

BBC 100 feelgood recipes for winter

easycook

FEBRUARY 2021

FROM

goodfood

FOOD TO MAKE YOU HAPPY

- EVERYDAY WINTER WARMERS
- BAKE BISCUITS WITH THE KIDS
- MAKE A SPECIAL VALENTINE'S STEAK

UK'S BEST VALUE FOOD MAG

10 BEST Sweet & savoury PIES

STORECUPBOARD SAVERS FROM 56p PER SERVING

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LEMON & FENNEL PORK MEATBALLS, P14



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Welcome



It's been a tough start to 2021 for families. We've had our three teenagers at home, including one from university, doing online

lessons in their bedrooms. As much as they're doing their bit to stay focused, the one thing they can't control is their appetites. Boy, do they eat a lot! On the hour, every hour. A relentless opening of the fridge and shovelling the contents into their mouths. It's hard to keep up, but I do my best thanks to the brilliance of the cooks who create our recipes. In this issue, you'll find ideas for perfect prep-ahead pies, to fantastic money-saving meals from the One Pound Chef, Miguel Barclay. Cooking and eating together are two of the things that give us joy, especially now. I hope we can inspire some joy in your kitchen.

Keith Kendrick

Editor

BEST OF BBC



★ **Tom Kerridge**

Maple-glazed duck with orange & watercress (p84)



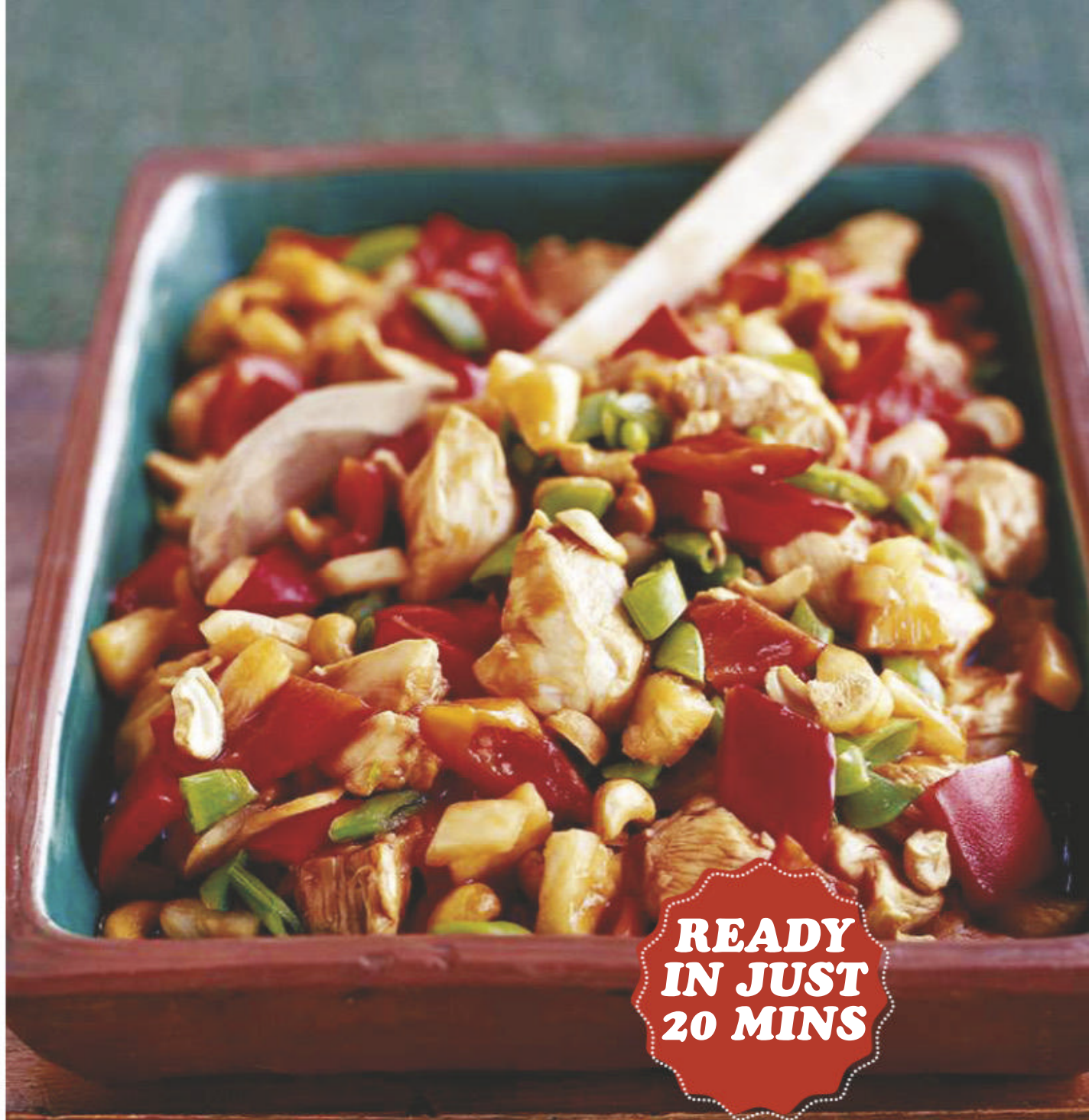
★ **John Torode**

Chocolate orange pots (p87)



★ **Rosie Birkett**

Sole meunière with blood orange & crispy capers (p86)



**READY
IN JUST
20 MINS**

Easy sweet & sour chicken

Mark Chinese New Year on 12 February with this speedy sweet and sour rice dish.

- Serves 4 ■ Prep 5 mins plus standing
- Cook 15 mins

9 tbsp tomato ketchup

3 tbsp malt vinegar

4 tbsp dark muscovado sugar

2 garlic cloves, crushed

4 skinless and boneless chicken breast, cut into chunks

1 small onion, roughly chopped

2 red peppers, seeded and cut into chunks

227g can pineapple pieces in juice, drained

100g sugar snap peas, roughly sliced
handful of salted, roasted cashew nuts (optional)

1 In a large microwaveable dish, mix the ketchup, vinegar, sugar and garlic thoroughly with the chicken, onion and peppers. Microwave, uncovered, on high for 8-10 mins until the chicken is starting to cook and the sauce is sizzling.

2 Stir in the pineapple pieces and sugar snap peas and return to the microwave for another 3-5 mins until the chicken is completely cooked. Leave to stand for a few minutes, then stir in the cashews, if using, and serve.

PER SERVING 305 kcals, fat 2g, saturates none, carbs 38g, sugars 23g, fibre 2g, protein 36g, salt 1.6g

From **BBC** **goodfood**

What's so good about our recipes is that the majority have been tested in the Test Kitchen of our sister title BBC Good Food. So, they're all easy, tasty and quick to make – and you can be sure that they'll work every time.

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Our promise to you

We know how busy you are, so the recipes in Easy Cook are designed to make life easier

- We keep the ingredients lists as short as possible, and preparation times to a minimum.
- To save you time during the week, many of our recipes use ingredients you might already have in your storecupboard or fridge.

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 Printed by Walestead Group



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Lemon & fennel pork meatballs, p14

COMFORT CLASSIC

WARM UP WITH A HOTPOT

Savour every mouthful of this rich, comforting pie with a red wine gravy and potato topping

Lamb & dauphinoise hotpot

■ Serves 8 ■ Prep 15 mins plus overnight chilling ■ Cook 4 hrs and 10 mins

3 large carrots, cut into large chunks

1 onion, roughly chopped

1 garlic bulb, halved

a few rosemary and thyme sprigs

2 bay leaves

1 tbsp tomato purée

2.5kg shoulder of lamb on the bone

1 bottle red wine

FOR THE TOPPING

4-5 potatoes (the roundest you have)

4 sweet potatoes (the roundest you have)

150ml double cream

few knobs of butter

1 Heat the oven to 180C/160C fan/gas 4.

In a flameproof casserole dish that is large enough to fit the lamb, snugly scatter over all the vegetables and herbs, and roughly stir in the tomato purée. Sit the lamb on top, pour over the wine and season well. Cover and heat briefly on the hob, then cook in the oven undisturbed for 3 hrs. Remove from the oven, leave to cool, then chill overnight.

2 The next day, remove all the hard fat from around the lamb and discard. Lift the lamb out of the dish, scraping away the jellied juices and reserving them. Shred the meat, discarding any large pieces of fat and the bones. Return the lamb to the dish, then spoon over the reserved jellied juices and mix with the vegetables. Set aside.

3 Heat the oven to 200C/180C fan/gas 6. To make the topping, peel and neatly slice the potatoes into rounds. Place in a pan of cold salted water, bring to the boil and immediately drain. Return the potatoes to the pan, pour over the cream and season. Pile the potatoes over the lamb hotpot, or neatly arrange them in overlapping circles. Dot with butter, then bake for 40 mins-1 hr until the top is golden and the sauce is just starting to bubble.

PER SERVING 645 kcals, fat 32g, saturates 17g, carbs 24g, sugars 9g, fibre 4g, protein 49g, salt 0.6g





**A
filling
winter
meal**

SIMPLE *storecupboard* **SUPPERS**

Shake up midweek meals with these cost-conscious and delicious dinners



**AS
LITTLE
AS 56P
PER SERVING**



56p
per serving

Paprika pork sliders with
quince aioli & fennel slaw, p10

£1.41
per serving

**Gremolata-crusted salmon
with lentils & spinach, p10**





Paprika pork sliders with quince aioli & fennel slaw

■ Serves 4 ■ Prep 15 mins plus resting
■ Cook 30 mins

1 1 tbsp hot smoked paprika (reduce to 1/2 tbsp if you don't like it too hot)
3 garlic cloves, crushed
2 1/2 tbsp olive oil
400g pork tenderloin, trimmed of sinew
1 fennel bulb, quartered then finely sliced

1/2 red onion, very finely sliced
3 sweet pickled cucumbers, finely chopped, plus 2 tbsp pickle juice
2 tbsp membrillo quince paste
5 tbsp mayonnaise
12 mini burger buns or rolls, halved

1 Heat the oven to 200C/180C fan/gas 6. Mix the paprika, 2 of the garlic cloves, 1 1/2 tbsp oil and some seasoning. Rub all over the pork, then place on a baking tray lined with baking parchment. Roast for 15 mins, then turn the loin over and roast for 12-15 mins until cooked through.

2 To make the slaw, mix the fennel, onion, pickles and juice, and remaining oil with some seasoning. *Can be made a few hours ahead and chilled.*

3 For the aioli, whizz the quince paste in a food processor with the mayo and remaining garlic. Remove the pork from the oven and rest for 5 mins before slicing. To serve, spread a little aioli in each roll and pile in the meat and slaw. Serve any extra slaw on the side, if you like.

PER SERVING 832 kcals, fat 48g, saturates 8g, carbs 66g, sugars 14g, fibre 5g, protein 30g, salt 2.7g

Gremolata-crusted salmon with lentils & spinach

■ Serves 4 ■ Prep 10 mins ■ Cook 15-20 mins

4 garlic cloves, 2 whole, 2 thinly sliced
1/2 small pack parsley, roughly chopped
1 lemon, zested and cut into 4 wedges
2 slices wholemeal bread
4 salmon fillets
1 1/2 tbsp olive oil
200g baby spinach leaves
2 x 250g packs pre-cooked puy lentils
2 tbsp crème fraîche
3 tbsp creamed horseradish

1 Heat the oven to 200C/180C fan/gas 6. Blitz the whole garlic cloves with most of the parsley, and lemon zest, bread and seasoning. Season the salmon fillets, then press the crumb mixture on top. Drizzle with 1/2 tbsp oil and bake for 15-20 mins until the fish is cooked through and the crumbs are golden.

2 Cook the sliced garlic in the remaining oil in a frying pan for 1-2 mins over a low heat. Add the spinach and lentils, turn up the heat and cook until the spinach has wilted and the lentils are heated through. Stir in the crème fraîche, horseradish and seasoning. Divide the lentils between four plates. Place the fish on top, sprinkle with the remaining parsley and serve with lemon wedges.

PER SERVING 610 kcals, fat 30g, saturates 9g, carbs 36g, sugars 5g, fibre 13g, protein 43g, salt 2.1g



GIVE THE DISH A TWIST

Salmon with pesto lentils

■ Swap the horseradish in the lentils for the same amount of **green pesto**. Serves 4.

Pancetta cod with tomatoes & lentils

■ Omit the gremolata topping, swap salmon for **cod fillets** and bake topped with slices of scrunched **pancetta** with **thyme**. Add **cherry tomatoes** into the dish while baking, too. Serves 4.



Leek & Wensleydale toasties with quick pickle

■ Serves 4 ■ Prep 15 mins ■ Cook 16 mins

VEGETARIAN

3 tbsp unsalted butter
4 leeks (about 600g), trimmed, halved and finely sliced
2 tbsp cider vinegar
1½ tbsp wholegrain mustard
2 tbsp maple syrup
4 carrots, peeled into ribbons
2 red apples, halved, cored and thinly sliced
1 beetroot, coarsely grated
8 slices seeded granary bread
200g Wensleydale cheese, grated

1 Melt 1 tbsp butter in a frying pan and add the leeks, seasoning and 3 tbsp water. Cook for 12 mins until soft, adding a little more water if they stick to the bottom of the pan.

2 Meanwhile, to make the pickle, mix the cider vinegar, mustard, maple syrup and seasoning in a large bowl. Toss in the carrots and apples, then place the beetroot on top, but don't mix through.

3 Put a griddle pan over a high heat. Butter all the bread on one side. Mix the leeks and cheese, then spread over half the slices on the unbuttered side. Top with the remaining slices of bread, butter-side up. Griddle for 2 mins each side or until the cheese has melted, pressing down with a spatula to seal the pieces. Toss the beetroot through the pickle, cut the toasties in half and serve together.

PER SERVING 581 kcals, fat 28g, saturates 16g, carbs 53g, sugars 25g, fibre 13g, protein 22g, salt 2g

£1.67
per serving

Masala frittata with avocado salsa

■ Serves 4 ■ Prep 15 mins

■ Cook 25 mins VEGETARIAN

2 tbsp rapeseed oil
3 onions, 2½ thinly sliced, ½ finely chopped
1 tbsp madras paste
500g cherry tomatoes, halved
1 red chilli, deseeded and finely chopped
small pack coriander, chopped
8 large eggs, beaten
1 avocado, stoned, peeled and cubed
1 lemon, juiced

1 Heat the oil in a medium non-stick, ovenproof frying pan. Tip in the sliced onions and cook over a medium heat for 10 mins until soft and golden. Add the madras paste and fry for 1 min more, then tip in half the tomatoes and half the chilli. Cook until the mixture is thick and the tomatoes have all burst.

2 Heat the grill to high. Add half the coriander to the eggs and season, then pour over the spicy onion mixture. Stir gently once or twice, then cook over a low heat for 8-10 mins until almost set. Transfer to the grill for 3-5 mins until set.

3 To make the salsa, mix together the avocado, remaining chilli and tomatoes, chopped onion, remaining coriander and the lemon juice, season and serve with the frittata.

PER SERVING 347 kcals, fat 25g, saturates 5g, carbs 12g, sugars 9g, fibre 5g, protein 16g, salt 0.5g

£1.08
per serving

Spaghetti with chilli, purple sprouting broccoli & pancetta

■ Serves 4 ■ Prep 10 mins ■ Cook 12 mins

3 tbsp olive oil, plus extra for drizzling
2 banana shallots, finely sliced
4 garlic cloves, finely sliced
2 red chillies, deseeded and finely chopped
350g wholegrain spaghetti
300g purple sprouting broccoli, stalks sliced, heads left whole
140-160g pack pancetta cubes
2 pieces brown bread, torn into small pieces
100g goat's cheese, crumbled

1 Heat 2 tbsp oil in a large frying pan. Add the shallots, garlic, most of the chilli and some seasoning. Cook gently for about 10 mins until softened.

2 Cook the pasta following pack instructions, adding the broccoli for the final 5 mins.

3 Meanwhile, heat the remaining 1 tbsp oil in another pan. Add the pancetta, sizzling until the fat is released and the cubes are crisping. Tip in the bread and seasoning, and fry to make golden croutons. Drain the pasta and broccoli, reserving some cooking water.

4 Toss the pasta into the shallot mixture, adding enough cooking water to help the sauce coat the pasta. Check the seasoning, then sprinkle with the croutons, pancetta, remaining chilli and the goat's cheese. Drizzle over a little olive oil and serve straight away.

PER SERVING 472 kcals, fat 27g, saturates 10g, carbs 34g, sugars 2g, fibre 7g, protein 20g, salt 1.6g

TO MAKE IT VEGGIE, JUST OMIT THE PANCETTA

£1.40
per serving



Harissa fish goujons in lettuce cups

■ Serves 4 ■ Prep 20 mins ■ Cook 30 mins

FREEZABLE *unbaked fish only*

- 700g carrots, halved and cut into long batons**
- 2 tsp cumin seeds**
- 1½ tbsp olive oil, plus extra for the baking tray**
- 1 heaped tbsp harissa**
- 2 medium eggs, beaten**
- 4 skinned lemon sole fillets (about 500g in total), cut into thick strips (about 4 strips per fillet), or other sustainable white fish**
- 85g fresh breadcrumbs, well-seasoned**
- 1 heaped tbsp tahini**
- 1 lemon, juiced**
- 3-4 Little Gem lettuces, leaves separated (you'll need about 16 leaves – large ones work best)**
- 4 spring onions, thinly sliced**

1 Heat the oven to 220C/200C fan/gas 7. On a baking tray, toss the carrots with the cumin seeds, oil and seasoning. Bake for 30 mins until tender.

2 Meanwhile, oil a non-stick baking tray. Stir the harissa into the beaten eggs and season, then tip the fish strips into the mixture and stir to coat. Dip each strip into the breadcrumbs, then place on the prepared tray. Repeat until all the fish strips are coated. Bake on the top shelf of the oven for about 12 mins or until golden.

3 Mix the tahini with some seasoning, then slowly add the lemon juice, stirring all the time. When you are happy with the flavour, gradually add 1-2 tbsp water to loosen the tahini to a drizzling consistency. Divide the lettuce leaves between four plates and place the fish goujons and roasted carrots inside, adding the spring onions and a drizzle of the tahini dressing to serve.

PER SERVING 429 kcals, fat 17g, saturates 3g, carbs 32g, sugars 16g, fibre 9g, protein 33g, salt 1g



£1.29
per serving



**MAKE OUR
COVER
RECIPE**

Lemon & fennel pork meatballs

Meatballs are always popular, and these are served with toasted pine nuts and vibrant kale, making a vitamin C-rich dish.

■ Serves 4 ■ Prep 15 mins

■ Cook 35 mins-40 mins

FREEZABLE uncooked meatballs only

2 tbsp olive oil

1 medium onion, finely chopped

2 garlic cloves, finely sliced

2 x 400g cans plum tomatoes

1 lemon, zested and cut into wedges

500g pork mince

2 tsp fennel seeds

250g kale

25g pine nuts, toasted

**crusty bread or mashed potato,
to serve (optional)**

1 In a medium pan, heat 1 tbsp of the oil over a medium heat. Add the onion and garlic to the pan and cook for 5 mins. Tip in the tomatoes with a splash of water, increase the heat and allow to bubble for 15 mins.

2 Meanwhile, in a large bowl, combine the lemon zest, mince, fennel seeds and a good pinch of seasoning. Mix well, then shape into walnut-sized balls.

3 Heat the remaining oil in a lidded frying pan over a medium heat. Add the meatballs and brown for 5 mins, then pour the tomato sauce into the pan. Simmer for 10 mins, then add the kale, cover with a lid and cook for 5 mins more until wilted. Season to taste, and scatter over the pine nuts. Serve with the lemon wedges for squeezing over, and crusty bread or mash, if you like.

PER SERVING 401 kcal, fat 23g, saturates 6g
carbs 16g, sugars 10g, fibre 3g, protein 31g, salt 0.3g

£1.25
per serving

Pistachio lamb koftas with apricot relish

■ Serves 4 ■ Prep 20 mins ■ Cook 20 mins

FREEZABLE uncooked koftas only

2½ tbsp olive oil

3 red onions, 2½ thinly sliced and ½ grated

400g lamb mince

1 tbsp ras el hanout

85g pistachios, roughly chopped

½ small pack flat-leaf parsley, roughly chopped

4 tbsp good-quality apricot jam

1 lemon, zested and juiced

2 carrots, cut into skinny matchsticks

4 wholemeal pittas, split and warmed

4 tbsp Greek-style yogurt, to serve

1 Put 1½ tbsp olive oil in a frying pan, add most of the sliced onions with some seasoning and cook over a medium heat for about 15 mins until soft and golden.

2 Meanwhile, heat the grill to high. In a large bowl, combine the mince, grated onion, ras el hanout, most of the pistachios, half of the parsley and some seasoning. Divide the mixture into 8 and shape into patties. Place on a baking tray and brush with ½ tbsp oil. Grill for 10 mins, turning once, until browned and cooked through.

3 Add the apricot jam, lemon zest and half the juice to the cooked sliced onions, and bubble down until thick. To make the salad, mix the carrots, reserved sliced onions and remaining parsley in a bowl, then toss in the remaining lemon juice and olive oil. Season. **v** Spoon the apricot relish into the pittas, then add the koftas, salad, yogurt and remaining pistachios.

PER SERVING 626 kcals, fat 31g, saturates 9g carbs 49g, sugars 21g, fibre 10g, protein 32g, salt 0.8g

SPICE IS NICE

Lamb korma kofta

■ Make the koftas using **korma curry paste** instead of the ras el hanout and swap pistachios for **almonds**. Wrap up in a **warmed naan** with **salad** and **fresh mint** instead of parsley, plus **mango chutney** in place of the apricot relish. Serves 4.

Speedy kofta biryani

■ Cook the korma koftas. Drain oil from the pan then add **2 packs of cooked basmati rice** with **4 handfuls of frozen peas**, **4 handfuls of baby spinach** and **chopped coriander**. Cover and cook for a few mins to heat the rice and veg. Serve with **yogurt** and **mango chutney**. Serves 4.



£1.93
per serving



Tomato & chickpea curry

■ Serves 4 ■ Prep 10 mins

■ Cook 45 mins **VEGETARIAN**

- 1 tbsp olive oil
- 2 onions, finely sliced
- 2 garlic cloves, crushed
- 1 tsp garam masala
- 1 tsp turmeric
- 1 tsp ground coriander
- 400g can plum tomatoes
- 400ml can coconut milk
- 400g can chickpeas, drained and rinsed
- 2 large tomatoes, quartered
- 1/2 small pack coriander, roughly chopped
- cooked basmati rice, to serve

1 Heat the oil in a large pan and add the onions. Cook until softened, about 10 mins. Add the garlic and spices, and stir to combine. Cook for 1-2 mins, then pour in the tomatoes, break up with a wooden spoon and simmer for 10 mins.

2 Pour in the coconut milk and season. Bring to the boil and simmer for a further 10-15 mins until the sauce has thickened.

3 Tip in the chickpeas and the tomatoes, and warm through. Scatter over the coriander and serve with fluffy rice.

PER SERVING 369 kcals, fat 23g, saturates 16g
carbs 28g, sugars 11g, fibre 6g, protein 9g, salt 0.5g

£1.58
per serving

75p
per serving

Smoky sausage casserole

If you don't have cannellini beans, use any other canned variety instead. Similarly, if you don't have spinach, use another leafy green, like kale.

■ Serves 4 ■ Prep 15 mins ■ Cook 1 hr

1 tbsp olive oil
1 onion, finely chopped
1 garlic clove, crushed
1 large celery stick, finely chopped
2 peppers (any colour), cut into chunks
6 pork sausages (about 400g)
1 tsp sweet smoked paprika
1/2 tsp ground cumin
1/2 tsp chilli flakes
2 x 400g cans chopped tomatoes
400g can cannellini beans, drained
250g bag spinach
2 tbsp fresh breadcrumbs

1 Put the oil in a large, heatproof casserole dish over a medium heat and add the onion, cooking for 5 mins until starting to soften. Tip in the garlic, celery and peppers, and give everything a good stir. Cook for 5 mins more.

2 Turn the heat to high and add the sausages. Cook for a few mins until browned all over, then reduce the heat to medium, sprinkle in the spices and season well. Pour over the tomatoes and bring to a simmer. Cover and continue simmering gently for 40 mins, stirring every now and then.

3 Heat the grill to high and uncover the casserole. Add the beans and spinach, and stir to warm through. Scatter over the breadcrumbs and grill for 2-3 mins until golden and crisp.

PER SERVING 525 kcals, fat 29g, saturates 10g, carbs 39g, sugars 17g, fibre 7g, protein 22g, salt 3.1g

GIVE GAMMON A GO! Thyme & bacon cassoulet

■ Replace the sausages with **2 thick smoked gammon steaks** cut into small chunks and a large **diced carrot**. Instead of the cumin, add a **bay leaf** and **1 tbsp fresh thyme leaves**. Serves 4.

Flippin' family fun

Sweet and savoury pancake recipes that everyone will love

Don't forget Shrove Tuesday on 16 February





Blueberry
cheesecake
pancakes,
p20



Easy pancakes, two ways

This basic pancake mix can be used to make sweet or savoury pancakes, with enough for a main course and dessert for a family of four. Rest the batter for at least 30 mins before cooking.

■ Makes 8 large pancakes ■ Prep 5 mins plus resting ■ Cook 20 mins **VEGETARIAN**

175g plain flour
3 large eggs
450ml milk
sunflower oil, for frying

1 Weigh out the flour into a large jug or bowl. Crack in the eggs, add half the milk and a pinch of salt, and whisk to a smooth, thick batter. Add the remaining milk and whisk again. Leave to rest for at least 30 mins.

Will keep chilled for up to a day.

2 Heat a large non-stick crêpe or frying pan. Add a drizzle of oil, then wipe out the excess with kitchen paper. When the pan is hot, add enough batter to just cover the surface, swirling it and pouring any excess back into the bowl. The pancake should be as thin as possible. When the edges are peeling away from the sides of the pan, shake it to see if the pancake releases easily and is browning on the underside. If not, cook a little longer. Flip and cook the other side for a minute or two. Serve, or keep warm in a low oven.

PER SERVING 161 kcals, fat 6g, saturates 2g, carbs 19g, sugars 3g, fibre 1g, protein 7g, salt 0.2g

Spinach & ricotta pancake bake

■ Serves 4 ■ Prep 10 mins
 ■ Cook 35 mins **VEGETARIAN**

1 tbsp olive oil, plus a drizzle
3 garlic cloves, crushed
400g can chopped tomatoes
200g baby spinach
250g ricotta
grating of nutmeg
4 large pancakes (see left)
225g ball mozzarella, torn into pieces
50g parmesan or vegetarian alternative, grated

1 Heat the oil in a pan and sizzle two-thirds of the garlic briefly. Add the tomatoes and season. Simmer for 10-15 mins until thick. Microwave the spinach for 2 mins to wilt, or tip into a colander and pour over a kettle of hot water. Leave until cool enough to handle. Squeeze out the liquid and roughly chop.

2 Heat the oven to 220C/200C fan/gas 7. Mix the ricotta, spinach, a grating of nutmeg and the remaining garlic. Season. Spread the tomato sauce over the base of a shallow baking dish (about 20 x 30cm). Divide the spinach mix between the pancakes. Spread it over half the surface. Fold each pancake in half, then in half again to make a triangle. Lay the pancakes on the sauce. Scatter with both cheeses. Drizzle with some oil and bake for 15-20 mins until bubbling.

PER SERVING 513 kcals, fat 32g, saturates 17g, carbs 25g, sugars 8g, fibre 2g, protein 30g, salt 1.1g

Blueberry cheesecake pancakes

■ Serves 4 ■ Prep 10 mins
 ■ Cook 10 mins **VEGETARIAN**

150g fresh or frozen blueberries
1 tbsp maple syrup
100g soft cheese
½-1 tbsp icing sugar, to taste
4 large pancakes (see left)
4 caramelised biscuits or ginger nuts, crushed
50g nuts (pecans or almonds work well), roughly chopped (optional)

1 Simmer the blueberries and maple syrup over a low heat until soft and syrupy, about 3 mins. Combine the soft cheese and icing sugar to taste.

2 When the pancakes are cooked, top with the blueberry mixture, sweetened soft cheese, crushed biscuits and nuts.

PER SERVING 390 kcals, fat 22g, saturates 7g, carbs 35g, sugars 15g, fibre 2g, protein 10g, salt 0.4g





Buckwheat crêpe madames

Buckwheat flour gives a nutty flavour and is gluten-free, but you can use wheat flour if you like.

■ Serves 4 ■ Prep 20 mins plus resting ■ Cook 30 mins

80g buckwheat flour

5 medium eggs

250ml milk

2 tsp Dijon mustard

4 tbsp single cream

100g mature gruyère, comté or cheddar, grated

butter, for frying

100g ham, torn

fried mushrooms or steamed spinach, to serve (optional)

1 Mix the flour, 1 egg, the milk and a pinch of salt in a bowl. Leave to rest for 30 mins, or up to 3 hrs. Mash the mustard, cream and cheese in a second bowl. Heat the oven to 200C/180C fan/gas 6, and line two baking trays with baking parchment.

2 Melt the butter in a large frying pan.

Once foaming, add enough batter to just coat the pan. Swirl to cover the surface in a thin layer (pour any excess back into the bowl). Cook until set and the underside is browning. Flip and cook for 1-2 mins more. Remove from the heat.

3 Spoon a quarter of the cheese mix onto the middle of the pancake. Use a spoon to create a gap in the centre, and crack in an egg. Lay some ham around the edge. Fold each side into the centre to make a square. Cook for 30 seconds-1 min more. Put on a baking tray. Repeat to make four. Bake for 6-7 mins until set. Serve with mushrooms or spinach, if you like.

PER SERVING 411 kcals, fat 25g, saturates 13g, carbs 20g, sugars 4g, fibre 1g, protein 25g, salt 1.7g



**FLIPPIN'
GREAT
CRÊPES**

Cinnamon roll pancakes

■ Serves 10 ■ Prep 10 mins
■ Cook 25 mins **VEGETARIAN**

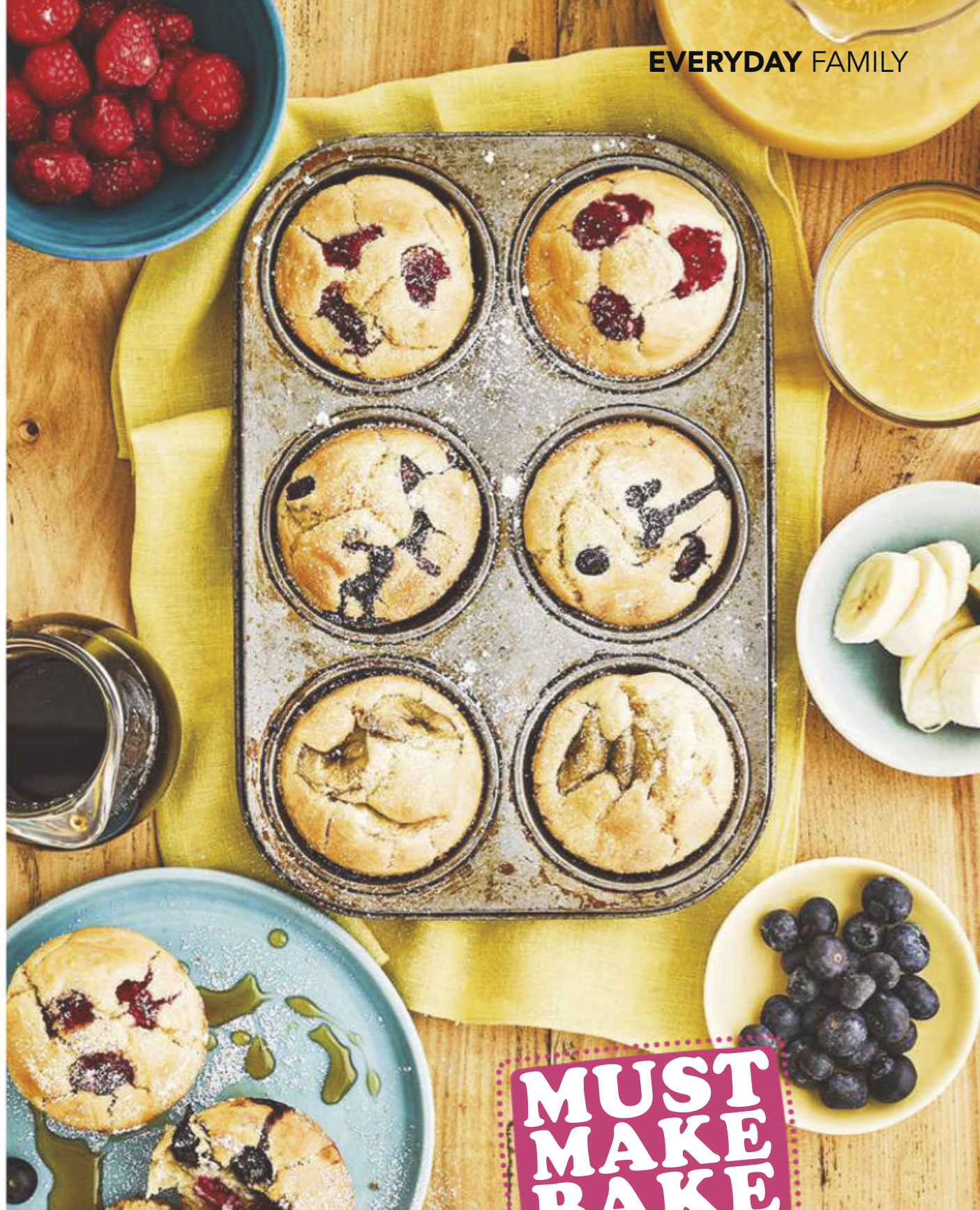
145g self-raising flour
1 tsp baking powder
1 tbsp golden caster sugar
1 tsp cinnamon
2 eggs
40g butter, melted
140ml milk
3 tbsp light brown soft sugar
1 tbsp maple syrup, plus extra to serve (optional)
1 tbsp vegetable oil
6 tbsp toffee or caramel yogurt, to serve (optional)

1 Weigh out the flour into a large bowl. Add the baking powder, caster sugar, ½ tsp cinnamon and a large pinch of salt. Whisk to combine. Add the eggs, half the butter and the milk. Whisk until smooth. *Will keep chilled overnight.*

2 Stir the rest of the cinnamon, the brown sugar and 1 tbsp maple syrup with the rest of the butter. Add 3 tbsp pancake mixture and mix. Transfer to a squeeze bottle fitted with a small nozzle, or a piping bag.

3 Pour a little oil into a large frying pan over a low-medium heat, and wipe out any excess with kitchen paper. Spoon 2-3 tbsp mounds of batter into the pan for each pancake, leaving space between each for spreading. You should get three or four in at a time. Use the cinnamon mix to pipe swirls on top of each pancake. When the pancakes start to set around the edges and bubbles appear on top, flip and cook for another 2-3 mins until golden and cooked through. Keep warm in a low oven while you make the rest. Serve with the yogurt and maple syrup, if you like.

PER SERVING 153 kcals, fat 6g, saturates 3g, carbs 21g, sugars 10g, fibre 1g, protein 3g, salt 0.4g



**MUST
MAKE
BAKE**

Mix & match pancake muffins

There's no need to stand over the hob flipping pancakes with this easy recipe for pancake muffins. They're so simple to make, older kids can do it by themselves. Smaller children will need a little help.

■ Makes 12 ■ Prep 20 mins ■ Cook 25 mins **VEGETARIAN** **FREEZABLE**

sunflower or vegetable oil, for the tin
350g plain flour
2 tsp baking powder
50g butter
350ml milk
2 eggs
2 tbsp maple syrup, plus extra to serve
handful of raspberries or blueberries, or a mixture
½ banana, sliced
icing sugar, for dusting

1 Oil a 12-hole muffin tin, using a pastry brush to get in the edge and up the sides. Heat the oven to 200C/180C fan/gas 6. Mix the flour, baking powder and a pinch of salt together in a bowl.

2 Melt the butter in a heatproof jug in the microwave. Add the milk, eggs and maple syrup, whisk, then pour into the dry ingredients and whisk again until smooth. Divide evenly between the holes of the tin.
3 Top each muffin with a few berries or slices of banana. Bake for 20-25 mins until golden brown, and a skewer inserted into the middle of one comes out clean. Once cooked, leave to cool in the tin for 5 mins, then remove from the tin using a cutlery knife to loosen the edge, if needed. Pile onto a plate, dust with icing sugar and serve warm with plenty of extra maple syrup.

PER SERVING 188 kcals, fat 6g, saturates 3g, carbs 27g, sugars 4g, fibre 1g, protein 5g, salt 0.3g

10 ways to TOP TOAST

Need a quick food fix? Use up leftover bread and make a satisfying snack or light meal in minutes with these toast toppings

**QUICK
& SIMPLE
IDEAS**

TOAST TIPS

FOR A CRUNCHY TEXTURE Use older bread or leave a slice out to dry, to remove some of the moisture.

GOOD TOAST NEEDS A GOOD CRUST
Try using a rustic farmhouse loaf, ciabatta or sourdough.

SPICY BEANS

■ Drain a **400g can mixed beans**. Tip into a pan with a **227g can chopped tomatoes**, **1 finely chopped small red chilli**, **1 crushed garlic clove** and **2 tsp Worcestershire sauce**, then simmer for 4-5 mins. Pile onto **toast** and top with **cheese**, if you like. Serves 2.

ITALIAN-STYLE EGGS

■ Beat **3 eggs** with **2 tbsp milk**, then season. Cook in a non-stick pan over a low heat, stirring often. When almost cooked, add **3 tbsp soft cheese**. When the eggs have set, stir through a **few basil leaves** and **6 halved cherry tomatoes** and pile onto **toast**. Serves 2.

OPEN WINTER PUDDING

■ Heat **300g mixed fresh or frozen berries** (try using **redcurrants**, **blackcurrants** and **raspberries**) and **2 tbsp caster sugar** in a pan for 3-4 mins until the sugar has dissolved and the juices are released. Pour over **toast** and serve with a dollop of **crème fraîche**. Serves 2.

HOMEMADE HUMMUS

■ In a food processor, blend a **220g can rinsed chickpeas** with a good **squeeze of lemon juice**, **1 garlic clove**, **1 tbsp Greek yogurt or tahini** and **1 tsp olive oil**. Season with a pinch of **cayenne pepper** and salt. Spread thickly onto **toast** and drizzle with a little more olive oil, if you like. Serves 2.

SMOKED MACKEREL PÂTÉ

■ Flake **2 smoked mackerel fillets** (removing any skin and bones) and blend with **2 tbsp low-fat mayonnaise**, **2 tsp chopped gherkin**, **½ finely chopped red onion** and a squeeze of **lemon juice**. Spread on **toast**. Serves 2.

CINNAMON BAKED APPLE

■ Brush **2 slices of toast** with **melted butter** and sprinkle with **ground cinnamon**. Pile **1 sliced apple** on top, drizzle with **honey**, then bake for 15 mins at 200C/180C fan/gas 6. Top with chopped **hazelnuts**. Serves 2.

SPICY TUNA

■ Mix **200g can tuna flakes** with **2 tbsp mayonnaise**, **1 finely chopped red chilli**, **2 sliced spring onions**, a squeeze of **lemon juice** and some black pepper. Spread on **toast**. Serves 2.

CHEESE & PINEAPPLE

■ Take a **250g tub cottage cheese** and mix in a **drained 227g can pineapple chunks**. Spoon onto **toast** and top with cracked black pepper and some **snipped chives**. Serves 2.

BLUE CHEESE MELT

■ Mix **85g blue cheese** with **3 tbsp low-fat crème fraîche**, then spread onto **toast** and put under the grill until bubbling. Top with **caramelised onion chutney** and serve warm. Serves 2.

BAKED GARLIC MUSHROOMS

■ Put **4 large Portobello mushrooms**, on a lightly oiled baking tray, drizzle with **olive oil** and **2 finely chopped garlic cloves**, then season. Bake for 15 mins at 200C/180C fan/gas 6 until tender. Place on **toast**, then sprinkle with some **chopped parsley** and a **few toasted pine nuts**. Serves 2.



A WEEK OF *low-cal* MEALS

These satisfying suppers all weigh-in at
500 calories or under

**HIGH IN
FIBRE
3 OF YOUR
5-A-DAY**

Meat-free Monday

Veggie pittas with
pick& mix sides, p28

Tuesday

Ham & potato hash with
baked beans & 'fried'
eggs, p28



**HIGH IN
FIBRE
& FOLATE**



Meat-free Monday

Veggie pittas with pick & mix sides

■ Serves 6 ■ Prep 20 mins ■ Cook 30 mins

VEGETARIAN **FREEZABLE** *koftas only*

2 onions, chopped
 2 garlic cloves, crushed
 one-calorie cooking spray, for frying
 2 x 400g cans chickpeas, drained
 100g fresh brown breadcrumbs
 1 large egg
 2 tsp each ground cumin and coriander
 1 lemon, zested and 1 tbsp juice, plus extra wedges to serve
 85g baby spinach
 toasted pitta breads, to serve
 175g fat-free yogurt, to serve
 pickled chillies (optional), to serve
FOR THE CARROT & TOMATO SALAD
 200g carrots, coarsely grated
 200g tomatoes, diced
 ½ red onion, finely chopped
 2 tbsp red wine vinegar
 1 tsp sugar

1 Cook the onions and garlic with a few sprays of the cooking spray and a splash of water in a non-stick pan. Once really soft, tip into a food processor with the chickpeas, breadcrumbs, egg, spices, lemon zest and juice. Season. Pulse until fairly smooth, then add 30g of the spinach and pulse until finely chopped. Shape the mixture into 12 sausage-shaped koftas and put on a lined baking tray. Chill. Heat the oven to 200C/180C fan/gas 6.
2 Spray the koftas with cooking spray, then bake for 20-25 mins until crisp and golden.
3 Meanwhile, mix together all the salad ingredients with some seasoning. Put the remaining spinach in a bowl and warm the pittas following pack instructions.
4 Serve the koftas with the pittas, spinach, carrot salad, yogurt and chillies, if you like.
PER SERVING 421 kcals, fat 5g, saturates 1g, carbs 70g, sugars 10g, fibre 10g, protein 18g, salt 1.7g



Tuesday

Ham & potato hash with baked beans & 'fried' eggs

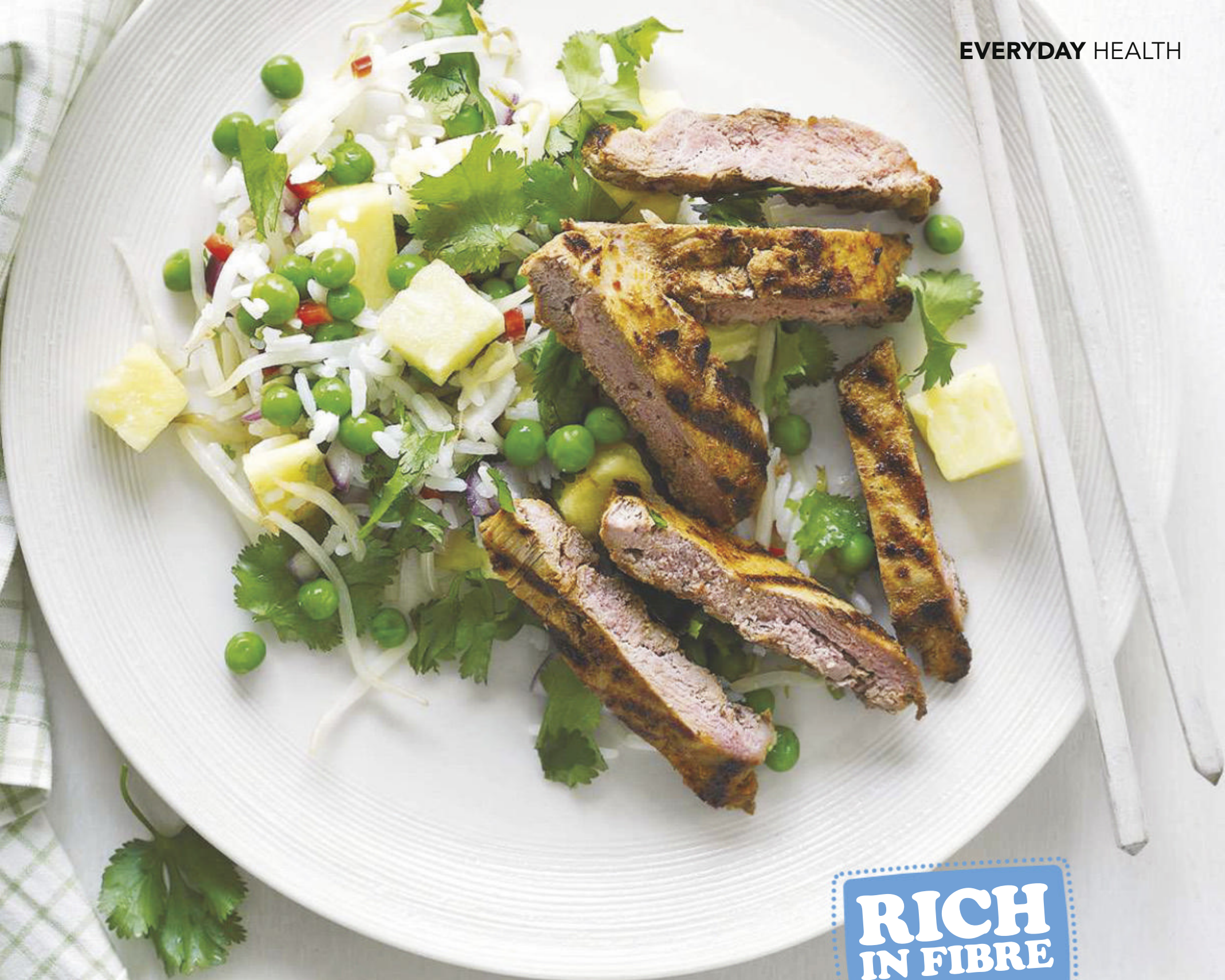
■ Serves 4 ■ Prep 10 mins ■ Cook 25-30 mins

600g potatoes, chopped into small chunks
 one-calorie cooking spray, for frying
 2 leeks, trimmed, washed and sliced
 175g lean ham, weighed after trimming and discarding any fat, chopped
 2 tbsp wholegrain mustard
 5 eggs
 2 x 415g cans reduced sugar & salt baked beans

1 Boil the potatoes in a pan of salted water for 5 mins until just tender. Drain well and leave in the colander to steam-dry.
2 Meanwhile, spray an ovenproof pan with the cooking spray. Add the leeks with a splash of water and fry until very soft and squishy. Add a few more sprays of the oil, tip in the potatoes, along with the ham, and fry to crisp a little. Heat the oven to 200C/180C fan/gas 6.
3 Stir in the mustard, 1 egg and a good amount of seasoning with a fork – break up some of the potatoes roughly as you do. Flatten down the mixture, spray the top with oil, and bake in the oven for 15-20 mins until the top is crisp.
4 Heat 200ml water in a non-stick frying pan. When steaming, but before it simmers, crack in the remaining eggs and cover with a lid or parchment. Cook for 2-4 mins until the eggs are done. Meanwhile, heat the beans.
5 Lift an egg onto each plate, add a big scoop of hash and spoon on some beans.
PER SERVING 499 kcals, fat 15g, saturates 4g, carbs 49g, sugars 10g, fibre 13g, protein 37g, salt 3.6g

HOW LOW CAN YOU GO?

We often use more oil than we need to when cooking, and this can dramatically hike up the calories. For these recipes, we used a one-calorie cooking spray – where oil is mixed with water – to achieve our 500 calorie limit. If you use regular oil instead, use it sparingly with a splash of water or it will affect the final calorie count.



**RICH
IN FIBRE**

Wednesday

Thai-style duck with sticky pineapple rice

■ Serves 2 ■ Prep 20 mins plus marinating and steaming ■ Cook 15 mins


2 duck breasts, skin removed and discarded
1 tbsp Thai red curry paste
1 lime, zested and juiced, plus wedges to serve
140g jasmine rice
125ml light coconut milk, from a can
140g frozen peas
50g beansprouts
½ red onion, diced
100g fresh pineapple, cubed
1 red chilli, deseeded and finely chopped
¼ small pack coriander, stalks finely chopped, leaves roughly chopped

1 Sit a duck breast between two sheets of baking parchment on a chopping board. Use a rolling pin to bash the duck until it's 0.5cm thick. Repeat with the other breast, then put them both in a dish. Mix the curry paste with the lime zest and juice, and rub all over the duck. Leave to marinate at room temperature for 20 mins.

2 Meanwhile, tip the rice into a small saucepan with some salt. Pour over the coconut milk with 150ml water. Bring to a simmer, then cover, turn the heat down low and cook for 5 more mins. Stir in the peas, then cover, turn the heat off and leave for another 10 mins. Check the rice – all the liquid should be absorbed and the rice cooked through. Pour boiling water over the beansprouts and red onion in a colander, then stir them into the rice with the pineapple, chilli and coriander stalks, and some more salt if needed. Put the lid back on to keep warm.

3 Heat a griddle pan and cook the duck for 1-2 mins each side or until cooked to your liking. Slice into strips. Stir most of the coriander leaves through the rice and fluff it up with a fork. Spoon onto two plates and top with the duck, scattering over the remaining coriander.

PER SERVING 500 kcals, fat 9g, saturates 4g, carbs 63g, sugars 10g, fibre 7g, protein 37g, salt 0.6g



**HIGH IN
FIBRE
& FOLATE**

Thursday

Pulled chicken

■ Serves 6 ■ Prep 20 mins

■ Cook 1 hr 30 mins

FREEZABLE *chicken only*

8 bone-in chicken thighs, skin removed and discarded and trimmed of any big bits of fat

2 tbsp chipotle paste

250ml passata

75g barbecue sauce

1 onion, chopped

3 limes, juiced, plus extra wedges to serve (optional)

2 x 400g cans black beans, drained and rinsed

215g can refried beans

1 small, ripe avocado, diced

½ small pack coriander, leaves only

3 Little Gem lettuces, shredded

8-12 tacos, or cooked rice, to serve

1 Heat the oven to 180C/160C fan/gas 4. Rub the chicken thighs with 1 tbsp of the chipotle paste and some seasoning. Mix the remaining chipotle with the passata, barbecue sauce, 100ml water and half the onion. Spoon the sauce into a roasting tin that will fit the chicken snugly in a single layer and add the chicken thighs. Cover tightly with foil and bake for 1 hr, then uncover, increase the oven to 200C/180C fan/gas 6 and bake for another 20 mins.

2 Meanwhile, mix the remaining onion with the lime juice and some salt and set aside. Mix all the beans in a saucepan with 100ml water, ready to heat.

3 When the chicken is really tender, use two forks to shred the meat into the sauce, discarding the bones. Keep covered while you heat the beans for 5-10 mins until piping hot and not too wet. Warm the tacos following pack instructions. Stir the avocado and coriander into the lime-onion mixture.

4 Serve the pulled chicken and beans with shredded lettuce and tacos, or rice and lime wedges to squeeze over, if you like. Top with the avocado salsa.

PER SERVING 353 kcals, fat 13g, saturates 3g, carbs 25g, sugar 10g, fibre 10g, protein 29g, salt 1.2g



**HIGH IN
FIBRE &
VITAMIN C**

Friday

Creamy cod chowder stew

■ Serves 2 ■ Prep 10 mins ■ Cook 20 mins

200g floury potatoes, cubed

200g parsnips, cubed

140g skinless cod fillet

140g skinless undyed smoked haddock

500ml semi-skimmed milk

¼ small pack parsley, leaves finely chopped, stalks reserved

6 spring onions, whites and greens separated, both finely chopped

2 tbsp plain flour

1 lemon, zested and juiced

2 tbsp chopped parsley

crusty wholemeal bread, to serve

1 Bring a saucepan of salted water to the boil, add the potato and parsnips, and boil until almost tender, about 4 mins. Drain.

2 Meanwhile, put the fish in a pan where it fits snugly but doesn't overlap. Cover with the milk, poke in the parsley stalks and bring to a gentle simmer. Cover the pan, turn off the heat and leave for 5 mins. Lift the fish out and break into large chunks. Discard the parsley but keep the milk.

3 Put the spring onion whites, milk and flour in a saucepan together. Bring to a simmer, whisking continuously, until the sauce has thickened and become smooth. Turn the heat down, add the drained potatoes and parsnips, the lemon zest and half the juice, and cook gently for 5 mins, stirring occasionally. Stir in the spring onion, greens, fish and parsley, and season with plenty of pepper, some salt and more lemon juice to taste. Divide between two shallow bowls and serve with bread.

PER SERVING 443 kcals, fat 6g, saturates 3g, carbs 53g, sugar 16g, fibre 10g, protein 39g, salt 1.9g

£1 midday meals

These quick and easy vegetarian recipes from Miguel Barclay all cost just £1 per serving, and are ideal for lunchtime

Frozen veg minestrone

This uses three staple storecupboard ingredients: frozen veg, pasta and stock cubes. The frozen veg gives a freshness and vibrancy that you probably wouldn't expect from a storecupboard soup. Serve with bread, if you like, to mop up the sauce.

■ Serves 4 **VEGETARIAN**

200g short pasta of your choice
1 onion, roughly chopped
olive oil, for frying
400g can chopped tomatoes
2 vegetable stock cubes
2 handfuls frozen vegetables of your choice
crusty bread, toasted, to serve (optional)

1 Cook the pasta in a medium pan of boiling water following pack

instructions. Meanwhile, fry the onion in a splash of oil over a medium heat for 5 mins until the onion starts to soften. Tip in the tomatoes, season, and crumble in the stock cubes. Add the frozen veg and simmer for 5 mins more.

2 Stir in the pasta and a mug or two of the cooking water (depending on how thick you like it). Season with plenty of black pepper and serve with toasted crusty bread, if you like.







Roasted pepper quesadillas

It's easy to roast a few peppers in the oven, but a jar of ready-roasted peppers is really useful to have in your cupboard if you're in a rush or can't get to the shops, so feel free to use those instead.

■ Serves 4 **VEGETARIAN**

2 red onions, sliced
2 red peppers, deseeded and sliced
1 each green and yellow peppers, deseeded and sliced
olive oil, for drizzling
1 tsp ground cumin
1 tsp paprika
8 tortillas
handful of grated cheddar

1 Heat the oven to 180C/160C fan/gas 4. Toss the onions, all the peppers and a drizzle of olive oil together in a roasting tin. Season with the cumin, paprika and some salt and pepper, and toss again until evenly coated. Roast for 15 mins.

2 Lay one tortilla in a dry frying pan and spread a quarter of the roasted veg on top. Scatter with a quarter of the grated cheese, then top with a second tortilla. Cook over a medium heat for a few minutes, then carefully flip and cook for a few minutes more until the cheese has melted. Repeat to make three more quesadillas. Cut into quarters and serve.

Goat's cheese & beetroot salad

Vacuum-packed beetroot is great because there's no cooking involved. This recipe is based on the classic flavour combination of goat's cheese, honey and walnuts.

■ Serves 4 **VEGETARIAN**

4 cooked beetroots, chopped
200g goat's cheese or vegetarian alternative, sliced
handful each of watercress and spinach
handful of walnuts, chopped
1 tbsp honey
olive oil, for drizzling
dried thyme, for sprinkling (optional)

1 Arrange the beetroots, cheese, watercress, spinach and nuts over a large serving platter or individual plates.
2 Drizzle with the honey and a little olive oil, and sprinkle with thyme, if you like.



Recipes adapted from *Storecupboard One Pound Meals* by Miguel Barclay (£16.99, Headline Home). Photographs © Dan Jones

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Liz Singh, 63, retired chemistry teacher

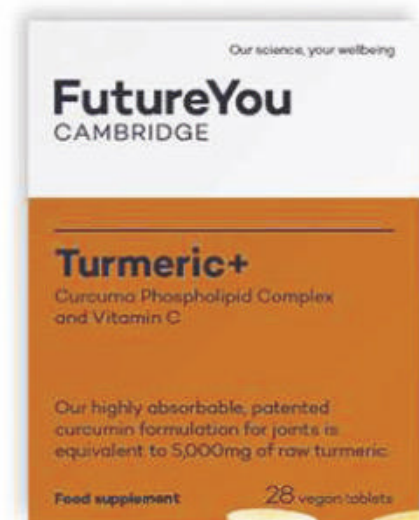
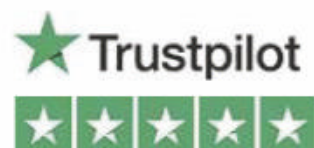


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Peanut butter & date oat pots



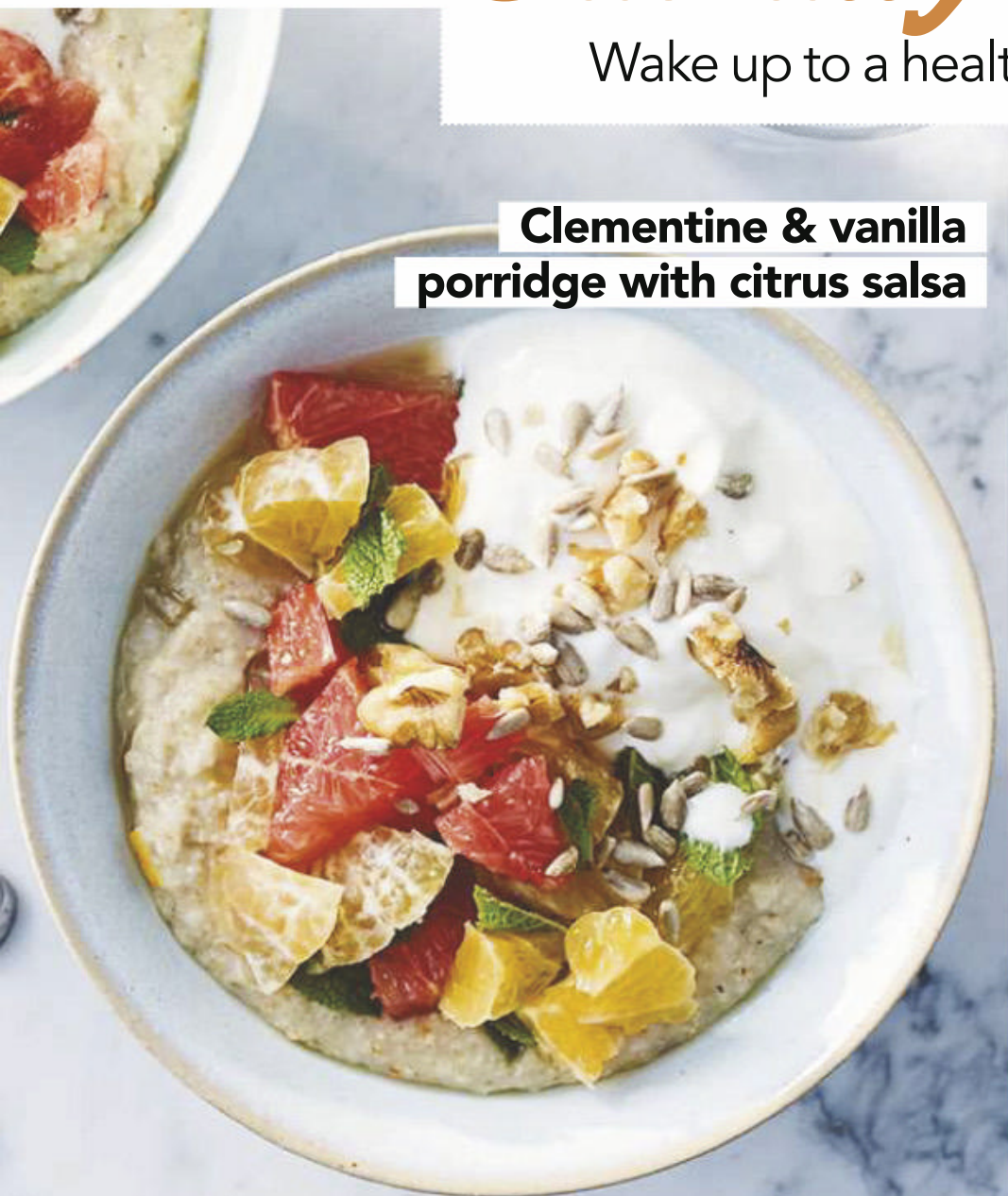
Oat & chia porridge

Cut out & keep

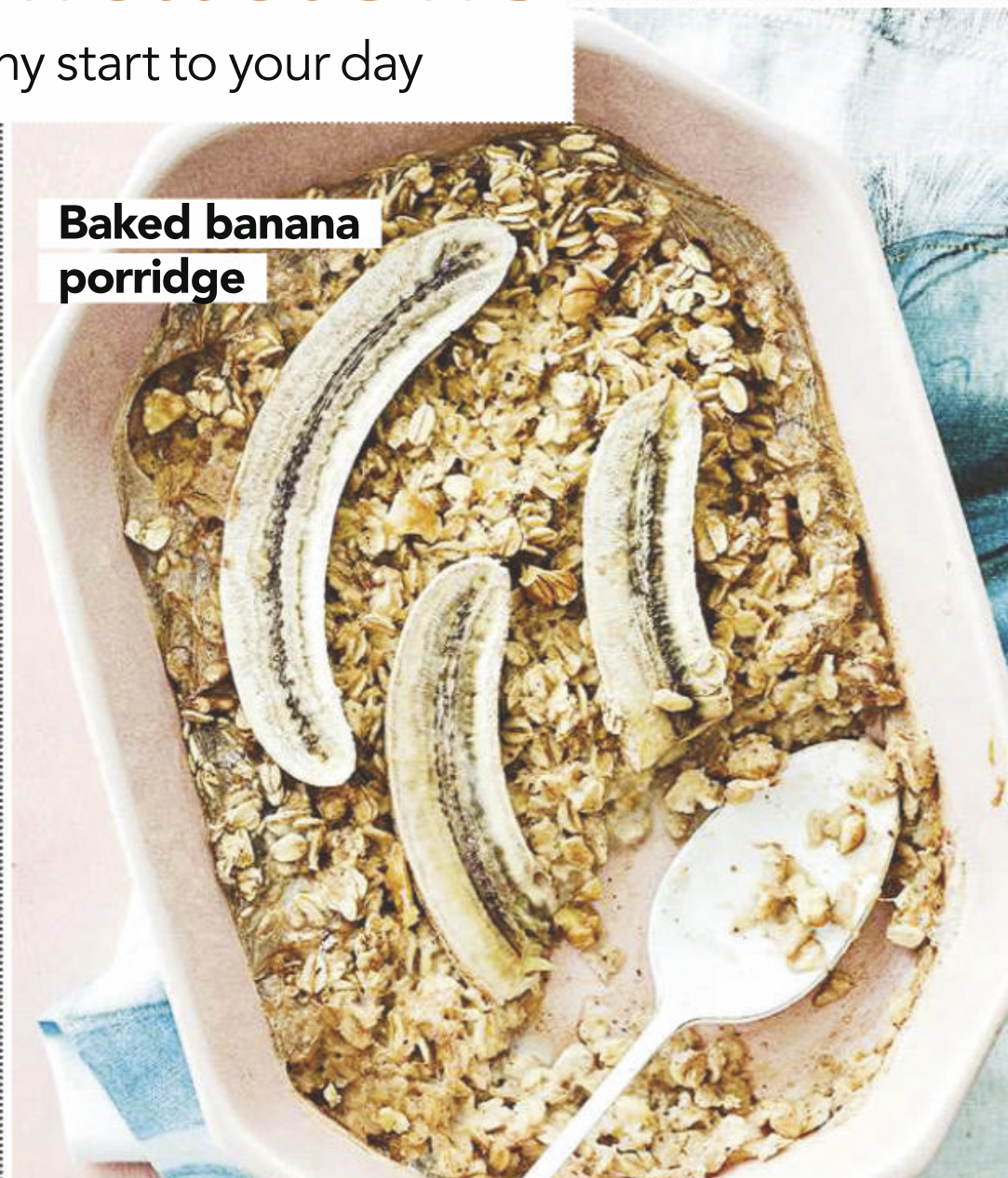


Oat-ally delicious

Wake up to a healthy start to your day



Clementine & vanilla porridge with citrus salsa



Baked banana porridge

Oat & chia porridge

- Serves 4 ■ Prep 10 mins plus overnight soaking
- Cook 4 mins **VEGETARIAN**

- 150g porridge oats
- 50g milled seeds with flax and chia
- 400ml dairy, almond or oat milk (see right)
- 200g coconut yogurt
- 40g flaked almonds, toasted
- 2 pink grapefruit or large oranges, peeled, segmented and chopped

1 Put the oats and seeds in a bowl, cover with 800ml water, and leave to soak overnight.
2 Tip the soaked oat mix into a pan with 200ml milk. Heat, stirring, until bubbling and thick. Divide between bowls and top with the remaining milk, the yogurt, almonds and grapefruit.
PER SERVING 370 kcals, fat 19g, saturates 6g, carbs 34g, sugars 1g, fibre 8g, protein 11g, salt 0.2g



HOW TO MAKE YOUR OWN OAT MILK

■ Put **200g oats** (gluten-free if required) and 500ml water in a food processor and blitz for 1 min. Line a sieve with a clean tea towel or muslin cloth, put over a large jug, and pour in the oat mixture. Leave to drain for 5 mins, then twist the ends of the muslin and squeeze well to release as much of the oat milk as possible. Will keep in an airtight container in the fridge for up to three days.

Peanut butter & date oat pots

If you like to plan ahead, make these on Monday night, so you have some quick and easy breakfasts in the bag for the rest of the week.

- Makes 6 ■ Prep 10 mins
- No cook **VEGETARIAN**

- 180g porridge oats
- 75g crunchy peanut butter
- 40g medjool dates, stoned and chopped
- 2 tsp vanilla extract
- 600g plain bio yogurt
- ground cinnamon, for dusting

1 Tip the oats into a large heatproof bowl and pour over 600ml boiling water from the kettle. Add the peanut butter, dates and vanilla, and stir well. Leave to cool, then stir through 240g yogurt. Dilute with a little water if the consistency is a bit stiff.



2 Spoon the mixture into glasses or small jars, then top with the remaining yogurt and dust with cinnamon. Cover and chill until ready to eat.
PER SERVING 299 kcals, fat 11g, saturates 3g, carbs 34g, sugars 13g, fibre 4g, protein 13g, salt 0.2g

Baked banana porridge

- Serves 2 ■ Prep 5 mins
- Cook 25 mins **VEGETARIAN**

- 2 small bananas, peeled and halved lengthways
- 100g jumbo porridge oats
- ¼ tsp ground cinnamon
- 150ml milk of your choice, plus extra to serve
- 4 walnuts, roughly chopped

1 Heat the oven to 190C/170C fan/gas 5. Mash one of the banana halves, then mix it with the oats, cinnamon, milk, 300ml water and a pinch of salt, and pour into a baking dish. Top with the remaining banana halves and scatter over the walnuts.
2 Bake for 20-25 mins, or until the oats are creamy and have absorbed most of the liquid.
PER SERVING 405 kcals, fat 15g, saturates 2g, carbs 52g, sugars 18g, fibre 6g, protein 12g, salt 0.3g



Tip Bananas and dairy are good sources of tryptophan, which the body needs to make the feel-good hormone serotonin. When eaten with a carb such as oats, the brain absorbs it more easily.

Clementine & vanilla porridge with citrus salsa

- Serves 4 ■ Prep 10 mins plus overnight soaking
- Cook 5 mins **VEGETARIAN**

- 4 clementines
- 2 tsp vanilla extract
- 140g porridge oats
- 1 grapefruit, peeled, deseeded and chopped
- small handful of mint leaves
- 480g bio yogurt
- 2 tbsp sunflower seeds
- 6 walnut halves, broken

1 Peel the clementines, then finely chop the peel to make 1 tbsp. Put the chopped peel in a large bowl with the vanilla, oats and 800ml water. Cover and leave to soak overnight.
2 Chop the clementine flesh and combine with the grapefruit and mint leaves in a bowl. Cover and chill.
3 The next morning, tip the porridge into a pan and heat



until bubbling and thick. Pour into bowls and top with the fruit salsa, yogurt, seeds and walnuts.
PER SERVING 335 kcals, fat 10g, saturates 3g, carbs 44g, sugars 19g, fibre 5g, protein 13g, salt 0.2g



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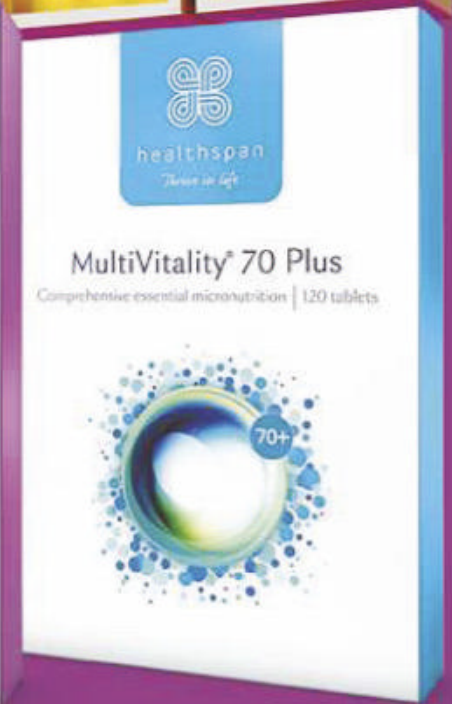
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4 QUICK STEWS

Warming bowls, ready in less time than you'd think

Lemon-spiced chicken with chickpeas

■ Serves 4 ■ Prep 5 mins ■ Cook 15 mins **FREEZABLE**

1 tbsp sunflower oil
1 onion, halved and thinly sliced
4 skinless chicken breasts, cut into chunks
1 cinnamon stick, broken in half
1 tsp each ground coriander and ground cumin
1 lemon, zested and juiced
400g can chickpeas, drained
200ml chicken stock
250g spinach

1 Heat the oil in a large frying pan, and gently fry the onion for 5 mins. Turn up the heat, add the chicken, and fry for 3 mins more until the chicken is golden.

2 Stir in the spices and lemon zest, fry for 1 min more, then tip in the chickpeas and stock. Simmer, covered, for 5 mins. Season, then tip in spinach and re-cover. Leave to wilt for 2 mins, then stir through. Squeeze over the lemon juice just before serving.

PER SERVING 290 kcals, fat 7g, saturates 1g, carbs 14g, sugars 3g, fibre 4g, protein 42g, salt 1g

**TASTY
&
QUICK**



Minted lamb & pea stew

- Serves 4 ■ Prep 10 mins
- Cook 20 mins **FREEZABLE**

1 tbsp plain flour
350g lean lamb leg, cut into cubes
1 tbsp sunflower oil
4 shallots, peeled and cut into quarters
2 leeks, sliced
4 carrots, thickly sliced
400g potatoes, cut into large cubes
700ml lamb or chicken stock
300g frozen peas
handful of mint leaves, torn, to serve

1 Season the flour, then toss with the lamb. Heat half the oil in a large pan over a high heat, then brown the lamb for 2 mins. Remove to a plate, then add the rest of the oil, the shallots, leeks, carrots and potatoes.
2 Fry for a few minutes until starting to soften. Pour in the stock, scraping up any browned bits from the bottom, then simmer for 10 mins until the veg is almost cooked. Tip the lamb back into the pan along with the peas, then simmer for 4 mins until the lamb is just cooked and the veg is tender. Scatter with the mint to serve.

PER SERVING 357 kcals, fat 12g, saturates 4g, carbs 37g, sugars 11g, fibre 10g, protein 28g, salt 1.4g

Tip **Lamb neck makes a tasty, lower-cost alternative to leg – leave to simmer in the stock for 20 mins without the potatoes in the pan, then add the potatoes and cook for another 15 mins.**



Sausages with oregano, mushrooms & olives

■ Serves 4 ■ Prep 10 mins ■ Cook 20 mins **FREEZABLE**

450g sausages (preferably low-fat)
1 tsp sunflower oil
2 tsp dried oregano
2 garlic cloves, sliced
400g can cherry or chopped tomatoes
200ml beef stock
100g pitted black olives in brine, drained
500g mushrooms, thickly sliced
mashed potatoes or cooked pasta,
to serve

1 Snip the sausages into meatball-size pieces using kitchen scissors. Heat the oil in a large pan and fry the sausage pieces for 5 mins until golden all over.

2 Add the oregano and garlic, fry for 1 min more, then tip in the tomatoes, stock, olives and mushrooms. Simmer for 15 mins until the sausages are cooked and the sauce has reduced. Serve with mashed potato or pasta.

PER SERVING 264 kcals, fat 16g, saturates 4g, carbs 12g, sugars 4g, fibre 4g, protein 20g, salt 2.2g

Rich paprika seafood bowl

■ Serves 4 ■ Prep 10 mins ■ Cook 20 mins

1 tbsp olive oil, plus extra for drizzling**2** onions, halved and thinly sliced**2** celery stalks, finely chopped**large bunch of flat-leaf parsley, leaves and stalks separated****2-3** tsp paprika**200g** roasted red peppers from a jar (drained weight), thickly sliced**400g** can chopped tomatoes with garlic**400g** white fish fillets, cut into large chunks**a few fresh mussels, cleaned and debearded (optional)**

1 Heat the oil in a pan, then fry the onions, celery and a little salt, covered, for about 10 mins until soft. Put the parsley stalks, half the parsley leaves, a little oil and some seasoning into a food processor and blitz to a paste. Tip into the onion mix along with the paprika, and fry for a few minutes. Tip in the peppers, tomatoes and a splash of water. Simmer for 10 mins until reduced.

2 Lay the fish and mussels on top of the sauce, cover, and simmer for 5 mins more until the fish is just flaking and the mussels have opened – discard any that stay shut. Gently stir the seafood into the sauce, season, then serve in bowls.

PER SERVING 192 kcals, fat 7g, saturates 1g, carbs 12g, sugars 8g, fibre 4g, protein 22g, salt 1.1g

**REAL
WINTER
WARMER**

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LOVELY LEEKS

Milder than onions and garlic, but still from the same family, leeks are an essential winter ingredient in soups, bakes and vegetable dishes

**DON'T
FORGET
ST DAVID'S
DAY ON
MARCH
1ST**

**Buttered peas
& leeks, p48**



Buttered peas & leeks

- Serves 4 ■ Prep 10 mins
- Cook 30 mins **VEGETARIAN**

- 15g butter**
- 1 tbsp olive oil**
- 2 leeks, very finely sliced**
- 200ml vegetable or chicken stock**
- 225g frozen peas**
- 2 spring onions, finely sliced**

1 Heat the butter and oil in a pan and gently soften the leeks for 15-20 mins until meltingly soft. Stir in the stock, bring to a simmer and cook, stirring occasionally, for 5 mins.

2 Stir in the peas and spring onions for 3-5 mins more, until the peas are defrosted and cooked through, then season and serve.

PER SERVING 107 kcals, fat 6g, saturates 2g, carbs 8g, sugars 4g, fibre 5g, protein 5g, salt 0.2g

KNOW YOUR LEEKS

- Look for leeks with a firm, unblemished white lower part, and leaves that are bright green, with a crisp texture.
- Most of a leek is grown under the soil so grit often gets trapped between the many layers of the leaves.
- Use a knife to make a slit from the top to the point where the green meets the white, cutting through to the centre. Rinse well under running water, pulling open the layers so any dirt washes away.
- Alternatively, slice the leeks, then put in a colander and wash thoroughly under running water.

Cheesy leeks with ham

- Serves 2 ■ Prep 5 mins ■ Cook 20 mins

- 2 large leeks, washed, trimmed and halved**
- 4 slices ham**
- 50g parmesan or vegetarian alternative**
- 100ml crème fraîche**
- 1 slice bread, whizzed into crumbs**

1 Heat the oven to 200C/180C fan/gas 6 and boil the kettle. Place the leeks in a single layer in a large saucepan and add enough hot water from the kettle to cover. Bring to the boil, then cover and simmer for 5 mins until the leeks are just tender.

2 Lay 2 slices of ham, overlapping, on a board, then sit 2 leek halves at one end. Wrap up, repeat with the other leeks, then place the parcels in a small ovenproof dish.

3 Mix three-quarters of the cheese with the crème fraîche, then season and spoon over the parcels. Mix the remaining parmesan with the breadcrumbs and scatter over.

4 Bake for 15 mins until the cheese is golden and bubbling. Serve with a green salad and crusty bread to mop up the sauce.

PER SERVING 446 kcals, fat 30g, saturates 18g, carbs 21g, sugars 6g, fibre 4g, protein 24g, salt 2.4g

DID YOU KNOW?

The Tudor dynasty issued leeks to be worn by their guards on St David's Day in honour of the patron saint of Wales.





**HEART
HEALTHY**

Creamy smoked salmon, leek & potato soup

Warm up with this twist on the classic leek and potato soup. Any leftovers will taste great re-heated over the next couple of days – you can freeze it too.

- Serves 8 ■ Prep 15 mins
- Cook 25 mins **FREEZABLE**

large knob of butter
2 large leeks, halved and finely sliced
1 bay leaf
1kg floury potatoes, diced
1 litre chicken or veg stock
100ml double cream
200g smoked salmon, cut into strips
small bunch of chives, snipped

1 Heat the butter in a large saucepan and add the leeks and bay leaf. Cook over a low heat for 8-10 mins or until the leek is really soft, then stir through the potatoes until coated in the butter. Pour over the stock and cream and bring to a simmer, then gently bubble for 10-15 mins until the potatoes are really tender. *If freezing at this stage, slightly under-cook the potatoes.*

2 Add two-thirds of the smoked salmon, stir through and season. Serve the soup in deep bowls with the remaining smoked salmon and snipped chives on top.

PER SERVING 240 kcals, fat 11g, saturates 6g, carbs 23g, sugars 2g, fibre 3g, protein 14g, salt 1.6g

Life of pie

What's more comforting than a pie? Pastry or potato-topped, sweet or savoury, here's our 10 of the best

A golden veggie pie to warm up cold evenings

Cheesy leek & potato pie

■ Serves 4-6 ■ Prep 35 mins plus resting and chilling ■ Cook 1 hr 10 mins

VEGETARIAN FREEZABLE uncooked

500g waxy potatoes, cut into 5mm slices
1 tbsp olive oil
1 bay leaf
1 tbsp butter
2 leeks, halved and cut into ½ cm slices
1 onion, chopped
grating of nutmeg
1 tsp Dijon mustard
1 tsp wholegrain mustard
20g parmesan or veggie alternative, grated
20g mature cheddar
250g melting cheese, like doux de montagne or reblochon, sliced
FOR THE PASTRY
250g plain flour, plus extra for dusting
140g cold butter, plus extra for the dish
2 tsp vodka
2-4 tbsp iced water
1 egg, beaten, to glaze

1 To make the pastry, sieve the flour into a large bowl and add 1 tsp sea salt. Coarsely grate in the butter, then work into the flour with your fingertips until it resembles crumbs. Add the vodka and mix in with a knife. Pour over 2 tbsp cold water and stir again. If needed, add 1-2 tbsp more water until it comes together. Lightly knead into a smooth dough in the bowl, dust with flour and wrap in baking parchment. Rest for at least 30 mins.

2 Cook the potatoes in a pan of salted, simmering water until just tender. Drain and leave to steam-dry.

3 Heat the olive oil, bay leaf and butter in a large non-stick pan over a medium heat. Add the leek, onion, nutmeg and seasoning. Cook, stirring, for 8-10 mins, until softened. Add 100ml water and cook until most of it has evaporated. Discard the bay and stir in both the mustards and the parmesan. Set aside to cool. Butter and flour a 20cm-round pie dish.

4 Roll three quarters of the pastry out on a lightly floured surface into a circle larger than the pie dish, then line the dish. Roll the rest into a large circle for the lid. Chill both for 10 mins. Heat the oven to 200C/180C fan/gas 6.

5 Spoon a layer of the leek mixture into the lined dish, grate over some cheddar and top with a layer of potatoes and the melting cheese slices. Repeat the layering until you have filled the pie dish – press down to compact.

6 Brush the egg around the edges, top with the pastry lid and crimp together. Egg wash the lid, scatter over some sea salt and cut two slits in the lid. Bake for 45-50 mins until golden. Allow to sit for 10 mins, then slice and serve.

PER SERVING (6) 450 kcals, fat 19g, saturates 11g, carbs 48g, sugars 4g, fibre 5g, protein 18g, salt 1.8g

Perfect
for the
weekend



Steak & chips pie

All the flavour of steak and chips, with red wine gravy, in a pie.

■ Serves 6 ■ Prep 20 mins
 ■ Cook 3½ hrs FREEZABLE unbaked

2 tbsp sunflower oil, plus extra for the dish

6 thin slices braising steak (about 750g-1kg)

2 onions, chopped

4 medium carrots, chopped

1 tsp treacle or sugar

1 tbsp plain flour, plus extra for dusting

175ml red wine

600ml beef stock made with 2 cubes

½ bunch thyme

3 bay leaves

500g block shortcrust pastry

800g frozen oven chips or fries

1 Heat the oven to 160C/140C fan/gas 3. Heat half oil in a flameproof casserole pan and brown the steaks really well on either side, then set aside. Add the onions and carrots to the pan, drizzle over a little more oil, then cook over a low heat for 5 mins

until coloured. Add the treacle or sugar, and scatter in the flour, stirring until you have a brown paste. Tip the meat and any juices back into the pan and stir. Pour over the wine and stock, season, tuck in the herbs and bring to a simmer. Cover with a lid and cook in the oven for about 2 hrs, or until the meat is tender, then leave to cool and chill until needed. *Can be prepared up to two days ahead and chilled.*

2 Heat the oven to 220C/200C fan/gas 7 with a baking sheet inside. Oil a 24-28cm pie dish (ideally with a lip) and dust well with flour. Roll out the pastry to a thick-ish round then use it to line the dish with a slight overhang. Lift the steak out of the gravy, then spoon in the vegetables and a little of the gravy. Lay the steaks over the top to form an overlapping layer (serve any leftover gravy alongside in a small jug). Pile the chips over the meat. Trim the edges of the pastry and crimp the edge.

3 Bake for 40 mins until the chips and pie crust are golden – cover the chips loosely if they are browning too quickly. Scatter over some salt then serve straight from the dish.

PER SERVING 972 kcals, fat 48g, saturates 16g, carbs 4g, sugars 9g, fibre 11g, protein 37g, salt 1.7g

Aubergine, tomato & halloumi pie

This is something a little different, using familiar ingredients. Pine nuts add great texture, but you can swap for almonds or walnuts. Serve with salad leaves—it really doesn't need anything else.

■ Serves 4-8 ■ Prep 25 mins ■ Cook 1 hr **VEGETARIAN** **FREEZABLE** *unbaked*

6 tbsp olive oil

2 large aubergines, cut into thin rounds

1 large red onion, halved and sliced

2 garlic cloves, crushed

2 tsp ground coriander

400g can chopped tomatoes

1½ tbsp pomegranate molasses or good balsamic vinegar

small bunch of mint, leaves chopped

270g block halloumi, cut into 8 slices

500g block all-butter puff pastry

50g pine nuts, toasted

1 egg, beaten

1 tbsp sesame seeds

1 Heat 2 tbsp oil in a large frying pan. Cook the aubergine for about 5 mins on each side until golden and soft, adding more oil between batches. Remove and set aside.

2 Fry the onion in the remaining oil until soft, about 8 mins. Add the garlic and cook for another 2 mins. Stir in the coriander, chopped tomatoes, molasses and some seasoning. Simmer for 15 mins until you

have a thick, rich sauce. Stir in the mint.

3 Heat a drizzle more oil in a pan and fry the halloumi slices for 2 mins on each side until golden brown. Set aside with the aubergine. Heat the oven to 200C/180C fan/gas 6.

4 Roll out the pastry to a 50 x 25 cm rectangle and cut into two squares. Place one on a baking sheet lined with parchment. Layer the tomato sauce, aubergine, halloumi and a scattering of pine nuts (in that order) onto the middle of the pastry, leaving a 1.5cm border around the edge. Keep layering until the ingredients have all been used up. Brush the edges with a little egg.

5 Roll the second sheet a little larger, then lift over the pie and press down the edges to seal. Neaten with a knife, then brush the whole pie with more egg. Score fine lines over the top to decorate, being careful not to pierce the pastry. Cut a small cross in the centre and sprinkle with sesame seeds. Bake for 30-35 mins until golden brown.

PER SERVING (8) 540 kcals, fat 39g, saturates 15g, carbs 28g, sugars 8g, fibre 7g, protein 16g, salt 1.6g



Bombay potato & spinach pies

■ Makes 2 (each serves 4) ■ Prep 40 mins
■ Cook 35 mins **VEGETARIAN** **FREEZABLE** *unbaked*

1.25kg large waxy potatoes, halved
85g butter

2 onions, chopped

1 tbsp each cumin seeds

1 tbsp black mustard seeds

2 tbsp finely chopped ginger

2 red chillies, deseeded and sliced

3 tbsp korma curry paste

400g spinach

4 tomatoes, chopped

small bunch of coriander, chopped

FOR THE PASTRY

270g pack filo pastry (6 large sheets)

50g butter, melted, plus extra for the tin

1 tsp black mustard seeds

1 Heat the oven to 190C/170C fan/gas 5. Cook the potatoes in a pan of boiling salted water for 15 mins until tender. Melt the butter in a pan and fry the onions for a few minutes. Add the cumin and mustard seeds, ginger and chillies and fry, stirring occasionally, for about 7 mins until soft. Add the curry paste.
2 Cook the spinach in the microwave for 5 mins. Drain and squeeze out as much liquid as you can, then chop up. Drain the potatoes and tip into the spice mixture, crushing into chunks. Toss in the spices. Season, then add the spinach, tomatoes and coriander.

3 Unroll the pastry and brush two 20cm loose-bottomed cake tins with butter. Brush the first sheet of pastry with butter and lay across the tin so it hangs over the side. Do the same with another sheet 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. Repeat with the other tin and remaining pastry.

4 Divide the filling between the tins and fold up the overhanging pastry so it covers the filling. Brush generously with the remaining butter and sprinkle over seeds. Bake for 35 mins until golden and crisp.

PER SERVING 386 kcals, fat 18g, saturates 9g, carbs 51g, sugars 6g, fibre 5g, protein 9g, salt 0.9g

MAKE IT VEGAN

■ Most varieties of ready-made puff pastry are vegan, just don't go for the all-butter variety. Swap the halloumi for **extra roasted veg** and the egg for **oat** or **soya milk** for a delicious vegan pie.

**Midweek
meal
saviour**



Lamb shank, pea & mint pie

■ Serves 6 ■ Prep 1 hr ■ Cook 3½ -4½ hrs

FREEZABLE unbaked

2 tbsp sunflower oil

4-5 lamb shanks

2 onions, chopped

2 rosemary sprigs, leaves finely chopped

2 thyme sprigs

300ml white wine

1.5 litres good-quality chicken stock

25g butter

3 tbsp plain flour

250g frozen peas

5 spring onions, finely chopped

small bunch of parsley, finely chopped

small bunch of mint, finely chopped

1 egg, beaten

FOR THE PASTRY

400g plain flour, plus extra for dusting

100g butter, diced

100g suet

1 Heat the oil in a large flameproof casserole dish and brown the lamb shanks well all over in batches. Transfer the lamb to a plate.

Reduce the heat, tip in the onions and gently soften, adding a splash more oil if needed.

Stir in the rosemary for the final 1 min, then add the thyme and wine. Bring to a fierce simmer, scraping all the lamb bits off the bottom of the dish as you go – these will add lots of flavour. When the wine has boiled for 1 min, add the stock, return the shanks and any juices, and gently bring to a simmer. Cover with a tight-fitting lid, reduce the heat a little and cook until the meat is very tender and falling from the bone – this can take 2-3 hrs. Leave until cool enough to handle.

2 Lift the shanks out of the stock (at this stage you can spoon off any fat that has separated to the surface). Gently pull the meat off the bones in nice big chunks, discarding any fatty bits, and put in a pie dish – about 30 x 20cm and 5cm deep.

3 Put the stock back on the heat and boil fiercely until reduced by just under half. Meanwhile, in a frying pan, melt the butter, then stir in the flour to make a paste. Cook for 1-2 mins. Gradually whisk in ladlefuls of the reduced stock until you have a smooth sauce. Bubble for a few minutes to thicken (the sauce will thin a little when cooked in the pie). Season, then tip over the lamb.

4 To make the pastry, put the flour, butter, suet and 1 tsp salt in a food processor and whizz together until no lumps of fat remain. With the motor running, gradually pour in 150ml water to bring the pastry together – you may need 1 tsp more water. Tip onto a lightly floured work surface and gently bring together to a smooth dough, then roll out until just over 0.5cm thick.

5 Add the peas, spring onions and herbs and gently mix to combine. Brush the rim of the dish with a little egg, then cut thin strips of pastry and stick them on the rim, like a picture frame. Lift the rest of the pastry onto the pie and press down to the edges to stick. Trim the excess and crimp the edges to seal well. Make a small cross in the centre to help steam escape, and roll the trimmings into leaves, if you like. Stick these all over the pie, again using egg, to decorate. *Can now be chilled for 24 hrs or frozen for up to a month.*

6 Heat the oven to 200C/180C fan/gas 6. Brush the whole pie with more egg, then bake for 40-45 mins until golden and crisp.

PER SERVING 1,081 kcals, fat 58g, saturates 28g, carbs 67g, sugars 7g, fibre 9g, protein 62g, salt 2.1g

Tip Step 1 can be done about 24 hrs ahead, covered and chilled, or frozen for up to one month.





A comfort food classic with a twist

Spiced parsnip shepherd's pies

■ Serves 6 ■ Prep 30 mins ■ Cook 1 hr **FREEZABLE**

2 tbsp sunflower oil
1 large onion, chopped
2 garlic cloves, crushed
small knob of ginger, peeled and grated
2 tbsp medium curry powder
500g minced beef or lamb
400g can chopped tomatoes
100g frozen peas
FOR THE TOPPING
600g parsnips, peeled and chopped into large chunks
1 large potato, chopped into large chunks
1 green chilli, deseeded and chopped
large bunch of coriander, chopped
2 tsp turmeric
1 lemon, juiced
50g butter

1 Heat the oil in a pan and add the onion. Cook until soft, add the garlic, ginger and curry powder, then cook until aromatic. Turn up the heat, add the mince, fry until brown, then add the tomatoes and simmer for 20 mins until thickened. A few mins before the end, add the peas.
2 Meanwhile, tip the parsnips and potatoes into a pan of cold water, bring to the boil, then cook for 10 mins. Drain, season and mash with the rest of the topping ingredients.
3 Heat the oven to 220C/200C fan/gas 8. Assemble the pies by placing some meat sauce into small pie dishes and topping with mash. Ruffle up the top with a fork, then bake for 20 mins until golden and bubbling.
PER SERVING 424 kcals, fat 26g, saturates 11g, carbs 27g, sugars 10g, fibre 8g, protein 22g, salt 0.5g

Key lime pie

■ Serves 8 ■ Prep 30 mins plus at least 3 hrs chilling ■ Cook 25 mins **VEGETARIAN**

300g oat biscuits
150g butter, melted
397g can condensed milk
3 medium egg yolks
4 limes, juiced and zested, plus extra lime zest, to decorate
300ml double cream
1 tbsp icing sugar

1 Heat the oven to 160C/140C fan/gas 3. Whizz the biscuits to crumbs in a food processor. Mix with the melted butter and press into the base and up the sides of a 22cm loose-based tart tin. Bake for 10 mins. Remove and leave to cool.



2 Put the egg yolks in a large bowl and whisk for a minute with an electric hand whisk. Add the condensed milk and whisk for 3 mins more, then add the lime juice and zest and whisk again for 3 mins. Pour the filling into the cooled base, then put back in the oven for 15 mins. Cool, then chill for at least 3 hrs or overnight.

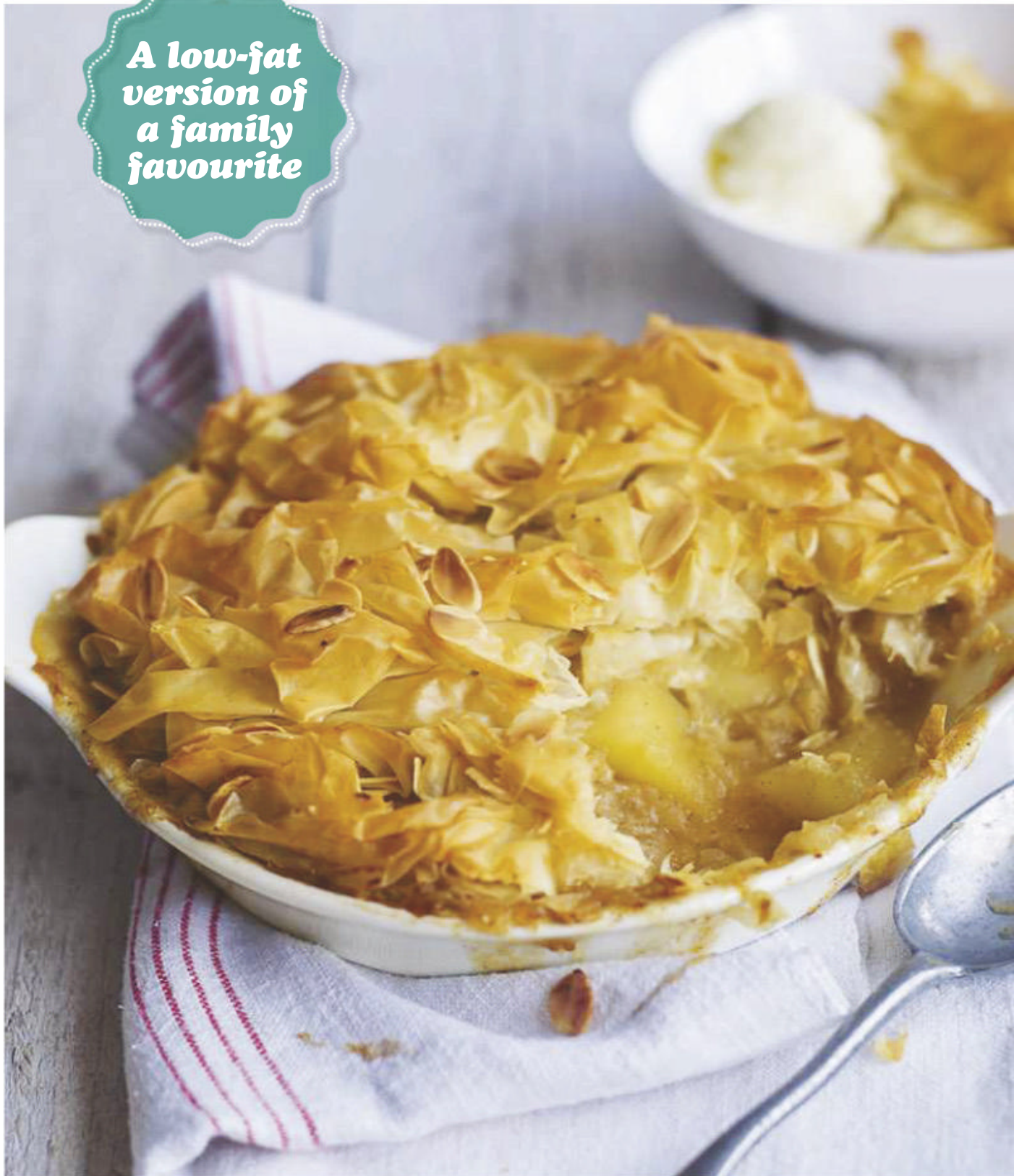
3 When you are ready to serve, carefully remove the pie from the tin and arrange on a serving plate. To decorate, softly whip together the cream and icing sugar. Dollop or pipe the cream on top of the pie and finish with the extra lime zest.

PER SERVING 695 kcals, fat 51g, saturates 28g, carbs 51g, sugars 37g, fibre 2g, protein 9g, salt 0.8g

**Zingy,
zesty and the
perfect way
to end your
meal**



**A low-fat
version of
a family
favourite**



Lighter apple & pear pie

- Serves 6 ■ Prep 20 mins
- Cook 40-45 mins **VEGETARIAN**

6 eating apples (we used Braeburn)

4 ripe pears

1 lemon, juiced and zested

3 tbsp agave syrup

1 tsp mixed spice

1 tbsp cornflour

4 filo sheets

4 tsp rapeseed oil

25g flaked almonds, to serve
low-fat custard, to serve

1 Peel, core, and chop the apples and pears into large pieces. Tip into a big saucepan with the lemon juice, agave syrup, mixed spice and 200ml water. Bring to a simmer with the lid on, then take off the lid and cook, stirring, for about 5 mins until the apple is softening. Scoop out

three-quarters of the fruit chunks with a slotted spoon and put into a pie dish. **2** Cover and cook the remaining fruit for 4-5 mins until soft, then mash with a potato masher. Mix 1 tbsp of this with the cornflour to make a smooth paste, then return to the pan and bring back to a simmer, stirring, to thicken the sauce. Pour over the fruit in the dish and mix together. Heat the oven to 180C/160C fan/gas 4. **3** Lay out the sheets of filo and brush all over with oil – 1 tsp should be enough for 1 sheet. Scatter over the almonds and press to stick to the pastry, then crumple up each sheet as you lift it on top of the fruit. Bake for 20-25 mins until the pastry is browned and crisp. Serve straight away.

PER SERVING 225 kcals, fat 5g, saturates none, carbs 43g, sugars 25g, fibre 5g, protein 4g, salt 0.3g



Classic pumpkin pie with pecan & maple cream

■ Serves 8 ■ Prep 20 mins

■ Cook 1 hr 15 mins

VEGETARIAN **FREEZABLE** *pie only*

550g pumpkin or butternut squash, peeled and cut into chunks

500g pack shortcrust pastry

175g light muscovado sugar

2 eggs

142ml pot double cream

1 tsp cinnamon

1 tsp allspice

1 tsp ground ginger

small grating of nutmeg

FOR THE PECAN & MAPLE CREAM

145ml double cream

5 tbsp maple syrup

25g pecans, finely chopped

1 Place the pumpkin pieces in a large microwaveable bowl. Cover, then microwave for 15 mins or until soft. Tip into a colander to drain, then leave to cool.

2 On a lightly floured surface, roll out the pastry to the thickness of a £1 coin so it's wide enough to line a 25cm tart tin. Ease the pastry into the case, making sure there's an overhang, then chill for 30 mins.

3 Heat the oven to 200C/180C fan/gas 6. Line the case with foil and baking beans, then bake for 15-20 mins. Remove the foil and beans, then cook for a further 10 mins until the pastry is golden. Reduce the oven to 160C/140C fan/gas 3.

4 Meanwhile, put the pumpkin, sugar, eggs, cream and spices in a food processor. Blend until smooth. Pour into the pastry case, then bake for 1 hr until the filling has puffed up in the centre (it will sink as it cools). Remove from the tin and leave to cool.

5 Whip the cream with the maple syrup until thickened, then fold in the pecans. Serve spoonfuls of the cream with slices of the pie.

PER SERVING 624 kcals, fat 41g, saturates 18g, carbs 61g, sugars 30g, fibre 2g, protein 7g, salt 0.7g

**Serve with
scoops of
ice cream
or cream**

Plum & marzipan pie

■ Makes 1 large pie (serves 6-8)
■ Prep 50 mins plus chilling and cooling ■ Cook 50 mins

VEGETARIAN **FREEZABLE** *pastry only*

225g cold butter, diced
350g plain flour
50g icing sugar
1 large egg yolk (save the white for brushing the pastry)
1kg plums, stoned and quartered
100g caster sugar, plus extra for sprinkling
2 tsp cornflour
1 tbsp ground almonds
1 tsp almond extract
200g marzipan, cut into 1.5cm cubes

1 Blend the butter and flour with $\frac{1}{4}$ tsp salt in a food processor until it resembles damp crumbs. Add the sugar and whizz again.
2 Whisk the egg yolk with 2 tbsp cold water, and drizzle over the flour mixture. Pulse the mixture once more, keep going until it starts to form larger clumps. If the mixture seems too dry, add a little more water a teaspoon at a time, but no more than 3 tsp in total.
3 Tip out onto a surface and briefly knead the dough to form a smooth ball. Avoid overworking or it will become tough. Flatten the dough into a puck shape and wrap well. Chill for at least 30 mins. *Will keep for up to two days, or freeze for two months.*
4 Tip the plums, sugar and cornflour into a pan, then toss to coat. Simmer for 3-5 mins, until the plums have begun to soften. Tip into a sieve over a bowl. Leave for 30 mins-1 hr, until the juice has collected in the bowl.
5 Divide the dough into two pieces, one slightly larger than the other. Re-wrap the smaller piece and set aside. On a lightly floured surface, roll the rest to the thickness of a 50p, or until large enough to line the base of a pie dish, with a little pastry overhanging. Roll the dough over a rolling pin, lift into the dish and press well into the corners. Scatter the almonds over the base.
6 Stir 2 tbsp of the strained plum juice and the almond extract into the plums. Spoon the filling into the pie dish, dotting the marzipan between the layers of plums. Heat the oven to 190C/170C fan/gas 5 and place a baking sheet on the middle shelf.
7 Make a pastry lattice (see, left) with the remaining pastry to top the pie. Whisk the reserved egg white and brush over the pastry. Scatter with a little sugar, then place on the baking sheet and bake for 45 mins until golden. Cool for 10 mins before serving.
PER SERVING (8) 618 kcals, fat 28g, saturates 15g, carbs 80g, sugars 47g, fibre 4g, protein 8g, salt 0.2g

HOW TO CREATE A PASTRY LATTICE

Use a fluted pastry wheel cutter for a wiggly edge or stick to straight-edged strips

- 1** Arrange the pastry strips on top of the pie, with space between each one. Fold back alternate strips from the centre, then lay a strip across the middle, near the folds.
- 2** Flip the folded strips back to cover the middle pastry strip.
- 3** Fold back the strips that are woven under the middle piece.
- 4** Lay another strip across the middle, and flip alternate strips back again. Repeat until you have a woven pattern.



2

4

A top-down view of a plate of lo mein. The plate is white with a decorative floral border. The lo mein consists of thin, dark brown noodles, several pieces of yellow corn on the cob, and sliced red bell peppers. A pair of light-colored chopsticks with green handles rests on the plate. To the left of the plate is a small, round, red and white patterned dish containing a dark red sauce. Above the plate is a glass of beer with a golden head of foam. The entire scene is set on a red and white checkered tablecloth.

FAKE AWAY

FAVOURITES

Make a Chinese New Year spread with the help of restaurateur
(and brother to Gok Wan) Kwoklyn Wan

Sriracha
lo mein, p60

Chinese-style
buffalo wings, p60





Sriracha lo mein

Lo mein is cooked ever so slightly differently to chow mein. Chow mein is stir-fried until the noodles are crispy, whereas lo mein is stir-fried with a sauce so they remain soft. Sriracha works really well with vegetables and noodles.

■ Serves 2 **VEGETARIAN**

3 tbsp sriracha
2 tbsp soy sauce
1 tsp sugar
2 fresh noodle nests
2 tbsp vegetable oil
1 red pepper, cut into strips
8 baby corn, halved lengthways
175g beansprouts

1 Combine the sriracha, soy sauce and sugar and set aside. Put the noodles in a bowl, cover with warm water and stir gently to loosen, then drain and set aside.

2 Heat a wok over a medium-high heat with the oil, and fry the pepper and baby corn for 1 min. Add the beansprouts and fry for a further minute, then add the loosened noodles along with the sauce mixture. Continue to fry until all the ingredients are combined and warmed through.

Tip **This recipe is really versatile. You can add different veggies, tofu, prawns or chicken – whatever you have in the fridge!**



Chinese-style buffalo wings

We've all heard of, and probably tasted, the American-style buffalo wing, smothered in its rich, spicy and very tangy sauce. These Chinese-style wings deliver just as much mouth-watering action – they're crisp and juicy with a spicy tang, thanks to the fermented chilli beans.

■ Serves 4

500g chicken wings
750ml vegetable oil
50g cornflour
2 tbsp chilli bean sauce
5 tbsp rice or apple cider vinegar
1½ tbsp tomato purée
2 tbsp light soy sauce
2 tbsp sugar

1 Remove the wing tips using kitchen scissors, then carefully separate each chicken wing into the drumette (the upper part of the wing that resembles a small drumstick) and the flat (the middle part of the wing that connects the drumette and tip). Pat the chicken dry with kitchen paper and set aside.

2 Tip the oil into a large saucepan and heat to 175C. Put the cornflour in a large bowl and toss the wings in it, shaking off the excess before dropping them into the oil. Fry in batches for 8-10 mins, or until the chicken is cooked through. Transfer the cooked pieces to a wire rack to drain, or to a plate lined with kitchen paper.

3 Put a wok over a medium heat and tip in all the fried wings. Add the chilli bean sauce, vinegar, tomato purée, soy sauce and sugar, and stir gently until all the pieces are well-coated in the sauce. Transfer to a serving plate.

Black pepper beef

There's something quite special about fillet steak coated in a rich black pepper sauce and cooked with strips of onion and green peppers. The meat literally soaks up all of the flavours.

■ Serves 4

1 tbsp whole black peppercorns
2 tbsp vegetable oil
340g beef fillet, cut into strips
1 onion, sliced
1 green pepper, cut into strips
2 tbsp oyster sauce
2 tbsp light soy sauce
1 tsp sugar

1 Coarsely grind the peppercorns with a pestle and mortar – not too fine, but so there are no whole pieces. Heat a wok over a medium-high heat with half the oil until smoking. Add the beef and fry for 1 min 30 seconds, until each piece is well-sealed. Transfer to a plate using a slotted spoon.

2 Add the remaining oil to the wok and fry the onions and peppers for 2 mins until the onions are translucent. Add the oyster sauce, soy sauce, sugar, ½ tsp salt and 3 tbsp water. Bring to the boil, then reduce the heat and simmer for 3 mins until the sauce has thickened. Stir in the cooked beef and serve immediately.







Shell-on Cantonese garlic king prawns

Mum and Dad bought the Panda Restaurant in the mid-80s; I was 11 years old and worked as a pot washer in the kitchen before moving onto the range and starting my training as a chef. It's strange how some memories remain so clear, like my fondness for the smell of this dish. It's the amazing combination of garlic and butter being cooked together that always tickled my nose and made my mouth water.

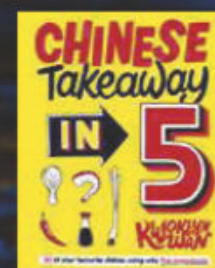
■ Serves 2

16 large raw king prawns, unpeeled
2 tbsp vegetable oil
1 medium white onion, finely chopped
5 garlic cloves, finely chopped or grated
1 green pepper, finely chopped
4 tbsp salted butter
1 tsp sugar
¼ tsp white pepper

1 Carefully cut a slit along the back of each prawn and remove the digestive tract. Rinse under cold running water, then drain and set aside.

2 Heat a wok over a medium-high heat. Once hot, add the oil and swirl around to warm, then add the onion and fry for 30 seconds. Add the garlic and fry for another 20 seconds, then tip in the green pepper and fry for 30 seconds more. Tip in the prawns and continue stir-frying for 2 mins, by which time the prawns should have started to turn pink.

3 Add the butter, sugar, white pepper and ½ tsp salt. Mix well and fry for 2-3 mins more until the prawns are cooked through.



Recipes adapted from *Chinese Takeaway in 5* by Kwoklyn Wan (£15, Quadrille). Photographs © Sam Folan



Banana fritters

A classic Chinese restaurant dessert. This delicious choice was one of the customer favourites when I was growing up.

■ Serves 4 **VEGETARIAN**

vegetable oil, for deep-frying
250g self-raising flour, plus extra for dusting
½ tsp bicarbonate of soda
4 bananas, peeled and halved
6 tbsp golden syrup
4 scoops vanilla ice cream, to serve

1 Fill a large, deep saucepan no more than two-thirds full of oil and heat to 170C. Sift the flour into a large bowl with the bicarbonate of soda. Tip in 375ml water, mixing until smooth.

2 Lightly dust the bananas in a little flour, then dip into the batter until fully coated. Gently shake off any excess. Working in batches of two, carefully lower the bananas into the hot oil and fry for 6-8 mins, turning frequently until golden brown. Transfer the fritters to a wire rack to drain as you go, or a plate lined with kitchen paper.

3 Put the fritters on a serving plate and drizzle over the golden syrup. **Serve with vanilla ice cream on the side.**

Dinner date

Treat someone special to this mostly make-ahead supper on 14 February. Once the prep is out of the way, you can relax and enjoy the meal.



Bloody mary
pepper prawns, p66

YOUR MENU

Bloody mary pepper prawns



*Stout-braised steak with stacked
chips & dressed watercress*



*Vanilla panna cottas with quick
strawberry sauce*



**A perfect
treat for
the perfect
couple**

**Stout-braised steak
with stacked chips, p66**



Bloody mary pepper prawns

- Serves 2 ■ Prep 10 mins
- Cook 10 mins

3 tbsp olive oil

1 shallot, finely chopped

1 fat garlic clove, thinly sliced

½ tsp celery seeds

14-16 large raw king prawns, heads removed but tail left on, deveined

2 tsp cornflour

¼ tsp each cayenne pepper and black pepper

50ml vodka

100ml passata

3 tbsp tomato ketchup

few shakes of hot sauce, depending on how hot you like it

celery leaves and sticks, and crusty bread, to serve

1 Heat the oil in a large frying pan or wok, and fry the shallot for 1-2 mins until softened. Add the garlic and celery seeds and sizzle for 1 min more, then turn the heat to high. Toss the prawns with the cornflour, cayenne and black pepper, add to the pan and stir-fry for 1 min until the prawns start to turn pink. Carefully tip in the vodka (stand back as it may catch fire) and bubble until most of the liquid has evaporated.

2 Add the passata, ketchup, hot sauce and a pinch of salt. Stir and cook for 1 min more, then transfer to a serving dish. Scatter with celery leaves and serve with celery sticks and chunks of bread for mopping up the sauce.

PER SERVING 357 kcals, fat 18g, saturates 3g, carbs 13g, sugars 8g, protein 23g, fibre 1g, salt 1.6g



Stout-braised steak with stacked chips

Steak makes a great main course, but there's no saving it once you've overcooked it – and when your special someone is waiting to be impressed, it ramps up the pressure. This foolproof dish takes all the best-loved elements of steak and chips, but has none of the last-minute stress, as the meat can be made two days ahead.

- Serves 2 ■ Prep 20 mins

- Cook 3 hrs 15 mins

2 x 250g beef shin steaks

4 tsp olive oil

500ml stout

1 beef stock cube, crumbled

2 tbsp each Worcestershire sauce and brown sauce

3 bay leaves

4 shallots, 3 unpeeled and halved,

1 peeled and finely chopped

1 tsp grated horseradish, or

2 tsp creamed

1 tbsp white wine vinegar

2 handfuls of watercress

FOR THE CHIPS

600g large baking potatoes

1 tbsp fine polenta or plain flour

1 tbsp sunflower oil

1 Heat the oven to 180C/160C fan/gas 4. Season the steaks well on both sides, then heat half the oil in a frying pan and brown the steaks well all over. Transfer to a snug casserole or narrow, deep baking dish.

2 Tip the stout into the frying pan and bring to a simmer, scraping up any browned bits. Pour this over the steaks along with the stock cube, Worcestershire sauce, brown sauce, bay and halved shallots. Cover the dish tightly with foil, then the lid (or a baking

tray). Bake for 3 hrs until the meat is meltingly tender. *Can be prepared up to two days in advance, then cooled and chilled.*

3 Prepare the chips 1 hr before serving. Turn the oven up to 200C/180C fan/gas 6. Bring a large pan of salted water to the boil while you cut the potatoes into 3cm fat chips (save the trimmings in a bowl of water and use for mash another night). Boil the chips for 3 mins, then drain and leave to steam-dry for a few minutes. Tip onto a baking tray, toss with the polenta and some sea salt, then drizzle over the sunflower oil and toss again. Roast for 45 mins until crisp and golden.

4 In the final 20 mins of the chip roasting time, lift the steaks from the cooking liquid and wrap them in a parcel using a few sheets of baking parchment, followed by foil. Put on a low shelf in the oven to heat through for 20 mins. Meanwhile, strain the cooking liquid into a pan, discarding the herbs and shallots. Boil until reduced by three-quarters. Taste for seasoning, then keep warm.

5 Whisk the chopped shallot, horseradish, remaining 2 tsp oil, vinegar and 1 tsp water with some seasoning, then use the dressing to dress the watercress.

6 To serve, carefully open the meat parcel over the saucepan to catch any juices, and add the beef to the sauce to coat. Stack the chips on two plates, and add a pile of dressed watercress to each. Divide the steaks between the plates and spoon over the syrupy juices. Any extra can be served in a jug on the side.

PER SERVING 885 kcals, fat 36g, saturates 11g, carbs 66g, sugars 9g, protein 63g, fibre 7g, salt 2.5g

Tip **Make the panna cottas up to two days ahead and chill, and do the same with the strawberry sauce the day before you want to serve. It makes for a fuss-free and impressive dessert.**

Vanilla panna cotta

■ Serves 2 ■ Prep 10 mins plus soaking and chilling ■ Cook 5 mins

1¼ gelatine sheets

75ml milk

200ml double cream

30g sugar

½-1 tsp vanilla bean paste or extract
quick strawberry sauce (see below),
plus a few strawberries, to serve

1 Put the gelatine in a bowl of cold water and leave to soak for 5 mins.

2 Tip the milk, cream, sugar and vanilla into a pan. Stir and bring to a simmer, then remove from the heat. Squeeze the excess water from the gelatine, then whisk into the milk mixture until completely dissolved. Divide between two ramekins and chill until set.

3 To serve, invert the ramekins onto small serving plates, then top with the sauce and some berries. If the panna cottas won't drop out, dip the base of the ramekins in warm water.

PER SERVING 584 kcals, fat 55g, saturates 34g, carbs 18g, sugars 18g, protein 4g, fibre none, salt 0.1g



Quick strawberry sauce

■ Tip **150g hulled strawberries** into a bowl with **50g caster sugar** and whizz to a purée using a stick blender. Taste and add more sugar if needed. Chill until ready to serve. *Can be prepared up to a day ahead.* Serves 2.





*James
Martin's*

slow-cooked classics

Hearty, comforting recipes for relaxed weekends



“Who can resist hearty dishes like roast pork or Lancashire hotpot? Trends come and go, but proper home-cooked food will never go out of style”

Sticky slow-roast belly of pork

■ Serves 6 ■ Prep 10 mins ■ Cook 3½ hrs

1.3kg piece pork belly, boned, rind left on and scored

2 tsp sunflower oil

1 tsp white peppercorns, crushed

3 large onions, sliced

2-3 tbsp clear honey

2 tsp ground cumin

1 red chilli, deseeded and chopped

1 Heat the oven to 180C/160C fan/gas 4. Lay the pork, skin-side up, on a rack in a roasting tin. Drizzle over a little oil, then lightly press on the crushed peppercorns and a sprinkling of coarse sea salt. Cook for 1 hr. Remove from the oven and baste with the juices. Continue to cook for a further 1½ hrs, basting every 20 mins.

2 Put the onions in the roasting tin under the pork. Mix the honey together with the cumin and chilli, brush it over the meat, then increase the oven to 200C/180C fan/gas 6. Cook for a further 30-40 mins, basting occasionally, until caramelised with a rich, golden glaze. Check the meat is cooked by piercing the flesh with a knife, then remove it from the oven. Leave to rest for 10-15 mins.

3 While the pork is resting, heat the tin on the stove with the onions, adding 2 tbsp water. This will lift any residue from the pan, creating a moist cooking liquor. Season the onions with salt and pepper, then divide between six plates. Carve the pork into six portions, then rest on top of the onions. Pour any remaining liquor over and serve with the pumpkin mash (below).

PER SERVING 620 kcals, fat 45g, saturates 17g, carbs 12g, sugars 9g, fibre 1g, protein 43g, salt 0.4g



Pumpkin mash

■ Serves 6 ■ Prep 15 mins ■ Cook 30 mins

VEGETARIAN FREEZABLE

1kg pumpkin or butternut squash, peeled and cut into chunks

1kg potatoes, cut into chunks

2 tbsp milk

50g butter

1 Season the pumpkin or squash and roast with the pork for the last 30 mins until soft and fluffy.

2 Meanwhile, boil the potatoes in salted water for 10 mins until soft. Drain and mash with the milk and butter. Season. Mash the pumpkin into the potato until smooth.

PER SERVING 210 kcals, fat 8g, saturates 4g, carbs 33g, sugars 4g, fibre 4g, protein 5g, salt 0.2g

Lancashire hotpot

This famous lamb stew topped with sliced potatoes should, I think, be on the menu at every British pub.

■ Serves 4 ■ Prep 20 mins

■ Cook 1 hr 40 mins FREEZABLE

100g dripping or butter

900g stewing lamb, cut into large chunks

3 lamb kidneys, sliced, fat removed

2 medium onions, chopped

4 carrots, sliced

25g plain flour

2 tsp Worcestershire sauce

500ml lamb or chicken stock

2 bay leaves

900g potatoes, sliced

1 Heat the oven to 160C/140C fan/gas 3. Heat some dripping or butter in a large casserole dish, brown the lamb in batches, lift onto a plate, then repeat with the kidneys.

2 Fry the onions and carrots in the pan with a little more dripping until golden. Sprinkle over the flour, allow to cook for a couple of minutes. Shake over the Worcestershire sauce, pour in the stock, then bring to the boil. Stir in the meat and bay leaves, then turn off the heat. Arrange the sliced potatoes on top of the meat, then drizzle with a little more dripping. Cover, then bake for about 1½ hrs until the potatoes are soft.

3 Remove the lid, brush the potatoes with a little more dripping, then finish under the grill for 5-8 mins until browned.

PER SERVING 993 kcals, fat 56g, saturates 26g, carbs 56g, sugars 12g, fibre 7g, protein 70g, salt 1.4g

One-pot chicken chasseur

I was reminded of this wonderful casserole while in France some years ago. I saw it in a bistro and was reawakened to just how delicious a simple braise of chicken thighs can be.

■ Serves 4 ■ Prep 20 mins ■ Cook 1½ hrs

FREEZABLE

1 tsp olive oil
25g butter
4 chicken legs
1 onion, chopped
2 garlic cloves, crushed
200g small button or chestnut mushrooms
225ml red wine
2 tbsp tomato purée
2 thyme sprigs
500ml chicken stock

1 Heat the oil and half the butter in a large lidded casserole. Season the chicken, then fry for about 5 mins on each side until golden brown. Remove and set aside.

2 Melt the rest of the butter in the pan. Add the onion, then fry for about 5 mins until soft. Add the garlic, cook for another 1 min, add the mushrooms, cook for 2 mins, then add the wine. Stir in the tomato purée, let the liquid simmer and reduce for about 5 mins, then stir in the thyme and pour over the stock. Put the chicken back in the pan, then cover and simmer on a low heat for about 1 hr until the chicken is very tender.

3 Remove the chicken from the pan and keep warm. Rapidly boil the sauce for about 10 mins until it is syrupy and the flavour has concentrated. Put the chicken legs back into the sauce and serve.

PER SERVING 439 kcals, fat 28g, saturates 10g, carbs 7g, sugars 6g, fibre 2g, protein 35g, salt 1.1g

Slow-baked clotted cream rice pudding

Homemade rice pudding is great – try this version and fall back in love with one of the best comfort foods there is.

■ Serves 4 ■ Prep 10 mins

■ Cook 1 hr 15 mins **VEGETARIAN**

25g butter, plus extra for the dish
100g short-grain pudding rice
450ml whole milk
284ml pot double cream
227g tub clotted cream
1 split vanilla pod
85g golden caster sugar
freshly grated nutmeg

1 Heat the oven to 180C/160C fan/gas 4. Lightly butter a shallow ovenproof dish. Wash the rice well under cold water, then drain. Put the milk and both creams in a pan with the vanilla pod and bring to a boil. Add the rice and sugar, then stir well.

2 Tip the contents of the pan into the prepared dish, then grate a little nutmeg over the top. Dot with knobs of butter, then bake for 15 mins. Lower the oven to 160C/140C fan/gas 3, then bake for 1 hr more, by which time the pudding should be golden brown on top and creamy underneath. Serve with spoonfuls of quick raspberry jam (below).

PER SERVING 972 kcals, fat 84g, saturates 50g, carbs 49g, sugars 30g, fibre none, protein 8g, salt 0.3g

Quick raspberry jam

■ Serves 4 ■ No Prep ■ Cook 10 mins

VEGETARIAN

100g golden caster sugar
225g fresh or frozen raspberries, defrosted if frozen

1 Tip the sugar into a pan with 2 tbsp water and bring to the boil until the sugar has dissolved.

2 Stir in the raspberries, bring to the boil, then cook for 3-4 mins until the berries have broken down into a thick, jammy sauce. *Will keep, in a sealed container, in the fridge for three days.*

PER SERVING 113 kcals, fat none, saturates none, carbs 29g, sugars 29g, fibre 1g, protein 1g, salt 0.01g

**WHY
NOT MAKE
DOUBLE AND
FREEZE?**



**THE
ULTIMATE
COMFORT
FOOD**

Puds GLORIOUS puuds!

Whip up something special for the family to tuck into after dinner

Fig sponge pudding

Sponge pudding is made extra-special with the addition of delicious baked figs and thyme, resulting in a seriously comforting wintry dessert. Serve warm with yogurt, ice cream or custard.

- Serves 6-8 ■ Prep 20 mins plus cooling
- Cook 1 hr **VEGETARIAN**

250g butter, softened, plus extra for the dish

5 tbsp golden syrup

4 tbsp honey

8 fresh figs, stalks trimmed

4 large eggs

250g golden caster sugar

250g self-raising flour

1 tsp baking powder

1 tsp vanilla extract

FOR THE TOPPING

4 tbsp whole Greek yogurt

2-3 thyme sprigs (optional)

extra virgin olive oil or honey, for drizzling (optional)

1 Heat the oven to 180C/160C fan/gas 4. Butter a 20 x 22cm ovenproof dish, then pour in the golden syrup and honey. Cut a deep cross in the top of the figs so they open out a bit, being careful not to cut all the way through. Sit the figs upright on top of the syrup and bake for 15-20 mins until softened and starting to caramelize at the edges.

2 Meanwhile, make the sponge mixture.

Put the butter, eggs, sugar, flour, baking powder and vanilla in a bowl and use an electric whisk to beat until smooth.

3 Remove the dish from the oven, scoop the figs out with a slotted spoon and set aside.

Once the syrup mixture has cooled in the dish, gently place spoonfuls of the sponge batter on top of the syrup. Do this all the way around the edge first, then end in the middle – this helps keep the syrup mixture separate. Smooth the batter out very gently to cover any gaps and seal the syrup mixture in.

4 Bake for 35-40 mins or until the sponge springs back when pressed. Allow to cool for around 5 mins or until just warm, then just before serving, dot the surface with eight small dollops of the yogurt. Top each mound with a baked fig, then scatter over some thyme leaves and drizzle with extra virgin olive oil or honey, if you like.

PER SERVING (8) 733 kcals, fat 32g, saturates 19g, carbs 98g, sugars 75g, fibre 6g, protein 10g, salt 1.3g







Apple dumpling puddle pudding

Light, fluffy dumplings, baked in a pool of salted caramel apples.

■ Serves 6 ■ Prep 20 mins ■ Cook 45 mins

VEGETARIAN

75g butter

450g light brown soft sugar

3 tbsp golden syrup

6 dessert apples (about 750g), peeled, cored and sliced

double or clotted cream, to serve

FOR THE DUMPLINGS

200g self-raising flour

1 tsp baking powder

2 tbsp caster sugar

pinch ground cinnamon

100g cold butter, cubed

6 tbsp milk

1 Heat the oven to 180C/160C fan/gas 4. Melt the butter, sugar and golden syrup in a pan with 125ml water. Bring to a simmer, add the apples and cook for 10-15 mins until they're starting to soften – it will be quite saucy. Add a generous pinch of salt, taste and check the balance, adding more if you like. If your pan isn't ovenproof, pour into a baking dish about 20 x 30cm, or two smaller ones.

2 Tip the flour into a bowl. Mix with the baking powder, sugar, cinnamon and a pinch of salt. Rub the butter into the mixture with your fingertips until it resembles damp sand. Add the milk, stir with a cutlery knife until it starts to clump together, then use your hands to bring the dough together, picking up any flaky bits. Don't overwork it or the dumplings will be heavy. Divide into 12 golf ball-sized pieces and roll into dumplings.

3 Arrange over the apples, leaving little gaps here and there. Sprinkle with a little extra sugar (brown or caster) and bake for 25 mins until the dumplings are puffed up and golden. Leave to rest for a few minutes and serve with plenty of cream.

PER SERVING 763 kcals, fat 26g, saturates 16g, carbs 127g, sugars 101g, fibre 3g, protein 5g, salt 1.2g

LOVE DUMPLINGS?

■ Omit the sugar and cinnamon when making these dumplings and they'll work just as well on top of a stew. Try adding some **grated parmesan** for beef stew, **chopped sage** for a pork casserole or **1 tsp Dijon mustard** if you're serving them with chicken.



Blueberry & lemon croissant bake

Use leftover pastries for this irresistible bake, which is deceptively easy to make.

■ Serves 8 ■ Prep 12 mins plus 1 hr soaking and resting ■ Cook 40 mins

VEGETARIAN

6 large croissants (leftover stale croissants work well)

500g ready-made custard

250ml whole milk

150g lemon curd

250g fresh or frozen blueberries

icing sugar, to serve (optional)

1 Cut each of the croissants in half, then arrange them, slightly overlapping, in a deep 20 x 20cm baking dish.

2 Pour the custard into a small saucepan and whisk in the milk. Warm over a low heat for 3 mins or until just starting to steam. Whisk through half the lemon curd. Pour the custard over and around the croissants, then set aside for 30 mins-1 hr for the pastries to absorb some of the custard.

3 Heat the oven to 180C/160C fan/gas 4. Nestle the blueberries around the croissants and dollop over the remaining lemon curd. Bake for 35-40 mins or until the top is golden. Rest for 10 mins before dusting with icing sugar, if you like.

PER SERVING (8) 321 kcals, fat 13g, saturates 7g, carbs 43g, sugars 21g, fibre 3g, protein 7g, salt 0.5g



Rhubarb & ricotta bread & butter pudding

■ Serves 8 ■ Prep 25 mins plus resting
■ Cook 50 mins **VEGETARIAN**

400g rhubarb
150g golden caster sugar
300ml whole milk
300ml double cream
½ tsp vanilla extract
3 large eggs, plus 1 egg yolk
250g bread (soft white rolls, sliced bread or brioche)
35g butter
200g ricotta
25g icing sugar, plus extra for dusting
1 lemon and 1 orange, zested
crème fraîche, cream or Greek yogurt, to serve

1 Trim the rhubarb and cut it into 3cm pieces. Heat 100ml water in a pan with 50g of the sugar. Bring to the boil and add the rhubarb. Simmer for 1½ mins, then carefully lift the rhubarb out with a slotted spoon. Arrange it on a plate or tray so that it can lie in a single layer (if you keep the pieces too close to each other, they'll continue to cook and soften – you want them to stay intact).

2 Put the milk and cream in a heavy-bottomed pan, add a pinch of salt and bring to the boil, then add the vanilla. Beat the eggs, extra yolk and the rest of the sugar together in a bowl. Pour the warm milk and cream onto this, stirring all the time. Heat the oven to 180C/160C fan/gas 4.

3 Butter the bread. Drain the ricotta of any liquid, then add the icing sugar to it. Spread the buttered bread thickly with ricotta. Sprinkle the citrus zest on top, then layer these slices with the rhubarb in a 20 x 30cm ovenproof dish. Pour the egg and cream mixture through a sieve and leave to sit for 30 mins (this makes the pudding lighter).

4 Put the dish in a roasting tin. Add enough boiling water to the tin to come halfway up the sides of the dish. Bake for 40-45 mins or until puffy and set on the top, and golden in colour. Leave to cool for about 10 mins (the pudding will continue to cook and 'set' during this time). Dust with icing sugar and serve with crème fraîche, or cream mixed with Greek yogurt.

PER SERVING 489 kcals, fat 32g, saturates 18g, carbs 39g, sugars 26g, fibre 2g, protein 11g, salt 0.7g

Self-saucing butterscotch pudding

Serve this pudding warm with ice cream for the ultimate treat for the whole family.

■ Serves 8-10 ■ Prep 15 mins ■ Cook 1 hr **VEGETARIAN**

100g butter, melted, plus extra for the dish

275g self-raising flour

1 tsp baking powder

300g light brown soft sugar

250ml whole milk

3 large eggs

2 tbsp golden syrup

4 tbsp caramel

1 Boil the kettle and heat the oven to 180C/160C fan/gas 4. Butter a rectangular baking dish (about 20cm x 28cm and 4cm deep). Tip the flour, baking powder, 140g of the sugar and a large pinch of salt into a bowl and mix. Put the butter, milk and eggs in a

jug and whisk together. Pour the wet ingredients into the dry and mix well.

Tip into the prepared dish and level the surface with a spatula.

2 Mix the remaining sugar with the golden syrup and caramel, add 300ml boiling water and stir until the sugar and caramel dissolves. Pour the hot liquid over the pud, then bake for 1 hr until the top is set and the sauce is starting to bubble around the edges. Serve hot with ice cream. Eat immediately – if you leave this to sit, the sauce will soak into the sponge.

PER SERVING 382 kcals, fat 12g, saturates 7g, carbs 60g, sugars 40g, fibre 1g, protein 7g, salt 0.7g





**Fun
projects
for
children**

Let's bake biscuits

Fun treats to make with the kids to keep them busy while they're off school



White rabbit biscuits

- Makes 30-35 biscuits, or 15 bunnies
- Prep 1 hr 10 mins plus cooling and drying
- Cook 45 mins

200g unsalted butter, at room temperature

400g plain flour, plus extra for dusting

280g caster sugar

1 egg

¼ tsp vanilla extract

½ tsp cream of tartar

FOR THE ICING

600g icing sugar

pink food colouring gel

170g desiccated coconut

15 mini marshmallows

YOU WILL ALSO NEED

1 x rabbit-head-shaped cutter

1 x 7cm round cutter

1 x 3cm round cutter

1 Heat the oven to 180C/160C fan/gas 4. Lightly rub the butter and flour together until the mix looks like fresh breadcrumbs. Whisk the sugar and egg together in another bowl until well combined, then add to the flour mixture. Add the vanilla, a pinch of salt and the cream of tartar, and bring the mix together with your hands until you have a smooth, soft dough.

2 Roll the dough out on a lightly floured surface to a ½cm thickness. Cut out 15 rabbit heads, 15 x 7cm circles and 30 x 3cm circles using the cutters. Put the biscuits on baking sheets lined with baking parchment. Bake for about 15 mins until lightly golden at the edges (you may need to do this in batches). Leave to cool on the sheets for a few minutes before carefully transferring them to wire racks to cool completely.

3 While the biscuits cool, make the icing. Mix enough cold water with the icing sugar to make a thick icing. Spoon a quarter of the icing into a bowl and add a very small amount of pink food colouring gel, then

spoon into a piping bag. Spoon the plain icing into a second piping bag. Snip off just the end of the pink icing bag, and a larger opening on the plain icing bag.

4 Pipe some of the plain icing over the mini circle biscuits and leave to dry. Use most of the remaining plain icing to cover the large circle and rabbit head biscuits, then sprinkle with most of the coconut and leave to dry.

5 Use the pink icing to pipe paws on the mini circle biscuits, then leave to dry slightly. Stick two of the paw biscuits onto the bottom of each of the large circle biscuits using some of the remaining icing. With any remaining icing, cover the marshmallows in a thin layer and roll these in the remaining coconut before sticking them onto the middle of the large circle biscuits to create a fluffy tail. Lay the bunny bottoms so they overlap the rabbit head biscuits to create the bunnies, then leave to set completely for about 15-20 mins before serving.

PER SERVING 219 kcals, fat 8g, saturates 6g, carbs 34g, sugars 25g, protein 1g, fibre 2g, salt none

NEW

THANK GOODNESS! A THICK YOGURT

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HIGH-PROTEIN,
LOW SUGAR
GOODNESS

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New Super Thick organic yogurt, kernald* right here on our doorstep. Together let's support homegrown British dairy to help reduce food miles and put nature first.

*Local Somerset word for 'thickened'

Yeo
Valley
ORGANIC

PUT NATURE FIRST

Planet cookies

This recipe makes enough dough for two sets of planets, but these instructions make just one set of 10. The remaining half can be frozen or chilled for another day. If you have two children who want to make a set each, cut out twice the biscuits, double the icing sugar and use 5-6 tbsp water.

■ Makes 20 ■ Prep 1 hr 30 mins ■ Cook 10-12 mins **VEGETARIAN** **FREEZABLE** *unbaked*

100g unsalted butter, softened
100g golden caster sugar
1 egg, lightly beaten
1 tsp vanilla extract
280g plain flour, plus extra for dusting
250g royal icing sugar
red, blue, green, yellow, orange and black food colouring gels
caramel flavouring
gold edible glitter (optional)

1 Heat the oven to 190C/170C fan/gas 5 and line a baking sheet with baking parchment. Beat the butter and caster sugar together in a large bowl using an

electric whisk until pale and fluffy. Slowly add the egg and vanilla extract. **2** Stir in the flour, then knead briefly to make a dough. Divide in half. *If you like, wrap and freeze one half now.* Roll the dough out on a floured surface to the thickness of a £1 coin. Cut out the following biscuits using round cutters: one 8cm, two 7cm, four 6cm, two 5cm and one 3.5cm. **3** Put the biscuits on the baking sheet and bake for 10-12 mins until pale golden. Leave on the sheet for 5 mins, then transfer to a wire rack to cool completely.

PER COOKIE 156 kcals, fat 4g, saturates 3g, carbs 26g, sugars 16g, protein 2g, fibre 1g, salt 0.1g



THE SUN Mix the icing sugar with 2-3 tbsp water to make a spreadable icing – it shouldn't be too runny. Mix 1 tsp icing with enough yellow colour to make it bright yellow. Use to cover the largest biscuit. Leave to dry.

FOR URANUS Mix 2 tsp plain icing with enough blue colour to make it light blue. Use a little to cover a 6cm biscuit. Leave to dry.

FOR EARTH, NEPTUNE AND PLUTO Add a little more blue colour to the blue icing, and use some to cover another 6cm biscuit to make the water on Earth. Leave to dry (you'll finish it later). Add a little more colour to the blue icing, and cover another 6cm biscuit. Using a cocktail stick, swirl a little more blue colour and some plain icing into the icing on this biscuit to make Neptune. Leave to dry. Add a little more blue colour and a tiny bit of black colour to the blue icing and spread this over the 3.5cm biscuit for Pluto. Leave to dry.

FOR MERCURY Mix 1 tbsp plain icing with enough caramel flavouring to make a beige. Spread a little of it over a 5cm biscuit. Using a cocktail stick, swirl more caramel flavouring into the icing on the biscuit. Leave to dry.

FOR JUPITER Spread a little of the beige icing over a 7cm biscuit. Using a cocktail stick, swirl some red colour and plain icing into the icing on this biscuit. Leave to dry.

FOR SATURN Add some yellow colour to the beige icing and spread it over the other 7cm biscuit, leaving a 1cm border. Using a cocktail stick, swirl some yellow colour into the icing on this biscuit. Leave to dry.

FOR VENUS Add some orange colour to the beige icing. Spread it over the final 6cm biscuit. Using a cocktail stick, swirl more orange colour into the icing on this biscuit. Leave to dry.

ADD SOME GREEN TO EARTH Mix 1 tsp plain icing with enough green colour to make it bright green. Blob a little over parts of the blue icing to make the land.

FOR MARS Mix 1 tsp plain icing with enough red colour to make it bright red. Spread it over a 5cm biscuit. Using a cocktail stick, swirl more red colour into the icing on this biscuit. Leave to dry.

TO FINISH Fit a plain nozzle onto a piping bag and add the remaining plain icing. Pipe two stripes around the middle of Saturn for rings. If you like, sprinkle the Mercury and Venus biscuits with edible gold glitter.



Alice in Wonderland cookies

Perfect for older children to try, especially if they love the book. We advise that you bake half the mixture and freeze half to bake another day, as it makes a large batch.

■ Makes about 50 biscuits ■ Prep 1 hr plus chilling ■ Cook 1 hr and 30 mins

VEGETARIAN **FREEZABLE** *unbaked*

FOR THE VANILLA DOUGH

400g plain flour
200g unsalted butter, at room temperature

1 large egg
280g caster sugar
½ tsp vanilla extract
½ tsp cream of tartar

FOR THE CHOCOLATE DOUGH

200g unsalted butter, at room temperature

350g plain flour
50g cocoa powder
1 large egg
280g caster sugar
½ tsp vanilla extract
½ tsp cream of tartar

1 Line two 900g loaf tins with cling film. To make the vanilla dough, rub the flour and butter together until it looks like fresh breadcrumbs.

2 Mix the egg and the sugar together in another bowl with a fork, then add to the flour mix. Add the vanilla, cream of tartar and a pinch of salt. Knead into a smooth dough. Press into one of the prepared tins with the back of a spoon until level, cover and chill for 30 mins.

3 To make the chocolate dough, rub the butter, flour and cocoa together as before,

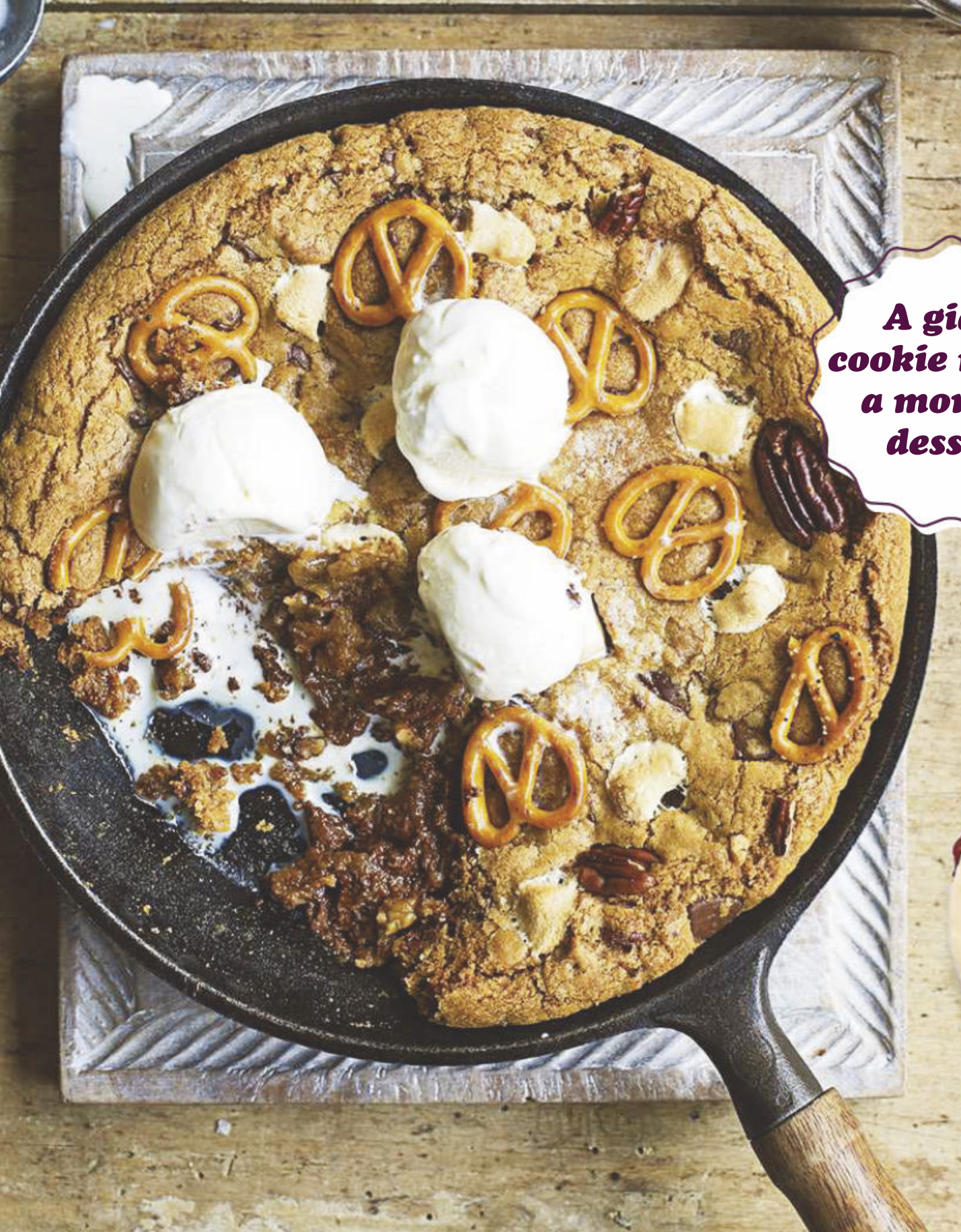
then add the other ingredients and a pinch of salt. Knead and press into the remaining tin, and chill alongside the other dough.

4 When both the doughs are firm, take out of the tins, remove the cling film and trim the blocks so they both have straight sides.

5 Cut each block into eight long slices lengthways, then cut each slice into three strips. Stack alternating strips to create a chessboard pattern, four wide and six high – a cut through should be about the size of a playing card. Repeat with the rest of the strips so you have two blocks. Wrap well, then tap the sides on a surface so they are compact and flat. Chill for 20 mins more.

6 Heat the oven to 160C/140C fan/gas 3 and line two baking sheets with baking parchment. Cut each dough block into ½cm-thick slices crosswise. Lay the biscuits on the baking sheets and bake for 15-17 mins, or until lightly golden at the edges (you may need to bake in batches). If you like, trim the edges or cut a shape from the centre immediately (we used heart, diamond, club and spade mini cutters to create fun playing card designs). Transfer to a wire rack and leave to cool completely.

PER SERVING 164 kcal, fat 7g, saturates 4g, carbs 22g, sugars 11g, fibre 0.8g, protein 2g, salt 0.1g



**A giant
cookie makes
a moreish
dessert**



Giant cookie

You can make this two ways: either slightly undercook it, and serve warm and gooey with ice cream; or cook it for longer and cut into wedges for the biscuit tin. Younger kids will need a hand with this, but older ones may be able to make it alone.

■ Serves 6-8 ■ Prep 15 mins ■ Cook 20 mins

VEGETARIAN **FREEZABLE** *unbaked*

200g butter, at room temperature, plus extra for the pan

250g light brown soft sugar

2 egg yolks

½ tsp vanilla extract

275g plain flour

1 tsp baking powder

150g chocolate chips

100g fillings of your choice (pretzels, nuts, toffee or fudge, or marshmallows)

1 Heat the oven to 180C/160C fan/gas 4. Tip the butter and sugar into a large bowl, beat until combined, then stir in the egg yolks and vanilla. Tip in the flour, baking powder, chocolate chips, a pinch of sea salt and any other fillings you want to add. Mix until a crumbly dough forms.

2 Lightly butter a 25cm ovenproof frying pan. Spoon in the cookie dough and flatten with the back of the spoon. For a gooey dessert, bake for 20 mins, leave to rest for 5 mins, then scoop straight from the pan and serve warm. For a firmer cookie, bake for 30 mins, then leave to cool completely before cutting into wedges and serving.

PER SERVING (8) 596 kcals, fat 29g, saturates 17g, carbs 76g, sugars 40g, fibre 2g, protein 7g, salt 1.2g

Iced raspberry sandwich

■ Makes 12-14 biscuits ■ Prep 35 mins plus chilling and setting ■ Cook 12 mins

VEGETARIAN

175g plain flour, plus extra for dusting

100g cold salted butter, cut into cubes

335g icing sugar

½ tsp vanilla extract

2 medium egg yolks

50g glacé cherries, quartered

100g raspberry jam

1 Put the flour, butter, 85g icing sugar, the vanilla and egg yolks in a food processor and pulse in bursts until combined. Or, rub the butter and flour together with your fingertips and mix in the sugar, vanilla and egg yolks. Add ½ tbsp water if the mixture feels a little dry. Tip the rough mixture onto a work surface and briefly knead until the dough has come together. Wrap and chill for 30 mins.

2 Heat the oven to 180C/160C fan/gas 4. Line two baking sheets with baking parchment. Roll the dough out on a lightly dusted surface to around 3mm thick. Cut 24 rounds from the dough using a 7cm cutter. Bring the remaining scraps of pastry together and re-roll to make more biscuits. Put the biscuits on the prepared baking sheets, then bake for 10-12 mins or until lightly golden at the edges. Transfer to a wire rack and leave to cool completely.

3 Mix the remaining icing sugar with 2-3 tsp water to make a very thick icing. Spoon or pipe the icing over half the biscuits, leaving a border around the edge of each. Top with a small piece of glacé cherry in the centre, then leave to set for 30 mins. Spread the jam over the un-iced biscuits, then sandwich together with the iced halves. *Will keep for two days in an airtight container.*

PER SERVING 305 kcals, fat 7g, saturates 4g, carbs 59g, sugars 46g, protein 2g, fibre 1g, salt 0.2g

BBC

TV CHEFS

Keep your eyes peeled for this year's citrus season! Here are some tangy treats from three celebrity chefs

THREE WAYS WITH ORANGES



Tom Kerridge's maple-glazed duck with orange & watercress

Duck legs are one of those ingredients that everyone seems to love but no one cooks for themselves. They make the perfect main course as they're already portioned and they don't dry out if you cook them ahead and reheat them.

■ Serves 8 (easily halved) ■ Prep 35 mins ■ Cook 1 hr 30 mins

8 duck legs

FOR THE GLAZE

5 tbsp soy sauce

5 tbsp maple syrup

3 tbsp honey

3 tbsp orange juice

1 cinnamon stick

large piece of ginger, finely grated

FOR THE DRESSING

3 tbsp runny honey

2 tbsp rice wine vinegar

2 tbsp soy sauce

3 tbsp orange juice

100ml chicken stock

2 tbsp extra-virgin rapeseed oil

200g watercress, to serve

4 oranges, peeled and segmented, to serve

1 Heat the oven to 160C/140C fan/gas 3. Place the duck legs on a wire rack, skin-side up, with a tray underneath to catch the fat. Put in the oven and roast for 1 hr. Meanwhile, to make the glaze, pour the soy sauce, maple syrup, honey and juice into a saucepan and bring up to the boil. Add the

cinnamon stick and ginger and simmer until the glaze is sticky, then leave to cool.

2 After 1 hr, turn the oven up to 180C/160C fan/gas 4. Brush the glaze generously over the duck and continue to cook for 30 mins, brushing with glaze every 5 mins or so, until the duck is a deep mahogany with a caramelised crust. Remove from the oven and leave to rest.

3 While the duck is roasting, make the dressing by whisking together all the ingredients, except the oil, in a pan. Simmer until reduced by half, then whisk in the oil. If you like, you can char the orange segments. Lay them on a metal baking tray and caramelize them with a blowtorch (you only need to colour one side). Don't blowtorch on parchment or a non-heat resistant plate.

4 To serve, tip the watercress and orange segments into a large bowl and toss in half the dressing. Divide the salad between the plates, place a crispy duck leg on top and drizzle with a little extra dressing.

PER SERVING 509 kcals, fat 21g, saturates 6g, carbs 27g, sugars 26g, fibre 1g, protein 51g, salt 2.4g

BEST OF BBC

Tom Kerridge is a BBC regular. He hosts several series including *Lose Weight For Good*, *Top Of The Shop* and *Fresh Start*





Rosie Birkett's sole meunière with blood orange & crispy capers

If I see sole meunière on a menu, I order it. Few things please me more than delicate white fish swimming in butter and citrus. In this version, I add crisp fried capers and caramelised blood orange, which deepens the fruit's gorgeous juice.

■ Serves 2 ■ Prep 5 mins ■ Cook 10 mins

2 tbsp rapeseed oil
2 tbsp capers
1 blood orange
2 tbsp plain flour
2 lemon sole or plaice fillets, pin-boned
50g unsalted butter, cubed
1/2 lemon
pinch of chilli flakes
few thyme springs
handful parsley, finely chopped
100g spinach, wilted, to serve

1 Heat 1 tbsp oil in a large non-stick frying pan over a medium-high heat. Add the capers and fry until puffed and crisp, about 2 mins. Transfer with a slotted spoon to kitchen paper.

2 Zest the orange and set aside. Cut it in half and place, cut-side down, in the hot oil. Caramelize for 3-5 mins, then set aside. Wipe the pan out with kitchen paper. Put the flour on a plate and season. Dust the fish fillets lightly in the seasoned flour. Heat the remaining oil over a high heat. Add the fillets, turn the heat down slightly, then cook for 1-2 mins each side. Transfer to a plate and keep warm.

3 Add the butter to the pan, along with the orange zest. Once melted, squeeze the juice of one of the orange halves into the pan, along with a squeeze of lemon juice, the chilli flakes and thyme. Whisk to combine, taste, then add more orange juice if you think it needs it. Add the capers back to the pan, followed by the fish fillets, basting them briefly in the butter. Divide between two plates and spoon over any excess butter. Serve with wilted spinach.

PER SERVING 511 kcals, fat 34g, saturates 14g, carbs 21g, sugars 5g, fibre 3g, protein 29g, salt 1.2g



BEST OF BBC

Rosie Birkett is a food stylist, writer and regular on BBC One's *Saturday Kitchen*



John Torode's chocolate orange pots

A little goes a long way, as these are quite rich and chocolatey. If you don't have 12 same-size glasses, use an assortment of glasses, ramekins or cups.

■ Makes 12 (easily halved) ■ Prep 40 mins plus macerating, setting and cooling ■ Cook 10 mins

300g madeira cake

FOR THE CLEMENTINE JELLY

300g caster sugar

1 vanilla pod, split lengthways

1 cinnamon stick

200ml clementine juice, plus 4 clementines

3 sheets leaf gelatine

FOR THE CHOCOLATE LAYER

400ml double cream

225g dark chocolate, roughly chopped

3 tbsp orange liqueur

25g butter, softened

1 To make the clementine jelly, put the sugar, vanilla pod, cinnamon stick, clementine juice and 100ml water in a large pan and bring to a gentle simmer. Meanwhile, peel the clementines and remove all the pith and outside membranes. Put the broken-up segments into a bowl and pour over the spiced sugar syrup. Cover and macerate for at least 30 mins.

2 Meanwhile, cut the Madeira cake into 2cm-thick slices, trimming off and discarding the dark edges. Divide the slices between 12 glasses and push down in an even layer. Soak the gelatine leaves in cold water.

3 Drain the clementines, pouring the liquid into a small saucepan. Discard the vanilla and cinnamon. Divide the clementines between the glasses in an even layer. Gently warm the liquid. Once it is warm, squeeze the gelatine to remove the excess water and stir into the liquid until melted.

4 Pour a layer of the jelly over the clementines. Transfer the pots to the fridge and set for 3 hrs.

5 To make the chocolate layer, heat the cream to just below boiling. Remove from the heat, add the chocolate and stir until melted and smooth. Add the liqueur and butter and mix until fully combined. Pour into a jug and allow to cool for 15-20 mins. Pour on top of the jelly and put back in the fridge for a few hours to set.

PER POT 494 kcals, fat 29g, saturates 18g, carbs 54g, sugars 50g, fibre 1g, protein 3g, salt 0.3g



BEST OF BBC

John Torode is a regular on *MasterChef* and *MasterChef Professionals* on BBC One

easycook next month

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DON'T MISS OUT!

Give tea A TWIST

There's more to tea than a cuppa! Flavour cake, sorbet or even gin with its delicate flavour

5 WAYS
WITH
TEA

SCENTED TEA GIN

■ Put **1 tbsp loose earl grey tea** in a large jug. Pour over a **700ml bottle gin** and stir for about 45 seconds. Strain through a tea strainer, then strain again through muslin to remove all trace of the leaves. Pour back into the gin bottle to store – it will keep for a couple of months. Serve shaken with, or over, ice. Makes 1 bottle.

EARL GREY SORBET

■ Bring **500ml black earl grey tea**, **150g golden caster sugar** and **150g liquid glucose** to the boil in a pan. When the sugar and glucose have dissolved, strain into a jug and leave to cool completely. Pour into an ice cream machine and churn until frozen, then transfer to a freezer-proof container and freeze. Serves 2.

Tea bread

CHOCOLATE & EARL GREY TORTE

■ Stir the leaves from **2 earl grey teabags** into **100ml hot milk**. Melt **250g dark chocolate** with **200g butter** in a bowl over a pan of barely simmering water. Stir in **140g ground almonds**, followed by **6 egg yolks** and the milky tea. Beat **6 egg whites** until stiff, then beat in **200g caster sugar**. Fold through the chocolate mix and scrape into a buttered and lined 22cm loose-bottomed tin. Bake for 30-35 mins at 180C/160C fan/gas 4 – it should still have a slight wobble. Cool completely. Dust with **cocoa** and **icing sugar**, and serve with **crème fraîche** or **cream**. Cuts into 10.

TEA BREAD

■ Pour **300ml hot black tea** over **170g each sultanas and raisins** and the grated **zest of 1 orange**. Leave to soak overnight. Heat the oven to 180C/160C fan/gas 4 and butter and line a 900g loaf tin. Add **2 eggs**, **250g self-raising flour** and **200g brown sugar** to the soaked fruit, ensuring everything is well combined. Spoon the mixture into the tin and bake for 1 hr 30 mins, or until firm to the touch. Leave to cool in the tin for 15 mins before transferring to a cooling rack. Serve sliced and buttered. *To store, wrap tightly and keep in an airtight container for up to five days.* Cuts into 10.

CHAI

■ Heat **2 mugs of milk** in a pan over a very low heat. Empty **2 English breakfast tea bags** into the pan, then add **6 cracked cardamom pods**, **½ cinnamon stick**, a **grating of fresh nutmeg** and **2 cloves**. Sweeten with **2-4 tsp light brown soft sugar**, then leave to infuse, but not boil, for 10 mins. Strain into mugs. Serves 2.

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