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July 2023

goodfood

SEASIDE

specials

our recipes
gf
always work

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fish &
chips**

+

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- Neapolitan frozen
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Welcome to *July*



"In the UK, we enthusiastically embrace food from non-native cultures and assimilate them into our home cooking," says Joanna Blythman on page 131. In her exploration of why we're such adventurous eaters, she wonders if, alongside our admiration of the food we enjoy from beyond these shores, we lack belief in

traditional British food. Not so at Good Food. We're delighted to celebrate the influences our multicultural society has in our kitchen, in recipes like courgette & sausage timballo (p64) and merguez wraps with minted date & yogurt sauce (p44). We're also proud of homegrown classics – this month, we introduce a new series in which we celebrate dishes from around the British Isles, such as Cambridge burnt creams and Devonshire splits (p104). And, we advocate making the most of produce that's unique to the UK, from the well-known (such as Montgomery cheddar) to newcomers like Northern Monk craft beer. I hope you enjoy cooking, sharing and reading about them this summer.

Christine

Christine Hayes, editor-in-chief
@bbcgoodfood

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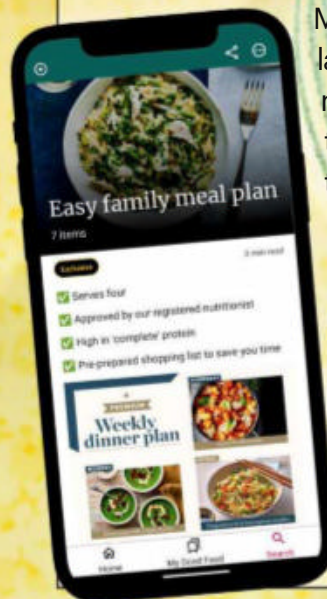
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BBC GOOD FOOD PODCAST

Discover our brilliant new podcast every Tuesday, where hosts including Tom Kerridge quiz cooks, chefs and producers about their favourite dish. Listen on bbcgoodfood.com/podcasts or wherever you get your podcasts.



NEW! MEAL PLANS ON THE APP



Meal plans have launched on our mobile app! Spanning themes from budget to keto, our plans have been crafted by our expert cookery team and approved by our registered nutritionist. Each plan is well-balanced and contributes to your five-a-day.

COOK THE COVER (p10)

RECIPE
Ailsa Burt

PHOTOGRAPH
Jonathan Gregson

FOOD & PROP STYLISTS
Katie Marshall, Jo Harris

SHOOT DIRECTOR
Rachel Bayly



STAR CONTRIBUTORS



SAMUEL GOLDSMITH
Use up a glut of courgettes with Sam's recipes that make the most of this British vegetable patch staple, plus growing tips from Rekha Mistry (p61).



PRIYA DESHINGKAR
Read how Priya's grandmother's pithla recipe has become a family favourite, enjoyed by her daughter's university friends and beyond (p26).



MARVERINE COLE
Check out Marverine's curated craft beer case for Good Food's Beer Club, plus helpful food pairing notes (p103).

BBC goodfood

July 2023

EASY

32 COOKING ON THE HOB
Avoid the oven and whip up these simple weekday meals in a pan

38 USE YOUR LEFTOVERS
Easy ways to use up ingredients from our midweek meals

40 TV CHEF
Make the most of seasonal tomatoes with Ravinder Bhogal's tempting recipe

42 TAKE THE KIDS CAMPING
Breakfast, lunch, dinner and treats to enjoy outdoors

48 HEALTH NEWS
A healthy milkshake, plus weight-loss myths busted

50 5 HEALTHY IDEAS
Canned tuna is the hero ingredient

52 HEALTHY DIET PLAN
Try sticky, sweet BBQ chicken with a tangy salad

SEASONAL

61 SOW, GROW, GLOW
The best way to make the most of your glut of courgettes, plus expert advice on what to grow now

COOK SMART

71 USE UP EVERYTHING
Curb food waste with our creative twists for using produce

78 QUICK MUG CAKES
Satisfy sweet cravings with a pud you can make in minutes

80 STORECUPBOARD HEROES
Our new series starts with a celebration of humble chickpeas

WEEKEND

84 TOM KERRIDGE
Learn to master the perfect steak

90 EPIC SUMMER SALADS
Forget limp lettuce – Zena Kamgaing brings you showstopping platters

96 SAVE SUNDAY LUNCH
Get the barbecue out for Ed Smith's grilled weekend menu

SKILLS

114 KITCHEN TWISTS
Cooking campfire stew, plus a guide to artisan cheese

116 STEPS TO SUCCESS
There's nothing quite like a cool arctic roll on a warm day

118 NEXT LEVEL
Chef José Pizarro reveals how to make the best Spanish tortilla

120 BOOKS UPDATE
A look at *Paella* by Omar Allibhoy, and our favourite new cookery titles

123 5 OF THE BEST
Top rucksacks for summer picnics

125 DRINKS CABINET
Try a refreshing and fruity spin on classic iced tea



OUR AWARDS

BSME Awards 2023
The Readily Award
BBC Good Food
What's Your Perfect Comfort Food?
(October 2022)

The Publisher Podcast Awards 2023
Best Food & Drink Podcast
BBC Good Food Podcast

PPA Awards 2022
Media Brand of the Year
(Consumer Media)
BBC Good Food

PPA Awards 2022
Editor of the Year
(Consumer Media)
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bbcgoodfood.com and olivemagazine.com

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Writer of the Year
Melissa Thompson, BBC Good Food

BSME Awards 2021
Editor of the Year, Food & Drink
Lily Barclay

PPA Awards 2021
Media Brand of the Year
BBC Good Food

PPA Awards 2020
Special Interest Brand of the Year, Gold
BBC Good Food

The Guild of Food Writers Awards 2020
Food Magazine of the Year
BBC Good Food

The Drum Online Media Awards
B2C Website of the Year Award 2019
bbcgoodfood.com

Britain's number one food media brand

94

109



9 SEASIDE SPECIALS

Recreate your favourite beachside treats at home

104 CLASSIC BRITISH PUDS

Serve up signature desserts from around the UK

EVERY MONTH

7 RECIPE INDEX

Find every recipe in this issue

28 SUBSCRIBER CLUB

Discover the benefits of being a BBC Good Food subscriber

95 NEXT MONTH

Look ahead to our August issue

138 LAST BITE

Elevate the classic combination of strawberries and cream

gf READER OFFERS

For more great savings, visit bbcgoodfood.com/reader-offers

- Save £5 on a versatile pan with strainer **p34**
- Order a Cooks Professional air-fryer with £10 off **p101**
- Over 45% off a six-bottle case of wine from Laithwaites **p110**
- Receive free fertiliser when you buy a blueberry plant collection **p122**
- Tour the culinary hotspot of Puglia with Tripsmiths **p124**

Why you can trust ^{GOOD}goodfood

BBC Good Food is the UK's No 1 food lifestyle media brand. We are passionate about food and cooking. While recipes are at the heart of what we do, we are committed to helping you have the best food experience you can, whether you're shopping for food, in your kitchen or eating out in the UK or abroad. This is what we promise:

Biggest and best

We're proud to be Britain's biggest-selling food magazine and the UK's No 1 food website, bbcgoodfood.com. Our contributors – BBC chefs, our in-house cookery team and confident, outspoken columnists – are experts in their fields. Meet us at the UK's biggest food shows (visit bbcgoodfoodshow.com for dates and details). Our best-selling cookbooks feature our trusted recipes – you'll find these in bookshops.

Recipes for everyone

There are at least 70 recipes in every issue – that's more than any other food magazine in Britain. We always include quick, easy dishes, ideas for relaxed entertaining and more challenging recipes for when you want to take your skills up a notch.

Tested and trusted

All our recipes are thoroughly tested by experts to ensure they'll work for you. We put our gadgets through a rigorous testing process and carry out our taste tests fairly. Our restaurant and travel recommendations have all been tried by one of us.

Ethical

We care about the food we eat, the people who produce it and the effect this has on the world. In our test kitchen, we use humanely reared British meats, high-welfare chicken and eggs, and sustainable fish whenever possible. We aim to help you avoid food waste, with advice on using leftovers.

Healthy eating

Every recipe is analysed by our BANT-registered nutritionist, so you can be informed when you choose what to eat. We flag up vegetarian, vegan and gluten-free recipes. Find out more about our health philosophy on page 136.

Families and children

Families can need help to create harmonious mealtimes, so we address this by flagging up 'family' recipes. We encourage children and teenagers to get cooking with recipes that help them to learn new skills. Find out more at bbcgoodfood.com/family-kids.

Eating like a local

One of the joys of travel – both in the UK and overseas – is discovering great food. Our features are written from an insider perspective by on-the-ground writers and food and travel journalists.

Independent and respected

As you'd expect from a BBC brand, we are impartial and independent, so you can trust our advice and recommendations on everything from restaurants and wine to kitchen gadgets and more. We encourage your input on your local finds, and appreciate your feedback on our recommendations.

Food is our passion and pleasure

We take food seriously, but we also believe it's a pleasure to be enjoyed, whether cooking for the family, trying an unfamiliar ingredient, buying new products or eating out. We share our food discoveries and adventures with you – and love you to share the same with us on Twitter, Instagram and Snapchat.

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Our commitment

At Immediate Media, publishers of BBC Good Food, we respect and value differences. We understand that when people from different backgrounds and with different points of view work together, we can create the most value for our readers, our people and society. We always strive to be inclusive, but we need to do better. We have been taking time to listen and understand how we can make positive changes, and how we can better support and increase diversity across all our brands. We continue to work on a comprehensive plan to create and drive authentic change.



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62

INSTANT RECIPE FINDER

BREAKFAST & BRUNCH

Camping breakfast burritos **45**
Harissa eggy bread **46**
Smoky chickpeas on toast **81**

MEAT

Campfire stew **114**
Chorizo & chickpea summer stew **81**
Côte de boeuf with chimichurri butter **86**
Courgette & sausage timballo **64**
Merguez wraps with minted date & yogurt
sauce **44**
Healthy bolognese **49**
Spanish-style campfire stew **114**

POULTRY

Fragrant lemongrass & coconut chicken
stir-fry **36**
Healthy BBQ chicken **52**
Pan-fried lemon chicken with olives **38**
Paella Valenciana **120**
Paprika buttermilk chicken &
courgette skewers **98**
Roast chicken, cucumber salad &
separated gravy **58**
Sichuan duck & watermelon salad **94**

FISH & SEAFOOD

British seaside spaghetti **18**
Cajun prawn & charred corn salad **37**

74
recipes

Charred veg & tuna niçoise with
creamy kefir dressing **51**
MAKE THE COVER Fish with salt
& vinegar chips, pickle & dill mayo
& minted crushed peas **10**
Harissa fish with bulgur salad **34**
Lemon spaghetti with tuna
& broccoli **51**

Spinach & tuna pancakes **50**
Tuna, asparagus & white bean salad **51**
Tuna & sweetcorn fishcakes **50**

VEGETARIAN MAINS

Banh mi **76**
Beetroot curry **75** ●
Chickpea tagine with tomatoes, rose harissa
& couscous **46** ●
Chipotle chickpeas with aubergine & pittas **82**
Herby courgette & white bean salad **66**
Lemon & green bean pasta **34**
Marinated tomato salad **94**
Priya's vegan pithla **27** ●
Spanish tortilla **118**
Sticky aubergine & tomato salad **94**
Tomato & oregano fritters **35**
Whipped feta with confit tomatoes **40**

SIDES, STARTERS & EXTRAS

Bean, olive & anchovy sandwich filling **76**
Berry sauce **16**

Chicken tikka pasties **14**
Choco-nut sauce **16**
Coconut gremolata **38** ●
Courgette jam **68**
Ember-baked sweet potatoes with tahini
& flaked almonds **98**
Harissa mayo **38**
Lemongrass & sriracha butter **38**
Lime & chilli salad dressing **75**
Pasta frittata **38**
Rocket salad **86**
Spinach with chickpeas, pine nuts & raisins **81** ●
Spiced beetroot leaves **75** ●
Tangy caramel sauce **16**
Tuna, carrot & ginger sandwich filling **76**
Wedge salad with soy seeds & quick-pickled
dill cucumbers **98**

DRINKS

Healthy chocolate milkshake **48**
Lemongrass lemonade **38**
Lemongrass & mint tea **38**
Rosemary & orange iced tea **125**

BAKING & DESSERTS

Arctic roll **117**
Banana peel breakfast cake with whipped
honey peanut butter **73**
Blackberry & hazelnut crumble flapjack **43**
Cambridge burnt creams **106**
Charred & smoky peach sundae **100**
Courgette brownies **62**
Devonshire splits **109**
Fastest-ever chocolate chip cookie **78**
Mug brownie **78**
Microwave banana mug cake **79**
Microwave vanilla mug cake **79**
Neapolitan frozen cheesecake **20**
Queen of puddings **105**
Seaside-style doughnuts **16**
Strawberries & cream slice **138**

RECIPE KEY ● Vegan



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SEASIDE *specials*

Inspired by warm summer days on British shores,
we've updated familiar old treats with fresh ideas
to transport you from your kitchen to the coast

recipes GOOD FOOD TEAM

photographs JONATHAN GREGSON

Food has a way of bringing back fond memories of childhood holidays. For many of us, those memories include family time by the sea, especially along the British coastline. So, here, we've brought a few traditional seaside dishes up to date using seasonal coastal produce, helping you to relive those days, enjoying sandy picnics between rows of buckets and spades, or eating your favourite seaside snack on a windswept bench overlooking the sea.

**Cook in
the oven
or air-fryer**

Fish with salt & vinegar chips, pickle & dill mayo & minted crushed peas

For a quintessentially British seaside experience, you need to have fish and chips, but you don't necessarily need a deep-fat fryer – use the oven or air-fryer.

SERVES 4 PREP 25 mins plus drying
COOK 45 mins EASY

45ml rapeseed oil, plus extra for
the racks

1kg floury potatoes (such as
Maris Piper)

400ml malt vinegar

1 tbsp cornflour

2 tbsp olive oil

150g panko breadcrumbs

1 lemon, zested, then cut
into wedges

small handful of parsley,
finely chopped

100g plain flour

3 eggs, beaten

1 tbsp Dijon mustard

4 x 200-250g boneless, skinless
white fish loin fillets (such as
haddock or cod)

For the dill mayo

8 cornichons, finely chopped, plus
a splash of the pickling liquid

small handful of dill, finely chopped

300g mayonnaise

For the minted crushed peas

350g fresh or frozen peas
(defrosted if frozen)

25g butter

1 lemon, zested and juiced

small handful of mint leaves,
finely chopped

1 Heat the oven to 230C/210C fan/
gas 8. Put a rack on the bottom shelf
of the oven to heat up. Pour the
rapeseed oil into a roasting tin and
put on the middle shelf to heat up.
Meanwhile, cut the potatoes into
1cm-thick slices, then into 1cm-

thick chips. Tip the chips into
a large saucepan, pour over the
vinegar and season with 2 tsp fine
sea salt. Top up with water until the
chips are fully submerged. Set the
pan over a high heat and bring to
the boil, cooking for 5 mins until the
edges of the chips are tender. Drain
well and leave to steam-dry in the
colander for 10 mins. *Will keep
chilled for up to a day.*

2 Sprinkle the cornflour over the
chips and gently toss to combine
using your hands. Carefully tip the
chips into the hot oil in the roasting
tin, shake into an even layer and
bake for 30-40 mins until golden
and cooked through.

3 Heat the olive oil in a non-stick
pan over a medium heat, stir in
the panko and cook until lightly
browned, about 4 mins. Tip the
panko into a bowl and stir in the
lemon zest and parsley. Pour the
flour into a shallow, wide bowl and
season well. Whisk the eggs and
mustard together in another wide
bowl. Pat the fish fillets dry, then
dip into the seasoned flour, then
the egg mixture, then finally the
panko to coat. Arrange the fish,
well spaced apart, on an oiled rack
over a second roasting tin. Move
the chips to the lower shelf of the
oven and put the fish at the top.

4 Meanwhile, for the dill mayo,
combine all the ingredients in a
bowl. Season well and chill until
needed. *Will keep, covered and
chilled, for up to two days.* Cook
the peas in a pan of boiling water

for 2 mins until tender, drain and
immediately plunge into a bowl of
cold water to halt the cooking
process. Leave to cool for 5 mins,
then drain again. Melt the butter in
a saucepan over a medium heat and
cook the lemon zest for 1 min until
fragrant. Tip in the peas and lightly
crush with the back of a spoon (you
want to retain some texture), then
stir in the mint, along with some
lemon juice and seasoning to taste.
Serve the fish, chips and peas with
the dill mayo on the side.

GOOD TO KNOW folate • fibre • vit c • 1 of 5-a-day
PER SERVING 1,394 kcals • fat 85g • saturates 11g •
carbs 98g • sugars 9g • fibre 10g • protein 55g •
salt 2.2g

TO COOK IN THE AIR-FRYER

Heat the air-fryer to 200C.
Prepare the chips up to the end
of step one, then toss with the
cornflour and 2 tbsp rapeseed
oil. Cook for 25-30 mins,
shuffling the basket now
and then. Prepare the fish as
described and, in the final
10 mins of cooking, put a wire
rack insert over the chips in the
air-fryer and lightly brush over
some oil. Arrange the fish on
the oiled rack and cook for
10-15 mins, depending on the
thickness. (Depending on the
size of the air-fryer, you may
need to do this in batches.)

make our
gf
cover recipe.



gf tip

For a milder vinegar taste, dilute it by mixing equal parts water and vinegar (half and half). If you like, use dried parsley with the breadcrumbs instead of fresh.



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WHERE TO ENJOY THE BEST ICE CREAM

What better way to cool down on a summer's day than with a scoop of ice cream? Read our round-up of the best shops in the UK:

1 Moomaid of Zennor, St Ives
Holstein Friesian 'moomaids' graze on Cornish cliffs before their milk is used to make ice cream on this family farm. Order the espresso martini flavour or Shipwreck Extra Stormy – salted caramel ice cream with honeycomb and chocolate. moomaidofzennor.com

2 Gelato Gusto, Brighton This parlour makes its own gelato using milk and cream from a local dairy. The current range includes sea salt caramel and truffle & honey gelato, plus alphonso mango, earl grey tea and vegan coconut milk sorbettos. gelatogusto.com

3 Swoon, Cardiff Swoon serves classic strawberry and vanilla plus Italian-influenced flavours like Neapolitan coffee, bacio (chocolate & hazelnut) and outstanding chocolate sorbet. swoononaspoon.co.uk

4 Morelli's, Broadstairs This branch has been around since 1932 and sells gelato in many flavours, from vanilla and pistachio, to Kilimanjaro coffee. Or, order sundaes, milkshakes and waffles with a scoop. morellisgelato.com

5 Caliendo's Gelato, London
Recently named Ice Cream Parlour of the Year by the Ice Cream Alliance, Caliendo's opened in 2019, but the Caliendo family has been making gelato for 150 years – with flavours like fig & walnut, it's a worthy winner. caliendos.co.uk

6 Morelli's, Belfast
Opened in 1911 by Italian entrepreneur Peter Morelli, Morelli's family-run parlour spans five generations. Its caramelised hazelnut ice cream won a Great Taste Golden Fork award two years ago. morellisices.com

7 Darlish, St Albans (also Hatfield) Darlish's ice cream is inspired by the flavours of the Middle East. Try rose & pistachio or blackberry sumac, or a baklava ice cream sandwich. With many vegan options available (like coconut raspberry sorbet), there's something for everyone. darlish.com

8 Jack's Gelato, Cambridge
Serving inventive flavours made in small batches, ingredients are carefully considered, like coffee beans from Essex-based The Coffee Officina, or Pump Street chocolate in the stracciatella. In summer, enjoy rhubarb & rose sorbetti, or a mince pie flavour in winter. jacksgelato.com

9 Snugburys, Cheshire Set on a cobbled courtyard on a family farm, Snugburys' Tropical



Twist (mango sorbet with vanilla ice cream) and Yum Yum (vanilla ice cream with pecans, chocolate, biscuits and toffee) are must-orders. snugburys.co.uk

10 Ginger's Comfort Emporium, Manchester
An ice cream van (and diner in Afflecks in the Northern Quarter), Ginger's has creative flavours (mint & fennel, pear & espresso) and desserts like The French Elvis – French toast with salted caramel & peanut butter ice cream, banana and raspberry sauce. gingerscomfortemporium.com

11 Jolly Nice, Gloucestershire Set in a former filling station, what was a mobile parlour is now a shop and café. The ice cream is made with quality ingredients (artisan coffee, honey from owner Harriet's farm) and flavours are seasonal – look for the beetroot & raspberry. jollynicefarmshop.com

12 Alandas Gelato, Edinburgh
Made in an on-site micro-factory using locally sourced ingredients, Alandas's gelato is served in waffle cones, cups or shakes, and ranges in flavour from lavender & white chocolate ganache, to Scottish whiskey & caramel. alandas.co.uk

“
What
better
way
to cool
down on a
summer's
day than
with a
scoop of
ice cream
”

Chicken tikka pasties

There's nothing better than sitting on the beach, watching the waves crash onto the shore while enjoying a pasty. They're also easy to pack up and take with you – this one is inspired by the flavours of a chicken tikka slice.

MAKES 6-8 **PREP** 30 mins plus at least 20 mins cooling and chilling
COOK 40 mins **EASY**

½ tbsp sunflower oil
1 onion, finely chopped
2 garlic cloves, finely grated or crushed
thumb-sized piece of ginger, peeled and finely grated
4 boneless, skinless chicken thighs, cut into small chunks
5 tbsp tikka curry paste
227g can chopped tomatoes
2 tsp light brown soft sugar
100ml double cream
For the pastry
350g plain flour, plus extra for dusting
175g cold unsalted butter, cut into cubes
1 tsp caraway seeds (optional)
1 tsp cumin seeds (optional)
1 egg yolk (freeze the white for another recipe), plus 1 beaten egg

1 Heat the oil in a frying pan over a medium heat and fry the onion until softened, about 6-8 mins. Stir in the garlic and ginger, and cook for 1 min more before stirring in the chicken pieces. Cook for 8-10 mins until the chicken is golden all over. Add the curry paste, stir, then mix in the chopped tomatoes and brown sugar. Cook for 10-12 mins until the liquid has reduced and you have quite a dry curry. Stir in the double cream and cook for 5 mins more until it has reduced slightly – you want a thick sauce, so it doesn't seep out of the finished pasty. Leave to cool.

2 To make the pastry, tip the flour into a food processor along with the butter, caraway and cumin seeds if using and pulse to fine crumbs. (You can also do this in a bowl by rubbing everything together using your fingertips.) Mix in the egg yolk and a splash of cold water, if needed, to bring the mixture into a dough. Wrap and keep chilled for 20 mins while the filling cools.

3 Heat the oven to 200C/180C fan/gas 6. Roll the chilled pastry out on a lightly floured surface until it's about ½cm thick. Stamp out discs

using a 10-12cm pastry cutter, or use a small plate as a template and cut out with a knife. (You should get about eight in total.) Put a couple of spoonfuls of the filling over each pastry circle, just off-centre, then brush the beaten egg around the filling and fold the pastry over so the edges meet. Crimp the edges or seal with a fork (see below). Put on a baking tray, cut a few small slashes into the top of each pasty, brush over the remaining beaten egg and bake for 20-25 mins until crisp and golden brown. Cool slightly, then serve. *Will keep chilled for up to three days.*

PER SERVING (8) 493 kcals • fat 31g • saturates 17g • carbs 39g • sugars 4g • fibre 3g • protein 13g • salt 0.4g

gf tip

Use shop-bought shortcrust pastry to save time, if you like.

THE SOUNDS

Discover the history behind the pasty with Dr Polly Russell and Sheila Dillon on The Food Programme. Search 'Is the Pasty Really Cornish?' on BBC Sounds.

GUIDE TO THE PERFECT CRIMPING

1. Use a pastry brush to dampen the edges with a little water.
2. Fold one half of the pastry over the filling to meet the other side, so you have a semi-circle and the edges are neatly together.
3. Press down around the edge to seal, and use your index finger and thumb to twist the sealed edge slightly, crimping it along the length.
4. Once you've crimped the whole edge, tuck the end corners underneath to fully enclose the filling.
5. Bake as directed in the recipe, above.



Seaside-style doughnuts

The aroma of freshly fried doughnuts evokes memories of days out by the sea, as does the joy of biting through their crisp outer into a warm, fluffy middle.

MAKES 40 PREP 20 mins

COOK 25 mins EASY V

2 eggs

300ml soured cream

400g self-raising flour, plus
extra for dusting

1 lemon, zested (optional)

2 tbsp caster sugar, plus
75g for dusting

½ tsp bicarbonate of soda

40g butter, cut into cubes and
slightly softened

vegetable oil, for deep-frying

1 Whisk the eggs and soured cream together in a jug and set aside. Tip the flour, lemon zest (if using), 2 tbsp sugar, the bicarb and a pinch of salt into a medium bowl, stir briefly to combine, then rub in the butter using your fingertips until the mixture resembles coarse breadcrumbs. Pour in the soured cream mixture and bring together into a dough using a cutlery knife.

2 Turn the dough out onto a floured surface. Knead briefly until you have a cohesive dough with no dry streaks of flour. Lightly flour the top of the dough, then gently pat down until it's about 2.5cm thick. Stamp out doughnuts using a 3.5cm round cutter, re-rolling the offcuts until you have about 40 doughnuts.

3 Fill a medium saucepan no more than a third full of oil. Heat over a low heat to 180C, or until a cube of bread dropped in sizzles and browns within 30 seconds. Tip the 75g sugar into a shallow bowl. Set aside.

4 Carefully lower the doughnuts into the hot oil and fry for 3-4 mins

until golden and cooked through, gently moving them around using a fish slice or slotted spoon so they are evenly coloured. Transfer to a wire rack set above a sheet of kitchen paper to drain, then, while still hot, toss in the bowl of sugar to coat. If you like, divide between paper bags before serving. *Best served the day they're made.*

PER SERVING 92 kcals • fat 5g • saturates 2g •
carbs 11g • sugars 3g • fibre 0.4g • protein 2g
• salt 0.2g

DIPPING DOUGHNUTS

Transform the doughnuts into a dinner party dessert with a selection of sauces:

Berry sauce

Blitz your favourite **frozen berries** with a few tablespoons of **icing sugar** to make a fruity berry coulis.

Tangy caramel sauce

Mix **tamarind paste** into shop-bought **caramel sauce**.

Choco-nut sauce

Melt **dark chocolate**, **peanut butter** and a **knob of butter** together in a heatproof bowl over a pan of simmering water (ensuring the bowl doesn't touch the water), or do this in short bursts in the microwave.



British seaside spaghetti

While there's a Mediterranean feel to this dish, the combination of homegrown mussels and UK pale ale gives it a distinct and punchy flavour.

SERVES 4 PREP 20 mins

COOK 20 mins EASY

300g spaghetti
3 tbsp cold-pressed rapeseed oil
1 onion, finely chopped
30g flat-leaf parsley, leaves
picked and roughly chopped,
stalks finely chopped
3 garlic cloves, finely chopped
150g cherry tomatoes, halved
500g British mussels, cleaned and
beards removed (discard mussels
that don't close when tapped)
150g raw king prawns
175ml British pale ale (ensure it's not
too dark or hoppy)
90g samphire
1 lemon, zested and juiced
25g unsalted butter

1 Cook the spaghetti in a pan of boiling salted water following pack instructions until just tender, with a little bite. Drain well, reserving a large mugful of the cooking water. (If the pasta clumps together while draining, pour over a little of the reserved water and gently shake apart using tongs.)

2 When the pasta has about 5 mins left, heat the rapeseed oil in a large, deep frying pan over medium heat. When the oil is shimmering, cook the onion, parsley stalks and a pinch of salt for 8-10 mins until softened and golden.

3 Add the garlic and tomatoes, and cook for 2-3 mins more. Tip in the mussels and prawns, turn up the heat to high and cook for 2 mins. Carefully pour in the ale (it should bubble up considerably), then cover with a lid and turn the heat down slightly. Cook for 3 mins, or until all

the mussels have opened (discard any that remain closed) and the prawns are pink. Add the samphire, cooked spaghetti and remaining pasta cooking water, the parsley leaves, lemon zest and juice, and butter. Toss well to combine and season to taste. Serve directly from the pan, or tip onto a serving platter.

GOOD TO KNOW low cal • fibre • vit c • 1 of 5-a-day
PER SERVING 497 kcals • fat 16g • saturates 4g •
carbs 62g • sugars 7g • fibre 6g • protein 21g
• salt 1.4g

SUSTAINABLE SEAFOOD

As an island nation, we have a bounty of delicious seafood on our doorstep, especially in coastal towns. British prawns are available from the Cornish coast, and have exquisite flavour. But, if you can't find British prawns, potted shrimp are a Morecambe Bay delicacy – the indulgent, buttery topping originates from a time before refrigeration, when a solution was needed for preserving brown shrimp. Try stirring potted shrimp into pasta, then top with crispy breadcrumbs for a quick and luxurious dinner.

While there are no truly sustainable species of fish, there are sustainable *populations* of fish. If you're looking to make more sustainable choices when cooking, look for fish that is MSC-certified – you'll know you're on the right track if you see a big blue tick on the packaging.



Neapolitan frozen cheesecake

While Neapolitan ice cream was originally made using cherry and pistachio gelato to reflect the Italian flag, it evolved to feature mainstream chocolate and strawberry flavours. Here, we nod to the original with cherries on top.

SERVES 12 **PREP** 45 mins plus
chilling and at least 3 hrs freezing
NO COOK **EASY** **V** *****

sunflower or vegetable oil,
for the tin
250g bourbon biscuits
100g butter, melted
800g full-fat soft cheese
400ml double cream
250g icing sugar
3 tsp vanilla extract
drop of pink food colouring gel
12 maraschino cherries and
sprinkles, to serve

1 Lightly oil a deep 20cm loose-bottomed cake tin and line the side with baking parchment. Tip the biscuits into a food processor and blitz to a powder, then add the melted butter and blitz again to combine. Alternatively, bash the biscuits in a large bowl using the

end of a rolling pin, then mix in the butter. Tip the buttery crumbs into the prepared tin and firmly press down with a spoon into an even base. Chill in the freezer for 10 mins while you make the filling.

2 Combine the soft cheese, 200ml of the cream, 200g of the sugar and the vanilla extract in a bowl using an electric whisk. Beat for 2-3 mins until the mixture has a thick, spreadable consistency. Divide between two bowls and stir a drop of pink food colouring into one until it is an even shade of pink. Put the pink cheesecake mixture in the fridge, then scrape the plain mixture into the tin, spreading it gently to the edge and levelling the surface. Freeze for at least 1 hr, or up to a day.

3 Stir the pink cheesecake mixture, then pour it over the set plain layer and return to the freezer for another 2 hrs, or until you're ready to serve.

Will keep frozen for up to a month.

4 Remove the cheesecake from the freezer 30 mins before serving. After 10 mins, you should be able to slide a fish slice between the biscuit base and the tin, and carefully lift the cheesecake onto a plate or cake stand, removing the parchment. Whisk the remaining 200ml cream and remaining 50g icing sugar to soft peaks, then transfer to a piping bag fitted with a large star nozzle and pipe 12 rosettes around the edge of the cheesecake. Top each with a cherry and a pinch of sprinkles. *You can serve the cheesecake completely defrosted as well as slightly frozen – it will hold its shape well. Will keep chilled for two days.*

PER SERVING 583 kcals • fat 45g • saturates 29g •
carbs 37g • sugars 28g • fibre 1g • protein 5g • salt 0.7g



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OUR SECRET SEASIDE HOTSPOTS

Chefs and food writers share their must-visit coastal gems



Shivi Ramoutar, TV chef and author of *Cook Clever* (£20, HarperCollins):

“In Dartmouth, for ice cream, there’s The Good Intent, in front of the ferry. I get rum & raisin and mint choc chip. In Dittisham, there’s Anchorstone Café, just off the water. The seafood is fresh, and you can watch the boats. South Milton Sands looks more like the Caribbean than England – people go from the water to Beachhouse, a café-pub with the best fish & chips.”



Sam Evans and Shauna Guinn, chefs and founders of Hang Fire Kitchen:

“We walk or cycle from Cardiff Bay to Penarth. There are ice cream parlours, fish & chip shops and Bar 44, a tapas bar by a brother-and-sister team. He’s a sherry aficionado – they make their own. In Pembrokeshire, there’s Jonathan Williams, who won Best Street Food the year before we did with his mobile kitchen selling lobster rolls. Now, he has a pub, The Old Point House, with beef and seaweed burgers washed down with local Barti rum and ginger ale.”



Kwoklyn Wan, TV chef and author of *One Wok, One Pot* (£16.99, Quadrille):

“There’s a place I loved in Portsmouth when I lived there in the 90s, Andres

– it serves a garlic chicken baguette I love, and amazing quiche. On the seafront, The Coffee Cup serves the best bread & butter pudding, huge slabs. On Hayling Island, there’s an amazing fish & chip shop that makes gluten-free batter twice a week. Enjoying the sights, sounds and smells of the seaside while eating a tray of fish, chips and mushy peas is hard to beat.”



Emily Scott, chef-owner of Watergate Bay and author of *Time & Tide* (£28, Hardie Grant):

“I like places that do one thing well, and Jelbert’s in Newlyn is that. It serves vanilla ice cream, and nothing else – but it’s amazing. In Mousehole on the south coast of Cornwall, there’s a café, Rock Pool, where you can eat a crab sandwich while looking at St Michael’s Mount. The Gurnard’s Head on the north coast is bright yellow and visible from the coastal path – a beacon of sunshine. And, at my restaurant, we offer a half lobster, champagne and frites that you can enjoy looking at the sea!”



Felicity Cloake, food writer and author of *Red Sauce, Brown Sauce* (£16.99, Mudlark):

“I love the British seaside, particularly the west coast of Scotland. One of my favourite sandwiches is the hot smoked salmon

at Oban Seafood Hut. And, I love the Isle of Man for its kippers, but there’s an ice cream parlour called Davisons that does great Manx ice cream. Morelli’s in Portrush in Northern Ireland does an amazing Irish black butter gelato, made with apple butter – it’s jammy, not buttery.”



Chetna Makan, food writer and author of *Chetna's Indian Feasts* (£26, Hamlyn):

“Where I live in Broadstairs, we have Forts Café – I didn’t used to be a coffee drinker, but their coffee is so good and they’re so welcoming, I go every day. The first proper bakery in town, Staple, opened just before lockdown – if you think London has amazing almond croissants, try these. There’s also an old wine shop called The Bottleneck, which now has a little wine bar in the courtyard in summer.”



Margot Henderson, chef-owner of Rochelle Canteen and The Three Horseshoes:

“We usually go to Scotland or Suffolk. The Tirie Crab Company sells fresh-caught lobster and crab, and bags of frozen scallops that are a treat on a barbecue. I love walks along the shingle beaches near Martello Tower in Suffolk, too – Woodbridge has excellent food shops and bakeries. Paul’s Fish Box serves great dressed crab and fish.”

What's your best regional British dish?

We ask chefs and producers for their top delicacies from around the country *interviews* TONY NAYLOR



Bakewell tart

A classic go-to and the perfect end to Sunday lunch, served with an amaretto chantilly cream for maximum flavour. It's important to roll a thin pastry to prevent it from going soggy. I like to give the frangipane a citrus zing by adding lemon or orange zest. I use raspberry jam (not too much in or it'll burst as it boils and leak into the pastry), and I embed fresh raspberries underneath and into the top of the frangipane to create extra pockets of flavour. **Pastry chef Graham Hornigold, co-founder of Longboys doughnuts, London**



We showcase more of the UK's best puds on page 104

East London pie & mash

This iconic dish transcends all London food crazes. Some of the East End pie spots are over 100 years old. The big questions are: one or two pies, and do you want a side of jellied eels? The answer is two pies and 100% yes to the eels. If making your own, a great tip for thickening your parsley liquor is to add mash to it. Mash with mash sauce?

Perfect! **Rhiannon Butler, co-creator (with Maria Georgiou) of Mam Sham food and comedy events, London**



Scottish haggis



That combination of, typically, lamb offal, oats, onion, spices and stock creates such complexity of flavour, and I love the texture. Haggis is popular for breakfast in Scotland, but I prefer it for lunch or dinner. It's fairly indulgent

first thing. I use haggis in, for example, a lamb dish with a doenjang [fermented soybean paste] and haggis sauce. My restaurant is predominantly Korean with European techniques, but it's important our produce honours incredible native UK ingredients. **Woongchul Park, chef-owner of Sollip, London**

Yorkshire pudding

Visiting my grandma in Leeds, I'd know it was going to be a good day when I opened the door to the smell of Yorkshire puddings cooking. Grandad would eat three: a starter with gravy and mint sauce, one with his roast pork and as pudding with jam and cream. They're integral to Sunday lunch, marrying beautifully with the gravy in their crisp crunch and lovely, soft ability to mop it up. Keep the batter simple – eggs, flour, milk – and use good lamb or beef fat; that's your flavour. Steam is my secret. Put a shallow tray of water in the bottom of the oven, and let them cook for 20 minutes.

Kirsty Cheetham, chef and creator of award-winning Sunday lunches, Yorkshire



Cumbrian sticky toffee pudding



No-one really knows where sticky toffee pudding originated. But Ullswater's Sharrow Bay Hotel helped popularise it. At school, it was the first British dessert I loved. Indians have a soft spot for combinations of dried fruit, sugar and dairy, so sticky toffee – the dates, caramel sauce and clotted cream ice cream – always felt familiar.

Chet Sharma, chef-founder of Bibi's, London

Welsh rarebit



In my student years in Sheffield, rarebit would be a soul-nourisher when I was homesick for Narberth. I could still eat it every day and never get bored. You have to use really good farmhouse-style cheddar for punch and bite, and mix in some caerphilly to give it depth and melty ooiness, some mustard, Worcestershire sauce, beer and a slab of proper bread. It's simple to make, and like all the best foods, messy to eat. **Shumana Palit, co-founder, Ultracomida deli, Narberth and Aberystwyth**

Black Country orange chips

In Birmingham, we've got great balti curries and, in Chinatown, some of the best traditional Cantonese-style roast meats. But orange chips are more under-the-radar. Some say they're a WWII delicacy. I first ate them in the late 90s in Wolverhampton chip shops, where my family had a takeaway. They're chips dipped in batter coloured with paprika or turmeric, then fried. They're banging, like crisp, fluffy triple-cooked chips.

MasterChef: The Professionals winner Dan Lee, in residence at Hockley Social Club, Birmingham



gf close connections

My grandmother's recipe is creating new bonds

A simple Maharashtrian dish passed down to **Priya Deshingkar** by her grandmother is winning hearts beyond her own family

words PUNTEHA VAN TERHEYDEN

University professor Priya is a busy academic, and some nights, the energy to cook escapes her. But then she'll call on an old family favourite, and before long, she's tucking into pithla – a quick dhal made with gram flour, green chillies and coriander – eating it with her fingers, just as her mother and grandmother once did.

"This is the same vegan dish my mother Ai used to rush home from her pathology job to cook for us on her lunch break. It's comforting, easy to make and packed with flavour," says Priya.

Priya, now 62, was born in London, but grew up in Delhi. Though she never got to meet her maternal grandmother, Aaji, who died during childbirth at 27, Aaji's memory and stories live on through family recipes, punctuated by flavour and familiarity.

"My mother, Ai, was just nine when Aaji died and, as the oldest and only female sibling, cooking and caring for her younger brothers fell to her small hands. Making simple dishes like pithla, one of a few she'd already learned from Aaji, were a vital lifeline."

It was a loss and trauma that stayed with Ai all her life. "My mum talked about Aaji a lot, and was very affected by her passing. She always spoke with such pride and love for Aaji, who had been a loving and caring mother herself, cooking for her family with tenderness and passion.

"Whenever we cooked pithla – a tasty and quick dish that tasted a lot more sophisticated than it actually was – it was like Aaji was in the kitchen, peering over our shoulders."

It was a recipe that seeped into the very fabric of her family's lives. When Priya's daughters Tara and Jade came along, it wasn't long before she introduced them to this spicy, fragrant meal. "Just like my mother and Aaji before her, I waited for my partner to be out, then I made it as pungent as I liked! As a busy mum of two, it was my fall-back dish." Priya's mum loved to see the recipe Aaji had taught her moving down to the next generation of young women in their family. Sadly, before she could see Tara cooking it, Ai passed away from complications related to diabetes in 2010.



Priya and Ai (top); Priya's grandmother and grandfather (right); Ai teaching Tara how to make chapatis (above)



If Aaji was here, she'd have been happy to see young people of a different culture enjoying this recipe



“As an only child, and having already lost my dad, Ai's death hit me very hard. Even in my grief, I turned to foods that reminded me of her: pithla. I made it for the girls, and we ate it the traditional South-Asian way: with our fingers, alongside rice, yogurt and pickles. It evoked a sense of home, of being once again in the loving space my mother and her mother had created for their children.”

By the time Tara was set to move to Bristol for university, Priya packed her eldest a special box to take with her. “It was more like a dowry chest! I packed spices, herbs, cooking utensils and even a cast-iron karahi – a traditional Indian wok. I had no idea if she'd use any of it.”

Months later, Tara called Priya with joyful news. “She said, ‘Mum, guess what? I made pithla for my housemates and they loved it!’ I listened with pride as Tara told me she'd cooked it in her karahi for her vegan housemates.

“I was delighted her friends had loved it, especially as it's a casual, simple recipe, and not one I'd really cook for people outside my family. It didn't seem special enough to share, but I started to see that, actually, it's the most special one of all for my family.”

Now, Priya's family pithla is making the rounds on the vegan Bristol scene, and breaking out beyond. “It seems to be really catching on with vegans in that area, and it's incredible for me to hear. Outside of my academic work, I run my monthly Maharani supper club in my home, and would never have thought to put pithla on the menu. This experience is making me challenge my own perceptions and move with the recipe, the same way it's moved down through four generations and leapt across continents.

“I think if Aaji was here, she would have been happy to see young people of a different culture enjoying this recipe. My mum would be proud, too, that our pithla hasn't been lost. There are certain dishes I make that have the stamp of my mother on them and are loaded with family memories and emotions. Pithla is the embodiment of that and I couldn't be more moved to see it taking on its own life across the UK.”



We'd love to hear about the friendships and relationships you've forged over cooking. Share your stories via email at goodfoodmagazine@immediate.co.uk.



Priya's vegan pithla

SERVES 4 PREP 5 mins

COOK 20 mins EASY V

2 tsp neutral cooking oil, such as sunflower or rapeseed
1 tsp black or brown mustard seeds
1 tsp cumin seeds
1 green chilli, split lengthways
½ tsp asafoetida powder, or 3 garlic cloves, finely sliced
1 tsp ground turmeric
120-150g gram flour
30g coriander, chopped
cooked rice, yogurt, chapatis and pickles, to serve

1 Heat the oil in a deep frying pan over a medium heat, then tip in the mustard seeds, let them pop, then add the cumin seeds. Reduce the heat to medium-low and add the chilli. Let it sizzle in the oil to impart its heat and flavour, about 2 mins. You may need to tilt the pan occasionally so that the chilli is submerged in oil.

2 Stir in the asafoetida or garlic, then the turmeric. Remove from the heat and immediately pour in 700ml water, taking care not to splash yourself with hot oil. Add a pinch of salt, return the pan to a medium heat and bring the water to a boil.
3 With one hand, sprinkle a handful of the gram flour on the surface while slowly stirring it with a large spoon or ladle using the other hand. Repeat this process – you will notice the mixture thicken and form small lumps. Continue until it is the consistency of a thick dhal or porridge, with small lumps. (You may not need all the flour.) Break up any larger lumps, adding a little more water to dilute, if needed.
4 Once the pithla has reached your preferred consistency, add the coriander and simmer for 2-3 mins to infuse the flavours. Serve with rice, yogurt, chapatis and pickles, if you like.

GOOD TO KNOW vegan • healthy • folate • gluten free
PER SERVING 134 kcals • fat 4g • saturates 0.3g • carbs 16g • sugars 1g • fibre 3g • protein 7g • salt 0.2g

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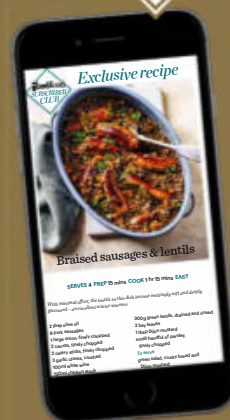
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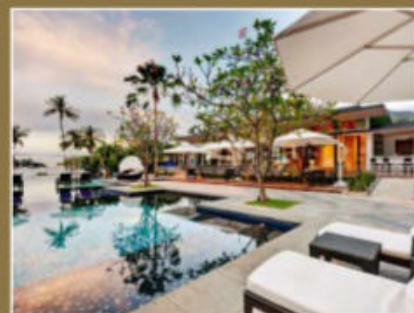
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easy

26 simple recipes for every day

midweek

Harissa fish with bulgur salad **p34**



tv chef

Whipped feta with confit tomatoes **p40**



family

Chickpea tagine with tomatoes, rose harissa & couscous **p46**



midweek meals

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Harissa fish with
bulgur salad, p34

98p
per
serving



Lemon & green bean pasta, p34



good to know

We strive to make all our midweek meals healthy or balanced. Find out more about our guidelines on page 136.

HEALTHY

Harissa fish with bulgur salad

Delicate cod takes on the bright flavour of spicy harissa well, ensuring this simple salad is anything but boring.

SERVES 2 PREP 15 mins
COOK 20 mins EASY

100g bulgur wheat
½ small cucumber, deseeded and finely chopped
100g cherry tomatoes, quartered
25g pitted green olives
small handful of parsley, finely chopped
2 tbsp rose harissa
2 tsp honey
1 garlic clove, crushed

½ lemon, juiced
2 tbsp olive oil
½ red onion, finely sliced
2 x 120g skinless, boneless white fish fillets, such as cod or haddock

1 Cook the bulgur following pack instructions, then rinse and drain well before tipping into a large bowl. Add the cucumber, tomatoes, olives and most of the parsley. Season well. Combine the harissa, honey, garlic, lemon juice, half the oil and 1 tbsp water in a bowl, then set aside.
2 Heat the remaining oil in a non-stick pan over a medium heat and cook the red onion for 4-5 mins until softened and lightly browned. Season the fish well, then add to

the pan and cook for 3 mins before pouring in the harissa mixture. Turn the fish and cook for 2-4 mins more (depending on the thickness of the fish), basting the fish in the pan juices until cooked through – the flesh should be opaque.

3 Divide the bulgur salad between two plates, top with the fish and fried onions, then drizzle over any remaining pan juices and sprinkle over the remaining parsley to serve.

GOOD TO KNOW healthy • low cal • vit c • 2 of 5-a-day
PER SERVING 430 kcals • fat 15g • saturates 2g • carbs 35g • sugars 12g • fibre 5g • protein 35g • salt 1g

BALANCED

Lemon & green bean pasta

Bursting with zesty, zingy citrus, this is a bright, summery dish perfect for eating al fresco.

SERVES 4 PREP 10 mins
COOK 15 mins EASY V

2 unwaxed lemons
300g long wholemeal pasta, such as spaghetti
300g green beans, trimmed
25g unsalted butter
4 garlic cloves, finely chopped
40g parmesan or vegetarian alternative, finely grated
small handful of basil, finely chopped

1 Peel the zest of 1 lemon into long strips using a vegetable peeler, then drop into a saucepan. Zest the remaining lemon. Juice both lemons, then set the juice aside and put the squeezed lemon halves into the pan with the peel. Add the pasta along with freshly boiled water from the kettle and some salt and cook following pack instructions, adding the green beans for the final 4 mins. Drain the pasta and green beans, reserving a mugful of the cooking water. Discard the lemon peel and juiced halves.

2 Meanwhile, melt the butter in a large frying pan over a low heat and cook the garlic and most of the fine

lemon zest for 3-4 mins until fragrant. Tip in the drained pasta and beans, along with a splash each of the reserved cooking water and lemon juice, the parmesan and most of the basil. Mix over a low heat, adding another splash of the cooking water to bring the sauce together, if needed. Season with salt, pepper and the remaining lemon juice to taste. Sprinkle over the remaining lemon zest and basil to serve.

GOOD TO KNOW low cal • fibre • vit c • 1 of 5-a-day
PER SERVING 379 kcals • fat 10g • saturates 5g • carbs 51g • sugars 2g • fibre 11g • protein 16g • salt 0.2g

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HEALTHY

Tomato & oregano fritters

Use up a glut of ripe tomatoes to make these – ideal for lunch or a light dinner.

SERVES 2 **PREP** 15 mins

COOK 20 mins **EASY V**

500g ripe tomatoes, finely chopped
50g lighter Greek-style salad
cheese, crumbled
small handful of oregano, leaves
picked and finely chopped
½ red onion, finely chopped
150g plain flour
1 tsp baking powder
2 tbsp olive oil
small handful of dill,
finely chopped
75g fat-free Greek yogurt
green salad, to serve

1 Tip the tomatoes, cheese, oregano, onion, flour and baking powder into a bowl, and season well. Stir to combine. Heat the olive oil in a frying pan over a medium-high heat and drop heaped spoonfuls of the mixture into the pan. Flatten slightly with a spatula or the back of a spoon and fry over a medium heat for 4-5 mins on each side until golden and cooked through. (You will need to do this in two batches.)

2 Combine the dill and yogurt, season and serve with the fritters and a green salad, if you like. Or, mix most of the dill and yogurt with some seasoning, spread on a platter and arrange the fritters on top, scattered with the remaining dill.

GOOD TO KNOW healthy • fibre • vit c • 1 of 5-a-day
PER SERVING 521 kcs • fat 17g • saturates 5g •
carbs 71g • sugars 12g • fibre 7g • protein 16g • salt 1g

£1.44
per
serving



BALANCED

Fragrant lemongrass & coconut chicken stir-fry

Make this on busy days – it provides two of your five-a-day as well as bags of flavour.

SERVES 2 PREP 15 mins

COOK 15 mins EASY

1 lemongrass stick, outer husk removed, finely chopped (see tip, below)
15g ginger, peeled and grated
2 garlic cloves, crushed
1 lime, juiced
2 tsp light brown soft sugar
2 tbsp reduced-salt light soy sauce
60ml coconut water (or use water)
1 bird's-eye chilli, finely chopped (optional)
1 tbsp rapeseed oil
1 courgette, chopped
2 chicken breasts, thinly sliced
200g sugar snap peas, trimmed
15g desiccated coconut
250g pouch microwave wholegrain rice

1 Combine the lemongrass, ginger, garlic, lime juice, sugar, soy sauce, coconut water and chilli, if using, and set aside. Heat the oil in a wok or large, high-sided pan over a high heat and stir-fry the courgette and chicken for 4 mins until browned. Stir in the peas and coconut and cook for 1-2 mins, stirring well to ensure the coconut doesn't burn.

2 Pour the lemongrass mixture around the edge of the pan, then stir in to combine. Continue to cook over a high heat for about 1-2 mins, until the chicken is cooked through and the sauce has reduced. Season to taste. Warm the rice following pack instructions, then serve with the stir-fry.

GOOD TO KNOW low cal • vit c • 2 of 5-a-day
PER SERVING 494 kcs • fat 15g • saturates 5g •
carbs 44g • sugars 12g • fibre 8g • protein 41g •
salt 1.6g



tip Reserve any tough outer husks from the lemongrass to use in our tea or lemonade recipes on page 38.

**£2.02
per
serving**



HEALTHY

Cajun prawn & charred corn salad

Inspired by Tex-Mex flavours, this salad is ideal for barbecues, or simply a weeknight dinner.

SERVES 2 PREP 20 mins

COOK 10 mins EASY

**£3.52
per
serving**

200g fresh sweetcorn kernels
150g raw king prawns, peeled and deveined
½ tbsp Cajun spice blend
2 tbsp sunflower oil
1 lime, juiced
1 tsp honey
1 jalapeño, finely chopped (optional)
1 red pepper, finely chopped
1 avocado, peeled, halved, stoned and finely chopped
3 spring onions, finely chopped
small handful of coriander, finely chopped
1 romaine lettuce, chopped

1 Heat a dry frying pan over a medium-high heat and cook the sweetcorn for a few minutes without stirring, then shake the pan and continue to cook for 5 mins until the kernels have browned. Tip onto a plate and leave to cool slightly.

2 Combine the prawns, Cajun spice blend and a pinch each of salt and pepper in a small bowl. Heat half the oil in the same pan as used to char the corn and cook the prawns over a medium-high heat for 2-4 mins, stirring until pink and cooked through. Transfer to the plate with the corn.

3 Combine the lime juice, honey, remaining oil and chopped jalapeño (if using) in a large bowl, and season well. Add the red peppers, avocado, spring onions, coriander and lettuce, then toss well. Stir in the corn and prawns, then serve.

GOOD TO KNOW healthy • calcium • folate • fibre • vit c • 4 of 5-a-day • gluten free

PER SERVING 435 kcals • fat 28g • saturates 5g • carbs 21g • sugars 14g • fibre 14g • protein 18g • salt 1.1g

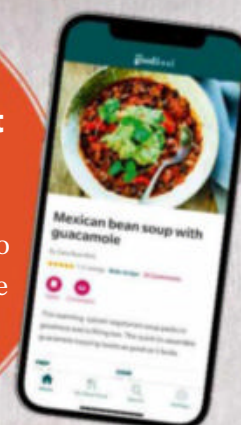


Bulk out this salad by adding a 250g pouch of microwave quinoa, warmed following pack instructions.



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reduce waste

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Make the most of any surplus from our midweek meals



Coconut gremolata

Lightly toast **50g leftover desiccated coconut** from the stir-fry recipe (p36) in a dry frying pan. Tip into a bowl and mix in the **zest of 1 lime** and a handful of **finely chopped coriander**. Add a **finely chopped chilli**, if you like, and season. Sprinkle over **noodles** or **salads** as a crunchy garnish.

Pasta frittata

Tip half the lemon & green bean pasta (p34) into a bowl along with **2 beaten eggs** and a **handful of grated parmesan**. You can also add a spoonful of leftover **harissa** from the fish recipe on page 34. Heat a drizzle of **olive oil** in a non-stick frying pan over a medium heat and tip in the pasta mixture, pressing it down with a fish slice. Fry for 5 mins on each side until golden. Serve with a **salad**.

Pan-fried lemon chicken with olives

Fry **chicken breasts or thighs** until cooked through, then set aside. In the same pan, fry a **chopped shallot** or **red onion**. Sizzle for 5 mins until softened and stir in leftover **olives** from the fish recipe on page 34, the **juice of 1 lemon**, a good **glug of olive oil** and some **chopped parsley or dill**. Bring to a simmer and season, then drizzle over the chicken.

Harissa mayo

Mix **2 tbsp harissa** left over from the fish recipe (p34) with **100g mayonnaise** and season with **lemon juice**, salt and pepper. Use in a sandwich or serve with **sweet potato fries** for dipping.

Three ways with lemongrass



Lemongrass & mint tea

Roughly chop a **lemongrass stick** and the remaining husk from the chicken stir-fry (p36) and tip into a pan. Add a **handful of mint**, **1 tsp sugar** and 300ml water. Bring to a gentle simmer over a medium heat and once the sugar has melted, set aside to infuse for 10 mins. Strain and serve hot, or cool over ice.



Lemongrass & sriracha butter

Combine **100g butter**, **1 tbsp sriracha**, **4 crushed garlic cloves**, the **zest and juice of 1 lime**, a **thumb-sized piece of grated ginger** and **1 tbsp finely minced lemongrass** (if there's any left over from the chicken stir-fry). Brush over **barbecued corn on the cob** and serve with a **lime wedge**.



Lemongrass lemonade

Roughly chop a **lemongrass stick** and the remaining husk (p36) and tip into a pan. Add **100g sugar**, the **zest and juice of 2 lemons** and a splash of water. Bring to a gentle simmer and once the sugar has melted, set aside to cool completely. Strain and top up with **sparkling water** and ice to your liking.

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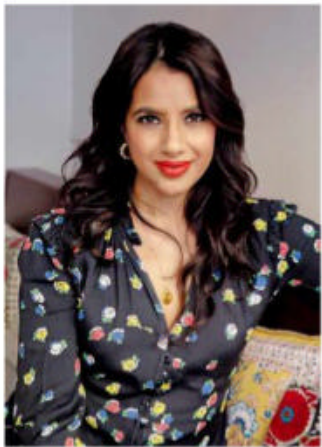


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watch, listen, cook



Ravinder Bhogal's twist on tomatoes

TV chef

They're at their best in midsummer, and the sweetness is enhanced when paired with creamy whipped feta



Comfort & Joy: Irresistible Pleasures from a Vegetarian Kitchen by Ravinder Bhogal (£26, Bloomsbury). Photographs by Kristin Perers. Recipe supplied by the publisher and not retested by us.



Catch up with Ravinder talking about curries on season two of the BBC Good Food Podcast with Tom Kerridge.



Whipped feta with confit tomatoes

SERVES 4 **PREP** 10 mins
COOK 40 mins **EASY** V

400g mixed cherry tomatoes
5 garlic cloves, crushed
½ lemon, juiced, plus 3 thin strips of lemon peel
½ tsp caster sugar
1 tsp coriander seeds
¼ tsp chilli flakes
4 oregano sprigs
60ml extra virgin olive oil
200g feta (vegetarian, if necessary)
100g thick Greek yogurt
sourdough, to serve (optional)

1 Heat the oven to 180C/160C fan/gas 4. Cut some of the larger tomatoes in half and leave some whole, then tip into a roasting tin with the garlic and lemon peel. Season, then sprinkle over the sugar, coriander seeds, chilli flakes and oregano. Drizzle over the olive oil. Bake for 40 mins until the tomatoes are bursting and fragrant. Leave to cool slightly, then discard the garlic and lemon peel.

2 Meanwhile, put the feta in a food processor with the lemon juice and whizz until smooth and creamy. Stir in the yogurt.

3 Spoon the whipped feta into a serving bowl, then top with the warm tomatoes. Grind over some black pepper and serve with slices of toasted sourdough, if you like.

GOOD TO KNOW 1 of 5-a-day • gluten free
PER SERVING 324 kcs • fat 28g • saturates 11g • carbs 6g • sugars 6g • fibre 2g • protein 10g • salt 1.3g



On
iPlayer

Ould Lammas Fair in Ballycastle

Each month, we highlight a UK foodie event featured on BBC Two's *Coast to Coast Food Festival*. This time, we head to Northern Ireland

For over 400 years, there has been a harvest festival in Northern Ireland's Ballycastle, and the vibrant Ould Lammas Fair (Ireland's oldest) coincides with this to celebrate food and farming. Over 100,000 people are expected to visit between 26-29 August.

One of the stall holders, La Tia Juana's, serves Latin American street food – co-founder Michael and his wife lived in Venezuela for 15 years. "We make corn breads on the griddle, the same way you would make a soda bread called arepa, and deep-fried corn pancakes called empanadas, which we stuff," he says.

Also at the fair is The Lamb Van, run by Wendy. During lockdown, she was furloughed and in need of a project, so she upgraded her old horsebox to a food cart and used it to serve lamb that she had reared.

MUST TRY

Two local delicacies that should be tried at the fair: **dulse**, a form of dried seaweed, and **Yellowman**, a toffee-textured, brightly coloured honeycomb made with brown sugar cooked at a low temperature.

More food festivals to visit:

- **Wilderness Festival** 3-6 August, Oxfordshire
- **Foodies Festival** 11-13 August, Glasgow
- **Peebles Show** 13 August, Cardrona
- **Belfast Mela** 19-27 August, Belfast

TV & RADIO PICKS

by **DAVID CRAWFORD**
Deputy listings editor
for *Radio Times*



Caribbean Food Made Easy

A four-part series from 2009 in which Levi Roots travels around Jamaica and across the UK. He starts by returning to Jamaica, where he grew up, to cook spicy lamb in his childhood village, and eats yam mash with the family of Jamaican Olympic hero Usain Bolt. Catch up on iPlayer.

On Your Farm, BBC Sounds

Anna Hill visits the UK's first year-round vertical strawberry farm in Essex.

The Food Programme Leyla Kazim explores the world of wood, fire and flame, and discovers the ancient art of smoking food. Listen on Sunday 16 July on Radio 4.



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A photograph of a family camping. In the foreground, a young girl with long brown hair, wearing a blue hoodie over a pink shirt, is holding a small food item. Next to her, a young boy with dark hair and glasses, wearing a blue and white striped shirt, is eating a round food item. In the background, a woman with blonde hair, wearing a teal top, is smiling. They are sitting at a table with various food items, including a glass bottle of red liquid and a metal cup. The background features a white tent with colorful triangular flags hanging from it.

family

Take the kids camping

Food writer **Claire Thomson** shares her family's favourite recipes for camping trips

photographs MYLES NEW

Claire Thomson is a chef and food writer with credits including BBC One's *Saturday Kitchen*, BBC Radio 4's *Woman's Hour* and Cerys Matthews' BBC Radio 6 show. She is the author of seven cookery books, including *Camper Van Cooking*. Her latest, *Tomato* (£22, Quadrille), is out now. @5oclockapron



Use any soft, seasonal fruit and experiment with different nuts



Blackberry & hazelnut crumble flapjack

These flapjacks get even better the day after they're baked. Use any soft, seasonal fruit you have, such as blackberries, cherries or strawberries, and experiment with different nuts, such as pistachios, almonds or walnuts.

MAKES 12 **PREP** 15 mins plus cooling
COOK 35 mins **EASY** **V**

225g unsalted butter, plus extra for the tin

225g spelt flour

1½ tsp baking powder

225g rolled oats

225g light brown soft sugar

2 tbsp pomegranate molasses

60g chopped hazelnuts

200g blackberries

1 Heat the oven to 180C/160C fan/gas 4. Butter a 20cm square cake tin and line with baking parchment. Combine the flour, baking powder and oats in a large bowl. Set aside.

2 Tip the butter, sugar and molasses into a saucepan over a medium-low heat and stir for a few minutes until just melted. Remove from the heat and pour into the dry ingredients, then stir to combine.

3 Spoon half the crumble mixture into the prepared tin, pressing it down in an even layer and making sure the surface is level.

4 Scatter over the hazelnuts and blackberries, then spoon over the remaining crumble mixture – no need to level it out too much. Bake for 30 mins until golden, then leave to cool in the tin for 10 mins. Cut into squares to serve. *Will keep in an airtight container for up to five days.*

PER SERVING 403 kcal • fat 21g • saturates 10g • carbs 47g • sugars 21g • fibre 4g • protein 6g • salt 0.6g



Merguez wraps with minted date & yogurt sauce

Sausages are a camping staple, and merguez are one of my favourite styles. A highly seasoned lamb sausage, merguez are often made with harissa, cumin, coriander, fennel seeds and paprika. They're also an excuse to enjoy tzatziki, lemony shredded cabbage and cucumber, all rolled up in a flatbread.

SERVES 4 **PREP** 20 mins

COOK 10 mins **EASY**

120g Greek-style yogurt

6 dates, pitted and finely chopped

pinch of dried mint

1 lemon, juiced

1 cucumber, peeled, deseeded and finely chopped

1 red onion, finely chopped

2 tbsp olive oil (optional)

8 merguez sausages, or use a thin, spiced sausage of your choice

½-1 small pointed cabbage, finely shredded

4 flatbreads

1 Combine the yogurt, dates, mint and a quarter of the lemon juice in a bowl, then season. Set aside.

2 Mix the cucumber and red onion with another quarter of the lemon juice, season to taste and set aside.

3 Heat the oil in a frying pan over a medium heat and fry the sausages until cooked through, about 5 mins. Remove to a plate and set aside. Alternatively, cook in a hot griddle

pan or on a barbecue over ashen coals (if griddling or barbecuing, you won't need to add the oil).

4 Season the shredded cabbage with a good pinch of salt and the remaining lemon juice. Wipe the frying pan clean and briefly warm the flatbreads over a medium heat, or barbecue until warmed through and slightly charred. Fill the flatbreads with the yogurt sauce, merguez sausages, dressed cabbage and cucumber salad, then roll up and serve straightaway.

GOOD TO KNOW folate • fibre • vit c • 3 of 5-a-day

PER SERVING 528 kcals • fat 22g • saturates 10g •

carbs 53g • sugars 13g • fibre 8g • protein 25g •

salt 1.8g



Camping breakfast burritos

Scrambling eggs with chorizo and peppers ramps up the flavour. They're then wrapped in a soft tortilla with speedy guacamole and cheese before being fried, seam-side down – this seals the tortilla, making these burritos an unbeatable portable breakfast. Serve with hot sauce for a kick.

SERVES 4 PREP 20 mins

COOK 25 mins EASY

2 avocados, peeled, halved, stoned and cut into small cubes
2 tomatoes, finely chopped
1 lime, juiced
small bunch of coriander, roughly chopped
1 small red onion, finely chopped
1-2 fresh jalapeños, finely sliced (or use another green chilli)
4 eggs
1 tsp ground cumin
2 tsp chipotle paste, or 1 tsp chipotle flakes

2 tbsp olive oil, plus a splash
300g chorizo, cut into small cubes
1 red or green pepper, deseeded and thinly sliced
4 large soft tortillas
250g cheddar or feta, coarsely grated or crumbled
hot sauce and soured cream, to serve (optional)

1 Combine the avocado, tomatoes, lime juice, coriander, red onion and jalapeños, and season with salt and pepper. Set aside. Whisk the eggs with the spices and some seasoning in a medium bowl and set aside.

2 Heat the oil in a frying pan over a medium heat, or cast iron skillet over ashen coals, and cook the chorizo for 3 mins, or until just beginning to colour and the oils start to release. Add the peppers and cook for 5 mins more until softened. Reduce the heat to low, then pour in the beaten egg and scramble until just cooked, about 2-3 mins. Slide onto a plate and set aside. Wipe

the pan clean, return to a medium heat and add another splash of oil.

3 Assemble the burritos quickly, one at a time. Spoon a quarter of the guacamole over a tortilla, then a quarter of the scrambled egg, followed by a quarter of the cheese. Fold in the sides of the tortilla over the filling, then roll up from the bottom, tucking in the edges to enclose the filling.

4 Cook the burritos in the hot pan, seam-side down, for 1½-2 mins until golden brown, then turn over and cook for another 1½-2 mins. Serve immediately with hot sauce and soured cream, if you like.

GOOD TO KNOW calcium • folate • fibre • vit c
• 2 of 5-a-day

PER SERVING 970 kJals • fat 73g • saturates 29g •
carbs 28g • sugars 6g • fibre 7g • protein 46g •
salt 4.7g





Harissa eggy bread

If your kids don't like spicy harissa paste, you can replace it with sundried tomato pesto. Either way, this is a notch up on the usual eggy bread – it's a great brunch for camping.

SERVES 4 PREP 10 mins
COOK 15-25 mins EASY V

200g firm mozzarella, coarsely grated
2 tbsp harissa paste, plus extra to serve (optional)
½ bunch of spring onions, trimmed and thinly sliced
4 eggs, lightly beaten
splash of milk (about 50ml)
4 thick slices of white bread
4 tbsp olive oil

1 Mix the mozzarella, harissa and spring onions together in a shallow bowl with the beaten egg and milk.

2 Soak the bread in the egg mixture until saturated and soft, about 30 seconds-1 min.

3 Heat half the oil in a frying pan over a medium-high heat, or cast iron skillet over ashen coals. Drop in two of the soaked bread slices, reduce the heat to medium and fry for 2-3 mins on each side until golden and crisp. Repeat with the remaining two slices, using the remaining oil. Serve straightaway with extra harissa on the side, if you like.

GOOD TO KNOW calcium

PER SERVING 416 kcal • fat 28g • saturates 10g • carbs 21g • sugars 3g • fibre 2g • protein 20g • salt 1.3g

Chickpea tagine with tomatoes, rose harissa & couscous

I've kept this one-pot vegetarian, making use of storecupboard staples that are easy to take camping, such as chickpeas, canned tomatoes, plus tagine and harissa pastes. Served with couscous (an easy side that can be made simply by soaking in boiling water) this makes a quick and filling campsite dinner.

SERVES 4 PREP 10 mins
COOK 20 mins EASY V

3 tbsp olive oil
1 bunch of spring onions, trimmed and sliced
4 garlic cloves, finely chopped
small bunch of coriander, leaves picked and roughly chopped
170g tagine paste
1 lemon, zested and juiced
400g can chopped tomatoes
50g pitted dates or prunes, roughly chopped
2 x 400g cans chickpeas
230g jar piquillo peppers, roughly chopped
couscous of your choice, to serve

1 Heat the oil in a frying pan over a medium heat, or cast iron skillet over ashen coals, and fry the spring onions, garlic and half the coriander for 2 mins until softened.

2 Stir in the tagine paste and half the lemon juice, and cook for 1 min more until fragrant. Add the tomatoes, dates, lemon zest and 100ml water, season to taste and cook for 10 mins until the mixture is thick and rich.

3 Stir in the chickpeas and peppers and cook for 5 mins to warm through. Drizzle in the remaining lemon juice and season well. Remove from the heat and add the remaining coriander. Serve with your favourite couscous on the side – we have plenty of recipes to choose from at bbcgoodfood.com/recipes/collection/couscous-recipes.

GOOD TO KNOW vegan • fibre • vit c • 3 of 5-a-day

PER SERVING 580 kcal • fat 15g • saturates 2g • carbs 84g • sugars 22g • fibre 14g • protein 21g • salt 0.8g



Our health editor **Tracey Raye** explains the benefits of mangoes, and shares a better-for-you chocolate milkshake recipe



HEALTH TREND

Healthy chocolate milkshake

If you have a high-powered blender, you can add a few ice cubes to this. If you don't, the frozen avocado still makes this a cooling treat.

SERVES 2 PREP 5 mins EASY V

1 small banana, peeled and cut into quarters
75g frozen avocado chunks
350ml cold fortified soya milk
2 tbsp cocoa powder
2-3 tsp xylitol, or to taste
4 tbsp bio yogurt, plus extra to serve

grated dark chocolate, to serve (optional)

- 1 Put the banana, avocado, soya milk, cocoa powder, xylitol and yogurt in a food processor or blender and blitz until smooth.
- 2 Divide the shake between two tall glasses. Spoon over a little extra yogurt and scatter over grated chocolate to serve, if you like.

GOOD TO KNOW healthy • low cal • fibre • 3 of 5-a-day

PER SERVING 280 kals • fat 15g • saturates 5g • carbs 21g • sugars 13g • fibre 5g • protein 13g • salt 0.2g



SPOTLIGHT

Magnificent mangoes

An 80g serving of this tangy tropical stone fruit counts as one of your five-a-day. When dried, you only need 30g. They're always a healthy snack option:

- Rich in protective antioxidants
- May support digestion
- Source of vitamins A and C, for healthy hair and skin
- Offers eye-protective antioxidants, lutein and zeaxanthin

How much water should you drink per day?

Most experts agree that you should aim to drink six to eight glasses of water each day (about 2 litres for women and 2.5 for men). But, this is a general guideline – requirements vary based on size, activity, diet and climate. In warm weather or periods of high activity, for example, you may need more water and additional salt to replenish electrolytes.

A simple way to check your hydration level is to pay attention to your urine: pale yellow or clear urine indicates good hydration, while dark yellow or straw-coloured suggests you may need more water.



guest expert

8 weight-loss myths busted

Emma White, senior nutritionist at Nutracheck, dispels some common misconceptions in the drive to lose weight. Plus, try a lighter take on bolognese

1 'DIET' FOOD IS THE ONLY WAY TO LOSE WEIGHT

It seems like the best option, but healthy weight loss is about the overall nutrient profile of your diet. Base meals around high-fibre foods, lean proteins and fruit and veg for long-term success.



a high-fat diet. But, fat itself is not bad for you – it's an important part of a balanced diet, as it supports heart health, vitamin absorption and satiety. Just stick to healthy fats and don't overdo it.

6 EAT LOADS OF PROTEIN

You need enough protein, but there's little research to suggest that going above your individual protein needs will result in greater loss.



7 HEALTHY EATING IS VERY EXPENSIVE

I understand the thinking that if you're buying fresh produce, it's going to cost more, but you can make healthy choices on a budget. Choose affordable pulses, frozen veg and wholegrains to bulk out meals and reduce cost while increasing nutrition. Make bolognese and replace half the meat with lentils to bulk it out and save money.

8 CARDIO IS THE BEST EXERCISE FOR WEIGHT LOSS



Exercise is not essential to loss – diet is 70-80% of the equation. It has many benefits, and cardio burns calories, but resistance training builds muscle mass, which is associated with healthy weight in the long-term. Move more

in general – once you've found momentum, balance cardio and resistance exercises.



Healthy bolognese

Fennel and cherry tomatoes create bursts of fresh flavour here while providing two of your five-a-day.

SERVES 2 **PREP 5 mins**
COOK 20 mins **EASY**

100g wholemeal linguine
2 tsp rapeseed oil
1 fennel bulb, finely chopped
2 garlic cloves, sliced
200g pork mince (less than 5% fat)
200g cherry tomatoes
1 tbsp balsamic vinegar
1 tsp vegetable bouillon powder
large handful of basil, chopped

1 Cook the linguine in a large pan of boiling water following pack instructions, about 10 mins.

2 Meanwhile, heat the oil in a non-stick wok or wide frying pan over a medium heat and cook the fennel and garlic for 10 mins, stirring occasionally until tender.

3 Add the pork and stir-fry until just golden, breaking up any large lumps. Stir in the tomatoes, vinegar and bouillon, then cover and cook for 10 mins over a low heat until the tomatoes burst and the pork is cooked. Toss with the linguine, basil and black pepper, then serve.

GOOD TO KNOW healthy • low fat • low cal •
2 of 5-a-day

PER SERVING 387 kcs • fat 10g • saturates 2g •
carbs 39g • sugars 7g • fibre 10g • protein 30g •
salt 0.4g

Listen to the Good Food health podcast. Go to bbcgoodfood.com/bbc-good-food-health-podcast or scan the QR code for all our podcasts



5 healthy ideas

canned tuna

Rich in protein for bulking out meals and convenient to cook with, it's no wonder this is such a popular storecupboard ingredient

Spinach & tuna pancakes

SERVES 2 PREP 15 mins

COOK 10 mins EASY

First, make a salad by combining **200g canned sweetcorn**, drained, **1 finely chopped red onion**, **85g cherry tomatoes**, quartered, **10 chopped basil leaves**, **4 pitted Kalamata olives**, sliced, and **2 tsp balsamic vinegar**. Heat **1 tsp rapeseed oil** in a non-stick pan over a medium heat and briefly fry **2 chopped garlic cloves**. Stir in **250g baby spinach** to wilt, then **1 tbsp tomato purée**, **120g canned tuna in water**, drained, and **200g cottage cheese**. Remove from the heat and set aside. Beat **2 eggs** with **4 tbsp wholemeal flour** and 2 tbsp water. Heat 1 tsp rapeseed oil in a non-stick pan over a medium heat, add half the batter and swirl to coat the base of the pan. Cook for 1-2 mins to set. Flip and cook for 1 min more. Repeat to make another pancake, then fill both with the spinach mix and serve with the salad.

GOOD TO KNOW healthy • calcium • folate • fibre
• vit c • iron • 4 of 5-a-day

PER SERVING 539 kcals • fat 19g • saturates 6g •
carbs 48g • sugars 15g • fibre 10g • protein 38g • salt 1.5g

Tuna & sweetcorn fishcakes

SERVES 4 PREP 10 mins plus chilling

COOK 25 mins EASY

Boil **450g quartered potatoes** in salted water until tender, about 10-12 mins. Drain and steam-dry, then mash with seasoning. Stir in **2 tbsp mayo**, **2 x 185g cans tuna**, drained, a **198g can sweetcorn**, also drained, and a **small bunch of chives**, sliced. Shape into patties.

Chill until firm. Beat **2 eggs** in a bowl. Tip **100g breadcrumbs** into a second. Coat the patties in the egg, letting the excess drip off, then in the crumbs. Chill for 15 mins. Heat a **drizzle of sunflower oil** in a pan over a medium heat and fry in batches for 2-3 mins on each side until golden. Serve with salad.

GOOD TO KNOW healthy • low cal • vit c • folate
PER SERVING 383 kcals • fat 12g • saturates 2g •
carbs 42g • sugars 5g • fibre 3g • protein 26g •
salt 0.9g

Spinach & tuna
pancakes

Charred veg & tuna niçoise with creamy kefir dressing

SERVES 2 PREP 10 mins COOK 15 mins EASY

Heat the grill to high. Cook **100g trimmed green beans** and **6 trimmed spring onions** in a pan of boiling water for 4 mins. Drain and pat dry. Toss with **1 tsp rapeseed oil**. Put on a baking tray with **100g cherry tomatoes**, halved, cut-side up. Season. Grill for 10 mins until the veg starts to soften and char. Cool slightly. Combine **4 tsp kefir**, 1 tsp rapeseed oil, **1 tsp mustard powder** and **1 tsp red wine vinegar** until smooth. Season. Divide the leaves of **2 Little Gem lettuces** between plates along with **160g canned tuna**, drained, **4 pitted black olives**, sliced, and **2 halved soft-boiled eggs**. Top with the spring onions, green beans, cherry tomatoes and dressing.

GOOD TO KNOW healthy • low cal • folate • fibre • vit c •

3 of 5-a-day • gluten free

PER SERVING 284 kcals • fat 14g • saturates 3g • carbs 8g • sugars 7g • fibre 7g • protein 26g • salt 0.9g

Tuna, asparagus & white bean salad

SERVES 4 PREP 10 mins COOK 5 mins EASY

Cook a **large bunch of asparagus** (about 250g) in boiling water for 4-5 mins until tender. Drain, cool under cold running water, then cut into finger-length pieces. Toss **2 x 185g cans tuna in water**, drained, with **2 x 400g cans cannellini beans**, drained, **1 finely chopped red onion**, **2 tbsp capers** and the asparagus. Mix **1 tbsp olive oil** with **1 tbsp red wine vinegar** and **2 tbsp finely chopped tarragon** and toss with the salad.

GOOD TO KNOW healthy • low fat • low cal • folate • fibre •

2 of 5-a-day • gluten free

PER SERVING 245 kcals • fat 5g • saturates 1g • carbs 23g • sugars 4g • fibre 9g • protein 24g • salt 0.8g

Lemon spaghetti with tuna & broccoli

SERVES 4 PREP 5 mins COOK 10 mins EASY

Cook **350g spaghetti** in a pan of boiling salted water for 6 mins. Add **250g chopped broccoli**. Cook for 4 mins more until tender. Mix **2 finely chopped shallots**, **85g pitted green olives**, halved, **2 tbsp capers** and a **198g can tuna in oil** with the **zest and juice of 1 lemon**. Drain the pasta and broccoli. Toss with the tuna mix, **1 tbsp olive oil** and black pepper. Drizzle with extra olive oil, if you like.

GOOD TO KNOW healthy • low cal • low fat • fibre • vit c • 1 of 5 a day

PER SERVING 456 kcals • fat 9g • saturates 1g • carbs 68g • sugars 4g • fibre 7g • protein 22g • salt 1.3g



Charred veg & tuna niçoise with creamy kefir dressing

5 health benefits of tuna

- 1** An affordable source of high-quality protein
- 2** Useful source of the amino acid taurine – studies suggest this may help protect against heart disease
- 3** Tuna, when canned in water or brine, is low in fat, with just 1g fat in a 100g edible portion
- 4** Canned tuna (in water or brine) is also low in calories, but high in protein, making it a useful inclusion in a weight-loss diet
- 5** Both fresh and canned varieties of tuna are a useful source of vitamins and minerals, such as B vitamins, especially niacin (B3), which supports the nervous system and skin. Canned tuna is also a good source of calcium which supports healthy bones and muscle contractions; magnesium, required for energy; and vitamin D, which supports the immune system and may contribute to bone strength and brain function.



healthy diet plan

glazed and flame-grilled

A colourful salad and low-sugar marinade give this barbecued chicken a nutritious boost

recipe SARA BUENFELD photograph TOM REGESTER

Healthy BBQ chicken

Skinless chicken breast is an excellent source of lean protein, as well as B vitamins and many important minerals. Coated in our low-sugar barbecue glaze, it's a lovely summer meal to eat outside. If you want to cook potatoes on the barbecue, wrap them in foil and start them ahead of the chicken, as they will take longer to cook.

SERVES 2 **PREP** 12 mins plus optional overnight marinating

COOK 15-18 mins **EASY**



4 skinless chicken breast fillets (about 760g)

125g passata

1 medjool date, stoned

2 garlic cloves

1 tbsp balsamic vinegar

1 tsp smoked paprika

½ tsp mustard powder

1 tsp olive oil, plus extra if frying

4 jacket potatoes, to serve (optional)

For the salad

2 avocados, peeled, stoned and cut into large wedges

½ lemon, juiced

4-6 tomatoes (depending on size), chopped

1 large yellow pepper, deseeded and finely chopped

1 red onion, finely chopped (160g)

20g coriander, chopped

1 Put the chicken fillets in a food bag or between two sheets of baking parchment, and bash lightly with a rolling pin until they are an even thickness – avoid making them too thin. Put in a large shallow dish.

2 Pour the passata into a large bowl along with the date, garlic, balsamic, paprika, mustard powder and oil. Blitz using a hand blender until smooth, then pour over the chicken, turning it several times to ensure it's well coated. Cook straightaway as directed below, or cover and chill to marinate overnight.

3 Cook the chicken on a barbecue over ashen coals for 6-7 mins on each side, or fry in a non-stick pan over a medium-high heat with a drizzle oil for 6-7 mins each side until cooked through. Toss the salad ingredients together in a bowl and serve with the chicken and jacket potatoes, if you like.

GOOD TO KNOW healthy • low cal • fibre •

vit c • 3 of 5-a-day • gluten free

PER SERVING 488 kcals •

fat 18g • saturates 4g •

carbs 15g • sugars 13g •


fibre 7g • protein 49g •

salt 0.2g



Shoot director: FREDDIE STEWART | Food stylist: ELLIE JARVIS
Stylist: AGATHE GITS





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gf my favourite dish

Trine Hahnemann's roast chicken with cucumber salad

The Danish chef shares her family's favourite recipe,
served every year for her grandmother's birthday

words TRINE HAHNEMANN



Trine Hahnemann is a Danish food writer and chef, and owner of organic food emporium Hahnemanns Køkken in Copenhagen – a bakery, deli, shop and cookery school. She champions sustainable cooking and has written 10 cookbooks, including *Scandinavian Green*. Trine has appeared on BBC One's *Saturday Kitchen* and BBC Radio 4's *Food Programme* and *Woman's Hour*. Her new cookbook, *Simply Scandinavian* (£27, Quadrille Publishing) is out now.

I never went to cooking school, I've cooked since I was a child and just learned through experience. I had a tumultuous upbringing and for a large part of it, lived in a commune, where cooking and eating together was essential. I also went to a small hippie school in the early 1970s – I was on the cooking team and we cooked lunch for the whole school.

I spent a lot of time with my grandparents as a child, too, and I was around my *mormor* (grandma) and her daily routine in the kitchen – cooking, shopping, gathering produce – so I got to know the rhythm of the seasons and, of course, the joy of cooking. Everybody in my family can cook and loves food.

I never thought I was going to be a chef. I went to university, then one day I really needed to make some money, so I went back in the kitchen and after a few months, I started my own company and went from there.

My favourite dish is roast chicken with sweet and sour cucumber salad, a separated gravy and potatoes (see recipe, overleaf). ▶





It's a classic summer recipe and we always had it for my mormor's birthday



Left: Trine enjoying dinner on the beach with friends and family

It's a traditional dish, and my family love it. It's all about the seasonal cucumber salad, that combination of sweet, salty and sour. It's a classic summer recipe and we always had it for my mormor's birthday in July. The whole family would get together in her tiny beach house and there was always a build-up to the dinner – I remember being excited about the atmosphere – we knew it was special.

You need a nice, big (preferably free-range) chicken to make it, and it must be stuffed with curly parsley, not flat-leaf, so you really taste the parsley. The brine for the cucumber is special because you whisk the sugar into the vinegar, not boil it. Then, you cure the cucumber for about an hour. You can reuse the brine again and again. If you have any leftovers, fry the chicken and potatoes, add Worcestershire sauce (another Danish classic!) and eat with a freshly made cucumber salad.

@@trinehahnemann



Hear Trine share more about her food heritage on the Good Food podcast at bbcgoodfood.com/podcasts, or scan the QR code above

Roast chicken, cucumber salad & separated gravy

SERVES 6 PREP 30 mins
COOK 1 hr 45 mins EASY

1 chicken (about 1.5kg)
100g curly parsley, plus extra to serve (optional)
10 whole peppercorns
3 bay leaves
1kg new potatoes

For the gravy

100ml double cream
For the cucumber salad
250ml distilled vinegar
150g caster sugar
2 cucumbers, sliced

For the salad

1 lettuce
100ml double cream
1 tsp sugar
4 tbsp lemon juice, plus
1 tbsp lemon zest

1 Heat the oven to 180C/160C fan/gas 4. Sprinkle salt and pepper inside the chicken, then stuff with the parsley and peppercorns. Put in a roasting tin and rub the outside of the chicken with salt. Roast for 30 mins until crisp and golden.

2 Add 400ml water to the roasting tin along with the bay leaves. Cook for another 1 hr 15 mins, or more, depending on how big a chicken it

is. Pierce the thigh at the thickest part to see if it is cooked through. The juices should run clear.

If you have a meat thermometer, it should be 75C when cooked.

3 Meanwhile, for the cucumber salad, whisk together the vinegar, sugar, 50ml water and 1 tsp salt until all the sugar has dissolved. Put the sliced cucumbers in the brine, fold gently now and then, but otherwise leave until it's time to serve. *Best eaten straightaway.*

4 While the chicken is in the oven, cook the new potatoes in boiling salted water for 15-20 mins until tender. Rinse the lettuce and drain well. Mix the double cream, sugar, 1 tsp salt and lemon juice together in a bowl, then whisk until the sugar has dissolved. Fold in the lettuce leaves just before serving.

5 For the gravy, pour the juices from the roasting tin into a saucepan and add the cream. Bring to the boil and season with salt and pepper. The gravy will separate; whisk to bring it back together, then stir now and then over a low heat to keep warm. Serve the chicken with the gravy, cucumbers, salad and potatoes, sprinkled with a little extra parsley, if you like.

GOOD TO KNOW folate • fibre • vit c • 2 of 5-a-day • gluten free

PER SERVING 589 kcs • fat 35g • saturates 16g • carbs 31g • sugars 10g • fibre 6g • protein 35g • salt 1.4g

WHAT'S YOUR FAVOURITE SUNDAY LUNCH?



Trine says: "Saturday evening is the main time to get together, and Saturday lunch we have smørrebrød (open sandwiches on rye bread). Smørrebrød restaurants are always fully booked on Saturdays, then closed on Sundays. Sundays are more for long walks, afternoon coffee and cake."



Recipe adapted from *Scandinavian Comfort Food* by Trine Hahnemann (£27, Quadrille Publishing). Photographs © Columbus Leth. Recipe provided by the publisher and not retested by us.



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Sow, grow, glow: *celebrating courgettes*

SOW
grow
glow

Samuel Goldsmith shares fresh ideas for a summertime glut, including a pasta bake and brownies. Plus, gardening columnist **Rekha Mistry** gives advice on what to sow now for harvesting later

recipes SAMUEL GOLDSMITH *photographs* YUKI SUGUIRA

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You can find out more at:
bbcgoodfood.com/sow-grow-glow

Courgette brownies

MAKES 16 **PREP 15 mins** plus 1 hr cooling **COOK 20-25 mins** **EASY** **V**

200g unsalted butter, cut into cubes, plus extra for the tin

120g plain flour

50g cocoa powder

200g dark chocolate, broken into pieces

4 eggs

300g caster sugar

1 courgette (about 300g), grated

100g milk chocolate chips

1 Heat the oven to 180C/160C fan/gas 4. Butter a 30 x 20cm cake tin or deep baking tray and line with baking parchment. Sift the flour and cocoa into a bowl and set aside.

2 Melt the butter and dark chocolate together in a heatproof bowl set over a pan of simmering water, making sure the bowl doesn't touch the water. Or, do this in short bursts in the microwave. Once melted, set aside to cool slightly.

3 Beat the eggs and sugar together in a large bowl using an electric whisk until thick and doubled in volume. (When you lift the beaters, the mixture should leave a trail that lasts 2-3 seconds.) Fold in the melted chocolate mixture followed by the flour mixture, then the grated courgette and milk chocolate chips. Do this gently to retain as much air in the batter as possible.

4 Tip the batter into the prepared tin, gently level the surface with a spatula or palette knife, and bake for 20-30 mins, or until just set – the top should have a shiny crust, but the centre should have a slight wobble. Leave to cool completely in the tin, about 1 hr. Remove to a board and cut into 16 pieces. *Will keep in an airtight container for up to five days.*

PER SERVING 332 kcals • fat 19g • saturates 11g • carbs 34g • sugars 27g • fibre 2g • protein 5g • salt 0.3g

Grow

HOW TO GROW COURGETTES

Buy young courgettes at the garden centre in late spring, or sow courgette seeds indoors in April or May in pots of peat-free, multi-purpose compost. Pot on seedlings when they're big enough to handle, and plant young plants outside when the risk of frost has passed. Or, sow seeds directly outside in late May or early June. Courgettes are hungry plants, so they do well when grown in soil enriched with plenty of well-rotted horse manure or compost and fed weekly with a high-potash feed, such as tomato food. Water the plants regularly to keep the soil moist and harvest courgettes when they're about 10cm long.



Find the full guide at:
[gardenersworld.com/how-to/how-to-grow-courgettes](https://www.gardenersworld.com/how-to/how-to-grow-courgettes)





Courgette & sausage timballo

SERVES 8 PREP 30 mins plus cooling
COOK 1 hr 15 mins MORE EFFORT

knob of butter, for the tin
6 courgettes
2-3 tbsp olive oil
1 red onion, finely chopped
4 sausages of your choice
2-3 tbsp nduja paste (depending on your preference for chilli heat)
400g can chopped tomatoes
1 tsp dried mixed herbs
300g penne
125g ball mozzarella, drained and torn into pieces

1 Butter a 20cm springform cake tin and set aside. Thinly slice 5 of the courgettes lengthways using a sharp knife or mandoline – you should get 6-8 slices from each courgette. Heat 2 tsp of the oil in a large frying pan over a medium-low heat and fry the courgette slices for 1-2 mins on each side until golden (you'll need to do this in batches, adding a splash of oil between each batch). Remove to a sheet of kitchen paper or clean tea towel to drain. Leave to cool, then use to line the tin, leaving the ends overhanging the rim. You should have some slices left over; set these aside to use for the top later. Put the tin on a baking tray. Set aside.

2 Finely chop the remaining courgette. Heat 2 tsp oil in the same frying pan over a medium heat and fry the onion for 5 mins until beginning to soften. Squeeze the sausagemeat from the skins into the pan and continue to fry for a few minutes more, squashing the sausage with the back of the spoon until beginning to brown. Stir in the chopped courgette and cook for 5-8 mins until golden. Add the nduja paste and fry for another 2 mins, then tip in the tomatoes and herbs and fry for 4-5 mins more until everything is combined and hot through. Remove from the heat and set aside.

3 Heat the oven to 200C/180C fan/gas 6. Cook the penne in a large pan of boiling water following pack instructions, drain, return to the pan and stir in the courgette and tomato sauce along with the mozzarella pieces. Spoon the pasta into the courgette-lined tin, packing it down so it fits snugly. Fold the overhanging courgettes over the pasta, then arrange the remaining courgette slices on top, tucking them down the sides if possible. Bake for 35-45 mins until piping hot and the courgette slices are golden brown. Leave to cool in the tin for 20 mins, then invert onto a large serving plate, lift off the tin and cut into wedges to serve. *Will keep chilled for up to three days and can be eaten hot or cold.*

GOOD TO KNOW low cal • vit c • 2 of 5-a-day
PER SERVING 331 kcals • fat 14g • saturates 6g •
carbs 35g • sugars 6g • fibre 5g • protein 13g
• salt 0.7g

Grow

HOW TO HARVEST COURGETTES

Cut courgettes while small (about 10cm long is ideal), rather than leaving them to grow to the size of marrows – this will encourage more courgettes to develop over a longer period. Cut them off at the base with a sharp knife, or twist the stalk sharply.



- Find more sowing and growing guides at: [gardenersworld.com](https://www.gardenersworld.com)
- For more seasonal recipe ideas, go to: [bbcgoodfood.com/seasonal-food-collections](https://www.bbcgoodfood.com/seasonal-food-collections)



“
Cutting courgettes off when small will encourage more to develop over a longer period
”



Herby courgette & white bean salad

SERVES 4 PREP 10 mins
NO COOK EASY V

2 medium courgettes
400g ripe tomatoes, quartered or cut into bite-sized pieces
400g can white beans (such as cannellini or haricot), drained and rinsed
60g salad leaves (such as watercress or rocket)
large handful of mint leaves, roughly chopped
¼ small bunch of chives, roughly chopped
30g parmesan shavings, or vegetarian alternative

For the dressing

3 tbsp extra virgin olive oil
1 tbsp white wine vinegar
1 tsp honey
¼ small bunch of chives, roughly chopped
1 tsp Dijon mustard

- 1** First make the dressing. Whisk the ingredients together with a good pinch each of salt and freshly ground black pepper, or shake together in a jar until emulsified.
- 2** Trim the courgettes, then cut into long ribbons using a vegetable peeler. Tip into a large bowl with the tomatoes, beans, salad leaves and herbs, and toss everything together using your hands to combine.
- 3** Drizzle over the dressing and scatter over the parmesan shavings, toss again and tip into a salad bowl or platter to serve.

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • 3 of 5-a-day • gluten free
PER SERVING 221 kcs • fat 12g • saturates 3g • carbs 16g • sugars 7g • fibre 6g • protein 10g • salt 0.4g

SOW AND GROW

plan ahead

Jobs to do each month

- *April or May:* sow seeds indoors
- *April to May:* pot on seedlings indoors
- *Late May to early June:* sow seeds outdoors for a late crop
- *May to June:* plant out young plants
- *July to October:* harvest fruits

Courgettes are easy to grow and highly productive plants, bearing masses of delicious, nutty crops for use in summer dishes and salads. They're prolific croppers and take up a lot of space, so just two or three plants are enough to feed a family, with some left over. You can buy young courgette plants at the garden centre in late spring, but they are easy to grow from seed.



Check your garden to-do list for this month at: [gardenersworld.com/what-to-do-now-june/](https://www.gardenersworld.com/what-to-do-now-june/)





Courgette jam

MAKES about 1.4kg **PREP** 15 mins
COOK 25-30 mins **EASY** **V**

1kg courgettes, grated
750g jam sugar
1 lemon, juiced
thumb-sized piece of ginger,
peeled and grated

1 If you don't have a jam thermometer, put a couple of saucers in the freezer to chill. Put all the ingredients in a large saucepan or jam pan, and cook over a medium heat until the courgettes have released their liquid and the sugar has dissolved, about 10 mins. Cook for another 10 mins, stirring often until the liquid has reduced slightly, then cook for 10-15 mins more until the mixture reaches

105C on a jam thermometer. Or, spoon a little of the jam onto one of the cold saucers. After a couple of minutes, gently push your finger through the jam – if the surface wrinkles, it's ready. If not, return to the boil for 2 mins, then re-test using the second saucer.

2 Remove from the heat, skim off any froth, then leave to cool for 10 mins. Spoon into sterilised jars (see tip, below). *Will keep chilled for up to three months.* Serve on toast as you would a marmalade.

GOOD TO KNOW vegan • low fat • gluten free
PER SERVING (1 tbsp) 40 kcals • fat 0.1g •
saturates none • carbs 10g • sugars 10g •
fibre 0.2g • protein 0.2g • salt none



Find out how to sterilise jars at:
[bbcgoodfood.com/videos/
how-sterilise-jars](https://bbcgoodfood.com/videos/how-sterilise-jars)

GREAT TO GROW IN JULY



Rekha Mistry is a trained horticulturist, presenter, author, and garden and food writer.
[@rekha.garden.kitchen](https://www.instagram.com/rekha.garden.kitchen)

July arrives with imminent summer harvests on the horizon and a hive of bee activity, as they dart from ornamental flower to vegetable flower, filling up with nectar. Plus, it's time to harvest spring-planted garlic and onions, so you'll have some empty space. Fill it with crops to plant now:

● **Pea: Hurst Green Shaft** an excellent main crop variety, reaching 1m in height, with each pod carrying up to nine peas. Direct-sow against a sturdy bamboo support structure, and keep the area well watered and protected from birds, as the emerging tender pea shoots are a target. Pea pods are ready to harvest by late August. Use fresh, or freeze for later.



● **Swiss chard: Bright Lights** makes a quick salad crop, with the thinning of seedlings spaced 20cm apart to encourage bigger plants. Larger leaves will provide colourful greens for hearty stews. Prep the soil by scattering in fish blood and bone, and sow seeds liberally in 3cm deep drills.



● **Spring onion: White Lisbon** can be sown through summer in pots and containers using multi-purpose compost. Take care not to over-sow in these small spaces. Pots can continue to live outdoors until the worst of the autumn weather arrives. A cool, sheltered area, such as an unheated greenhouse, will allow plants to continue growing. They're a wonderful spicy addition to winter salads and stir-fries.



To find out how to get more from your garden, and for more tips and ideas, watch *Gardeners' World* on BBC iPlayer.





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recipes AILSA BURT

photographs YUKI SUGIURA

**Storecupboard
heroes
p80**



HELPING YOU TO COOK SMART

Rising food and energy costs mean that many of us are having to think carefully about getting the most from our budgets. To help, BBC Good Food has developed Cook Smart, a supportive campaign bringing together knowledge and ideas to help everyone eat well. Cook Smart also explores the best energy-efficient cooking methods such as hob cooking and microwaving, as well as using slow cookers, multi cookers and pressure cookers.



Fruit bowl
ideas **p72**



Speedy mug
cakes **p78**

Fruit for thought

How to put a fresh spin on fruit that might be going past its best



Peaches

If you have an excess of ripe peaches, a shrub is the ideal thing to make. You can use most vinegars for this – a mixture of champagne and cider vinegar, or white balsamic and cider. Muddle the fruit, combine with the vinegar and leave for 1 hr. With stronger, fuller-flavoured berries like blackberries, you can use white malt or white wine vinegar. Mix with fizzy water and serve over ice, or turn into a cocktail with a dash of gin and some soda water. You can also roast peaches with a drizzle of honey and a few sprigs of thyme. They pair well with chipotle roast chicken, BBQ pork, or a pavlova.

Mangoes

If you have hard mangoes that won't ripen, peel the flesh into strips and use instead of green papaya in a Thai-inspired som tam salad. Or, finely dice and mix with chopped chilli, coriander and lime juice for a salsa that pairs well with grilled buttery prawns. For a sweet and refreshing drink, blend into a mango lassi with yogurt, honey, cardamom and lime juice. Try our recipe at bbcgoodfood.com/recipes/mango-lassi.

Grapes

Don't neglect the bunch of grapes at the back of your fridge – they work in more than just fruit salads. Space them out on a baking tray, then freeze for a cooling summer snack. Another idea is to halve a large handful of grapes and divide between lolly moulds. Pour over coconut water to fill, and freeze for 12 hrs for another refreshing treat. Or, to make an easy bruschetta, roast them with the stalks on until darkened and falling apart, then spread soft goat's cheese over some toasted baguette and scatter over the roasted grapes.



Apples

If you have sharper apples like Granny Smith, grate them into a creamy slaw (try our recipe at bbcgoodfood.com/recipes/superhealthy-slaw). If your red apples are looking a bit mealy, chop and gently fry them in butter with shredded red cabbage until soft – this is a great side dish for pan-fried pork chops. Having a Sunday roast? Simply stir finely chopped apples through your stuffing mixture to fill out a joint of pork.



Easy peelers

Juice and combine with a little five-spice to drizzle over pan-fried duck or pork chops. For a snack that will please chocolate lovers, dip the segments into melted dark chocolate and place on a lined baking tray, sprinkle over a pinch of flaky sea salt and leave to set. To use up the scented peel, put this and any leftover segments in a pan with equal quantities of caster sugar and water. Heat gently until the sugar has melted, then simmer for 10-15 mins, leave to cool and strain. Use in cocktails to add some zing.



Bananas

Black bananas are for more than just banana bread! Chop them and store in the freezer to add to fruit smoothies – you don't need to discard the peel. For a decadent pudding, cook halved bananas in shop-bought caramel and place a sheet of puff pastry on top. Cook as you would a tarte tatin, then drizzle with chocolate sauce to serve. Don't waste the peel – trim the ends off the bananas and blitz them, skin on, to use in banana bread. Don't just take our word for it – try our breakfast cake recipe (see right).



Banana peel breakfast cake with whipped honey peanut butter

Use every part of the banana, including the peel, in this clever breakfast loaf. It's equally delicious without the whipped butter – simply toast and eat with yogurt and some honey for brunch.

SERVES 10-12 PREP 25 mins
plus cooling **COOK 1 hr EASY V**

125g salted butter, softened, plus extra for the tin
4 very ripe bananas
200g golden caster sugar
2 eggs, beaten
2 tsp vanilla extract
100ml Greek-style yogurt
300g white spelt flour or plain flour
½ tsp baking powder
½ tsp bicarbonate of soda
75g walnuts, roughly chopped
For the honey peanut butter
100g salted butter, softened
3 tbsp runny honey
3 tbsp smooth peanut butter

1 Heat the oven to 180C/160C fan/gas 4. Butter and line a 900g loaf tin. Trim the ends of the bananas and discard. Roughly chop the bananas, peel and all. Place in a food processor or blender and blitz until smooth. Tip into a bowl and set aside.

2 Using an electric hand whisk or stand mixer, beat together the butter and sugar with a pinch of salt until light and creamy, around 4-5 mins. Beat in the eggs, one at a time, then add the vanilla, yogurt and banana. Mix in the flour, baking powder and bicarb until combined. Fold through the walnuts and gently spoon the batter into the prepared tin. Bake for 50-60 mins until a skewer inserted into the middle comes out clean. Transfer to a wire rack and leave to cool in the tin for 15 mins before removing from the tin and leaving to cool completely.

3 For the honey peanut butter, beat all the ingredients together using an electric hand whisk or stand mixer until creamy. Cut the cake into slices and spread over the butter. *The butter and cake will keep in airtight containers for five days.*

PER SERVING (12) 430 kcals • fat 24g • saturates 12g • carbs 45g • sugars 27g • fibre 2g • protein 8g • salt 0.6g

Waste-nothing curry

Feed four with this Sri Lankan-inspired dish on a budget of just £4, then try our resourceful ideas for using up any leftover ingredients

Fresh curry leaves

These often come in a large bunch. Take the leaves off the stems, then wash and dry them. Store in a container or reusable bag in the freezer and use straight from frozen.

Beetroot leaves

Don't discard them – finely chop and add to the curry in the final 10 minutes. Or, try the below recipe to serve as a side:

Spiced beetroot leaves

Stir-fry the stems and leaves in a splash of oil until soft, then combine with 1 finely chopped chilli, 1 tbsp desiccated coconut and cook until just wilted.

Beetroot curry

Packed full of vibrant beetroot, this is a sweet, earthy and creamy curry. To make it plant-based, make sure the stock is vegan and use coconut yogurt to serve.

SERVES 4 PREP 20 mins

COOK 1 hr EASY V

2 tbsp sunflower oil

6 curry leaves, fresh or dried

1 onion, finely sliced

1 tsp turmeric

2 tsp ground cumin

1 tsp ground coriander

½ tsp hot chilli powder (optional)

20g ginger, grated

3 garlic cloves, peeled and crushed

2 tbsp tomato purée

500g beetroot, cut into wedges

250ml vegetable stock

400g can coconut milk

½ lime, juiced

To serve

long-grain white rice, paratha and yogurt

1 Heat the oil in a large, deep saucepan over a medium-high heat. Stir in the curry leaves and cook for 2-3 mins until fragrant and starting to pop. Tip in the onion, turmeric, cumin, coriander and chilli powder. Fry over a medium heat for 10-12 mins until lightly browned. Mix in the ginger, garlic and tomato purée and cook for 4 mins until fragrant and dark red in colour.

2 Carefully tip in the beetroot and pour over the vegetable stock and coconut milk. Season well and bring to a gentle simmer. Cook over a medium heat for 35-40 mins until the beetroot is tender. Stir in the lime juice and season to taste. Serve with rice, paratha and a dollop of yogurt, if you like.

GOOD TO KNOW vegan • folate • fibre • 2 of 5-a-day
PER SERVING 314 kals • fat 23g • saturates 15g •
 carbs 18g • sugars 14g • fibre 6g • protein 5g •
 salt 0.4g

There's no need to peel ginger

Simply give it a scrub under running water and grate. The skin will dissolve as you cook and it's a bit of extra fibre, too.

Leftover lime halves

Add lime halves to rice as it cooks. Or, try the below recipe:

Lime & chilli salad dressing

Mix any remaining lime juice with finely chopped coriander, honey, sunflower oil and chopped jalapeños to taste.



Storecupboard sandwich fillers



Banh mi

This crunchy, veg-packed banh mi (pictured above) is great to use up any odds and ends you have in the fridge. Finely chop **150g leftover veg** such as cabbage and carrots. Toss with **3 tbsp white wine vinegar**, **1 tsp golden caster sugar** and 1 tsp salt in a bowl. Slice **1 long baguette** into four, then cut each piece horizontally in half. Put in the oven for 5 mins until toasted. Spread over **100g hummus**, and top with **175g cooked tempeh, tofu or chicken** before piling the veg on top. Sprinkle over a **handful of chopped coriander and mint** before drizzling with **hot sauce**. Top with the baguette halves.

Bean, olive & anchovy

Drain a **400g can white beans**, such as butter beans or cannellini. Tip into a bowl and lightly mash using the back of a fork or a potato masher. Mix in a **handful of olives from a jar**, chopped, a **few pickled**

jalapeños or pickled chilli peppers, a chopped **roasted red pepper** and **2 roughly chopped artichoke hearts**. Mix with a pinch of seasoning, a **drizzle of extra virgin olive oil** and a **splash of vinegar**. Finely chop **2-3 anchovies** and mix with **50g mayonnaise** and **1 tbsp drained capers**, season and spread over the base of **2 toasted ciabattas**. Top with the salad and some lettuce, if you have any.

Tuna, carrot & ginger

Mix **2-3 grated carrots** with **25g drained finely sliced red pickled ginger**. Add a **handful finely sliced cabbage**, **1 tbsp each of soy sauce and rice vinegar**. Splash in a little oil from **2 x 145g cans tuna** along with some seasoning, then set aside. Drain the tuna and combine with **3-4 tbsp mayo**. Spread over **2 slices of focaccia**. Top with the salad, **2 tbsp crispy onions** and focaccia slices.

To fridge...or not to fridge

You'll be amazed at the array of unlikely ingredients that last longer when chilled, but some should never go in the fridge

YES

Fish sauce, sesame oil & maple syrup are best kept in the fridge in an airtight container
Mayonnaise will keep in the fridge once opened
Mustard & natural nut butters should be stored upside down to stop the oils separating
Soft herbs keep well in a glass of water in the fridge, covered
Woody herbs keep well in the fridge wrapped in damp kitchen paper

Jams & marmalades will keep in the fridge once opened
Wine will keep in the fridge for 3-5 days once opened
Vermouth can be stored in the fridge for 1-2 months after being opened
Most sherries should be stored in the fridge once opened and used within 1-2 weeks
Soy sauce should ideally be kept in the fridge if you don't plan on using it very often

SOMETIMES

Ketchup can be kept at room temperature or in the fridge if not used very often
Hot sauce can be stored at room temperature or in the fridge

Dried fruit can be chilled or kept in an airtight container in a cool place
Citrus keeps in your fruit bowl for 1 week, or preserve them in the fridge for a few months

NEVER

Bread – store in the freezer, but never in the fridge
Coffee – keep grounds and beans in an airtight container
Pastries are best kept in an airtight container

Wholemeal flours are best stored in the freezer and can be used from frozen.
Olive oil – keep in a cool cupboard
Honey – also keeps in the cupboard

Mealtimes made simple

Make nutritious dinners that save time, money and washing-up



Easy traybakes



Impressive puddings



PLUS Make the most of your air-fryer with our 10-page special



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HOME
COOKING
SERIES

Thoroughly tested recipes
from BBC Good Food





Quick & clever

Lower your energy use by baking pudding in the microwave

Fastest-ever chocolate chip cookie

MAKES 1 **PREP** 5 mins plus standing
COOK 5 mins **EASY** V

15g unsalted butter
15g light brown soft sugar
1 egg yolk (freeze the white for another recipe)
¼ tsp vanilla extract
25g plain flour
pinch of baking powder
15g milk chocolate chips
ice cream, to serve (optional)

1 Put the butter and sugar in a microwave-safe cup or ramekin and microwave on high for

30-50 seconds (longer if using fridge-cold butter) until melted.

2 Stir in the egg yolk until glossy and combined. Stir in a pinch of salt and the vanilla. Add the flour, baking powder and chocolate chips. Microwave on high for 1 min until puffed and golden. Remove and leave for a few minutes before serving with ice cream, if you like.

PER SERVING 407 kcals • fat 23g • saturates 12g
• carbs 42g • sugars 23g • fibre 1g • protein 7g
• salt 0.2g

Mug brownie

MAKES 1 **PREP** 5 mins
COOK 1 min-1 min 30 seconds
EASY V

3 tbsp plain flour
3 tbsp cocoa powder
2 tbsp caster sugar
2 tbsp vegetable or sunflower oil
4 tbsp milk
2 tbsp milk chocolate chips
ice cream, to serve (optional)

1 Combine all of the ingredients except the chocolate chips in a microwave-safe mug and mix well until smooth. Stir through the chocolate chips.

2 Microwave on high for 1 min-1 min 30 seconds until cooked through and a skewer inserted into the middle comes out clean. Serve with a scoop of ice cream on top, if you like.

PER SERVING 862 kcals • fat 39g • saturates 12g • carbs 107g
• sugars 59g • fibre 5g • protein 16g • salt 0.1g

gf tip

We tested these recipes in a 750-watt microwave – timings may vary if your microwave is more or less powerful.



SOUNDS

Find out how Britain fell in love with the microwave on *The Food Programme* with host Sheila Dillon. Search 'Food Programme Microwave' on BBC Sounds.

mug cakes

recipes AILSA BURT & SAMUEL GOLDSMITH photographs FACUNDO BUSTAMANTE



Microwave vanilla mug cake

MAKES 1 **PREP** 5 mins
COOK 1 min 30 seconds-2 mins
EASY V

30g butter
2½ tbsp caster sugar
6 tbsp plain flour
¼ tsp baking powder
3½ tbsp milk
½ tsp vanilla
4 tsp icing sugar
sprinkles, to serve (optional)

1 Put the butter in a microwave-safe mug and microwave on high for

30-45 seconds until melted. Stir in the caster sugar, flour, baking powder, milk and vanilla until smooth.

Microwave on high for 1 min-1 min 15 seconds until cooked through and a skewer inserted into the middle comes out clean. Set aside while you make the icing.

2 Combine the icing sugar with enough water to create a drizzly consistency, then spoon over the cake (it will melt a little with the heat of the sponge). Scatter over the sprinkles, if using, and serve.

PER SERVING 987 kcals • fat 28g • saturates 17g
• carbs 165g • sugars 73g • fibre 5g • protein 14g
• salt 0.9g

Microwave banana mug cake

MAKES 1 **PREP** 5 mins
COOK 1 min 30 seconds **EASY V**

1 banana, peeled
1 egg, beaten
1 tbsp vegetable or sunflower oil
½ tsp vanilla extract
3 tbsp maple syrup, plus extra for drizzling (optional)
4 tbsp plain flour
½ tsp baking powder
1 tbsp chopped pecans or chocolate chips (optional)

1 Cut 2 thin slices of banana from the centre of the fruit, set aside, then mash the rest.

2 Tip the mashed banana into a microwave-safe mug, then stir in the remaining ingredients, except the banana slices. Microwave on high for 1 min 30 seconds-2 mins until cooked through and a skewer inserted into the middle comes out clean. Cool for 1 min, then top with the banana slices and drizzle over maple syrup, if you like.

GOOD TO KNOW 1 of 5-a-day
PER SERVING 696 kcals • fat 17g • saturates 2g • carbs 116g
• sugars 49g • fibre 4g • protein 16g • salt 0.8g

Fresh ideas

We all have cans and jars of ingredients in our cupboards and fridges, but what should we do with them? In our new series, we explore creative ways to use these unsung heroes.

Storecupboard heroes: chickpeas

Versatile and low-cost, having a few cans in store means you're always assured of a satisfying meal

COOK
SMART

Smoky chickpeas on toast

SERVES 2 **PREP** 2 mins
COOK 10 mins **EASY** V

Heat $\frac{1}{2}$ tsp olive or vegetable oil in a pan over a medium heat. Tip in **1 small chopped onion** and cook until soft, 5-8 mins, then add **2 tsp chipotle paste**, **250ml passata**, a **400g can chickpeas**, drained, **2 tsp honey** and **2 tsp red wine vinegar**. Season and bubble for 5 mins. Toast **2-4 slices of crusty bread**. Heat $\frac{1}{2}$ tsp oil in a pan and fry **2 eggs**. Drizzle the toast with a little oil, then top with the chickpeas and eggs.

GOOD TO KNOW healthy • low cal • fibre • 2 of 5-a-day
PER SERVING 424 kcals • fat 15g • saturates 3g • carbs 47g • sugars 14g • fibre 9g • protein 22g • salt 0.7g

Spinach with chickpeas, pine nuts & raisins

SERVES 4 as a side **PREP** 5 mins
COOK 10 mins **EASY** V

Heat **2 tbsp olive oil** in a large non-stick pan and cook **1 large long shallot**, sliced, and **2 crushed garlic cloves** until softened. Add $\frac{1}{2}$ tsp each **cumin** and **smoked paprika**, a **400g can chickpeas**, drained, and **4 tbsp raisins**. Cook for 2 mins. Tip in **200g spinach** and cook until just wilted. Stir in **2 tbsp toasted pine nuts** and serve with a drizzle of olive oil.

GOOD TO KNOW vegan • folate • vit c • 2 of 5-a-day • gluten free
PER SERVING 279 kcals • fat 13g • saturates 1g • carbs 30g • sugars 21g • fibre 5g • protein 8g • salt 0.1g

Chorizo & chickpea summer stew

SERVES 4 **PREP** 5 mins
COOK 20 mins **EASY**

Heat **1 tbsp olive oil** in a large frying pan over a medium heat and fry **2 crushed garlic cloves**, **2 thyme sprigs** and **1 tbsp smoked paprika** for 2-3 mins. Tip in **200g sliced chorizo**, and stir for another 2 mins until its oil is released. Splash in **1 tbsp sherry vinegar** and let it bubble for a minute. Add **600g halved cherry tomatoes**, a **450g jar of roasted peppers**, drained and cut into large strips, **100g spinach**, **2 x 400g cans chickpeas**, drained, 100ml water and a pinch of seasoning. Bring to a boil, then reduce the heat to a simmer and cook until the tomatoes have softened and the sauce has thickened, about 15 mins. Season and drizzle with olive oil. Serve with **crusty bread**.

GOOD TO KNOW fibre • vit c • 3 of 5-a-day
PER SERVING 445 kcals • fat 24g • saturates 7g • carbs 28g • sugars 9g • fibre 11g • protein 24g • salt 2.7g

gr tip

WHY WE LOVE... CANNED CHICKPEAS

- *They're perfect for making quick and easy meals*
- *High in fibre, calcium and magnesium*
- *Ideal for bulking up a meal cheaply*

Canned or jarred chickpeas can be reheated or used straight from the can for a recipe like hummus. Like dried chickpeas, they vary in quality and size. They come packed in aquafaba, or chickpea water, which can be used to make vegan meringues. Chickpeas can be a great budget food, plus home-cooked chickpeas can be frozen for later use.



“
**Chickpeas
can be the
star of
the show**
”

Chipotle chickpeas with aubergine & pittas

Chickpeas can be the star of the show and create a meal that's worthy of a special occasion.

SERVES 4 **PREP** 10 mins
COOK 15 mins **EASY** **V**

4 wholemeal pittas, cut into triangles
150g light crème fraîche
3 tbsp tahini
2 limes, zested and juiced, plus wedges to serve
2 garlic cloves, crushed
For the topping
1 tbsp rapeseed oil
1 onion, finely chopped
2 small aubergines, finely sliced
400g chickpeas, drained
1 tbsp chipotle paste
½ small bunch of coriander, roughly chopped

1 Heat the oven to 200C/180C fan/gas 6. Arrange the pittas in a single layer on a baking tray and toast for 10 mins until crisp.

2 Meanwhile, make the topping. Heat the oil in a large pan and fry the onion and aubergine over a medium heat for 10 mins until softened. Add the chickpeas and chipotle paste, and cook for another 5 mins. Remove from the heat, stir in most of the coriander, and season.

3 Put the crème fraîche in a bowl and whisk in the tahini, lime juice, most of the lime zest, the garlic and 50ml water to loosen.

4 To serve, top the pittas with the sauce, pile on the aubergine and chickpeas, and finish with the remaining coriander, lime zest and lime wedges to squeeze over.

GOOD TO KNOW healthy • low cal • fibre • vit c
• 2 of 5-a-day

PER SERVING 426 kcals • fat 18g • saturates 5g •
carbs 42g • sugars 9g • fibre 12g • protein 16g •
salt 0.5g

NEW WAYS WITH PESTO

Half-used jars in your cupboard or fridge? Here are some surprising ideas for using them up:

- Add a spoonful to your salad dressings for a flavour boost
- Stir through bread or scone dough to create a lovely ripple of colour and add subtle flavour
- Swirl through soft cheese and spread over a bagel
- Fry eggs in pesto for colour, texture and herby flavour
- Mix with soft butter and push under chicken skin before roasting

WEEKEND

Master the perfect steak dinner, celebrate seasonal produce in epic salads and treat yourself to classic puddings from around the UK



TOM KERRIDGE

Côte de boeuf with chimichurri butter, p86



SAVE SUNDAY LUNCH

Paprika buttermilk chicken skewers, p98



BRITISH DESSERTS

Devonshire splits, p109



SICHUAN DUCK & WATERMELON SALAD, p94





TOM KERRIDGE

MY BEST EVER STEAK SUPPER

Tom shares his favourite method for cooking the perfect steak, served with spiced butter

photographs TOM REGESTER

When it comes to cooking steak for more than one person, I prefer to cook a larger piece that's carved, rather than smaller individual steaks that require a lot of pan juggling. For this, my favourite cut is a thick côte de boeuf, or single bone rib steak. The cut has a beautiful layer of fat running through it that adds so much flavour and succulence. But, as it's certainly not the

cheapest cut of steak, I've come up with a foolproof way to cook it. You need to trust me on this, as it's counterintuitive: I call it the 'reverse sear'. To do this, I treat the oven a bit like a sous-vide machine, using it to get the internal temperature of the steak right, before browning it to create a deeply savoury crust. This takes out all the guesswork and gives you perfect results every time.



The cut has a beautiful layer of fat running through it that adds so much flavour and succulence

Our contributing editor Tom Kerridge is a BBC presenter, chef-owner of restaurants in London and Marlow and cookbook author. You can also listen to Tom on the BBC Good Food Podcast at bbcgoodfood.com/podcast. [Twitter](#) [Instagram](#) @ChefTomKerridge





Côte de boeuf with chimichurri butter

I also use this method of 'reverse searing' to cook rib roast – rather than searing the joint in a pan, I blowtorch it. Or, just turn the oven right up at the end.

SERVES 4 PREP 15 mins plus 1 hr chilling COOK 13 hrs 10 mins MORE EFFORT

800g côte de boeuf (single bone rib steak), at room temperature
1 tbsp sunflower oil
25g butter

fries and rocket salad (see right), to serve

For the chimichurri butter
small bunch each of coriander and flat-leaf parsley, finely chopped
2 garlic cloves, crushed or finely grated
1 small red onion, finely chopped
1 green chilli, finely chopped
2 tbsp red wine vinegar
200g softened butter

1 For the chimichurri butter, tip everything into a medium bowl, season, then beat with a wooden spoon or spatula to combine. Scrape onto a sheet of baking parchment, then roll into a sausage, enclosing

the butter in the parchment, and twist the ends to seal. Chill for 1 hr until firm. *Will keep chilled for three days or frozen for a month.*

2 Heat the oven to 110C/90C fan/gas $\frac{1}{4}$, or its lowest setting. Put the beef on a baking tray and cook for 2 hrs 30 mins–3 hrs, or until the internal temperature reads 55C when tested using an instant-read thermometer. If you don't have one, press the beef with your finger – it should feel soft for rare, lightly springy for medium-rare and firm for well done. (See tip, right.)

3 Remove the beef from the oven. Heat the oil and butter in a large frying pan over a high heat until the butter is foaming. Season the beef generously with salt and cook in the pan for about 4 mins, or until deeply golden. Turn over and repeat on the second side. Melt a few thick slices of the chimichurri butter over the steak as it cooks. Serve immediately in slices alongside fries and a rocket salad (see right), with any extra chimichurri butter on the side.

GOOD TO KNOW gluten free

PER SERVING 502 kcal • fat 41g • saturates 20g • carbs 0.5g • sugars 0.4g • fibre 0.3g • protein 33g • salt 0.5g



5 MORE IDEAS

• Barbecued steak

After slow-roasting the steak, brown it over hot coals or a gas barbecue set to high. Rub with a drizzle of olive oil and cook for 4–5 mins on each side until golden.

• Leftover butter

You can also melt the chimichurri butter over grilled corn on the cob, barbecued or roasted cabbage wedges, salmon fillets, pork chops or lamb leg steaks.

• Cooking it more

The steak is cooked to medium-rare, which is ideal for côte de boeuf. But, if you prefer yours medium or well done, slow-roast the steak until the internal

temperature reads 60C for medium or 65–70C for well done. Or, use our guide at bbcgoodfood.com/ultimate-guide-steak-doneness

• Rocket salad

Whisk 2 tbsp red wine vinegar with 1 tbsp Dijon mustard, then gradually whisk in 4 tbsp olive oil and use this to dress a few handfuls of rocket and/or watercress.

• Other cuts The 'reverse sear' method also works for a 500g sirloin – when you brown it, hold the steak up using tongs so the strip of fat is against the pan to fully render.

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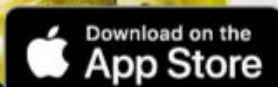
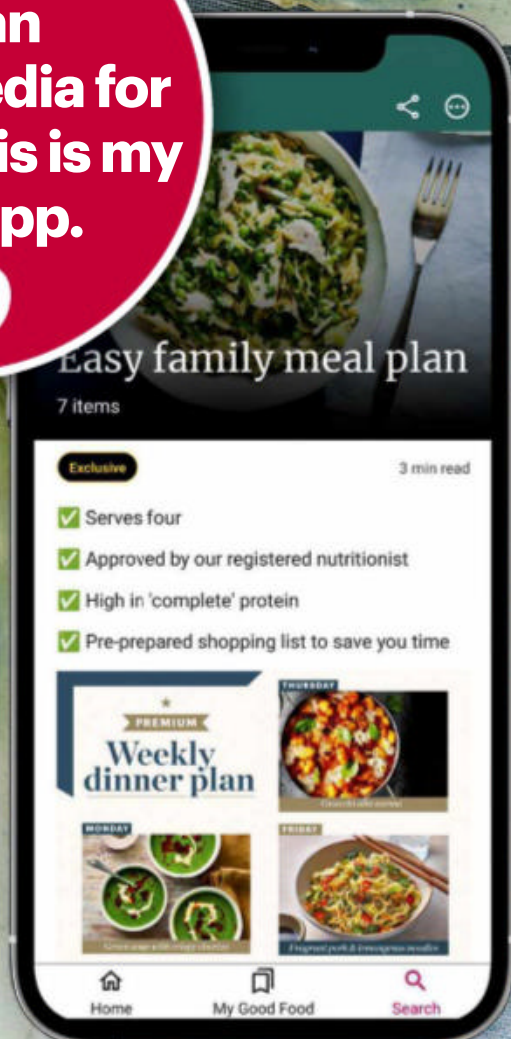
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A little surprise

Want to make someone's day? Show them you care by treating them to the brand new LU biscuit, **Le Petit Ganache**

They say it's the little things that matter most, whether that's making breakfast for someone you love, buying flowers to cheer them up, or offering them a cup of tea and their favourite biscuit after a long day. We all know that small gestures like these can make a big difference, and that's why LU has created its own little everyday surprise: Le Petit Ganache.

Completely different to any other biscuit in the range, Le Petit Ganache is delicately golden with a delicious crunch and an unexpected filling. Every time you bite into one, you're met with a rich chocolatey centre, infused with a subtle hint of hazelnut for a luxurious



finish. So, next time you're having a cosy family movie night, or an afternoon catch-up with a friend, try serving up a plateful of Le Petit Ganache as a little surprise to brighten the day – like every LU biscuit, you can taste the love in every bite.

CENTURIES OF LOVE

In true French style, LU started with a love story. It all began in 1846 in the city of Nantes, when two young bakers, Jean-Romain Lefèvre and Pauline-Isabelle Utile, fell in love and got married, then started making biscuits together. United by their shared passion for baking, the couple bought a patisserie and started selling their biscuits under the name of Lefèvre-Utile, or LU for short.

Now, more than 175 years later, their legacy lives on in the French passion and simple, authentic ingredients that are still baked into every LU biscuit. Plus, you no longer have to wait for your next cross-Channel hop to sample them, as LU finally launched a range of biscuits here in the

UK last year. Along with

Le Petit Ganache, you can enjoy all your usual favourites.

Le Petit Beurre has a wonderfully buttery flavour with a hint of salt that takes inspiration from the first ever

LU biscuit, the Véritable Petit Beurre. There's also Le Petit Chocolat, which combines a butter biscuit with a layer of indulgent milk chocolate, Le Petit Citron, which has a soft texture and a delicate lemon flavour, and Le Petit Biscotte, which is a lovely crunchy cinnamon and brown sugar biscuit.



THREE OTHER IDEAS TO SHOW YOU CARE THE FRENCH WAY



1 BAKE YOUR OWN CROISSANTS

Traditional croissants really are a labour of love, as they take time and patience to perfect. Made from butter, flour, sugar, salt, yeast and milk, the dough is laminated with butter in a long process of folding and rolling, which creates the croissant's signature flakiness. After that, it's cut and rolled into that familiar ridged crescent shape before baking.



2 TRY A FRENCH WINE WITH YOUR MEAL

When you want to treat someone special, you can't go far wrong with a French wine, and no one pairs wine and food

better than our friends across the Channel. A chardonnay is great with chicken or scallops, while a pinot noir works well with salmon or any other fatty fish, and a bordeaux pairs perfectly with red meats like beef or lamb.



3 SERVE A CHEESE COURSE BEFORE DESSERT

If you're enjoying a relaxed evening of al fresco dining with friends, the French tradition of adding a cheese course after the main is ideal for keeping the good times going. Try serving a selection of French favourites, such as brie, roquefort and comté, alongside crusty bread, fresh fruit, fig jam or even a charcuterie selection.

To find out more and #TasteTheLove, visit lubakery.co.uk or follow @LU.UK and I on Facebook and Instagram





SEASONAL DISHES

EPIC SUMMER SALADS

If you're entertaining al fresco or simply want to celebrate summer produce, these recipes from **Zena Kamgaing** deliver layers of fresh flavour

photographs TOM REGISTER



Zena Kamgaing is a cook, recipe developer and content creator. She shares bold, flavourful recipes influenced by cuisines from all over the world on her Instagram and TikTok @zenaskitchen



Marinated tomato
salad, p94



Sticky aubergine & tomato salad, p94



Sichuan duck & watermelon salad, p94

Sticky aubergine & tomato salad

SERVES 4 PREP 15 mins plus marinating **COOK 30 mins EASY V**

2 aubergines (around 450g), quartered lengthways
2½ tbsp vegetable oil
500g heritage tomatoes, chopped into chunks
1 small red onion, thinly sliced
2 tbsp rice vinegar
2 tbsp extra virgin olive oil
20g bunch of coriander, finely chopped
For the dressing
60ml rice vinegar
30ml soy sauce
30ml honey
2 large garlic cloves, finely grated

1 Heat the grill to medium-high. Put the dressing ingredients in a small saucepan and bring to a simmer over a medium-high heat. Reduce the heat to medium-low and simmer for 2 mins, then remove from the heat and set aside.

2 Season the aubergine slices with salt and pepper and brush over the vegetable oil. Arrange in a single layer on a baking tray and grill for 10 mins until dark golden brown and beginning to blacken.

3 Heat the oven to 200C/180C fan/gas 6. Put 4 tbsp of the dressing into a small bowl and set aside. Brush the aubergine slices with a third of the remaining dressing and roast for 5 mins. Repeat and roast for a further 5 mins. Brush with the remaining dressing and roast for a final 5 mins, then set aside to cool.

4 Put the tomatoes in a bowl with the red onion, rice vinegar, olive oil, the reserved 4 tbsp dressing and half the coriander, then season with salt and pepper and toss to coat. Leave to stand for 10 mins.

5 To serve, arrange the tomato salad on a platter, top with the sticky aubergine slices and scatter over the remaining coriander.

GOOD TO KNOW vit c • 2 of 5-a-day
PER SERVING 226 kcals • fat 13g • saturates 1g • carbs 22g • sugars 19g • fibre 5g • protein 3g • salt 1.2g

Marinated tomato salad

SERVES 4 PREP 10 mins plus cooling and marinating **COOK 5 mins EASY V**

500g heritage tomatoes, chopped into equal-sized pieces
250g ricotta
1 lemon, zested
½ bunch of chives (around 10g), finely chopped
For the dressing
4 tbsp vegetable oil
15g chopped mixed nuts
2 large garlic cloves, finely grated
5g ginger, peeled and grated
1 tsp chilli flakes
2 tbsp rice vinegar
2 tbsp soy sauce
1 tbsp sugar

1 For the dressing, heat the oil in a small saucepan over a medium heat and fry the mixed nuts for 2 mins until golden. Stir in the garlic, ginger and chilli flakes, and cook for 1 min more.

2 Remove the pan from the heat and carefully add the rice vinegar, soy sauce and sugar, stirring to combine. Leave to cool for 15 mins.

3 Put the tomatoes in a large bowl and add half the dressing, season with salt and pepper, then toss to coat. Set aside to marinate for at least 30 mins, or up to 1 hr.

4 Just before serving, tip the ricotta and lemon zest into a bowl. Season with salt and pepper and whisk for 1 min, or until smooth and creamy.

5 Spread the whipped ricotta onto a large plate. Pile the marinated tomatoes on top, discarding any excess marinade. Top with the chopped chives and serve with the reserved dressing drizzled over.

GOOD TO KNOW vit c • 1 of 5-a-day
PER SERVING 281 kcals • fat 20g • saturates 5g • carbs 16g • sugars 14g • fibre 2g • protein 8g • salt 1.2g

Sichuan duck & watermelon salad

SERVES 2 PREP 15 mins plus resting **COOK 25 mins EASY**

2 duck breasts
1 cucumber
4 spring onions, thinly sliced
300g watermelon chunks
handful of coriander (about 15g), roughly chopped
For the dressing
½ tsp Sichuan peppercorns
½ tsp chilli flakes
1 garlic clove, finely grated
5g ginger, peeled and finely grated
2 tbsp vegetable oil
2 tbsp soy sauce
2 tbsp rice vinegar
2 tbsp honey

1 First, make the dressing. Crush the peppercorns using a pestle and mortar until finely ground. Mix in the chilli flakes, garlic and ginger.

2 Heat the vegetable oil in a small saucepan over a medium-high heat for 1 min, then carefully pour the hot oil into the peppercorn mix. Add the soy sauce, rice vinegar and honey and stir well to combine, then set aside.

3 Heat the oven to 200C/180C fan/gas 6. Pat the skin of the duck breast dry using kitchen paper, then score the skin and season with salt on both sides.

4 Lay the duck skin-side down in a hot, dry, non-stick pan set over a medium heat. Cook undisturbed for 5 mins, until the skin is golden brown and crisp. Turn and cook for 1 min more, then transfer to a baking tray. Roast for 10 mins for pink, or longer if you prefer. Transfer to a chopping board to rest for 10 mins, then slice into thin strips.

5 Gently bash the cucumber with a rolling pin until it breaks up into large pieces, then chop these into bite-sized pieces. Transfer to a large bowl along with the spring onions, watermelon, coriander and some seasoning. Add all but 2 tbsp of the dressing, and toss to coat.

6 Transfer the salad to a platter and top with the duck slices. Drizzle the remaining dressing over, then serve.

GOOD TO KNOW vit c • 3 of 5-a-day
PER SERVING 694 kcals • fat 48g • saturates 11g • carbs 42g • sugars 39g • fibre 3g • protein 22g • salt 2.4g

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SAVE SUNDAY LUNCH

SIZZLING SUMMER

Make fresh seasonal produce the star of your next barbecue with these simple, low-cost recipes from cook and author **Ed Smith**

photographs ELLA MILLER



Ed Smith is an award-winning cook and author of *Welcome to Our Table*, a children's cookbook about how food is cooked and eaten around the world. His latest book, *Crave*, is out now. [@rocketandsquash](#)



I like to barbecue as often as possible over the summer, and not just for parties and gatherings. You could scale up any of the dishes here to suit those bigger events, but this menu is nicely contained and neatly feeds my small family. Some of the ingredients are shared between recipes to avoid waste (the buttermilk, lemon and almonds, for example). And, although there are a few stages to each one, everything is quick to prepare and often just requires assembly. The cooking can be done in a small to medium barbecue. To time things right, put the sweet potatoes in the embers when the coals are nearly at white-hot cooking stage, then put a grill on top and char the peaches before cooking the chicken. You could also add some shop-bought flatbreads and/or oven chips to the mix.

Paprika buttermilk chicken & courgette skewers

Brining chicken in buttermilk is an excellent way to ensure these skewers remain succulent, rather than burnt on the outside and undercooked in the centre.

SERVES 4 PREP 30 mins plus at least 2 hrs chilling COOK 15 mins EASY

- 200ml buttermilk
- 1¼ tsp sweet smoked paprika
- ½ tsp Aleppo pepper
- 800g skinless, boneless chicken thighs, quartered
- 2 courgettes, trimmed
- ½ lemon, juiced
- You'll also need
- 4 metal skewers (or soak wooden skewers in water for 30 mins before using)

1 Combine 150ml of the buttermilk with 1 tsp of the paprika, the Aleppo pepper and ¼ tsp sea salt flakes. Add the chicken pieces, mix well to coat and chill for 2 hrs, or overnight.

2 Meanwhile, slice the courgettes lengthways into 8-12 thin ribbons each using a vegetable peeler. Sprinkle over ¼ tsp sea salt flakes and leave to soften for 15-30 mins.

3 Combine the remaining 50ml buttermilk and paprika with the lemon juice in a small bowl or jug. Set aside.

4 Alternately thread the chicken and courgette ribbons, folding them in a concertina effect onto the skewers – each skewer should have a quarter of the chicken on it. Cook on the barbecue over a moderate heat or ashen coals for 10-15 mins, turning regularly to ensure they char but don't burn (or see tip, right, to cook indoors). The skewers are ready when the meat is firm to the touch.

5 Transfer the skewers to a platter and brush or spoon over the buttermilk dressing to serve.

GOOD TO KNOW folate • vit c • gluten free
PER SERVING 330 kcals • fat 17g • saturates 5g • carbs 4g • sugars 4g • fibre 1g • protein 40g • salt 1.2g

gf tips

• To cook the skewers indoors, put them on a baking tray and cook under a hot grill for 15 mins on each side.

• If you can't find buttermilk, you can make your own. Find the recipe at: bbcgoodfood.com/recipes/homemade-buttermilk

Ember-baked sweet potatoes with tahini & flaked almonds

This simple side is fairly hands-off until the last minute, so it's ideal for low-key barbecues.

SERVES 4-6 as a side PREP 5 mins COOK 40 mins EASY V

- 4 sweet potatoes (about 200g each)
- ½ lemon, juiced (about 2 tbsp)
- 60g tahini
- 50g salted butter
- handful of coriander, roughly chopped
- 25g flaked almonds, toasted

1 Tightly wrap each sweet potato in foil and, when the coals start to turn white, carefully tuck them into the embers to cook for 30-40 mins until softened. You can char the peaches (to make the dessert on p100) for the first 5-8 mins of this time, then cook the chicken for the final 10-15 mins. (Or, see tip, below, for alternative cooking methods.)

2 Meanwhile, measure the lemon juice and tahini into a small bowl, and whisk until you have a stiff paste. Whisk in 4-5 tbsp cold water, a tablespoon at a time, until the sauce is the consistency of double cream.

3 When the potatoes are ready, slice open and top with the butter. Transfer to serving dishes and spoon over the tahini sauce, then top with the coriander and flaked almonds.

GOOD TO KNOW 1 of 5-a-day • gluten free
PER SERVING (6) 279 kcals • fat 15g • saturates 6g • carbs 27g • sugars 14g • fibre 6g • protein 5g • salt 0.5g

gf tips

• If your barbecue is not big enough to hold the sweet potatoes in the embers while cooking the other components, you can microwave them until tender (about 6-8 mins), but do not wrap in foil. Finish on the grill of the barbecue for 5-10 mins before serving – this will crisp up the skins and impart a smoky flavour.

• If you have a gas barbecue, wrap the potatoes in foil and cook over a medium heat, covered with the lid, for 40 mins.

Wedge salad with soy seeds & quick-pickled dill cucumbers

The salty, umami-heavy crunch of the soy seeds beats a classic bacon garnish any day.

SERVES 4 PREP 15 mins COOK 5 mins EASY V

- 75ml white wine vinegar
- 1 tbsp caster sugar
- ¼ tsp ground turmeric
- 1 tsp finely chopped dill
- 1 large cucumber, thinly sliced into 1-2mm-thick rounds
- 1 iceberg lettuce, halved through the core, each half cut into 5 wedges
- For the seeds
- 75g mixed seeds
- 1 tsp caster sugar
- 1 tbsp light soy sauce
- For the dressing
- 100ml buttermilk
- 3 tbsp Greek-style yogurt
- ½ tsp Dijon mustard
- 1 small garlic clove, finely grated
- 1 tbsp finely chopped dill
- 2 tbsp liquid from the quick-pickled cucumbers (see above)

1 Combine the vinegar, sugar, turmeric, dill and ½ tsp sea salt in a medium non-reactive bowl, whisking to dissolve the sugar and salt. Add the cucumber slices, mix well and leave to pickle for 10 mins. Check the cucumber slices are still submerged, and if not, weigh down with a plate. Leave to continue pickling for a further 30 mins.

2 Toast the seeds in a dry, heavy-based pan over a medium heat for 4-5 mins, shuffling the pan often until the seeds begin to colour and pop. Add the sugar, then stir, turn off the heat, pour in the soy sauce, mix well and pour out onto a large plate to cool. Break up any clumps using a fork and store in an airtight container until needed. Will keep for up to a week. Combine all the dressing ingredients in a bowl or jug, and season well.

3 Arrange the lettuce wedges in a serving bowl and spoon over half the dressing. Scatter over the pickled cucumbers, then spoon over the rest of the dressing and the seeds.

GOOD TO KNOW folate • 2 of 5-a-day
PER SERVING 208 kcals • fat 13g • saturates 4g • carbs 12g • sugars 9g • fibre 4g • protein 9g • salt 1g



Our GF Nation Survey showed that the energy crisis is putting the traditional Sunday roast at risk, because many of us prefer not to switch on the oven. But getting together to share a meal doesn't have to cost the earth.

BBC Good Food's Save Sunday Lunch campaign is our way of keeping this tradition alive, with budget-friendly, energy-efficient recipes and ideas from Good Food's diverse community of food lovers for everyone to enjoy together at the weekend. Find more affordable recipes at bbcgoodfood.com/save-sunday-lunch.



Charred & smoky peach sundae

This always goes down well – it's really just an assembly of pleasing ingredients. You can try to be all cheffy when plating, or treat it as a DIY dessert. Any leftover purée can be used as an ice cream or yogurt topper on another day.

SERVES 4 PREP 10 mins

COOK 10 mins EASY V

415g can peach halves in juice
or light syrup

200g frozen raspberries

4 scoops vanilla ice cream
(gluten-free, if necessary)

30g flaked almonds

150ml double cream

1 Drain the peaches, reserving the liquid, then char on the barbecue for 5-8 mins before cooking the chicken skewers (p98). Transfer to a flameproof pan or tray and set aside.

2 Use a jug or hand blender to purée the reserved liquid from the peaches and 130g of the frozen raspberries. Keep chilled until needed. *Will keep chilled for a day.*

3 About 10 mins before serving, remove the ice cream from the freezer to soften slightly, and set the tray or pan of peaches over the still-warm barbecue for about 5 mins to warm through. If you like, toast the flaked almonds in a small, dry pan over a low heat. Whip the cream until it leaves a ribbon trail when the whisk is lifted out.

4 Cut each warmed peach half into three pieces, then divide between bowls or coupes and top with a scoop of ice cream, 1-2 dessert spoons of the raspberry purée and an equal amount of whipped cream. Scatter over the rest of the berries and the flaked almonds.

GOOD TO KNOW vit c • 1 of 5-a-day • gluten free

PER SERVING 396 kcs • fat 29g • saturates 16g •

carbs 26g • sugars 25g • fibre 3g • protein 5g •

salt 0.2g

gf tip

You can also char the peaches in a hot griddle pan over a medium-high heat for about 3-4 mins on each side.

SOUNDS

Dan Saladino explores the revival of the barbecue. Search 'Food Programme Barbecue' on BBC Sounds





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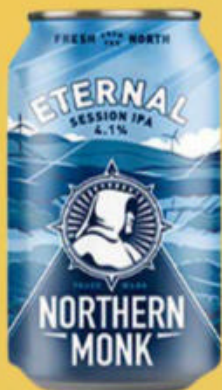
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Eternal
BREWED BY:
Northern Monk
STYLE: Session
IPA, 4.1% ABV



Easy-drinking Eternal from Leeds-based brewery Northern Monk is a slightly hazy golden IPA, with the aroma of lush oranges. It has low bitterness, a slight dash of sweetness, and an orange peel aftertaste. There is a lovely message on the can that reveals more about the brewer's humble beginnings, starting out in a damp cellar. It reads: "We didn't have much, but with the support of friends and family and a £5,000 gift from a grandparent, we've come a long way." They certainly have, because Eternal is a World Beer Award winner, landing Gold in the IPA category in 2016. Northern Monk has won various awards, set up two bars and run its own beer festivals.



FOOD MATCH *One-pot mushroom potato curry*

The orange peel notes in the beer will make a merry dance with the flavours of this veggie curry. The beauty is, you

can play with the amount of spice in the dish. Too much is likely to overpower the flavour of the beer, but the beer will cut through the creaminess of the coconut milk to ensure your palate is refreshed after each mouthful.

bbcgoodfood.com/recipes/one-pot-mushroom-potato-curry

• For more of Marverine's pairings, go to:
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NEW SERIES

CLASSIC *BRITISH* PUDDINGS

Serve up a bit of nostalgia with these
traditional recipes from around the UK
recipes SAMUEL GOLDSMITH *photographs* ELLA MILLER



Queen of puddings

Soaking breadcrumbs in hot milk has been around for hundreds of years – the meringue and jam came a little later. This recipe also inspired Monmouth and Manchester puddings.

SERVES 8-10 **PREP** 20 mins plus soaking **COOK** 50 mins **EASY** V

550ml milk
25g butter, plus extra for the dish
1 lemon, zested
100g fresh white breadcrumbs
240g caster sugar
4 eggs, yolks and whites separated
6-8 tbsp raspberry jam

1 Warm the milk in a small saucepan over a low heat until simmering, then remove from the heat and stir in the butter, lemon zest, breadcrumbs and 40g of the caster sugar. Leave to soak for 30 mins until the crumbs have absorbed the liquid and cooled.

2 Heat the oven to 180C/160C fan/gas 4. Butter a medium-large baking or pie dish (ours was 22cm). Once the breadcrumb mixture has cooled, stir in the egg yolks and pour into the baking dish. Bake for 30 mins until the mixture has set, similar to a custard. Warm the jam in a small

saucepan over a low heat to loosen, then spread this over the base. It should be a thin layer, so you may need less jam if your dish is deeper. Reduce the oven temperature to 160C/140C fan/gas 2.

3 Whisk the egg whites to stiff peaks in a clean bowl using an electric whisk, or stand mixer. Whisk in the remaining 200g caster sugar, a little at a time, until the sugar has dissolved and the meringue is glossy and stands upright. Spoon or pipe the meringue over the jam layer and bake for another 20-30 min until the meringue is golden and set. *Best served warm.*

PER SERVING (10) 226 kcal • fat 6g • saturates 3g • carbs 37g • sugars 33g • fibre 0.4g • protein 5g • salt 0.3g



In this new series, we explore classic dishes from around the British Isles. There is a rich culinary history in Britain, from cakes and comforting stews to seasonal salads. We begin this month with traditional sweet treats.

Cambridge burnt creams

Also known as trinity burnt creams, it's believed that this English take on crème brûlée originated at Trinity College, Cambridge.

MAKES 8 **PREP** 10 mins
COOK 40 mins **EASY** **V**

1 vanilla pod, split
400ml double cream
200ml whole milk
6 egg yolks (freeze the whites to use in another recipe)
100g caster sugar, plus 8 tsp for the topping

1 Heat the oven to 150C/130C fan/gas 2. Put eight ramekins in a deep baking tray and set aside. Scrape the seeds from the vanilla pod into a saucepan, then drop in the pod and tip in the cream and milk. Warm over a low heat, stirring often until simmering. Strain into a bowl or jug, discarding the pod.

2 Whisk the egg yolks and sugar together in a heatproof bowl until creamy. While the cream mixture is still quite hot, slowly pour it over the egg mixture, stirring continuously. Pour the mixture back into a jug, then divide between the ramekins (there should be about 125ml in each ramekin).

3 Half-fill the tray with hot water so it comes halfway up the sides of the ramekins, then transfer to the oven and bake for 30-40 mins until the custard is set. Leave to cool completely, then chill for at least 3 hrs. *Will keep chilled overnight.*

4 Sprinkle about 1 tsp sugar over each ramekin, then caramelise the tops using a kitchen blowtorch (or slide under a hot grill, watching carefully to ensure they don't burn). Leave to stand for about 2 mins until the sugar has set and firmed up, then serve immediately. *Best served the day they're made.*

GOOD TO KNOW gluten free

PER SERVING 377 kcals • fat 32g •

saturates 18g • carbs 18g •

sugars 18g • fibre none •

protein 4g • salt 0.1g





Devonshire splits

The precursor to scones, these buns dipped in popularity when baking powder came to the UK and cream tea surged in their place. But while these need a little more work, they're much lighter than scones.

MAKES 12 **PREP** 25 mins plus
2 hrs proving and 1 hr cooling
COOK 20 mins **MORE EFFORT** **V**

neutral oil, such as vegetable, for the baking sheets and proving
325ml milk
200g plain flour, plus extra for dusting (if you don't have a stand mixer)
300g strong white bread flour
25g caster sugar
7g sachet fast-action dried yeast
25g butter, softened
75g raspberry or strawberry jam
300ml double cream
1 tbsp icing sugar

1 Lightly oil two baking sheets.

Warm the milk in a small saucepan over a medium-low heat until just simmering, then remove from the heat and leave to cool to lukewarm.

2 Tip the flours, sugar, yeast and $\frac{1}{2}$ tsp salt into the bowl of a stand mixer, and mix using the whisk attachment, slowly pouring in the milk until you have a soft dough (you may not need all the milk). Add the butter and beat until combined. Knead for 5 mins using the dough hook attachment until smooth. If you don't have a stand mixer, mix everything with a wooden spoon, then knead on a lightly floured surface using your hands. Transfer to a lightly oiled bowl, cover with a tea towel and leave to prove in a warm place for 1 hr 30 mins, or until doubled in size.

3 Knock back the dough, then form into 12 balls, weighing for accuracy, if you like. Arrange on the oiled baking sheets, well spaced apart,

cover with tea towels and leave to prove for 30 mins more until puffed up. Heat the oven to 200C/180C fan/gas 6.

4 Bake for 10-20 mins, or until golden and hollow-sounding when tapped on the bottom. Remove to a wire rack and leave to cool completely, about 1 hr.

5 Cut the buns in half through the equator, then spread the jam over the bases. Whip the cream and icing sugar together to soft peaks, then pipe or spoon the whipped cream over the jam and serve. *Best served the day they're made.*

PER SERVING 340 kJals • fat 17g • saturates 10g •
carbs 41g • sugars 9g • fibre 2g • protein 6g •
salt 0.3g

Perfect pairings for pork

Enjoy our top wine picks for complementing this versatile meat in dishes inspired by cuisines from around the world

words HENRY JEFFREYS



Pair *Normandy pork with apple* with *Gold Top Chardonnay*

Tender pork with apples, cream, bacon and mustard can only be made better with Gold Top from the Limestone Coast in Australia, which is apple-forward, creamy and fresh. bbcgoodfood.com/normandy-pork-apples-cider



Pair *pork & noodle stir-fry* with

Perla Rosado 2021 For this pork dish, we've come up with something a bit different. Perla is a Rosado from Spain made from Garnacha, which is juicier and fuller than the equivalent from Provence. It's the perfect foil to the sweet chilli sauce in this dish. bbcgoodfood.com/pork-noodle-stir-fry



Pair *pork chops & mustard butter beans* with *McPherson Aquarius*

Marsanne Viognier 2021 Australia has been growing Rhône varieties like Marsanne and Viognier since the 19th century. This example from McPherson has creamy richness. bbcgoodfood.com/pork-chops-mustardy-butter-beans



Wine expert Henry Jeffreys, along with the Good Food team, selects all of the wines on offer to Good Food readers. Henry writes about wine for *The Guardian* and *The Spectator*, and on his blog, worldofbooze.wordpress.com. He's also a judge in the Best Drinks Producer category for the BBC Food and Farming Awards. His book, *The Home Bar* (£25, Jacqui Small), is out now.

All wines available at bbcgoodfood.wineclub.com

STAR MATCH FROM THIS MONTH'S BOX



Slow roast pork shoulder paired with *Terrasses des Safres*

Shoulder is a fatty cut of pork, so it requires a wine with plenty of acidity to cut through it. This blend from southern Rhône is made by one of the region's best producers, and tastes of autumn fruits and herbs with a moreishly refreshing edge. It might just be the ultimate red for roast pork. bbcgoodfood.com/slow-roast-pork-shoulder



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BOOST YOUR cooking skills

Get confident in the kitchen with tips and advice from the Good Food team

NEXT LEVEL

SPANISH TORTILLA

José Pizarro shares
his recipe for this
classic dish, p118



FOR MORE TIPS
AND HOW-TO GUIDES,
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VIDEOS ONLINE AT
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THIS MONTH



Get together
with a campfire
stew, p114



Better than
shop-bought,
try our DIY
arctic roll, p117



We have a go
at cooking true
paella, p120



Keep cool with
rosemary &
orange iced tea,
p125

KITCHEN TWISTS

Gather round

Perfect for family camping trips, this simple, smoky stew can be batch-cooked ahead of time



Campfire stew

SERVES 6 **PREP** 15 mins plus overnight soaking **COOK** 3 hrs 25 mins **EASY**

600g gammon
1 tbsp vegetable oil
2 onions, chopped
2 carrots, chopped
1 celery stick, chopped
2 peppers, deseeded and chopped
3 garlic cloves, crushed
1 tbsp tomato purée
2 tsp smoked paprika
½ tsp chilli powder (optional)
2 x 400g cans chopped tomatoes
1 tbsp Worcestershire sauce
1 tbsp sugar
2 bay leaves
2 x 400g cans haricot beans, drained and rinsed

1 Remove the rind and fat from the gammon, then soak in a pan of water in the fridge overnight – this will remove some of the salt.
2 Heat the oil in a large flameproof casserole or ovenproof pan over a medium-high heat and cook the onion, carrots and celery for 10 mins, stirring regularly until the veg starts to soften. Stir in the peppers, garlic, tomato purée, paprika and chilli powder. Cook for another 2 mins, then stir in the tomatoes. Swill out the tomato cans with a little water and pour this into the casserole. Season well and stir in the Worcestershire sauce, sugar and bay leaves.
3 Heat the oven to 170C/150C fan/gas 3. Put the gammon in the casserole, cover and bring to a simmer. Transfer to the oven and

cook for 3 hrs until tender. Carefully lift out of the casserole and return to a medium heat on the hob, then add the haricot beans. Simmer for 10 mins, then shred the ham using two forks. *Will keep cooled then chilled in an airtight container for three days, or frozen for two months.*

PER SERVING 327 kcal • fat 12g • saturates 3g • carbs 25g • sugars 15g • fibre 11g • protein 25g • salt 2.3g



For more camping recipes, visit bbcgoodfood.com/camping-recipes

TWIST IT

● Spanish-style campfire stew

Before adding the veg in step 2, fry **100g sliced cooking chorizo** until the oil is released. Omit the veg oil and swap out the haricot beans for **butter beans** in step 3.

● Baked potatoes (regular or sweet) are a great accompaniment, but this would also work well with cooked rice or small pasta.

TEST KITCHEN SECRETS

Vanilla extract or essence?

Helena Busiakiewicz from our cookery team explains when it's best to use one or the other

If you're a keen baker, you may well have bought a bottle of extract or essence for flavouring. But what exactly is the difference between them?

Vanilla extract is a natural product, whereas essence is chemically engineered. Vanilla extract is made from crushed vanilla pods, water and alcohol. Extract will have high levels of vanillin, which is the primary compound that gives vanilla that delicious taste and aroma. Vanilla essence, an alternative to extract, is chemically designed to taste like vanilla because using vanilla pods can be expensive. However, it does have some advantages. Often, with things that have been baked at higher temperatures, such as cookies, the flavour of vanilla essence can be more pronounced than extract, as it can tolerate higher temperatures. But when it comes to cold desserts, such as custards or puddings, vanilla extract (or even better, vanilla pods) is the way to go, as you will get a pure, more authentic vanilla flavour.

You can even make your own vanilla extract at home with any used or dried vanilla pods. Clean the pods thoroughly after using, then put in a sterilised jar or bottle and cover with vodka or brandy. Leave to infuse for two to three weeks and keep in the fridge, topping up with vanilla pods and vodka to keep it covered.



BEST OF BRITISH

The nation's best artisan cheeses

Add these award-winning cheeses to your board to take it to the next level

It's awards season in the British artisan cheese world, and these two champions are musts for every turophile's board: Hebden Goat and Montgomery's Mature Traditional Cheddar.

Made from the milk of just 10 goats at Tenacres Farm in Yorkshire, Hebden Goat was named 2023 Supreme Champion at the renowned Artisan Cheese Awards in Melton Mowbray. Montgomery's, meanwhile, picked up the same accolade at the Virtual Cheese Awards in an eight-hour live online final.

Hebden is made in small batches by radiography lecturer Gillian Clough, who has featured on Tom Kerridge's BBC TV series *Top of the Shops*. The smooth and creamy hockey-puck-sized product is only produced seasonally, from spring to autumn. It's excellent in salads or enjoyed simply spread over oatcakes – perfect with chilled white wine. The judges said: "For those wary of goats' cheese, this should convert everyone." Montgomery's is made by the third generation of the Montgomery family, whose cows graze the

beautiful Cadbury, Somerset pastures. Jamie Montgomery inherited the role of Master Cheesemaker from his mother, and cares for his 200-strong herd of Friesian cows. Sarah de Wit, co-founder of the Virtual Cheese Awards, says: "Montgomery's Mature Traditional Cheddar is an iconic British cheese, and it consistently scored nine in our blind judging round. It is an exceptionally complex and delicious cheese, and everyone wholeheartedly agreed."



For a full list of winners, go to artisancheeseawards.com and virtualcheeseawards.com



STEPS TO SUCCESS

Arctic roll

Make this retro frozen dessert at home using our guide

recipe MIRIAM NICE *photograph* DAVID MUNNS



Arctic roll

SERVES 6-8 **PREP** 35 mins plus
3 hrs 30 mins freezing and 1 hr
cooling **COOK** 20 mins
MORE EFFORT V *

butter for the tin

3 eggs

100g golden caster sugar, plus
extra for dusting

100g plain flour

½ tsp baking powder

¼ tsp vanilla extract

For the ice cream

2 eggs, separated

50g icing sugar

1 vanilla pod

150ml double cream

For the jam

200g strawberries, hulled
and quartered

½ lemon, juiced

200g golden caster sugar

1 First, make the ice cream. Whisk the egg whites to stiff peaks in a bowl using an electric whisk. In a second bowl, tip in the yolks and icing sugar, then split the vanilla pod and scrape in the seeds. Whisk until pale and fluffy. In a third bowl, whip the double cream using a clean electric whisk until it's holding its shape, then fold in the yolk mixture followed by the whipped egg whites.

2 Pour the ice cream mixture into a 900g loaf tin lined with baking parchment, leaving some overhanging (see pic, right). This will help you remove the ice cream later. Freeze for 2 hrs until set but still soft enough to shape.

3 Remove the ice cream from the freezer and lift out of the tin using the parchment. Use a spatula to shape the mixture into a rough sausage, then use the parchment to roll the ice cream into a rough log, about 35cm in length. Twist the ends of the parchment like a cracker to enclose the ice cream (see pic, right), then return it to the freezer for a further 1 hr until solid.

4 Next, make the jam. Put a saucer in the freezer to chill, then tip the strawberries, lemon juice and sugar

into a heavy-based saucepan set over a high heat. Bring to the boil, stirring occasionally. Boil rapidly for 5 mins, then remove the pan from the heat.

5 Spoon ¼ tsp jam onto the cold saucer – if it wrinkles when you push it with your finger, it's ready. If it's still runny, return it to the heat and boil for another 2-3 mins, then test again. Once the jam is set, remove from the heat and leave to cool. It should be thickened and sticky (see pic, right).

6 Heat the oven to 200C/180C fan/gas 6 and line a 24 x 32cm swiss roll tin with baking parchment so that it overhangs the rim, then butter well. Whisk the eggs and sugar together using an electric whisk for 2-3 mins until thick and pale.

7 Fold in the flour, baking powder and vanilla extract using a large metal spoon until no visible pockets of flour remain.

8 Gently tip the batter into the prepared tin (see pic, right) and bake for 15 mins until lightly golden and springy to the touch.

9 Remove from the oven, leave to cool for 1-2 mins in the tin (or until cool enough to handle), then carefully roll the sponge up while it's still warm, using the baking parchment. Leave to cool fully in its rolled-up shape, about 1 hr.

10 Unravel the sponge and spread the jam all over the inside using a spatula or palette knife. Working quickly, unwrap the ice cream and put it on top of the jam, then roll the sponge up around it to enclose the ice cream (see pic, right).

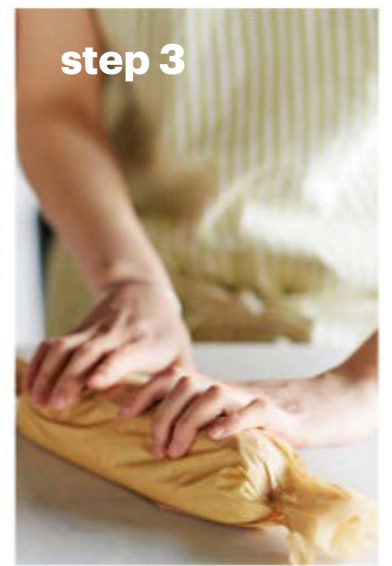
11 Wrap the arctic roll in a clean sheet of baking parchment (see pic, right), followed by a sheet of foil. Freeze for a further 30 mins to firm up slightly.

12 Unwrap, slice and serve. *Will keep frozen for up to a month. Leave at room temperature for a few minutes before slicing and serving.*

PER SERVING (8) 398 kcal • fat 14g • saturates 7g •
carbs 62g • sugars 53g • fibre 1g • protein 6g •
salt 0.2g



step 2



step 3



step 5



step 8



step 10



step 11

NEXT LEVEL

Spanish tortilla

Elevate this simple Mediterranean favourite from chef **José Pizarro** with attention to detail

photograph TOM REGESTER

SERVES 2 PREP 20 mins COOK 45 mins MORE EFFORT V

TAKE A LITTLE THYME

Traditionally, a tortilla is made with only four ingredients, but a little thyme takes the flavour up a notch.

WHY

Tortilla is perhaps Spain's most iconic dish, and this recipe is the ultimate version. Just a handful of ingredients, carefully chosen, becomes a fabulous meal using José Pizarro's time-honoured method, both in terms of presentation and flavour.

WHAT TO BUY

300ml olive oil

1 large Spanish onion, finely sliced

2 thyme sprigs

500g semi-waxy potatoes, thinly sliced using a mandoline (see tip, right)

6 free-range eggs

3 tbsp extra virgin olive oil

AN EVEN SLICE

If you want to get beautifully even, slender potato slices, use a mandoline. It not only helps ensure more even cooking, but saves you a lot of fuss. You want slices around 3mm thick.

POTATO PICKING

Many chefs use only waxy potatoes for their tortilla, but for me, yellow-fleshed, semi-starchy, semi-waxy potatoes are the key to a tender tortilla that keeps its shape. Yukon Gold or Désirée work well.

ONION SWEETNESS

I love the flavour of a caramelised onion, and although it is controversial with tortilla aficionados, I believe it takes the tortilla to a whole new level.



José Pizarro is a Spanish chef and cookbook author with restaurants across London. He hosts food experiences at an exclusive property in Andalusia, and is a regular on BBC One's *Saturday Kitchen*. @jose_pizarro

THE PERFECT PAN

A well-seasoned cast iron pan is the best choice, as it retains heat and helps ensure even cooking, but if you don't have one, a good non-stick pan will do the trick.

MELTING MIDDLE

Never cook your tortilla until it's completely set. Leave the centre quite runny, then as it cools, it will continue to cook, but retain that amazing ooze that all the best tortillas have.

HOW TO MAKE IT

1 Heat the olive oil in a deep non-stick pan, ensuring it is no more than a third full, over a medium heat. Add the sliced onions along with the thyme sprigs, and fry gently for 15-20 mins until golden.

2 Tip in the potatoes and cook gently for 10 mins until tender but not falling apart. Drain well (reserve the oil to make your next tortilla – keep chilled).

3 Beat the eggs in a bowl and season well, then add the hot cooked onions and potatoes, and mix well to coat.

4 Heat the extra virgin olive oil in a 20cm cast iron or non-stick frying pan over a high heat. Pour in the tortilla mixture and swirl until the outside starts to set. Reduce the heat to medium-low and cook for 4-5 mins until starting to set – the bottom and sides should be golden and the centre loose.

5 Put a board wider than the pan over the top and invert the tortilla onto it. Carefully slide the tortilla back into the pan and set over a low heat.

6 Use a spatula to tuck in the edges of the tortilla and give it a curved look. Cook for another 2-3 mins (the centre should still be a bit runny), then turn out onto a board and leave to stand for 5 mins before serving.

GOOD TO KNOW folate • fibre • vit c • 1 of 5-a-day • gluten free
PER SERVING 882 kcals • fat 48g • saturates 9g • carbs 79g •
 sugars 10g • fibre 10g • protein 29g • salt 0.6g

THE FLIP AND TUCK

The trickiest bit of the process is the flip (tortillas are never put in the oven or under the grill). This might seem daunting, as the tortilla will still be quite liquid in the centre, but don't panic. Don't be tempted to use a plate either, as you will find the rim drags on the set skin of the tortilla, which is likely to burst it. Instead, use a clean board that fits nicely over the pan. Flip steadily but not too slowly, then shimmy it back into the pan. Don't worry if it leaks a little – this will be remedied. For a rounded look, use a spatula to tuck the bottom of the tortilla under so it doesn't take on the shape of the pan. This will also help seal in any bits that might have escaped during the flip.

MIX IT UP

Mix the onions and potatoes into the whisked egg before tipping into the pan, rather than pour the egg over the top. This way, the potatoes are evenly coated and won't sink to the bottom. You should do this while the potatoes and onions are still warm.

next month
Classic
gazpacho

Learn to make this refreshing summer soup. Our August issue is on sale 27 July.

COOKBOOK CHALLENGE

Paella by Omar Allibhoy

Editor **Keith Kendrick** evokes memories of Valencia by cooking Spain's original one-pan dish

One of the best nights I've ever had was in Valencia, stamping my feet with flamenco dancers. Then, with a clack of the castanets, one of the dancers summoned a waiter to bring the house paella. It was a revelation: silky, smoky rice, with real saffron, plus braised chicken and rabbit. I've eaten it since, but nothing as good as that. Enter chef Omar Allibhoy, founder of Tapas Revolution, who opened his first restaurant at Westfield London in 2011. His book, *Paella*, is a homage to the dish. There are meat, seafood and veg options, but I wanted to recreate what I'd enjoyed in Valencia – “the original and best,” he says.

Omar's love for paella started at an early age, at Posada de San Miguel in Altea, Valencia. “It was rare to find a restaurant that could feed a large family like ours with one pan, and paella was the perfect solution,” he explains.

To make my own version of his world-class Valenciana, I noted four key elements. First, to fry the main ingredients in the correct order until caramelised, then add the garlic and paprika in quick succession to avoid them burning. Then, grated tomato halts the caramelisation and deglazes the pan. Third, I had to get the cooking of the rice right. Omar's method is to pour the stock into the pan after cooking the base, letting it simmer, then adding the rice. Finally, there's the socarrat, the crispy bottom that holds amazing flavour as well as texture, but is the trickiest part to master. Omar advises, “Be generous with the olive oil and use a slowly simmered stock, rich in flavour, texture and binding collagen.” Then, it's time to relax and share, because, as Omar says, “paella is a fiesta.”



“To make a world-class Valenciana, I noted four key elements”

TRY IT YOURSELF

Paella Valenciana

SERVES 5 PREP 20 mins

COOK 1 hr 10 mins MORE EFFORT

pinch of saffron
1 tbsp rock salt
120ml Spanish olive oil
400g chicken on the bone, cut into large pieces
400g rabbit on the bone, cut into large pieces
6 garlic cloves, finely chopped
1 tbsp sweet paprika
2 small tomatoes, grated
100g cooked garrofon beans (or butter beans)
200g runner beans, cut into 4cm pieces
500g Spanish paella rice
2 rosemary sprigs

1 Heat a paella pan over a medium heat. Wrap the saffron in a square of foil and toast for 30 seconds on each side, then grind to a powder using a pestle and mortar. Set aside.

2 Over the highest heat, sprinkle the rock salt around the edge of the pan. Pour in the oil and fry the chicken, skin-side down, for 10 mins. Add the rabbit and fry on all sides for 10 mins more, turning often until the meat is deeply golden. Take your time – the flavour added to the pan now is what will season the water you add later, creating a rich stock.

3 Reduce the heat to medium. Push the meat to the edge of the pan, letting the oil run into the middle. Add the garlic and cook for 30 seconds, then add the sweet paprika and grated tomatoes. Cook for 4 mins, stirring until the juice of the tomatoes has reduced and formed a paste that is separating from the oil.

4 Pour in 4 litres water, then add the saffron and garrofon beans, and simmer for 20 mins. Add the runner beans and simmer for 5 mins more. Season to taste. Turn the heat up to high and pour in the rice, spreading it out evenly. Cook for 10 mins, then reduce the heat to low and cook for 5-7 mins more without stirring. When the liquid has reduced to just below the level of the rice, put the rosemary on top. Cook for a few minutes more, remove from the heat, then rest for 5 mins and serve.

GOOD TO KNOW 1 of 5-a-day • gluten free
PER SERVING 759 kcs • fat 35g • saturates 7g •
carbs 82g • sugars 2g • fibre 4g • protein 28g •
salt 1.6g



Books for cooks

Helena Busiakiewicz from our cookery team selects her favourite new titles to inspire you this month

Slice *Thom and James Elliot* (£12.99, *Hardie Grant*)

A masterclass in all things pizza from the founders of one of London's coolest purveyors, Pizza Pilgrims. It includes an expert breakdown on making the dough, plus recipes for all of their best toppings from the menu. There's also a drinks section, so you can sip on a 'peppergoni' while you make your pies. Just the thing for anyone who has invested in a pizza oven.

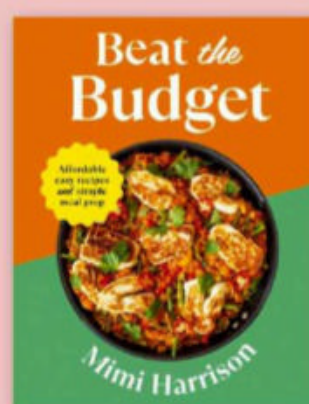
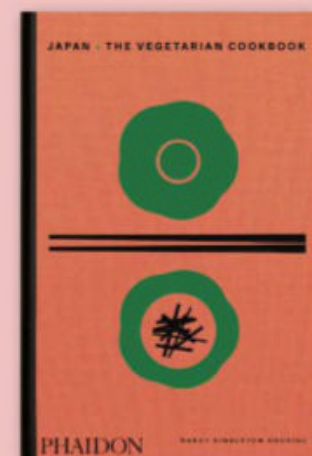
Must-make recipe: Kale, anchovy & chilli pizza



Japan: the vegetarian cookbook *Nancy Singleton Hachisu*, (£39.95, *Phaidon*)

This book is a gorgeous exploration of the Japanese vegetarian kitchen, with a focus on cooking for the body and soul "to be satisfied, refreshed, and in some way spiritually fulfilled." This is a book that teaches you to be present and mindful when cooking – something we all need a reminder of when rushing to make dinner.

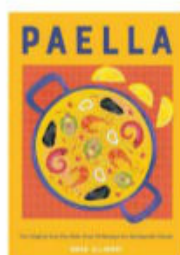
Must-make recipe: Vegetarian Japanese-style curry



Beat the Budget *Mimi Harrison* (£16.99, *Ebury*)

With all recipes coming in at £1.55 per portion or less, this book makes cooking and planning meals simple. Every ingredient is used with flavour in mind, meaning every penny you spend results in a better dish, even while sticking to a budget.

Must make recipe: Ginger & lime chicken legs with coconut rice



Recipe adapted from *Paella* by Omar Allibhoy (£18, *Quadrille*). Photographs by Facundo Bustamante.

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5 OF THE BEST picnic rucksacks

If you're planning a summery day out, you may need one of these for al fresco pit stops

words IMOGEN HOPE

● VonShef two-person picnic backpack with blanket

If you take your picnicking seriously, this is the rucksack for you. Designed with practicality in mind, the padded handles mean it's comfortable if you're walking long distances. There's a good choice of pockets, from a large insulated cool bag to small zip pockets. The bag is made for two and includes cutlery and tableware, as well as thoughtful extras like a cheese knife and board.

Available from Amazon (£43.98), Von Haus (£49.99)



Best for
comfort

● Mountain Warehouse four-person picnic set

Ideal for family days out, this rucksack has a deep, insulated main section with plenty of room – we fitted in two big and four smaller boxes. In the zip-up crockery compartment, you'll find four plates, cutlery, cups and salt and pepper shakers. There's also a chopping board and serrated knife, which are useful additions.

Available from Amazon (£29.99), Mountain Warehouse (£29.99)



Best for
space

● Sunnylife Luxe picnic backpack

This rucksack comes with enamel plates and beakers, as well as full-size stainless steel cutlery and a bottle opener. We really like the shape of this rucksack. The main compartment has a middle divider that can be removed and frozen to keep the whole compartment cool. There are drinks pockets on either side, plus the picnic blanket at the bottom is lightweight and big enough for two.

Available from House of Fraser (£120), Selfridges (£150)

Best for a
romantic
picnic



● Fortnum's two-person canvas picnic backpack in Eau de Nil

Style is at the heart of this rucksack's design, from the leather handle at the top, to the matching detachable drawstring bag, all made from recycled materials. Inside you'll find enamel plates, cutlery and even white cotton napkins for two people. There are also two wine goblets, salt and pepper grinders and a bottle opener.

Available from Fortnum & Mason (£195)

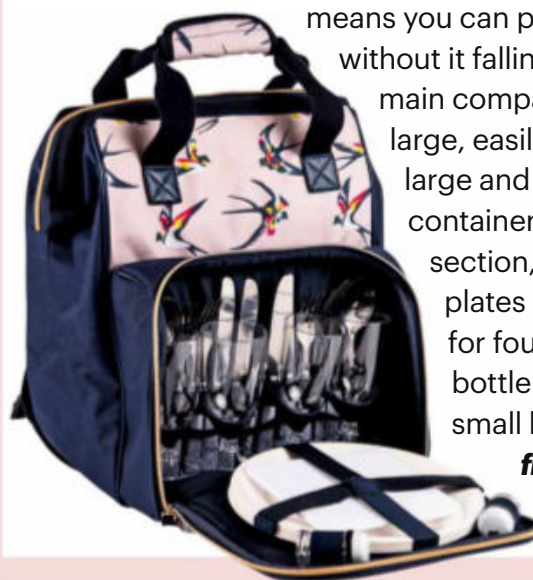
Best for
luxury extras



● Summerhouse Guatemala picnic backpack

The design of this rucksack makes it a joy to use – it's lightweight, plus the flat base means you can put it down without it falling over. The main compartment is large, easily fitting three large and two small containers. In the front section, there's cutlery, plates and wine glasses for four, as well as a bottle opener and a small board. **Available from Wayfair (£56.99)**

Best for a
family picnic



For more expert reviews, head to bbcgoodfood.com/reviews or scan the QR code



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You'll enjoy a range of memorable culinary experiences, like dining at excellent local restaurants, informative cooking and pasta-making classes, and an olive-oil-tasting.

You'll visit the UNESCO World Heritage Site of Sassi di Matera, with its ancient cave dwellings and rock churches, and Alberobello, where you'll see the iconic trulli – houses made of limestone boulders with pyramid roofs – as well as many other amazing sites. (See the website below for more information.)

Throughout the trip, you'll stay in comfortable hotels and B&Bs that allow you to fully immerse yourself in Apulian culture. You'll stay in a cave hotel in Matera, your own traditional trullo in



Alberobello, and in beautiful Bari, you'll be well placed to explore the city's charming old town, including the Church of St. Nicholas.

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Day 3 Alberobello, Altamura
Day 4 Locorotondo, Bari and Ostuni
Day 5 Bari **Day 6** Departure

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- One night in a traditional trullo hotel in Alberobello
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DRINKS CABINET

Rosemary & orange iced tea

Keep cool with this aromatic infusion

recipe LUCY ROXBURGH photographs ISSY CROKER

SERVES 4 **PREP** 5 mins plus 1 hr
infusing and cooling **COOK** 5 mins
EASY V

1 orange, juiced, zest peeled into
large strips
3 large rosemary sprigs, plus extra
to serve (optional)
100g golden caster sugar
6 teabags
ice

1 Tip the orange peel, rosemary,
sugar and 100ml water into a small

saucepan and bring to a simmer.
Ensuring the rosemary sprigs are
submerged, cook over a low heat
until the mixture has thickened
slightly, about 6-8 mins. Turn off
the heat. Leave to infuse for 1 hr.
2 Put the teabags in a large
heatproof jug and pour over 1 litre
boiling water from the kettle. Steep
for 4 mins, then discard the teabags.
Leave to cool completely.
3 Stir the orange juice along
with the prepared syrup
into the cooled tea. Serve
in highball glasses over
ice. Add rosemary sprigs
to garnish, if you like.

GOOD TO KNOW vegan • low fat •
gluten free
PER SERVING 107 kcal • fat none •
saturates none • carbs 26g • sugars 26g
• fibre 0.2g • protein 0.1g • salt none



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Keeping it in the

Recipes are immediately transportative, evoking a time, place and people. They are passed on, crossing borders and continents, but never losing their power. So, what are those extra-special dishes we carry, passed down not only as a means to prepare a meal, but to connect with our heritage, relatives and memories? Here, renowned people from the food world share their ultimate inheritance dishes.



1 "TAMALES WERE PASSED TO OUR GRANDMOTHER FROM HER MUM"

Karla Zazueta is a chef and food writer. She also runs Mexican cookery classes (mexicanfoodmemories.co.uk).

"Tamales Sinaloenses are parcels made with corn dough, wrapped either in corn husks or banana leaves. These are particular because the dough is coloured with red chilli and has rendered pork added. I remember eating the raw dough as a girl and my mum would warn me I'd get ill. They're topped with a stew of shredded beef and pork. My family adds carrot, courgette, potato, olives and pickled jalapeños, too. "They're wrapped and steamed for an hour. They take a bit of time to make, but there's nothing nicer.

"The recipe was passed to our grandmother from her mum, who

got it from her mum. Nobody knows who started it, it's just been in our family for a really long time.

"Growing up in Mexico, all the family gathered to make them. My mum was in charge of making the masa (dough) and everyone had a job – adding the stew, the vegetables and tying the tamales.

"The secret is adding the perfect amount of fat. Too little and the masa will stick to the leaf; too much, and all you'll taste in the tamales is fat.

"I'm still scared of making these. I've made a lot, but I still have to call my mum for reassurance."



family

Chefs, cooks and writers from around the world and living across the UK share the food that connects them to their heritage



2

“BOBOTIE IS AN UNUSUAL FEATURE FROM A SCOTTISH CHILDHOOD”

Award-winning chef **Pam Brunton** is co-owner of Inver restaurant on the shore of Loch Fyne, on Scotland’s west coast (inverrestaurant.co.uk).

“My mum was born and brought up in Zimbabwe, and bobotie is one of the things she brought back.

“It’s made with meat – game, lamb or beef – and cooked with spices with some sweetness, like dried fruit. It’s baked in the oven with a custard topping (milk set with eggs), but not sweet.

“I cook it in the restaurant, though not exactly the same as my mum did. One summer, we cooked the mince with dried figs and infused the custard with fig leaves from a local garden, then had the grilled figs on the plate with pieces of pink lamb and sheep’s milk cheese.

“It’s believed to have Indian and Indonesian influences, with spices and different techniques brought to the south-west coast of Africa. Then, those communities combined with the Dutch colonial influence to create this dish that my mum brought back to the east coast of Scotland.

“My mum’s parents – my grandparents – were killed in a plane crash when they were moving back to Scotland when Mum was 11. Mum’s grandmother raised her, and she had also lived in Zimbabwe for five years running the household along with Zimbabwean help around the house. One of the team, Edward, cooked British and African food for them, and I think that’s where it came from.

“Back in Scotland, Gran must’ve cooked it, and then Mum cooked it for us when we were growing up. It’s quite a story, this plate of food.”



“We cooked the mince with dried figs and infused the custard with fig leaves”

“Everyone had a job – adding the stew, the vegetables and tying the tamales”

3

"THE WHOLE FAMILY GETS TOGETHER TO COOK SHUWA"

Khalid Al Muharrami owns Al Wali restaurant in Cardiff, an Omani restaurant (alwalionline.co.uk).

"In Oman, we have this unique dish, shuwa. In the past, it would only be made for Eid.

"The preparation for that starts about 45-50 days before to make the palm or date vinegar. We use it to marinate the meat – lamb, goat or beef – and then three days before Eid, mix it with spices, chilli, cardamom and lots of garlic, too.

"On the day, we wrap the meat, cut into big pieces, in banana leaves and then put the pieces into bags made from date palm leaves. Finally, we put it in the fire-pit under the ground and a fire is lit with wood. Once it's turned to charcoal, we put all the bags of meat inside and cover it, then cook it for 24-36 hours.

"The meat becomes tender and steams in its own juices. It's really delicious. The problem is, it's hard to do it in the UK. We can't have a fire pit underground, so we tried many

ways to make sure it has the same taste of the shuwa we had in Oman. Eventually, we did get it as good.

"We knew we did it because people who've missed the dish in Oman come in and eat it, and then order two more to take away.

"It's part of the Omani culture. Ever since I could crawl, I watched how it's made. The whole family gets together to cook it, everyone works together and shares it. Every village has a huge firepit underground. Everyone brings their bag to cook, and sometimes up to 50 bags are cooked at the same time."

“

Ever since I could crawl, I watched how it's made

”



4

"MY NEPHEW COOKS MY MUM'S BROWN STEW"

Angela Knight runs 2-Tone Café in Coventry, serving Jamaican food, including a legendary Caribbean breakfast with jerk sausage.

"Mum's grandmother taught her how to cook back in Chapelton, Jamaica, and then my mum taught me how to cook, aged eight or nine. I don't think I had a choice. Mum's old-school, so from an early age, you had to learn to cook and wash.

"The standout dish was brown stew chicken, but I hated cooking it. I'd season it, add scotch bonnet and all-purpose seasoning, then marinate overnight. But, I hated browning the chicken. I'd get splashed with hot oil and it'd burn me.

"Having said that, brown stew chicken with rice and peas was my favourite dinner, so cooking it was a means to an end.

"During lockdown, we took part in a project cooking food to sell for a discounted price. One of the dishes

was brown stew pork, and the oil splashed everywhere. Pork is the worst because of the fat, and after that I said, 'Forget it, I'm never doing that again'. All those memories came back from when I was younger.

"My nephew cooks it now, and we passed it onto one of the ladies who works here at the café. She cooks it at home for her kids now, too."

“

Mum's old-school, so from an early age you had to learn to cook. The standout dish was brown stew chicken

”

5

“FISH-FRAGRANT AUBERGINE IS A MAGICAL DISH FROM MY GRANDMOTHER”

Andrew Wong is head chef and owner of A Wong Chinese restaurant in Victoria, London (awong.co.uk).

“Fish-fragrant aubergine reminds me of visits to my grandmother Kym, who lived just outside Birmingham.

“The texture makes it special – aubergine is fried before the sauce is added, so it has bite, but is still soft. Then there’s spice, a little hit of vinegar, this moreishness from the umami of fermented chilli bean paste, then sweetness.

“My grandmother was from Sichuan, but growing up, we never knew. My grandfather was in the army, so they moved around a lot and moved to Hong Kong as refugees quite early on. So my grandmother never really spoke about her own childhood in Sichuan, yet cooked these classic Sichuanese dishes.

“I didn’t pick up any cooking from her because she’d never let me help in the kitchen. But, as soon as I went to Sichuan, I knew what it was. It was one of the first dishes I learnt there. It’s a magical dish, and technically quite difficult to make really well.

“They say it gets its name because, traditionally, the fermented chilli bean paste was left in fish barrels, so it had a slight fish aroma. Nowadays, it’s all done in massive clay cauldrons.

“It was one of the first dishes on the menu when we opened A Wong. Now that I’m thinking about it, it should go back on.”

“

It was one of the first dishes I learnt. It’s a magical dish, and technically quite difficult to make really well

”



To read more from Melissa, go to bbcgoodfood.com/author/melissathompson or [@fowlmouthsfood](https://www.instagram.com/fowlmouthsfood)

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Joanna Blythman

Why we are adventurous, globe-trotting eaters



Brits enthusiastically embrace foods from all cultures and assimilate them into our home cooking – our columnist explains why

Heading back to the UK after a holiday abroad, I often look forward to going back to my usual food staples. I'm not thinking about a traditional roast dinner, although I'm always up for one. Instead, I'm craving homemade curries and a meal out in a favourite Thai or Korean restaurant.

Staked out on a Greek beach, I'm happy to eat wall-to-wall gyros and spanakopita. In Vietnam, I'll be savouring pho and banh mi. In Tunisia, variations on couscous and brik are more than acceptable for a week. But, I soon start pining for the variety and diversity of cuisine that we take for granted in these isles.

If you've lived or travelled abroad, you will probably have noticed that non-indigenous food possibilities are more limited elsewhere. Italy is a prime example. Although it has exported dishes like pasta and pizza worldwide, on their home turf, Italians show only a modest appetite for foreign cuisine.

In the UK, by contrast, we enthusiastically embrace foods from non-native cultures and assimilate them into our home cooking and restaurant scene, irrespective of our backgrounds.

Other western European countries do, of course, have restaurants and food shops that reflect subsequent waves of immigration. In the Netherlands, Surinamese food is a popular eating-out category. France is home to many North African and Moroccan entrepreneurs. But, for sheer eclectic range, the UK, and

“
**Perhaps
a lack
of belief
in our
cuisine
is part
of it?**
”



London in particular, has a much broader food portfolio than anywhere else on the planet.

Where does this magpie-like ability to seek out and hoard other cultures' culinary jewels originate? Our enthusiasm certainly reflects our ocean-going colonial history and the rich mix of heritages now woven into the fabric of contemporary Britain.

Perhaps a lack of belief in our traditional cuisine is also part of it. We British are easily convinced that food beyond our borders is intrinsically more interesting than our own.

Maybe our culinary heritage was porous to start with? Early industrialisation meant that our urban population was rapidly disconnected from the land and food production. Whatever the reason, we are certainly less wedded to the past than

enthralled by the new when we sit down at the table.

Is there a downside to Britain's culinary openness? You can argue that we excel at appropriating other countries' culinary treasures, sometimes making a travesty of them. Have we created a gastronomic culture so focused elsewhere that it lacks its own distinctive, and authentic core?

But in a globalised world, food cultures surely evolve. Adaptation of recipes and incorporation of novel ingredients is inevitable and potentially enriching. We British are adventurous eaters, typically game to try most things. To me, that's a commendable trait.

Our contributing editor Joanna is an award-winning journalist who has written about food for 25 years. She is also a regular contributor to BBC Radio 4. [@joannablythman](https://twitter.com/joannablythman)

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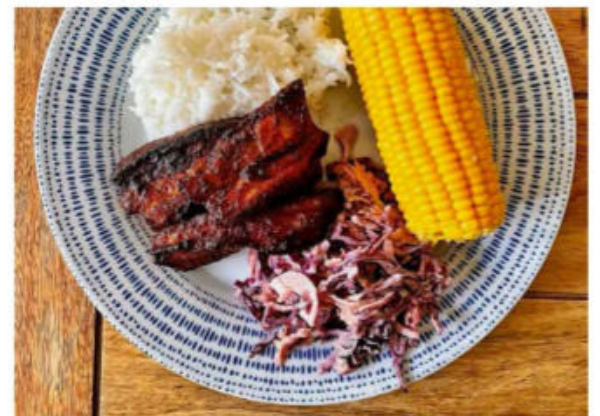
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Greek-style roast fish I love Greek-style food, so this was totally up my street!
[@theglutenfreelass](#), Leeds



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[@lucy_eats_london](#), London



Kedgeree This recipe worked down to the exact second, and I love that you can add your own twist, too
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Orange & poppy seed cake I made this for my mum's birthday (with strawberries). Happy to say it went down a treat [@teaandausten](#), Newtownards, Northern Ireland



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Strawberry dreams

For afternoon tea al fresco, try the heavenly combination of strawberries and cream on a shortbread base

recipe HELENA BUSIAKIEWICZ *photograph* TOM REGESTER

Strawberries & cream slice

CUTS INTO 9-12 squares

PREP 40 mins plus 3 hrs chilling

COOK 20 mins **EASY**

375ml double cream
2 tsp vanilla bean paste
4 egg yolks (freeze the whites for another recipe)
90g golden caster sugar
20g cornflour
15g plain flour
1 gelatine sheet
500g strawberries, hulled and thinly sliced
3 tbsp strawberry jam, warmed and sieved (optional)

For the shortbread base

170g unsalted butter
75g golden caster sugar
200g plain flour
75g cornflour

1 First, make the base. Heat the oven to 200C/180C fan/gas 6 and line a 20 x 20cm square tin with baking parchment, leaving it overhanging the sides. Beat the butter and sugar using an electric whisk until fluffy. Sift over the flour and cornflour, and stir to make a dough. Press into the tin, making sure it's level. Prick all over using a fork and bake for 15-20 mins until set and lightly golden. Cool completely in the tin.

2 Meanwhile, tip the cream and vanilla into a saucepan over a low heat. Warm until starting to steam. Combine the egg yolks, caster sugar, cornflour and plain flour in a heatproof bowl to create a thick paste. Slowly pour in the warm cream, whisking until combined.

3 Put the gelatine in a small bowl and cover with cold water. Pour the custard mixture back into the saucepan, set over a medium-low heat and bring to the boil, whisking continuously until thickened, about 4-5 mins. When it's very thick and bubbling, remove from the heat.

4 Squeeze the excess water from the gelatine and stir it into the custard until fully dissolved. Pour the custard over the shortbread base, smooth the surface, cover and chill for 3 hrs until set.

5 Arrange the strawberries over the set custard in overlapping lines, then brush with the warm jam for extra shine, if you like. Cut into nine large or 12 smaller squares to serve. *Will keep chilled for up to two days, but best served the day of making.*

PER SERVING (12) 449 kcal • fat 31g • saturates 18g • carbs 38g • sugars 17g • fibre 2g • protein 4g • salt 0.03g






09:19


←

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Avocado, Weighed without Skin or Stone



SERVING SIZES



		KCAL	FATg	
1x	Mini (70g)	120	12.2	<input checked="" type="radio"/>
1x	Small (100g)	171	17.4	<input type="radio"/>
1x	Medium (145g)	248	25.2	<input type="radio"/>
1x	Large (195g)	333	33.9	<input type="radio"/>
	Enter specific weight			<input type="radio"/>

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BREAKFAST



LUNCH



DINNER



SNACKS


nutrition info

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4.8 rating - iOS App Store. Correct at time of print

MEET KAREN

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*Consumer sensory hall tests Jan 2022, St Pierre vs. UK competitor brands and private label (brioche burger bun & brioche loaf), N=202