

Slow Cooker Pulled Pork

Prep Time: 15 minutes

Cook: 6 hours

Serves: 8

Ingredients

1 teaspoon vegetable oil
1 (1.8kg) pork shoulder
230ml barbeque sauce
120ml cider vinegar
120ml chicken stock
50g light brown sugar
1 tablespoon yellow mustard
1 tablespoon Worcestershire sauce
1 tablespoon chilli powder
1 extra large onion, chopped
2 large cloves garlic, crushed
1 1/2 teaspoons dried thyme

Method

Pour the oil into the bottom of a slow cooker. Place the pork shoulder into the slow cooker; pour in the barbecue sauce, apple cider vinegar and chicken stock. Stir in the brown sugar, mustard, Worcestershire sauce, chilli powder, onion, garlic and thyme. Cover and cook on High until the pork shreds easily with a fork, 5 to 6 hours.

Remove the pork from the slow cooker and shred the pork using two forks. Return the shredded pork to the slow cooker and stir well.

Roast Beef with Chorizo

Prep Time: 10 minutes

Cook: 40 minutes

Serves: 4

Ingredients

450g Topside of Beef

Vegetable oil to fry

250g Chorizo, roughly chopped

1 tbsp sherry vinegar

1 tsp dijon mustard

Salt & Black pepper to season

400g new potatoes, cooked and roughly chopped

Knob of butter

Fresh parsley, chopped

Prep Time: 10 minutes

Cook: 40 minutes

Serves: 4

Method

Preheat the oven to 400f / 200c / Gas Mark 6

Cover the beef joint all over with extra virgin olive oil. Warm the frying pan over a moderate to hot heat until really hot. Drizzle a little oil into the frying pan for 30 seconds or so

Fry the beef in the pan on all sides until well browned, 5 - 8 mins. Remove pan from heat, keep to one sided for later

Place beef onto roasting tray and roast for 30 minutes

After 10 minutes, place potatoes (chopped in half) into boiling water

After 30 minutes (20 mins after potatoes) Remove the beef from the oven, cover in kitchen foil and place back in the oven, leave the door open and switch the oven off.

Bring the frying pan back to the heat and cook the chorizo, 5 - 7 minutes until crisp and darkened. Add the sherry vinegar and boil for 2 minutes (this may catch fire so be ready!!) Add the mustard and potatoes, season with salt and black pepper, mix well for a minute with a spatula. Whilst mixing, keep cutting the potatoes in half with the spatula until the potatoes are into nice 1 - 2 cm chunks

Add the butter and stir for another minute

Serving

Spoon 4 equal portions of the potato and chorizo mixture onto each plate

Carve the beef and place 3 - 4 slices overlapping ontop of the mixture

Garnish with chopped parsley

Oven Frittata

Prep Time: 20 minutes

Cook: 40 minutes

Serves: 4

Ingredients

1/2 tbsp olive oil

85g fusilli or macaroni

1 leek or bunch of spring onions

85g frozen or canned sweetcorn

85g frozen peas

1 red pepper, deseeded and chopped

2 large eggs

150ml semi skimmed milk

1 tbsp fresh thyme leaves (preferably lemon thyme)

50g extra mature cheddar cheese, grated

2 tbsp parmesan cheese, finely grated

Prep Time: 20 minutes

Cook: 40 minutes

Serves: 4

Method

Heat oven to 190C/fan 170C/gas 5.

Grease a 1.2 litre baking dish with the olive oil.

Cook the pasta in salted boiling water in a large pan for 8 mins. Add all the vegetables and cook for another 2-3 mins until the pasta is tender and the vegetables slightly softened. Drain, then tip into the baking dish and mix well.

Beat together the eggs and milk in a jug and add the thyme.

Mix the two cheeses together and add most of it to the egg mixture, then season. Pour into the baking dish, stir gently, then scatter the rest of the cheese on top.

Bake for 35-40 mins until set and golden. Cool for a few mins, then serve with a green salad.

Turkey Bolognese

Prep Time: 20 minutes

Cook: 20 minutes

Serves: 4

Ingredients

500g lean turkey breast mince
1 red pepper, deseeded and finely diced
1 large courgette, trimmed and finely diced
1 large carrot, grated
1 x 500g jar original bolonese sauce
200g fusilli
50g frozen peas
Parmesan to serve

Method

Cook the turkey mince in a large nonstick pan over a medium heat for 3 minutes, using a wooden spoon to break up any lumps. Increase the heat to high and cook for a further 2 minutes until the cooking juices have mostly evaporated and the turkey is golden.

Add the pepper, courgette and carrot to the pan and cook, stirring for 2 minutes. Pour in the bolognese sauce and bring to the boil. Cover and simmer over a low heat for 10 minutes.

Meanwhile, bring a large pan of water to the boil, add the pasta and cook for 5 minutes. Add the peas and corn and cook for a further 3 minutes until tender. Drain.

Stir the drained pasta corn and peas into the sauce, then season and serve topped with the grated parmesan.

Chicken Satay Salad

Prep Time: 15 minutes + at least 1 hour marinating

Cook: 10 minutes

Serves: 2

Ingredients

1 tbsp tamari
1 tsp medium curry powder
 $\frac{1}{4}$ tsp ground cumin
1 garlic clove, finely grated
1 tsp clear honey
2 skinless chicken breast fillets (or use turkey breast)
1 tbsp crunchy peanut butter (choose a sugar-free version
with no palm oil, if possible)
1 tbsp sweet chilli sauce
1 tbsp lime juice
a little sunflower oil for wiping the pan
2 Little Gem lettuces hearts, cut into wedges
 $\frac{1}{4}$ cucumber, halved and sliced
1 banana shallot, halved and thinly sliced
generous handful coriander, chopped
seeds from $\frac{1}{2}$ pomegranate

Prep Time: 15 minutes + at least 1 hour marinating

Cook: 10 minutes

Serves: 2

Method

Pour the tamari into a large dish and stir in the curry powder, cumin, garlic and honey. Mix well. Slice the chicken breasts in half horizontally to make 4 fillets in total, then add to the marinade and mix well to coat. Set aside in the fridge for at least 1 hr, or overnight, to allow the flavours to penetrate the chicken.

Meanwhile, mix the peanut butter with the chilli sauce, lime juice, and 1 tbsp water to make a spoonable sauce. When ready to cook the chicken, wipe a large non-stick frying pan with a little oil. Add the chicken and cook, covered with a lid, for 5-6 mins on a medium heat, turning the fillets over for the last min, until cooked but still moist. Set aside, covered, to rest for a few mins.

While the chicken rests, toss the lettuce wedges with the cucumber, shallot, coriander and pomegranate, and pile onto plates. Spoon over a little sauce. Slice the chicken, pile on top of the salad and spoon over the remaining sauce. Eat while the chicken is still warm.

Slow Cooker Minestrone Soup

Prep Time: 30 minutes

Cook: 2 hours

Serves: 4

Ingredients

100g/3½oz smoked, dry-cured lardons

2 carrots, roughly chopped

2 sticks celery, sliced

1 onion, roughly chopped

2 garlic cloves, crushed

2 sprigs fresh rosemary, needles finely chopped

1 tsp dried thyme

1 tbsp tomato purée

400g/14oz can chopped plum tomatoes

1.2 litres/2 pints good-quality chicken stock

400g/14oz can cannellini beans in water, rinsed and drained

50g/1¾oz spaghetti, snapped into short lengths

100g/3½ head baby leaf or spring greens, thickly shredded

Salt and freshly ground black pepper

2 tbsp extra virgin olive oil

25g/1oz parmesan, grated (optional)

Prep Time: 30 minutes

Cook: 2 hours

Serves: 4

Method

Put a large frying pan over a low heat, add the lardons and cook for 10 minutes until crisp, golden and the fat has run from the meat. Transfer onto a plate.

Tip the carrots, celery and onion into the bacon fat and fry for two minutes before adding the garlic, herbs and tomato purée. Cook for 1 minute, then add the tomatoes and most of the stock. Bring to the boil. Carefully transfer the soup to a slow cooker, cover with the lid, then cook on high for 4 hours until the vegetables are tender.

Stir the beans and pasta into the soup, adding the rest of the stock if it seems overly thick. Scatter the shredded greens over the top of the soup, then re-cover with the lid.

Cook for 30 minutes until the pasta is tender. Stir in the greens, season with salt and pepper, then serve in bowls with a drizzle of oil and plenty of parmesan.

Sri Lankan Black Pork with Pol Roti, Lunu Miris and Wattaka

Prep Time: 35 minutes
Cook: 1 hour and 30 minutes
Serves: 4

Ingredients

600g diced pork
½ pumpkin or squash (about 500g prepared weight)
2 x red onions
4 x cloves of garlic
Fresh ginger - finely chopped to make 1 tbsp
200g spinach or chard
10g bunch of coriander
1 x lime
400ml full fat coconut milk
50g desiccated coconut
300g basmati or standard long grain rice (not easy cook)
250g plain flour plus extra for rolling out the breads
A big pinch of sugar
1 x tsp cracked black pepper
2 x tbsp curry powder
1 x cinnamon quill
A small handful of finely chopped fresh mint
2 x thinly sliced fresh red chillies
1 x tsp turmeric
2 x tsp curry powder

Prep Time: 35 minutes
Cook: 1 hour and 30 minutes
Serves: 4

Method

1 For the curry:

Fry 1/2 the thinly slice onion in 2 tbsp oil for 10 minutes or until the onion is soft and starting to brown.

Mix the pork with 1 tsp cracked black pepper and 1/2 tsp salt leave to marinate.

2 For the roti:

Mix the flour with 100ml coconut milk, 60ml water, 1/2 the finely chooped onion, 20g desiccated coconut, the coriander and 1/3 tsp salt to a soft dough. Knead for a minute on a floured surface then cover and leave to rest.

3 For the curry:

Add the ginger and 1/2 the garlic to the cooked onions and cook for 1 minute or until soft.

Blend the cooked onion mixture with 2 tbsp of curry powder to a corse paste (add a splash of water if necessary).

Fry the paste and the pork in 1 tbsp of oil for 5 minutes or until all the water has evapoarted and the pork is beginning to fry in its own fat.

4 For the coconut chutney:

Pour 60ml freshly boiled water from the kettle over the remaining 30g desiccated coconut. Stir in 1/2 the remaining finely chopped onion, a small handful of finely chopped fresh mint, a big pich of salt, a big pinch of sugar and the juice of 1/2 a lime. Leave to one side.

5 For the curry:

Stir in 1 cinnamon quill, 150ml water and 1/2 tsp salt then cover and simmer for 45 minutes or until the sauce is thick and rich and the pork is tender.

6 For the wattaka:

Fry the remianing thinly sliced onion in 2 tbsp of oil for 10 minutes or until melting and soft.

7 For the lunu miris:

Unsing a pestle and mortar (or the end of a rolling pin and a bowl) pound the remaing finely chopped onion and 2 thinly sliced fresh red chillies into a corse paste. Stir in the juice of the remaining 1/2 lime, 1 tbsp oil and a big pinch of salt then leave to one side.

8 For the wattaka:

Add the remaining garlic and 2 tsp curry powder to the cooked onions and cook for 1 minute.

Stir in the pumpkin, remaining coconut milk and 1/2 tsp salt the cover and simmer for 15 minutes or until the pumpkin just begins to soften.

9 For the roti:

Divide the dough into 4 pieces. Roll out each piece on a lightly floured surface into circles of about 2-3mm thick and 17cm in diameter.

Heat a frying pan (make sure it's hot) then dry fry a roti for 1 minute each side or until just beginning to char slightly and all traces of raw flour have disappeared. Wrap in foil (this is important as it keeps them soft) then repeat with the remaining pieces of dough.

10 For the rice:

Cook the rice with 450ml water, 1 tsp turmeric and 1/2 tsp of salt in a covered pan for 15 minutes or until all the liquid has been absorbed and the rice is cooked through.

11 For the wattaka:

Stir the spinach into the curry the cover and simmer for 5 minutes or until the spinach is fully wilted, the squash has bugun to break down and the sauce is rich and thick.

12 To serve:

Pick the cinnamon quill out of the curry

Serve the curry with the wattaka, roti, rice, lunu miris and coconut chutney on the side.

Orange and Marmalade Steamed Treacle Pudding

Prep Time: 20 minutes

Cook Time: 2 hours

Serves: 4-6

Ingredients

2 x tbsp golden syrup

2 x tbsp marmalade

175g self-raising flour

1 x tsp baking powder

1 x tsp ground cinnamon

175g butter, softened

3 x large eggs

175g light brown sugar

2 x oranges, zest only

Prep Time: 20 minutes

Cook Time: 2 hours

Serves: 4-6

Method

Thoroughly grease a pudding bowl with butter.

Spoon the golden syrup and marmalade into the bottom of the bowl.

Sift the flour, baking powder and cinnamon into a food processor.

Add the butter, eggs, sugar and orange zest.

Blend for about 30 seconds or until thoroughly combined.

Pour the mixture into the pudding bowl and use the back of a spoon to level the top.

Cover the bowl with greaseproof paper and foil, make sure that both are pleated in the centre to allow the pudding to rise.

Pull the sheets down the outside of the bowl and tie string around the rim to hold in place.

Trim off excess paper all the way around, then place the pudding in a steamer fitted over a saucepan of boiling water.

(If you do not have a steamer place a ramakin or similar in the pan to prevent the bottom of the pudding bowl touching the bottom of the pan)

Steam the pudding for 2 hours, checking the water level every 20 minutes and topping up as required.

To serve, loosen the pudding using a palette knife and turn out onto a warmed plate. Serve with custard or double cream.

Fluffy Jacket Potatoes

<p>Prep Time: 5 minutes Cook Time: 1 hour 40 minutes</p>
<p>Ingredients</p> <p>Medium / large baking potato Oil Salt and black pepper</p>
<p>Method</p> <p>Pre-heat oven to 220c / 200c fan.</p> <p>Place foil on a baking tray to catch any excess oil.</p> <p>Lightly rub the potato with oil and season.</p> <p>Place the potato onto the tray and bake for 25 minutes.</p> <p>Reduce the heat to 190c / 170c fan and bake for a further 1 hour and 15 minutes.</p> <p>Remove the potato and cut in a cross shape, then lightly squeeze the potato from the bottom to fluff / burst.</p> <p>Add butter or toppings of your choice and serve.</p>

Ingredients

Medium / large baking potato
Oil
Salt and black pepper

Method

Pre-heat oven to 220c / 200c fan.

Place foil on a baking tray to catch any excess oil.

Lightly rub the potato with oil and season.

Place the potato onto the tray and bake for 25 minutes.

Reduce the heat to 190c / 170c fan and bake for a further 1 hour and 15 minutes.

Remove the potato and cut in a cross shape, then lightly squeeze the potato from the bottom to fluff / burst.

Add butter or toppings of your choice and serve.