

## **Beef Ragu (Serves 6)**

**2tbsp olive oil**  
**2 onions finely chopped**  
**2 celery sticks, finely diced**  
**2 large carrots, finely diced**  
**1kg minced beef**  
**4 tbsp tomato puree**  
**3 garlic cloves, finely grated**  
**3 fresh thyme stems**  
**200ml red wine**  
**700ml beef stock**  
**500g spaghetti**  
**75g grated parmesan**  
**Pinch of salt**  
**1 garlic bread**

- 1.Heat oil in the frying pan, add onion, celery and carrot. Fry over medium heat for about 10mins, stirring regularly to avoid burning. When the veg begins to soften and begin changing colour move to next step.
- 2.Stir in mince and cook breaking up any large clumps with a wooden spoon or spatula, cook until browned.
- 3.Add the tomato puree, garlic and thyme and cook for a further 1-2minutes. Pour in the wine and cook off the alcohol. Transfer to a large billie and add the stock. Cover with lid and cook gently for 45min or until meat tender and sauce has thickened.
- 4.Remove the lid and continue to cook, Mean while boil water for pasta adding a pinch of salt to the water. Cook pasta and drain reserving a mug of water to add to the sauce. Wrap garlic bread in foil and turn frequently to stop burning.
- 5.Serve with sprinkle of parmesan cheese and garlic bread.

## **Fruit Salad (Serves 6-8)**

**2 kiwi**  
**1 mango**  
**150g pineapple**  
**100g grapes**  
**400g mixed berries (Strawberries, raspberries)**  
**1 large orange**  
**1 apple**  
**Cream or Yoghurt to serve**

- 1.Prepare the fruit with a small serrated knife. Cut the top and bottom of kiwi stand on one end and cut away the skin. Slice in half and core out the centre.
- 2.Carefully cut the skin off the mango and slice off one cheek. Slice into pieces and remove any remaining mango and place with kiwi.
- 3.Top and tail the pineapple, then cut away at the skin. Slice into strips and remove the core. Then cut into chunks and add with other prepared fruit.
- 4.Half the strawberries and place with grapes in the bowl, finally slice the apple and remove the core then chop into chunks.
- 5.Serve with cream of yoghurt

## **Spanish braised pork (serves 6)**

**1kg (2lb 4oz) boned shoulder of pork cut into 3cm (1in) chunks**

**4 tbsp olive oil**

**150ml (6 fl oz) red wine**

**2 medium onions, chopped**

**6 garlic cloves, finely chopped**

**200g (7oz) chorizo sausage, skinned and chopped**

**1½ kg new potatoes peeled and sliced**

**2 tsp sweet paprika**

**2 tbsp tomato purée**

**400g skinned, chopped tomatoes, fresh or canned**

**300ml (12 fl oz) chicken stock**

**Leaves from 3 large thyme sprigs**

**2 tbsp chopped fresh marjoram or oregano , 4 fresh bay leaves**

**3 tbsp sherry vinegar**

**2 tsp caster sugar**

**100g (3½ oz) good-quality pitted black olives**

**Sea salt and freshly ground black pepper**

1. Season the pork. Heat 2 tbsp of oil in a frying pan and sear the pork in batches until browned. Set aside.

2. Add the wine to the pan and, as the liquid bubbles up, scrape the base of the pan with a wooden spoon to release all the caramelised juices then pour over the pork.

3. Add the remaining oil to the pan with the onions, cover and fry gently for 15 minutes, stirring now and then, until they are very soft and lightly browned.

4. Add the garlic and chorizo and fry for a further 2 to 3 minutes.

5. Stir in the paprika and cook for one minute, then add the tomato purée, tomatoes, chicken stock and herbs.

6. Stir in the pork and all the juices, season, cover and simmer gently for one hour until the pork is almost tender.

7. Stir the potatoes, sherry vinegar and caster sugar into the casserole with the olives and simmer uncovered for another 20 to 30 minutes until the sauce is nicely reduced and the pork is tender.

## **Gooseberry Fool (serves 8)**

**800g gooseberries**

**200g golden caster sugar**

**2 vanilla pods**

**500ml double cream**

**500ml plain yoghurt**

**Shortbread biscuits**

1. Put the gooseberries and sugar in a pan over a medium heat.

2. 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.

3. Whip the cream to very soft peaks and fold through the yoghurt.

4. Fold three-quarters of the cool gooseberries through the cream. Spoon the fool into bowls, and spoon over the remaining berries.

5. Serve with shortbread biscuits for dunking, or crumble over the top.

## **Beef Olives**

*Serves 6*

**6 slices blade steak**

**4 oz. fresh breadcrumbs**

**2 Oxo cubes**

**1 lemon**

**1 onion**

**2 oz shredded suet**

**Butter**

**1 egg**

**Potatoes peeled**

**Tender stem broccoli**

**Butter for mash**

*You need cotton twine for this recipe*

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

2. Lay out the slices of beef and place a portion of stuffing in the centre of each. Roll the beef round the stuffing and tie up with cotton twine.

3. Finely chop the onion and fry in the butter in the Dixie. Add the rolled beef and brown all over. Put the water on to boil for the potatoes

4. Add enough water to cover and crumble in the oxo cubes. Bring to the boil and simmer for about an hour.

5. Place potatoes in water to boil for about 30 minutes, drain

5. Serve with mashed potatoes and a green vegetable.

## **Rhubarb Sponge (Serves 6)**

**350g of fresh rhubarb cut into 4cm lengths (or tinned if not available)**

**200g caster sugar**

**1tsp ground ginger**

**125g unsalted butter**

**few drops vanilla extract**

**2 medium eggs, beaten**

**175g self raising flour**

Cook the rhubarb with 75g of sugar and ginger over a gentle heat for 2-3 minutes until beginning to soften. Remove from heat. Grease the pudding tins, place remaining butter and sugar into a bowl and cream together. Stir in the eggs and vanilla extract, and sprinkle in the flour gently folding the mixture. Place the rhubarb at the bottom of the case and spoon in the sponge mix levelling off the top with a spatula. Place foil over the top loosely and steam for 1½ hours until a skewer comes out cleanly. Serve with custard.

## **Country chicken pot roast (Serves 6)**

**1 tbsp olive oil**  
**1 onion, sliced**  
**3 rashers unsmoked back bacon, sliced into matchsticks**  
**1x1.45kg (3lb) whole chicken**  
**300ml (1/2pt) dry cider**  
**300ml chicken stock**  
**2 Braeburn apples, cored and sliced**  
**4 tbsp creme fraiche**  
**large handful parsley, chopped**  
**roast potatoes, to serve**  
**seasonal veg, to serve**

- 1.Heat the olive oil in a large Dixie. Add the onion and cook for 3-4 minutes until softened.
- 2.Remove from the pan, add the bacon and cook for 3-4 minutes until golden, then set aside.
- 3.Add a little extra oil to the Dixie if needed, then brown the chicken all over. Turn regularly, pressing down on each side for about 5minutes
- 4.Remove the chicken from the pan and pour in the cider, scraping up any crispy bits.
- 5.Put the onions and bacon in a heatproof pot, then put the chicken on top. Add the cider pan juices and stock.
- 6.Cover with a lid and bake in the oven for 50minutes. Put on water for potatoes
- 7.Add the apples and cook uncovered for 20 minutes, or until the juices of the chicken run clear. Put on the water for seasonal vegetables.
- 8.Drain potatoes and pat dry, using the frying pan fry them off until crispy to make roasted potatoes.
- 8.Stir in the crème fraiche and sprinkle over the parsley serve with roast potatoes, and seasonal veg.

## **Banoffee Pie (Serves 8)**

**225g digestive biscuits**  
**150g butter, melted**  
**397g caramel carnation**  
**3 bananas**  
**300ml double cream**  
**1tbsp icing sugar**  
**1 tbsp grated chocolate**

- 1.Crush the digestive biscuits by hand or using a spoon or rolling pin until they are fine crumbs.
- 2.Mix with the melted butter until fully combined. Tip the mixture into a tin greasing the bottom of it first. Push down with a back of a spoon and allow to cool for 1hr.
- 3.Spoon the caramel over the biscuit base and spread out evenly.
- 4.Gently place the sliced bananas on top of the caramel.
- 5.Finally whip the cream with icing sugar until fluffy and thick, spoon the cream over the bananas then grate chocolate (optional) to finish.

## **Irish Beef & Guinness Stew (Serves 6)**

**2tbsp vegetable oil**  
**1.2-1.4kg of stewing steak**  
**2 onions, roughly chopped**  
**10 Carrots, cut into large chunks**  
**2tbsp plain flour**  
**500ml Guinness or Stout**  
**1 beef stock cube**  
**pinch sugar**  
**3 bay leaves**  
**big thyme sprig**  
**Broccoli**  
**New potatoes**

- 1.Heat the oil in large Billie, brown off the meat then set aside,
- 2.Add the onion and carrots and also give a good browning.
- 3.Scatter over the flour and stir. Tip the meat and any juices back into the dish give a good stir and crumble over the stock cube and pour in the Guinness.
- 4.Season with salt and pepper and pinch of sugar throw in the herbs and bring to a simmer.
- 5.Cook for 1 ½ to 2hrs until the meat is really tender.
- 6.Place two pans of water on to boil one for potatoes and one for veg cook when the stew is about half hour from being ready to serve.

## **Classic Rice Pudding (Serves 6)**

**Butter**  
**130g rice pudding**  
**70g caster sugar**  
**2tsp vanilla bean paste or 1 vanilla pod without seeds**  
**800ml whole milk**  
**170ml double cream**  
**grated nutmeg**  
**jam or honey if desired.**

- 1.Heat the Billie and melt the butter.
- 2.Put the pudding rice, sugar, vanilla milk & cream into a bowl and stir to combine.
- 3.Pour the mixture into Billie and sprinkle a generous helping of nutmeg.
- 4.Simmer for 1-1 ½ hrs. Stirring regularly. Dont let boil dry add more milk if required.
- 5.Leave to cool slightly and spoon into bowls, add a helping of jam or honey if desired.

## **Chicken Marengo (serves 6)**

6 chicken joints

4 fl oz. dry white wine

bay leaf, parsley & seasoning

1 lb ripe tomatoes/ 1 x 14oz can

salt and pepper

flour for coating

2 medium onions sliced,

Chicken stockpot

1 clove garlic finely chopped

8 oz mushrooms

2 tablespoons olive oil

pinch basil & marjoram

2 oz butter lemon juice.

Rice/Noodles

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

## **Ultimate Sticky Toffee Pudding (Serves 6)**

225g medjool dates

175ml boiling water

1tsp vanilla extract

175g self raising flour

1tsp bicarbonate soda

2 eggs

85g soften butter

140g demerara sugar

2tbsp black treacle

100ml milk

Cream or Custard to serve.

175g light muscovado sugar

50g butter, cubed

225ml double cream

1tbsp black treacle.

- 1.Stone and chop 225g medjool dates quite small and place in bowl and pour over 175ml boiling water. Leave for about 30min until cool and well soaked. Mash with a fork and stir in 1tsp vanilla extract.
- 2.Butter and flour 6 foil tins then make the mixture. Mix 175g self raising flour and 1tsp bicarbonate soda together and beat the two eggs in a separate bowl. Beat 85g of soften butter and 140g of demerara sugar together in a large bowl for a few minutes until slightly creamy. Don't worry if it looks a bit grainy this is because of the sugar.

3. Add the eggs slowly little at a time beating between additions. Beat in the 2tbsp of black treacle then using a large metal spoon fold in 1/3 of the flour mix, then half of the 100ml of milk. Be careful not to overbeat. Repeat until all flour and milk is used.

4. Stir in the soaked dates it may look curdled and will resemble a soft thick batter. Spoon evenly in the tins and steam for about 45min – 1hr until risen and a skewer comes out cleanly.

5. Meanwhile put 175g of muscavado sugar and 50g butter cubes in a pan with half the 225ml of cream. Bring to the boil over medium heat stirring all the time until sugar has completely dissolved. Stir in 1tbsp black treacle turn up the heat slightly and allow to bubble away for 2-3minutes.

6. Stir occasionally so it doesn't burn, take off heat and stir in the last of the remaining cream. To serve pour the sauce over the puddings and serve with cream or custard.

## **Hungarian Goulash (Serves 6)**

**1kg Beef stewing steak cut into 3.5cm cubes**  
**2 tsp salt**  
**1tsp black pepper**  
**2 tbsp olive oil**  
**30g unsalted butter**  
**2 onions diced**  
**5 garlic cloves minced**  
**2 Capsicum/Bell peppers**  
**2 tomatoes**  
**1/3 Cup Paprika**  
**1 tsp Caraway seeds**  
**1 bay leaf**  
**1 ltr of beef stock**  
**2 carrots**  
**3 potatoes**  
**Crusty bread and butter to serve**  
**1tbsp parsley finely chopped (optional for garnish)**

1. Season the beef with half the salt and pepper. Prepare vegetables by dicing onions, peppers and tomatoes. Grate the garlic and peel then chop carrots and potatoes into 1cm cubes.
2. Heat the oil and melt the butter in a frying pan, fry off onion until golden brown
3. Add the beef and stir in pan until the outside changes colour from red to brown (approx 2mins)
4. Add the garlic, peppers and tomato stir for 3minutes the tomato will almost dissolve.
5. Add Paprika, caraway and bayleaf stir for about 1minute.
6. Transfer to the billie and add beef stock, bring to simmer and cover with lid for about 1hr.
7. Add potatoes and carrots to the pot, beef should be tender but not falling apart. Cook for another 20minutes allowing potatoes and carrots to soften.
8. Ladle into bowls and serve with crusty bread and butter.

## **Eton Mess (Serves 6)**

**300g strawberries**  
**150g raspberries**  
**½ tbsp of honey**  
**100g double cream**  
**100g low fat Greek yoghurt**  
**100g shop brought meringues**

1. Halve or quarter any large strawberries and place in a bowl with the raspberries.
2. Use a fork and crush half of the berries then drizzle over the honey.
3. Whip the cream until soft peaks and fold in yoghurt.
4. Crumble to meringues over the fruit then fold in the cream and yoghurt mixture.
5. Divide into 6 portions and serve.



## **Cider sausages (Serves 6)**

**Vegetable oil for frying**

**3 tablespoons flour**

**1½ lb beef/lamb sausages**

**¾pt medium-dry cider**

**1 onion, sliced into rings**

**¼ pt water**

**3 celery stalks, chopped**

**1 bouquet garni**

**3 carrots chopped**

**salt and pepper**

**parsley**

**1 pack of French beans**

**mashed potatoes**

**butter for mash**

1. Melt the oil in the Dixie. Put the vegetables into the Dixie and fry, stirring constantly until lightly browned in colour.
2. Add the sausages and fry until browned on all sides. Stir in the flour and cook for 1 to 2 minutes. Put water on to boil for potatoes and beans.
3. Pour in the cider and water and bring to boil. Add the bouquet garni, and salt and pepper.
4. Cover and cook for 45 minutes. Sprinkle with parsley. Add potatoes to water and boil place the beans on about 15-20min before the end
5. Serve with mashed potatoes & French beans.

## **Jam & Coconut Sponge (Serves 6)**

**175g unsalted butter**

**6tbsp raspberry jam**

**17g caster sugar**

**3 large eggs**

**150g self raising flour**

**25g desiccated coconut**

**1 tsp vanilla extract**

**Custard to serve**

1. Butter six foil basins and spoon 1 tbsp jam into each of the basins.
2. Place the butter and sugar in a bowl and beat with whisk until fluffy. Beat in one of the eggs followed by a spoon of flour then continue until all eggs have been mixed.
3. Fold in the remaining flour and coconut and pinch of salt plus teaspoon of vanilla extract.
4. Spoon mix into basins and cover with tin foil. Steam for 1hr – 1½ until skewer comes out cleanly. Serve with custard.

## **Chicken with Asparagus and lemon crème fraiche (Serves 6)**

**50g butter**

**2tbsp oil**

**6 small chicken breasts**

**6 banana shallots, quartered length ways**

**30g plain flour**

**400ml chicken stock**

**1 ½ chopped lemon thyme leaves**

**12 asparagus spears, end cut off**

**1 large lemon, juice and zest only**

**200ml full fat crème fraiche**

**2tbsp chopped parsley**

**salt and pepper**

**new potatoes.**

- 1.Heat half the butter and half the oil in the Billie
- 2.Season the chicken with salt and pepper and cook for 2-3min on each side until golden brown. Remove and set aside.
- 3.Add the remaining butter and oil to the pan, tip in the shallots and fry for 5-10min until lightly browned.
- 4.Put the flour in a bowl, whisk in 8 tablespoons of the stock mix until smooth add to the pan and bring to the boil then pour in remaining stock.
- 5.Add the lemon thyme and return the chicken. Cook for about 20min or until chicken is cooked through.
- 6.Place to water on for new potatoes.
- 7.Just before serving trim the tip off the asparagus spear and slice the stem into short even lengths. Cook the tips and stems in boiling water for 3min, drain reserving the tips for garnish.
- 8.Stir in the lemon juice, crème fraiche and parsley into the pan with chicken. Add the asparagus stems and bring to the boil.
- 9.Remove each breast slice in 3 and arrange on plates, Spoon the sauce across the top and serve with new potatoes.

## **Peach Melba Crumble (Serves 4)**

**410g of sliced peaches in syrup**

**1 tbsp butter**

**150g raspberries**

**100ml whipping cream**

**½ tbsp icing sugar**

**100g granola**

- 1.Pour the can of peaches in a small pan and heat on medium heat. Add butter and simmer until peaches are hot.
- 2.Once simmering add the raspberries and cook for 1-2min.
- 3.Meanwhile whip the cream with icing sugar in a bowl until lightly whipped.
- 4.Using a slotted spoon the peach mixture into bowls and sprinkle over the granola.
- 5.Add a dollop of cream and serve.