





# Equipment



BAKING TRAY



PESTLE  
+  
MORTAR



CHOPPING BOARD



FOOD PROCESSOR



KNIVES



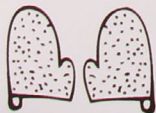
PEELER



LADLE



KETTLE



OVEN GLOVES



PANS



MUFFIN TIN



BOWLS



GRATER



SIEVE



WHISK



SCALES



PROBE THERMOMETER



MEASURING JUG

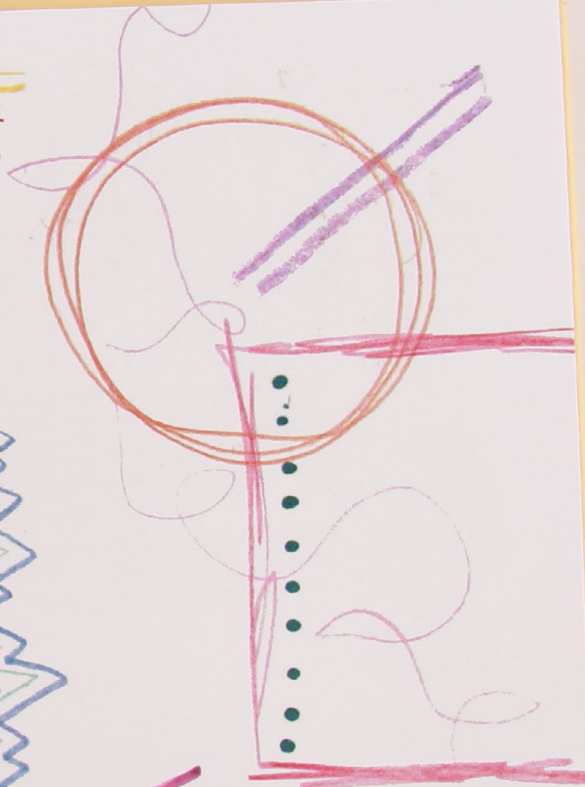
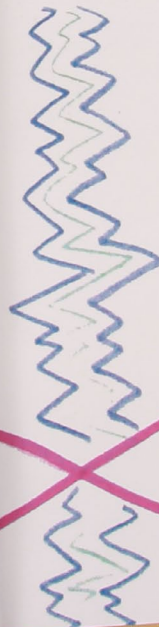
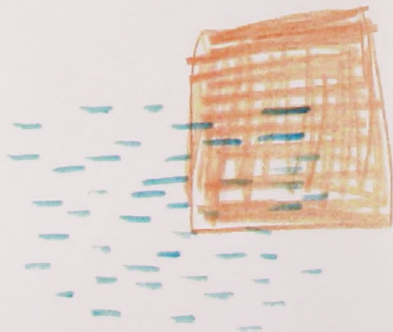
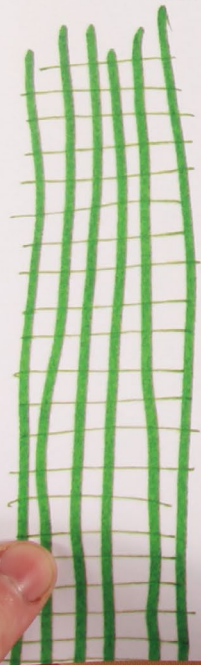


SPOONS

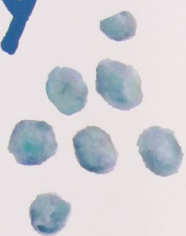




# Starters



# BLUEBERRY MUFFINS



**Blueberries slow down the effects of ageing such as wrinkles and reverse memory loss. Nothing can beat a freshly baked muffin, these are so quick to make and are much lighter and fluffier than shop bought ones.**

- 2 large overripe bananas
- 150 g of flour
- 1/2 teaspoon of baking powder
- 1 teaspoon of baking soda
- Pinch of salt
- 25 g of brown sugar
- 284 ml of buttermilk
- 1 large egg, lightly beaten
- 75 ml of olive oil
- 200 g of blueberries
- 15 ml of raw brown sugar

Serves 12

1. Heat the oven to 180°C/350°F/gas 4.. Grease a muffin baking tray. Peel the bananas and mash in a bowl, using a fork.
2. Mix the flour, baking powder, baking soda, salt, and brown sugar in a large mixing bowl. Make a well in the centre and add the buttermilk, egg, olive oil and mashed bananas. Quickly fold the ingredients together until just incorporated, taking care not to over-mix. Tip in the blueberries and give the batter one or two stirs.
3. Spoon the batter into the baking tray and sprinkle with the raw brown sugar. They will be quite full. Bake in the oven for about 20 to 25 minutes until well risen and golden brown on top; a skewer inserted into the centre of the muffin should emerge clean.
4. Let them cool in the baking tray for a couple of minutes, then transfer to a rack to cool completely.









CHEROKEE  
GREEN



BLACK PRINCE



BEEFSTEAK



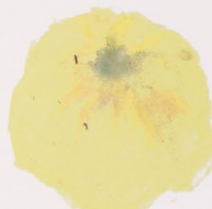
AUNT RUBY



PURPLE  
RUSSIAN



CHERRY TOMATOES



WHITE QUEEN



AMISH  
PASTE



GREEN ZEBRA



PEACH



BRANDWINE

# KETCHUP\*

Ketchup is such an everyday cupboard product that you've probably never thought to make your own. Just think how much of a treat it would be to offer your family or guests homemade ketchup.

- 1 large red onion
- Bulb fennel
- 1 stick celery
- Olive oil
- 1 small piece of fresh ginger
- 2 cloves garlic
- Fresh red chilli
- 1 bunch fresh basil
- 1 tablespoon coriander seeds
- 2 cloves
- Black pepper
- Sea salt
- 1 kg yellow, orange or green tomatoes
- Or 500 g cherry or plum tomatoes,
- Plus 500 g tinned plum tomatoes
- 200 ml red wine vinegar
- 70 g soft brown sugar

1. Place all the vegetables in a large heavy-bottomed saucepan with a big splash of olive oil and the ginger, garlic, chilli, basil stalks, coriander seeds and cloves. Season with the pepper and a good pinch of salt.

2. Cook gently over a low heat for 10 to 15 minutes until softened, stirring every so often. Add all the tomatoes and 350 ml of cold water. Bring to the boil and simmer gently until the sauce reduces by half.

3. Add the basil leaves, then whiz the sauce in a food processor and push it through a sieve twice, to make it smooth. Put the sauce into a clean pan and add the vinegar and the sugar. Place the sauce on the heat and simmer until it reduces and thickens to the consistency of tomato ketchup. At this point, correct the seasoning to taste.

4. Spoon the ketchup through a sterilized funnel into sterilized bottles, then seal tightly and place in a cool dark place or the fridge until needed. It should keep for six months.

Great served with steak and chips.

Sally 5

# Desserts





# SUMMER

## pudding

This quintessentially British pud, packed with juicy summer berries, is so much easier to make than it looks, perfect for beginners. Make sure to use a stale, cheaper white bread as it makes the pudding last longer and holds in all those lovely juices.

600g raspberries  
600g strawberries  
600g blackberries  
300g caster sugar  
Juice of a lemon  
150 ml white wine  
300 ml water  
6 slices of thick cut white bread

Ice cream to serve

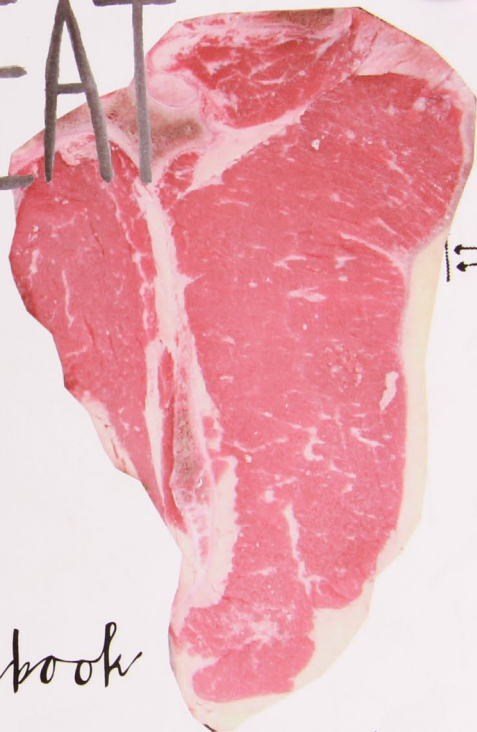
Serv 4



1. Put half the fruits in a large saucepan with the sugar, lemon juice, wine and water. Bring to a gentle simmer and cook for five minutes until softened, stirring occasionally.
2. Lift out the fruit into a sieve, strain any liquid back into the saucepan, then put the fruit in a bowl on the side. Allow it to cool. Save 200 ml of the fruit syrup for painting the bread.
3. Return the pan to the heat and boil the remaining liquid for 20-25 minutes until syrupy. Allow to cool.
4. Combine the cooled cooked fruit and reduced syrup with the raw fruit.
5. Line a 1.8 litre pudding basin with two sheets of overlapping cling film (the edges of the cling film should hang over the top of the basin so that they can enclose the pudding).
6. Cut the crusts off the bread and cut each slice into two rectangles. Thoroughly paint one side of each rectangle with the reserved syrup. Cut and paint a circle of bread that fits the bottom of the basin. Put this in the basin with the red side facing the cling film.
7. Arrange the bread all the way around the inside of the basin, overlapping slightly where the joints meet, with the painted side always facing the cling film. Spoon the fruit into the basin and pack down well. Top neatly with the remaining painted slices of bread.
8. Cover with the overhanging pieces of cling film and place a side plate holding a heavy weight on top to press it down. Put in the fridge and leave overnight.
9. When ready to serve, remove the weight, open the cling film and invert the pudding on to a serving plate. Remove the cling film. Should there be any syrup left, using a pastry brush, daub any pale patches with it.

XXX

MEAT



cookbook

# STORING

## HOW TO STORE MEAT

How to (STORE) MEAT >>

MEAT NEEDS TO BREATHE

so remove any plastic wrapping

**STRAIGHT AWAY**

PUT MEAT ON A PLATE LOOSLY

+ put it at the **BOTTOM** of the

FRIDGE-COVERED in CLINGFILM,

pierced with a few holes .....

**ALWAYS DEFROST MEAT**

slowly

**AT room TEMPERATURE**





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# PARTS OF A COW



## Shin

Shin comes from the foreleg and is usually bought in medallions with the bone in or out. It's perfect for rich stews, casseroles or braised dishes.



## Brisket

Taken from the belly and rolled into a joint, brisket is economical and ideal for slow roasting, or pot roasting with melt-in-the-mouth, tender results.



## Chuck & Blade

Chuck and blade come from the fore ribs. They are usually sliced or diced into chunks for stewing or slow cooking.



## Rump

Although rump is a little firmer in texture than fillet, it's said to have more flavour. It is usually quite a large steak, and can be cut into strips or chunks for frying too.



## Flank

Flank is cheap, tends to come cut thinly, and responds well to very quick cooking. Be careful not to overcook it as it can end up a little tough. Flank can also be stewed or braised.



## Short Plate

The plate cut is from the front belly of the cow, just below the rib cut. It is typically a cheap, tough and fatty meat. In the USA, the plate is the traditional cut of beef used for making pastrami.



## Topside

Taken from the hindquarter, topside is lean and very tender. Topside and silverside are often sold rolled with a sheet of fat around them to stop the meat from drying out. Can be used for a roast.



## Rib of beef

Marbled with creamy fat, roast rib eye is a juicy joint as the fat helps to keep it moist. You can choose if you want yours bone in or bone out.



## Sirloin

Sirloin is cut from the hip of the animal, is usually boned and rolled. It's leaner than the rib eye and when cooked properly have a near-perfect combination of flavour and tenderness.



## Rib eye

Rib eye steaks have a little more fat than other steaks, which helps to keep them moist and juicy. They're ideal for char-grilling or frying and have a long lasting flavour.



## T-bone

Cut across the bone of the sirloin, T-bone steaks are fillet on one side and sirloin on the other, making them both tender and tasty. They work well simply fried with a little seasoning.



## Fillet

Considered the most lean and tender steak of all, fillet is ideal for quick cooking, and lends itself well to cooking rare. It has a very subtle taste and is one of the most expensive cuts of beef.

CHEAP

EXPENSIVE

# BEEF BOUILLON

This french classic makes a great winter supper, enjoy with mash to create a great meal that all the family can enjoy. Beef shin is a great cut for slow-cooking. It's good value and the ripples of fat running through it ensure that it doesn't dry out.

3 Tsp goose fat  
600g shin beef  
100g smoked streaky  
bacon  
350g shallots  
250g chestnut  
mushrooms  
2 garlic clove  
1 tbsp tomato purée  
Sprig of thyme  
Rosemary  
Bay leaves  
1 tbsp tomato purée  
750ml of red wine



1. Toss 1kg of chuck or shin of beef, cut into large pieces, in seasoned flour. Let it colour in a little oil and butter in a heavy casserole.

2. Remove and add the shallots. Brown them lightly then add the mushrooms, garlic and bacon. When golden, remove and set aside.

3. Mix in the tomato purée and thyme, rosemary and bay leaves. Cook for a few mins, stirring into the mixture. Then return the beef and any drained juices to the pan and stir through. When they are soft and pale gold, return the beef to the pan.

4. Pour over the wine and about 100ml water so the meat bobs up from the liquid, but isn't completely covered. Bring to the boil.

5. Heat oven to 150C/fan 130C/gas 2. Make a cartouche: tear off a square of foil slightly larger than the casserole, arrange it in the pan so it covers the top of the stew and trim away any excess foil. Then cook for 3 hrs. If the sauce looks watery, remove the beef and veg with a slotted spoon, and set aside. Cook the sauce over a high heat for a few mins until the sauce has thickened a little, then return the beef and vegetables to the pan.



RECIPE

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CHICKEN

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# PIRIPIRI (CHICKEN)

**This Portuguese-inspired menu is bursting with Mediterranean flavour. To give it more flavour you can leave it to marinate over night.**

- 4 large chicken thighs  
skin on and bone in
- 1 red pepper
- 1 yellow pepper
- 6 sprigs of thyme

Piri piri sauce

Red onion

2 cloves of garlic

2 chillies

1 tbsp sweet smoked

paprika

1 lemon

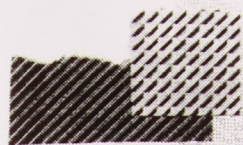
2 tbsp white wine vinegar

1 tbsp Worcestershire

sauce



1. Turn the oven on to 200C/ gas 6. Put a large griddle pan on a high heat.
2. Put the chicken thighs on a plastic chopping board, skin side down, and slash the meat on each one a few times. Drizzle with olive oil and season, then put on the griddle pan that is heating up, skin side down. Cook until golden underneath, then turn over. Wash your hands.
3. Peel and roughly chop the red onion and add to the liquidiser with 2 peeled cloves of garlic. Add the chillies, 1tbsp paprika, the zest of 1 lemon and juice of a lemon. Add 2 tbsp white wine vinegar, 1tbsp Worcestershire sauce, a good pinch of salt and pepper, the bunch of basil and a swig of water. Blitz until smooth.
4. Slice the peppers into strips and add to the griddle pan. Turn the heat down to medium and keep moving the peppers around.
5. Pour the piri piri sauce into a roasting tray. Lay the peppers on top and put aside. Add the chicken to the roasting tray with the sauce. Scatter over the sprigs of thyme, then put the tray into the middle of the oven.



RECIPE

10

