

SUNDAY

Jollof rice

Serves 6

vegetable oil	300 ml vegetable stock
1 butternut squash diced	2 medium carrots diced
400g chestnut mushrooms, sliced	150g green beans sliced
1 medium onion, finely chopped	125g cabbage shredded
1 green and 1 red pepper, finely chopped	½ cucumber diced
370g long grain rice	1 tsp. salt
150g tomato paste	½ tsp. black pepper
1 x 400g tin chopped tomatoes,	½ tsp. thyme
¼ bottle white wine	1 tsp. black & red pepper
	½ tsp. ground ginger or allspice

Simmer the squash, mushrooms and green beans in 2-3 cups stock/wine for 20 minutes. Meanwhile, sauté the onion, and green and red pepper until soft in oil, 5 min. Stir the rice into the onions and peppers, then add the tomato paste, stirring to coat the rice and give it a reddish hue. Add the chopped tomatoes and let them cook down for several minutes. Pour this mixture over the vegetables, add carrots, cucumber, cabbage and spices. Cover and simmer gently for 20 minutes. Check frequently and add water if the mixture is too dry.

Rude Grude (redcurrant jelly) and custard

MONDAY

Pan-Fried Lamb

Serves 6

900g lamb cubed (shoulder or leg)
1 tablespoon extra-virgin olive oil
2 tablespoons unsalted butter
250ml red wine

2 tsp thyme

9 canned anchovy fillets in oil with garlic
250ml lamb stock
2 teaspoons sugar
75g hojiblanca black olives pitted and halved
3 tablespoons chopped parsley

Heat the oil and butter in a large frying pan. Add lamb and cook for 4-5 minutes to seal, stirring until brown all over.

Grind the thyme and anchovies to make a smooth paste. Add the wine and lamb stock to the frying pan. Stir in the anchovy paste together with the sugar.

Bring the mixture to boil, reduce heat, cover and leave to simmer for 30-40 minutes until lamb is tender. Remove the lid for the last 10 minutes of the cooking time for the sauce to reduce; stir in the olives in the sauce and mix to combine. Garnish with freshly chopped parsley.

Serve with mashed potatoes.

Gooseberry Fool

serves 8

800g gooseberries
2 vanilla pods
500ml plain yoghurt

200g golden caster sugar
500ml double cream
Shortbread biscuits

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

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

TUESDAY

Chicken and lime stir-fry

Serves 6

5 chicken breasts

2 limes

10 spring onions

Nam pla (fish sauce)

Olive oil

Fresh coriander

1 tin celery soup

2 green chillies

milk

Cut the chicken into bite-size pieces and marinade in the juice & zest of the limes.

Cut up the spring onions, including the green part, into 1 cm lengths. De-seed and finely chop the chillies. Roughly chop the coriander.

If using condensed soup, add milk & water to double the quantity.

Heat the oil in a dixie and fry the chicken for about 3 minutes until browned all over.

Add the spring onions and the chillies, and cook for a further 2 – 3 minutes. Pour in the nam pla and celery soup and add the coriander. Cook for a few more minutes until the chicken is cooked through and piping hot.

Serve with plain rice.

Plums and custard

WEDNESDAY

Harrira

serves 6

1 tin chickpeas	salt & pepper
1 kg cubed lamb	3 pts chicken stock
2 onions, chopped	2 tins chopped tomatoes
olive oil	50g long grained rice
2 oz butter	saffron
2 tsp ground ginger	2 red peppers
2 tsp coriander	2 lemons
2 tsp turmeric	chopped parsley
½ tsp cayenne	½ tsp cinnamon

Fry the onion in oil and butter until translucent, add the lamb and brown evenly. Add the ginger, coriander, turmeric, cayenne, cinnamon, salt and pepper and fry for a few minutes.

Add the chicken stock and cook gently for 1 hour. Add the chickpeas, tomatoes, rice, red pepper and lemon juice and cook for a further 30 minutes. Sprinkle on the parsley.

Fruit salad

THURSDAY

Cider sausages

Serves 6

Vegetable oil for frying
1½ lb beef/lamb sausages
1 onion, sliced into rings
3 celery stalks, chopped
3 carrots chopped
parsley

3 tablespoons flour
¾pt medium-dry cider
¼ pt water
1 bouquet garni
salt and pepper
potatoes

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

FRIDAY

Basque-style salmon stew

Serves 6

1 tbsp olive oil	2 tsp smoked paprika
3 mixed peppers , deseeded and sliced	2 garlic cloves, sliced
1 large onion , thinly sliced	2 tsp dried thyme
400g baby potatoes , unpeeled and halved	400g can chopped tomatoes
	4 salmon fillets
	1 tbsp chopped parsley , to serve (optional)

Heat the oil in a large pan and add the peppers, onion and potatoes. Cook, stirring regularly for 5-8 mins until golden. Then add the paprika, garlic, thyme and tomatoes. Bring to the boil, stir and cover, then turn down heat and simmer for 12 mins. Add a splash of water if the sauce becomes too thick.

Season the stew and lay the salmon on top, skin side down. Place the lid back on and simmer for another 8 mins until the salmon is cooked through. Scatter with parsley, if you like, and serve.

Brown George Pudding

serves 6

1 large apple	1 teaspoon ground ginger
½ teaspoon mixed spice	milk
3oz suet	2 oz sugar
1 teaspoon baking soda	4 oz breadcrumbs
4 oz plain flour	syrup sauce
2 eggs	

Peel and chop the apple finely. Mix together the dry ingredients, add apple, beaten egg and enough milk to make a dropping consistency. Cook individual portions in foil envelopes for about 45 minutes. Serve with syrup sauce.

Spicy tomato soup

Serves: 6

1 tablespoon olive oil	300ml passata or sieved tomatoes
1 onion, coarsely chopped	Salt and pepper
1 garlic clove, chopped	To garnish
3 red peppers, diced	Plain yogurt
1 tsp chilli flakes	Fresh basil leaves
300ml vegetable stock	
2 tins sweet corn	

Heat the oil in a saucepan over low heat; stir in onion and garlic and cook gently until softened, about 5 minutes. Stir in the pepper and chilli flakes and cook for a further 5 minutes, stirring every now and again. Pour in the stock and stir in the passata or sieved tomatoes and sweet corn. Season to taste and serve with a dollop of plain yogurt and fresh basil leaves.

SATURDAY

Turkey Stroganoff with Pilaf Rice

Serves 6

3 tbsp extra-virgin olive oil	4 tbsp Worcestershire sauce
375g butter	½ litre chicken stock
2 onions, finely diced	2 tsp Dijon mustard
2 tbsp crushed garlic	300ml sour cream
3 tsp dried thyme	75 ml double cream
350g sliced chestnut mushrooms	chopped parsley
3 tsp sweet paprika	1 lemon, cut into wedges
3 tbsp flour	900g turkey cut into strips
200ml white wine	
	600g long grain rice,

Heat a large frying pan and add the olive oil and butter. Add the garlic, onion, thyme and fry until it starts to gain colour.

Add the turkey strips and mushrooms and cook for five minutes or until just cooked through.

Reduce the heat to very low. Add the Worcestershire sauce, white wine and sweet paprika and reduce. Add the flour and cook for 1 minute. Pour in the chicken stock and stir into a smooth sauce. Lastly add the mustard, sour cream, parsley and double cream.

Meanwhile cook the rice

Eton Mess

Serves 6

400g strawberries,	4 x 7.5cm ready-
250g raspberries	made meringue nests, crushed
400ml double cream	1 tbsp ginger cordial (optional)

Chop the raspberries and strawberries.

Whip the double cream until stiff peaks form, then fold in the fruit, crushed meringue and ginger cordial, if using.

SUNDAY

Beef Olives

Serves 6

6 thin slices of beef	4 oz. fresh breadcrumbs
Beef stockpot	1 lemon
1 onion	2 oz shredded suet
butter	1 egg
50g bacon very finely chopped	50g cooked beef/chicken chopped
Potatoes	peas

You need cotton twine for this recipe

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

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

Serve with potatoes and a green vegetable.

Honey blancmange

MONDAY

Chicken curry

Serves 6

4 tbsp sunflower oil	2 green peppers, deseeded and finely sliced
4 cloves garlic, finely chopped	1 tsp each ground coriander, ground turmeric and garam masala
2 teaspoons ground ginger	1 kg diced chicken breasts
1 large red onion, finely chopped	
1 tbsp mustard seeds	

Stir-fry the garlic and onion for a minute and then add the green pepper. Mix and let the veggies soften for a minute or so, stirring from time to time. Stir in the ground spices and cook for 30 seconds. Add the chicken, cover and simmer until tender and cooked through, around 15 minutes.

Serve with rice

Yogurt corners