

Ham Hock Terrine

Prep Time: 35 minutes

Cook: 3 1/2 Hours

Serves: 8

Ingredients

2 small ham hocks, approx 1kg/2lb 4oz each
sunflower oil, for greasing
2 tbsp wholegrain mustard
small handful parsley, chopped
1 sheet gelatine
Capers berries, and toasted bread, to serve

For the stock:

500ml cider
2 carrots, chopped
2 celery sticks, chopped
1 large onion, chopped
2 bay leaves, fresh or dried
6 thyme sprigs
3 star anise
6 whole peppercorns

Prep Time: 35 minutes

Cook: 3 1/2 Hours

Serves: 8

Method

Put the ham hocks in a large pan with the stock ingredients. Cover with cold water. Set pan over a high heat and bring to the boil. Reduce heat to a simmer, cook for 2 and a half to 3 hrs or until the meat falls from the bone. Leave to cool in the pan.

Grease a 1-litre terrine mould or loaf tin with the oil, then line with cling film. Remove the hocks, then strain the stock through a fine sieve into a pan. Set aside.

Shred the ham, leaving some large chunks, removing as much fat and sinew as possible. In a large bowl, mix the ham with the mustard and parsley. Press the mixture into the prepared terrine.

Bring the reserved stock back to a rapid boil and reduce by half. You should have about 600ml/1pt liquid remaining. Remove from the heat. Meanwhile, soak the gelatine in cold water for 5 mins to soften. Remove from the water, then squeeze out any excess liquid. Add the gelatine to the hot stock and stir well.

Pour enough of the stock over the ham to just cover. Tap terrine firmly on a hard surface to knock out air pockets, then cover with cling film. Chill for 3-4 hrs or overnight. To serve, remove from the mould and carve into chunky slices. Serve with caper berries and toast.

Sausage and Mash Pie

Prep Time: 35 minutes

Cook: 30 minutes

Serves: 4

Ingredients

1kg potato cut into even chunks

25g butter

4 tbsp milk

85g Red Leicester or cheddar, finely diced

1 tbsp sunflower oil

Sunflower oil

1 large onion chopped

8 large meaty pork & leek sausages, removed from their skins

175ml chicken stock

2 tomatoes each cut into 6 wedges

veg of your choice or baked beans, to serve

Prep Time: 35 minutes

Cook: 30 minutes

Serves: 4

Method

Heat oven to 200C/180C fan/gas 6. Boil the potatoes for 20 mins, then drain and mash with the butter, milk and seasoning. Stir in the Red Leicester or cheddar.

Meanwhile, heat the oil in a non-stick pan and fry the onion, stirring frequently, for 5 mins until softened. Add the sausages and break them up with a wooden spoon until you get a texture similar to chunky mince. Pour in the stock and simmer for 8 mins.

Spoon the sausage mixture into 4 individual pie dishes. Top with the cheesy mash. You can freeze the pies for up to 2 months. Simply thaw in the fridge before baking. Bake for 25-30 mins until starting to turn golden. Top with the tomato wedges and serve with your child's favourite veg or baked beans.

Rosti Bolognese

Prep Time: 45 minutes

Cook: 35 minutes

Serves: 4

Ingredients

700g potatoes
4 medium carrots
2 celery sticks
1 garlic clove
2 tbsp olive oil
500g pack lean minced beef
400g can chopped tomatoes
350g jar sweet red pepper sauce
50g mature cheddar, grated

Method

Boil the potatoes for about 15 minutes until tender. Drain and leave to cool. Finely chop the carrots, celery and garlic in a food processor. Heat half the oil in a pan with a lid and add the chopped vegetables. Cover and cook over a medium heat for 5 minutes, stirring frequently.

Remove the lid, turn the heat to high and cook for 2 minutes. Add the beef and cook, stirring, for about 3 minutes until browned. Add the tomatoes and sweet pepper sauce plus 4 tbsp of water and bring to the boil. Cover and simmer over a low heat for 25 minutes and season.

Preheat the oven to fan 180C/conventional 200C/ gas 6. Peel the potatoes and grate them into a bowl. Add the remaining oil and three quarters of the cheese, season and mix lightly.

Spoon the beef into an ovenproof dish. Scatter over the rösti topping and sprinkle over the rest of the cheese. Bake for 35 minutes until bubbling and golden.

Slow Cooked Braised Beef with Gravy

Prep Time: 30 minutes

Cook: 2 hours

Serves: 4

4 braising steaks (about 200g/7oz each)

3 tbsp sunflower oil

1 medium onion, halved and cut into 12 wedges

1 garlic clove, crushed

500ml/18fl oz beef stock made with 1 beef stock cube, or 500ml/18fl oz fresh beef stock

1 tbsp tomato purée

1 tbsp chopped fresh thyme, or $\frac{1}{2}$ tsp dried thyme

1 bay leaf

1 tsp cornflour

$\frac{1}{2}$ tsp English mustard powder

salt and freshly ground black pepper

Prep Time: 30 minutes

Cook: 2 hours

Serves: 4

Method

Preheat the oven to 170C/325F/Gas 3.

Trim off any hard fat from the beef and season on both sides with salt and lots of freshly ground black pepper.

Heat a tablespoon of the oil in a large non-stick frying pan.

Fry the steaks, two at a time, over a medium-high heat for a couple of minutes on each side, or until nicely browned, then transfer to a large flameproof casserole dish. Add a little more oil to the pan if necessary.

Return the pan to the hob and reduce the heat. Add the remaining oil and gently fry the onion for five minutes, or until softened and lightly browned, stirring regularly.

Stir in the garlic, cook for one more minute, then transfer the onion and garlic to the casserole dish.

Pour over the stock and add the tomato purée, thyme and bay leaf.

Bring to the boil, then cover the casserole and transfer carefully to the oven. Cook for $1\frac{1}{4}$ - $1\frac{1}{2}$ hours, or until the beef is very tender.

Mix the cornflour and mustard powder in a small bowl and stir in a tablespoon of cold water until smooth. Remove the lid from the casserole dish and stir in the cornflour mixture. Season to taste with salt and freshly ground black pepper.

Place the casserole over a medium-high heat and simmer for 2-3 minutes, or until the gravy reduces and becomes thickened and glossy, stirring regularly.

Transfer the steaks to four warmed plates and spoon over the gravy.
Serve with chips.

Cheese and Onion Burgers

Prep Time: 15 minutes

Cook: 10 minutes

Serves: 4

Ingredients

1 large egg
150g fresh white bread crumbs
125g grated cheddar cheese
1/2 onion, finely diced
1 tsp chopped fresh sage
1/2 tsp Dijon mustard
2 tbsp olive oil

To assemble:

4 bread rolls lightly toasted
Salad leaves
Red onion thinly sliced

Prep Time: 15 minutes

Cook: 10 minutes

Serves: 4

Method

In a large bowl, mix half beaten egg, 75g breadcrumbs, cheese, onion, sage and mustard. Divide into four. If the mixture is too wet, add more breadcrumbs. Shape into burgers.

Brush each with the rest of the egg and coat with the remaining breadcrumbs.

Heat the oil in a large frying pan, add the burgers and fry for 4-5 minutes on each side until golden.

To serve, put the burgers in the rolls, top with the salad and a good dollop of your favorite sauce or relish.

Turkey Steaks with Crème Fraîche and Cider Sauce

Prep Time: 10 minutes

Cook: 40 minutes

Serves: 4

Ingredients

12 shallots

2tbsp sunflower oil

25g/1oz butter

4 British Turkey breast steaks

300ml/1/2pt dry cider

1 chicken stock cube

1tsp chopped fresh thyme

200ml/7fl oz crème fraîche

To garnish:

50g/2oz butter

1tbsp caster sugar

2 red-skinned apples, cored and thickly sliced

Prep Time: 10 minutes

Cook: 40 minutes

Serves: 4

Method

Blanch the unpeeled shallots in a pan of boiling water for 5 minutes. Drain, leave until cool enough to handle and then pull off the skins.

Heat the oil and butter in a frying pan and, when foaming, fry the turkey steaks until browned on both sides. Remove from the pan and set aside.

Add the shallots to the pan and fry for 5 minutes, stirring occasionally. Pour in the cider, crumble in the stock cube, add the thyme and return the turkey to the pan. Cover and simmer for 15 minutes.

Stir the crème fraîche into the pan, season and leave over a gentle heat while preparing the garnish.

In a separate pan, heat the butter and sugar together, stirring until melted. Add the apple slices, a few at a time, and fry over a brisk heat until lightly caramelised.

Serve the turkey with some sauce, garnished with the apple slices.

Sloppy Joes

Prep Time: 5 minutes

Cook: 30 minutes

Serves: 4

Ingredients

450g beef mince

1 onion chopped

1 green pepper, deseeded and diced

175ml tomato ketchup

150ml water

1 tbsp dijon mustard

1 tbsp brown sugar

2 large or 4 regular burger buns

2 - 4 slices of cheddar cheese

Method

Fry the beef in a large non stick frying pan for about 5 minutes or until browned

Add the onion and pepper and fry for a further 5 minutes

Stir in the ketchup, mustard and sugar

Add the water, cover and simmer for 20 minutes.

Ladle the mixture over the bottom halves of the burger buns, top with cheese then the bun lids

Jerk Pork Casserole

Prep Time: 10 minutes
Cook: 2 hours and 40 minutes
Serves: 4

Ingredients

1 tbsp oil
750g boneless pork (shoulder or leg in bite size pieces)
1 onion, chopped
2 garlic cloves, chopped
1 tbsp plain flour
90g spicy jerk paste
750ml chicken stock
750g sweet potatoes, peeled and chopped into chunks
2 red peppers, halved, deseeded and cut into large pieces
Handful chopped parsley
Soured cream or yoghurt, to serve

Prep Time: 10 minutes
Cook: 2 hours and 40 minutes
Serves: 4

Method

Preheat the oven to 160c (fan 140c)

Heat the oil in a casserole and brown the pork in batches transferring to a plate as you go. Add the onion to the casserole and soften it over a gentle heat.

Stir in the garlic and cook for 1 minute.

Stir in the flour , followed by the spicy jerk paste, then add the chicken stock.

Return the pork to the casserole and bring to the boil. Cover with a lid and transfer to the oven for 2 hours, adding the sweet potatoes and peppers after 1 hour.

When the pork and vegetables are tender, remove the casserole from the oven, check the seasoning.

Serve with a dollop of soured cream or yoghurt and scatter with parsley.

Swede and Bacon Pies

Prep Time: 5 minutes

Cook: 30 minutes

Serves: 4

Ingredients

6 slices back bacon , trimmed of all fat

olive oil

1 onion , chopped

1 large swede , peeled and cubed

1 carrot , peeled and sliced

400ml chicken stock

a small handful parsley , chopped

4 large potatoes , peeled and halved

Method

Put the bacon in a non-stick pan with 1 tbsp olive oil and brown.

Remove, and brown the onions in the same oil.

Return the bacon to the pan along with the swede and carrot and season well. Pour in the chicken stock, cover and cook for 25 minutes or until the veg is tender. Stir in the parsley.

Divide between 4 individual pie dishes. Keep warm.

Meanwhile, cook the potatoes in boiling water until just tender (about 10 minutes). Drain and cool, then mash.

Spoon onto the swede mixture, keeping the potato fluffy, and sprinkle with seasoning. Grill until the potato starts to brown.