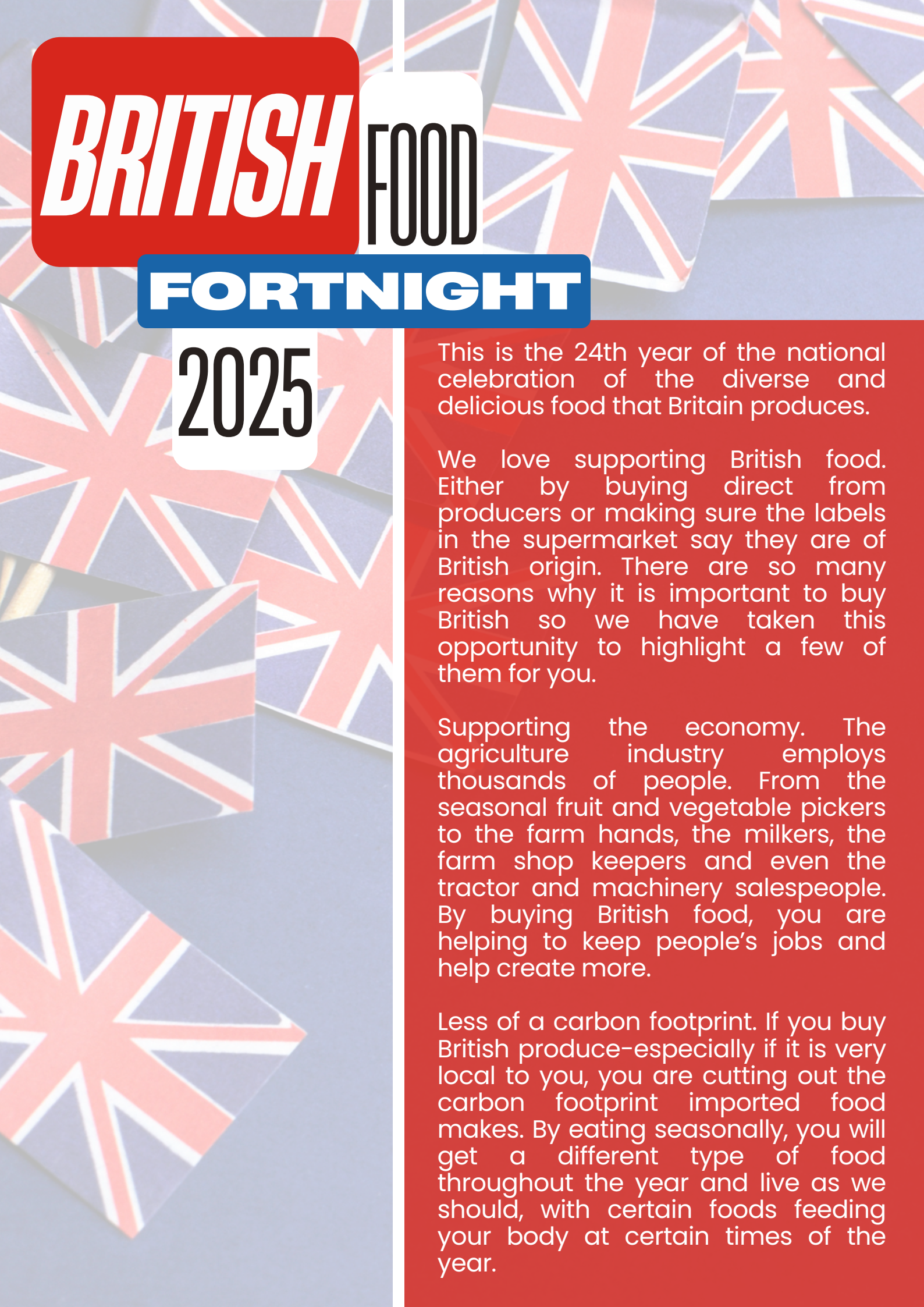


The Friary Schools **COOKBOOK**



Love British Food 



***BRITISH* FOOD**

FORTNIGHT

2025

This is the 24th year of the national celebration of the diverse and delicious food that Britain produces.

We love supporting British food. Either by buying direct from producers or making sure the labels in the supermarket say they are of British origin. There are so many reasons why it is important to buy British so we have taken this opportunity to highlight a few of them for you.

Supporting the economy. The agriculture industry employs thousands of people. From the seasonal fruit and vegetable pickers to the farm hands, the milkers, the farm shop keepers and even the tractor and machinery salespeople. By buying British food, you are helping to keep people's jobs and help create more.

Less of a carbon footprint. If you buy British produce-especially if it is very local to you, you are cutting out the carbon footprint imported food makes. By eating seasonally, you will get a different type of food throughout the year and live as we should, with certain foods feeding your body at certain times of the year.



Welfare. Britain has one of (if not the) highest welfare systems in the world. Despite propaganda to the contrary, British farming takes care of their animals.

Traceability and food provenance. You don't have to do anything special for this one, just check the labels on your food. Most supermarkets can trace the meat you buy if it's British. Some even allow you to do it on their website. As long as it says "British" on it or it has the Red Tractor logo, you know you are getting what it says on the tin (or the packet) as it were. Better still, go to your local butcher, farm shop or farmer's market.

British food is tastier. It makes sense that if something has flown halfway around the world, it is not going to be as fresh as something you can see growing in your local area. Even frozen vegetables (if they are British) are tastier than imported equivalents because of the time it has taken to get them from the field to the freezer.

British traditions. Many foods are part of our culture. By buying British, you are allowing the continuation of amazing products like Scottish whiskey, cheddar cheese or heritage apple varieties like russet. If consumers stop buying such produce, there is a real danger that they will be lost forever. What a shame that would be.

If you enjoy the countryside, by choosing to buy British produce, you are helping to manage it because farmers work so hard to keep the countryside as perfect as it is with hedgerows and wildlife.

British food is not just about meat, vegetables and fruit. There are artisans all over the UK producing drinks using British produce. Wine, cider and beers are just the tip of the iceberg. Fruit juices and water and even sweet treats like cakes and fudge using British sugar, flour and butter. Not forgetting British eggs.

By buying British you are automatically buying less processed food and, if you also eat seasonally, you are unlikely to be eating food with preservatives in them.

So basically, by supporting British food, everyone's a winner.

What are you waiting for?

Love British Food 

THE

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BREAKFAST



Toffee Apple Pancakes

by Rachel Green for Fairburn's Eggs

Ingredients

For the pancakes:

- 135g plain flour
- 1tsp baking powder
- 1/2 tsp salt
- 2 tbsp caster sugar
- 130ml milk
- 1 large egg
- 2 tbsp melted butter (allow to cool slightly)

For the toffee apples:

- 1 eating apple, like Braeburn, peeled and sliced
- 30g butter
- 30g soft dark sugar
- Pinch of mixed spice

Method

1. Sift flour, baking powder, salt and sugar into a large bowl. In separate bowl lightly whisk milk and egg together, then add melted butter.
2. Pour milk into flour and mix using a fork until you have a smooth batter. Put in the fridge for at least an hour.
3. Heat pan until medium/hot. If not using a non-stick pan melt a small amount of unsalted butter in the pan. Use a dessert spoon to blob some of the mixture in the pan. Wait until you see bubbles appear on the surface. Flip over. Cook until golden brown and risen to about 1 cm. Keep the pancakes warm in a low oven while you cook the remaining pancakes.
4. While you're cooking the pancakes get your toffee apples sorted. In a small non-stick pan melt your butter then stir in the sugar and pinch of mixed spice. On a low heat keep stirring the mixture until it begins to bubble. Add the apple and continue to cook for another minute. Don't overdo it or you'll overcook the sugar and end up with very sticky toffee apples.
5. When ready to serve pile the pancakes on a plate and pour over the sticky toffee apples.



Serves
4



Difficulty
Medium

Wild Garlic and Beetroot Omelette

Ingredients

- 4 British free range eggs
- Pinch of salt & pepper
- Splash of water
- 1 banana shallot (finely chopped)
- Drizzle or British Cold Pressed Rapeseed Oil
- 2 small cooked British whole beetroots (vacuum packed are fine)
- 2 chestnut mushrooms (finely chopped)
- Handful of wild garlic leaves and flower stems (washed well)
- 30g strong British hard cheese (grated)
- Sprinkling of parsley



Method

1. Drizzle a little British rapeseed oil into an omelette pan and gently heat. Add the chopped shallot and mushrooms and gently fry until softened but not browned. Meanwhile chop the 2 small beetroots into small chunks and add to the pan to gently warm through.
2. In a small bowl, beat the 4 free range eggs with a splash of water and season well before pouring into the omelette pan. Using a fork gently stir the egg mixture to add air and lightness to the omelette.
3. Next tear the wild garlic leaves and scatter over the top of the omelette – you can chop the stems into short lengths and add the flowers too!
4. Finally sprinkle with the grated British hard cheese and parsley.
5. Enjoy the omelette on its own or with a dressed green salad.

Tip

1. If you can't find any wild garlic use nettles – they're packed with iron and free! Using gloves, pick the tender young leaves and stems, wash them well then blanch in boiling water for a minute (this will get rid of the sting!) Add garlic chives and their flowers to replace the wild garlic ones).



Serves

2



Vegetarian

Irish Stout Buttermilk Porridge

Recipe courtesy of Mornflake.

Ingredients

- 585ml cold water
- 12tbsp of caster sugar
- 6 tbsp of Guinness
- 1 ½ cups of Mornflake coarse oatmeal
- 240ml butter milk (plus a little extra)
- pinch of sea salt



Method

1. First make the Guinness caramel. Put approximately 235ml of the cold water into a large, heavy based saucepan, along with the sugar. Over a low heat slowly allow the sugar to dissolve. Remove from the saucepan from the heat and add the Guinness.
2. Return the saucepan to a high heat and bring the liquids to the boil. Do not stir the liquid during the boiling. Being careful not to allow the liquid to boil over, cook at boiling for up to 10 mins or until the liquid has turned into a caramel consistency. Remove the saucepan from the heat. Carefully and slowly pour the liquid into a clean bowl. Set aside for 30 mins allowing the caramel to cool and thicken but still warm enough to serve with the porridge.
3. To make the porridge, place boiling water into the base saucepan of a Porringer or Bain Marie. In the top saucepan place the oatmeal and the cups of cold water and stir thoroughly. Bring the water in the base saucepan back to the boil and then reduce the heat slightly, but keeping it high.
4. Cook the oatmeal for 5 mins and then add the salt stirring in thoroughly. Cook the oatmeal for a further 5 mins stirring regularly. Then add the buttermilk a little at a time stirring constantly. Stir the oatmeal regularly for a further 12-14 mins or until a nice thick Porridge consistency is achieved. Once cooked, remove from the heat and set aside for 1-2 minutes, allowing the porridge to develop a nice creamy finish.
5. Spoon the porridge into bowls. Pour the Guinness caramel over the hot Porridge and garnish with a little more buttermilk.



Serves
4



Difficulty
Very Easy



Vegetarian



Ingredients

- 500g potatoes, peeled
- ½ onion, peeled
- Sea salt and freshly ground black pepper
- 1 large egg
- 3tbsp plain flour
- ¼ tsp baking powder
- Rapeseed oil, to fry
- 4 fresh eggs
- 4 rashers of grilled pancetta

For the parsley oil:

- 1 small garlic clove, peeled
- 2 large handfuls parsley leaves, roughly chopped
- A squeeze of lemon
- 75ml olive oil

Mustard sauce:

- 3tbsp of mayonnaise
- 1 tbsp of Dijon mustard
- 1 tbsp rapeseed oil
- A squeeze of lemon juice

Bacon and Egg with Potato Fritter

by Rachel Green for Fairburn's Eggs



Method

1. Coarsely grate the potato and onion, and put in a sieve over a bowl. Sprinkle with a teaspoon of salt, mix gently then leave to drain while the salt draws out any excess water.
2. To make the parsley oil, in a food processor add the garlic, parsley and lemon and whizz to a smooth puree, season, then stir in the oil and set aside.
3. To make the mustard sauce, mix together the mayonnaise, mustard, rapeseed oil and lemon juice.
4. Place the egg, half a teaspoon of salt, some black pepper, flour and baking powder in a bowl, and whisk until smooth.
5. Bring a small pan of salted water to a simmer. Squeeze out as much liquid as you can from the potato and onion mix, add to the bowl and combine with your hands.
6. Add a large amount of oil to a large frying pan so that it's a few millimetres deep. Place the pan over a medium-high heat – when hot, divide the potato mix into four and again squeeze out as much liquid as you can.
7. Shape each quarter into a tightly packed round, and then fry two at a time, pressing and flattening them with a spoon as they cook. After a few minutes you should be able to see the edges taking on colour, at which point turn over the potato fritters carefully. Cook on the other side for another 2 to 3 minutes or so, until dark golden and cooked through, place on a warmed plate lined with kitchen paper and keep warm while you poach the eggs.
8. Break two eggs into the middle of the pan of very gently simmering water. Cook for 3 minutes, then scoop out, drain on kitchen paper and repeat with the other two eggs.
9. To serve, place a friter on each plate, top with mustard sauce, sit an egg on top, and drizzle with the parsley oil. If you fancy something a little heartier, add some grilled pancetta



Rich's Ultimate Rarebit

By Rich Clothier for Wyke Farms

Ingredients

- 4 Large Thick Slices of Sourdough Bread (or any bread you wish to use)
- 2 Medium Eggs
- ½ Teaspoon Mustard Powder
- 2 Tablespoons of Semi-Skimmed milk (or beer if you want to be really traditional)
- Few Drops of Worcestershire Sauce
- Pinch of Sea Salt and Freshly Ground Black Pepper
- 175g Wyke Farms Red Leicester, grated
- 1 Small Leek, finely chopped

Method

1. Place the bread slices onto a piece of foil and toast lightly on both sides under the grill.
2. Meanwhile, whisk the eggs in a medium bowl to break them up.
3. Add the rest of the ingredients and stir together well.
4. Spread the cheese mixture evenly over the toasted bread.
5. Grill under a medium-high heat for about 5 minutes until golden and bubbling.



Serves

4



Vegetarian

Ingredients

- 1 tbsp olive or rapeseed oil
- 1 red onion, finely chopped
- 2 garlic cloves
- 3 raw beetroots, chopped into small chunks
- Handful of cherry tomatoes, halved
- 100g green beans, halved
- Handful of Swiss chard
- 4 large organic eggs
- 70g Somerset Brie
- Sea salt and black pepper

To Serve:

- Handful of parsley, finely chopped
- Drizzle of olive oil
- Crusty bread



Baked Eggs with Beetroot, Green Beans and Somerset Brie

by Liz Earle

Method

1. Preheat the oven to 190°C/375°F/gas mark 5. Heat the oil in a large ovenproof pan over a medium heat and add in the red onion and sauté for a few minutes until soft.
2. Add the garlic and beetroot and stir everything together. Add the cherry tomatoes and cook for a further six or so minutes until the beetroot is starting to soften. Season.
3. Blanch the green beans in salted boiling water for two minutes until they're bright green. Drain and stir into the pan along with the Swiss chard. Make four little wells in the mixture and crack in four eggs (an egg per hole). Sprinkle over some paprika, salt and pepper.
4. Add a few pieces of cheese around the mixture and pop in the oven for seven to ten minutes until the whites have set and the yolks are still runny (to your taste). Finish by sprinkling with the parsley and drizzling with olive oil. Serve with crusty bread.



Vegetarian

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STARTER



Ingredients

- 3 Medium King Edward Potatoes
- 2 tbsp Rapeseed Oil
- 1 Red Onion, Finely Chopped
- 3 Cloves Garlic, Crushed and Chopped
- 300g Salmon Fillets, Diced
- 1/2 Lemon, Juice and Zest
- 1 tbsp Mara Shony Seaweed
- Handful Fresh Parsley, Finely Chopped
- 1 Organic Egg
- 30g Bread Crumbs
- 100g Samphire



Salmon & Sweet Potato Fishcakes

Method

1. Preheat the oven to 190°C/375°F/gas mark 5. Prick the potatoes and place in the oven for 45 minutes.
2. Heat 1 tbsp rapeseed oil in a pan and sauté the red onion and garlic for a few minutes until soft. Add the diced salmon fillet and cook through. Grate over the zest of half a lemon and squeeze the juice into the pan with the salmon. Cook for a few minutes until the salmon loses transparency, then remove from the heat.
3. When the potatoes are soft and cooked through, scoop out the flesh with a spoon and add into a bowl with the salmon, red onion and garlic. Add the seaweed and chopped parsley, and mix together well. Season with cracked black pepper and a touch of sea salt. Shape the mixture into 6-8 fish cakes.
4. In a bowl, beat the egg and pour the breadcrumbs into another bowl. Dip each fishcake first into the egg and then the breadcrumbs. Heat 1 tbsp of rapeseed oil in a saucepan and pan-fry each fishcake until golden and crispy on the outside.
5. Bring a medium pan of fresh, salted water to the boil. Place the samphire in the water and cook for 3-4 minutes. Drain and toss with the butter and a little olive oil. Serve alongside the crispy fishcakes.
6. Wellbeing Wisdom: Seaweed contains essential minerals, fibre and protein. It is also a rich source of iodine, vital for a healthy thyroid, which will help you maintain a healthy metabolism



Serves
4-6



Difficulty
Medium

Ingredients

- 50g butter
- 150g risotto rice
- 225g British turkey breast fillets, diced
- 2 sprigs rosemary, leaves, roughly chopped
- 1 small trimmed leek, sliced
- 150ml dry white wine
- 600ml chicken stock
- 100g chestnut mushrooms, halved 1 small
- courgette, trimmed and diced
- 2 red 2 yellow and 2 orange peppers
- 150g dolcelatte cheese, diced
- salt and freshly ground black pepper

Sweet Roasted Turkey & Peppers

from British Turkey

Method

1. Melt the butter in a large deep frying pan and stir in the rice, cook stirring for a couple of minutes. Add the turkey, leeks and rosemary and cook for 2 minutes until the turkey is lightly browned.
2. Preheat the oven to 190°C/Gas mark 5. Pour over the wine and allow to bubble for a few moments. Pour over enough stock to just cover the rice and simmer for 4-5 minutes until the stock has been absorbed. Repeat until all the stock has been absorbed and the rice is just tender [this should take about 15 minutes]. Stir in the mushrooms and courgettes and season.
3. Halve the peppers through the stalks and discard the seeds and core. Arrange cut side up in a large roasting tin. Divide the rice filling between the peppers and scatter over the cheese. Bake for 25 minutes until the peppers are just tender.



Serves

6



Rich's Ultimate Rarebit

Ingredients

- 240g streaky bacon
- 350g pheasant minced or blitzed in a food processor
- 675g fatty pork, eg belly, minced
- 1 pheasant breast, diced
- 2 tbsps brandy
- 8 tbsps wine
- 1 clove garlic, crushed
- Salt and pepper
- 6-8 juniper berries, chopped
- 2 tbsps fresh rosemary, chopped
- 2 tbsps fresh thyme, chopped
- Small bunch fresh coriander, chopped
- Freshly ground black pepper
- Salt
- Bay leaves for decoration

Method

1. Chop half the bacon into small squares, reserving the other half, and mix together with the other ingredients. Allow to stand for an hour for the flavours to develop if time allows.
2. Put into a terrine or large oven-proof baking dish, smooth the top and arrange the remaining bacon slices diagonally across. Decorate with the bay leaves.
3. Place, uncovered, in a baking tin of hot water to come half way up the sides and cook in a slow oven (150C, 300F, Gas Mark 2) for 2 to 2½ hours. The pate is cooked when it starts to come away from the side of the dish and the juices run clear when a skewer is inserted into the middle.
4. Remove from the oven and weight down (use a similar sized dish with kitchen scale weights or even a brick covered with tinfoil).
5. Allow to cool then refrigerate overnight before cutting into slices to serve.

Ingredients

- 2 young grouse.
- 50g butter
- A mix of delicate salad leaves, such as rocket, mizuna, chard etc.
- 200g good firm black pudding
- 200g really good smoked streaky bacon
- 1 tbsp heather honey
- 2 tbsp reduced balsamic vinegar
- 100mls mustard vinaigrette

Warm Salad of Heather Honey Glazed Grouse with Black Pudding & Bacon

Method

1. Start by removing the breasts from the grouse. Pan fry them in the butter on a medium to high heat until they are golden brown on both sides (about 1 minute each side) then add a tablespoon of vinegar and a tablespoon of honey. Turn down the heat in the pan and toss the breasts in the mixture until it has evaporated and the breasts are sticky and glazed. This will take one or two minutes more.
2. Meanwhile, cook the finely chopped bacon until crispy, and do the same with the chopped black pudding. Remove the grouse breasts from the pan and rest for 3 minutes or so to relax (very important). Dress the salad with the vinaigrette, then place a ball of it in the middle of the plate. Sprinkle the black pudding and bacon rubble around the salad and slice the grouse lengthwise into 6 slices. Lay these on top of the salad. Now dress over the plate with more balsamic and vinaigrette and serve.



Serves

4 as a starter, 2 as a main





Paprika Roasted British Gem Potatoes with Harissa Mayonnaise Dip

by Liz Earle

Ingredients

- 750g British Gem new potatoes
- 50 ml olive oil
- 1 tsp paprika
- 1 tsp salt
- 120g Good quality mayonnaise preferably rapeseed
- 2 tbsp red or green Harissa
- 1 tbsp chopped flat leaf parsley

Method

1. Preheat oven to 200 degrees Celsius/ 180 fan assisted/ gas mark 6.
2. Place the potatoes in a large pan, cover with salted water, bring to the boil and cook for 15 minutes or until just tender.
3. Mix the olive oil with the paprika and salt.
4. Place the potatoes in a suitable roasting tray and pour over the Olive oil mixture making sure they all get an even coating. Using a potato masher or fork gently squash the potatoes to flatten each one a little, this increases the surface area and allows them to get extra crispy. Roast in the oven for 25-30 minutes or until crispy.
5. Mix the harissa with the mayonnaise to make the dip and serve alongside the paprika roasted potatoes.



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SOUP





Simple Tomato Soup

by Hillfarm Oils

Ingredients

- 2x 400g tins of chopped tomatoes
- 1 small potato, peeled and cubed
- 2 tbsp tomato puree
- 1 tsp castor sugar
- 1 onion, peeled and finely chopped
- 1 clove garlic, peeled and finely chopped
- 140ml Hillfarm coldpressed rapeseed oil
- 425ml vegetable stock
- Salt and pepper to taste

Method

- 1.Heat the oil in a pan and soften the onion, potato and garlic over moderate heat, stirring to ensure they don't change colour.
- 2.Add the tomatoes, tomato puree, castor sugar, stock and seasoning.
- 3.Simmer for 20 minutes, then blend with a hand blender
- 4.Serve immediately, or freeze for up to 3 months.



Serves

4

Ingredients

- 3 small butternut squash (approx 1.6kg)
- 2 Tbsp of Hillfarm Rapeseed Oil
- Salt and pepper
- Freshly ground nutmeg
- 1oz of butter
- 1 onion roughly chopped
- 2 carrots roughly chopped
- 2 large celery sticks sliced
- 2.5cm grated fresh ginger root
- 1.3 litres vegetable stock
- Handful of Munchy Seeds original mix (or roasted pumpkin seeds)
- 3 tbsp red lentils (optional)
- Crumbed feta (optional)

Butternut Squash Soup

by Hillfarm Oils

Method

1. Preheat the oven to 180°C
2. Prepare the butternut squash by cutting in half and removing the seeds. Then cut in to 1-2cm cubers (no need to peel!)
3. Put the squash, salt, pepper and nutmeg into a roasting tin and drizzle with hillfarm rapeseed oil and cover with 150ml of water. Roast for an hour.
4. Melt the butter and 1tbsp of rapeseed oil in a large pan. Fry the onion, carrot, celery and grated ginger for a few minutes before adding the stock. Bring to the boil with lid on and allow to simmer for 10 minutes.
5. Remove from heat and add the roasted butternut squash and liquidise in the pan using a stick blender.
6. Return to the heat and taste for seasoning. If you would like some extra protein, add 3 tbsp dried red lentils and simmer for 15 minutes until softened.
7. Serve in warm bowls or mugs, sprinkled with Munchy Seeds and crumbed feta.



Serves

6



Vegan



Ingredients

For the bread:

- 500g mixed grain flour
- 1 tbsp sesame seeds (plus extra for the top)
- 1 tbsp poppy seeds (plus extra for the top)
- 1 sachet fast-action yeast
- 1 tsp salt
- 300ml lukewarm water
- 2 tbsp olive oil
- 1 tbsp sugar
- Semi-skimmed milk to glaze

For the soup:

- 25g butter
- 25g vegetable oil
- Sprig of thyme
- 2 sticks celery, washed and finely sliced
- 1 large onion, peeled and finely sliced
- 1 clove garlic, peeled and crushed
- 8 parsnips, peeled and cut into 1cm cubes
- 500ml semi-skimmed milk
- 1 litre vegetable stock
- 1 vanilla pod
- Salt and pepper to taste

Parsnip & Vanilla Soup with Seeded Bread Loaf

by Whiting & Hammond



Method

For the bread:

1. Mix the flour, seeds, yeast and salt into a large mixing bowl. Mix the water, oil and sugar in a jug and pour into the dry ingredients, mixing all the time to make a soft dough. Turn the dough out onto a lightly floured surface and knead until smooth, but not sticky. Leave in a covered bowl to double in size (in a warm room, this should take about an hour)
2. Preheat the oven to 180°C. Oil a 1.2-litre loaf tin; once the dough has doubled in size, remove from the bowl and place in the loaf tin, then allow to double again for approximately 45 minutes. Make a few slashes on the top, brush with the milk and sprinkle with the remaining seeds. Bake for 30 to 35 minutes until the loaf is risen and golden (when you tap the top, it will sound hollow)

For the soup:

1. Gently melt the butter and vegetable oil in a saucepan. Add the thyme, celery, onion and garlic, and gently cook for approximately 10 minutes, until soft
2. Add the cubes of parsnips to the pan, as well as the milk, vegetable stock and vanilla pod. Cook on a low heat for approximately 30 to 40 minutes, until the parsnips are cooked.
3. When cooked, remove from the heat, remove the vanilla pod and process until smooth. Season with the salt and pepper to taste. Serve in a deep bowl, alongside the seeded fresh bread



Serves

4

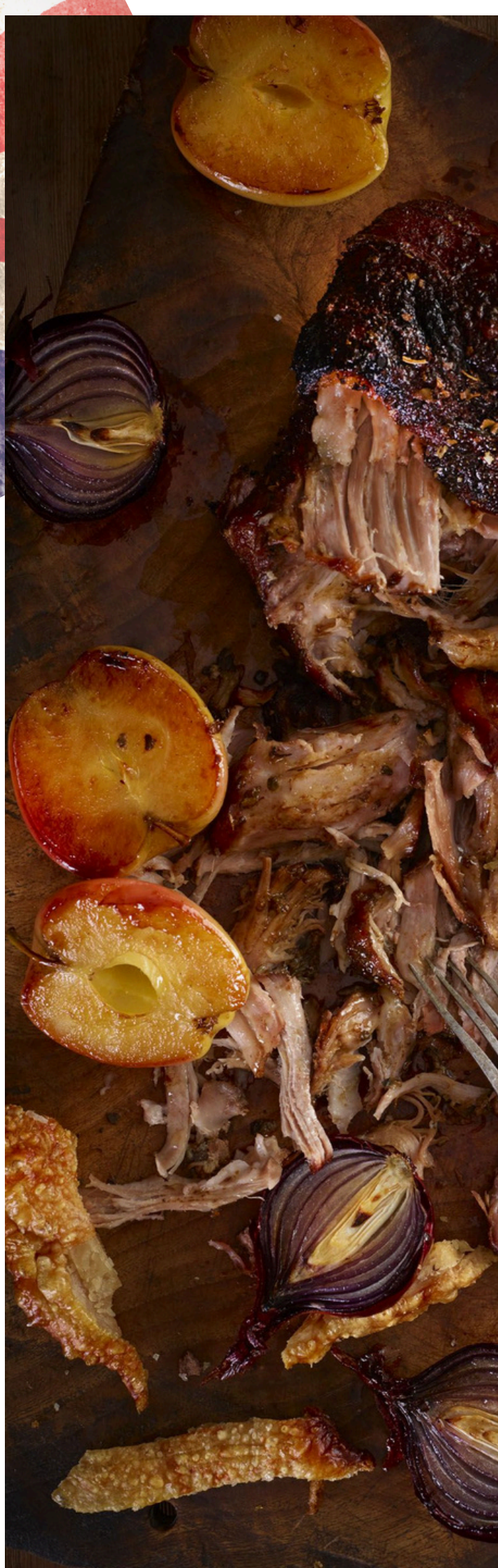


Vegetarian

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MAIN





Ingredients

For the beef:

- 1.5kg Morrisons Best Topside Joint
- 1 tbsp olive oil
- 1 large white onion cut into chunky wedges
- 2 carrots cut into chunks
- 1 garlic bulb broken into cloves
- For the marinade
 - 2 tbsp olive oil
 - 2 tbsp dijon mustard
 - 2 tbsp maple syrup
 - 2 tbsp apple cider vinegar
 - 1 tbsp garlic puree
 - 1 tbsp fresh rosemary finely chopped
 - 1 tbsp fresh thyme finely chopped

For the onions:

- 12 small red onions tops and bottoms removed & peeled & cut in half
- 2 tbsp olive oil
- 2 tbsp balsamic vinegar
- 2 tbsp maple syrup
- For the mash
 - 1.5 kg maris piper potatoes peeled and quartered
 - 50g beef dripping

Dash of milk to loosen
To serve (optional)
Spring veg of choice
Gravy of choice

Maple & Mustard Roast Beef

Recipe from Morrisons



Method

1. Take your beef out of the fridge 1 hour before cooking to allow it to come to room temperature. Preheat your oven to 180°C, 160°C fan, gas mark 4. Mix all marinade ingredients with a tsp of salt and tsp of pepper in a small bowl and slather all over your joint. Heat your oil in a pan and brown your beef all over for 5 mins.
2. Lay your onion, carrots and garlic in the centre of a deep baking dish to create a trivet and pop your beef joint on top. Cook in the oven for 1hr 10, 45 – 55°C for rare, 1hr 30, 58 – 65°C for medium, and 1hr 45, 70 – 75°C for well done. Ensure to baste with the juices halfway through cooking! When ready, remove your joint from the tray and leave on a wooden board to rest for 20 mins!
3. When your beef has 40 mins of cooking left (plus 20 mins of resting), nestle your onions in a casserole dish in a single layer (cut side up), drizzle over with oil and balsamic vinegar, season and toss about to coat. Cover with foil and roast for 40 mins until tender. After 40 mins remove from the oven, drizzle in maple and pop back in the oven uncovered for 20 mins.
4. Meanwhile, when your onions and beef have about 30 mins left (including beef resting time) it is time to move onto your mash! Boil water in a deep pan, add your potatoes and cook for 15–20 mins until very soft. Drain, pop back in the pan, add beef dripping, milk and a big pinch of salt and pepper and use a masher to mash until lump-free and creamy.
5. Serve your beef and onions centre-stage on a serving platter alongside gravy and any other seasonal veg of choice.



Serves

6

Ingredients

- 125g Essential Cuisine Béchamel Sauce Mix
- 16g Essential Cuisine Cheese Stock Mix
- 1 litre cold water
- 250g grated mature cheddar cheese
- 1kg cooked gluten free rigatoni or penné pasta
- 500g drained tuna chunks
- 500g drained sweetcorn kernels
- 250g blanched broccoli florets
- 2tbsp chopped mix herbs (parsley, dill and chives)
- 150g gluten free breadcrumbs
- Salt and pepper, for seasoning



Gluten Free Tuna Pasta Bake

from Essential Cuisine

Method

1. Preheat the oven to 180c.
2. Whisk the Essential Cuisine Béchamel and Cheese Stock Mix with the water. Bring to the simmer, stirring continuously.
3. Cook for a few minutes, then remove from the heat and stir through the cheddar cheese.
4. Mix with the pasta, tuna, sweetcorn, broccoli and herbs, season to taste.
5. Transfer to a baking dish and sprinkle on the breadcrumbs, bake for 30 minutes or until the crust is golden brown and the centre is piping hot.



Serves

10



Gluten Free

Ingredients

For the dressing: 3 tbsp extra virgin olive oil

- 1 tbsp sherry vinegar
- 1-2tsp runny honey, to taste
- 2 shallots, very finely chopped
- 1 tbsp capers, roughly chopped
- a handful of parsley, finely chopped
- Salt and freshly ground black pepper

For the salad: 2 eggs

- 250g bunch asparagus, ends trimmed and cut into 2-3 pieces
- 400g tin butterbeans, drained and rinsed
- 250g pack ready to eat beetroot, drained and diced
- 160g tin of good-quality tuna steak, drained and roughly flaked
- a few olives

Asparagus, Tuna and Bean Salad with Shallot and Caper Vinaigrette

Thanks to UK Shallots

Method

1. Make the dressing by adding the oil, vinegar, honey, shallots, capers and parsley to a jam jar and shaking well. Season to taste with a little salt and freshly ground black pepper. Set aside.
2. To cook the eggs, add them to a small pan and cover with cold water. Bring the pan up to a steady simmer and cook for 5 mins for a set while and almost set yolk. Cook for a minute less for a truly runny yolk, and a minute longer for a harder yolk. Drain and run under cold water until cool enough to handle. Peel, cut in half and set aside.
3. While the eggs are cooking, plunge the asparagus into boiling water and cook for about 3-4 minutes until just tender. Drain well and tip into a bowl. Add the butterbeans and pour over half the dressing, tossing together to mix.
4. Spoon the dressed beans and asparagus between 2 plates or bowls. Scatter over the beetroot, tuna flakes and olives, top with halves of egg, and season with a little extra salt and pepper. Finally spoon over the rest of the dressing.
5. Serve while still warm. Or pack into lunchboxes and chill until required.





Ingredients

For the pork:

- 1.6 kg joint boneless pork shoulder (remove the rind/skin if you wish)
- 2 tsp sea salt
- 1 tsp ground black pepper
- 1 tbsp onion powder
- 1 tbsp dried sage
- 2 tbsp light brown sugar
- 3 red onions, halved

For the apples:

- 6 eating apples, such as Braeburn
- 25 g butter
- 25 g soft brown sugar

Remove the rind (skin) before cooking the pork. Place the rind in a shallow roasting tin and pour over boiling water. Leave for a few minutes, then pour off the water and pat dry with kitchen paper. Rub with a little oil and salt. Cook in the hot oven for about 30 minutes until crackled. Roughly chop the crackling into small pieces to serve.

Pulled Pork with Caramelised Apples & Sage

Top Lazy Tip - Quick Crackling



Method

1. Preheat your oven to 220°C (fan 200°C), Gas Mark 7. Line a roasting tin with a sheet of foil large enough to cover the pork later. Loosely fold the foil back for now. Remove the string, unroll the pork, pat dry with kitchen paper and place in the tin.
2. Mix together the salt, pepper, onion powder, sage and sugar. Rub the mix lovingly all over the pork. Roll the pork up again (there is no need to re-tie the string) and put it in the oven for 15 minutes until beautifully browned.
3. Turn the oven down to a laid-back 150°C (fan 130°C), Gas Mark 2. Remove the pork, add the onions to the bottom of the tin and fold the foil over the top. Put it back into the oven and let it cook lazily for at least 5 hours or until tender and ready to pull apart. Make the most of your chilling time.
4. Take the pork out of the oven, cover with foil and let it rest for 30 minutes.
5. While the pork is taking it easy prepare the caramelised apples. Core and cut the apples in half, melt the butter in a large frying pan and stir in the sugar. Add the apples, cut side down and cook over a medium heat, gently shaking the pan occasionally for about 8 minutes or until the apples are lightly caramelised. Squeeze over the lemon juice and then carefully turn the apples over. Cover the pan with foil and cook for about 4-5 minutes or until the apples have softened, but not collapsed. Turn the apples over again to coat in the mixture.
6. Shred the pork (in the cooking juices) into chunky pieces with two forks and serve with the apples, onions and crackling. Such a feast, so little effort.



Serves

6

Ingredients

- 2 large Hereford Beef sirloin steaks
- 1 tablespoon olive oil
- 10-12 spears asparagus
- 3 large waxy potatoes
- A knob of grass-fed butter
- 1 teaspoon of peppercorns
- A glug of brandy
- 100ml of double cream
- 3-4 large potatoes
- 2 heaped tablespoons of goose fat
- Ground salt and pepper to season



Hereford Steak & Chips

by Hereford Beef

Method

1. Start your Valentines treat for two by preparing your chips. Preheat your oven to 220°C/425°F/gas 7 and place your goose fat into a baking tray, allowing it to melt while your oven heats.
2. Chop your potatoes into chunky chips and then place on the tray of what should be now melted goose fat.
3. Add a dash of salt for 1 hour and intermittently turn in the oil throughout this time (turn the heat down if they're getting too crispy too quickly).
4. Take a griddle pan and put on a high heat adding a tablespoon of olive oil, once the pan is hot add your asparagus spears and sear 1-2 minutes on each side. Once nicely charred add to a tray on the lower shelf of your oven for the last 5-10 minutes of your chips cooking time.
5. Using the same pan put your salt and pepper seasoned Hereford Beef sirloin steaks in on a high heat. Cooking times for your steaks depend on how you like it, we've made this easy guide:

- Blue - Pinkest: 1 minute each side
- Rare - Mostly pink: 1.5 minutes per side
- Medium rare - Still quite pink: 2 minutes per side
- Medium - A bit pink: About 2.5 minutes per side
- Well-done - No longer pink: 4-5 mins each side



Serves

2

Ingredients

- 3 tbsp. vegetable oil
- 2 large onions, peeled, halved and sliced
- 4 cloves garlic, peeled and finely chopped
- 25g chunk of fresh root ginger, peeled and finely chopped
- 1 green chilli, deseeded and roughly chopped
- 2 tsp cumin seeds
- 2 tsp ground coriander
- 1 tsp ground turmeric
- 1 tsp chilli seeds
- 2 tsp mustard seeds
- 1 tsp gram masala
- 1 tsp cardamom pods
- 1 bay leaf
- 300g tin chopped tomatoes
- 1 tsp sea salt
- 2 tbsp. mango chutney
- 400g tin of Puy Lentils drained
- 200ml vegetable stock
- 2 tsp double cream
- 8 large eggs
- Fresh ground black pepper

Curried Eggs with Lentils and Fresh Coconut and Coriander Chutney

from Fairburn Eggs

Method

1. Heat the oil in a large non-stick saucepan and add onions, garlic, ginger and chilli. Cover and cook gently over a low heat for approximately 15 minutes until the onions are tender, stirring occasionally. Remove the lid, turn up the heat and brown the onions, but watch that they don't burn.
2. Sprinkle the cumin seeds, mustard seeds, coriander, turmeric, chilli seeds and gram masala, cardamom pods, bay leaf cooking for a further 2 minutes to warm the spices and release the aromas. Add the tomatoes, lentils, chutney and water to the sauce. Season with black pepper and cook gently for a further 20 minutes regularly stirring and adding more vegetable stock if needed. Remove the pan from the heat, removing the bay leaf. Let the sauce cool. And then add the double cream, stir and keep warm.
3. Half fill a large saucepan with cold water, add the eggs, cover with the lid and bring to the boil and simmer for 4 minutes. Drain in a sieve and leave under running water until the shells feel cold and you can carefully crack and peel the shells off, cut in half.
4. Warm the sauce through gently, stirring constantly.
5. When the sauce gently bubbles, add the eggs and heat them for 3 minutes, stirring gently and spooning the hot sauce over them. If the sauce is thick, add a couple of tablespoons of water to thin it down.
6. Serve the eggs with the coconut and coriander chutney below and with some freshly boiled basmati rice.



Serves Vegetarian

4

Ingredients

- 50g butter
- 1 tbsp olive oil
- 450g British turkey breast fillets, cut into chunks
- 3 sweet potatoes, cut into chunks
- 225g chestnut mushrooms
- 2 garlic cloves, crushed
- 2 sprigs fresh thyme, leaves only
- 1 tbsp brandy
- 100ml chicken stock
- 150ml double cream
- 75g Stilton, crumbled
- 375g pack ready rolled puff pastry
- 1 small egg, beaten
- rock salt

Individual Turkey & Stilton Pies

by British Turkey

Method

1. Heat the butter and oil in a large frying pan and fry the turkey for 2-3 minutes until lightly browned. Stir in the sweet potatoes and cook over a low heat for 8-10 minutes until just beginning to soften. Stir in the mushrooms, garlic and half the thyme and cook for a further 4-5 minutes.
2. Preheat the oven to 200°C/Gas mark 6. Pour the brandy over the turkey
3. mixture and allow to bubble for 1 minute, then add the stock and cream and warm through gently. Remove from the heat and stir in the Stilton.
4. Unroll the pastry. Cut 4 pastry lids slightly larger than the 400ml dishes you are using. Divide the filling between the 4 dishes. Wet the rim of the dishes with water. Lay the pastry circles over the top and press to the rim firmly. Brush with beaten egg and scatter with rock salt and remaining thyme. Bake for 20 minutes until golden.



Serves

Makes 4



Ingredients

- 25g butter
- 2 onions, halved and thinly sliced
- 2 garlic cloves, finely chopped
- few thyme sprigs, leaves picked
- 1/2 small celeriac (about 300g)
- 2 medium potatoes (about 250g)
- 2 large parsnips (about 250g)
- 400-500ml vegetable stock
- Salt and pepper



Root Vegetable Boulangere

by Liz Earle, MBE

Method

1. Preheat the oven to 190°C/375°F/gas mark 5. Melt the butter in a heavy-bottomed frying pan and add the onions and garlic. Sauté for about 10 minutes until soft but not coloured. Put in the thyme leaves, season and set aside.
2. Meanwhile, peel the celeriac, potatoes and parsnips. Either use a knife or a
3. mandolin to cut into thin slices about 2-3mm thick, slicing the parsnips length-ways otherwise the rounds will be very small.
4. Neatly arrange the celeriac slices into the bottom of an ovenproof dish measuring approx 25x20cm. Season generously with salt and pepper, then sprinkle with half of the onion mixture. Layer the parsnips on top, then scatter with more salt and pepper, then the remaining onions and finish with a layer of potatoes.
5. Bring the stock to a simmer, then pour over the vegetables to just cover them.
6. Cover the dish with foil and bake for 45 minutes, then uncover and continue to bake for another 45 minutes or until the vegetables are cooked through.



Vegetarian – could be made vegan using vegan butter

Ingredients

- 8 lean lamb loin chops or cutlets

For the marinade

- Salt and freshly milled black pepper
- 90ml/6tbsp freshly chopped mint
- 30ml/2tbsp sugar
- 30ml/2tbsp olive oil
- 90ml/6tbsp white wine vinegar

For the relish

- 15ml/1tbsp butter
- 3 shallots, peeled and finely chopped
- 2 large cucumber, peeled and cut into thin slices
- Pinch nutmeg
- Salt and freshly milled black pepper
- 150ml/¼ pint good, hot chicken or vegetable stock
- 15ml/1tbsp fresh thyme leaves

Minted Lamb Chops with Cucumber Relish

Method

1. To prepare the marinade; mix all the ingredients together. Place the lamb in a shallow dish, spoon over the marinade and coat on both sides. Cover and marinate for up to 1 hour.
2. To prepare the relish; heat the butter in a large non-stick frying pan and cook the shallots for 2-3 minutes. Add the cucumber, nutmeg and seasoning and continue to cook for a further 5 minutes.
3. Add the stock and thyme. Cover and simmer for a further 5 minutes.
4. Cook the chops under a preheated grill for 12-16 minutes, turning occasionally.
5. Serve the chops with the relish and new potatoes.



Serves

4

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Peanut Butter Cheesecake

by Jane Devonshire

Ingredients

- 300g gluten-free digestive biscuits; I use 2 packs of gluten-free Hob Nobs
- 150g unsalted butter, melted
- 1 x 340g jar of gluten-free crunchy peanut butter (I like the texture but use smooth if you prefer)
- 280g cream cheese
- 2 tablespoons vanilla bean paste
- 125g icing sugar
- 150ml double cream
- For the topping: 100g gluten-free dark chocolate
- 70% cocoa solids, finely chopped
- 100ml double cream



Method

1. In a food processor, blitz the biscuits to a fine crumb. Combine the blitzed biscuit crumbs with the melted butter, then use the mixture to line the bottom and halfway up the sides of the tin. Place in the fridge for 30–40 minutes until set and hard.
2. Put the peanut butter, cream cheese, vanilla bean paste and icing sugar into a food processor and whizz until fully combined; alternatively you can use an electric hand whisk for this.
3. In a separate large bowl, whisk the double cream until soft peaks appear. Take a tablespoon of the peanut butter mixture and, using a spatula, gently fold into the cream, trying to retain as much air in the mix as possible. Repeat until all of the peanut butter mixture is incorporated into the cream.
4. Add the mix on top of the crumbed biscuit base, being careful not to disturb the sides. Place in the fridge and chill for 2–3 hours until set. You can freeze this now, or keep it covered in the fridge for up to 48 hours.
5. For the topping, place the chocolate in a large bowl. Heat the cream in a pan until just boiling, then pour over the chocolate and whisk until the chocolate is melted and the mixture is smooth.
6. Take the cheesecake straight from the fridge and pour over the ganache, working from the centre outwards. Return to the fridge for 30 minutes or until the chocolate is set.
7. Remove the cheesecake from the tin – you will probably need to carefully run a knife around the edge of the cake – and serve.



Serves

4



Gluten Free

Bakewell Tart

by Seasoned Cookery School

Ingredients

- 250g plain flour
- 1 tsp salt
- 140g unsalted butter, cold and cubed, plus extra for greasing
- 1 egg, beaten
- 2-3 tbsp cold water
- 50g icing sugar
- 200g raspberry jam
- 100g caster sugar
- 100g unsalted butter
- 100g ground almonds
- 1 large egg
- 1/2 tsp Almond Extract
- A handful of flaked almonds
- A handful of fresh raspberries
- Apricot jam, to glaze

Method

1. To make the pastry, place the flour, salt, icing sugar and butter in a bowl and rub together until the mixture resembles breadcrumbs. Add the eggs, then the cold water a little at a time until a ball of dough is formed. Tip the dough out onto a lightly floured surface to knead a little to bring the dough together. Wrap in cling film and rest in the fridge for 30 minutes.
2. Grease an 8 inch round tart tin with butter. After the dough has rested roll out the dough out on a lightly floured surface to the thickness of a £1 coin and gently ease the pastry into the corners of the tin.
3. Spread the jam over the pastry base.
4. To make the frangipane, cream together the butter and sugar then add in the eggs, ground almonds and extract until you have a smooth mixture.
5. Preheat the oven to gas mark 4/160C Fan/180C.
6. Spread the frangipane mixture evenly over the jam then push in the raspberries. Scatter the flaked almonds on top then bake at 160°C for around 35-40 minutes or until risen and golden brown.
7. Leave the tart to cool in the tin until warm, then remove and place on a cooling rack. Heat the apricot jam in a saucepan with a splash of water to make it thinner. Brush the jam onto the tart to finish it off.



Serves

4-6



Ingredients

- 2-3 apples depending on size, peeled and chopped roughly
- 1/2 tsp cinnamon
- 2 tbsps sugar (optional)
- 20 slices (about 1 1/2 loaves) of fruit bread
- 50g of butter to butter the bread
- 2 eggs
- 350ml of milk
- 2 tbsp sugar
- 2 apples, thinly sliced
- Custard/cream to serve



Butter Pudding with Spiced Apple Compote

by Seasoned Cookery School

Method

1. First make the spiced apple compote. Add the apples to the pan, along with the sugar if using the cinnamon. Cook down until apple is soft. Pour this compote on the bottom of the dish.
2. Spread each piece of bread with butter and cut in half so you have triangles. Lay these in two rows on top of the compote alternating between the buttered bread and a thin slice of apple.
3. Whisk together the eggs, milk and sugar in a bowl then pour over the bread in the dish.
4. Let this soak for 30 minutes while you let the oven warm to 180C (fan) 200C
5. Bake in the oven for 30-40 mins until the custard is set.



Serves

4-6

Ingredients

- 170g / 6 oz butter
- 170g / 6 oz caster sugar
- 3 eggs (equivalent to 170g / 6 oz)
- 170g / 6 oz flour
- 2 teaspoons baking powder
- a little milk or cream if required
- icing sugar for sprinkling over if desired
- filling of choice *

Victoria Sponge

by Cookery School at Little Portland Street, London

Method

1. Preheat your oven to 180°C / 350°F.
2. Grease and line two 20cm / 8 inch sandwich tins using greaseproof paper or parchment.
3. In a large bowl, cream the butter and sugar together until thick and creamy.
4. Beat in the eggs one at a time but do not worry if the mixture looks curdled.
5. Gently fold in the flour and baking powder using a spatula or metal spoon. It is important not to stir the mixture but to fold, to ensure that as much air as possible is incorporated. If the mixture looks too firm to drop off a spoon, add a little milk or cream so that it is easy to spread in the tin.
6. Divide the mixture between the prepared tins and gently smooth the tops.
7. Bake in the oven for about 20 minutes until golden brown and firm to the touch.
8. Allow the cakes to cool in the tins on a wire rack, to avoid condensation at the bottom of the cake.

*The cakes can be sandwiched together with jam or jam and whipped cream, lemon curd on its own or mixed with whipped cream. In season, berries can be sandwiched between a lemon curd cream or plain whipped cream. A butter cream is a traditional filling.





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