pork shoulder with salt and pepper. Roll up and tie with kitchen twine at 2" intervals. (This helps keep the meat intact while cooking and makes for round, compact slices.)

Heat oil in a large heavy pot (at least 8 quarts) over medium-high heat. Cook pork shoulder, turning, until brown all over, 10–12 minutes. Add chicken, spareribs, scallions, carrots, ginger, and bonito flakes. Remove kombu from dashi; discard. Add as much kombu dashi as will fit in pot once liquid is boiling (reserve remaining dashi). Bring to a boil, reduce heat, and simmer, skimming the surface occasionally and adding remaining dashi as liquid reduces, until pork shoulder is tender and stock has reduced to about 2 quarts, 2.5–3 hours.

Remove pork shoulder from stock and let cool. Wrap tightly in plastic and chill until ready to use. (Chilling pork will make meat easier to slice.) Strain stock through a fine-mesh sieve into another large pot or a large bowl or container; discard solids (including ribs and chicken). Cover and chill.

## RAMEN AND GARNISHES

Bring a medium pot of water to a boil. Carefully add eggs one at a time and boil gently for 7 minutes. (Egg yolks should be shiny yellow and almost jammy; egg white should be just set.) Drain eggs and transfer to a bowl of ice water to stop cooking; let cool. Peel; set aside.  
Remove string and thinly slice pork; cover and set aside.

When ready to serve, bring stock to a simmer; it should be very hot. At the same time, cook noodles in a large pot of boiling water according to package directions until al dente; drain (no need to salt the water, as ramen noodles contain more salt than pasta).

Just before serving, divide noodles among 6 deep bowls. Top with sliced pork, placing it off to one side. Add tare to hot stock and ladle over pork to warm through (stock should come up just to the level of the noodles).

Halve eggs and place next to the pork. Place a small pile of sliced onions next to egg. Tuck half a sheet of nori between side of bowl and noodles so it's just poking out. Put any other optional topping you want :)

Serve ramen with chili oil.

**DO AHEAD:** Eggs can be cooked 1 day ahead. Keep unpeeled eggs covered in cool water. Cover and chill.

## Spanakopita (Stavros)



Stavros was a contractor we had for 6 months at the NIHS. He made this for the xmas potluck and promised to send the recipe. He has sent the most detailed set of cooking instructions I have ever seen, and I can't wait to try it! The text below is taken from the [PDF he sent, with full color step-by-step illustrations](#) :)

### Ingredients

- ? 500gr Spinach
- ? 2+1 eggs
- ? 200?250gr. Feta
- ? 1 yogurt
- ? 1 cream fraiche (~ 250ml)
- ? 1 tsp of honey
- ? 2-?3 fresh onions
- ? 1 big leek or 2 small
- ? Dill
- ? pâte feuilletée
- ? 1 tsp. of salt



- ? 4 tbs flour
- ? 1 small glass of olive oil
- ? 50g butter (optional)
- ? White wine

**Step 1: Prepare the spinach**

Try to find baby spinach with small leaves. If you can't find baby spinach, it is better to remove the stems from spinach leaves (fold each leaf in half, then with your hand pull the stem towards the top of the leaf). It will take years

Put the spinach into boiling water for about 5-10 mins. Place it into a pasta strainer and let it get back to a normal temperature (~20mins).

Take a handful of spinach. Squeeze the spinach between your hands roughly, so it drains out. **SQUEEZE IT REALLY HARD** for 2-3 mins. It might take you about 15 mins to drain completely all of the spinach. This step is important because you don't want to end up eating a spinach soup.

**Step 2: Stir-fry**

Chop the onions and cut the leeks like in small slices. Cut the drill and set aside. Put some olive oil in a pot and heat the stovetop to maximum. Drop in the pot the leeks and the onions. Let them stir-fry for a while (for 5 mins) stirring frequently. Drop the drill in the pot and keep stirring for 5 more mins. At the end add a small glass of white wine and let the alcohol evaporate.

**Step 3: Mix In a big bowl:**

- ? Crumble the Feta
- ? Add
  - o The eggs
  - o Cream fraiche
  - o Olive oil
  - o The mix from step 2
  - o Honey
  - o Salt
  - o Yogurt
  - o And the drained spinach
  - o Butter (melt in the microwave for 30 sec)

Mix very-very well with your hand. Add the flour and mix again

**Step 4: Cooking Pan**

Take a pastry brush and spread some oil on it. Unroll the pâte feuilletée but do not remove the paper. Place the pâte into the baking pan with the paper on it. Then remove slowly the paper. With your hands carefully lay the pastry to take the shape of the baking pan and gently lift the sides. The olive oil helps to do this smoothly. With a spoon spread the mix on the pastry. Over the mix place the next pâte with the paper and remove it slowly as you did before. With a knife close the edges. With a fork open small holes



over the pâte. Brush with an egg. Brushing the pastry top with a little beaten egg will give you a golden color and help it crisp up

Step 5: Oven

Ensure the oven is preheated to 200C. Bake for 45 mins until the pastry is brown and crispy. Enjoy!



## Spanish eggs and chorizo



### Ingredients

500g baby new potatoes  
2 onions, sliced  
2 red peppers, deseeded and cut into strips  
200g cooking chorizo, sliced  
4 eggs

### Method

Steam the potatoes for 15-20 mins or until cooked.

Heat 1 tbsp oil in a non-stick pan. Add the onions and peppers, then cook for about 10 mins until soft. Push the peppers to the side of the pan and add the chorizo, sizzling until cooked though and releasing its oils. Transfer to a plate.

Once cool enough, halve the potatoes. Heat 1 tbsp oil in another non-stick pan and tip in the spuds. Fry for about 10 mins until golden and beginning to crisp. Stir in the onion mix, heat through and season.

Meanwhile, in the onion pan, fry the eggs to your liking. Place them on top of everything, allowing 1 egg per person.



## Spanish tortilla



### Ingredients

1 medium onion, about 4 oz (110 g)  
275g/10oz small Desirée potatoes  
3 tablespoons olive oil  
5 large eggs  
salt and freshly milled black pepper

### Preparation method

First some points to note. The size of the frying pan is important: a base measurement of 8 inches (20 cm) diameter is about right for two to three people. If using a larger pan for more people, it should not be too heavy because you need to turn the omelette out using both hands. Use a non-stick pan if you don't have a well-seasoned frying pan. An enormous asset here is a flat saucepan lid or large plate that fits the pan.

First of all, peel and cut the onion in half, then thinly slice each half and separate the layers into half-moon shapes. Now thinly pare the potatoes using a potato peeler and slice them into thin rounds – you have to work pretty quickly here because you don't want the slices to brown. When they are sliced, rub them in a clean tea cloth to get them as dry as possible.

Next, heat 2 tablespoons of the olive oil in the frying pan and, when it's smoking hot, add the potatoes and onions. Toss them around in the oil to get a good coating, then turn the heat right down to its lowest setting, add a generous sprinkling of salt and pepper, put a lid on the frying pan and let the onions and potatoes cook gently for 20 minutes, or until tender. Turn them over halfway through and shake the pan from time to time, as they are not supposed to brown very much but just gently stew in the oil.

Meanwhile, break the eggs into a large bowl and, using a fork, whisk them lightly – it's important not to



overbeat them. Finally, add some seasoning. When the onions and potatoes are cooked, quickly transfer them to the eggs in the bowl.

Put the frying pan back on the heat, add the rest of the oil and turn the heat back up to medium. Then mix the potato and eggs thoroughly before pouring the whole lot into the frying pan and turning the heat down to its lowest setting immediately. Now forget all about French omelettes and be patient, because it's going to take 20-25 minutes to cook slowly, uncovered.

Every now and then draw the edge in gently with a palette knife, as this will give it a lovely rounded edge. When there is virtually no liquid egg left on the surface of the omelette, turn it over to cook the other side. To do this, place a flat lid or plate over the pan, carefully invert both so that the omelette is on the lid or plate. Put the pan back on the heat and use the palette knife to gently ease the omelette back in. Give it about 2 minutes more, then turn the heat off and leave it for a further 5 minutes to settle. It should then be cooked through but still moist in the centre. Serve hot or cold, cut in wedges, with a salad and a glass of Rioja – it's brilliant.

Source: Deliah, via the BBC

## Stuffed mushrooms



### Ingredients:

3 bacon rashers, chopped  
55g/2oz white breadcrumbs  
grated cheese (parmesan or mature cheddar)  
salt and freshly ground black pepper  
3 large flat mushrooms, stalks removed and chopped  
1/2 tsp thyme  
olive oil

1. Preheat the oven to 220C/425F/Gas 7.
2. Gently melt the butter in a pan and saute the bacon and mushroom stalks until almost cooked. Add breadcrumbs, thyme and seasoning for a few minutes and saute until golden.
3. Place the mushrooms onto a non-stick baking tray and drizzle with oil. Spoon the breadcrumb mixture into the mushrooms and sprinkle cheese onto each until covered.
4. Bake in the oven for 8-10 minutes, or until golden and the cheese has melted.

## Stuffed turkey breast



I tried this last weekend, as a practice run for our xmas roast.

Start with a 2.5 kg turkey breast from our local butcher and cut it open.

Stuff it with 500g of sausage meat and one envelope of Paxo stuffing.

Roll it and tie it back together and season with pepper and rosemary.

Top it with latticed bacon and give it a good glug of lemon-infused olive oil and leave it overnight in the fridge.

The following morning, put it in a roasting pan, add about an inch of water to the pan and put two large pats of butter on top of the roast to keep it moist while cooking.

Make a tent out of foil and place it over the turkey breast to hold in heat for even cooking. Remove it



during the last hour of cooking for a nice golden brown colour.

Check the water level periodically and add more water if needed.

Cook in a pre-heated oven at 170oC

The typical turkey breast cooking times for thawed turkey breast in a conventional oven are:

\* 2 to 3 pounds – 1.5 to 2 hours

\* 4 to 6 pounds – 2.5 to 3 hours

\* 7 to 8 pounds – 3 to 4 hours

Cook until the internal meat temperature is above 165oF and the juices run clear. (Took us about 2.5 hours in a fan-assisted oven)

## Tandoori chicken



I've been looking for a good tandoori chicken recipe for ages, and finally [Madhur Jaffrey](#) has provided one, which I modified a bit to personal taste. It's not difficult to make, just a bit time consuming.

### Ingredients:

1kg chicken pieces (thighs, legs), skinned  
150g plain yoghurt  
salt  
2 lemons (or limes)  
2 green chillies, seedless  
1 large knob of ginger, peeled.  
2 tbsp tandoori spice mix (see below)

### Preparation:

The chicken needs to be marinated twice. For the first marinade:

1. pat chicken dry and cut slits in the chicken pieces right to the bone. This will help the marinade soak as deep into the meat as possible.
2. season with salt on both sides and add the juice of the two lemons (or limes).
3. rub salt/juice in the chicken pieces thoroughly. Let stand for 20-30 minutes.

While that's marinating, prepare the second marinade:



1. in a food processor, combine a few tbsp of the yoghurt with the chillies, ginger and spice mix. Blitz until smooth.
2. combine with remainder of the yoghurt.
3. once the first marinating period is done, add lemon/lime juice to the mix
4. coat liberally the chicken portions with the yoghurt marinade and run well into the chicken. Cover and let stand in the fridge overnight if possible (but at least 6 hours!)

I'm assuming that you don't have a charcoal-fuelled clay tandoor, so we'll have to fake the cooking part. When the second marinade is done, place chicken portions on a grill pan and turn oven on to its highest setting. Put chicken on the highest rack in the oven and broil for 18-20 minutes until chicken is cooked (juices run clear when pricked with a fork) and is just starting to char. Note that the chicken isn't as red as you'll get in a restaurant. That's because they use food colouring.

Splash some fresh lime juice on the chicken before serving.

FYI, the tandoori spice mix contains the following:

- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp hot chilli powder
- 1 tsp garam masala
- 1/2 tsp tumeric
- 2 tbsp paprika

To make garam masala from scratch, add the following to a clean coffee grinder and blitz until smooth:

- 1 tsp black peppercorns
- 1 tsp cumin seeds
- 1 tsp whole cloves
- 1/3 of a whole nutmeg (you can break a whole nutmeg by placing it on a cloth and bashing it with a meat mallet or rolling pin)
- a medium stick of cinnamon, 2-3 inches, broken up into 3-4 pieces

Store in a tightly lidded jar, away from heat and sunlight and use as needed.



## Tagliatelle carbonara

This is based on Delia Smith's recipe

### Ingredients

8 oz (225 g) dried tagliatelle  
5 oz (150 g) smoked pancetta, cubed or sliced (could use lardons or bacon)  
2 large eggs  
4 tablespoons grated Pecorino Romano (could use parmesan)  
4 tablespoons double cream  
freshly milled black pepper  
olive oil

First of all, cook the pasta. Meanwhile, heat the olive oil in a frying pan and fry the pancetta until its crisp and golden, about 5 minutes. Next, whisk the eggs, cheese and cream in a bowl and season generously with black pepper.

Then, when the pasta is cooked, drain it quickly in a colander, leaving a little of the moisture still clinging. Now quickly return it to the saucepan and add the pancetta and any oil in the pan, along with the egg and cream mixture. Stir very thoroughly, so that everything gets a good coating what happens is that the liquid egg cooks briefly as it comes into contact with the hot pasta. Serve the pasta on really hot deep plates with some extra grated Pecorino.

## Tartiflette



Serve this French cheesy potato dish with pickled onions, gherkins, charcuterie and a salad.

### Ingredients

1kg Charlotte potatoes, peeled (or any waxy potato)  
250g bacon lardons  
1 onion, finely chopped  
100ml oz white wine  
150 ml single cream  
sea salt and freshly ground black pepper  
1 whole Reblochon cheese (about 450g/1lb), sliced  
25g butter  
splash of olive oil

1. Preheat the oven to 200°C/gas 7.
2. Bring a pan of salted water to the boil, then add in the potato slices and boil for 8-10 minutes, until just tender. Drain.
3. Heat the butter and olive oil in a frying pan. Add in the onion and fry gently for 5 minutes, stirring now and then.
4. Add in the bacon, mixing well, and fry for a further 5 minutes until both the onion and bacon are lightly browned. Deglaze the pan with the white wine and continue to cook until most of the liquid has evaporated.



5. Layer half the potato slices in a buttered 1.5 litre ovenproof dish. Sprinkle over half the onion and bacon mixture and half the Reblochon cheese. Season lightly with salt and freshly ground pepper.
6. Repeat the layering with the remaining potato, onion, bacon and Reblochon.
7. Pour the cream evenly over the potato dish.
8. Bake for 10-12 minutes until golden brown.
9. Remove from the oven and serve.



## **Tater tot nachos (a.k.a. tatchos)**

Tater tots are baked until super crispy and then topped with seasoned beef, cheese sauce, salsa, guacamole, sour cream, green onion and crumbled bacon. It's pure junk food heaven.



**INGREDIENTS:**

\* 1 large bag gluten-free frozen tater tots (get the extra crispy variety if you can find them)



- \* 3-4 slices bacon
- \* 1/2 onion, finely chopped
- \* 1 lb very lean ground beef
- \* 1 Tablespoon chili powder
- \* 3/4 teaspoon ground cumin
- \* 1/2 teaspoon paprika
- \* 1/2 teaspoon cayenne pepper
- \* 1/4 teaspoon oregano
- \* 1/2 teaspoon salt
- \* 1/2 teaspoon black pepper
- \* grated cheddar
- \* salsa
- \* guacamole
- \* sour cream
- \* several green onions, finely chopped

Prepare the tater tots using the oven method instructions on the package. Err on the side of overbaking because you'll be adding a lot of wet toppings, and you want the tots to remain as crunchy as possible.

While the tater tots are baking, fry the bacon until crisp in a large frying pan. Remove and set aside to cool. Ladle out all but about 1 Tablespoon of the bacon grease. Add the onion to the frying pan and cook over medium heat until softened. Add the beef and stir to mix. Once the beef is no longer pink, add the chili powder, cumin, paprika, cayenne pepper, oregano, salt and pepper. Stir to incorporate and then cook several additional minutes until the flavors have melded and the meat is cooked through.

Once the tater tots have finished baking, use tongs or a spoon to transfer to a large platter or individual plates. Top with the seasoned beef, cheese, salsa, guacamole, sour cream and green onions. Crumble the bacon over the top and serve immediately.

## Toffee popcorn bark



Line a baking tray with parchment paper. Melt 200g milk chocolate and 200g white chocolate separately then allow to cool slightly.

Pour most of the chocolate onto the tray, roughly swirling together. Sprinkle over 60g of toffee popcorn, then drizzle over the remaining chocolate. Chill until set, then break into big chunks before serving.

In one word: EVIL!!!

## Tourtière

### Ingredients



2 1/2 pounds ground pork, ideally organic & local  
1 1/2 cups cold water  
1 cup finely chopped onion  
1/2 cup finely chopped celery  
1 teaspoon ground black pepper  
2 bay leaves  
1/2 teaspoon dried thyme  
1/2 teaspoon dried rosemary  
1/2 teaspoon grated nutmeg  
1/2 teaspoon cinnamon  
Salt  
1/2 cup old-fashioned rolled oats  
Pastry for two double-crust, 9-inch pies  
1 egg, beaten, for glaze

1. In a large, heavy frying pan, combine pork with cold water and heat to boiling point. It should be slightly soupy.
2. Add onion, celery, pepper, bay leaf, thyme, rosemary, nutmeg and cinnamon. Cook, covered, over medium-low heat for 1 hours; stir often. Add more water if mixture dries out.
3. Halfway through cooking time, season with salt to taste.
4. Stir in rolled oats and cook, stirring, for 1 to 2 minutes. Remove bay leaf and allow to cool.



5. Meanwhile, line two 9-inch pie plates with pastry. When meat mixture is lukewarm, divide it between two pie shells and spread it out evenly.



6. Brush around outer edge of pastry with the beaten egg. Place top crust on the tart and press gently around the edge to seal. Trim pastry, crimp edges and cut steam vents in top crust. Decorate as desired.



7. Bake in preheated 425°F/220°C oven for 15 minutes, then reduce heat to 375°F/190°C and bake another 25 minutes or until crust is golden.

Makes two 9-inch meat pies.

## **Make ahead**

Is there any point in making just one meat pie? Not really. They freeze beautifully; whether pre-cooked or frozen with raw pastry dough, which ensures that you can get a hot, filling meal during the busy days ahead. Pies can be frozen directly after assembly, with the dough still raw. Wrap them well in plastic wrap and freeze.

To cook:

Remove pie from the freezer and unwrap.

Brush the top with a little beaten egg and place frozen meat pie in a preheated 375°F/190°C oven.

Bake until golden and heated through, about 50 minutes.

Pies can also be baked and cooled, then wrapped and frozen.





## Tourtière du Lac St-Jean



### Ingredients

1.3 kg cubed venison  
1.2 kg cubed pork (or boar)  
500g rabbit loins  
2 large red onions, chopped  
1 teaspoon white pepper  
1/2 teaspoon rosemary  
1 teaspoon thyme  
2 bay leaves  
10 allspice berries, crushed  
10 cloves, crushed  
1 teaspoon cinnamon  
750 ml still cider  
8 or 9 medium potatoes, peeled and cubed  
3 portions of shortcrust dough (see below)  
1 cup chicken stock (or more, if required)  
salt to taste

### Method

Marinate the cubed meat with all of the ingredients (except potatoes, salt and stock) for 24 hours.



Soak cubed potatoes in cold water for at least 1h.

While potatoes are soaking, prepare 3 portions of dough and combine in two balls, one large (2/3) and one small (1/3). Wrap in cling film and chill for 1h.

Pre-heat oven to 375F/190C.

Roll out the large dough ball and cover the bottom of a large high-walled, lidded, oven-proof dish.

Add 1/3 of meat mix, some salt and half the potatoes. Repeat alternating meat and potatoes. Pour the marinade over the mix.

Roll out the small dough ball and cover the tourtière, crimping firmly the two layers of pastry. Cut small slits in the top pastry and make a large hole in the middle to let steam out (the chimney).

Pour stock through the chimney until it reaches the top of the meat layer but doesn't touch the pastry top.

Cook uncovered for 30 minutes then lower the oven to 250F/125C and cook for 4.5 hours (occasionally checking the stock level through the chimney and topping up if low).

Remove lid and cook uncovered for 1h until top is golden.

### **Shortcrust pastry**

1.5 cups all purpose flour

1/2 teaspoon salt

115g unsalted butter, very cold, cubed

75ml water, very cold

Put flour, salt and butter in food processor and blitz for 10 seconds.

Add water and pulse until the mix becomes lumpy. Do not pulse until it becomes a big ball.

Dump mix out and hand form it into a flattened ball.

Wrap in cling film and chill at least 1h before using.



## Treacle (a.k.a. molasses) cookies

- 1/2 cup dark treacle
- 1/2 cup soft brown sugar
- 1/2 cup butter
- 3/4 cup sour cream
- 3 cup flour
- 1 egg
- 1/2 tsp salt
- 1/2 tsp baking soda
- 1 tsp sweet spices (cinnamon / clove / ginger)
- 1 1/2 tsp baking soda



1. Mix sugar, egg, treacle and sour cream until well combined.
2. Sift dry ingredients and add to wet ingredients, mixing until you get a dough that can be formed into a ball. You may need to add more flour to get this consistency.
3. Roll dough on floured surface to 1/4 inch thickness and cut into 2inch circles
4. Put on greased, floured baking tray.
5. Cook at 350F for 10 minutes.
6. Let cool on wire rack before eating.

## Tuna nicoise salad



### Salad

- \* 450g baby new potatoes
- \* 300g fine French beans
- \* pitted green olives, sliced in half
- \* cucumber, cut in slices
- \* red onion, sliced into rings
- \* radishes, sliced thinly
- \* Sea salt and freshly ground black pepper
- \* Classic vinaigrette
- \* 2 baby gem lettuce, separated into leaves
- \* 2 tbsp olive oil, plus extra for frying
- \* tuna loin steaks, about 100g each
- \* 2 large eggs

**vinaigrette**

- \* 125ml extra virgin olive oil
- \* Juice of ½ a lemon
- \* chopped chives

**method**

1. Boil the potatoes for 10-12 minutes until tender. Drain well then halve. Splash with olive oil and sprinkle with chives and sea salt. Leave to cool. Trim the beans then cook in boiling salted water for 2 minutes. Drain and refresh in iced water. Drain well once more and pat dry.
2. Mix the potatoes and beans with the lettuce, radishes, olives, cucumber and onions. Whisk the ingredients for the vinaigrette and season with salt and pepper. Toss the vegetables in some of the vinaigrette.
3. Heat a large non-stick frying pan until you can feel a good heat rising. Add 1 tbsp of the oil then lay in the tuna steaks. Season with sea salt and pepper. Cook for 2 minutes on each side until they feel slightly springy when pressed. The tuna should still be pink in the middle. Cut each steak in half and place on top of the salad.
4. Place the eggs in to a pan of boiling water and cook for 6 minutes (for a well set white and runny yolk). Plunge the eggs into iced cold water to prevent them from cooking further. Once cooled, roll the egg on the work surface, gently applying pressure so the shell begins to crack, then peel off the shell.
5. Place the eggs on top of the tuna and cut in half, to reveal the soft runny yolk.



## Vietnamese summer rolls



(Makes 8)

150g cooked, shredded ginger pork (or chicken)

16 large raw, peeled prawns

1 block of rice vermicelli

4 sprigs of coriander

2 chives, cut into 10cm lengths

1 carrot, peeled and grated

1/4 cucumber, cut into thin matchsticks

1/2 red pepper, cut into thin slices

1 soft lettuce, 1/2 shredded (or rocket)

8 rice paper wrappers

For the dipping sauce:

1 tbsp sugar

2 tbsp lime juice

1 tbsp soy sauce

1 bird's eye chilli, finely sliced

Bring a small pan of water with 1 tbsp salt added, to the boil. Add the prawns, turn down the heat and poach for two minutes until pink. Drain and cut in half.

Put the noodles in a large bowl and pour over boiling water. Add 1/2 tsp salt, leave for about four minutes until al dente, then rinse well in cold water and drain thoroughly.

Set out all the ingredients within easy reach of a clean, dry chopping board. Half fill a bowl big enough to fit the wrappers in with cold water, and then dunk one in and keep patting until it's pliable, but not



completely soft. Lay flat on the chopping board.

Arrange two crossed chives, if using, horizontally towards the bottom edge of the wrapper. Top with four prawn halves in a horizontal line, and top these with a line of herb leaves. Add a pinch of carrot and a few cucumber and red pepper sticks, some of the sliced pork, then a small clump of rice vermicelli. Finish with some shredded lettuce.

Bring the bottom edge of the wrapper tightly up over the filling, and then fold the sides in over it. Continue to roll up tightly and place on a plate, joint-side down. Cover rolls with lettuce leaves to keep them fresh.

Once all the rolls are made, make the sauce. Whisk the sugar into the lime juice to dissolve, then add the remaining ingredients. Adjust to taste if necessary.











## Watermelon frozen margarita



2 1/2 cups seedless watermelon, cut into 1-inch cubes, rind discarded before measuring

3 tablespoons freshly squeezed lime juice

4 ounces tequila

2 ounces orange flavored liqueur

1 1/2 cups ice

Lime wheel or watermelon wedge, for garnish

Put cut watermelon in a plastic bag and place in freezer for a minimum of 2 hours. (If time does not permit this step, add a few extra ice cubes when blending, the difference is not that significant.)

Stuff all ingredients into a blender and puree until smooth. Garnish rim of glass with a lime wheel or a watermelon wedge and serve immediately.

## Watermelon lemonade



### ingredients

8 cups 1-inch cubes of seedless watermelon (from about a 4 1/2 pound watermelon)

1 1/2 cups fresh lemon juice (roughly 8 lemons)

3 1/2 cups water

1 cup granulated white sugar

for serving: ice cubes or frozen watermelon cubes

lemon wedges/watermelon wedges for garnish

### directions

working in 2 batches, blend watermelon and lemon juice in food processor or blender until smooth. pass through a wire sieve to remove any thick pulp/seeds. transfer to pitcher.

bring 3 1/2 cups water and sugar to boil in medium saucepan over high heat, stirring until sugar dissolves. add hot syrup to pitcher with watermelon-lemon juice. refrigerate until cold, about 2 hours.



fill glasses with ice (or frozen watermelon cubes). pour watermelon lemonade over and garnish glasses with lemon wedges.

## Whiskey Bacon Jam



Yield 1 1/2 cups

1 pound thick-cut applewood smoked bacon, cut into 1? pieces  
1 large sweet onion, cut into 1/4? thick slices  
3 tablespoons light brown sugar  
1/4 teaspoon allspice  
1/4 teaspoon cinnamon  
Pinch fresh grated nutmeg  
Pinch ground cloves  
1/2 teaspoon dry chipotle powder  
1/4 teaspoon smoked paprika  
1/2 cup strong brewed coffee  
1/4 cup apple cider vinegar  
1/2 cup good quality whiskey  
1/4 cup maple syrup  
1 tablespoon hot sauce

In a large skillet over medium high heat cook the bacon pieces until they begin to crisp at the edges but are



still soft in the center, about 1 – 1 1/2 minutes per side. Set aside to drain. Pour all but one tablespoon of the bacon drippings from the pan.

Lower the heat to medium-low and add the onion and brown sugar. Cook until the onions are well caramelized, about twenty minutes. Add the spices and cook an additional five minutes.

Add the liquid ingredients and the bacon to the pan. Increase the heat to medium heat bring the mixture to a boil, then reduce the heat to low and simmer for about two hours. Check the mixture every 30 minutes. If the mixture becomes too dry add a few tablespoons of water. You want the final mixture to be moist and very sticky.

Let the mixture cool slightly then put it into the bowl of a food processor, or blender, and pulse about 20 times, or until it reaches your preferred consistency. (I prefer mine slightly chunky so you really notice the bacon)

Enjoy, or store in an airtight container in the refrigerator for up to a week.

## Won ton soup

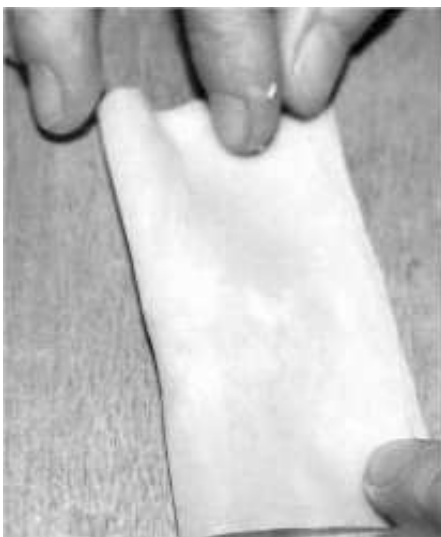
The name won ton means swallowing a cloud, and the wonton floating in this popular soup are thought to resemble clouds. This recipe for Won ton soup serves 4. You can get most of the ingredients in a good asian supermarket. Get frozen won ton wrappers, they cost next to nothing and will save you a lot of hassle.

won ton wrappers  
1/2 pound boneless lean pork, chopped finely  
1 tablespoon soy sauce  
1 tablespoon oyster sauce  
1 tablespoon Chinese rice wine, mirin or rice vinegar  
1/2 teaspoon sugar  
1 green onion, finely minced  
1 teaspoon cornstarch  
2 dashes of pepper  
1 small knob of fresh ginger, peeled and finely grated

Combine all the filling ingredients in a bowl, mixing well. Lay one won ton skin in front of you. Cover the remaining won ton skins with a damp towel to keep them from drying out.

### **Filling the won tons:**

Moisten all the edges of the won ton wrapper with water. Place a heaping teaspoon of won ton filling in the center. Fold the won ton wrapper in half lengthwise, making sure the ends meet. Press down firmly on the ends to seal.



Use thumbs to push down on the edges of the filling to center it.



Keeping thumbs in place, fold over the won ton wrapper one more time.



Push the corners up and hold in place between your thumb and index finger.





Wet the corners with your fingers. Bring the two ends together so that they overlap. Press to seal.



The finished product should resemble a nurse's cap.



Repeat with remaining won tons.

**Boiling the won tons:**

Bring a large pot of water to a boil. Add the won tons, making sure there is enough room for them to move about freely. Let the won tons boil for 5 – 8 minutes, until they rise to the top and the filling is cooked through. Remove from the pot with a slotted spoon.

**To make the soup:**

Bring the 1L of chicken stock to a boil. Add the won tons and bring the soup back to a boil. Add the green onion, remove the pot from the heat. Ladle into soup bowls, allowing 6 won tons per person.



Optionally, you can also add sliced bok choy and thinly sliced red pepper to the stock.