

SUNDAY

Ham ribollita

Serves 6

1 onion	2 cloves of garlic
2 sticks of celery	1 carrot
olive oil	2 teaspoons fennel seeds
1 x 400 g tin of plum tomatoes	1 x 400 g tin of cannellini beans
750 ml vegetable stock	300 g cavolo nero
100 g spinach	150 g cooked ham
crusty bread	

Peel the onion and garlic, then finely chop along with the celery and carrot.

Heat a drizzle of oil in a large pan over a medium heat, add the chopped veg and fennel seeds, and season. Cook, covered, over a low heat for 10 minutes, until golden brown, stirring regularly.

Reserving half the cannellini beans to one side, mash the rest and add them to the pan along with the liquid from the tin, the tomatoes and the stock. Carry on simmering for another 10 minutes.

Chop and stir in the cavolo nero and spinach. Tear the ham into rough chunks and add along with the remaining beans.

Simmer until the greens have cooked down and you have a lovely thick stew.

Serve with crusty bread.

Fruit pie/crumble & custard

MONDAY

Beef stroganoff

Serves 6

2 oz butter	1 tbsp vegetable oil
1 large onion, sliced	500g/1lb 2oz rump steak
2 tbsp plain flour	2 tbsp paprika, plus extra for sprinkling
250g/9oz chestnut mushrooms	200ml/7fl oz beef stock
2 tbsp white wine vinegar	284ml/10fl oz carton soured cream
Basmati rice	

1. Heat the butter and oil in a large pan.
2. Cook the sliced onion for 5 minutes until softened. Meanwhile cut the beef into thin strips. Season the flour with salt, pepper and paprika, then toss in the beef to coat lightly, shaking off any excess.
3. Add the beef to the pan and cook for 3-4 minutes until starting to brown.
4. Now cook the rice.
5. Halve the mushrooms, add to the pan and stir fry for a couple of minutes. Pour in the stock and vinegar, bring to the boil then lower the heat and simmer gently for 5 minutes.
6. Stir the soured cream into the pan and cook gently for 1 minute, without boiling (if the mixture boils it will curdle), then season to taste. Spoon the stroganoff on to a bed of rice or noodles and sprinkle with a little extra paprika.

Gooseberry Fool (*serves 8*)

800g gooseberries	200g golden caster sugar
2 vanilla pods	500ml double cream
500ml plain yoghurt	Shortbread biscuits

Put the gooseberries and sugar in a pan over a medium heat. Split the vanilla pods, scrape out the seeds and add them and the pod to the berries. Stew for 10 minutes, until softened, then let cool.

Whip the cream to very soft peaks and fold through the yoghurt. Fold three-quarters of the cool gooseberries through the cream. Spoon the fool into bowls, and spoon over the remaining berries. Serve with shortbread biscuits for dunking, or crumble over the top.

TUESDAY

Lamb and walnut stew

Serves 6

1 kg roasting shoulder joint of lamb boneless	3 tablespoons plain flour
sea salt	freshly ground black pepper
olive oil	1 large red onion , peeled and finely sliced
6 sticks celery , trimmed and finely sliced	4 cloves garlic , peeled and finely sliced
2 teaspoons ground cinnamon	150 g walnuts , chopped
2 bay leaves	700 ml cranberry juice
1 bunch fresh flat-leaf parsley	Pomegranate seeds

Cut the lamb into thumb-sized cubes. Spike the flour with a teaspoon of sea salt, black pepper and cinnamon. Toss the lamb cubes in the seasoned flour.

Heat a large pan and brown the lamb in 2 tablespoons of olive oil.

Add the onion, celery, garlic, walnuts and bay leaves to the pan. Put the lid back on and cook very gently for 3 to 5 minutes, stirring often to make sure nothing sticks to the bottom of the pan, until the onion is softened. Stir the juice into the lamb and top up with water to cover. Simmer very gently for 1½ hours, or until the lamb is tender, adding a little water now and then if the stew gets dry.

Remove and discard the bay leaves. Season to taste and sprinkle with the parsley and pomegranate seeds. Lovely served with steaming hot saffron rice.

Saffron rice

400 g basmati rice	2 tablespoons butter
2 or 3 bay leaves	pinch of saffron threads
500 ml vegetable stock (boiling)	Salt (to taste)

Wash rice, cover with cold water and soak for 30 minutes. Drain.

Melt butter in frying pan over medium heat, then add bay leaves and drained rice. Cook, stirring, until all the moisture has evaporated (about 6 minutes).

While rice is cooking, soak saffron in 2 tablespoons hot water for a few minutes. Add saffron to rice along with boiling vegetable stock, 375 ml boiling water and salt. Bring to the boil, then reduce heat and cook, covered, until all the water is absorbed and rice is cooked (about 12-15 minutes).

Pears and custard

WEDNESDAY

Beef Olives

Serves 6

6 slices blade steak	4 oz. fresh breadcrumbs
2 Oxo cubes	1 lemon
1 onion	2 oz shredded suet
butter	1 egg
Potatoes	tender stem broccoli

You need cotton twine for this recipe

First make the stuffing. Put the breadcrumbs in a mixing bowl with the suet and mix together thoroughly. Grate a little zest off the outside of the lemon and stir in with the mixture. Add 1 small teaspoon lemon juice. Beat the egg and stir in. Form the mixture into a ball.

Lay out the slices of beef and place a portion of stuffing in the centre of each. Roll the beef round the stuffing and tie up with cotton twine. Finely chop the onion and fry in the butter in the dixie. Add the rolled beef and brown all over. Add enough water to cover and crumble in the oxo cubes. Bring to the boil and simmer for about an hour.

Serve with potatoes and a green vegetable.

Apricots and custard

THURSDAY

Cider sausages

Serves 6

Vegetable oil for frying	3 tablespoons flour
1½ lb beef/lamb sausages	¾pt medium-dry cider
1 onion, sliced into rings	¼ pt water
3 celery stalks, chopped	1 bouquet garni
3 carrots chopped	salt and pepper
parsley	potatoes

Melt the oil in the dixie. Put the vegetables into the dixie and fry, stirring constantly until lightly coloured. Add the sausages and fry until browned on all sides. Stir in the flour and cook for 1 to 2 minutes. Pour in the cider and water and bring to boil. Add the bouquet garni, and salt and pepper. Cover and cook for 45 minutes. Sprinkle with parsley.

Serve with mashed potatoes.

Treacle pudding

Serves 6

8 oz flour	½ teaspoon bicarbonate of soda
4 oz shredded suet	1 teacupful milk
1 egg	1 teacupful Golden Syrup
1 teaspoon ground ginger	

Sieve the flour and ginger and add the suet. Beat in the egg, add the syrup and most of the milk, leaving just enough to dissolve the bicarb. Mix thoroughly. Add the bicarb in the milk. Divide into individual portions, wrap in foil, allowing room for expansion, and steam for about ¾ hour, until cooked right through. Serve with syrup sauce.

Syrup sauce

8 tablespoons golden syrup	1 teaspoon lemon juice
½ pint water.	

Boil all the ingredients together in a saucepan for 5 minutes.

FRIDAY

Chicken Marengo

serves 6.

6 chicken joints	4 fl oz. dry white wine
bay leaf, parsley & seasoning	1 lb ripe tomatoes/ 1 x 14oz can
salt and pepper	flour for coating
2 medium onions, sliced	1 chicken stockpot
1 clove garlic, finely chopped	8 oz mushrooms
2 tablespoons olive oil	pinch basil & marjoram
2 oz butter	lemon juice.
rice	

Heat the oil and butter in the dixie. Flour the chicken joints lightly and fry briskly in the dixie until golden brown all over. Add the onion and garlic and fry until the onions begin to change colour. Add the stockpot, wine, and mushrooms, $\frac{3}{4}$ cover with water and boil for 2 - 3 minutes. Add the tomatoes coarsely chopped and the herbs. Season with salt, pepper and lemon juice. Cover and cook gently for about 40 minutes until the chicken is tender. Serve with rice or pasta

Summer pudding

225g redcurrants	110g blackcurrants
450g raspberries	150g caster sugar
8 slices white bread from a large loaf (not pre-sliced)	Double cream

Separate the redcurrants and blackcurrants from their stalks. Rinse all the fruits. Place the fruits with the sugar in a large pan over a medium heat and let them cook for about 3-5 minutes only, until the sugar has dissolved and the juices begin to run. Line the pudding basin with the slices of bread, overlapping them and sealing well by pressing the edges together. Fill in any gaps with small pieces of bread, so that no juice can get through when you add the fruit. Pour the fruit and juice in (except for about two thirds of a cupful), then cover the pudding with another slice of bread. Then place a small plate or saucer (one that will fit exactly inside the rim of the bowl) on top, and on top of that place a 3 lb or 4 lb (1.3 kg or 1.8 kg) weight, and leave overnight. Serve with thick cream.

SATURDAY

Beef in beer

Serves 6

2 tablespoons plain flour	1 kg (2 lb) braising steak, cut into chunks
25 g (1 oz) butter	1 tablespoon oil
2 onions, chopped	2 celery sticks, sliced
several thyme sprigs	2 bay leaves
400 ml (14 fl oz) strong ale	300 ml (½ pint) beef stock
2 tablespoons black treacle	500 g (1 lb) parsnips, peeled and cut into wedges
salt and pepper	potatoes
	peas

Season the flour with salt and pepper and use to coat the beef. Melt the butter with the oil in a large, flameproof casserole and fry the beef in batches until deep brown. Drain with a slotted spoon while cooking the remainder.

Add the onions and celery and fry gently for 5 minutes. Return the beef to the pan and add the herbs, ale, stock and treacle. Bring just to the boil, then reduce the heat and cover with a lid and simmer for 1 hour.

Add the parsnips to the dish and cook for a further 30 minutes or until the beef and parsnips are tender. Check the seasoning and serve.

Cheesecakes

SUNDAY

Pork afelia

Serves 6

1 onion	2-3 garlic cloves
2 tablespoons coriander seeds	4 tablespoons olive oil
1.5 kg pork shoulder cut into 5cm pieces	
375 ml dry red wine	200 ml passata
kefalotyri or Parmesan cheese	orzo or rice
	green beans

Peel and slice the onions into rings. Peel and slice the garlic lengthways. Lightly crush the coriander seeds with a pestle and mortar.

Heat the oil in a large pan over a medium heat. Cook the pork in batches, stirring occasionally, until browned (5 to 7 minutes), adding a little more oil if necessary. Transfer to a bowl and set aside.

Add the onion, garlic and coriander seeds and cook, stirring occasionally, until softened.

Return the pork to the pan, stir in the wine and passata, season with sea salt and black pepper, cover with a folded piece of baking parchment, bring to the boil, then simmer for 1½ to 2 hours, or till the pork is tender and sauce has thickened.

Serve with green beans, boiled orzo or rice, and sprinkle with freshly grated kefalotyri or Parmesan.

Plums and custard

MONDAY

Turkey stir-fry

Serves 6

4 teaspoons cornflour	80ml (4 tablespoons) soy sauce
80ml (4 tablespoons) seasoned rice vinegar	1 garlic clove, crushed
2 teaspoon brown sugar	60ml olive oil
50g pine nuts	1 onion, thinly sliced
2.5cm fresh ginger, cut into very thin strips	1 bunch asparagus, ends trimmed, cut on the diagonal
6 spring onions (salad onions), cut into strips on the diagonal	1 small bunch baby carrots, peeled, julienned
500g cooked turkey (white and dark meat), cut into strips	egg noodles

Place the cornflour and four tablespoons of water in a bowl and stir until smooth. Stir in the soy sauce, vinegar, garlic and sugar and set aside.

Heat one tablespoon of oil in a wok over medium-high heat. Add the pine nuts and stir-fry for one minute until golden. Set aside on paper towel to drain. Add onion and ginger to the wok and cook for 1-2 minutes. Add asparagus, spring onion and carrot and cook, stirring, for a further two minutes. Add the turkey and cook for a further minute. Add reserved sauce and bring to the boil. Cook until thickened and combined. Add the pine nuts and then serve with noodles or rice.

Yogurt corners

MORE RECIPES

Chicken and squash cacciatore

Serves 6

1 large leek	1 large onion
4 cloves of garlic	3 rashers smoked pancetta
3 sprigs of fresh rosemary	olive oil
3 fresh bay leaves	small butternut squash or sweet potatoes (800g)
150 g chestnut mushrooms	3 x 400 g tins of plum tomatoes
350 ml Beaujolais	6 free-range chicken thighs, bone in
pack pitted black olives	300 g seeded wholemeal bread

Peel the onion and cut into eighths, trim, wash and slice the leek, peel and slice the garlic. Place a large pan on a medium heat. Finely slice the pancetta, pick and finely chop the rosemary leaves, then place both in the pan with 1 tablespoon of oil and the bay leaves. Stir regularly for 2 minutes, then add the garlic, followed by the onion and leek. Cook for 10 minutes, stirring regularly.

Meanwhile, chop the squash or sweet potato (wash first) into bite-sized chunks, leaving the skin on and discarding any squash seeds. Add the whole mushrooms and chopped squash or sweet potato to the pan. Remove and discard the chicken skin and add the chicken to the pan. Pour in the wine and let it reduce slightly, then add the tomatoes and break them up with a wooden spoon. Half-fill each tin with water, swirl about, pour into the pan and mix it all together. Poke the olives into the stew. Bring to a gentle simmer, and cook for 1 hour, or until thick, delicious, the chicken falls off the bone and the squash or sweet potato is lovely and tender. Season to perfection, then serve with bread to mop up that tasty sauce.

Spring chicken & citrus stew

Serves 6

6 large chicken joints	olive oil
6 cloves of garlic, finely chopped	1½ large onions, diced
1½ bulbs of fennel	2 leeks
1 handful of asparagus spears	2 handfuls of fresh peas
1 handful of broad beans	½ a bunch of fresh flat-leaf parsley
½ a bunch of fresh dill	a few sprigs of fresh tarragon
700 ml chicken stock	1 handful of pitted green olives
2 handfuls of tinned cannellini beans	2 lemons
3 large free-range eggs	3 tablespoons natural yoghurt
extra virgin olive oil	Parmesan cheese
	rice

Trim and finely chop the fennel, trim and finely slice the leek and snap the woody ends off the asparagus. Pod the peas and broad beans, then pick the herb leaves and finely chop the stalks.

Brown the chicken in the dixie, then remove to a large billy.

There should be a few tablespoons of fat left in the pan; if you have more, get rid of most of it. Add the garlic, onion, leek, fennel and herb stalks and cook until softened, stirring occasionally.

Place the chicken back in the pan, pour in the stock and season with black pepper. Cover with a lid, then cook for around 45 minutes, or until the chicken is tender and falling off the bone.

Bring the mixture back up to a boil, stir in the olives, peas, broad beans and cannellini beans. When the vegetables are done, add most of the herb leaves, reserving some for garnish. Remove the chicken from the stew and use 2 forks to pull the meat off the bones. Discard the bones, return the meat to the pan, then season and remove from the heat.

Beat the juice of 2 lemons and the eggs together well, then pour slowly into the stew – don't let it boil or the egg mixture will scramble – it should just add a gorgeous shine.

Stir in the yoghurt before ladling the stew into bowls. Drizzle a little extra virgin olive oil over each bowl, grate over a little Parmesan and serve with rice sprinkled with the reserved herbs.

Thai green curry with lemongrass jasmine rice

Serves 6

1 tablespoon vegetable oil	750g diced chicken breast
450g diced aubergine	300g baby corn
1½ x 400ml tin coconut milk	600g jasmine rice
3 lemongrass stalks, bruised	3 kaffir lime leaves
500ml water	50g chopped coriander

For the curry paste

1 lemongrass stalk	2 green chillies
2 shallots, finely chopped	3 garlic cloves
a 4cm piece of peeled fresh ginger	75g fresh coriander
1 tablespoon ground cumin	3 tablespoons sugar
5 tablespoons coconut milk	Salt and pepper

1. Firstly, make the curry paste. Put the lemongrass, chilli, shallot, garlic, ginger, coriander, cumin and sugar in a food processor or blender or a pestle and mortar. Blend or grind into a paste using a little coconut milk to bind the ingredients together. Season to taste.
2. Heat the oil in a frying pan, add the chicken and fry for about 10 minutes, until browned. Add the curry paste and cook for about two minutes.
3. Add the diced aubergine, baby sweet corn and the coconut milk and leave to simmer for 30-40 minutes.
4. Meanwhile, put the rice, lemongrass, lime leaves and water in another saucepan and bring to the boil. Cook the rice for about 10 minutes, or until light and fluffy. Drain the rice, serve with lashings of curry and top with chopped coriander.

Tips

If you can't get hold of kaffir lime leaves, half a lime added to the rice during cooking will work just as well.

You can of course make this without the chicken to create a great vegetarian dish.

Recipes 2016