BBC

100 warming recipes for chilly days

# easycook

from BBC goodfood

OCTOBER 2016

# Penny pinching puds

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Gooey, gorgeous chocolate pots p24

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# Welcome

Dinner time with my son Tom

One of the joys of getting home from work is sitting down with my three kids and having dinner together. Right now, wraps are their food of choice. With their mix 'n' match, build 'n' share elements, they're brilliant for letting the kids take charge of their mealtimes, especially if you've got them involved in putting the ingredients together in the first place (see recipe, right). Family mealtimes are at the heart of what Easy Cook's all about, and you'll find inspiration in abundance in this month's issue, from effortless slow-cooker stunners (p52) to John Whaite's five-ingredient wonder dinners (p22). And to keep the kids even happier, check out our easy ideas for a spooky Halloween party and some fire-cracking recipes to help Bonfire Night go off with a bang. Happy Autumn eating, everyone!

*Keith Kendrick*

**Editor**

## *Try these...*

## Piri-piri halloumi & slaw wraps

To make the slaw, shred 2 **carrots**, 1 **red onion** and ½ **white cabbage** using the slicing blade on a food processor. Add a handful of chopped **coriander**, 150ml **yogurt**, and the juice and zest of 1 **lime**. Season. Toss together, then set aside. Mix 50ml yogurt in a bowl with 2 tbsp **piri-piri sauce**. Heat a griddle pan. Slice a 225ml block of **halloumi** and put in a bowl with the 2 more tbsp **piri-piri**. Toss gently to coat, without breaking up the cheese. Cook in the pan for a few mins each side. Warm 4 large **seeded wraps** in a microwave. To serve, pile the slaw and halloumi into wraps, dollop with the yogurt sauce and scatter with coriander. Serve with roasted **sweet potato wedges**. Serves 4.

Subscribe to Easy Cook & get Paul Hollywood's cookbook!
see p42

From BBC goodfood

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

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## Our promise to you

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

- We keep the ingredients lists as short as possible, and preparation times to a minimum.
- All our recipes are costed - using prices from a mid-range supermarket - to help you manage your family budget.
- To save you time during the week, many of our recipes use ingredients you might already have in your storecupboard or fridge.
- As you have more time at the weekend, we help you to stretch your skills, and try new techniques with step-by-step cookery classes.
- All our recipes are analysed for their calorie, fat and saturated fat content by a qualified nutritional therapist to help you and your family to maintain a balanced diet.
- To help you cut down on waste we include suggestions for leftovers where possible.

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October 2016

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*Make our cover recipe!*

**John Whaite's Nutella puddings, p24**

Halloween October 31

# Cutie crawly cupcakes

Make itsy bitsy cupcakes for your Halloween party. These will keep for two days in an airtight container

## Spooky spider cakes

- Makes 12 (easily halved)
- Prep 40 mins ■ Cook 20-25 mins
- 30p a cake
- 481 kcals, 24g fat, 10g sat. fat, 45g sugar

FREEZABLE before decorating

**200g butter, at room temperature**
**200g golden caster sugar**
**200g self-raising flour**
**4 eggs**
**½ tsp baking powder**
**1 tsp vanilla extract**
**6 tbsp chocolate chips or chopped chocolate**

**TO DECORATE**

**2 packs liquorice Catherine wheels**
**12 tbsp nutella or other chocolate spread**
**Liquorice allsorts (the black ones with the white centre)**
**tube black writing icing**
**1 length red bootlace**

**1** Heat oven to 180C/160C fan/gas 4 and line a muffin tin with 12 cases, preferably brown ones. Put the butter, sugar and flour in a mixing bowl. Break the eggs into a smaller bowl, taking care not to get any shell into it, then tip on top of the butter mixture.

**2** Add the baking powder and vanilla to the larger bowl, then beat with an electric hand whisk until smooth and creamy. Stir in the chocolate drops or chocolate. Spoon the cake mixture evenly into the cases and bake for 20-25 mins until golden – a cocktail stick pushed into the middle of one of the cakes should come out clean. Cool on a wire rack.

**3** To decorate the cakes, unravel the liquorice wheels and cut into lengths with scissors to make dangly legs. Stick 8 into the top of each cake, making small cuts with the tip of a sharp knife so they push in really securely.

**4** Spoon the chocolate spread on top and spread lightly within the liquorice legs to make a round spider's body. Now cut the Allsorts to make eyes and the red bootlaces to make mouths, then stick them onto the cakes and dot on the icing to make eyeballs.

■ **For more Halloween makes and bakes, turn to p44**

## Halloween party cakes

# October QUICK BITES

✔ Seasonal food ideas ✔ News snippets ✔ Kitchen must-haves

Recipe adapted from *Doctor Who: The Official Cookbook* by Joanna Farrow (£14.99, BBC Books)

## Happy Halloween!

Celebrate All Hallows' Eve with these scary Doctor Who cupcakes.

### Dalektable army cupcakes

Heat oven to 180C/160C fan/gas 4. Line 10 sections of a 12-hole cupcake tray with foil cupcake cases. Fit 10 foil mini cupcake cases into a mini cupcake tray. Put 150g **butter**, softened, 150g **caster sugar**, 3 **eggs**, 50g **creamed coconut** and 175g **self-raising flour** in a bowl. Beat together until pale. Divide among the cases, filling no more than two-thirds full. Bake the larger cupcakes for 17–20 mins and the smaller ones for 12 mins. Transfer to a wire rack to cool. For the buttercream, beat together 200g **butter**, softened, 300g **icing sugar** and 1½ tsp **coconut extract** until pale and creamy. Beat in some **black food colouring** until pale grey. Pile the buttercream on top of the large cupcakes. Smooth out with a palette knife to a dome shape. Invert a small cupcake on top and smooth the buttercream out to fill any gaps. Press vertical rows of **blue chocolates** around the cakes. Push a small **black gummy sweet** onto one end of a **candy stick** (you'll need 10) and press into the cakes, just under the small cupcake cases. Roll pea-sized balls of ready-to-roll **white icing** and flatten. Secure to the small cupcake cases with a dot of **black icing** for the eyes. Makes 10.

## What's in season right now?

Fruit and veg to inspire your cooking

APPLES

BEETROOT

BLACKBERRIES

BRUSSELS SPROUTS

CELERIAC

CRANBERRIES

*Door decorations*
**George hanging chain** £2, Asda

*Lunchbox snack*
**Rude Health pumpkin snack bar** 99p, ocado.com

*Scary sweets*
**Swizzels Trick or Sweet bags** £1, available in supermarkets nationwide

# TRICK OR TREAT?

You won't lose with our top buys for Halloween

**ALL UNDER £7**

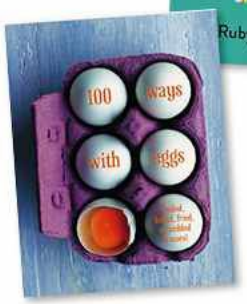
*For the grown-ups*
**Co-op Irresistible Greco** £6.99

*Party Piñata*
**Co-op Piñata** £6

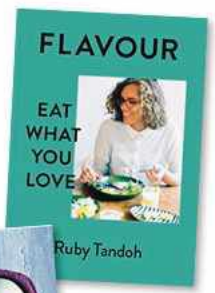
*Tip* **Roasted pumpkin seeds will taste great sprinkled over salads or mixed with dried fruit and nuts for packed lunches**

## On the bookshelf

This month's mouthwatering reads




***100 Ways With Eggs*, £14.99, Ryland Peters & Small** How do you like your eggs in the morning? Luckily, this book has every way you could think of, including ideas for dinner, dessert and cocktail hour. A great book for weekend cooking. **Try this** Moroccan baked eggs




***Flavour: Eat What You Love* by Ruby Tandoh, £20 hardback, Chatto & Windus** Ruby Tandoh's practical new book is organised by ingredient – such as potatoes, cheese, chicken and sugar – so it's easy to choose the dish you're craving the most. **Try this** Black treacle cocoa brownies

**HEALTH NEWS**

## Is fruit juice bad for you?

Lack of fibre is the key problem with juices. Juicing releases the sugars in fruit and removes the insoluble fibre. Most of the sugar in fruit is fructose, which can only be processed by the liver. A small amount of fructose, in an apple for example, does us no harm because we consume it along with the fibre. Fibre protects us against the effects of fructose by slowing its absorption.

Fruit juice is absorbed immediately, like all sugary drinks, as the fibre has been removed. **What's the solution?** Blending is better than juicing as it retains the pulp. Include vegetables in the mix and only use a small handful of two types of fruit. Add juice of half a lemon to make it sweeter without adding more fruit, and fats, such as walnuts, to slow the absorption of the sugars.

GLOBE ARTICHOKE

KALE

LEEKS

PARSNIPS

PEARS

SWEET POTATO

PHOTOS: GETTY IMAGES / LINDA OBERG, ALAN BUCKINGHAM, EISENHUT & MAYER, TIM HAWLEY

## In season Duck

Rich and full of flavour, duck meat is extremely nutritious, with high levels of protein, B vitamins and minerals such as zinc, potassium, magnesium and iron. These delicious duck bonbons are ideal for a light lunch.

### Crispy duck bonbons

Preheat the oven to 190C/170C fan/gas 5. Put 2 **duck legs** on the wire rack and prick the skin. Roast for 70–90 mins. Cool slightly, then remove the skin. Cut the meat from the bones. Shred or roughly chop the meat. Cook 800g **potatoes** in plenty of boiling salted water or steam until tender. Drain and mash until smooth. Transfer to a large bowl. Add the duck meat, 2 tsp **fresh thyme**, 1 **egg** yolk and seasoning. Mix together until thoroughly combined. Divide the mixture into 18 golf-ball-sized balls and lightly dust each with flour, shaking off the excess. Beat 3 eggs with 2 tbsp **whole milk** in a bowl. Put 200g **breadcrumbs** on a plate. Dip each ball in the egg mixture then coat with the breadcrumbs. Repeat the process once more so the balls are coated twice. Put the balls on a plate and chill in the fridge for 30 mins. Preheat the deep-fat fryer to 140C or heat some **sunflower oil** in a deep saucepan. Fry the balls in batches for 4–5 mins until golden brown and crispy. Drain on kitchen towels then serve with **hoisin sauce**. Makes 18.

**Recipe adapted from *101 Meatballs* (£12.99, Ryland Peters & Small)**

*Did you know?* **To make your own dried herbs, spread the leaves of your herbs out on kitchen paper and microwave on High for 20 secs, then turn them over and microwave for another 30 secs**

**EASY TOP TIP**

## Temperature matters!

*Bake Off* champion Nancy Birtwhistle shares the simple piece of advice that improved her cooking and baking

I learnt that many foods benefit from being taken out of the fridge about half an hour or so before using. For example, it's better for chicken, steak and chops to be at an ambient temperature before being cooked at a high heat. If you put a cold, dense piece of meat in a hot pan or oven, you risk drying out the exterior of the meat before the inside has had time to cook. Similarly, when cake-making, all the ingredients need to be at room temperature to get the best possible results.

## SPOTTED!

Tanya from Hampshire made the Peach Melba cheesecake from our summer issue and we think it looks great!

We'd love to see photos of your favourite Easy Cook makes and bakes.
Instagram **@easycookmag**
Facebook **BBC Easy Cook**

# The Shopping list

**GREAT BUDGET BUYS**

This month's top time-saving and thrifty buys

**Creative Cook Creole Jambalaya Paste £2.30, Sainsbury's** Fry a few tablespoons of this paste with rice, peppers, chorizo and chicken.

**Primrose Kitchen Beetroot & Seed Sprinkle £6.95, Holland & Barrett** Stir this protein-boosting beetroot, seed and almond mix into yogurt, pancake batter and smoothies to make them pink.

**Nessie Family from £11, redcandy.co.uk** Teach little ones how to cook with bright and fun kitchenware.

**Taste #5 Bomba! £2, Ocado** This punchy soffrito paste can be added to Bolognese, chillies and pizza bases, or used as a tasty dip.

**Pizza Express American hot ravioli £3.99, Waitrose** This new pasta range tastes like your favourite pizza toppings, and it only takes 1 min to make.

**T2 Creme Brulee loose leaf tea, £7.50, t2tea.com** One of our favourite flavours from T2's vast range of unusual and delicious teas.

**Copper mug £4.99, HomeSense** Get a stylish cup ready for those warming autumnal cocktails.

**Mary Berry chocolate brownie £3.50, Tesco** Indulge on a weekday with Mary's quick and moreish brownie dessert.

## 4-INGREDIENT DINNER

Slice the chorizo and cook in a frying pan until the oils are released. Slice the peppers, add to the pan with the tomatoes, season, and cook until warmed through. Make two spaces in the pan and crack an egg into each one. Cover with a lid and simmer for 5 mins until the eggs are cooked. Serves 2.

**2 roasted red peppers from jar**

+

**½ ring chorizo**

+

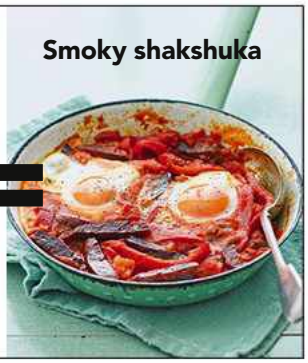
**1 can chopped tomatoes**

+

**2 eggs**

=

**Smoky shakshuka**



# SUPER-SAVER suppers

*Save on your shop with 12 meals that work out at just £1.10 a head*

**JUST 15 MINS PREP TIME**

**87p a portion**

**Quick & spicy nasi goreng, p14**

**Gluten-free storecupboard fishcakes, p14**

## Beef stroganoff with pasta

- Serves 4
- Prep 10 mins plus freezing ■ Cook 20 mins
- £2 a portion
- 614 kcals, 18g fat, 7g sat. fat, 4g sugar

**400g beef rump steak, trimmed**
**1 tbsp butter**
**1 tbsp olive oil**
**300g small button mushrooms**
**400g pappardelle pasta**
**3 shallots, finely chopped**
**1 tbsp plain flour**
**300ml beef stock**
**1 tbsp Dijon mustard**
**1 tbsp tomato purée**
**3 tbsp crème fraîche**
**½ x 20g pack flat-leaf parsley, chopped**

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

**2** Add the remaining butter and oil to the pan and soften the shallots for a few mins. Stir in the flour for 1 min, then gradually stir in the stock. Bubble for 5 mins until thickened, then stir in the mustard, purée, crème fraîche and seasoning. Bubble for 1 min. Add the beef and mushrooms. Drain the pasta, toss with half the parsley, season, then serve with the stroganoff, sprinkled with the remaining parsley.

## Quick & spicy nasi goreng

- Serves 1
- Prep 10 mins ■ Cook 10 mins
- 87p a portion
- 540 kcals, 30g fat, 5g sat. fat, 11g sugar

VEGETARIAN

**2 tbsp vegetable oil**
**1 small onion, finely sliced**
**2 garlic cloves, crushed**
**1 carrot, grated**
**½ small Savoy cabbage, shredded**
**175g cooked brown rice**
**1 tbsp fish sauce (optional)**
**1 tbsp soy sauce**
**1 egg**
**hot chilli sauce, to serve**

**1** Heat the vegetable oil in a wok over a high heat. Add the sliced onion and cook for 3-4 mins until softened and slightly caramelised. Add the grated garlic and stir for about 1 min.

**2** Toss in the carrot and Savoy cabbage, then cook for 1-2 mins. Add the cooked rice and stir to warm through. Pour in the fish sauce, soy sauce and some seasoning. Make a well in the centre and crack in the egg. Fry until the white is nearly set. Serve the rice in a bowl, topped with egg and drizzled with chilli sauce.

**This quick one-pan dish saves on washing-up and time. It'll be on the table in just 20 minutes**

## Gluten-free storecupboard fishcakes

- Serves 3
- Prep 15 mins plus chilling
- Cook 12 mins
- £1.30 a portion
- 624 kcals, 49g fat, 8g sat. fat, 2g sugar

**2 large potatoes (about 550g), cut into small chunks**
**2 x 120g cans of tuna in spring water, drained**
**1 lemon, ½ juiced, ½ cut into wedges**
**½ small pack chives, snipped**
**1 egg, beaten**
**4 spring onions, chopped**
**4 tbsp gluten-free mayonnaise**
**2 tbsp gluten-free flour, for dusting**
**2 tbsp olive oil**
**mixed leaves, to serve**

**1** Put the potatoes in a saucepan, cover in cold, salted water and bring to the boil. Once boiling reduce to a simmer and cook for about 8 mins until tender. Drain and leave to steam-dry for 2 mins.

**2** Mash the potatoes in a large bowl. Add the tuna and combine, breaking it up with a fork, then add the lemon juice and chives. Season well, add the egg and use your hands to bring everything together.

Divide the mixture into 6 and shape into fishcakes. Chill for 10 mins to firm up.

**3** Meanwhile, mix the spring onions with the mayonnaise and chill until ready to serve. To cook the fishcakes, heat half the oil in a large non-stick pan and lightly dust the fishcakes with flour. Cook half for 3-4 mins each side until golden and warmed through, then repeat with the rest of the fishcakes. Serve with the mayonnaise, a lemon wedge and some mixed leaves.

## Tomato & chickpea curry

- Serves 4
- Prep 10 mins ■ Cook 45 mins
- 69p a portion
- 369 kcals, 23g fat, 16g sat. fat, 11g sugar

VEGETARIAN

**1 tbsp olive oil**
**2 onions, finely sliced**
**2 garlic cloves, crushed**
**1 tsp garam masala**
**1 tsp turmeric**
**1 tsp ground coriander**
**400g can plum tomatoes**
**400ml can coconut milk**
**400g can chickpeas, drained and rinsed**
**2 large tomatoes, quartered**
**½ small pack coriander, roughly chopped**
**cooked basmati rice, to serve**

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

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

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

**69p a portion**

**Great for using up your cans and jars of spices**

**This quick and simple pasta dish makes a great midweek meal**

## Kale & smoky bacon pasta

- Serves 5
- Prep 5 mins ■ Cook 15 mins
- £1.13 a portion
- 574 kcals, 29g fat, 8g sat. fat, 3g sugar

**300g pasta (we used wholewheat fusilli)**
**1 tbsp olive oil**
**180g pack smoked bacon lardons**
**2 large garlic cloves, finely chopped**
**1 red chilli, deseeded & finely chopped**
**4 tbsp pine nuts**
**200g chopped curly kale**
**3 tbsp cream cheese**
**½ lemon, juiced**

**1** Boil a large pan of water and cook the pasta following pack instructions. Heat the oil in a non-stick frying pan over a medium-high heat and cook the lardons for a few mins until golden and a little crisp. Stir in the garlic, red chilli and pine nuts, then cook for 1 min more until the garlic and chilli are softened and the pine nuts just toasted.

**2** Turn up the heat and add the kale to the pan with a splash of water, cover and cook for 3-4 mins until wilted. Drain the cooked pasta and add to the pan with the cream cheese and lemon juice. Toss together, taste, and season with black pepper.

## Paella fried rice

- Serves 4
- Prep 5 mins ■ Cook 5 mins
- £1.33 a portion
- 347 kcals, 9g fat, 2g sat. fat, 3g sugar

**1 tbsp vegetable oil**
**2 small chorizo sausages, cut into slices**
**1 onion, sliced**
**1 garlic clove, chopped**
**½ tsp turmeric**
**600g cooked plain rice**
**200g frozen cooked prawns**
**100g frozen peas**

Heat oil in a frying pan. Tip in the chorizo, onion and garlic, then cook for 2 mins. Stir through turmeric, followed by the rice, prawns and peas and 150ml boiling water. Stir until warmed through and the water has been absorbed, then serve.

## Spice-crunch chicken with guacamole salad & tortillas

- Serves 4
- Prep 8 mins ■ Cook 12 mins
- £1.70 a portion
- 555 kcals, 28g fat, 3g sat. fat, 4g sugar

**4 skinless chicken breasts**
**200g bag tortilla chips**
**1½ tsp mild chilli powder**
**1 egg, beaten**
**2 avocados**
**4 tomatoes**
**½ red onion**
**juice 1 lime**

**1** Heat oven to 220C/200C fan/gas 6. Cover a baking tray with parchment. Lay each chicken breast flat on a board, then halve through the middle so you get 2 breast-sized pieces from each.

**2** Bash 85g of tortillas into rough crumbs and small flakes, then tip into a shallow bowl with 1 tsp of the chilli powder and some salt. Mix well. Dip each piece of chicken into beaten egg. Mix the remaining egg into the tortilla crumbs. Now dip each chicken piece into the crumbs so you have a patchy crust.

**3** Roast the chicken on the tray for about 2 mins until the chicken is completely cooked through. Meanwhile, cut the avocado and tomatoes into chunks and thinly slice the red onion. Whisk the remaining chilli powder and some seasoning into the lime juice, then mix through the avocado, tomatoes and sliced red onion. Serve 2 crispy chicken pieces per person with a spoonful of guacamole salad and a handful of the remaining tortillas.

## Reggae reggae nachos

- Serves 4
- Prep 15 mins ■ Cook 25 mins
- £1.28 a portion
- 871 kcals, 52g fat, 14g sat. fat, 21g sugar

VEGETARIAN

**2 tsp olive oil**
**1 red onion, diced**
**½ Scotch bonnet chilli, deseeded and finely chopped**
**400g can chopped tomatoes**
**½ x 295g jar tomato sauce with a good splash Tabasco**
**½ tsp allspice**
**2 x 200g bags tortilla chips**
**200g jar sliced jalapeños**
**2 x 125g balls mozzarella, grated**
**small handful coriander, chopped**
**230g tub fresh guacamole**
**½ x 300ml pot soured cream**

**1** Heat oven to 220C/200C fan/gas 7. Heat the oil in a frying pan, then soften the onion and chilli for a few mins. Stir in the tomatoes, tomato sauce and allspice. Bubble for 1 min, then remove from the heat.

**2** Take a large ovenproof dish and pile on the tortilla chips. Cover with the tomato sauce, then sprinkle with the jalapeños and cheese.

**3** Place in oven for about 15 mins until the cheese has melted. Scatter with chopped coriander, then serve with guacamole and soured cream on the side.

**Invite your friends over and get stuck in to some spicy nachos**

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**White fish baked in an aromatic paste of chilli, ginger, coriander and lime**

## Coconut & lime fish

- Serves 4
- Prep 10 mins ■ Cook 15-20 ins
- 79p a portion
- 307 kcals, 18g fat, 15g sat. fat, 2g sugar

**2 limes**
**100g creamed coconut from a block, chopped**
**1 green chilli, deseeded and roughly chopped**
**handful coriander**
**large knob of ginger, peeled and chopped**
**2 garlic cloves, chopped**
**½ tsp fish sauce, plus extra to taste**
**4 pieces white fish, skin on (we used sustainable cod)**
**steamed rice and thin-stemmed broccoli, to serve**

**1** Heat oven to 200C/180C fan/gas 6. Zest and juice the limes. In the small bowl of a food processor, whizz together the lime zest and juice with the remaining ingredients, except the fish, until a smooth paste forms. Taste and add a little more fish sauce if you feel it is needed.

**2** Put the fish on a baking tray and spread over the coconut mix. Bake for 15-20 mins until the fish is cooked through. Serve with rice and thin-stemmed broccoli.

## Italian meatballs with orzo

- Serves 4
- Prep 10 mins ■ Cook 15-20 mins
- 88p a portion
- 632 kcals, 24g fat, 9g sat. fat, 1g sugar

FREEZABLE meatballs only

**small pack basil**
**500g beef mince**
**2 garlic cloves, crushed**
**1 tbsp dried oregano**
**1 tbsp olive oil**
**540g jar passata**
**300g orzo**
**Parmesan, to serve**

**1** Chop half the basil and reserve the rest. Mix the chopped basil with mince, garlic and oregano. Season. Roll into 20-24 balls.

**2** Heat the oil in a frying pan over a fairly high heat and brown the meatballs all over for 5-6 mins. Stir in the passata and bring to the boil. Turn down to a simmer and cook for 10 mins.

**3** Bring a large pan of water to the boil and cook the orzo following pack instructions. Once cooked, drain and spoon onto a serving platter or individual plates. Top with the meatballs, then shave over the Parmesan and scatter with the basil leaves.

## Curried udon soup

- Serves 4
- Prep 10 mins ■ Cook 15 mins
- £1.06 a portion
- 437 kcals, 26g fat, 16g sat. fat, 12g sugar

VEGETARIAN

**1 tbsp olive oil**
**1 onion, thickly sliced**
**2 tbsp medium curry powder**
**400ml can coconut milk**
**1 tbsp clear honey**
**2 tbsp soy sauce, plus extra to serve (optional)**
**300g pack stir-fry vegetables**
**200g tofu, cut into bite-sized cubes**
**2 x 150g packs straight-to-wok udon noodles**
**4 spring onions, sliced diagonally**

**1** Heat the oil in a large wok or saucepan and add the onion. Cook for a couple of mins to soften, then stir in the curry powder and cook for 1 min. Gradually add the coconut milk, stirring all the time, until saucy. Add 600ml water to the pan, then stir in the honey and soy sauce. Bring to the boil and cook for 5 mins.

**2** Add the stir-fry vegetables, tofu and udon to the pan, cover and cook for another 3-4 mins. Taste, season and add a little more soy sauce, if you like. Scatter with the sliced spring onions.

**Top Indian flatbreads with a spicy paste, then load up with onion, pepper and paneer**

**£1.03 a portion**

## Loaded naans

- Serves 4
- Prep 15 mins ■ Cook 15 mins
- £1.03 a portion
- 653 kcals, 20g fat, 5g sat. fat, 12g sugar

VEGETARIAN

**3-4 tbsp curry paste**
**2 tsp cashew nut butter**
**4 naan breads 1 red onion, sliced**
**1 red pepper, sliced**
**10 cherry tomatoes, halved**
**226g pack paneer, diced**
**TO SERVE**
**small pack coriander, chopped**
**170g fat-free Greek yogurt**
**2 tbsp mango chutney**

**1** Heat oven to 220C/200C fan/gas 7. In a small bowl, mix together the curry paste and the cashew nut butter, then spread the mixture over the naan breads. Take 2 large baking trays and place 2 of the naans on each. Top the breads with a scattering of sliced red onion and pepper, cherry tomatoes and pieces of paneer.

**2** Bake in the oven for 10 mins or until the paneer is starting to turn golden at the edges. Remove from the oven and scatter coriander over the top of each naan. Stir the yogurt and mango chutney together to make a dip to serve alongside the naans.

ADVERTISEMENT FEATURE

"It's pure and delicate – it's amazing"

**Daniel Galmiche**
Norwegian Seafood Ambassador and Chef

# PURITY ON A PLATE

## Daniel Galmiche's Pan-fried Norwegian Fjord Trout

● Serves 4 ● Prep 20 mins
● Cook 25 mins

1.4kg peas in pod or frozen
4 x 140g pavés Norwegian Fjord Trout, skin on
olive oil
1 punnet of pea shoots
FOR THE MINT BEURRE BLANC
250g unsalted butter, cubed
100g banana shallots
fresh mint leaves
100ml good white wine

**1** Take the fresh peas and shell them (keep 4 of the best pods aside). Blanch the rest, refresh in ice and set aside.
**2** For the mint beurre blanc, melt a knob of butter in a pan over a medium heat and fry the shallots until soft. Stir in the wine and mint. Simmer for 5–8 mins until reduced. Reduce the heat and gradually whisk in the remaining softened butter, whisking constantly (about 10–12 mins). Season and cover with a lid, leave in a warm place.
**3** Heat the oven to 160C/140C fan/gas 4. Line an oven tray with baking paper and drizzle with olive oil. Put the tray in the oven. When warm, add the Fjord Trout, skin-side down. Cook until golden, then bake for 4-5 mins.
**4** To serve, warm up the peas, crush half with a fork, season and place in the middle of the plate. Place the Fjord Trout on top and scatter over a few whole peas. Finish with a pea pod half, drizzle with mint beurre blanc, and top with a few pea shoots.

## Discover the succulent yet tender texture and fresh, sweet taste of Norwegian Fjord Trout

Vibrantly coloured, beautifully lean flesh. A firm texture that still melts in the mouth. A delicate and pure taste, with a hint of nutty sweetness.

All this makes farmed Norwegian Fjord Trout ideal for raw and marinated dishes like sashimi and ceviche, but it's also delicious gently grilled or baked at low temperatures.

The fish store most of their fat in their belly, keeping their flesh lean and rich in healthy omega-3 oils.

The unique combination of cold, clear glacial meltwater and Arctic seawater makes for some of the best conditions in the world to raise healthy, delicious fish. These sustainable practices are certified by the Marine Stewardship Council.

NORGE SEAFOOD FROM NORWAY

**Look out for Norwegian Fjord Trout in selected Tesco stores and fishmongers soon**

BONFIRE NIGHT 5 NOVEMBER

# BANGIN' WAYS WITH SAUSAGES

Try our 6 simple and super ideas for sausages

### Sticky apple, sausage & bacon (pictured, right)

Heat the oven to 220C/200C fan/gas 7. Tie a rasher of **smoked streaky bacon** (you'll need 8 in total) around 8 quality **pork sausages**. Heat some **sunflower oil** in a flameproof roasting tin on the hob, then brown the sausages in the tin. Place in the oven and roast for 20 mins. Toss in 2 **red-skinned apples**, each cut into 8 wedges, and roast everything for another 10 mins until the sausages are cooked and the apples are sticky and caramelised. Serve with a side of **mash**. Serves 4.

### Sausage & tomato pizza (below)

Heat oven to 220C/200C fan/gas 7. Heat 1 tbsp **olive oil**, then fry 1 large **red onion**, peeled and finely sliced, and 2 **garlic cloves** until softened, about 5 mins. Season 5 tbsp **passata** with a pinch of sugar, salt and pepper. Put 1 large (25cm) **pizza base** onto a baking sheet and spread over the passata, leaving a border around the edge. Top with the onions, 2 **sausages**, cut into thin slices, and, finally, 50g grated **cheese**. Cook in the oven for 10 mins until crisp. Scatter with **basil leaves**. Serves 2.

### Sausage & bean casserole

Brown 8 quality **pork sausages** in 1 tbsp **sunflower oil** in a large casserole dish. Remove the sausages and discard any excess fat. Add 2 chopped **red onions** to the pan and cook until soft. Turn up the heat, add 150ml **white wine** and reduce by half, scraping the bottom. Add 400g can **chopped tomatoes**, 1 **rosemary** sprig and 500ml **chicken stock**. Return the browned sausages to the pan and simmer for 30 mins. Add a 400g can **cannellini or mixed beans**, drained, and heat through. Serve immediately. Serves 4.

### Sticky sausage baguettes (above)

Toss 8 **pork sausages** in 1 tbsp **oil** in a roasting tin and roast at 200C/180C fan/gas 6 for 20 mins until browned. Mix 3 tbsp **soy sauce**, 3 tbsp **honey** and 4 tsp **wholegrain mustard**. Drain the fat from the sausages and pour over most of the soy mix, coating thoroughly. Return to the oven for 10 mins until sticky. Serve in 8 **baguettes** with **salad leaves** and the remaining soy mix. Makes 8.

### Puffed apple & sage sausage rolls

Heat oven to 220C/200C fan/gas 7. Mix 400g sausagemeat (from 6 **sausages**), 1 crushed **garlic** clove, 2 tbsp chopped fresh **sage** and 1 chopped **apple** with seasoning. Roll out 500g **puff pastry** on a floured surface to a rectangle around 30cm on the shortest side. Halve the pastry to make 2 long, thin sheets, dividing the sausage mix down the centre of each strip. Brush pastry edges with beaten **egg**, then fold over the edges to cover the sausage and make 2 rolls. Seal edges by pressing with a fork. Brush with egg before cutting each into about 6 pieces. Cook for 25 mins or until golden and puffed up. Makes 12.

### Sausage soup

Snip 6 **pork sausages** into chunks. Brown in 1 tbsp **olive oil** in a pan. Add 2 chopped **onions** and 3 sliced **carrots** and cook until softened. Add 4 handfuls dried **Puy lentils** and 850ml **chicken stock**. Simmer for 25 mins until the sausages are cooked through. Season. Serves 4.

Turn to p86 for a child-friendly Toad-in-the-hole recipe

*Tip* **If you have any leftover sausages, throw slices into a pasta sauce or shape the meat into burger patties**

# 5-ingredient wonders

**John Whaite** explains why he wants to keep his ingredients lists to a minimum and stick to simple cooking

**Fed up of cooking with copious amounts of ingredients to make over-complicated dishes, *Great British Bake Off* champion and author John Whaite wanted to make a change and embrace simple food. In his new cookbook, *Perfect Plates*, he challenges himself to create recipes using just 5 main ingredients (not including the usual cupboard-dwellers such as oil and salt).**

> At home, there was never an endless list of ingredients because my family couldn't afford that

**Why did you want to write your new book?**
Good food doesn't need to be complicated. Sometimes a plate of fewer, good-quality ingredients is all you need. Whenever I revel in the nostalgia of home cooking, there was never an endless list of ingredients because my family couldn't afford that. Long ingredients lists are something that people often complain about, so I wanted to listen to my readers and give them something more pared back.

**So how do you reduce the number of ingredients but still make it taste great?**
It's mostly about how the food is cooked. Take my lamb shanks with black grapes: even the food stylist didn't think it would work; the lamb is cooked with grapes and rosemary in water, and everyone thought that would be insipid. But cooking the meat slowly creates its own stock, and when that's all reduced, the flavours just scream. At the same time, in some of my recipes I choose flavours that really hold their own, like chorizo or ras-el-hanout.

**Did any recipes bring back memories?**
My favourite tomato salad reminds me of the tomatoes my Aunt Mary once gave me. That was the first time I ever smelled or tasted 'real' tomatoes, and I'll never forget it.

**Do you have any shortcuts for getting dinner on the table in under 30 minutes?**
Planning is key. If you have time the night before or in the morning, get the chopping done. Or if you're chopping an onion for one meal, chop one for the next day, too.

**So who taught you how to cook?**
My mother ignited the passion, but I went on to learn how to cook professionally. But she still thinks she's better, and we always know that 'mums are always right'...

**Do you cook a lot for your four nephews?**
They are such fussy little ragbags! I love them dearly, but I'm not sure pasta and canned tuna is something I could make every day for them. Joe (4) loves more unusual things, like olives, mushrooms and anchovies – I'm sure he's secretly Italian. But they're all fond of my Taleggio and salsiccia mac 'n' cheese. To them it's pasta and cheese, but to an adult it's fennel-flecked sausage and a pungent sauce.

**It's been four years since you won the *Bake Off*. Have you seen anyone from the competition recently?**
I see Edd Kimber and Jo Wheatley a lot. They're very close friends of mine now. The others I haven't really seen or heard from, which is sad, but I guess normal life finds us and takes a hold. I do really miss Cat Dresser.

**What skills did you gain from the experience?**
Not much in a food way. We were so focussed on what we were doing in the competition. But it did teach me to be a little less intense about things. I always got so stressed out about it all, but halfway through something clicked and I just thought to myself 'just enjoy this opportunity, regardless of the outcome'.

**What's your five-year plan?**
Hopefully I'll still be rattling around my cookery school. We have such a laugh and I always end up giving the students more prosecco than the planned two bottles. I've also got food-based businesses I'm in the process of developing. More on that soon… ■

## Cheeseburger quesadillas

■ Serves 4
■ Prep 15 mins ■ Cook 15 mins
■ £1.20 a portion

**750g minced beef (at least 15% fat)**
**4 hot dill pickle cucumbers from a jar**
**4 white tortillas**
**400g mature cheddar**
**4 tbsp American yellow mustard, plus extra for dunking**
*plus oil, for frying*

**1** Heat 2 tbsp oil in a large frying pan over a high heat and, once it is hot, add the minced beef with a generous pinch of salt and plenty of pepper. Stir-fry the beef for a minute or two, until coloured and cooked through. Remove from the heat and put the mince into a bowl – though leave all of the meaty juices in the pan, as these will come in handy.

**2** Heat a dry griddle pan over a medium-low heat. Take a tortilla and place a quarter of the beef over half of the tortilla. Slice a quarter of the pickled cucumber and scatter over the fried beef, then coarsely grate the cheese and scatter over a quarter of it. Spread 1 tbsp American mustard over the exposed half of tortilla, then fold the tortilla in half, encasing the filling.

**3** Using a pastry brush or your fingertips, paint the uppermost side of the tortilla with the juices from the pan, then flip it into the griddle pan and paint the other side with more juices. Hold the quesadilla down with a spatula for a minute or so until crispy on one side and marked by the pan, then flip it over and cook for 1 min– you want the cheese to be absolutely molten and the tortilla to be crispy. Repeat with the remaining ingredients, then serve.

A cheeseburger stack

## Rice Krispie-coated chicken with Stilton sriracha sauce

- Serves 4
- Prep 10 mins plus marinating
- Cook 15 mins
- £1.97 a portion

**600g chicken mini breast fillets (or just cut 600g chicken breasts into chunks)**
**300g buttermilk**
**150g Rice Krispies cereal**
**220g Stilton, at room temperature**
**100g sriracha chilli sauce**
*plus oil, for frying*

**1** In a mixing bowl, combine the chicken pieces with 100g of the buttermilk so that each piece is very well coated. Cover with cling film and refrigerate for 1 hr – or leave it overnight if you can, as the chicken will then be incredibly tender.

**2** Add a generous pinch of salt and pepper to the chicken bowl, mixing well, then dredge each piece of chicken through the Rice Krispies until very well coated.

**3** Pour 1cm (depth) of oil into a deep-sided frying or sauté pan and heat over a medium–high heat. Once the oil is hot, add the chicken pieces and fry for a few minutes on each side until golden brown and cooked through. If they darken a little too quickly, your oil is too hot. Place the cooked pieces onto a plate lined with a couple of layers of kitchen paper to drain off the excess grease.

**4** For the Stilton sriracha sauce, put the remaining buttermilk into a food processor with the Stilton and sriracha chilli sauce and blitz to a smooth dip. Allow the chicken pieces to cool just until you can manage to gobble them up without burning your mouth, then serve with the sauce for dipping into. You can serve these with some homemade chips, if you like.

*John's tip* **For a lighter version, try roasting the coated chicken pieces at 200C/180C fan/gas 6 for 25 mins; though they'll not be as dark or as crispy**

### John's fantastic five

**These versatile ingredients will quickly add flavour to your meals**

**1 Harissa** – it's extremely versatile. It can be used as a rub and mixed into sauces.
**2** Similarly, **miso paste** makes a wonderful rub or addition to various sauces.
**3 Marmite**. I love its startling flavour.
**4 Gnocchi**. If you pan fry it, it's like you have instant, mini roast potatoes.
**5 Cheese**. I'm a ruddy-faced, dairy farmer's son, I was cultivated on cheese.

## Nutella puddings with caramelised pretzels

- Makes 6
- Prep 20 mins ■ Cook 40 mins
- 65p a portion

VEGETARIAN

**75g caster sugar**
**150g salted pretzels**
**6 large eggs**
**450g Nutella**
**150ml double cream**

**1** Preheat the oven to 200C/180C fan/gas 6. Have 6 x 175ml ramekins or pudding moulds at the ready, but don't grease them. Have a sheet of baking paper ready to tip the caramelised pretzels onto. Heat a saucepan over a medium-high heat, and once it's hot, add the sugar. Allow the sugar to melt and turn into a caramel – you can stir it as it melts. If you find there are a few lumps of sugar, remove the pan from the heat as you stir those until dissolved. As soon as you have a golden caramel, add the pretzels and stir to coat, then tip out onto the sheet of baking paper and allow to cool completely.

**2** Separate the eggs, putting the whites into one mixing bowl and the yolks into another. Add the Nutella to the bowl with the yolks and beat vigorously until smooth – this is far easier with a handheld electric whisk.

**3** Whisk the egg whites in their bowl until stiff and cloud-like. Add a third of the egg white to the Nutella mix and beat in to slacken, then add the remaining egg white and fold in gently, until completely incorporated. Divide between the 4 ramekins, then bake for 20-25 mins. You can take these out when they're still slightly runny, but I prefer them completely baked. Whisk the cream to soft peaks and spoon that over the puddings. Roughly chop the caramelised pretzels and scatter them over the top.

Recipes adapted from **Perfect Plates** by John Whaite, photography by Helen Cathcart (£18.99, Kyle Books).

Make pizza with leftover tortillas

# POUND STRETCHERS

Easy ways to cut waste and save money by loving your leftovers

## Use up **corn tortillas**

- **Create a speedy Mexican pizza** (left) Spread tortillas with a little salsa. Top with sliced ham, chorizo or cooked shredded chicken, some chopped roasted peppers and crumbled feta. Bake until hot and crisp, scattering with coriander leaves before serving.
- **Add crunch to soups and salads** Snip tortillas into strips and toss in a little oil on a baking tray. Bake until crisp. Keep in a sealed container for up to 3 days and use as you would croutons.

## Use up **baby spinach**

- **Whizz up a spinach pesto** In a food processor, whizz 50g baby spinach with a handful toasted pine nuts, a bunch basil leaves, 1 garlic clove, some grated Parmesan and a good glug of olive oil. Toss through cooked pasta and scatter with extra basil and grated Parmesan just before serving.
- **Boost your curry** Add a handful baby spinach to any curry, in the final few mins of cooking, to give your dish a healthy boost of veg and iron.

## Use up **beetroot**

(not in vinegar)

- **An easy no-cook supper** Spread slices of rye bread with a little cream cheese mixed with some horseradish sauce, then top with thinly sliced beetroot and smoked salmon. Squeeze over some lemon juice and season with black pepper before serving.
- **Grab a tasty snack** Mix grated beetroot, carrot and apple with some pumpkin seeds, a squeeze of lemon juice and seasoning. Split a wholemeal pitta bread, spread with houmous, and stuff with the grated mix.
- **Quick healthy juice** In a blender, whizz cooked beetroot with pomegranate juice, a handful blueberries and some mint leaves. Serve over ice.

## Use up **feta**

- **Transform chicken breasts** Mash some feta with chopped sundried tomatoes, chopped parsley, 1 crushed garlic clove and some lemon zest. Cut a pocket into the side of chicken breasts, stuff with the feta mix, then bake until cooked through.
- **A tasty lunch** Lightly crush cooked peas, broad beans and some chopped mint with a fork. Pile onto a slice of toasted crusty bread, drizzle with olive oil and crumble feta on top.
- **Dinner in a dash** Load leftover chilli con carne into taco shells with chunks of avocado and crumbled feta for a supper the whole family will love.

## Use up **ricotta**

- **Whip up a simple salad** Griddle sliced courgettes and peeled king prawns until charred and cooked through. Arrange on a plate, drizzle with olive oil and top with spoonfuls of ricotta, chopped red chilli and basil.
- **Bake a summer tart** Mix some chopped mint leaves and seasoning into a ½ tub of ricotta. Unroll a sheet of puff pastry and spread the ricotta mix on top. Cover the surface with sliced tomatoes, drizzle with olive oil, then bake until golden and puffed.
- **Add a creamy dollop to fruits** Mix some ricotta with a good squeeze of honey and some freshly grated nutmeg, then serve with baked stone fruits or figs.

## Use up **green beans**

- **Bulk up your soup** Add green beans and a handful ready-cooked rice noodles to shop-bought Thai chicken soup to transform it into a hearty broth.
- **Simple side dish** Melt a small knob of butter in a pan. Add pine nuts and 1 crushed garlic clove and cook for 1-2 mins until the pine nuts are toasted. Toss blanched green beans in the pan, season and finish with lemon zest.

*"I loved the textures and flavours. I made the recipe and it was wonderful – so tasty: It was easy to use and no effort"*

Olivia from Melton Mowbray

serving suggestion

# VERSATILE & BALANCED

## Whether you enjoy them on their own or in a recipe, new John West Creations can rescue mealtime

When you're short on time in the kitchen, but don't want to compromise on taste or nutrition, John West Creations – handy shortcuts with the perfect balance of flavours and textures – can help save your meal. The exotic mixes of grains, veg and tuna or salmon can be enjoyed on their own hot or cold, in a salad, with a bit of naan, as a side dish, or even in recipes such as the quick one below. So go on, try the full range - available in leading supermarkets.

### Indian style tuna with wild rice & lentils with a cucumber & mint raita

**● Serves 2 ● Prep 10 mins**

½ cucumber, grated
3 tbsp natural yogurt
small handful of fresh mint, finely chopped
1 x pack John West Creations Tuna with Wild Rice & Lentils Indian Style

Place the grated cucumber in a tea towel and squeeze out any excess liquid. Mix with the natural yogurt and mint. Serve with the Tuna John West Creations.

### HELPFULLY HEALTHY?

New John West Creations come in a range of tasty flavours. Inspired by world recipes, the combination of grains, mixed veg and tuna or salmon make them low in saturated fat, a source of protein and Omega 3, while also giving you one of your five-a-day – a great way to get nutrients when eaten within a balanced diet.


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# EASY AS 1-2-3

Cookbook author **Emily Kydd** shares her delicious and simple 3-step recipes for busy weekdays

## No-cook chocolate cake

- Makes 15-20 slices
- Prep 15 mins plus chilling
- Cook 5 mins
- 11p a slice

VEGETARIAN

**100g butter**
**2 tbsp honey**
**300g 70% dark chocolate, chopped**
**150g ginger biscuits, bashed**
**50g pistachio nuts, roughly chopped**
**75g glacé cherries, roughly chopped**
**icing sugar**

**1** Grease and roughly line a 18–20cm round or square tin with baking parchment.

**2** Melt 100g butter, 2 tbsp honey, and 300g chopped 70% dark chocolate together in a small pan, stirring until smooth. Add 150g ginger biscuits, bashed into small chunks, 50g roughly chopped pistachio nuts and 75g roughly chopped glacé cherries and stir to combine, then tip into the tin.

**3** Using the back of a spoon, spread the mixture out, pushing down firmly and well into the corners. Pop into the freezer for 20 mins or chill for 45 mins in the fridge until very firm. Dust with icing sugar and cut into wedges or squares.

Great if you want something sweet without the long wait

## Salmon & sesame salad

■ Serves 2-3
■ Prep 10 mins ■ Cook 5 mins
■ 92p a portion

**250g microwaveable brown rice/quinoa**
**1 medium carrot**
**¼ small cucumber**
**1 tbsp sesame oil**
**1½ tbsp soy sauce**
**1½ tbsp sesame seeds**
**150g hot smoked salmon**

**1** Heat the brown rice or quinoa according to the packet instructions. Leave to cool.

**2** Meanwhile, grate the carrot and peel the small cucumber into ribbons. In a small bowl, mix together the sesame oil and soy sauce. In a dry frying pan, toast the sesame seeds, shaking until golden brown.

**3** Toss half the sesame seeds and most of the sauce through the rice, then divide between plates. Top with the carrot and cucumber, then flake over 150g hot smoked salmon and finish with the remaining dressing and toasted sesame seeds.

## Chicken traybake Sicilian-style

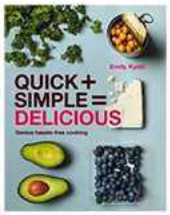
■ Serves 4
■ Prep 10 mins ■ Cook 40-50 mins
■ 82p a portion

**2 tsp fennel seeds**
**200g sourdough bread**
**700g mixed tomatoes**
**100g mixed olives**
**1 bulb garlic**
**3 tbsp extra virgin olive oil**
**4 large or 8 small chicken thighs**
**50g rocket**

**1** Heat the oven to 200C/180C fan/gas 6. Roughly chop or crush the fennel seeds, then tip into a large roasting tray. Tear the bread into chunks and add to the tray, along with the mixed tomatoes, halved if large, mixed olives, 1 bulb of garlic, cloves separated and lightly bashed, and the extra virgin olive oil. Season well and toss everything together.

**2** Rub 4 large or 8 small chicken thighs with a little olive oil and seasoning, then place on top of the vegetables and roast for 40–50 mins, turning the vegetables halfway through, until the chicken is cooked through and the skin is crispy.

**3** Scatter over 50g rocket before serving or serve alongside.




Recipes adapted from **Quick + Simple = Delicious** by Emily Kydd. (£14.99, Kyle Books). Photography by Louise Hagger.

Take time out to enjoy a relaxed brunch this weekend

## Avocado & maple bacon on toast

- Serves 2
- Prep 5 mins
- Cook 9-11 mins
- 66p a portion

**4 rashers of smoked bacon**
**drizzle of olive oil**
**1 extra large or 2 small avocados**
**squeeze of lime juice, plus wedges**
**2 slices Sourdough bread**
**2 tbsp maple syrup**

**1** Dice 4 rashers of smoked bacon and add to a cold frying pan with a little drizzle of olive oil. Fry, stirring, over a medium–high heat for 8–10 mins, or until crispy.

**2** Meanwhile, scoop the flesh from 1 extra large or 2 small avocados and mash with a squeeze of lime juice and some seasoning.

**3** Toast 2 large slices of sourdough bread and top with the avocado mix. Stir 2 tbsp maple syrup through the bacon and let it bubble for 1 min, then spoon this over the avocado. Serve with lime wedges.

• MEALS FOR ONE •

# Solo suppers

Home alone? You can still cook up a storm...

## Steak, chips & quick pepper sauce

- Serves 1
- Prep 5 mins ■ Cook 40 mins
- £5.08 a portion
- 801 kcals, 54g fat, 23g sat. fat, 3g sugar

**2 tbsp olive oil**
**1 large potato, cut into chunky chips, skin left on**
**1 fillet steak**
**1 tbsp red wine vinegar**
**125ml beef stock**
**2 heaped tbsp extra thick double cream**

**1** Heat oven to 200C/180C fan/gas 6. Put 1 tbsp oil in a small roasting tin and heat up in the oven. Boil the potatoes in salted water for 3 mins before draining and letting steam-dry for a few mins. Season, toss in the hot oil and cook for 30-35 mins until golden.

**2** When the chips are nearly done, heat the rest of the oil in a frying pan. Season the steak with pepper and salt, then fry for 2-3 mins on each side, depending on how rare you like it. Rest for 5 mins.

**3** Pour any excess oil from the pan. Add the vinegar, bubble, then add the stock. Boil until reduced by half. Stir in the cream and add pepper. Serve with steak, chips and peas.

Steak with homemade pepper sauce

This is a great lunch for using up storecupboard ingredients

## Sweet jacket potato with piri-piri prawns

- Serves 1
- Prep 10 mins ■ Cook 45 mins
- £3.39 a portion
- 425 kcals, 17g fat, 3g sat. fat, 22g sugar

**1 large sweet potato**
**2½ tsp olive oil**
**1 garlic clove, crushed**
**1 small red pointed pepper, sliced into rings**
**pinch of chilli flakes**
**½ tsp sweet paprika**
**1 tbsp red wine vinegar**
**1 tbsp tomato ketchup**
**100g raw king prawns**
**few sprigs parsley, chopped**
**2 tbsp light mayonnaise**

**1** Heat oven to 200C/180C fan/gas 6. Put the sweet potato on a baking tray, rub all over with a little of the oil and season with salt. Bake for 45 mins until really soft.

**2** Meanwhile, heat the remaining oil in a frying pan. Add the garlic and pepper and cook for 2 mins, making sure the garlic doesn't burn. Add the chilli flakes, half the paprika, the vinegar, ketchup, 1 tbsp water and prawns to the pan, then bubble for 2 mins until the prawns are cooked through. Stir through the parsley, saving a little to sprinkle over at the end.

**3** Mix the remaining paprika into the mayonnaise. Once the potato is cooked, split it down the centre, pile in the prawn mixture and dollop the paprika mayo on top. Scatter over the remaining parsley and serve.

### Use up prawns in **Buttery chilli prawns**

Melt 25g **butter** and 2 tbsp olive oil in a frying pan. Add 3 finely chopped **garlic** cloves, 1 finely chopped **chilli** and ½ tsp **paprika**, then fry for 1-2 mins. Turn up the heat, throw in 12 **king prawns** and fry for a few mins, stirring, the prawns turn pink. Take off the heat, season and stir in juice 1 **lemon** and a handful chopped **parsley**. Grab a bowl for the shells, then dig straight in with your fingers and **crusty bread**. Serves 1-2.

## Chorizo, potato & cheese omelette

- Serves 1
- Prep 8 mins ■ Cook 20 mins
- £1.51 a portion
- 602 kcals, 44g fat, 18g sat. fat, 2g sugar

**1 small potato, cut into 2cm dice**
**1 tsp olive oil**
**50g chorizo, chopped**
**2 or 3 eggs, beaten**
**handful of chopped parsley**
**25g grated cheddar**

**1** Cook the diced potato in boiling water for 8-10 mins, or until tender. Drain and set aside. Heat the olive oil in a frying pan, add the chopped chorizo and cook for 2 mins. Add the potato and cook for 5 mins more, until crisp.

**2** Tip the pan contents into a bowl, wipe the pan and tip in the eggs, swirling them around. When almost cooked, scatter with the chorizo and potato, chopped parsley and grated cheddar. Fold over the omelette and cook for 1 minute more.

*Tip* Make your omelette Mediterranean by adding some diced chilli and chopped red pepper or spring onions

### Serve with.. boiled potatoes

For a spicy kick, toss the boiled potatoes with a drizzle of olive oil and a little ground chilli powder.

## Chicken with tomatoes

- Serves 1
- Prep 10 mins ■ Cook 10 mins
- £2.54 a portion
- 339 kcals, 17g fat, 3g sat. fat, 5g sugar

**1 boneless, skinless chicken breast**
**a little seasoned flour, for dusting**
**1 tbsp olive oil**
**1 large ripe tomato, chopped**
**2 tsp capers**
**handful of olives**
**splash white wine (or water)**
**chopped chives or parsley**

**1** Split the chicken breast almost in half and open it out like a book. Bash with a rolling pin to flatten, then lightly coat in the seasoned flour. Heat the oil in a pan, add the chicken and cook for 3-4 mins on each side until crisp, browned and cooked through. Remove from the pan. Keep warm.

**2** Add the tomato, capers, olives and wine to the pan, season, then bring to the boil. Bubble the sauce for 2-3 mins until the tomatoes start to break down, then spoon over the chicken. Scatter with the herbs.

## Indulgent chocolate milkshake

- Serves 1
- Prep 5 mins ■ Cook 1 min
- 70p a portion
- 671 kcals, 37g fat, 21g sat. fat, 60g sugar

**1 tbsp chocolate hazelnut spread (optional)**
**250ml semi-skimmed milk**
**2 scoops chocolate ice cream**
**5 marshmallows**
**30ml double cream, whipped**
**1 tsp toasted hazelnuts, chopped**

**1** Load the back of a teaspoon with a little of the chocolate spread and spread it in a long line from the bottom of the inside of the glass to the top. Put the rest of the chocolate spread into a bowl in the microwave or in a small saucepan over a low heat. Warm through for a few secs until runny. Set aside.

**2** Put the milk and scoops of chocolate ice cream into a blender. Whizz everything up until smooth then pour into your prepared glass.

**3** Top with a layer of the marshmallows and a spoonful of whipped cream. Decorate with a drizzle of the warmed chocolate spread and a few hazelnuts.

## Thai green prawn curry

- Serves 1
- Prep 10 mins ■ Cook 5 mins
- £2.50 a portion
- 580 kcals, 49g fat, 31g sat. fat, 8g sugar

**1 tbsp sunflower oil**
**1 shallot, finely chopped**
**2 garlic cloves, finely chopped**
**1-2 tbsp Thai green curry paste, or to taste**
**125ml coconut milk**
**75g sugar snap peas, thickly sliced diagonally**
**85g cooked prawns, peeled**
**1 tsp soy sauce**
**1 tsp lemon juice**
**small handful coriander, chopped, and noodles, to serve**

**1** Heat the oil in a wok or large saucepan. Add the shallot and garlic, and stir-fry for 1-2 mins. Add the curry paste, coconut cream and 50ml water. Bubble for 2 mins.

**2** Add the sugar snap peas and cook for 1-2 mins until just beginning to soften. Add the prawns, soy sauce and lemon juice and heat through. Stir in the coriander and serve straight away with noodles.

### Know your coconuts

Small cans of coconut cream are perfect for one person. Alternatively, it's worth buying a packet of creamed coconut, which can be crumbled into boiling water to make coconut cream. You can keep the remainder in the fridge for several months.

Forget that ready meal. This Thai green curry is ready in just 15 mins!

# Souprise!

GREAT FOR THE LUNCHBOX

Cheap and simple to make – try our 5 clever twists on a steaming bowl of soup

## Carrot, ginger & orange soup

Heat 1 tbsp **oil** in a large saucepan, add 1 finely diced **onion** and fry for 5 mins. Add 2 tbsp grated **ginger** and 500g **carrots**, cut into chunks, and fry for another 2-3 mins. Pour in 1.2 litres **vegetable stock**, then cover and cook for 40 mins. Blitz in a blender until smooth, then add zest 1 **orange**, juice ½ orange and season to serve. Serves 4.

## Curried root veg soup

Heat oven to 200C/180C fan/gas 6. Peel and chop 300g **carrots**, 450g **swede**, 200g **turnips** and 300g **parsnips**. Drizzle with 1 tbsp **oil** and 2 tbsp **curry powder**, toss well and roast in the oven for 40 mins until tender. Tip into a saucepan with 1.2 litres **vegetable stock**, season well and cook for 20 mins, then blend into a smooth soup. If very thick, loosen with a few tbsp of water. Serves 4.

## Turkey miso broth

Bring 1.5 litres water to the boil in a large saucepan. Add 2 tbsp **white miso paste** and 350g **turkey breast**, cut into 2cm strips. Simmer for 10 mins. Add 85g chopped **oyster mushrooms**, 85g **beansprouts** and 85g **mangetout**. Cook for a further 5 mins. Season with 1 tbsp **soy sauce** and scatter with a few **coriander** leaves. Serves 4.

## Three bean & chilli soup

Fry 1 chopped **red onion** in 1 tbsp **olive oil** in a large saucepan for 5 mins. Add 1 finely diced **red chilli** and cook for 5 mins. Add 1 tbsp **dried oregano**, a 400g can **chopped tomatoes**, 2 x 400g cans drained **mixed beans** and 800ml **vegetable stock**. Bring to the boil, simmer for 20 mins, then season and serve. Serves 4.

## Harissa, chickpea & aubergine soup (pictured)

Soften 1 chopped **onion** in 1 tbsp **oil** in a pan. Add 2 tbsp **harissa** and cook for 2 mins, stirring. Add 2 diced **aubergines** and coat in the **harissa**. Add 400g can **chopped tomatoes**, 400g can drained **chickpeas** and 500ml water. Bring to the boil. Simmer for 30 mins. Add **coriander** and season. Serves 4.

*Tip*

**Use chicken stock rather than water to give your soup a richer taste**

ADVERTISEMENT FEATURE

# A TASTE OF BROOKLYN

## Big Apple bulletins from the Bagel Guy

"So it's Tuesday morning in Williamsburg, Brooklyn, and I'm sitting outside the Bagel Store on Metropolitan when two hipsters sit down on the next table. You know the type, beards and old man clothes.

Anyways, I couldn't help but overhear their conversation (well, okay, I was being nosey). They were talking wacky. I kept hearing the odd word like subwaysy, Central Parksy, momsy and beardsy. A quick search on social media told me that this is 'Cheesy', the new way to talk in Williamsburg. Word is you're not anyone if you're not speaking it. Only in Williamsburgsy.

Talking of cheese, I just ate a New York Bakery Co. bagel that has cheese baked in it, cheese melted on top and Swiss Cheese inside. That's triple cheese guys. And it was all topped off with a little red pepper humousy. See, I'm still down with the kidsy."

the Bagel Guy

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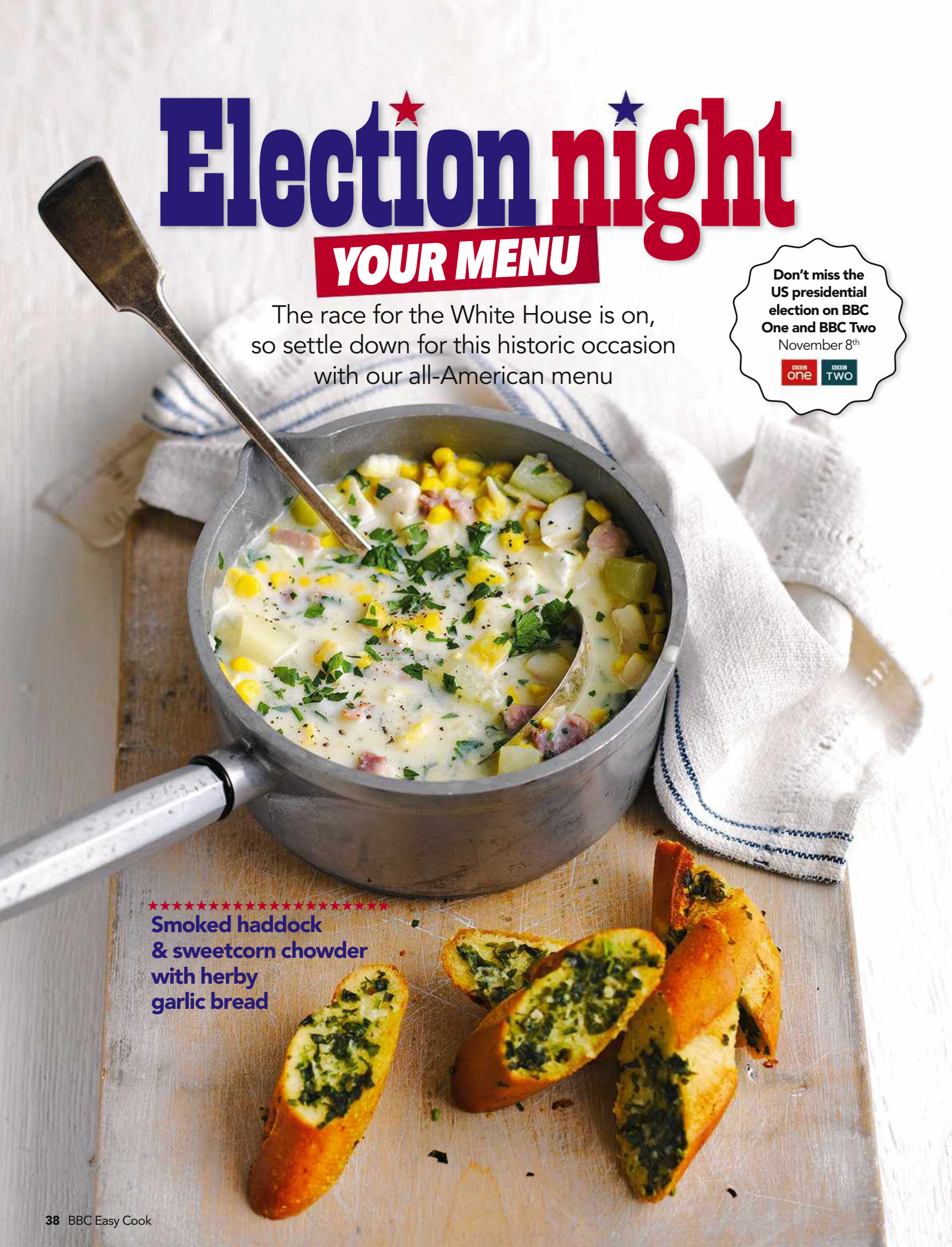
# Election night

## YOUR MENU

The race for the White House is on, so settle down for this historic occasion with our all-American menu

**Don't miss the US presidential election on BBC One and BBC Two**
November 8th

BBC one BBC two



### Smoked haddock & sweetcorn chowder with herby garlic bread

Best-ever onion rings

Iceberg wedge salad with blue cheese dressing

All-American T-bone steak

+ Pumpkin pancakes with salted pecan butterscotch for dessert

## Smoked haddock & sweetcorn chowder with herby garlic bread

- Serves 4
- Prep 30 mins ■ Cook 35 mins
- £1.76 a portion
- Chowder: 382 kcals, 13g fat, 4g sat. fat, 15g sugar. Garlic bread: 435 kcals, 30g fat, 19g sat. fat, 4g sugar

**1 tbsp olive oil**
**1 onion, finely chopped**
**100g streaky bacon, chopped**
**200g potatoes, chopped into small pieces**
**2 tbsp plain flour**
**600ml milk**
**400ml chicken stock**
**300g smoked haddock, skinned and cut into 1cm pieces**
**325g can sweetcorn, drained**

FOR THE HERBY GARLIC BREAD

**1 baguette**
**140g butter, softened**
**4 garlic cloves, crushed**
**small pack flat-leaf parsley, chopped**

**1** Heat oven to 200C/180C fan/gas 6. Mix together the butter, garlic and half the parsley, then spread between diagonal cuts in the baguette. Wrap in foil and set to one side.

**2** Heat the oil in a large pan over a medium heat. Fry the onion and bacon for about 5 mins until softened, then add the potato and cook for another 5 mins. Meanwhile, put the garlic bread in the oven and cook for 15 mins, opening the foil for the last 5 mins to brown.

**3** Stir the flour into the bacon and potato, and cook for a couple of mins, then gradually add the milk and stock. Bring to the boil, then reduce the heat and simmer gently for 10-15 mins until the potato is almost cooked. Add the haddock and sweetcorn, and simmer for a further 5 mins. Stir in the remaining parsley and serve alongside the garlic bread.

## All-American T-bone

- Serves 2
- Prep 5 mins ■ Cook 12 mins
- £7.50 a portion
- 808 kcals, 64g fat, 31g sat. fat, 0g sugar

**700g T-bone steak**
**2 garlic cloves, bashed**
**½ small pack thyme**
**½ tbsp olive oil**
**50g butter**

**1** Heat oven to 200C/180C fan/gas 6. Put an ovenproof griddle pan on a high heat. Season the steak on both sides, then rub both sides with the garlic cloves, thyme and olive oil. Put the steak in the hot pan and char the underside for 2 mins or until griddle lines appear. Turn the steak over to brown the other side, rub the top with the thyme again, then lay the thyme and garlic on top of the meat.

**2** Once evenly browned all over with griddle lines, put the thyme and garlic to one side, hold the steak with a pair of tongs to cook its fatty side and render it down so it's soft rather than gristly. This will take a few mins. Lay the steak flat again, put the thyme, garlic and butter on top and transfer the pan to the oven to finish cooking for 4-5 mins, until the meat reaches 62-65C on a probe thermometer (or until cooked to your liking).

**3** Rest the meat for 5-6 mins. Serve on a board or large plate in the middle of the table.

## Best-ever onion rings

- Serves 2
- Prep 15 mins plus soaking ■ Cook 3-4 mins
- 30p a portion
- 498 kcals, 14g fat, 2g sat. fat, 8g sugar

VEGETARIAN

**onions, sliced into 1cm-thick rounds**
**400ml buttermilk**
**140g plain flour**
**½ tsp cayenne pepper**
**vegetable oil, for deep-frying**
**50g cornflour**
**150ml lager**

**1** Put the onions in a large bowl, pour over the buttermilk and cover with cling film. Leave to soak at room temperature for 30 mins-1 hr.

**2** Put 100g of the plain flour on a large plate and stir in the cayenne with a little seasoning. Drain the onion rings, then coat in the flour.

**3** Half-fill a large saucepan with the oil and heat until it reaches 180C on a probe thermometer (or until a piece of breadcrisps in 20-30 secs) or heat a deep fat fryer to 180C. Make the batter by combining the remaining plain flour with the cornflour and a pinch of salt. Make a well in the centre and pour in the lager. Stir well to combine until the mixture is smooth.

**4** Dip each onion ring in the batter and fry for 3-4 mins or until crisp. Drain on kitchen paper and sprinkle with the salt.

## Iceberg wedge salad with blue cheese dressing

- Serves 2
- Prep 10 mins ■ No cook
- £1.28 a portion
- 516 kcals, 46g fat, 16g sat. fat, 8g sugar

VEGETARIAN

**50ml buttermilk**
**50g soured cream**
**50g mayonnaise**
**1 tsp lemon juice**
**75g blue cheese (or vegetarian alternative), crumbled**
**½ small pack chives, snipped**
**1 iceberg lettuce, washed & quartered**
**25g walnuts, toasted and chopped**

**1** Make the dressing in a medium-sized bowl by combining the buttermilk, soured cream, mayonnaise, lemon juice and 50g of the blue cheese. Season and stir through the chives. Chill until ready to serve.

**2** When ready to serve, pour half the dressing over the lettuce wedges and crumble over the remaining blue cheese and a scattering of chopped walnuts.

## Pumpkin pancakes with salted pecan butterscotch

■ Serves 4
■ Prep 20 mins plus cooling ■ Cook 25 mins
■ 71p a portion
■ 717 kcals, 43g fat, 21g sat. fat, 31g sugar
VEGETARIAN

**250g pumpkin or squash, peeled, deseeded and chopped into chunks**
**2 eggs**
**3 tbsp light brown soft sugar**
**25g butter, melted, plus a little for cooking**
**125ml buttermilk (or use the same quantity of milk, with a squeeze of lemon juice)**
**200g plain flour**
**2½ tsp baking powder**
**1 tsp ground cinnamon**
**drizzle of flavourless oil, such as sunflower or groundnut, for frying**
**ice cream, yogurt or crème fraîche**
**FOR THE SALTED PECAN BUTTERSCOTCH**
**50g pecans, roughly chopped**
**50g butter**
**50g light brown soft sugar**
**1 tsp sea salt flakes**
**100ml double cream**

**1** Put the pumpkin or squash in a large heatproof bowl, add 1 tbsp water, cover with cling film and microwave on High for 5-8 mins or until really soft – different types will take a varying amount of time. Drain the pumpkin well and cool completely. If you want to eat the pancakes for breakfast, this step is best done the night before.

**2** Once cool, put the pumpkin in a food processor with the remaining pancake ingredients and add a good pinch of salt. Blend until everything is well combined to a smooth, thick batter (alternatively, mash the pumpkin well, then whisk in the remaining ingredients). Transfer to a jug or piping bag and set aside while you make the butterscotch sauce.

**3** Toast the pecans in a saucepan for 1-2 mins until a shade darker. Tip out and set aside. Add the butter, sugar, salt and cream to the pan. Bring to a simmer, then bubble gently for a few mins until you have a shiny sauce. Stir in the pecans and set aside to cool a little.

**4** Heat a knob of butter and a drizzle of oil in a large frying pan. Heat oven to 140C/120C fan/gas 1, to keep the pancakes warm while you cook them in batches – have a baking tray to hand. When the butter is foaming, swirl it around the pan, then pour tennis-ball sized amounts of batter into the pan– they will spread a little as they cook, so leave some space between each pancake and don't overcrowd the pan. Cook over a low-medium heat. Don't touch the pancakes until you see a few bubbles appear on the surface –have a look underneath and, if the pancakes are golden, flip them over and cook for another 2 mins on the other side. Transfer the cooked pancakes to the baking tray and keep warm in the oven while you continue cooking.

**5** Once cooked, pile the pancakes onto plates, top with ice cream, yogurt or crème fraîche, and pour over the salted pecan butterscotch sauce. Serve immediately.

*Tip* **Maple syrup would be an acceptable drizzle if you don't want to go the whole hog with the butterscotch sauce**

BBC easycook

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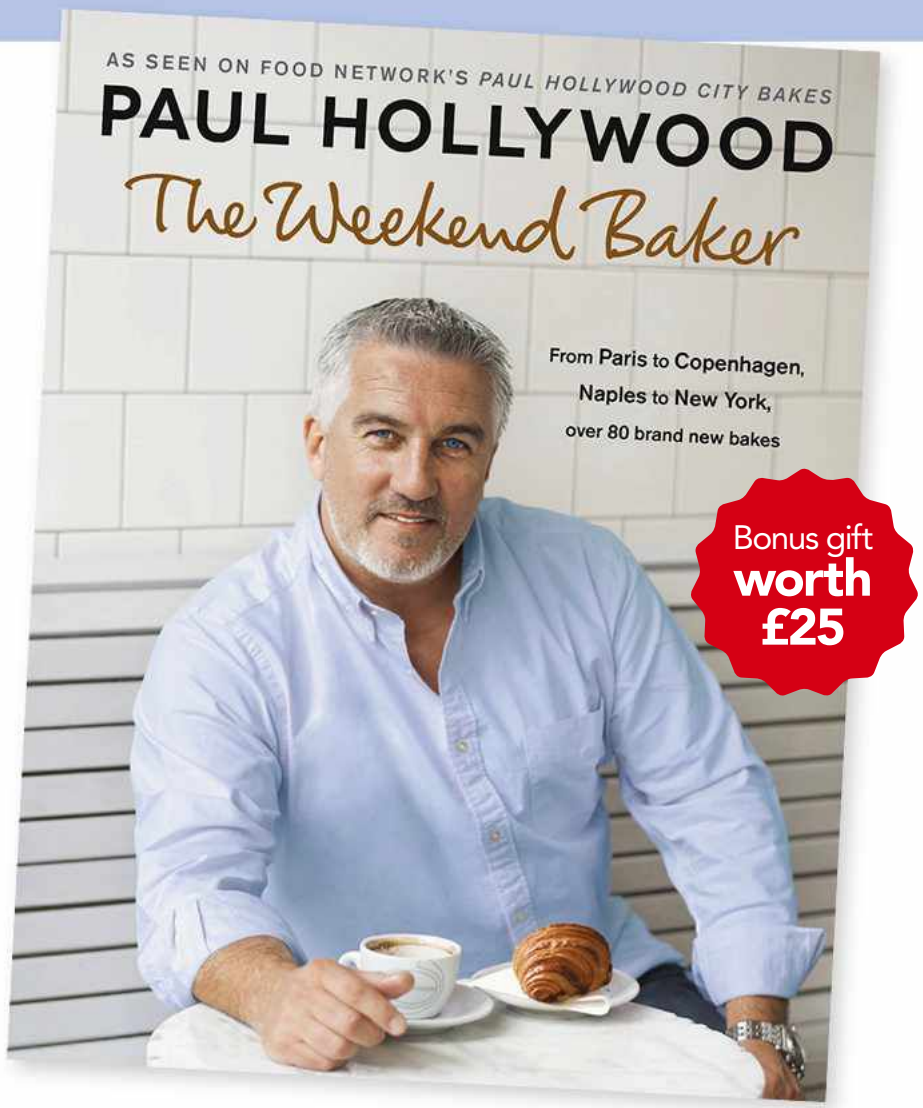


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# Eat, drink & be SCARY

Dust on the cobwebs and put on your pointy hat. We've put together a spooky spread of party treats for your ghoulish guests

Witch's cauldron with glow-in-the-dark goo

Cheesy popcorn brains

Sausage mummy dippers

Scary bat bunting
Dracula's blood punch
Maggoty dustbin pasta
Slime bug cups
Spider nest cakes

## Witch's cauldron with glow-in-the-dark goo

- Makes enough for 12 with other nibbles
- Prep 35 mins ■ Cook 25 mins
- 58p a portion
- 157 kcals, 7g fat, 1g sat. fat, 7g sugar

VEGETARIAN

**1 large round loaf of bread**
**1 egg, beaten**
**100g bag poppy seeds**
**1kg butternut squash chunks**
**1 onion, roughly chopped**
**2 garlic cloves, peeled**
**400g can cream of tomato soup**
**1 tsp each ground cumin and coriander**
**2 tbsp chilli sauce (we used Lingham's extra toasted pitta bread)**

**1** Slice the top off the loaf, then scoop out the soft bread from the middle of the base, leaving the crust about 2.5cm thick all the way round. Slice the bread out in chunks for toasting to serve, or simply get the kids to pull it out with their fingers.

**2** Heat oven to 200C/180C fan/gas 6. Brush the outside of the large 'cauldron' and lid all over with beaten egg, then roll the crust of the cauldron and lid in poppy seeds to coat – tipping them on to a big dinner plate first makes this easier. Sit on baking sheets, poppy seed-sides up, and bake for 10 mins. Set aside until ready to serve.

**3** Bring a large pan of salted water to the boil, add the butternut squash, onion and garlic, then simmer until the squash and onion are tender. Drain really well, then tip into a food processor or blender with the soup, spices, chilli sauce and some seasoning and whizz to a smooth puree (or put back in the saucepan and whizz with a stick-blender). Set aside.

**4** Just before the guests are due to arrive, heat the dip in a microwave or saucepan– it should be nice and hot. Spoon into the bread cauldron, pop on the lid and carry to the party table, ready for dunking in the Sausage mummies (right), and more toasted bread. And as the dip disappears, you can start to eat the cauldron, too!

## Sausage mummy dippers

- Makes 12
- Prep 15 mins ■ Cook 20 mins
- 35p a portion
- 148 kcals, 9g fat, 4g sat. fat, 4g sugar

**oil, for greasing**
**1 tbsp honey**
**1 tbsp ketchup**
**2 tsp French's yellow mustard, plus a little extra to decorate**
**12 chipolatas**
**tube of 6 ready-to-roll croissants (look in the chiller cabinets near the pastry in supermarkets)**

**1** Heat oven to 200C/180C fan/gas 6 and brush 2 baking trays with a little oil. Mix the honey, ketchup and mustard together in a bowl, then brush over the chipolata sausages.

**2** Unroll the croissant dough and divide into 3 rectangles. Pinch together the diagonal perforated seams, then cut into thin strips – you should get about 16 per rectangle.

**3** Wind the little croissant strips around the chipolatas, leaving a little gap at one end to make a slit for the eyes. Place on baking trays and bake for 20 mins. Cool a little, then, using the mustard, dot a pair of little yellow eyes on to each mummy. Serve with the goo.

## Spider nest cakes

- Makes 15
- Prep 40 mins ■ Cook 20 mins
- 20p a portion
- 238 kcals, 11g fat, 6g sat. fat, 23g sugar

VEGETARIAN FREEZABLE undecorated

**175g softened butter**
**175g golden caster sugar**
**2 large eggs**
**200g self-raising flour**
**1 tsp vanilla extract**
**100ml milk**
**100g hundreds & thousands**
**little icing sugar**
**candy floss**
**12 plastic spiders**

**1** Heat oven to 180C/160C fan/gas 4. Line muffin tins with 15 muffin cases (bake a second batch of the extra 3 if you only have one 12-hole tin). Beat the butter and sugar until pale and fluffy. Beat in the eggs, flour, vanilla and milk in that order. Quickly stir in the hundreds& thousands with as little effort as you can, then divide the mixture between the cases – the more you work the batter, the more the sprinkles will bleed their colour, so it's best to do this quickly and efficiently. Bake for 20 mins until a skewer inserted in the centre comes out clean. Leave to cool.

**2** Peel off the paper cases, and turn the cakes upside down. Mix a splash of water into some sifted icing sugar, and add a good blob to the top of each cake. Tease off some candy floss and stick a little pile on each – the less you handle it, the less it will disintegrate. Add a spider to each, or make your own– stick 4 liquorice lace strands to the back of giant chocolate buttons with some icing, flip over and leave to set.

## Scary bat bunting

- Makes as much as you want
- Prep 1 hr ■ Cook according to your recipe
- 20p a portion

FREEZABLE un-iced

Use your favourite gingerbread recipe –we used a half batch of dough from the Homemade gingerbread cottage (*bbcgoodfood.com/recipes/homemade-gingerbread-cottage*). Stamp out the biscuits using a bat-shaped biscuit cutter. Arrange on baking parchment-lined baking sheets, then cook according to your recipe. While they're warm, use a skewer to wiggle a hole into each biscuit for hanging. Leave to cool completely, then decorate with black icing.

## Dracula's blood punch

- Serves 12
- Prep 10 mins plus 4 hrs chilling
- Cook 5 mins
- 27p a portion
- 77 kcals, 0g fat, 0g sat. fat, 17g sugar

FREEZABLE

**2 litres cherry juice**
**peel from 3 oranges, pared with a vegetable peeler**
**1 thumb-sized red chilli, pierced a few times but left whole**
**3 cinnamon sticks**
**10 cloves**
**6 slices ginger**
**Dracula's fangs sweets (available from sweet shops), to serve, optional**

**1** Tip the cherry juice, orange peel, whole chilli, cinnamon sticks, cloves and ginger into a large saucepan. Simmer for 5 mins, then turn off the heat. Leave to cool, then chill for at least 4 hrs, or up to 2 days – the longer you leave it the more intense the flavours. If serving to young children, take the chilli out after a few hours.

**2** When you're ready to serve, pour the juice into a jug. Serve in glass bottles or glasses and pop a straw in each. Dangle some fangs sweet from each glass.

## Maggoty dustbin pasta

- Serves 12 with other party nibbles or 6 on its own
- Prep 15 mins ■ Cook 20 mins
- 43p a portion
- 228 kcals, 5g fat, 1g sat. fat, 7g sugar

FREEZABLE

**400g orzo pasta**
**2 tbsp vegetable oil**
**2 red peppers, chopped**
**326g can sweetcorn, drained**
**175g frozen peas**
**3 garlic cloves, crushed**
**2 tsp five-spice**
**280g shredded ham**
**1 tbsp soy sauce**
**220g jar black bean sauce**
**1 tbsp sesame oil**

**1** Cook the pasta using pack instructions. Drain, then rinse under cold water.

**2** Meanwhile, heat the veg oil in a large pan or wok, add the peppers, sweetcorn, peas, garlic and five-spice and stir-fry for a few mins. Add the ham, soy sauce, ½ of the black bean sauce and the orzo, stir well and cook for 1-2 mins. Stir in the sesame oil and season.

**3** Heat the remaining black bean sauce in microwave. Tip pasta into a large bowl or a small, clean dustbin or cauldron. Drizzle over remaining sauce and let everyone dig in.

## Cheesy popcorn brains

- Makes 12
- Prep 5 mins ■ Cook 12 mins
- 22p a portion
- 178 kcals, 14g fat, 7g sat. fat, 0g sugar

VEGETARIAN

**1½ tbsp vegetable oil, plus extra**
**125g popping corn**
**325g grated cheddar (or vegetarian alterntive)**
**½ tsp Dijon mustard**
**few pinches cayenne pepper**

**1** Heat oil in a saucepan. Tip in the corn, cover and shake the pan to coat the kernels. Cook over a medium heat until the corn stops popping, about 5 mins, shaking the pan every so often. Sprinkle with a little salt.

**2** Put cheese, mustard and pepper in a small pan and heat gently until melted and bubbling. Drizzle over the popcorn and mix well until completely coated.

**3** Rub hands with a little oil and quickly grab handfuls of popcorn and squeeze into brain shapes. Place on a tray lined with parchment, then leave to cool. Cover with cling film until ready to eat or store in a jar – you can make it a few hrs before serving.

## Slime bug cups

- Makes 12
- Prep 25 mins plus setting ■ No Cook
- 25p a portion
- 286 kcals, 5g fat, 3g sat. fat, 47g sugar

**4 x 135g packs lime jelly**
**a selection of animal and bug sweets**
**2 x 154g packs Oreo cookies**

**1** Make up the jelly following pack instructions. Pour a third of the mixture into 12 small glasses or plastic pots. Add a couple of bugs to each pot, then leave to set in the fridge, keeping remaining jelly at room temperature.

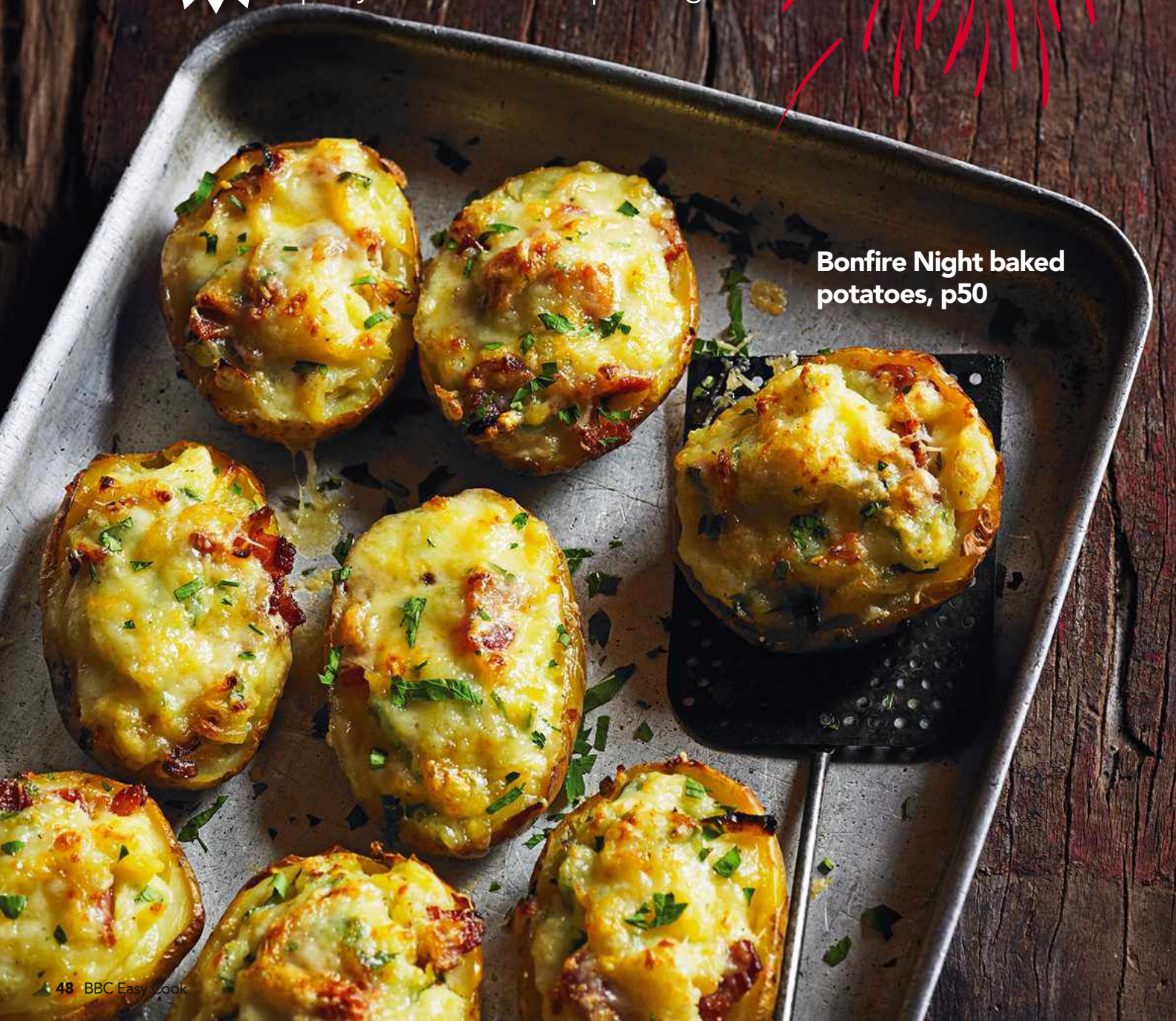
**2** Once set, add more bugs to each container (lean some against edges). Pour over a third of the jelly and leave to set in the fridge. Repeat with remaining bugs and jelly.

**3** For the soil topping, place cookies in a plastic bag and, using a rolling pin, bash into crumbs, then tip onto a plate. Just before serving, sprinkle a layer of soil over each jelly. Top with a mushroom, a slug and creepy crawlies.

# Bonfire Night bonanza

**Remember, remember the 5th of November**

Have a fire-cracker of a Guy Fawkes' Night party with this crowd-pleasing menu for six



**Bonfire Night baked potatoes, p50**

**Maple-mustard pulled pork, p50**

It's worth cooking a big chunk of this, as it's great in sarnies with apple chutney the following day

ILLUSTRATION: GETTY IMAGES / NINOCHKA

## Bonfire Night baked potatoes

- Serves 6
- Prep 15 mins ■ Cook 1½ hrs
- £1.28 a portion
- 550 kcals, 21g fat, 18g sat. fat, 4g sugar

**6 medium baking potatoes**
**3 tbsp olive oil**
**40g butter**
**1 large onion, finely sliced**
**8 slices smoked streaky bacon, chopped**
**3 tbsp double cream**
**300g mixed good melting cheese, such as Reblochon, Raclette or Gruyère**
**chopped parsley, to serve**

**1** Heat oven to 200C/180C fan/gas 6. Prick the potatoes all over with a fork, then rub with half the oil, some sea salt and black pepper. Arrange on a baking tray and bake in the oven for about 1 hr 15 mins, until they are completely tender.

**2** Meanwhile, heat the remaining oil and half the butter in a frying pan. Add the onion and gently cook for 15-20 mins until softened and golden. Remove from the pan and set aside, add the chopped bacon and fry until just crisp. Place on kitchen paper.

**3** Halve each potato lengthways, then scoop out most of the potato into a bowl, leaving a potato skin shell with a thin layer of potato. In the bowl, crush the potato with the remaining butter and the cream. Season. Fold through the onion, bacon, three-quarters of the cheese and half the parsley. Spoon back into the potato shells and top with the remaining cheese. Transfer to the baking tray and bake for 10-15 mins, until golden. Sprinkle with the remaining parsley.

### Warm up with a **Choc-orange hot chocolate**

Heat 150ml **milk**, 50ml **double cream** and zest of ½ **orange** in a saucepan until simmering. Remove from the heat and pour through a sieve into a jug to remove the zest. Pour the milk back into the pan and add 50g **dark chocolate**, chopped, stirring until the chocolate has melted. Put back on the heat to warm through then add 25ml **orange liqueur**. Serves 1.

## Maple-mustard pulled pork

- Serves 6 with leftovers
- Prep 15 mins plus overnight salting
- Cook 8 hrs
- £1.34 a portion
- 716 kcals, 38g fat, 13g sat. fat, 30g sugar

**200g sea salt**
**300g light muscovado sugar**
**2kg piece pork shoulder**
**100ml maple syrup**
**100g wholegrain mustard**
**2 tbsp English mustard powder**

**1** Mix the sea salt and 200g of the sugar in a large food bag, add the pork and coat it well. (If you don't have a bag, rub over the pork in a dish and cover with clingfilm.) Leave in the fridge overnight.

**2** The next day, remove the pork and wipe down the meat with kitchen paper. Heat oven to 140C/120C fan/gas 1. Mix the remaining sugar, the maple syrup, mustards and some ground pepper. Rub half the mixture over the pork and sit it on a rack in a roasting tin. Roast for 6 hrs.

**3** Spoon the remaining maple mixture over the pork and roast for 1 hr more. Rest the meat for 30 mins on a plate loosely covered with foil. To serve, tear the pork into big fat chunks and, after skimming the surface, spoon over any juices from the tin.

## Toffee apple squares

- Makes 18 squares
- Prep 40 mins
- Cook 45 mins-1 hr
- 33p a portion
- 417 kcals, 25g fat, 12g sat. fat, 30g sugar

VEGETARIAN

**950g eating apples, peeled, quartered, cored and sliced**
**good squeeze lemon juice**
**a little caster sugar, to taste**
**FOR THE BASE**
**100g caster sugar**
**250g pack butter, diced**
**100g ground rice**
**200g plain flour**
**FOR THE TOPPING**
**397g can condensed milk**
**85g butter**
**100g light muscovado sugar**
**25g cornflakes**
**100g pecans, roughly chopped**
**100g toasted whole almonds**

**1** Put the apples in a saucepan with the lemon juice and 4 tbsp water. Cook gently, partly covered, for 10-15 mins until softened. Taste, adding any sugar if it needs it – you want it a little sharp though, to balance the sweetness of the topping. Leave to cool.

**2** For the base, whizz everything together in a food processor. Line the base of a roughly 18 x 28cm tin with baking parchment, then press the dough into the base. Heat oven to 180C/160C fan/gas 4. Bake the base for 20-25 mins until golden. Spread the cooled apples over the base.

**3** For the topping, put the condensed milk, butter and sugar in a saucepan. Heat to melt the sugar and butter, then lower the heat and bubble for 10 mins until a pale fudge colour. Stir in a pinch of salt, cornflakes and nuts. Spoon all over the apples, gently spreading to cover. Bake for 15-22 mins until golden. Cool in the tin, then cut into squares. Can be stored for 1-2 days in an airtight container.

### Serve the squares with **Salted toffee sauce**

Put 300ml **double cream**, 85g **butter**, diced, and 100g **light muscovado sugar** in a saucepan. Melt together, then bubble, stirring, until toffee-coloured and saucy. Add a sprinkle of **sea salt flakes**, to taste.

## Sticky toffee pudding with a Bonfire Night twist

# Slowly does it!

Chicken, bacon & potato stew, p54

Is there anything nicer than coming home to find dinner is ready? That's why we're confessing our love for slow cookers...

**Italian vegetable bake, p54**

There are a few simple rules, but once you get the hang of it, it can make meal times so easy. For most recipes, you need to prep your ingredients before they go into the slow cooker: browning meat, sweating onions and cooking spices will add a much deeper flavour to the finished dish. If you've got time to do it in the morning, great – otherwise prep the night before, put everything in a big bowl and store it in the fridge overnight. Before you leave the house in the morning, tip the mixture into the slow cooker, then let it work its magic.

## Chicken, bacon & potato stew

- Serves 6
- Prep 20 mins
- Cook 4 hrs 50 mins-6 hrs 50 mins
- £1.09 a portion
- 284 kcals, 13g fat, 4g sat. fat, 4g sugar

**1 tbsp olive oil**
**6 bone-in chicken thighs, skin removed**
**12 rashers smoked streaky bacon, chopped**
**200g shallots**
**350g baby new potatoes, larger ones halved**
**few thyme sprigs**
**200ml white wine**
**500ml hot chicken stock**
**280ml pot buttermilk (optional)**
**squeeze lemon juice**
**2 tbsp tarragon, chopped**

**1** Heat the slow cooker if necessary. Heat the oil in a large saucepan and brown the chicken thighs for about 10 mins, until they have a nice golden colour, then remove and set aside. Add the bacon and shallots to the pan, and brown these, too.

**2** Tip everything apart from the buttermilk, lemon juice and 1 tbsp tarragon into your slow cooker. Cover and simmer on High for 4-6 hrs, until the chicken is really tender and falling off the bone.

**3** Check the sauce and if you like it a little thicker, strain it into a pan and boil until thickened then return it to the pot. Stir in the buttermilk, if using. Sprinkle in the lemon juice and remaining tarragon before serving.

## Italian vegetable bake

- Serves 6
- Prep 30 mins
- Cook 5 hrs 50 mins-6 hrs 50 mins
- £1.90 a portion
- 274 kcals, 10g fat, 6g sat. fat, 8g sugar

VEGETARIAN

**4 garlic cloves, 3 crushed, 1 left whole**
**400g can chopped tomatoes**
**bunch oregano, leaves chopped**
**large pinch dried chilli flakes**
**300g baby or normal aubergines, sliced**
**2 courgettes, sliced**
**½ large jar roasted red peppers**
**3 beef tomatoes, sliced**
**bunch basil, torn (save a few leaves)**
**small baguette, sliced and toasted**
**2 x 125g balls mozzarella, torn**
**green salad, to serve**

**1** Heat the slow cooker on High. Tip in the crushed garlic, can of chopped tomatoes, half the oregano leaves, dried chilli and some seasoning. Cook, covered, while you chop the rest of the vegetables.

**2** Tip out most of the tomato sauce mix from the pot and start layering up half the vegetables and herbs with seasoning – the aubergines, courgettes, red peppers, tomatoes, basil and remaining chopped oregano leaves. Layer in half the bread, rubbed with the whole garlic clove, half the mozzarella and half the tipped-out tomato sauce. Repeat vegetable, herb and tomato sauce layers, followed by the bread and mozzarella. Push everything down well to compress, then cook on High for 5-6 hrs.

**3** Flash under the grill before serving if you like (and your slow cooker pot is suitable), until golden and bubbling. Serve with the leftover basil leaves on top and a big salad.

## And why not try a **Slow-cooked porridge**

- Serves 4
- Prep 5 mins
- Cook overnight
- 43p a portion
- 264 kcals, 7g fat, 3g sat. fat, 11g sugar

VEGETARIAN

**1 cup jumbo oats**
**4 cups milk (or half milk, half water for a less creamy version), plus a dribble more milk to serve**
**½ cup dried fruits (optional)**

**1** Heat the slow cooker if necessary. Put the oats in the slow cooker with a pinch of salt, then pour over the milk, or a mixture of milk and water. Add your dried fruit, if using. Put the slow cooker on its lowest setting and cook overnight for 7-8 hours. If anyone's up in the night, give the porridge a quick stir to scrape up the crustier bits from around the edges and bottom.

**2** In the morning, give the porridge a really good stir – it may have developed a crust on top, but just stir this in to break it up. Add a drop more milk to loosen if necessary, then ladle into bowls and add your toppings.

### To top it off...

Finish off your porridge with your favourite toppings – brown sugar or honey, some sliced bananas, grated apple, blueberries, dried fruit, a pinch of cinnamon, natural yogurt, etc.

## Thai beef curry

- Serves 8
- Prep 20 mins ■ Cook 8½ hrs
- £2.48 a portion
- 541 kcals, 40g fat, 20g sat. fat, 7g sugar

**2-3 tbsp sunflower oil**
**2kg beef short ribs (bone-in ribs left whole), or brisket, cut into large chunks**
**large bunch coriander**
**2 lemongrass stalks, 1 bashed, 1 roughly chopped**
**3 garlic cloves, chopped**
**1-2 green chillies, roughly chopped, deseeded if you like**
**2cm-piece galangal or ginger, peeled and chopped**
**50ml rice wine vinegar**
**50ml fish sauce**
**2 tbsp light brown sugar**
**400g can coconut milk**
**2 star anise**
**6 kaffir lime leaves**
**juice 2 limes, plus wedges to serve**

**1** Heat a little of the oil in a large pan and brown the beef in batches, removing to a plate after, reserving any juices. Meanwhile, in a mini chopper or food processor, whizz half the coriander, the chopped lemongrass, garlic, chillies and galangal with the rest of the oil until you have a rough paste.

**2** Heat the slow cooker if necessary. Fry the paste for a few mins. Add the beef and all the remaining ingredients, apart from the remaining coriander and lime juice. Tip into the slow cooker, cover and cook on Low for 8 hrs, until the meat is falling off the bone.

**3** If using beef ribs, remove bones from the beef, then shred the meat with 2 forks. If the sauce is too thin, strain it off and boil it to reduce. Stir in the remaining coriander and lime juice, then season with more fish sauce or sugar.

*Tip* **This is good served with sticky Thai rice and wilted greens**

## Normandy pork with apples & cider

- Serves 4
- Prep 20 mins
- Cook 8 hrs 50 mins
- £2 a portion
- 594 kcals, 37g fat, 16g sat. fat, 15g sugar

**2 tbsp rapeseed or olive oil**
**600g pork shoulder or pork cheeks, fat and sinew trimmed, cut into chunky pieces**
**1 large onion, chopped**
**2 carrots, cut into chunky pieces**
**2 celery sticks, cut into chunky pieces**
**200g pack smoked bacon lardons**
**250ml dry cider**
**2 eating apples (we used Braeburn), cored and cut into chunky pieces**
**1 chicken stock cube**
**1 bay leaf**
**4 thyme sprigs, plus extra to serve**
**(optional)**
**140g crème fraîche**
**1-2 tbsp Dijon mustard**
**1-2 tsp cornflour, optional**
**mashed potatoes and greens to serve**

**1** Heat half the oil in a large pan and brown the meat in batches. Don't overcrowd the pan, and only turn the meat when it has a deep brown crust on the underside, as this will add lots of flavour to the stew. When one batch is cooked, tip it into the slow cooker and continue with the next batch, adding more oil as you need it.

**2** When all the meat has been transferred to the slow cooker, add the onion, carrots and celery to the pan and cook for 5-10 mins to just soften, scraping any meaty bits up from the bottom of the pan. Tip the veg into the slow cooker. Add the lardons to the pan and fry until crispy. Pour in the cider, bubble for 1 min, again scraping the bottom of the pan, then tip the cider and lardons into the slow cooker too. Add the apples, stock cube and herbs to the slow cooker, pour in 400ml water, season well and turn the heat to Low. Cover with the lid and cook for 6-8 hrs until the meat is very tender.

**3** Turn your slow cooker up to High. Add the crème fraîche and mustard to the stew and check the seasoning. If the sauce is thin, you can thicken it with the cornflour – ladle 2 spoonfuls of the sauce into a pan and bring to a simmer, mix the cornflour with 1-2 tsp cold water to make a paste, then stir it into the sauce. Once thickened, return the sauce to the slow cooker and cook for 10 mins more on High, stirring occasionally. Serve with mashed potato, greens, mustard and thyme.

## Creamy black dhal with toppings

- Serves 4
- Prep 35 mins
- Cook 7 hrs 10 mins plus soaking
- 63p a portion
- 527 kcals, 34g fat, 21g sat. fat, 9g sugar

VEGETARIAN FREEZABLE

**250g black urid beans or yellow split peas**
**100g butter or ghee**
**2 large onions, halved and thinly sliced**
**3 garlic cloves, crushed**
**thumb-sized piece ginger, peeled & chopped**
**2 tsp each ground cumin and coriander**
**1 tsp each ground turmeric and paprika**
**¼ tsp chilli powder (optional)**
**small bunch coriander, stalks finely chopped, leaves reserved to serve**
**400g passata or chopped tomatoes**
**1 fat red chilli, pierced a few times with the tip of a sharp knife**
**50ml double cream**

**1** Soak the beans in cold water for 4 hrs (or overnight, if you like).

**2** Heat the slow cooker if necessary. Melt the butter or ghee in a large pan, then add the onions, garlic and ginger, and cook slowly for 10-15 mins until the onions are starting to caramelise. Stir in the spices, coriander stalks and 100ml water, bring to the boil and pour into the slow cooker. Add the passata and whole red chilli. Drain the beans and add these too, then top up with 400ml water. Season well, set the slow cooker to Low and cook for 5-6 hrs. Once cooked, the dhal should be very thick and the beans tender. Stir in the cream, check the seasoning and serve in bowls with naan bread, rice or in a jacket potato, with your choice of toppings.

## Sweet & sour chicken abodo

- Serves 4
- Prep 20 mins
- Cook 6 hrs 40 mins
- £1.97 a portion
- 644 kcals, 34g fat, 17g sat. fat, 25g sugar

**4 tbsp vegetable oil**
**600g boneless, skinless chicken thighs, cut in half**
**2 tbsp cornflour, plus 1-2 tsp extra**
**1 large onion, cut into chunky pieces**
**5 garlic cloves, crushed**
**2 red peppers, deseeded and cut into chunky pieces**
**400ml can coconut milk**
**100ml low-salt soy sauce**
**100ml white wine vinegar**
**50g light brown soft sugar**
**6 bay leaves**
**cooked basmati or brown rice, to serve**

**1** Heat half the oil in a large pan. Put the chicken in a large bowl, season well and toss through the cornflour, then cook in batches until browned all over (don't overcrowd the pan or the chicken won't brown). Tip each batch straight into the slow cooker as you go, adding a little more oil to the pan if you need to. Add the onion, garlic and peppers, cook for a few mins to soften, then add to the slow cooker.

**2** If there is any cornflour remaining in the bowl, add a drop of the coconut milk and swirl it around, then pour into the slow cooker. Add the remaining coconut milk, the soy sauce, vinegar, sugar and bay leaves, season with plenty of black pepper, then heat the slow cooker to Low, cover with the lid and cook for 5-6 hrs until the meat is tender and the sauce has thickened. If the sauce in the slow cooker is too thin, thicken it with the remaining cornflour. Mix 1-2 tsp cornflour with 1-2 tsp cold water to make a paste, ladle 2-3 spoonfuls of the sauce into a saucepan and bring to a simmer, then stir in the cornflour paste and cook for 1-2 mins to thicken. Stir back into the slow cooker and cook on High for 10 mins more. Serve with rice and veg.

**This dish is based on a classic Filipino stew, traditionally made with lots of vinegar and sweetened with sugar**

## Schooldays treacle sponge

- Serves 4
- Prep 20 mins ■ Cook 5 hrs
- 79p a portion
- 763 kcals, 43g fat, 25g sat. fat, 56g sugar

VEGETARIAN

**175g unsalted butter, softened, plus extra for greasing**
**3 tbsp golden syrup, plus extra for drizzling (optional)**
**1 tbsp fresh white breadcrumbs**
**175g golden caster sugar**
**zest 1 lemon**
**3 eggs, beaten**
**175g self-raising flour**
**2 tbsp milk**
**custard or clotted cream, to serve**

**1** Heat the slow cooker if necessary. Use a small knob of butter to heavily grease a 1-litre pudding basin. In a small bowl, mix the golden syrup with the breadcrumbs, then tip into the pudding basin.

**2** Beat the butter with the sugar and zest until light and fluffy, then add the eggs gradually. Fold in the flour, then finally add the milk.

**3** Spoon the mix into the pudding basin. Cover with a double layer of buttered foil and baking paper, making a pleat in the centre to allow the pudding to rise. Tie the foil securely with string, then put in the slow cooker pot, pouring in enough boiling water from the kettle to come halfway up the sides of the basin. Cover with the lid and cook on High for 4 hrs until a skewer poked in comes out clean.

**4** Turn out onto a serving dish. Serve with lashings of custard or clotted cream and a little extra golden syrup drizzled over, if you wish.

## Apples with cinnamon sugar

- Serves 6
- Prep 10 mins ■ Cook 4 hrs
- 78p a portion
- 246 kcals, 11g fat, 7g sat. fat, 32g sugar

VEGETARIAN

**50g natural dried breadcrumbs**
**8 dried apricots, roughly chopped**
**75g sugar**
**1 tsp ground cinnamon**
**75g butter, chopped**
**zest and juice 1 orange**
**6 large Bramley apples**

**1** Heat the slow cooker if necessary. Mix together the breadcrumbs, apricots, sugar, cinnamon, butter and orange zest.

**2** Using an apple corer, remove the centre of each apple, then score the skin across the equator so they don't collapse during cooking. Pack the filling into the apples, then sit them snugly in the slow cooker pot. Mix together the orange juice and 100ml water, and pour round the apples. Cover and cook on Low for 2–3 hrs until the apples are tender. Serve with the pot juices.

**Enjoy these with hot custard, ice cream or single cream**

Turn the page for our easy guide to slow cooking

# The easy guide to slow cooking

Everything you need to know about slow cookers

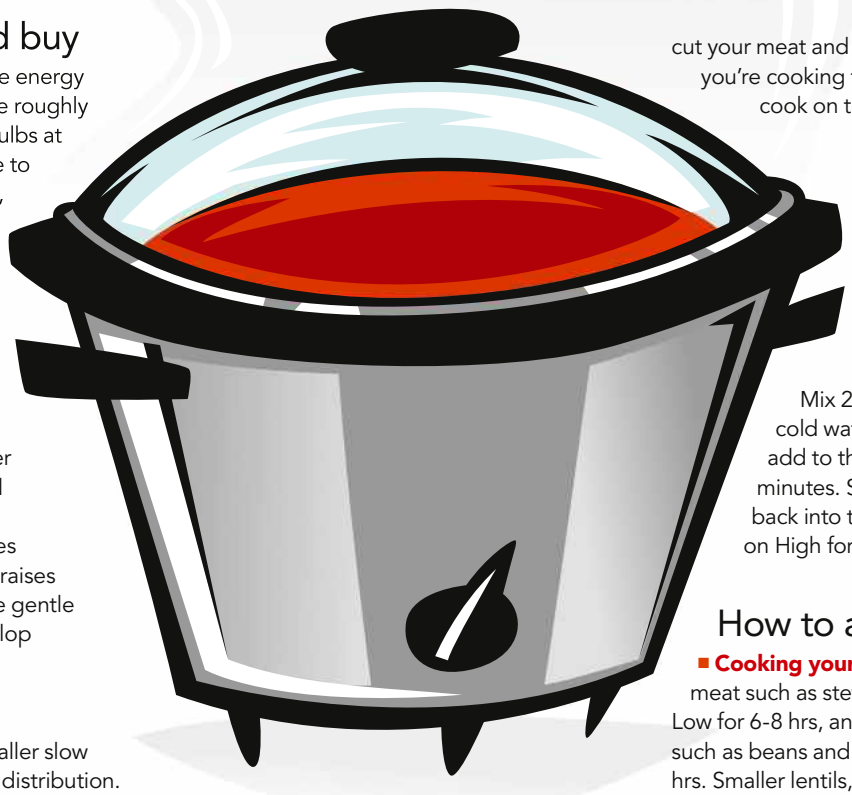
## Why they're a good buy

■ **Save energy** Slow cookers are energy efficient. They use a heat source roughly equivalent to two bright light bulbs at 200-250 watts running for three to 12 hours, compared to an oven, which uses about 700 watts.

■ **Save money** Tougher cheap cuts of meat become tender after long, slow cooking so they're ideal in a slow cooker.

■ **Have dinner ready** If you want to come home to a hot meal, you can set the cooker before you leave the house and let it work away safely all day.

■ **Enjoy bigger flavours** Recipes such as casseroles, stews and braises are great in slow cookers, as the gentle cooking allows flavours to develop



## What to look for

We found that medium and smaller slow cookers had more reliable heat distribution. You cannot fill a slow cooker right to the rim, so a 5-litre model will produce about 4 litres of food. A glass lid is a good idea so that you can see the progress of your food without losing heat by lifting the lid.

## Storecupboard essentials

■ **Easycook rice** If you are cooking rice in your slow cooker, buy the easycook varieties and rinse until the water runs clear, otherwise you will be left with a sticky mess.

■ **Marmite** Gravy browning will add colour to stews, as food cooked in a slow cooker is usually pale. Marmite will do the same job, and season at the same time.

■ **Cornflour** Use arrowroot or cornflour to thicken sauces, by removing a spoonful of sauce from the pot, and whisking with 1-2 tbsp arrowroot before returning to the pot.

■ **Cream** A dash of cream or crème fraîche at the last minute will enrich sauces and soups.

## Top cooking tips

Browning meat properly beforehand is especially important, as the liquid doesn't evaporate during cooking. In a regular casserole, this evaporation would help to concentrate the flavour of the sauce, but a slow-cooked dish needs a little help. If left for more than eight hours, most types of meat will fall apart once you stir the sauce. Veg or pulses will also start to break down and become mushy. To keep as much texture as possible, cut your meat and veg into chunky pieces if you're cooking for six hours or more, and cook on the Low setting.

## Too much liquid?

Sauces and stews cooked in a slow cooker can be a little thin. You can thicken the sauce before serving by adding 2-3 spoonfuls of liquid into a saucepan and bringing to a simmer. Mix 2-3 tsp cornflour with 2-3 tsp cold water to make a paste, then add to the liquid and cook for a few minutes. Stir the thickened liquid back into the slow cooker and cook on High for 10 minutes before serving.

## How to adapt recipes

■ **Cooking your meat** Cook tough cuts of meat such as stewing lamb, beef or pork on Low for 6-8 hrs, and chicken thighs and pulses, such as beans and large lentils on Low for 5-6 hrs. Smaller lentils, grains, rice or pasta should be added 1 hr before the end.

■ **Choose your cuts** Avoid recipes that use lean meat such as chicken breasts, turkey or pork loin, as they will dry out. If fish needs to be added to a sauce, add it 30 mins before the end of cooking, otherwise it will fall apart.

■ **Add flavour** If the sauce lacks colour or flavour, stir in a little Marmite, soy sauce or mustard just before serving.

■ **Go easy on the liquid** Your slow cooker will have a tightly sealed lid, so the liquid won't evaporate. Reduce the liquid by roughly a third. It should just cover the meat and veg.

■ **Convert your recipe's cooking time**

**15-30 mins** – 1-2 hrs (High) or 4-6 hours (Low)
**30 mins-1 hr** – 2-3 hrs (High) or 5-7 hrs (Low)
**1-2 hrs** – 3-4 hrs (High) or 6-8 hrs (Low)
**2-4 hrs** – 4-6 hrs (High) or 8-12 hrs (Low)

*Tip* **Root vegetables such as potatoes can take longer than meat and other vegetables, so put these near the heat source, at the bottom of the pot**

ILLUSTRATION: GETTY IMAGES / RYAN BURKE

# *On test* slow cookers

Slow cookers are the thrifty cook's friend. They use a heat source roughly equivalent to two bright light bulbs at 200-250 watts running for three to 12 hours, compared to an oven, which uses about 700 watts.

## What to look for

- In the lower price range, we found small and medium slow cookers had a more reliable heat distribution. More expensive models tend to have good distribution all round.
- You can't fill a slow cooker to the rim, so a 5-litre model will produce about 4 litres of food.
- Make sure the inner ceramic pot is hob-safe so that you can brown meat before it goes in (unless your machine has a 'sear' setting).

### *Go digital*

**Prestige 5.5L Digital Slow Cooker, £34.99, prestige.co.uk**

Much more than a standard slow cooker – this is a versatile gadget. It has settings for making puddings and sautéing, as well as the standard stewing function. The programmable digital timer allows you to cook your dish to perfection.

### *Space saver*

**Morphy Richards Sear and Stew Compact, £49.99, Lakeland**

The clever shape of this pot really does pack down to a very manageable space. It is 4.5 litres, has a non-stick interior and is very simple to use, with three heat settings. The handles don't get hot either – great for lifting the pot onto your table.

### *Best small cooker*

**Crock-Pot 2.4-litre slow cooker, £24.50, ocado.com**

The perfect size for two people. Like many models, the pot is dishwasher safe, but this one fits in the dishwasher easily, and can also go in the oven. A basic model, with just a Low and High setting, but it does the job and it's a good size for small batches.

### *Good all-rounder*

**Russell Hobbs 3.5-litre slow cooker, £24.99, ocado.com**

A no-frills model that works very well, and it was one of the cheapest we tested. It's a convenient size to feed three people with extras for the freezer. It has three simple settings – Low, High and Keep Warm. The inner pot is sturdy but fairly heavy.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# Ping's pantry

Make Ping's easy Malaysian dishes this weekend

Since winning *MasterChef* in 2014, **Ping Coombes** has become a global ambassador for Malaysian food. Here, she shares her top authentic recipes

## All about Ping

**I grew up in…** Ipoh, Malaysia. I was blessed to be able to try a great variety of foods there. My favourite was my mum's Hakka Mee (you'll find a recipe in my book), which I ate almost every morning on the way to school.

**The one thing I remember…** is my mother telling me to 'wok chan' the wok handle like a boss – like I meant business!

**My best food experience was…** Heston Blumethal's Meat Fruit starter at his restaurant, *Dinner* – so memorable.

**My worst food experience was…** when my husband Andrew's university flatmate cooked us faggots. It put me off them for good!

**I think it's important to…** teach my daughter how to cook. We started when she was barely two-years-old. I felt strongly that she should know the ingredients and processes that go into her food. We recently started showing her how to use a proper knife so that she understands that it's dangerous and needs to use it correctly.

**If I want something quick and easy, I'll make…** pimped-up instant noodles. My favourite is Maggi Curry Noodles. I simply add beancurd puff, crack an egg in the middle amongst the noodles (the trick is not to move it so it poaches the egg), and add some iceberg lettuce so it wilts in the soup. They're all ready to go in under 10 mins.

**My kitchen is…** hectic. My pantry is packed, not that organised, and filled with random, precious goodies that I've picked up from travels.

**In my fridge, you'll find…** Wonderful Spanish hams, chorizo sausage, Chinese sausage, preserved beancurd, salted fish, miso, gochujang, preserved vegetables, homemade jams and ketchup.

**My kitchen essentials are…** a wok, Magimix and rubber spatula.

**Currently, I'm…** working as a consultant for *Chi Kitchen*, a pan Asian restaurant in London and Birmingham. I'm also about to launch a pop-up restaurant with chef Adam Handling. Exciting times ahead.

**"I love salted eggs. I can eat them just boiled with Congee or with Sambal Belacan and white rice. When I first travelled back to Malaysia after moving here, my best friend Diana took me to a seafood restaurant where they served this dish. On my return I immediately set about recreating it – it really takes deep-fried squid to a new level"**

## **Crispy squid in salted egg yolks** (Sotong Telur Masin)

- Serves 4
- Prep 10 mins plus resting
- Cook 25 mins
- £1.03 a portion

**2 salted eggs (see tip, below)**
**500ml vegetable oil, plus 2 tbsp oil for frying the egg yolks**
**350g fresh squid, cleaned and cut into 1.5cm rings**
**1 stalk of fresh curry leaves, leaves stripped**
**FOR THE BATTER**
**45g tapioca flour**
**50g plain flour**
**1 tsp chicken stock powder**
**½ tsp caster sugar**
**30g butter, melted**
**½ tsp bicarbonate of soda**
**1 tsp baking powder**

**1** Mix all the ingredients for the batter and 150ml cold water together in a bowl and set it aside to rest for 20 mins. Bring a small saucepan of water to the boil, add the salted eggs and simmer for 15 mins. Lift them out with a slotted spoon and leave to cool. Peel away the shells, cut the eggs open and extract the yolks. Discard the whites. Mash the yolks in a bowl with a fork. Set aside.

**2** Heat the vegetable oil in a wok or deep saucepan. To test if the oil is hot enough, carefully drop a little of the batter in the oil and if it sizzles vigorously and floats to the top, the oil is ready. Pat the squid dry with kitchen paper. Mix the squid into the batter and stir to make sure they are well coated. Line a baking tray with kitchen paper, ready for the fried squid. Fry the squid in batches, dropping them into the oil gently and carefully, making sure they don't touch each other. Fry for 3–4 mins, until golden. Be careful not to overcrowd the pan.

**3** Remove with a slotted spoon and transfer them to the paper-lined tray. Heat 2 tbsp of oil in a wok, then add the egg yolks and curry leaves. Fry the yolks for a 1 min until foamy. Working quickly, add the squid and toss, making sure it coats the squid. Serve.

*Tip* **To make salted eggs, simply submerge your eggs in boiled, salted water that has been cooled for 15 mins**

A 'coffee shop' in Malaysia usually consists of several stalls selling their speciality, so there is a variety of food on offer. There is a coffee shop near my old house in Ipoh where I always order the lor bak from a sweet old man who deep-fries them to crisp up the skin. Traditionally they are wrapped with bean curd skins but I use spring roll sheets as they are easier to find

## Five-spice pork spring rolls (Lor Bak)

- Makes 5 fat spring rolls
- Prep 15 mins plus marinating and chilling
- Cook 15 mins
- 98p a spring roll

**300g pork loin, cut into 1cm-thick strips**
**2 tsp five-spice powder**
**1 tbsp tapioca flour or cornflour**
**1 medium free-range egg**
**½ tsp chicken stock powder**
**½ red onion, chopped**
**5 water chestnuts, roughly chopped**
**5 × 22cm spring roll sheets**
**500ml vegetable oil, for deep-frying**
**FOR THE MARINADE**
**2 tbsp caster sugar**
**1 tsp chicken stock powder**

**1** Place the pork in a bowl with the marinade ingredients and salt and pepper. Stir to coat, cover and chill overnight.

**2** The next day, discard the water that has come out of the pork. Mix the marinated pork with the five-spice powder, tapioca flour or cornflour, egg and chicken stock powder. Add the chopped onion and chopped chestnuts. Mix well.

**3** Place 1 of the spring roll sheets on a flat work surface in front of you, positioning it so that you have a diamond shape. Place some of the pork mixture horizontally 4cm up from the bottom of the sheet. Fold the bottom up over the mix, fold in the 2 sides and roll up tightly, brushing the edges with water as you go. Place the spring roll on a plate. Chill for 30 mins to firm up. Repeat with the remaining sheets and pork.

**4** Heat the oil in a wok until it reaches 180C on a thermometer. Alternatively, drop a tiny bit of spring roll sheet into the oil: the spring roll sheet should sizzle and quickly float to the top. Deep-fry the spring rolls in batches of 2 or 3 at a time, for 8–10 mins over a medium heat, until golden (too high a heat will burn the outside and leave the middle raw). Transfer to kitchen paper to drain, then slice diagonally and serve.

*Tip* **Use a wok to make your spring rolls. You can fry more of them at a time as the surface area is wider**

## Pan-fried seabass with kecap manis (Seabass Goreng Kecap Manis)

- Serves 2
- Prep 5 mins ■ Cook 4 mins
- £1.60 a portion

**1 tbsp cornflour**
**2 seabass fillets, skin on**
**3 tbsp vegetable oil**
**1 tbsp sweet soy sauce (kecap manis)**
**coriander leaves, torn, to garnish**

**1** Place the cornflour on a plate or tray and sprinkle over some sea salt. Coat the fillets on both sides with a light covering of cornflour. Heat the oil in a frying pan, gently shake the excess flour off the fish, then place the fillets skin-side down in the pan and fry for 2 mins. Do not move the fish around the pan while it fries.

**2** Flip the fillets gently and fry skin-side up for a further 1½ mins (a little longer if the fillets are thick). Remove from the heat and let the fillets sit in the pan for another 30 secs. Transfer the fish to a plate, drizzle them with the soy sauce and pour three-quarters of the oil from the pan onto the fillets. Garnish with some torn coriander.

Pan-frying is a great way to cook fish and I particularly love the flaky fish in this recipe. When I've nearly finished the fish and there are just little bits drenched in sweet soy sauce, I tip a generous amount of white rice onto them and mix the remaining fish, soy and rice together. My family know I love the flaky bits so they always leave theirs for me. This dish is also lovely served with Congee

## **Clay pot chicken rice** (Nasi Ayam Claypot)

- Serves 2
- Prep 15 mins plus rehydrating & marinating
- Cook 30 mins
- £3.95 a portion

**3 dried shiitake mushrooms**
**150g boneless chicken thighs, sliced**
**1 tbsp vegetable oil**
**10g fresh root ginger, peeled and chopped**
**2 garlic cloves, finely chopped**
**1 Chinese sausage (available on souschef.co.uk), sliced**
**4 tbsp sweet soy sauce**
**1 tbsp light soy sauce**
**3 tbsp water**
**200g jasmine rice**
**steamed bok choi, to serve (optional)**

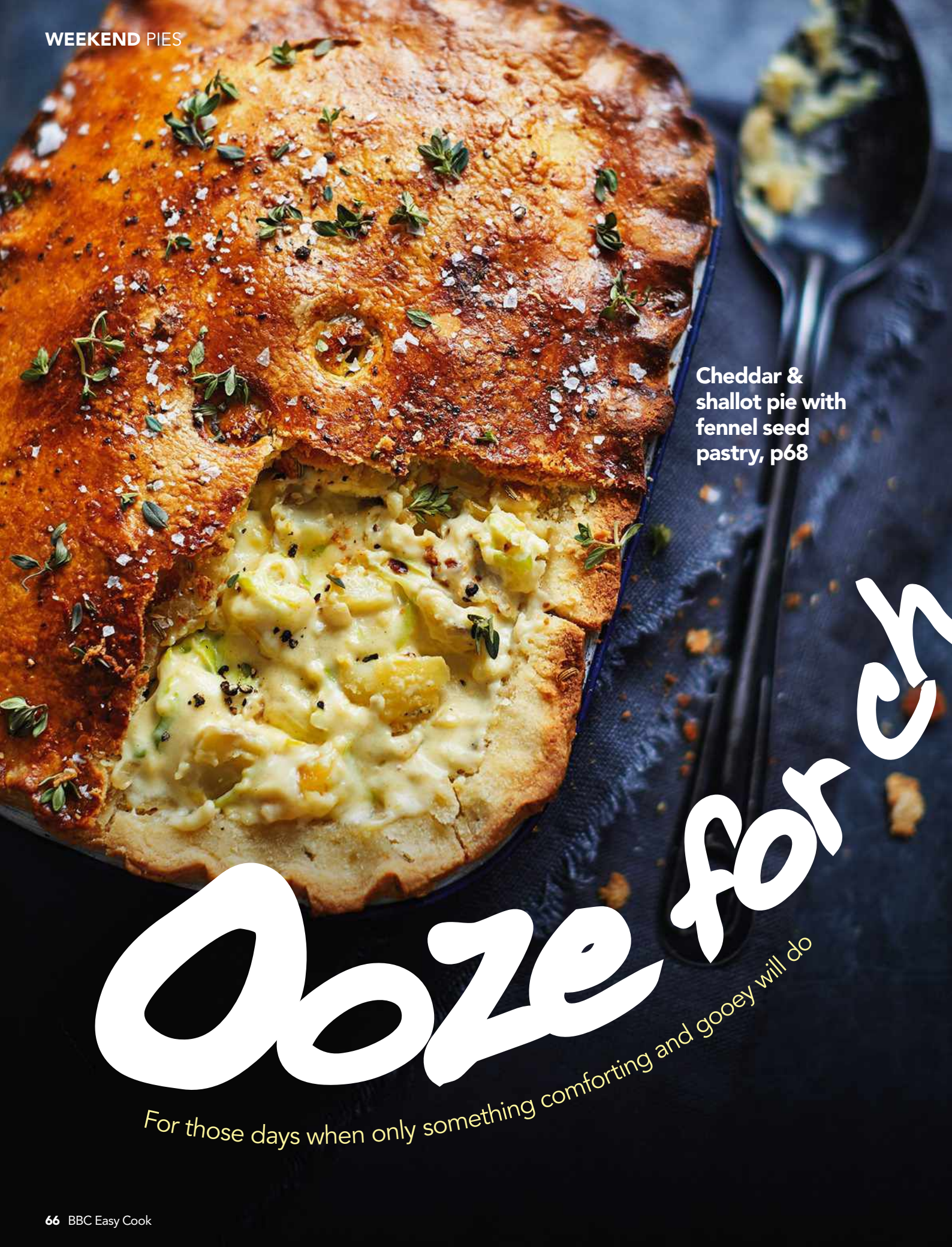
**FOR THE MARINADE**
**½ tsp light soy sauce**
**large pinch of caster sugar**
**½ tbsp cornflour**

**1** Put the shiitake mushrooms in a bowl, cover with just-boiled water and set aside to rehydrate for 1 hr. Drain, squeeze them to discard excess water and cut off and discard the stalks. Quarter them and set aside.

**2** Meanwhile, put the chicken in a bowl and add the marinade ingredients. Stir and leave to marinate for at least 20 mins at room temperature, or 2 hrs (covered) in the fridge. Heat the oil in a frying pan, add the ginger and garlic and fry until fragrant, then add the sliced sausage and fry for 1 min. Add the marinated chicken and the mushrooms to the pan and continue to fry until the chicken turns opaque. Add half the sweet soy sauce and all the water. Continue to fry for 2 mins until cooked through. Set aside.

**3** Wash the rice in cold water and drain, then repeat twice with fresh cold water. This will get rid of excess starch. Transfer the drained rice to the clay pot, then fill it with water, until the water sits about 2.5cm above the rice. Bring it to the boil over a medium heat then turn the heat down to a low simmer.

**4** After 10 mins, once the rice has absorbed nearly all the water, put the chicken mix on top of the rice and cover the pot. Cook on the hob over a low heat for 10–13 mins. Serve.



**Cheddar & shallot pie with fennel seed pastry, p68**

# Ooze for ch

*For those days when only something comforting and gooey will do*

Melty cheese & potato pie, p68
eesy pies?

## Cheddar & shallot pie with fennel seed pastry

- Serves 6-8
- Prep 40 mins plus chilling
- Cook 1 hr 5 mins
- 81p a portion
- 604 kcals, 39g fat, 24g sat. fat, 0.9g sugar

VEGETARIAN

**FOR THE PASTRY**
**140g unsalted butter, plus extra for greasing**
**375g plain flour**
**¼ tsp mustard powder**
**1 tsp fennel seeds**
**FOR THE FILLING**
**2 King Edward potatoes, cubed**
**2 tbsp unsalted butter**
**4 large banana shallots, sliced**
**7 spring onions, finely sliced**
**3 medium eggs**
**150ml double cream**
**1 tsp thyme leaves**
**200g strong cheddar (or vegetarian alternative), grated**
**FOR THE GLAZE**
**1 egg yolk, beaten**
**1-2 tsp milk**

**1** Heat oven to 180C/160C fan/gas 4. Boil the potatoes in a large pan of salted water for 10-15 mins until a knife is easily inserted.

**2** Melt the butter in a medium saucepan over a low heat. Slowly sweat the shallots and spring onions with a pinch of salt until softened, stirring occasionally, about 10-12 mins. Meanwhile, whisk together the eggs, cream, thyme, cheese and seasoning. Set aside.

**3** To make the pastry, melt the butter with 100ml water in a saucepan and bring to a simmer. Tip the rest of the pastry ingredients and ½ tsp salt into a large bowl. Make a well in the centre and pour in the butter. Stir with a wooden spoon, then bring together with your hands, kneading lightly for a few mins.

**4** Grease a 20-26cm pie dish. On a dusted surface, roll out two-thirds of the pastry to fill the base and sides. Use the rest to roll out a lid. Add the potato and shallot mix to the beaten egg filling, and spoon into your dish. Cover with the pastry lid and crimp the edges. Beat the yolk with the milk and glaze the pie. Poke a couple of holes in the top. Chill for 10 mins. Bake for 40-45 mins.

No time for pastry-making? Use shop-bought! Let nothing stand between you and cheese pie

## Melty cheese & potato pie

- Serves 8-10
- Prep 40 mins
- Cook 35 mins
- 65p a portion
- 555 kcals, 38g fat, 17g sat. fat, 2g sugar

VEGETARIAN

**750g floury potatoes (such as King Edward), sliced**
**100ml crème fraîche**
**pinch of freshly grated nutmeg**
**plain flour, for dusting**
**2 x 375g blocks of all-butter puff pastry**
**250g round Camembert (or vegetarian alternative)**
**1 egg, beaten**
**FOR THE SALAD**
**1 shallot, finely chopped**
**2 tsp Dijon mustard**
**2 tbsp red wine vinegar**
**100ml olive oil**
**500g chicory (we used red and white for colour contrast), leaves separated**

**1** Heat oven to 220C/200C fan/gas 7. Tip the potatoes into a pan of cold water, bring up to the boil and cook for 2 mins. Drain well, tip back into the saucepan and mix with the crème fraîche. Season, sprinkle over the nutmeg and set aside.

**2** Dust your work surface with flour, roll the first block of pastry to a circle about 28cm wide and place on a baking tray. Arrange a third of the potatoes in the middle of the pastry, then sit the cheese on top. Pile the rest of the potato around the cheese, leaving a 1cm border at the edges.

**3** Roll the remaining pastry out to a circle about 30cm wide, dusting with more flour if needed. Brush the edges of the pastry on the tray with egg, then drape over the larger circle and seal the sides well, crimping as you go round. A tight seal is important to stop the cheese escaping.

**4** Brush all over with egg and lightly score a spiral into the pastry with the back of a knife. Bake the pie for 30 mins until golden brown and puffed up. As soon as the pie comes out of the oven, glaze with a little more egg and leave to cool for 5 mins.

**5** Meanwhile, whisk the shallot, mustard, vinegar and oil together. Place the chicory in a bowl and toss with the dressing. Serve the pie cut into oozy wedges, with the

## How to choose cheese for vegetarians

Nowadays, the majority of British cheeses are suitable for vegetarians, as they are made using vegetarian rennet to coagulate the milk (traditional rennet is derived from the stomachs of newborn calves). The exceptions are a handful of traditional farmhouse cheeses, including some cheddars and Stiltons.

Even if a cheese is not specifically labelled 'vegetarian', check the label or ask your cheesemonger.

With French and Italian cheeses, many of the famous names are made from centuries-old recipes, and therefore use animal rennet. Again, check labels, but the best-known cheeses 'of protected origins' are to be avoided: Brie de Meaux, Camembert de Normandie, Gruyère, Roquefort and Gorgonzola. However, the first three are available in British, vegetarian-friendly versions, and the last two are easily switched for a feisty British blue, such as Blue Vinney.

Parmesan can be an issue for vegetarians too. Parmigiano Reggiano, Gran Padano and Pecorino Romano are all made with animal rennet. The best British alternatives, offering similarly deep flavour and a salty crunch, are Old Smales (also known as Old Winchester) and Twineham Grange. They're not stocked in supermarkets, but you can buy them online.

**Vegetarian: British Blue Vinney**

PHOTO: GETTY IMAGES / FUNKYSTOCK

*How to make your...*

# pies perfect

6 simple ways to add pizzazz to your pastry

**Squeeze the pastry** edge around the top of your index finger, using your thumb and other index finger. Work your way along the pastry edge to give a professionally fluted finish.

**Plait together** three thin strips of pastry and place around the edge. This can be fiddly, so do it in 4-5 sections and join them up on the pie.

**Press the back of a teaspoon** into the pastry to create depressions.

**Create a classic look** by pressing down on the top sheet of pastry with a fork.

**Sprinkle the edge** with granulated sugar to add sparkle once baked.

**Use stamped out leaves** for a pretty autumnal design.

## The great dairy debate…

Every lovingly made fruit pie deserves a dairy accompaniment – go to town with thick Jersey or clotted cream. We like two to choose from and usually go for a ball of ice cream with hot custard on the side.

# RECIPES TO SHARE

A meal made with wonderfully fresh and creamy Philadelphia is worth sharing – so let Jo Wheatley's delicious recipes inspire you

A delicious meal deserves to be shared – especially one that's made with Philadelphia. Fresh in taste and creamy in texture, everyone loves it – whether it's in a sweet treat or savoury feast.

Food writer and TV baker Jo Wheatley loves cooking for other people and always has a tub or two of Philadelphia at the ready in her fridge for such occasions. In fact, she has created a selection of tasty recipes with Philadelphia (which you can find at bbcgoodfood.com/philadelphia) that are ideal for sharing with friends. Get started by trying the recipes here.

The Philadelphia Sweet Chilli adds a lovely subtle kick to the pasta, while the creaminess of the Philadelphia is the perfect counter-balance to the filo's crispiness in the cups.

## Philadelphia, chicken and pancetta pasta

● **Serves 4** ● **Prep 10 mins**
● **Cook 20 mins**

4 skinless chicken breasts
2 sprigs each of thyme and rosemary, leaves stripped and chopped
50g pancetta, cubed
300g farfalle pasta
150g frozen peas
1 tbsp olive oil
1 tbsp butter
120g Philadelphia Sweet Chilli, plus extra to serve
juice of ½ lemon

**1** Lay the chicken between sheets of parchment and bash with a rolling pin until half as thick. Sprinkle with the herbs and season.

**2** Dry fry the pancetta until crispy, then set aside. Boil a pan of water and cook the pasta to pack instructions. With 2 mins to go, add the peas. Meanwhile, heat the oil and butter in a pan, and fry the chicken for 2-3 mins on each side.

**3** Save a ladle of the pasta water, then drain the pasta and tip back into the pan. Stir in the Philadelphia, pancetta, juice and reserved water. To serve, divide between 4 bowls. Slice the chicken and add it along with a dollop of Philadelphia.

# Philadelphia filo cups

● Serves 8 ● Prep 10 mins
● Cook 30 mins ● Easy

1 small aubergine, sliced lengthways
3 tbsp olive oil
4 sheets filo pastry
1-2 roasted peppers from a jar, patted dry and torn into chunks
50g soft goat's cheese
120g Philadelphia Garlic & Herbs
6 chives, snipped into thirds

**1** Heat oven to 200C/180C fan/gas 6. Brush both sides of the aubergine slices with a little oil, season and cook on a griddle until charred and soft.

**2** Take each filo sheet in turn and brush with more of the oil. Fold over on itself to layer up until you have a roughly 12 x 24cm rectangle, then snip in half into two rough squares, and press each square into a hole of a muffin tin. Repeat to use all of the filo, and line 8 tin holes.

**3** Fill each tart with some red pepper, 1 tsp of goat's cheese and the aubergine slices, alternating the layers so each tart is different.

**4** Bake for 8-12 mins until the pastry is crisp and golden. Cool on a wire rack.

**5** Once cool, spoon a nice dollop of the Philadelphia on top of each tart, and finish by crossing two chive pieces on top of each other.

ORIGINAL PHILADELPHIA

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# On cloud nine

Cloud bread is the new low-carb bake that's perfect for quick lunches. We've compiled our tastiest cloud bread creations

## What is cloud bread?

Cloud bread started as a Pinterest sensation but since then, it's grown into every carb addict's dream-turned-reality. It's taken off on social media, recently storming its way through Instagram, too. This gluten-free wonder loaf is simple to make and our original cloud bread recipe uses just four ingredients. Unlike your average slice, cloud bread is known for being higher in protein, as it's made with egg whites and has a unique, soft, bubbly texture. It's more like eating the top of a soufflé or an egg white omelette.

You can flavour your cloud bread just how you like, as you would with a basic bread recipe. A handy alternative to standard wheat bread rolls, cloud bread has an equally neutral flavour, so works well with stronger flavours like cured meats.

## Two great fillings for cloud bread...

### Cheddar & onion jam

Ready in 20 mins. Finely slice 1 **small red onion** and fry it in a small pan for about 10 mins with 1 tsp **vegetable oil**. When the onion is soft, take it off the heat and add 1 tsp **red wine vinegar** and 3 tbsp **onion marmalade**. Stir well then leave in the pan to cool. Take two pieces of **cloud bread** and turn them upside down. Spread the onion mixture over the surface of the bread then divide 80g grated **cheddar** over the top of each one, followed by some finely chopped **Baby Gem lettuce**. Top with another piece of cloud bread to close then serve. Serves 2.

## Cloud bread

- Makes 8 pieces
- Prep 10 mins ■ Cook 20 mins
- 21p a piece
- 59 kcals, 5g fat, 2g sat. fat, 0.2g sugar

VEGETARIAN

**oil or butter for greasing**
**4 eggs, separated**
**50g cream cheese**
**¼ tsp cream of tartar**
**½ tsp nigella seeds**

**1** Heat oven to 150C/130C fan/gas 2 and line 2 large baking sheets with baking paper, then grease with butter. In a bowl and using electric beaters, whisk the egg whites until stiff peaks form. You should be able to turn the bowl upside down without it falling out.

**2** In another bowl, put the egg yolks, cream cheese and cream of tartar then whisk together (no need to wash the beaters first) until smooth, pale and frothy. Next, fold the egg whites, a spoonful at a time into the yolk mixture, be as gentle as you can with this so you don't knock out too much of the air and finally fold in the nigella seeds and season with salt and pepper.

**3** Carefully dollop the mixture onto the prepared baking sheets, if the mixture is a little runny when you get to the bottom of the bowl don't use the last few spoonfuls – only use the really fluffy mix on the top. Bake for 20 mins or until lightly golden and craggy on top. Allow to cool for a few moments before carefully removing from the paper with a palette knife.

### Goat's cheese & Parma ham

Whip up a vinaigrette by mixing together 1 tsp **Dijon mustard**, 1 tsp **red wine vinegar** then slowly drizzle in 2 tbsp **sunflower oil** whilst whisking the mixture at the same time. Stir in 1 tbsp chopped fresh **tarragon** leaves and 100g halved **red grapes** and season. Place 100g **soft goat's cheese** into a bowl and beat to soften, then dollop over the surface of two pieces of **cloud bread**. Top with the tarragon salad then add 2 slices of **Parma ham**. Add a handful of **watercress** then top with cloud bread. Serves 2.

# Autumn harvest

Late summer brings an abundance of deep purple and black fruits, perfect for baking

## Rustic harvest fruit tart

- Serves 10
- Prep 20 mins plus chilling & overnight freezing
- Cook 35-40 mins
- 66p a portion
- 382 kcals, 17g fat, 11g sat. fat, 26g sugar

VEGETARIAN

**140g blackberries**
**225g blueberries**
**4 plums, stoned and chopped**
**4 tbsp granulated sugar**
**3 tbsp cornflour**
**zest 1 orange**
**FOR THE PASTRY**
**200g butter in a block, frozen**
**300g plain flour, plus extra**
**5 tbsp granulated sugar, plus extra**
**1 egg white**

**1** The morning before you want to make the tart, put the butter in the freezer – try wrapping it in foil first (it will keep it colder when you hold it later).

**2** To make the pastry, mix the flour in a big bowl with a good pinch of salt and 2 tbsp of the sugar. Using a coarse cheese grater, grate in the butter, trying to hold it as little as possible so that it doesn't warm up too much, and stirring it in with a cutlery knife. When all the butter is in, give it a final stir with the knife to make sure all strands of butter are coated in the flour, then quickly stir in 150-175ml of cold water. Bring it together with your hands, wrap in cling film and chill for 30 mins. Layer all the fruit in another bowl, sprinkling over the sugar and cornflour. Add the orange zest and mix. Set aside.

**3** Heat oven to 200C/180C fan/gas 6 with a baking sheet in it. Lightly dust another baking sheet with flour and roll out the pastry onto it in a rough circle until the pastry is about 0.5cm thick. If you want, use a small, sharp knife to cut a pattern around the edge of the pastry.

**4** Give the fruit another mix, then pile into the middle of the pastry, leaving a 7cm border of clear pastry all around the edge. Fold the pastry border up and over the fruit filling, pinching bits together to keep it neat and in place. Whisk the egg until frothy. Using a pastry brush, brush the froth all over the pastry. Dredge over the remaining sugar, and sprinkle a little over the fruit. Lift onto the heated sheet and bake for 35 mins until golden. Serve with custard or cream.

## Choosing the best **plums**

- **Buying** Look for plump, smooth fruit. Ripe fruit for eating should yield to gentle pressure; for cooking, look for something a little firmer.
- **Storing** Unripe plums are best kept in your fruit bowl until ripe, then pop them in the fridge to extend their shelf life.

This crispy, cheat's rough puff pastry works wonderfully with soft juicy berries and plums

## Baked blue cheese with figs & walnuts

- Serves 6
- Prep 10 mins ■ Cook 20 mins
- 65p a portion
- 295 kcals, 18g fat, 8g sat. fat, 18g sugar

VEGETARIAN

**6-12 ripe figs**
**2 tbsp good Sherry vinegar**
**100ml red wine (or red grape juice)**
**50g walnut halves**
**5 thyme sprigs, broken up a little bit**
**4 tbsp clear honey**
**1 whole round blue Brie or Camembert (or vegetarian alternative), see our tip below**
**crusty baguette, to serve**

**1** Heat the oven to 200C/180C fan/gas 6. Cut a cross in the tops of the ripe figs nearly, but not quite, all the way down to the bottom, and pinch the bases. Sit them in a baking dish or roasting tin (big enough so the figs can sit in a single layer with the whole cheese) cut-side up, but don't put the cheese in yet.

**2** Mix together the Sherry vinegar and red wine or grape juice with some seasoning, and pour all over the figs. Scatter over the walnuts and thyme. Finally, drizzle over the honey. Bake for 15-20 mins until the figs start to become soft and sticky.

**3** Tuck the whole cheese in among the figs and put back in the oven for a final 5 mins. Lift the dish straight to the table and serve with lots of crusty bread to scoop up the molten cheese.

*Tip* **We used Cote Hill Blue cheese from Paxton & Whitfield (paxtonandwhitfield.co.uk) for this recipe, but you could also try President Le Bleu cheese**

### Choosing the best **figs**

- **Buying** Ripe figs will be richly coloured, and very soft, but discard any with broken skins. Figs don't continue ripening after picking, so avoid buying any that aren't ripe.
- **Storing** Keep in the fridge. They don't last long at any temperature, but chilling them will give you a few more days to use them.

Liven up bread and butter pudding by adding sticky

## Caramelised figgy bread & butter pudding

- Serves 4-6
- Prep 20 mins plus soaking and overnight for the bread
- Cook 50 mins
- £1.05 a portion
- 694 kcals, 46g fat, 24g sat. fat, 27g sugar

VEGETARIAN

**350g white baguette**
**50g salted butter, very soft**
**250g ripe figs, thickly sliced**
**50g pecans, very roughly chopped**
**2 tbsp Marsala or sweet Sherry**
**300ml full-fat milk**
**300ml pot double cream**
**3 large eggs**
**4 tbsp light soft brown sugar**
**2 tsp vanilla extract**
**good grating of nutmeg**
**½ tsp ground cinnamon**
**2 tbsp caramel sauce from a squeezy tube, can or jar, plus extra to serve**
**golden icing sugar, for dusting**
**single cream, vanilla ice cream or crème fraîche, to serve**

**1** The night before you want to make the pudding, thickly slice the baguette and leave it out to go stale.

**2** The next day, butter the bread and arrange in a big baking dish with the figs and pecans. Whisk together the Marsala or sweet Sherry, full-fat milk, double cream, eggs, light soft brown sugar, vanilla extract, nutmeg and cinnamon. Pour all over the bread and leave it to soak for 30 mins. Heat the oven to 160C/140C fan/gas 3.

**3** Just before you pop it in the oven, drizzle with the caramel sauce, then dust all over with a good layer of golden icing sugar. Bake for 50 mins until puffed and looking sticky and caramelised. Drizzle with a little more caramel sauce, if you like, dust with a little more golden icing sugar if it needs it, and serve immediately hot or warm with some cream, ice cream or crème fraîche.

Use up an abundance of blackberries with these irresistible cupcakes

## Purple velvet cupcakes with blackberry frosting

- Serves 12
- Prep 1 hr mins ■ Cook 15 mins
- 62p a portion
- 451 kcals, 18g fat, 11g sat. fat, 54g sugar

VEGETARIAN

**300g blackberries, plus 12 extra**
**100g butter**
**100g milk chocolate, broken into chunks**
**225g self-raising flour**
**175g golden caster sugar**
**2 tbsp cocoa powder**
**2 large eggs, beaten**
**a little red or purple food colouring**
**FOR THE ICING**
**100g unsalted butter, at room temp**
**400g icing sugar, sifted**
**1 tsp vanilla extract**

**1** Heat oven to 180C/160C fan/gas 4 and line a 12-hole muffin tin with paper cases. Roughly crush half the blackberries with a fork. Gently melt the butter and chocolate in a saucepan. Mix the flour, sugar, cocoa and pinch of salt in a mixing bowl.

**2** Scrape the butter-chocolate mixture and eggs into the dry ingredients with the crushed blackberries and 100ml boiling water. Mix together until smooth, then add a little food colouring. Divide between the muffin cases and bake for 15 mins until risen and a skewer poked into the centre comes out clean. Lift onto a wire rack to cool.

**3** Whizz the remaining 150g blackberries to a purée. Beat the butter, icing sugar and vanilla together until fluffy – about 5 mins. Sieve the remaining blackberry purée and fold into the icing. Spoon into a piping bag and pipe onto each cupcake. Top each with a blackberry.

## Choosing the best **blackberries**

■ **Buying** Don't! Cultivated blackberries are often bland or over-sweet – nothing like the wild berries, which have a fantastic sour-sweet balance. Alternatively, try a Pick Your Own farm or your local farmer's market.
■ **Storing** Eat within 1-2 days, or freeze, tasting first so you can adjust the sugar in your recipe.

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BBC easycook

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# Double delight

BBC chef Tom Kerridge shows us how to make his indulgent double chocolate and caramel tart

## Double chocolate & caramel tart, frosted pistachios & rum cream

- Serves 10
- Prep 40 mins plus chilling
- Cook 50 mins
- £1.64 a portion
- 850 kcals, 54g fat, 31g sat. fat, 56g sugar

VEGETARIAN FREEZABLE

**FOR THE PASTRY**
**175g plain flour, plus a little for dusting**
**85g icing sugar**
**50g 70% good-quality cocoa powder**
**140g butter, chilled & cubed**
**2 medium egg yolks, lightly beaten**
**FOR THE FILLING**
**397g can of caramel**
**250g dark chocolate, plus extra to serve**
**100ml milk**
**175ml double cream**
**2 eggs**
**FOR THE FROSTED PISTACHIOS**
**75g shelled pistachios**
**140g golden caster sugar**
**FOR THE RUM CREAM**
**250ml double cream**
**50g icing sugar**
**50ml dark rum**

*Tip*
For a salted caramel flavour, sprinkle a few flakes of sea salt over the caramel layer

**1** To make the pastry, sift the flour, icing sugar and cocoa powder together in a bowl. Add the butter and rub together with your fingers until it matches the consistency of breadcrumbs. Add the egg yolks and mix with your fingers until it forms a soft paste. You may need to add a little iced water. You can do this in a food processor, pulsing the ingredients together if you prefer. Wrap the pastry in cling film and put in the fridge for at least 1 hr to rest. Can be made 2 days ahead.

**2** Take the pastry from the fridge and roll out on a lightly floured surface, to the thickness of a £1 coin. Use it to line a 23cm loose-based tart tin, making sure you work the pastry right into the crease and have it slightly overlapping the rim. Chill the pastry for 1 hr more.

**3** Heat oven to 190C/170C fan/gas 5. Line the chilled tart base with baking parchment, then fill with baking beans or rice and bake for 20 mins. Remove the pastry from the oven, take out the baking beans and parchment, and cook for a further 15-20 mins or until the base is crisp. Leave to cool.

**4** Once cooled, use a sharp knife to trim the excess pastry to leave a smooth edge. Spread the caramel over the base of the tart and place the whole thing in the freezer for at least 1 hr. Can be prepared to this stage up to 1 week ahead.

**5** The next day, heat the oven to 140C/120C fan/gas 1. To make the chocolate filling, melt the chocolate in a bowl set over a pan of simmering water until just melted and set aside. In a separate pan, bring the milk and cream to the boil, stirring to make sure it doesn't burn at the bottom. In a large bowl, whisk the eggs until frothy, then pour the hot cream onto the eggs while whisking. Pass this mix through a sieve onto the melted chocolate and mix fairly quickly.

**6** Take the tart out of the freezer and pour the chocolate custard on top of the caramel. Bake in the oven for 20-25 mins until there is only a slight wobble. Remove from the oven and leave to cool for at least 2 hrs, or chill in the fridge for 1 hr before slicing. Can be done the day before.

**7** Meanwhile, make your frosted pistachios. Put the sugar and 30ml water in a pan, bring to the boil, then reduce by half – but don't let it caramelise. Add the nuts and stir to crystallise the sugar. Tip onto a sheet of baking parchment. Leave to cool.

**8** To make the rum cream, put the cream and sugar in a large bowl and whisk to soft peaks, then pour in the rum and whisk until firm. Place in the fridge to chill.

**9** When you're ready to serve, crush the frosted nuts roughly with a pestle and mortar, then scatter over the top of the tart. Add neat spoonfuls or quenelles of the cream on top, then coat the tart in a layer of finely grated chocolate. Keep chilled until ready to serve.

## Marvellous make-ahead pud

### Get ahead...

- Make the pastry up to 1 month in advance and freeze, or 2 days in advance, then chill it.
- Bake the tart case and fill with caramel, then freeze it up to 1 week ahead.
- Make the frosted pistachios 2 days ahead. Keep them in an airtight container.
- The chocolate filled tart can be made the day before and kept in the fridge.
- Make the rum cream the day before. Cover and keep chilled.
- Assemble the finished tart several hours before serving, then keep in the fridge.

Tom is the presenter of *Bake Off: Crème de la Crème*

BBC goodfood SHOWS

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# The tastiest days out

Be inspired by your favourite chefs and experts cooking delicious dishes live in the Supertheatre, including **Mary Berry**, **Paul Hollywood**, **Michel Roux Jr**, **Tom Kerridge** and more. Stock up on everything you need for seasonal entertaining from artisan producers, plus the latest gadgets from great brands. Pick up tips and tricks from the best in the business in live interviews, demos and more!

LATEST SHOW NEWS

## Just announced...

We're delighted to welcome a new addition to the Shows – the fabulous **Nadiya Hussain**. Since winning the Great British Bake Off last year, Nadiya has taken the world by storm and become a national treasure with her innovative twists on traditional classics and recipes perfect for all the family. See Nadiya cooking live on the Supertheatre and signing copies of her new cookbooks at the Birmingham and London Shows.

"I'm so excited to join the line-up"

**Nadiya Hussain**

BBC gf SHOW

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INTERVIEW WITH

# Michel Roux Jr

**We caught up with Michel at our summer Show and here's what we found out...**

**What's your Show highlight?**
One that sticks in my memory is seeing Mary Berry doing demo, after demo and still smiling, wonderful and full of energy. It was absolutely unbelievable and I was in awe.

**What's it like to cook in front of a live audience?**
Always a little daunting, but that's part of the fun of it, and seeing all the crowds is really quite something!

**What are your top tips for Show visitors?**
Discover the independent growers, farmers and producers – they're the ones you've got to find!

**Michel Roux Jr will be cooking live in Glasgow, London and Birmingham. Don't forget to use your 15%* discount on tickets – simply quote EC15 when booking.**

AUTUMN WINTER SHOW SEASON

## The Shows at a glance...

**Discover more about our upcoming Shows and find your nearest one.**

### Belfast Waterfront
Our debut Northern Ireland Show will be showcasing the best regional produce and flavours alongside a fantastic line up including John Torode, James Martin, Paul Rankin and more.

### Glasgow SECC
Tom Kerridge, Tom Kitchin, Michel Roux Jr and more of your favourites will be cooking delicious dishes live, plus experience the flavours of Glasgow in the Pop-Up Restaurants.

### London Olympia
Be inspired by Gizzi Erskine, Paul Hollywood and Michel Roux Jr at our Show in the heart of the capital, with treats, tipples and the latest kitchen gadgets to be found in the shopping aisles.

### Birmingham NEC
A day out at our flagship Show will inspire you for the festive season. Just announced, Raymond Blanc joins the line-up, plus see Paul Hollywood, Mary Berry and others cooking live.

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AEO

# 7 helpful hacks...

Simple tips and tricks to make cooking easier

LEARN TO COOK LIKE A PRO

## Make the perfect burger

The fibres in meat contract as it cooks, which is why a steak often gets smaller but fatter during cooking. If you put a thumb print in the middle of your burger before cooking, it will cook to a perfect flat patty.

**The easy trick to making a professional burger**

## What 'sweat the onions' means

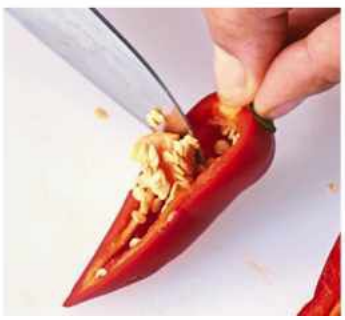
If a recipe that instructs you to sweat the onions, add a pinch of salt at the beginning of the cooking time – it will draw out the moisture and prevent them from browning.

*Top tip* **Replace chicken breast with thighs. It's a cheaper and much juicier cut of meat**

## The best way to chop a chilli

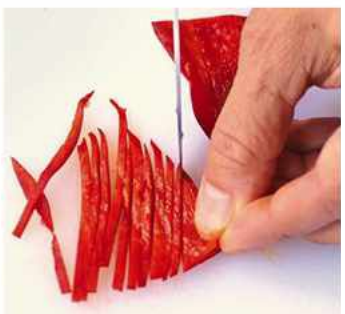
Most of a chilli's heat is in its seeds and membrane, so remove them if you want your dish mild

1 Start by cutting the chilli in half lengthways.



2 Hold onto the stalk and use the tip of a knife or a teaspoon to scrape out the seeds and membrane.

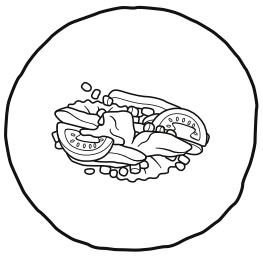
3 Remove the stalk. Flatten the chilli and, with the knife at a low angle, slice off any of the remaining membrane.



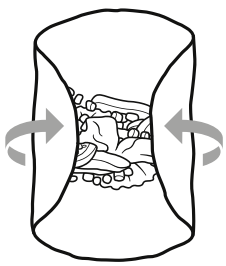
4 Cut each half into thin strips. Bunch the strips together, then chop into small dice.

## That's a wrap!

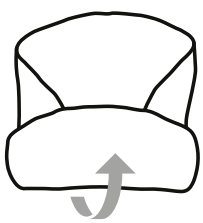
Make our halloumi wraps on p3



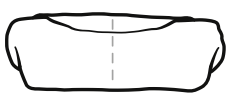
1 Lay the wrap on a flat surface and arrange the filling in the centre – make sure you don't overfill.



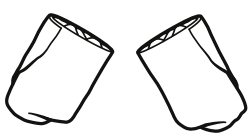
2 Fold the right and left sides inwards to partially cover the filling.



3 Holding the folded sides in place with your fingers, pull the nearest end up with your thumbs and roll firmly over the filling.



4 Keep rolling all the way up, gripping tightly to keep the filling firmly in place.



5 Slice in half to serve or wrap in foil to pack in your lunchbox.

BURGER PHOTO: GETTY IMAGES / STEVE LUPTON

## How to make honeycomb at home

Making your own honeycomb is simple when you know how. You can make it in just 20 mins!

Grease a 20cm square tin with **butter**. Mix 200g **caster sugar** and 5 tbsp **golden syrup** in a deep saucepan and stir over a gentle heat until the sugar has melted. Try not to let the mixture bubble until the sugar grains have disappeared. Once completely melted, turn up the heat a little and simmer until you have an amber coloured caramel (this won't take long), then as quickly as you can turn off the heat, tip in 2 tsp **bicarbonate** and beat in with a wooden spoon until it has all disappeared and the mixture is foaming. Scrape into the tin immediately but be careful as the mixture will be very hot. The mixture will continue bubbling in the tin, simply leave it and in about 1 hr-1 hr 30 mins the honeycomb will be hard and ready to crumble or snap into chunks.

### The key to success

- Use an oiled spoon to measure out your golden syrup, this will stop it from sticking to the spoon.
- Afterwards, clean the pan straight away – pour in boiling water to help dissolve the sugar and make it easier to clean.
- If you dip honeycomb chunks in melted chocolate, they'll keep for 1 month longer.

*Did you know?* **Years ago, most recipes called for flours to be sifted to remove impurities and add air. Nowadays, flour is milled to a much higher standard, so there's no need to sift it**

# How to make... Toad in the hole

COOKING WITH KIDS AGED 7+

We've made this toad-in-the-hole recipe really simple, so it's perfect for teaching the kids how to make a basic batter, as well as other key skills

This recipe has everything you want from a cooking-with-kids session. There's no chopping, it's fairly quick so they won't lose interest, and there's a sense of real cooking without them having to deal with open flames. However, the main reason it's such a good recipe for youngsters is that the whole thing can be put together without any weighing, as the main ingredients for the Yorkshire pudding are all the same in volume – so once you've measured your flour in a jug, you know how much milk you'll need and the eggs make up about the same.

## Before you start

- **Clear the surface** so you have a clutter-free cooking area.
- **If your child can't reach** the cooking surface, make sure that they stand on something sturdy.
- **Put on an apron**, tie back long hair or use a hair band, and wash hands well.
- **Place a damp piece** of kitchen paper under their chopping board to stop it from sliding around.
- **Never leave a child unattended**. When handling raw meat, be careful that they don't lick their fingers, and wash hands afterwards. It also involves handling a hot tray which shouldn't be done by under-sevens.

## Mini toad-in-the-holes

- Makes 12 (feeds a family of 4)
- Prep 20 mins ■ Cook 35 mins
- 99p portion
- 193 kcals, fat 11g, sat. fat 4g, sugar 4g

FREEZABLE

**24 uncooked cocktail sausages**
**2 tbsp sunflower oil**
**3 eggs (this will be 150ml)**
**150ml plain flour**
**½ tsp mustard powder (optional)**
**150ml milk**
**12 small rosemary sprigs (optional)**

**FOR THE CHEAT'S GRAVY**

**3 tbsp red onion marmalade**
**1 tbsp plain flour**
**1 tsp mustard powder**
**squeeze of ketchup**
**500ml beef stock made with 1 stock cube**
**small splash of soy sauce**

**WHAT YOU NEED**

**Children's scissors, 12-hole muffin tin, Measuring spoon, 1 small bowl, Measuring jug, 1 large mixing, bowl, Whisk**

### Do the gravy first

Heat the marmalade in a small saucepan, then stir in the flour and mustard powder, and cook for a few mins. Stir in the ketchup, then add the beef stock and bring to a simmer. Cook for 5 mins, then add the soy sauce to taste. This can be made in advance and chilled. Heat up in a saucepan on a medium heat to serve.

**Cut the sausages**
Cut the sausages with scissors. Heat oven to 220C/200C fan/gas 6. If the sausages are linked, get your child to use a pair of scissors to cut them into single sausages.

**Count the sausages**
Place 2 sausages in each hole of the tin. Drizzle each set with oil. Children over seven can place the tin in the oven for 20 mins until browned. A grown-up can turn them halfway through.

**Crack some eggs**
Over a bowl, get the child to hold the egg in one hand, then tap with a cutlery knife until it cracks. Get them to open the egg into the bowl. Check for any bits of shell. Repeat with all the eggs.

**Make a batter**
Get the child to measure 150ml plain flour in a measuring jug and tip into a bowl with the mustard powder. Make a well in the centre and beat in the eggs. Measure the milk.

**Pour in the milk**
Gradually pour the milk into the batter – get the child to whisk well between each addition – until you have a mix that is the consistency of double cream. Season. Pour the batter back into the jug.

**Sizzle the batter**
Making sure that they don't touch the hot tin, get the child to pour the batter over the sausages and throw a sprig of rosemary into each hole. A grown-up needs to place them back in the oven.

**Cook in the oven**
Leave the batter to cook for 15 mins undisturbed. Remove the tin from the oven. Leave to cool for a few mins, then serve with green beans, mash and the gravy.

## What we learnt

**Two key skills that will be useful for many other recipes**

- **Cracking eggs** This may seem easy, but it's a foundation task for so many recipes that it's one well worth teaching properly. The method of cracking the eggs into a bowl first and checking no shell has fallen in will guarantee you won't have any surprises.
- **Using the oven** If you have an electric oven, children of seven can turn it on to the correct setting and temperature, and place the cold tin in the oven. This teaches them about temperature. And even if you are handling a cold tin, always use oven gloves.

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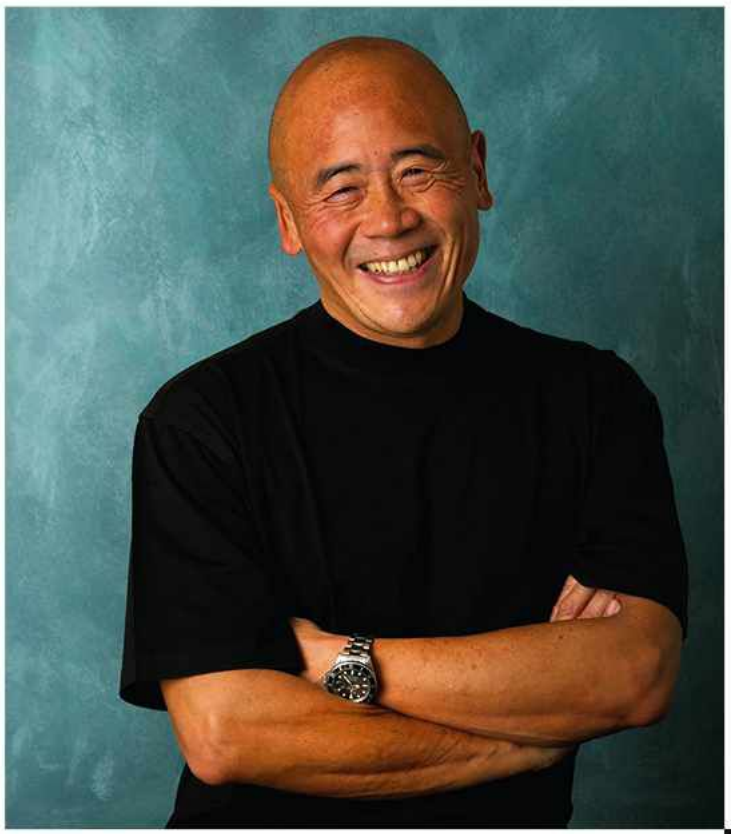
# *Ken Hom's* FAVOURITES

The master of Chinese cuisine shares his foodie passions

*Oyster sauce*



**Childhood meal...** Chinese sausage steamed in rice, topped with a fried egg and drizzled with oyster sauce. It was my mum's easy and quick meal, and it's extremely comforting. It reminds me of home.

**Ingredient(s)...** Chilli to spice up any dish, ginger to add a touch of freshness, spring onions to balance the recipe, and garlic – because how can life exist without it?

**Four-ingredient recipe...** This simple stir-fried dish is good enough to make me want to be a vegetarian. Just heat your wok, then add some groundnut oil, crushed garlic, salt and Chinese flowering cabbage. Stir-fry for a minute or two and serve. It's simple, delicious and healthy!

**Breakfast...** I like Chinese congee with some thousand-year-old eggs [*eggs that have been preserved for a few weeks*]. It's a soothing comforting start to the day.

*1000-year-old eggs*

**Lunch...** Stir-fried Singapore noodles. It's a light rice noodle dish that has a nice, spicy curry taste.

**Dinner...** Steamed whole fresh fish with ginger and spring onions. It's an easy-to-make dish that is wholesome and yet satisfying. My mum made it often.

**Pudding...** Fresh mango. I was brought up on fruit for dessert.

*Fresh mango for dessert*

**Food memory...** I remember eating crispy noodles topped with chicken, beansprouts and oyster sauce at my uncle's restaurant where I worked. It was my favourite dish, and it always served after a dim sum luncheon.

**People to cook for...** That's easy - it has to be my family and friends because they are the people I love the most in the world.

**Chef...** I really like Andrew Wong of the restaurant *A. Wong* in London's Victoria. I think he is one of the most talented chefs around these days.

Ken Hom's biography, **My Stir-Fried Life** (£20, The Robson Press) is out now.

**Book...** Nigel Slater's *Toast* – it made me hungry just reading it.

**Cuisine...** Chinese, of course! But I also love Italian, French, Moroccan, Thai and Japanese – anything that is properly prepared.

**Restaurant...** *China Tang* at the Dorchester is always spot on.

*China Tang*

**Piece of kitchen kit...** I could prepare a banquet with just my wok and cleaver!

**Cheat or shortcut...** Oyster sauce makes everything taste great. It's my secret touch to any dish.

**Piece of advice...** Be yourself, stay humble and cook what you like to eat.

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**Ken Hom** is a Chinese-American chef, presenter and author who has written 36 books. He found fame in 1983 with the TV show, *Ken Hom's Chinese Cookery*

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