

FOOD FOR THOUGHT

Volume 4

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St Albans
FOOD & DRINK FESTIVAL
2018

A collection of our favourite recipes
in celebration of the St Albans
Food & Drink Festival 2018



St Albans
FOOD & DRINK FESTIVAL
2018

HELLO...

Cocktails, savoury dishes, puddings and cakes, accompanied by some very useful wine pairings – this is what's packed into the 4th edition of our now famous SA Law Cookbook.

Dive inside these pages to find taste-tingling and intriguing offerings such as Toad of Toad Hall's Toad in the Hole, Nain's Bara Brith, Cheats Chocolatey Churros and Curry in a Hurry. Contributors range from well-known local chefs and food producers, to our own team members, friends and local partners. Many thanks to each and every one for sharing some unique tastes.

An 'extra portion' of thanks goes to Julia Jenkins from Flagship Wines who has once again shared her skills through fantastic wine pairings to help elevate the dishes you'll find in this edition. I encourage you to take a look at her website flagshipwines.co.uk or better still pop into her shop in St Albans to pick up a bottle or two and some valuable guidance while you're there.

We challenge you to discover and make something new – why don't you share a photograph of your culinary successes with us via Twitter @SA_Law or Instagram @SA_Lawllp and use #FoodforThought

Now go – eat, drink and be merry!

Steve

Managing Partner
(Head Chef)
SA Law



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ICONS KEY



SAVOURY BREAKFAST



LUNCH



DINNER



SOUP



STARTER/SIDE DISH



VEGETARIAN



SWEET BREAKFAST



CAKES & SWEET TREATS



DESSERT



FROM THE BAR



WINE SUGGESTION

OVEN TEMPERATURE GUIDE

	ELECTRICITY °C	ELECTRICITY (FAN) °C	GAS MARK
VERY COOL	110	90	¼
	120	100	½
COOL	140	120	1
	150	130	2
MODERATE	160	140	3
	180	160	4
MODERATELY HOT	190	170	5
	200	180	6
HOT	220	200	7
	230	210	8
VERY HOT	240	220	9

STORE CUPBOARD ESSENTIALS

Condiments, oils and vinegars

CONDIMENTS Buffalo hot wing sauce, chermoula paste, chilli sauce, crunchy peanut butter, Dijon mustard, mint sauce, mango chutney, soy sauce, sundried tomato puree, tomato puree, Thai curry paste, Thai fish sauce, stock: chicken, veal, vegetable.

OILS Coconut oil, olive oil, nut oil, schmaltz (chicken fat), sesame oil, sunflower oil, vegetable oil, wok oil.

VINEGAR Cider vinegar, sherry vinegar.

Baking and dry goods

FLOUR AND POWDERS All-purpose flour, baking powder, chocolate flavoured protein powder, cornflour, plain flour, self-raising flour.

SUGARS Brown sugar, golden caster sugar, granulated sugar, icing sugar, white granulated sugar.

SWEET THINGS Cacao nibs, chocolate sauce, chocolate drops, edible glitter, golden syrup, honey, hundreds and thousands sprinkles, jelly sweets, maple syrup, plain chocolate, sweetened condensed milk, vanilla extract/essence, white chocolate.

GRAINS, PULSES AND PASTA Bucatini pasta, giant couscous, freekeh, jumbo oats, porridge oats, rice.

OTHER Digestive biscuits, matzo crackers, matzo meal, rice krispies, tea.

JARS AND TINS Butter beans, cannellini beans, chopped tomatoes, coconut milk, flageolet beans, pitted black olives.

Nuts, seeds and dried fruits

NUTS Brazil nuts, blanched whole almonds, chopped walnuts, flaked almonds, pistachio.

SEEDS Chai seeds, flax seeds, pumpkin seeds, sesame seeds, sunflower seeds.

DRIED FRUITS Apricots, cherries, cranberries, goji berries, mango, raisins, stoned medjool dates, sultanas, untoasted coconut shavings.

Herb garden and spice rack

SPICES Cumin, curry powder, garlic powder, ground cinnamon, ground cloves, ground cumin, nutmeg, mixed spice, oregano, paprika, pul biber, red chilli flakes, smoked paprika, sumac.

HERBS Basil, bay leaf, coriander, dill, dried mint, flat leaf parsley, micro coriander leaves, mint, parsley, rosemary, thyme.

SEASONING Pepper, salt, sea salt.

From the bar

Amontillado sherry, brandy, Carpano Antica Formula Vermouth, gin, limoncello liqueur, Pimms, red wine, white wine.



ASIAN SALMON



SERVES 4 **PREP TIME** 15 mins **COOK TIME** 12-15 mins



Steve Ryan
Managing Partner,
Real Estate, SA Law

INGREDIENTS

4 salmon fillets
6 spring onions,
finely shredded
2cm piece of ginger,
cut into matchsticks
1 carrot, peeled and cut
into matchsticks
2 garlic cloves, crushed
16 mangetout, thinly sliced
½ bunch of fresh coriander
4 tsp soy sauce
4 tsp sesame oil
1 lime

"This recipe is ideal if you are home by 7:30pm and want dinner by 8.00pm. It is a very satisfying, tried and tested, 30-minute meal."

Method

- 1 Pre-heat your oven to 200C/180C fan/gas 6.
- 2 Prepare your vegetables and place them in piles on your chopping board – cut your carrots and ginger into matchsticks, finely shred your spring onions and mangetout.
- 3 Place the coriander stalks with your other vegetables, chop the leaves and set them to one side.
- 4 Now make your parcels. Tear off 4 squares of tin foil and 4 squares of baking paper (all same size, big enough to fit and wrap your fish and vegetables).
- 5 On your worktop, lay out your tin foil squares and place the squares of baking paper on top. Place one fillet of fish on top of each square and divide your vegetables between the 4 parcels.
- 6 Drizzle each parcel with the soy sauce and sesame oil and squeeze over the lime.
- 7 Wrap your parcels but not too tight so the air can circulate and steam the fish.
- 8 Once cooked (should take around 12-15 mins) open the parcels and sprinkle the chopped coriander leaves.

Tips & Hints

- Serve with sticky rice and a very cold Peroni.
- This recipe works equally well with cod or trout. It is a great recipe for using up the stray vegetables you have hanging around in the fridge and works well with red or yellow peppers, green beans, asparagus or broccoli.



Wine suggestion

This dish is a great match with wines that are full of luscious tropical fruit flavours and a hint of spice and pepper that can be found in some New World Chardonnays. Try a Chilean Viognier such as the Viu Manent Secret Viognier or the Ventisquero Chardonnay. They are refreshingly fruity and spicy too.



BUFFALO CAULIFLOWER WINGS



SERVES 4 **PREP TIME** 10 mins **COOK TIME** 40 mins



Lisa Bates-Wallis
St Albans District
Chamber of Commerce

"Amazing healthy recipe. First tried in Los Angeles and am now addicted, so tasty! Best when a bit crispy!"

Method

- 1 Preheat the oven to 230C/210C fan/gas 8. Line a baking sheet with parchment paper.
- 2 In a large bowl, add the flour, paprika, garlic powder, salt, pepper and milk, and stir until well-combined.
- 3 Break the head of cauliflower into florets, about 4cm wide. Add the cauliflower florets to the batter, making sure each piece is evenly coated. Arrange the coated cauliflower on the baking sheet. Bake for 20 mins, flipping halfway.
- 4 Meanwhile, in a small bowl, combine the Franks buffalo hot wing sauce, coconut oil, and honey and stir until evenly combined. Brush the buffalo sauce mixture on the cauliflower and bake for another 20 mins.
- 5 Enjoy!

Tips & Hints

- You could use Sriracha sauce if you can't find Franks sauce.

INGREDIENTS

95g all-purpose flour
1 tsp paprika
2 tsp garlic powder
1 tsp salt
½ tsp pepper
180ml milk or milk alternative
1 head cauliflower
70g Franks buffalo hot wing sauce
2 tbsp coconut oil or vegetable oil
1 tbsp honey

ADDITIONAL INFO

- ✓ Suitable for vegetarians and vegans



BACON AND FLAGEOLET CASSEROLE



SERVES 2 PREP TIME 15 mins COOK TIME 45 mins



Julien Foster
1GC | Family Law

INGREDIENTS

3 rashers of streaky or middle bacon or 1 bacon chop chopped roughly
1 medium onion, finely chopped
400g tin of chopped Italian tomatoes
400g tin of flageolet beans, drained and rinsed
1 tsp oregano
1 bay leaf
1 tbsp olive oil

"Winter food – and ideal if you come home having to prepare a case for the following day as it is quick to make yet has the comfort of a slow-cooked casserole. One of the first recipes I put on my food blog, www.saltyfood.blogspot.com."

Method

- 1 Gently heat the olive oil then turn up the heat, add the bacon and fry until well cooked.
- 2 Add the onion, turn down the heat and allow the onion to soften without burning.
- 3 Add the beans and continue to cook without adding any water but making sure the contents do not burn.
- 4 Finally, add the chopped Italian tomatoes and the herbs and bring to the boil.
- 5 Then allow to simmer for 30 mins (adding a little water if the contents are in danger of drying out) and serve.
- 6 Eat hot or cold; good if dressed with olive oil.



Wine suggestion

The velvety fruity notes of a syrah, the red grape responsible for delicious northern Rhone Valley reds such as les Fees Brunes Crozes Hermitage, or found in a blend in many Côtes du Rhône including Chateauneuf du Pape.



BOOK CLUB CHICKEN TAGINE



SERVES 4-6 PREP TIME 10 mins COOK TIME 40 mins



Clare Mackay
Associate, Commercial
Litigation & Dispute
Resolution, SA Law

INGREDIENTS

2 onions, finely chopped
1 clove of garlic, crushed
Small piece of fresh ginger, grated
1 tsp cumin
1½ tsp ground cinnamon
500g skinless and boneless chicken thighs, chopped into chunks
400g tin chopped tomatoes
250ml chicken stock
100g dried apricots
1 tbsp honey
100g giant couscous
Handful of fresh coriander, roughly chopped
1 small tub of natural yoghurt
1 small packet of flaked almonds

ADDITIONAL INFO

! Contains nuts as a garnish but these can easily be omitted

"I love getting together with the other ladies in my book club for a good gossip, a glass of wine and the occasional discussion of the actual book. We take it in turns to host and this recipe was originally cooked for us by my friend, Vicky. It has now become something of a firm favourite. The recipe is taken from the Good Housekeeping website."

Method

- 1 Fry the onions until soft and then add the garlic, ginger and spices for 1 min until the fragrances are released.
- 2 Add chicken and fry until browned.
- 3 Add the tomatoes, the stock, the apricots and the honey and bring to the boil.
- 4 Simmer for 30 mins (with a lid on) and stir occasionally until the chicken is cooked.
- 5 Stir in giant couscous and leave to simmer for approx. 6 mins or until the couscous is cooked.
- 6 Sprinkle over almonds and coriander.
- 7 Serve with yoghurt, crusty bread, a green salad, chilled white wine and good conversation.

Tips & Hints

- Great for get-togethers when you need something you can cook in advance and which you can quickly heat up once everyone arrives.



Wine suggestion

A recipe full of Mediterranean/North African flavours pairs well with wines full of fruit and a hint of spice. These include some southern hemisphere oaky Chardonnays and Viogniers plus wines made from unexpected blends of grapes such as Estival from Uruguay that is made from Gewurztraminer, Chardonnay & Moscato and is full of tropical fruit and light spicy notes. If you prefer red, try a Carignan from Languedoc Roussillon or a red wine from Limoux – both full of vibrant peppery fruit.

CHICKEN SOUP AND MATZO KNEIDLACH (MATZO BALLS)



SERVES 16-20 good servings **PREP TIME** 15 mins chicken soup, 1 hr matzo kneidlach **COOK TIME** 4 hrs



Simon Speller
Hillier Hopkins LLP

INGREDIENTS

Chicken soup

- 1 large chicken (2kg+)
- 2 onions, cut into quarters
- 6 large carrots, sliced
- 3 ltrs of chicken stock

Matzo kneidlach (matzo balls)

- 1 box of matzo crackers
- 1 tub of schmaltz (or chicken fat)
- 1 large or 2-3 small onions, finely chopped
- 6 large eggs, lightly beaten
- Salt (to your taste)
- Pepper (to your taste)
- 1½ tsp nutmeg (or more for your taste)
- 2 tsp ginger (or more for your taste)
- Matzo meal to bind together

"A recipe unashamedly stolen from my mother-in-law, Carol Standfield. The origins of the recipe lay in the Jewish community of Germany before my mother-in-law's mother was forced to flee with the arrival of the Second World War. European Jews traditionally serve chicken soup as part of the meal on 'Shabbat' and it also has the tagline 'Jewish Penicillin' as it is often served as the staple cure for colds and illnesses. In reality, we enjoy the meal throughout the winter months and there is no better feeling, on those cold winter evenings than returning from work to be met with the smell of the aromatic broth permeating throughout the entire house. A real favourite amongst young and old in the Speller household."

Method

Chicken soup

- 1 Clean chicken and place in a large pot (use a muslin bag for ease if available).
- 2 Cover with water and add the onion and carrots.
- 3 Bring to the boil and boil for 3 hrs or until the meat is falling from the bones.
- 4 Remove the muslin bag with chicken in or chicken from the pot (carefully if unbagged as it will fall apart).
- 5 Remove all meat from the bones, cut roughly into bite sized chunks and return to the pot.
- 6 Bring back to the boil and add the stock. Add more stock cubes or flavouring for taste if you wish.
- 7 If serving with Matzo balls, add to the pot once broth is boiling and wait for them to rise to the surface. Once all the balls have risen the soup is ready to serve.
- 8 Serve immediately or allow to cool and put in the fridge for another day.

Matzo kneidlach (matzo balls)

- 1 Whilst the chicken is boiling prepare the matzo balls.
- 2 Place matzos in a bowl of cold water and soak for approximately 30 mins.
- 3 Remove from the water and squeeze out as much water as possible.
- 4 Melt schmaltz in a frying pan, add the onion and cook until softened.
- 5 Add the schmaltz and onions to the matzo and mix carefully (be careful, hot!)
- 6 Add the lightly beaten eggs and mix.
- 7 Add seasonings for taste and add matzo meal, one large spoonful at a time, to get a firm but not hard consistency.
- 8 Place in fridge for 30 mins.
- 9 Take dessert spoon full of the mixture and form into balls.
- 10 Add to chicken soup as per point 9 of the chicken soup recipe or put into container with greaseproof paper and freeze for another day.

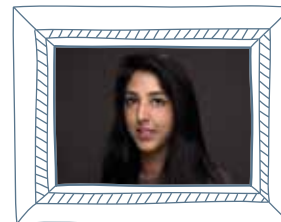
Tips & Hints

- Best to prepare well in advance as cooking times are long but the wait is worthwhile.
- The soup will provide multiple servings or the broth can be transferred to freezer bags and frozen. Simply remove from freezer and put in a saucepan and reheat to provide a warming winter broth.
- For the chicken stock preferably use Telma soup mix or chicken stock cubes.

CHILLI PANEER



SERVES 2 **PREP TIME** 17 mins **COOK TIME** 20 mins



Nikita Sonecha
Solicitor, Employment,
SA Law

INGREDIENTS

- 260g Paneer
- 6 garlic cloves, minced
- 4 green chillies, slit
- ½ tsp ginger, minced
- 1 green capsicum, chopped
- 1 onion, chopped
- 3 tbsp cornflour
- 2 tbsp all-purpose flour
- 2 tsp soy sauce
- 1 tsp chilli sauce
- 1½ tsp tomato puree
- 9 tbsp water
- 2 tbsp cooking oil
- ½ tsp ground black pepper
- Salt
- 1 spring onion, finely chopped for garnish

ADDITIONAL INFO

- ✓ Suitable for vegetarians

"Hot and spicy traditional Asian starter. It can be served as a side dish with Chinese fried rice/Schezwan fried rice. Nonetheless, it will definitely leave your taste buds wanting more!!"

Method

- 1 Cut the paneer block into 1 inch cubes.
- 2 Prepare the paste to coat the paneer cubes by mixing all-purpose flour, 2 tbsp of cornflour, black pepper and salt with 6 tbsp of water. Add the water slowly to ensure the correct consistency.
- 3 Cover the paneer cubes in the paste and leave for 10 mins.
- 4 Heat the coated paneer cubes in oil until they are golden in colour.
- 5 Strain the fried cubes and put them on absorbent paper to soak any unnecessary oil.
- 6 Dissolve 1 tbsp cornflour in 3 tbsp water and set aside.
- 7 Heat 2 tbsp oil in a frying pan and add minced ginger and garlic and sauté for 30 seconds on a medium heat. Add chopped onions and sauté until golden brown. Add chopped capsicum and green chillies and cook for 2 mins.
- 8 Add the paneer back in to the pan, then add chilli sauce, soy sauce, tomato puree and salt. Mix well and heat through.
- 9 Add the cornflour mixture from step 6 to the pan. Stir and heat for a further 2 mins until combined and the cubes are evenly covered.
- 10 Garnish with spring onion and serve.

Tips & Hints

- Use a non-stick pan or heavy based pan to avoid sticking.
- Serve hot and spicy!

CILBIR (TURKISH EGGS)



SERVES 4 PREP TIME 10 mins COOK TIME 10 mins



Alev Giz
1GC | Family Law

INGREDIENTS

450g tub of full fat (10%) Greek yoghurt
2 cloves of garlic, crushed
8 free range eggs
80g unsalted butter
2 tbsp of good olive oil
2 tsp Turkish pul biber (red chilli flakes will do if you cannot find this)
2 tsp sumac
A handful each of parsley and dill, washed and roughly chopped

ADDITIONAL INFO

! This recipe contains milk (yoghurt) and eggs so suitable for vegetarians but not for vegans or those with dairy allergies – though could be tried with soya yoghurt or goat's milk yoghurt.

1GC | Family Law

"This is a very old and traditional Turkish recipe, often served at breakfast/brunch. It can also be a light lunch. Many chefs/cookbook writers have recently started including their own versions (e.g. Peter Gordon, Nigella Lawson). This is my mother's recipe."

Method

- 1 Empty the yoghurt into a large bowl, cover and leave for about 1 hr before you want to eat so that it can come to room temperature. Alternatively, you can place the bowl over a pan of simmering water to warm slightly.
- 2 Add the crushed garlic cloves to the yoghurt and mix well.
- 3 Boil the eggs so they are still soft in the centre and a little runny. Alternatively poach the eggs if you prefer a more runny texture.
- 4 Meanwhile melt the butter in a small saucepan until it starts bubbling. Add the pul biber (or chilli flakes) and the sumac. When these start bubbling add the olive oil. Stir, take off the heat and put to one side.
- 5 Divide the garlicky yoghurt between four warmed bowls.
- 6 If using boiled eggs, remove the shells then place two eggs in each bowl.
- 7 Stir the butter, oil and spice mixture. It should now be a gorgeous red/copper colour. Drizzle onto the eggs and yoghurt in each bowl.
- 8 Sprinkle the chopped parsley and dill over each bowl.
- 9 Serve with toast (sourdough works very well) and a small pot/bowl of pul biber (or chilli flakes) for people to add more if they wish.

Tips & Hints

- Some people find poaching eggs daunting. 'Poachies' paper pouches are so easy to use and fool proof. Alternatively, boil eggs so they are still soft and a bit runny in the middle and they'll do just as well for this dish. Particularly good served with simit – the ring bread snack of Turkey covered in sesame seeds which is widely available now in the UK.
- 5% or 2% fat yoghurt also works really well. You could also use 0% but you will lose the creamy taste and texture.

COD LOIN WITH CREAMED LEEKS, TOMATO AND BROWN SHRIMP BUTTER



SERVES 2 PREP TIME 20 mins COOK TIME 20 mins



Andrei Lussmann
Lussmanns

INGREDIENTS

For creamed leeks

190g leeks, washed and diced
100ml cream
20g butter

For tomato butter

20g butter
60g banana shallots, thinly diced
30ml white wine
60g salad tomatoes, seeds removed and finely diced
20g brown shrimps
Handful of parsley, chopped

For shallot rings

12 shallot rings
Milk and seasoned flour
150ml oil to deep fry

For the cod

12 micro coriander leaves
2 cod loins
20g butter
150ml oil
Salt and pepper

"Our cod is all the tastier knowing that it has been sourced using the MSC kite mark. This is a versatile recipe allowing you to change the leeks for whatever you like, cauliflower is a great alternative with varieties planted throughout the warmer months ensuring year-round supply."

Method

To make creamed leeks

- 1 Sweat off the leeks in butter without colour, add the cream and bring to the boil.
- 2 Simmer until all cream has nearly gone, you should then be left with a nice creamed texture without lots of moisture. Season.

To make tomato butter

- 1 Melt the butter in a pan and sweat off the shallots until transparent.
- 2 Add the white wine and reduce until almost gone.
- 3 Then add the tomatoes.
- 4 Fold the shrimps and parsley into the butter once the fish is nearly cooked (see instructions to cook cod).
- 5 Taste for seasoning.

To make shallot rings

- 1 Thinly slice the shallot and break into individual rings (similar to onion rings).
- 2 Dip into milk and seasoned flour.
- 3 Deep fry, mix with micro coriander and set aside for garnish.

To cook cod

- 1 Cook fish in a non-stick pan for around 8-10 mins, starting skin side down, remember to season fish.
- 2 Turn fish over and finish flesh side up (see tips & hints below).
- 3 When fish is about 3 mins from being ready, start to prepare the garnish.

To serve

- 1 Heat the creamed leeks back through and place in a bowl or on a plate.
- 2 Place the cooked piece of cod skin side up on top of the leeks.
- 3 Warm through the tomato butter and spoon over the cod.
- 4 Garnish with the shallot rings and micro coriander mix.

Tips & Hints

- Remember to cook fish 70% skin down and 30% skin up.



Wine suggestion

The inherently soft texture of this dish with the white fish and creamy sauce suggest that a wine full of ripe fruit and some light creaminess such as a lightly oaky Chardonnay from Chile or the South of France would be a delicious accompaniment.

LUSSMANN'S
FISH & GRILL

CORIANDER, MINT, GINGER AND BRAZIL NUT BURGERS



SERVES 2 **PREP TIME** 15 mins **COOK TIME** 20-25 mins



Jane Todd
The Kitchen Front

INGREDIENTS

75g Brazil nuts
100g tin of cannellini beans, drained
50g carrot, peeled and coarsely grated
25g ready to eat dried apricots, coarsely chopped
1 tsp mint sauce (or 1 tsp finely chopped fresh mint)
2 tsp fresh coriander, finely chopped
¼ tsp dried chilli flakes (this can be omitted or reduced if a less spicy burger is preferred)
1 tsp fresh ginger, finely grated
1 tsp light soy sauce
2 tps nut or sunflower oil

To serve

2 tbsp Greek yoghurt or soured cream
2 pitta breads or wraps

ADDITIONAL INFO

✓ Suitable for vegetarians and for vegans if served without yoghurt or soured cream

! Contains nuts



"These burgers are a great vegetarian alternative to a traditional meat burger. They are always really popular with meat eaters and vegetarians alike when we make them at our Simple Suppers cookery class."

Method

- 1 Set the oven to 200C/180C fan/gas 6.
- 2 Place 50g of the Brazil nuts in a food processor or liquidiser and blitz until finely chopped.
- 3 Add the drained cannellini beans and blitz again so the beans are coarsely mashed but not completely pureed. Tip into a mixing bowl.
- 4 Add the grated carrot, mint sauce (or fresh mint), coriander, chopped apricots, chilli flakes, grated ginger and soy sauce and mix well until all combined.
- 5 Using hands shape the mixture into 2 burgers.
- 6 Place the remaining 25g Brazil nuts in the cleaned food processor or liquidiser and blitz until finely ground to make Brazil nut flour. Tip into a small bowl.
- 7 Carefully place the burgers into the bowl of nut flour one by one and turn until each side is evenly coated. Reshape if necessary.
- 8 Place the burgers onto a baking tray lined with oiled baking parchment and drizzle a tiny amount of oil over each one.
- 9 Place the baking tray in the oven and bake the burgers for 10 mins. Turn each one over carefully and place back in oven for further 10 mins so each side is evenly browned.
- 10 Serve immediately with a dollop of soured cream or Greek yoghurt accompanied by a simple green salad and pitta bread or wraps.

Tips & Hints

- Other tinned beans such as haricot or kidney beans could be substituted for the cannellini beans.



Wine suggestion

Chilean Cabernet with vibrant cassis and cherry flavours, spices and white pepper or a silky South African Pinotage that is full of summer berries, warm spice and toasty wood flavours and a long smooth finish.

CRUNCHY CURRIED CHICKEN SALAD



SERVES 1 **PREP TIME** 10 mins **COOK TIME** 5 mins



Keely Rushmore
Partner, Employment,
SA Law

INGREDIENTS

1 chicken breast, chopped into bitesized pieces
1 tsp curry powder (mild, medium or hot depending on your tastebuds!)
2 tbsp olive oil
1 tbs mango chutney
8cm piece of cucumber, chopped into chunky pieces
Large handful of salad leaves of your choice
Lime juice – a good squeeze
1 tbs natural yoghurt (optional)
1-2 spring onions, finely sliced
1 tbs flaked or chopped almonds (optional but it won't be crunchy without them!)

ADDITIONAL INFO

! Contains nuts and dairy (but they can be omitted)

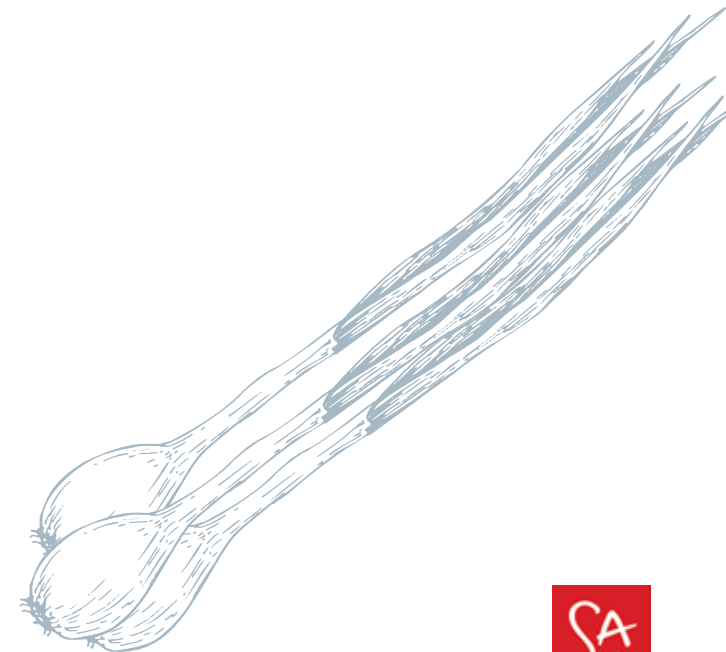
"Who says salads need to be boring? This one wins on many levels – it's tasty, filling and really easy to prepare in advance. Based on a recipe posted on Fitnaturally.co.uk – this website is great for healthy recipes, with the emphasis on 'real' food."

Method

- 1 Coat the chicken in the curry powder and stir fry in half of the olive oil until cooked through (around 5 mins).
- 2 Make the dressing by whisking together the remaining olive oil with the yoghurt, mango chutney and lime juice, and season to taste.
- 3 Place the chicken, spring onions and cucumber on the salad leaves, drizzle over the dressing and sprinkle over the almonds.

Tips & Hints

- This is delicious with the chicken either hot or cold. If eating cold, add the dressing and nuts just before eating.



CURRY IN A HURRY



SERVES 4-6 **PREP TIME** 10 mins **COOK TIME** 20 mins



Alasdair Bleakley
Partner, Corporate & Commercial, SA Law

INGREDIENTS

2 tbsp wok oil
3 tbsp spring onions, finely chopped
3-4 tbsp green Thai curry paste
1kg chicken thigh fillets cut into strips of about 4 x 2cm
400ml coconut milk
250ml chicken stock
1 tbsp Thai fish sauce (nam pla) (optional)
185g frozen peas
200g frozen soya beans
150g frozen fine green beans (plus any other veg you have - cubed butternut squash is good)
3 tbsp chopped fresh coriander
Lime wedges to serve
Cooked rice or noodles to serve



"This recipe is a firm favourite and is adapted from Nigella Express. It is a welcomed mid-week treat all year round. We sometimes swap out the chicken for salmon and/or add some pre-cubed butternut squash and whatever frozen veg we have at home. It's very simple to make. The lime and coriander really finish the dish off but are not a must."

Method

- 1 Heat the wok oil in a large saucepan that owns a lid, drop in the spring onions and cook, stirring for 1-2 mins, then add the curry paste.
- 2 Add the chicken pieces and keep turning over heat for 2 mins, before adding the coconut milk, stock and fish sauce, then the frozen peas and soya beans.
- 3 Simmer for 10 mins, then add the frozen fine beans to the mix and cook for another 3-5 mins.
- 4 Serve with rice or noodles, sprinkling the coriander over as you do so.
- 5 Put out a plate of lime wedges for people to squeeze over as they eat.

Tips & Hints

- It's a really simple and delicious dish to make – try it!
- Particularly nice with basmati brown rice.
- For drinks, a cold beer works well, as does any dry white wine. Having said that, neither are required and it's a fine meal with a soft drink.
- As an alternative to chicken thigh, try 3-4 salmon fillets and/or prawns.

EASY MEDITERRANEAN PRAWNS



SERVES 2 (with a bit left over for lunch the next day!)
PREP TIME 5 mins **COOK TIME** 30 mins



Carolyn Simpson
Grandad Digital

"This is a favourite in our house as it's a delicious, quick and easy mid-week dinner!"

Method

- 1 Fry the onion and garlic in the olive oil until soft.
- 2 Fry the chorizo for approx. 5 mins or until slightly brown.
- 3 Add the chopped tomatoes and simmer.
- 4 Add the prawns, butter beans, paprika, salt and pepper and chopped chillies then simmer for 15 mins.
- 5 Add the black olives and simmer for a final 5 mins.
- 6 Serve with brown rice.

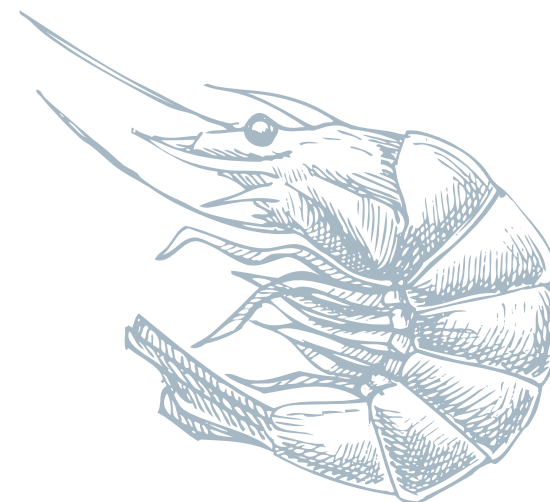


Wine suggestion

The chorizo, paprika and chillies together with prawns made me think of vibrant Spanish reds such as those made from the Mencia grape from Bierzo in the northwest or wines from Montsant in Tarragona in the northeast.

INGREDIENTS

½ tsp olive oil
1 pack of king prawns
Handful of chorizo, chopped
1 red onion, finely chopped
2 cloves of garlic, finely chopped
2x 400g tin chopped tomatoes
400g tin butter beans, drained
Handful of black olives, cut in half
1 tbsp paprika
1 tsp red chillies, chopped (or more if you like it hot!)
Salt and black pepper to season



HALLOUMI AND LAMB SPICED MEATBALLS



SERVES 4 **PREP TIME** 10-15 mins **COOK TIME** 15-20 mins



Tamora Burford
Watford FC's Community
Sports & Education Trust

INGREDIENTS

35g fresh sourdough
breadcrumbs
2 tbs milk
500g lamb mince
200g halloumi, grated
70g chermoula paste,
plus extra to serve
1 tbs olive oil
2 x 400g tins chopped
tomatoes
1 tbs sherry vinegar
2 tbs brown sugar
Handful coriander leaves
(optional)

"In my opinion, there are few recipes which can't be improved by the addition of halloumi, and this one is no exception. Adapted from an old Donna Hay recipe."

Method

- 1 Place the breadcrumbs in a large bowl with the milk and allow to soak for 5 mins.
- 2 Add the lamb, grated halloumi and chermoula paste. Season with salt and pepper and mix well to combine.
- 3 Roll tablespoons of the mixture into balls.
- 4 Heat the oil in a large, non-stick frying pan over a high heat. Cook the meatballs in batches, turning for 3 mins or until golden. Remove from the pan and set aside.
- 5 Add the tomatoes, vinegar and sugar and cook for 2 mins. Return the meatballs to the pan and cook, stirring occasionally, for 6-8 mins or until cooked through.
- 6 Serve with your choice of accompaniment, coriander and extra chermoula.

Tips & Hints

- If you can't find chermoula paste in the shops, then you can make your own or simply substitute it for another spice mix.
- Serve with your choice of accompaniment e.g. cous cous or soft polenta.



Wine suggestion

The full spicy meaty flavours of this dish demand that the accompanying wine can match them with some vibrant fruit too. Try a South African Pinotage that has some spice and pepper amongst soft ripe berry fruits or an Australian Shiraz Cabernet that has ripe silky fruit notes balanced with a peppery spiciness.

MAKARONIA TOU FOURNOU



SERVES 4-6 depending on how hungry you are!
PREP TIME 10 mins **COOK TIME** 1 hr



Christo Tofalli
Ye Olde Fighting Cocks

"This is my version of Makaronia Tou Fournou – my favourite (pasta baked in the oven). It's often made for family get togethers and always for my birthday! It's simple to make but for me, the building of it is nearly as much fun as eating it."

Method

- 1 Boil the bucatini in a large pan of salted water for 1 min less than directed. Usually around 7-8 mins. Drain and rinse in cold water until cold. Leave to drain and put aside.
- 2 Add olive oil to just cover the bottom of a pan and fry the pork until brown. You may want to do this in stages. If you put too much pork in the pan it will cool down too much and boil instead of fry. Take your time. After, place the cooked pork in a bowl as you will come back to it.
- 3 In the same pan, add more olive oil if needed and fry chopped onion until golden, add the cooked pork, ground cinnamon and cloves and stir in 1-2 mins.
- 4 Then add the grated tomatoes, tomato puree, pinch of sea salt and pepper and half a small cup of water. Stir and put a lid on, simmer slowly for 20 mins, then take off lid for 15 mins to reduce to a smooth, consistent meat sauce.
- 5 The more time you spend making this sauce the better. Mine usually takes ages as I am usually preparing another ten dishes when I make this! I just add a little water as I need to if it reduces too much.
- 6 Prepare a béchamel Sauce (mixing the melted butter with equal amounts of flour and slowly pour in the milk getting rid of any lumps as they form until it is smooth), around 800-1000ml depending on the size of baking tray. Add 180g of finely grated halloumi to melt in when finished and the dried mint.
- 7 Mix 5 heaped tablespoons of the béchamel mixed into the cold pasta. This will help bind it so it holds together when serving. Leave enough béchamel to cover the top of the large baking dish you are going to bake it in.

The building

- 1 Lay the first half of the pasta all lengthways in one direction, cutting them to fit the length of the baking tray or adding shorter bits if the baking tray is longer than the pasta, it looks great when you cut into it and it holds together better.
- 2 Gently, add the pork sauce so you don't disturb the pasta layer too much and smooth out. Repeat the same with the other half of the pasta on top of the meat sauce.
- 3 Pour over remaining Béchamel to cover the pasta completely.
- 4 Sprinkle remaining halloumi and then gently place slices of the large beef tomato on top.
- 5 Bake in an oven at 180C/160C fan/gas 4 for around 30-40 mins or until the cheese on top has a good colour and it is beginning to bubble at the edges.
- 6 Leave to rest for at least 20 mins then serve.

Tips & Hints

- Use a large baking dish and remember you need to leave a little space at the top of the dish as it does rise slightly.
- Perfect the next day cold, or to serve hot, pop it in the microwave until cooked (about 3 mins).
- I like to serve this with a fresh, well-dressed salad with a simple good olive oil and ripe lemon dressing topped with a sprinkle of sea salt.



ONE POT CHICKEN AND PAPRIKA



SERVES 4 **PREP TIME** 15 mins **COOK TIME** 15-20 mins in a pressure cooker or 30 mins in the oven



Julia Jenkins
Flagship Wines

INGREDIENTS

3 tbsp olive oil
8 skinless chicken thighs
1 onion, sliced
2 garlic cloves, crushed
500g potatoes, cut into quarters
1 tbsp Dijon mustard
1 tbsp sundried tomato puree
1 tsp smoked paprika
2 tbsp red wine vinegar
100ml medium/Amontillado sherry
300ml chicken stock
4 tbsp crème fraîche to serve
Handful flat leaf parsley, chopped to serve
Salt and pepper to season

"This is a well-loved recipe in my family although the original came from an unknown cook book years ago. I often double up the recipe so it is enough for 2 meals – it tastes even better when heated through a second time with concentrated flavours."

Method

- 1 Heat the oil in the pressure cooker or a deep pan/casserole dish. Season the chicken with salt and pepper and cook until browned all over.
- 2 Add the onion and garlic and cook until the onion softens.
- 3 Add the potatoes, mustard, sundried tomato puree and cook for 1 min.
- 4 Stir in the paprika, sherry, and stock and bring to the boil allowing the liquid to reduce for 2 mins.
- 5 Set the pressure cooker for 15-20 mins or allow to simmer in a deep pan/casserole for 30 mins on a medium heat 180C/160C fan/gas 4 in the oven.
- 6 Serve with crème fraîche and parsley.

Tips & Hints

- Can be frozen and great when re-heated.
- Add more garlic to your taste.



Wine suggestion

The one pot chicken and paprika dish has a delicious savoury smell and taste with a slight piquancy and this is reflected in wines from Monsanto such as the Mas Collet from Cellers de Capcanes with a lovely smooth fruity taste with vibrant rounded ripe light oaky notes.

PAN FRIED MACKEREL WITH FREEKEH



SERVES 1 **PREP TIME** 5 mins **COOK TIME** 30 mins



Claire Boyes
Legal Secretary, Family,
SA Law

INGREDIENTS

1 garlic clove, chopped (approx. 1 clove per serving but you can add more or less to taste)
1 shallot, chopped (approx 1 or 2 per serving but again, depending on your taste)
Freekeh (approx. 50g per person)
Thyme
300-400ml chicken stock or white wine (or both if you like!) and water
Baby spinach
Mackerel fillet

"I came across this recipe at a demonstration at a food festival. I would give credit to the chef if I could remember her name!"

Method

- 1 Chop the shallots and garlic and then soften in a pan.
- 2 Rinse the freekeh then add it to the pan along with the chicken stock or wine and water and thyme. Bring to the boil.
- 3 Cook on a low boil for approx. 20-25 mins stirring and adding more water if necessary. It should end up the consistency of risotto. Don't let it dry out or you'll be scraping it off the pan.
- 4 Season the mackerel and then pan fry for approx. 2-3 mins. You can debone it if you have the patience.
- 5 Just before the end of the cooking time, add in as much spinach as you want to the freekeh and let it wilt.
- 6 Chuck it all on a plate and dig in.

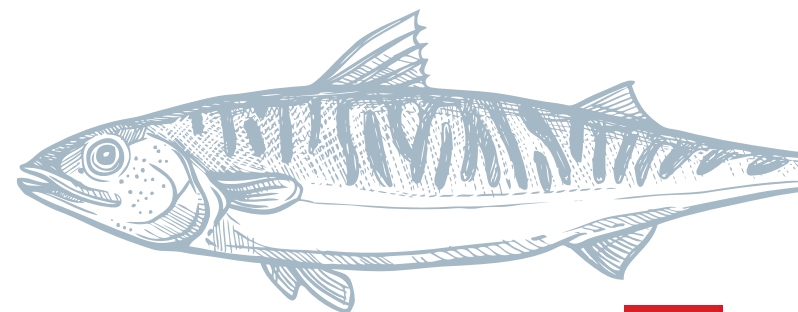
Tips & Hints

- The freekeh freezes very well so I usually cook up several portions in one go to save time in the future. I then just let it defrost and then warm it through and add the spinach and mackerel. I have been told that you can buy pre-cooked freekeh in pouches but I have never actually seen it.



Wine suggestion

The lovely mélange of flavours in this dish deserve a wine such as a South African Chenin Blanc like that made by Jeremy Borg under the Painted Wolf label that has some lovely fresh fruit with balancing spice and mouthfilling texture.



POSH CHICKEN NUGGETS AND CHIPS



SERVES 2 **PREP TIME** 30 mins **COOK TIME** 20 mins



Louise Bodeker
Trainee Solicitor,
Real Estate, SA Law

INGREDIENTS

250g sweet potatoes
2 chicken breasts
2 tsp ground cumin
1 tsp garlic powder
1 egg
10 tbsp porridge oats
Salt and pepper
Olive oil

"This is a much-loved recipe of mine and tastes great at any time of the year. It is essentially a healthier (and more grown-up) version of a childhood favourite."

Method

- 1 Pre-heat the oven to 200C/180C fan/gas 6.
- 2 Cut the sweet potatoes into fries (I prefer to leave the skin on, but you can peel them if you like) and place them on a tray. Drizzle with olive oil and season with salt and pepper.
- 3 Cut the chicken into strips.
- 4 Put the porridge oats in a bowl and in another, crack the egg and whisk in the cumin, garlic powder, salt and pepper.
- 5 Dip each chicken strip into the egg and then into the oats and place on another lightly oiled tray (add more oats if needed).
- 6 Place both trays into the oven for 20 mins, turning half way through.
- 7 Serve with a simple green side salad or green vegetables of your choosing.

Tips & Hints

- For a gluten free version of this dish, substitute the porridge oats for ground almonds – it tastes just as good!

RIZZO'S RATATOUILLE



SERVES 6-8 as a side dish or lunch, 4-6 as a main meal
PREP TIME 10 mins **COOK TIME** 45-50 mins



Julie Gingell
Partner, Director of
Marketing & Business
Development, SA Law

INGREDIENTS

2 red onions
3 cloves of garlic
1 large aubergine
2 small red peppers
2 small yellow peppers
3 courgettes
1 tbsp tomato purée
A few sprigs of fresh thyme
1 tbsp cider vinegar
2 x 450g tinned
chopped tomatoes
Olive oil
Salt and pepper to taste

ADDITIONAL INFO

- ✓ Suitable for vegetarians and vegans

"There is no better way to spend an autumn Sunday afternoon than cooking a vat of Ratatouille with my son Harrison, followed by eating a big bowl of it in front of our favourite Muppet Movie."

Method

- 1 Prepare your veg:
Dice the onions, crush the garlic and chop the aubergine, peppers and courgettes into 2cm chunks.
- 2 Heat 2 tbsp olive oil in a large casserole pan – fry off the onions until soft, this usually takes 7 or 8 mins, then add the garlic and cook for a further 3 mins.
- 3 Add the chopped vegetables and cook for another 5 mins – until they have a nice colour but are not completely cooked through.
- 4 Add a pinch of salt, a good few twists of pepper and the tomato purée. Give it a good stir and cook for another 2 mins.
- 5 Finally, add the tinned tomatoes, thyme leaves and the cider vinegar. Give it one more stir, cover the pan and simmer on a low heat for 30-35 mins.

Tips & Hints

- This is a very versatile stew, it freezes and reheats easily and is ideal for batch cooking.
- For a complete meal add a tin of white beans at the end of the cooking time and cook until the beans are warmed through.
Or
Slice one chicken breast per person in half, season and gently fry in some olive oil until coloured but not cooked through and add to the ratatouille at step 5 along with the juice and zest of a lemon, then cover and pop it the oven at 160C/140C fan/gas 3 for 45 mins.
- However you decide to serve it, a chunk of crusty bread on the side to mop up the 'tomatoey juices' is mandatory – delicious.



Wine suggestion

I'd pair a southern French red wine with this traditional full flavoured herby vegetable dish such as a good Côtes du Rhône with velvety fruit with a hint of spice or an Italian Barbera from Piemonte like the Ceppi Storici from Araldica.

SAUSAGE, GNOCCHI AND KALE BAKE



SERVES Officially the recipe is for 4 people, but 2 of us finish it off quite easily! **PREP TIME** 20 mins **COOK TIME** 20 mins



Adele Baxby Meehan
Kysen PR

INGREDIENTS

200g curly kale
One packet of potato gnocchi (between 400-500g)
1 small onion, finely chopped
Olive oil for frying
3 good-quality British free-range pork sausages
400g tin chopped tomatoes
Large handful of fresh basil leaves
1 ball of mozzarella (around 100g)

"This is adapted from an old recipe in Delicious Magazine – it's a complete failsafe for a cold winter's day and something I will always come back to when I'm stuck for inspiration!"

Method

- 1 Pre-heat the oven to 200C/180C fan/gas 6.
- 2 Finely chop the onion and extract the sausage meat from the skin, crumbling it into chunks. Fry the sausage meat with the onion until the onion is soft and translucent (around 7 mins).
- 3 Add the tin of chopped tomatoes to the pan with the basil leaves and simmer for a few mins.
- 4 Meanwhile, put a pan of salted water on to boil and drop in the kale and gnocchi, cooking for 30 seconds or so. Drain and give a quick rinse in cold water.
- 5 Mix the kale and gnocchi to the tomatoey sausage, season with salt and pepper and then transfer to a 1.5 ltr ovenproof dish.
- 6 Tear the cheese over the top and bake in the oven for around 20 mins until the cheese is melted and the bake is bubbling.

Tips & Hints

- I've made this with spinach too, if kale isn't your thing. The addition of chorizo always goes down well too.



Wine suggestion

Côtes du Rhône wines are a blend of different grape varieties that create softly fruity wines with herbs and spices and a hint of pepper, also Australian blends of the same grapes including Shiraz and Grenache offer the same taste to accompany this dish.

SPICY BUTTERNUT SQUASH SOUP



SERVES 6 **PREP TIME** 5 mins **COOK TIME** 1 hr



Kelly Pike
Head of HR, SA Law

INGREDIENTS

1 butternut squash
2 medium onions, quartered
2 pts of vegetable stock
1 ½ tsp curry powder
1 pinch of salt
¼ tsp black pepper

ADDITIONAL INFO

✓ Suitable for vegetarians and vegans

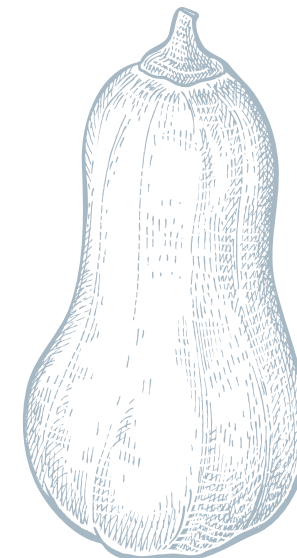
"An easy, healthy and low fat recipe. My go-to lunch in the winter!"

Method

- 1 Pre-heat oven to 240C/220C fan/gas 7.
- 2 Slice squash in half lengthways and place with onions in a large roasting pan or baking dish. Bake, uncovered, for 45 mins until squash is tender. (Don't worry if some of the pieces get a bit browned, this adds to the flavour!)
- 3 Remove from the oven. Scoop out the tender squash and tip into a saucepan with the onions and add stock.
- 4 Bring up to the boil, reduce heat and simmer for 15 mins. Let it cool for about 15 mins, and then purée it in batches in a blender or food processor.
- 5 Stir the curry powder into puréed soup.
- 6 Season to taste.

Tips & Hints

- For a sweet treat, drizzle over 1 tbsp clear honey over the squash and onion 5 mins before the end of roasting.
- The soup lasts for up to 3 days if stored in an airtight container in the fridge – perfect for easy go-to lunches.



THE BIGG BREAKFAST



SERVES 2 **PREP TIME** 10 mins **COOK TIME** 25 mins



Matt Bigg
The Collective &
St Albans Film Festival

INGREDIENTS

A splash of olive oil
1 small onion, chopped
1 tsp smoked paprika
200g potatoes, skin on, chopped into small cubes
60g chorizo or bacon, diced (optional)
300g tinned chopped tomatoes (use the ones with added chilli if you like a bit of heat!)
60g spinach leaves
2 free range eggs
Flat leaf parsley to serve
Salt and pepper to taste

"The Bigg Breakfast. The perfect breakfast for a Sunday morning. This is not your traditional fry-up, but something we enjoy as a family, it really sets you up for the day. Enjoy!"

Method

- 1 Pre-heat the oven to 180C/160C fan/gas 4.
- 2 Warm the olive oil in a heavy based frying pan.
- 3 Add the chopped onion and fry until soft.
- 4 Add the smoked paprika to coat the onions and heat for 1 min.
- 5 Add the potatoes and cook until they start to colour and soften (approx. 10 mins). If using chorizo this can be added along with the potatoes.
- 6 Pour in the chopped tomatoes and stir to coat. Simmer for a couple of mins until the sauce begins to reduce.
- 7 Add the spinach leaves and stir gently until wilted.
- 8 Transfer to an oven proof dish and break the eggs over the mix.
- 9 Put in the oven and bake for approx. 12 mins until the eggs are baked.
- 10 Remove from the oven and serve with chopped flat parsley and season with salt and pepper to taste.

Tips & Hints

- A chunk of fresh bread to mop up the juices and Sunday papers are optional!

TOAD OF TOAD HALL'S TOAD IN THE HOLE



SERVES 3-4 **PREP TIME** 5 mins for batter (can be pre-prepared) 10 mins for the Toad in the Hole **COOK TIME** 25-30 mins



Adam K Ginder
M. K. Ginder & Sons
Funeral Directors

INGREDIENTS

140g plain flour
4 eggs
200ml milk
Vegetable oil (or alternatives)
6 Lincolnshire sausages
½ red onion, diced
8-10 button mushrooms (quartered)
50g sultanas
400g tin chopped tomatoes

"As a child a favourite homemade meal was Toad in the Hole. I'm not a lover of gravy, so I've gone for an alternative option, providing a great variation to a classic dish. This provides a spectrum of flavours and offers a sophisticated style to a household favourite. The name comes from an infamous school performance in a reproduction of Wind in the Willows."

Method

- 1 Prepare the batter:
Beat 4 eggs into the flour and mix until smooth, gradually add in the milk and carry on beating the mix until it is completely lump-free. (If preparing beforehand, cover and refrigerate.)
- 2 Pre-heat the oven to 220C/200C fan/gas 7. Place a small layer of vegetable oil into a baking tin and warm in oven.
- 3 Place 1 tbsp of oil into a frying pan and seal the sausages off to retain the flavour.
- 4 Once the sausages are evenly sealed, place evenly in baking tin. (Ensure the oil in the baking tin is very hot before adding the sausages). Pour the batter mix evenly across the sausages.
- 5 Place in the oven for 25-30 mins, or until the batter has risen around the sausages and has browned nicely. (Be careful not to open the oven during the cooking to prevent the pudding from sinking).
- 6 Whilst that's cooking, place the onions and mushrooms into the frying pan and sauté until the mushrooms begin to brown. Add the sultanas (if you're feeling adventurous) and add the tomatoes simmering and heating throughout. (If necessary add some water to help the cooking process).
- 7 Once the batter has risen, carefully remove from the tin and share amongst those dining.
- 8 Top off with the tomato, mushroom and onion and enjoy!

Tips & Hints

- Serving suggestion: serve with sweet potato mash or roasted root vegetables.
- Accompany with a golden or pale ale.
- Different sausages can be used but be aware of different cooking times required.
- Ensure you can see into the oven without opening the door.



TORTE OF BRAISED LAMB SHOULDER AND POTATO



SERVES 8 PREP TIME 24 hrs COOK TIME 15 mins



Mike North
The Nut Tree Inn

INGREDIENTS

For the torte

- 1 boned lamb shoulder – reserve the bone
- 2 cloves of garlic
- 2 sprigs of rosemary
- 3 Spanish onions, finely sliced
- 2 sprigs of thyme
- Salt and pepper to season
- 4 large baking potatoes, peeled
- 115g salted butter

For the sauce

- 115g banana shallots, sliced
- 115g button mushrooms, sliced
- 1 clove of garlic
- Bone from the shoulder
- 1 sprig rosemary
- 115ml white wine
- 115ml red wine
- 1.1ltr veal stock
- Asparagus to serve



"This dish is one of our signature dishes on our menu at The Nut Tree Inn and is regularly on our menu. It is loosely based on a Lancashire hotpot and can be served all year round with any seasonal vegetables."

Method

- 1 Rub lamb shoulder with salt and pepper then roast in the oven uncovered until golden brown – approx. 20 mins at 220C/200C fan/gas 7.
- 2 Place lamb in large stock pan cover with water, add garlic and rosemary then leave to simmer for 5 hrs.
- 3 Once lamb is tender drain and reserve the liquor.
- 4 Pick lamb meat down into small pieces and set aside.
- 5 Slice the Spanish onions finely then place in a pan with the butter, salt and pepper and thyme. Cook slowly until soft and golden – 'confit'.
- 6 Mix lamb meat with the confit onions and season again to taste.
- 7 Peel and slice the potatoes ¼ inch thick on a mandolin.
- 8 Cook the potatoes slowly in a pan on the stove in the braising liquor from the lamb.
- 9 Once tender, gently drain the potatoes to avoid damage.
- 10 Line the deep baking tray with baking parchment and place a single layer of slightly overlapping sliced potatoes in the baking tray.
- 11 Then spread half of the lamb and onion mix on top.
- 12 Repeat the potato layer and repeat the lamb layer with remaining lamb.
- 13 Top with a third layer of potato taking care to cover all the lamb and bear in mind this will be the 'show' side.
- 14 Press overnight – we use another baking tray with a very heavy saucepan on the top to weigh down the torte and keep its shape.
- 15 Next day square up edges and cut into 8 portions using a serrated knife to gently cut through the torte.

For the sauce

- 1 Roast off the lamb bone in the oven until golden brown in a deep tray.
- 2 In a large saucepan sauté the shallots and button mushrooms in butter.
- 3 Add rosemary and garlic.
- 4 Add both white and red wine and reduce by half.
- 5 Add the veal stock and lamb bone and reduce again by half or until sauce consistency.
- 6 Pass through a fine sieve.

To serve

- 1 15 mins before serving put the torte portions on a tray lined with baking parchment.
- 2 Place into an oven at 180C/160C/gas 4 for approx. 10 mins or until top is golden brown.
- 3 Steam the asparagus for 3 mins, add seasoning and butter.
- 4 Heat sauce in a pan.
- 5 Place slice of torte on the plate with the asparagus, sauce and serve.

Tips & Hints

- Serve with 4 large asparagus spears per person or more if you prefer.

APPLE AND PEARS FLAPJACK PUDDING



SERVES 4 PREP TIME 20 mins COOK TIME 25 mins



Sarah Cripps
The Kitchen Front

INGREDIENTS

- 1 eating apple
- 1 large pear
- 1 tbsp caster sugar
- 1 tbsp cold water
- Flapjack topping**
- 4 tbsp rolled porridge oats
- 30g sultanas or raisins (optional)
- 25g melted butter
- 25g honey or golden syrup

"Apples and pears flapjack pudding is a tasty pudding suitable for children to cook with adult supervision. It is high in fibre and low in sugar and is a good contribution to your five a day."

Method

- 1 Pre-heat oven to 200C/180C fan/gas 6.
- 2 Prepare the apple by cutting into quarters and removing the core. The skin can be left on as it adds extra texture. Chop into bite size pieces and put into a small ovenproof dish.
- 3 Prepare the pear in the same way and add to the apple in the dish.
- 4 Add sugar and 1 tbsp cold water. Mix well. Put to one side whilst making the flapjack topping.
- 5 Put the oats (and sultanas/raisins if using) in a bowl. Melt the butter in a microwave or on the hob until liquid and add to the oats.
- 6 Add the honey or golden syrup. Mix everything together.
- 7 Place dollops of the flapjack mixture over the top of the fruit. It does not need to be smoothed out.
- 8 Bake the apples and pears for 25 mins until the fruit is soft and the flapjack mixture is becoming firmer. The butter and sugar should have run out of the flapjack to give a sticky syrup in the bottom of the tin.
- 9 Leave to cool slightly as the sticky syrup will be VERY hot.

Tips & Hints

- Serve as a pudding with ice cream, custard or just on its own.



CHEATS CHOCOLATEY CHURROS



SERVES 4-6 **PREP TIME** 10 mins **COOK TIME** 15-20 mins



Maia Ritchie
Daughter of SA Law Partner,
Terence Ritchie

INGREDIENTS

320g packet of ready rolled
puff pastry
100g butter
2 tbsp ground cinnamon
115g granulated white sugar
240g chocolate sauce or
chocolate to melt

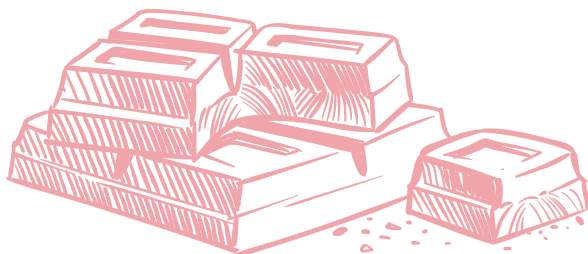
"My family love them and they are super quick and easy to make. This recipe is from Tilly's Kitchen Takeover cookbook."

Method

- 1 Pre-heat oven to 220C/200C fan/gas 7.
- 2 Line baking tray with baking paper.
- 3 Cut pastry into 3cm x 10cm strips and place onto baking tray with space in-between each one.
- 4 Put into the oven for 15-20 mins, or according to instructions on packet.
- 5 While in oven, melt the butter in a saucepan and pour into a bowl.
- 6 Mix the ground cinnamon and sugar and spread onto a plate.
- 7 Take the 'churros' out of the oven and allow to cool.
- 8 Warm the chocolate sauce in a bowl.
- 9 Roll the churros in the butter, then the ground cinnamon and sugar mix.
- 10 Finally, dip them into the melted chocolate as you eat to get the full 'Maia Ritchie' chocolatey churros experience.

Tips & Hints

- Use a pizza cutter to cut the pastry into strips.
- They also taste fantastic with some vanilla ice cream.
- They freeze well, so are a quick-fix pudding.



MELT IN THE MIDDLE CHOCOLATE PUDDINGS



SERVES 4 **PREP TIME** 20 mins plus overnight in freezer
COOK TIME 17 mins



Abi Hall
Girarkle Marketing

INGREDIENTS

125g unsalted butter
100g plain chocolate broken
into pieces
50g golden caster sugar
2 medium eggs
1 medium egg yolk
2 level tbsp of plain flour,
sifted

"If you're a chocolate fan you are in for a real treat with these amazing melt in the middle puddings. Sadly, I cannot take the credit for this winning recipe but remain eternally grateful to the family friend who supplied it! They are a firm family favourite and are guaranteed to feature at a Hall dinner party."

Method

- 1 Lightly grease 4 ramekins.
- 2 Melt the chocolate and butter in a bowl.
- 3 Place the sugar in a mixing bowl with the eggs and the egg yolk. Whisk for 5 mins until the mixture doubles in volume and leaves a ribbon like trail (when you lift the whisk over the bowl the mixture should fall slowly forming a ribbon that will hold its shape for a few mins).
- 4 Pour the melted chocolate and butter over the eggs and sugar and add the sifted flour. Fold everything together until you have a smooth chocolatey mixture.
- 5 Divide the mixture into 4 ramekins, cover with cling film and freeze overnight.
- 6 Pre-heat oven to 200C/180C fan/gas 6.
- 7 Cook for 17 mins.
- 8 Serve immediately with a dollop of your favourite ice cream on top.
- 9 Enjoy!

Tips & Hints

- These puddings must be cooked from frozen to get the melt in the middle scrumptiousness.
- If you have extra ramekins and space in your freezer it's worth doubling the quantity and keeping a supply at the ready.



Wine suggestion

Try the unique Los Vientos Alcyone Tannat from Uruguay – real icon dessert wine – a riot of flavours including coffee, mint, cherry, fudge, toffee and vanilla with this delicious full mouthfilling pudding.



CINNAMON ICE CREAM



MAKES 1 large tub **PREP TIME** 5 mins
COOK TIME Freeze for 5-6 hrs or until firm



Mary Phillips
Associate, Real Estate,
SA Law

INGREDIENTS

600ml whipping cream
200g sweetened condensed milk
2 tbsp butter, melted
½ tsp ground cinnamon, to taste
1 tsp vanilla extract

"This sweet and rich ice cream is a delicious treat – and so easy to make. Good on its own, even better with apple pie or Christmas pudding!"

Method

- 1 Whip cream to stiff peaks in a large bowl.
- 2 Mix together sweetened condensed milk, butter, ground cinnamon, and vanilla in another large bowl.
- 3 Fold in the whipped cream.
- 4 Pour into a freezer container or large loaf tin, cover with cling film.
- 5 Freeze for 5-6 hrs or until firm.

Tips & Hints

- If you aren't a fan of ground cinnamon, you can leave it out and add something else you like to the ice cream mix (e.g. chocolate chips, berries, coffee or Irish cream).

EARTHWORKS BREAKFAST GRANOLA



SERVES 10 **PREP TIME** 20 mins **COOK TIME** 30 mins



Carmen Nevado
Earthworks St Albans

INGREDIENTS

250g Flanagans Organic Jumbo oats
100g sunflower seeds
100g pumpkin seeds
100g sultanas
6-8 stoned medjool dates
1 tbsp coconut oil, heaped
100g cacao nibs
100g untoasted coconut shavings

ADDITIONAL INFO

- ✓ Suitable for vegetarians and vegans
- ! Contains seeds
- ! Contains nuts

"This recipe has evolved from a time when I started making breakfast brunches to celebrate birthdays. It has changed over time based on feedback. Earthworks staff have played a large part in the evolution of the recipe and we have sold the granola at our summer fair and other open days."

Method

- 1 Pre-heat oven to 170C/150C fan/gas 3.
- 2 Mix the oats, seeds and sultanas in a large bowl and ensure the ingredients are well combined. You need to get a mix which achieves a nice balance of oats, seeds and sultanas.
- 3 Place the stoned medjool dates in a pan and add cold water to just cover them. Bring to the boil and simmer slowly. The dates will start to fall apart. With a hand blender, blitz the dates into a thick paste which basically tastes like toffee!
- 4 Add the coconut oil.
- 5 Take a spoon of the date paste and start coating the oats, seed and sultana mix. The aim is to lightly coat the entire mix. You want to achieve a mixture that is not too wet or too dry. This is best done a spoonful at a time. Eat any leftover date paste – it's delicious!
- 6 Take a couple of rectangular baking trays with low sides and spoon a layer of the mix on each tray. Ideally use trays that have not been overused and don't have a lingering taste of something else (e.g. beef!).
- 7 Add a sprinkle of cacao nibs and coconut shavings to the mix on the tray.
- 8 As oven performance tends to vary, how long and what temperature can vary. Set the timer for 10 mins and check the mixture and turn it over. You want to achieve a mixture that is golden in colour all over but beware it can burn easily, so keep a close eye on it.
- 9 When the mixture is a golden brown all over (after about 30 mins), place in a large bowl to cool.
- 10 Once cooled, place in an airtight container where it should keep for 2-3 weeks, providing you haven't eaten it all.

Tips & Hints

- It's great served with Greek or coconut yoghurt and fresh berries.



EASY BANANA BREAD



SERVES 10 **PREP TIME** 10 mins **COOK TIME** 35 mins



Eve Panayides
Solicitor, Real Estate,
SA Law

INGREDIENTS

125g plain butter
150g golden caster sugar
1 tsp vanilla extract
1 egg, beaten
2 very ripe bananas, mashed
190g self-raising flour
60ml milk

"This is a recipe I love to do with the kids. In fact I now encourage them to have a go on their own with minimal supervision. It's also really useful when you have those sad looking bananas going black in the bowl. Rather than throwing them out you can elevate them into something truly delicious and it's so simple! I make it in a loaf tin and then you can slice it up and use in a packed lunch or take to work as a little energy treat!"

Method

- 1 Pre-heat oven to 190C/170C fan/gas 5.
- 2 Grease and line a standard loaf tin.
- 3 Place the butter, sugar and vanilla in a microwaveable bowl and place in the microwave on high for 1 min so that the ingredients melt together.
- 4 Take out of the microwave and give the ingredients a good stir and add the mashed bananas, mix well.
- 5 Add the egg, mix well.
- 6 Stir in the flour and the milk.
- 7 Pour into the prepared tin.
- 8 Bake for 35 mins, or until a skewer comes out clean. Leave to cool and enjoy!

Tips & Hints

- Melting the butter and sugar in the microwave is something the children can do easily as opposed to heating on the hob!
- If you have plain flour in your pantry (which has a longer shelf life than self-raising flour and can be used in savoury cooking such as thickening sauce) then add a heaped teaspoon of baking powder. I often do this if I don't have self-raising flour to hand.

ENERGY BALLS



MAKES 10-12 balls **PREP TIME** 15 mins **COOK TIME** None



Christine Stephen
LBS Chartered Surveyors

"Discovered these recently and they've helped me kick my chocolate addiction!!"

Method

- 1 Stir all ingredients together in a bowl until evenly mixed.
- 2 Scoop up approximately a dessert spoon of the mixture, roll in the palm of your hand to form bite size balls.
- 3 Store in the fridge in an airtight container.
- 4 Lasts for 3 days when refrigerated.
- 5 Help yourself when you need an energy boost!

Tips & Hints

- Can also be frozen.

INGREDIENTS

80g oats
130g crunchy peanut butter
80ml honey
45g chopped plain chocolate (70% or 85% cocoa)
1 tbs of chocolate flavoured protein powder
2 tbs flax seeds
2 tbs chai seeds
Or
4 tbs milled seed mix – flax, sunflower, pumpkin, sesame seeds and goji berries

ADDITIONAL INFO

- ✓ Suitable for vegetarians and vegans
- ! Contains seeds
- ! Contains nuts



FORGET THE COOKIES JUST GIVE ME THAT BATTER CHOCOLATE CHIP COOKIES



MAKES Approx. 24 **PREP TIME** 15 mins plus 1 hr cooling time
COOK TIME 12 mins



Helen Burridge
St Albans BID

INGREDIENTS

115g butter or margarine, melted
115g brown sugar
115g caster sugar
140g plain flour
½ tsp baking soda
½ tsp salt
1 egg
1 tsp vanilla
115g chocolate chips (I usually throw in a whole packet)

ADDITIONAL INFO

! Despite the title, this recipe contains raw egg so you may be advised to avoid eating it! (This warning did NOT exist in my 1980s cookbook...!)

*"I've been making these cookies since I was given the recipe in a kids' cookbook *ahem* 30 years ago. I made over 300 for my 18th birthday party and they went down a storm. Pure nostalgia in a tin. From Kids Cooking: A very slightly messy manual by Klutz Press."*

Method

- 1 Pre-heat oven to 200C/180C fan/gas 6.
- 2 Melt the butter in a small pan and add both sugars while it's still hot. Stir and set aside.
- 3 While the butter is cooling, mix the flour, baking powder and salt in a mixing bowl.
- 4 Whisk the egg with vanilla in another bowl and add to the butter mixture.
- 5 Add the wet ingredients to dry ingredients and mix well. Put in the fridge for about 1 hr then stir in the chocolate chips. (If you do it before this, the hot butter will melt your chocolate chips).
- 6 Place walnut sized lumps of cookie dough on an UNGREASED baking sheet.
- 7 Bake for 10-12 mins, watching carefully. DO NOT OVERBAKE. They will harden slightly while cooling and will be moist, chewy and lightly golden.

Tips & Hints

- I've also added Smarties/M&M's, different nuts and dried cranberries if I'm feeling fancy.

GOOEY CHOCOLATE ORANGE BROWNIES



MAKES 8 **PREP TIME** 5-10 mins **COOK TIME** About 1 hr, depending on the depth/width of your baking tray



Helen Young
Solicitor, Commercial
Litigation & Dispute
Resolution, SA Law

INGREDIENTS

200g ground almonds
250g caster sugar
300g plain chocolate (the higher the cocoa solids the better in my opinion!)
300g butter
4 eggs
Zest of 2 medium oranges
Handful of chopped walnuts

ADDITIONAL INFO

- ✓ Suitable for vegetarians
- ✓ Gluten free
- ✓ Wheat free
- ! Contains nuts

"After seeing this recipe in a Leon cookbook I tasted the brownies at Flatplanet Café in Carnaby and adapted them to suit my own preferences!"

Method

- 1 Pre-heat oven to 140C/120C fan/gas 1.
- 2 Chop all the chocolate and put to one side.
- 3 Melt the butter. I find this works best if you use a saucepan over a low heat rather than using the microwave.
- 4 Add the chopped chocolate to the melted butter and stir until the chocolate has melted. Then remove the saucepan from the heat.
- 5 Add the sugar to the mixture and stir until it has dissolved.
- 6 Grab a bowl and whisk the eggs. Add the whisked eggs to the chocolate mixture and then add in the ground almonds. When you have mixed that and distributed the ground almonds evenly add the orange zest and chopped walnuts.
- 7 Line a baking tray and pour the mixture in. Be careful not to lose the air in the mixture.
- 8 Bake for about 1 hr but I'd suggest you do this by sight; you are looking for the brownies to start to crack on the top and when you achieve that they are about ready. Leave the tray to cool and then dig in!

Tips & Hints

- Depending on the size of the eggs, and how runny the mixture is, you may need to add more of the ground almonds at stage 6 above. Start with 200g and see how the mixture looks.

JEAN'S SLIMLINE BAKED RASPBERRY CHEESECAKE



MAKES 6 healthy slices but 8 if you are watching the calories!
COOK TIME 45 mins plus cooling



Jean Archibald
Rayner Essex

INGREDIENTS

8 low fat digestive biscuits
50g butter or slimline spread alternative, melted
600g low fat cream cheese
2 tbsp plain flour
125g lower calorie golden caster sugar with Stevia (other makes available)
Neilsen Massey Vanilla extract
2 large eggs
1 egg yolk
142g soured cream
500g fresh raspberries
Icing sugar

"This is a recipe I inherited from my mother-in-law and has been adapted to allow my husband a slice without causing him too many problems, he is diabetic and would often get left out of these treats especially on a Sunday when I am known to bake. It may well have come from a Women's Institute recipe as my mother-in-law was a keen member and a renowned winner of many of their baking competitions."

Method

- 1 Pre-heat oven to 200C/180C fan/gas 6.
- 2 Crush the digestive biscuits to a crumb, mix with the melted butter.
- 3 Press the mixture into the base of a 20cm deep cake tin one which has either a loose bottom or spring-form.
- 4 Bake for 5 mins – leave to cool.
- 5 Beat the cream cheese with the flour, sugar, a few generous drops of vanilla extract, eggs plus the yolk and the soured cream until light and fluffy.
- 6 Stir in 150g of raspberries.
- 7 Add cream cheese and raspberry mixture to the tin and level.
- 8 Bake for 40 mins until set but has a slight wobble in the centre, leave to cool before removing from the tin.
- 9 Decorate the top of the cheesecake with raspberries and place at least 200g in a small pan with 1 tbsp of icing sugar, heat until the fruit is soft and juicy, should only take a few mins, be careful not to burn.
- 10 Push the fruit through a sieve to remove the pips and pour the sauce over the cheesecake.
- 11 Serve any remaining sauce separately with the cheesecake.
- 12 Then enjoy as it has slightly less calories than a full-fat cheesecake!

Tips & Hints

- It is a very versatile recipe whereby you can change the fruit to suit the season.
- Strawberries and mandarins work really well.
- I have yet to try mango but could see this working with a lovely passion fruit sauce.

LIMONCELLO GELATO



SERVES 6-8 **PREP TIME** 45 mins plus 7-8 hrs to freeze



Susan Turner
Legal Secretary,
Real Estate, SA Law

"This recipe was given to me by a friend after she served it for dessert when we visited her."

Method

- 1 Finely grate the zest of the lemons into a bowl, then add the juice.
- 2 Stir in the icing sugar and leave for 30 mins.
- 3 Whip the cream until you have soft peaks, then beat in the lemon juice, zest and limoncello liqueur.
- 4 Turn into a 1.5L container and pop into the freezer with no need to stir. Freeze for 7-8 hrs or ideally overnight.

INGREDIENTS

3 fat juicy lemons, zest and juice
190g icing sugar
450ml double cream
3 tbsp limoncello liqueur, chilled in the fridge or freezer



NAIN'S BARA BRITH



MAKES 6-8 slices **PREP TIME** 10 mins + overnight rest
COOK TIME 1 hr 30-45 mins



Jude Hughes
My Mustard

INGREDIENTS

450g mixed fruit
(raisins, sultanas, etc)
¾ pt of cold strong tea
225g brown sugar
450g self-raising flour
1 egg
1 tsp mixed spice

"A Welsh family favourite from my Nain (Granny)."

Method

- 1 Soak the mixed fruit and the sugar in the cold tea overnight.
- 2 Add the flour, spice and egg and stir well.
- 3 Put in a lined 2 lb loaf tin and cook at 180C/160C fan/gas 4 for about 1 hr 30-45 mins, or until skewer comes out clean.
- 4 Slice and enjoy with or without butter.



RUDOLPH'S MAGIC OATS



SERVES A herd of reindeer and 2-3 hungry children
PREP TIME 15 mins **COOK TIME** 30 mins



Amy Sevier
Senior Associate,
Head of Property Dispute
Resolution, SA Law

INGREDIENTS

150g porridge oats
50g flaked almonds (optional)
1 tbsp golden caster sugar
1 tbsp honey
1 tsp ground cinnamon
1½ tbsp sunflower oil
50g rice krispies
100g raisins
A handful of magic sprinkles
(hundreds and thousands,
edible glitter, sparkles,
silver balls, chocolate drops
or jelly sweets)

ADDITIONAL INFO

! Contains nuts

"A great recipe for children to make and to give as a gift for family and friends – suitable for both reindeers and people to eat at Christmas time."

Method

- 1 Pre-heat the oven to 160C/140C fan/gas 3.
- 2 Measure out and mix together the oats, almonds, sugar, honey, ground cinnamon and sunflower oil in a large bowl with your hands until the oil and sugar is coating everything nice and evenly.
- 3 Spread onto an oven tray.
- 4 Bake for approx. 30 mins.
- 5 Remove from oven and leave to cool.
- 6 Add the rice krispies and raisins.
- 7 Throw in the magic sprinkles on the top to ensure that the reindeer get around the world tonight!

Tips & Hints

- This recipe can be easily adapted by swapping the nuts (pistachios, brazil nuts, sunflower seeds), sugar (golden syrup or maple syrup) spices (mixed spice, ginger) and dried fruit (sultanas, apricots, mango) to make your favourite combination.
- A particular festive favourite is pistachio, cranberry and white chocolate drops and a more grown up choice is sour cherry and plain chocolate.

SUMMER STRAWBERRY CAKE



MAKES 8 slices **PREP TIME** 20 mins **COOK TIME** 1 hr



Lynne Misner
Small Acts of Kindness

INGREDIENTS

6 tbsp unsalted butter at room temperature
188g plain flour (I have no idea why this amount but it works so I have never changed it)
½ tsp baking powder
½ tsp salt
200g plus 2 tbsp sugar
1 large egg
118ml milk
1 tsp vanilla essence
450g strawberries hulled and halved – I find a 400g punnet works fine

"I have had this recipe for so long that I don't even remember where it came from! It is a lovely way to use sweet summer strawberries and is really quick and easy to make too. Leftovers keep for a day or two but to be honest we normally eat it all at once."

Method

- 1 Pre-heat oven to 180C/160C fan/gas 4.
- 2 Line a loose bottom 9-10 inch cake tin.
- 3 Put flour, baking powder and salt in a small bowl and mix together.
- 4 In a larger bowl or food mixer, cream together butter and 200g sugar until fluffy.
- 5 Mix in egg, milk and vanilla and whisk again.
- 6 Add dry ingredients gradually until smooth.
- 7 Pour into the cake tin.
- 8 Arrange strawberries cut side down on top of the batter as close as possible in a single layer. You may need to overlap a few.
- 9 Sprinkle remaining 2 tbsp of sugar over the berries.
- 10 Bake for 10 mins then reduce temperature slightly (160C/140C fan/gas 3) and bake until golden brown for about 50 mins.
- 11 Serve warm or cooled.

Tips & Hints

- Delicious served with cream.
- A non-dairy version can be made by substituting the milk and butter for non-dairy alternatives.



Wine suggestion

Strawberry Cake and Pineau des Charentes make an ideal combination as this fortified wine from South West France has delicate floral aromas and delicious honeyed apricot flavours and a mouthfilling texture to match the cake.

TORTA CAPRESE



SERVES 8-10 **PREP TIME** 20 mins **COOK TIME** 45 mins
plus cooling



Alessandra Gnudi
FOCUS

INGREDIENTS

250g blanched whole almonds
150g dark chocolate
5 eggs
200g unsalted butter
100g white granulated sugar
Pinch of salt
Icing sugar to serve

ADDITIONAL INFO

- ✓ Gluten free

"This cake is typical of Capri Island. It is an easy cake to make and to store as it does not need to stay in the refrigerator. It can last a few days if properly covered with cling film and is easy to serve as it does not require plates or cutlery. It is also gluten free!"

Method

- 1 Pre-heat oven to 180C/160C fan/gas 4.
- 2 Grind the almonds in a mixer for a few seconds (do not use the already ground almonds). Put them in a bowl and do the same with the dark chocolate. Put the ground chocolate together with the ground almonds in a bowl.
- 3 In the mixer put the eggs, butter, sugar and pinch of salt and mix it for 30 secs.
- 4 Add the ground almonds and chocolate and mix it all together for 40 seconds.
- 5 Place the mixture in a greased baking tin (20 to 25 cm diameter) and cook for 45 mins.
- 6 Once cooked, let it cool off a bit and dust with icing sugar.

Tips & Hints

- This cake is delicious served with vanilla ice cream and strawberries.



Wine suggestion

The luscious textured chocolatey richness of this dessert is equally matched by the deliciously textured, full, sweet, elegant, vibrant, chocolatey fruit found in a Vin Doux Naturel or naturally sweet wine such as those in Rasteau in the Rhone Valley from Domaine Beaugrenard.

FIRESIDE MANHATTAN



SERVES 2 **PREP TIME** Approx 1 min



Kate Marston
Co-founder,
Puddingstone Distillery

INGREDIENTS

150ml Campfire Cask Aged Gin
25ml Carpano Antica Formula Vermouth
Ice
Fresh orange peel for garnish

"Ben, my hubby and fellow distillery co-founder, created this signature cocktail for our Cask Aged Gin. The love-child of a Martini and Mahattan, it replaces the latter's requirement for bourbon or rye whisky, with our Campfire Cask Aged Gin which has been rested for 22 days in ex-bourbon casks from Kings County Distillery in New York. This is balanced with a sweet vermouth and a dash of chocolate bitters. Ratios are based around a classic dry martini. A Puddingstone twist on two classics."

Method

- 1 Add fridge temperature vermouth to a cocktail shaker which is ¼ filled with ice.
- 2 Stir gently to coat the ice with the vermouth.
- 3 Using a strainer pour away the vermouth (retaining the ice in the shaker).
- 4 Add the Campfire Cask Aged Gin to the shaker and stir for 20 seconds to dilute the ice some more. Strain into a pre-chilled martini glass.
- 5 Add a twist of orange peel to garnish.
- 6 Cheers!

Tips & Hints

- If you don't have a cocktail shaker use a pint glass or large tumbler.
- For a longer drink serve in a highball glass and top with Fever-Tree Indian Tonic Water.

GROWN UP ICE LOLLIES



SERVES 5 for Pimms and 12 for G&T **PREP TIME** 5 hrs
COOK TIME No cooking needed – you just need a freezer



Rob Ryall
Partner, Joint Head of
Commercial Litigation &
Dispute Resolution, SA Law

INGREDIENTS

Pimms

300ml Pimms
850ml lemonade
3-4 strawberries cut in half – you can use any fruit really
3 sprigs fresh mint – leaves only
Zest of 1-2 oranges

Gin & Tonic

50ml gin
300ml tonic – left to go flat
¼ cucumber thinly sliced
Juice of ½ lemon or lime

For both

Ice lolly moulds
Wooden lolly sticks

ADDITIONAL INFO

! These are alcoholic so don't drive afterwards

"The kids came up with the idea of an adult ice lolly when we were having a BBQ recently. I'd never thought of this but a quick google search confirmed their popularity and versatility. We made Pimms and Gin and Tonic lollies. They are simple and don't make you feel that guilty when enjoying them!"

Method

Pimms

- 1 Mix lemonade and Pimms in a jug.
- 2 Put some of the fruit (strawberries), mint leaves and orange zest in each ice lolly mould.
- 3 Pour in the Pimms mixture until mould is about ¾ full.
- 4 Insert lolly stick and put on mould lid and place in freezer for about 3-4 hrs or until frozen.
- 5 Dip the moulds in some hot water and gently remove the lollies.

Gin & Tonic

- 1 Mix gin, tonic and lemon/lime juice in a jug.
- 2 Put some cucumber slices into each ice lolly mould.
- 3 Pour in the gin mix.
- 4 Insert lolly stick and put on mould lid and place in freezer for 4-5 hrs or until frozen.
- 5 Dip the moulds in some hot water and gently remove the lollies.

Tips & Hints

- If you don't have lolly moulds try using a smallish glass. Place all the ingredients into the glass and put it into the freezer for about 1 hr to allow the mixture to partially freeze. Remove and insert lolly stick and return the glass to the freezer for about 2-3 hrs until they are frozen solid. Place the glass in hot water to remove the lollies.
- Whilst I have not made them this simple method could be used for any of your favourite alcoholic drinks. Do not use too much alcohol as this can hamper the freezing process. I read somewhere that with spirits aim for a ratio of 1:5 alcohol to mixer.



SLOE GIN AND SLOE PORT



SERVES Depends how much you want to share
PREP TIME Not long **COOK TIME** Gin 12 mths, Slort 8-12 wks



Simon Walsh
Senior Associate,
Commercial Litigation &
Dispute Resolution, SA Law

INGREDIENTS

Gin

1ltr gin – no need for anything fancy, the straight forward 'cooking' type is fine

500g sloes

200-250g sugar depending on how sweet you like things

Sloe Port ('Slort')

The sloes left over from your sloe gin

1 bottle red wine – again, nothing fancy or too strongly flavoured

100g sugar

200-250ml brandy

"Making sloe gin has become something of an autumn ritual for a friend and I, with our children looking forward to berry picking sessions and the opportunity to sell them to those who haven't picked their own! The addition of sloe port to our arsenal gives something you can drink ahead of the gin itself. I'm not a fan of the unnecessary portmanteau word, but to quote my friend, a big glass of 'Slort' will 'sort you right out!'"

Method

Sloe Gin

- 1 Pick sloes.
- 2 Freeze sloes (it saves having to prick them to release their juice).
- 3 Sterilise a 2ltr Kilner jar or equivalent (I usually stick them through the dishwasher on a really hot cycle and haven't had any problems).
- 4 Put the sloes in the jar, add gin and shake vigorously.
- 5 Put the jar in a dark place and shake daily for a couple weeks or so, then once a week.
- 6 After three months add the sugar, shake well every day until it's all dissolved, then go back to shaking once a week.
- 7 After another three months strain the liquid through filter papers or a scalded muslin cloth into sterilised bottles (Milton tablets are good for this), seal them and keep them for another six months – which should see you into some where approaching Christmas when you can reward your patience with nice big glassful over ice.
- 8 Keep the berries in the jar if you want to make the Slort too.

Sloe Port ('Slort')

- 9 Add the bottle of red wine to the sloes in the jar, add the sugar and shake until its dissolved.
- 10 Put the jar back in its dark place and shake daily for at 6-10 weeks – I've done both ends of that and prefer the shorter period, but experiment!
- 11 After your desired 6-10 week period, add 200-250ml of brandy to taste and strain the liquid off into a sterilised 1ltr bottle. The resulting product is ready to drink straight away.

Tips & Hints

- Use a funnel when transferring to bottles and don't pour over anything that will stain.



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