

Italian Roman Chicken

Prep Time: 5 minutes
Cook Time: 50 minutes
Serves: 4

Ingredients

4 x chicken fillets / breasts
1 x red pepper (sliced)
1 x yellow pepper (sliced)
100g chestnut mushrooms (sliced)
1 x tsp oregano
1 x tsp thyme
4 x garlic cloves (finely chopped)
150ml white wine
150ml chicken stock
1 x 400g chopped tomatoes

Prep Time: 5 minutes
Cook Time: 50 minutes
Serves: 4

Method

Season the chicken on both sides with salt and black pepper.

Bring a couple of table spoons of olive oil to a moderate to high heat in a shallow casserole pan or large frying pan.

Brown the chicken fillets on both sides until nice and golden. (approx 5 minutes each side)

Remove the chicken from the pan and reduce heat, add the peppers and mushrooms and allow to soften for around 5 minutes.

Add the garlic and fry for a further 1 minute.

Add the chicken fillets, wine, chicken stock, chopped tomatoes and herbs and bring to the boil.

Reduce to a simmer, cover and cook for a further 30 minutes.

Italian Cheesy Breadsticks

Prep Time: 5 minutes
Cook Time: 10 minutes
Serves: 6-8

Ingredients

1 sheet puff pastry, thawed
1 tbsp butter, melted
 $\frac{1}{4}$ cup grated Parmesan cheese
Italian seasoning

Method

Roll out the puff pastry and cut into thin strips
Brush the strips with melted butter
Sprinkle with parmesan and Italian seasoning
Turn the strips over and repeat
Twist the strips by turning in opposite directions both both ends
Place on a baking tray lined with a baking sheet and cook for about 10 minutes, until golden brown

Lemon Drizzle Cake

Prep Time: 10

Cook Time: 1 hour 20 minutes

Serves: 6 - 8

Ingredients

1 lemon

200g caster sugar for the cake

125g caster sugar for the icing

250g self raising flour

1 pinch of salt

1 teaspoon baking powder

250g softened unsalted butter

4 large eggs

Prep Time: 10
Cook Time: 1 hour 20 minutes
Serves: 6 - 8

Method

Preparation

Preheat the oven to 325f / 160c / Gas Mark 3

Line a 18cm / 9 inch cake tin with baking paper

Zest and Juice the lemon (place the juice to one side for later)

Mix the zest and 200g of the sugar in a food processor

Sift the flour, salt and baking powder and add with the eggs and
butter to the food processor

Mix well, pulse, shake and remix!

Pour mixture into the prepared tin, smoothing out the top with a
spoon / knife

Bake uncovered for about an hour

Remove the cake from the oven and place on a rack to cool

After half an hour of cooling mix the remaining 125g sugar and
lemon juice together

Place a large plate underneath the rack and spoon the icing over
the cake

Try and cover the sides as well by smearing it with a knife /
spoon

You can re use the excess syrup that has drained on to the plate
back over the top of the cake.

Leave the cake to cool and enjoy!

You could also slice the cake in half (horizontally!) using a
bread knife and add a layer of lemon curd, double cream or lemon
butter icing!

Spaghetti Carbonara with Roasted Tomato Salad

<p>Prep Time: 20 minutes</p> <p>Cook Time: 15 minutes</p>	<p>Serves: 2</p>
<p>Ingredients</p> <p>Carbonara</p> <p>225g dried spaghetti</p> <p>150g sliced smoked pancetta</p> <p>2 large eggs, plus 2 extra yolks</p> <p>4 tbsp pecorino romano, finely grated</p> <p>4 tbsp double cream</p> <p>Olive oil</p> <p>Black pepper</p> <p>Roasted tomato salad</p> <p>350g cherry tomatoes, halved</p> <p>2 garlic cloves, thinly sliced</p> <p>6 large sprigs of fresh basil, shredded</p> <p>2 tsp extra virgin olive oil</p> <p>Mixed green salad leaves</p> <p>1/2 Red onion, thinly sliced</p> <p>1/4 cucumber, thinly sliced</p> <p>1 Small bulb of fennel, halved and thinly sliced</p>	

Prep Time: 20 minutes Cook Time: 15 minutes	Serves: 2
<p>Method</p> <p>Preheat the oven to 425f / 220c / Gas Mark 7</p> <p>Place the tomatoes cut side up in a shallow ovenproof dish.</p> <p>Sprinkle with the garlic slices and basil, then drizzle over the olive oil. Season to taste</p> <p>Mix the salad leaves in a serving dish and add the onion, cucumber & fennel.</p> <p>Roast the tomatoes for 10 minutes, when done spoon them, with all their hot juices over the salad</p> <p>Meanwhile:</p> <p>Cook the pasta for 8 - 10 minutes in boiling salted water. Add 1 tsp of olive oil to the water</p> <p>Dry fry the pancetta until it is crisp and golden, about 5 minutes</p> <p>Whisk the eggs, yolks and cream in a bowl and season with black pepper, then whisk in the cheese</p> <p>When the pasta is cooked, drain it quickly and return it to the pan, add the pancetta along with the cream and egg</p> <p>Stir thoroughly and serve into deep plates or bowls, sprinkle over some extra cheese if required</p>	

Slow cooker BBQ spare ribs

Prep Time: 10 minutes

Cook Time: 7-8 hours

Serves: 4-8

Ingredients

2kg of pork ribs

For the BBQ sauce

500ml BBQ sauce

2 tbsp of brown sugar

3-4 chopped garlic cloves

2 tsp Worcestershire sauce

1 tbsp cayenne pepper (optional)

Rice to serve (optional)

Method

Remove the inner skin from ribs and place ribs in slow cooker.

Combine bbq sauce, brown sugar, garlic, Worcestershire sauce and cayenne pepper in a small bowl. Mix well to combine and completely cover the ribs with $\frac{3}{4}$ of the sauce. Season with a good amount of salt and pepper; cook on a low setting for 7-8 hours or high setting for 3-4 hours.

Refrigerate remaining sauce to use for glazing later.

When ribs are tender and falling apart, transfer them onto an oven tray (or baking sheet), lined with parchment paper using a slotted spoon and tongs. (Lift them carefully as the meat will be very tender and falling off the bone). Baste with half of the the remaining barbecue sauce and cook them in a preheated oven at 200C | 390F for about 10 minutes, or until beginning to char and crisp on the edges. Cut the ribs, serve with the remaining sauce.

Coconut Ice

Prep Time: 15 minutes

Cook Time: 30 minutes

Makes: 30 pieces

Ingredients

250g sweetened condensed milk

250g icing sugar, sifted, plus extra for dusting

200g dessicated coconut

pink edible food colouring, optional

Method

Using a wooden spoon, mix together the condensed milk and icing sugar in a large bowl. It will get very stiff. Work the coconut into the mix until it's well combined – use your hands, if you like.

Split the mix into two and knead a very small amount of food colouring into one half. Dust a board with icing sugar, then shape each half into a smooth rectangle and place one on top of the other. Roll with a rolling pin, re-shaping with your hands every couple of rolls, until you have a rectangle of two-tone coconut ice about 3cm thick.

Transfer to a plate or board and leave uncovered for at least 3 hrs or ideally overnight to set. Cut into squares with a sharp knife and pack into bags or boxes. These will keep for up to a month at least, if stored in an airtight container.

Tasty Cottage Pies

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

Ingredients

For the meat layer

2 onions
2 tbsp olive oil
500g lean minced beef, preferably organic
2 beef stock cubes
3 tbsp HP sauce
415g can reduced sugar and salt baked beans

For the topping

900g large potatoes
3 medium carrots
25g butter
good splash skimmed milk
40g mature cheddar
4 small tomatoes
broccoli florets or peas, to serve (optional)

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

Method

Heat oven to 200C/fan 180C/gas 6. Halve the onions on the chopping board using the sharp knife. Peel off the skins, then thinly slice the onions. Heat oil in a large frying pan, add the onions (take care the oil doesn't spit), then fry them until golden, stirring occasionally

Add the mince, breaking up the block of meat with the wooden spoon until it looks like crumbs. Pour in a mug of water, crumble in the stock cubes, then measure in the HP sauce. Cover the pan and simmer on a low heat for 10 mins, stirring every now and then.

Put a large pan of salted water on the hob to boil and cover with the lid. Peel the skin off the potatoes with a vegetable peeler, then cut into quarters on the chopping board. Trim the ends from the carrots, peel, then thickly slice.

When the water is boiling, add the potatoes and carrots (an adult should do it as the water will splash). Cover and simmer for 20 mins until the potatoes are soft when you stick a knife in. Drain, return to the pan with the butter and milk, then mash until smooth with an electric whisk or potato masher.

Stir the beans into the meat mixture, simmer for a few mins, then spoon the mixture into 4 mini pie dishes. Spoon the mash on top and spread over the filling, right to the edges of the dish so none of the layer below shows.

Put pie dishes on a baking tray. Grate cheese, sprinkle on top, then cut tomatoes into wedges and arrange on top. Carefully put the pies in the oven using oven gloves. Bake for 35 mins or until tops are golden. Let pies cool a little before eating as they will be very hot. Serve with broccoli or peas.