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Christmas cooking the **easy** way!

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turkey
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Happy
Christmas!

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BBC Great food for cooks in a hurry easycook

Welcome

... to the Christmas issue of BBC Easy Cook. It goes without saying that this is one of the busiest times of year in the kitchen – but we're here to make sure it all goes smoothly, with minimum fuss and maximum results! And we've got some fabulous recipes for you – from a traditional turkey lunch (starting on [page 10](#)) to alternatives like goose ([page 20](#)) and a delicious meat-free open ravioli ([page 23](#)) for vegetarians. Get the meal off to a great start with our easy make-ahead starters on [page 8](#) and round it all off with one of our gorgeous 'posh puds' ([page 30](#)).

You'll find lots of our 'Easy Cheats' too – our favourite ready-made products from the supermarkets. From a traditional Christmas pudding ([page 32](#)), to ready-made party food ([page 48](#)), go for these when you're too short of time to make anything from scratch. Talking of parties, if you're having friends round over Christmas, don't miss our buffet recipes on [page 44](#), which include sharing platters that will double up as a starter at a festive meal for friends. Happy Christmas!



Sarah

Sarah Giles, Editor

Our next issue is on sale 2 Jan – keep in touch via our Facebook page until then (search for 'Easy Cook Magazine').

The BBC Easy Cook promise

The BBC Easy Cook team is here to help you get healthy, nutritious, good-value meals on the table as quickly as possible. When we're planning what to include in each issue, there are four key words we always bear in mind:

EASY: you will never need complicated techniques or special equipment to make our recipes.

QUICK: most of our recipes can be on the table in half an hour or less. Some take a little longer than that in the oven, but we always keep the prep times to a minimum.

VALUE: to help you keep down the cost of your shopping bill, we make the most of good-value, seasonal produce; we keep the number of ingredients in a recipe to a minimum, and we show you how to use up leftovers. Look out for our **GOOD VALUE** stamp – it shows where the cost per person for a main meal recipe comes in at under £1.

LEARN: whether you're a beginner cook or just too busy to spend ages in the kitchen, we'll show you lots of clever shortcuts and essential skills to help speed things up.

From the BBC GoodFood kitchen

What's so good about our recipes is that they've all been tested in the kitchens of our sister title, BBC Good Food magazine. So they're easy, super-tasty and quick to make – and you can also be sure that they'll work perfectly every time.

Trying to be good?

Even if you're normally really careful to eat a low-fat diet, we know it's hard to keep that up over the festive period! So below we've flagged up some low-fat recipes in this issue that you might want to turn to first when you're deciding what to cook over Christmas. (By 'low fat', we mean 10g fat or under, and 5g saturated fat or under per portion.)

- Butternut squash and sage soup, [page 9](#)
- Salmon terrine with bagel toasts, [page 17](#)
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Looking for tasty, festive treats
for the family? See page 40





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Stylish starters

To keep stress levels down on Christmas Day, keep your starters simple. These can be made ahead and just heated through or assembled when you're ready to serve



Smoked trout and horseradish pâté

- Serves 4 • Ready in 5 minutes • 99p a portion
- 477 kcals, 21g fat, 11g sat. fat a portion • Not suitable for freezing

140g soft cheese

1 tsp creamed horseradish
(from a jar)

finely grated rind and juice of ½ lemon

1 tbsp finely chopped dill, plus extra
fronds, finely chopped, to serve

2 smoked trout fillets, flaked

500g rye bread, sliced, to serve

1 little gem lettuce, leaves
separated, to serve

1 Make the pâté

Mix together the soft cheese, horseradish, and lemon rind and juice until smooth. Season. Add the chopped dill and trout, removing any bones or skin as you go. Stir well and season. (You can make this up to 2 days ahead and chill in the fridge.) To serve, scatter over some dill fronds and sprinkle with black pepper and serve with the rye bread and lettuce leaves. Serve with Apple Salad Pots (see right).

Apple salad pots

Put 250g cooked beetroot, cut into 1cm cubes, in a bowl with 2 apples, cut into 1cm cubes, 2 celery sticks, finely sliced, 50g walnuts, roughly chopped, and a handful of parsley, chopped. Whisk together 3 tbsp walnut oil, 1 tbsp red wine vinegar and some seasoning, pour over the beetroot salad and mix well. Divide between small glasses or teacups and chill until ready to serve with the pâté. (You can make these up to 3 hours ahead.)

Whipped brie salad

- Serves 8
- Ready in 25 minutes
- 85p a portion
- 502 kcals, 41g fat, 15g sat. fat a portion
- Not suitable for freezing

600g brie

85g stoned dates, cut into small pieces

120g rocket

100g shop-bought croutons, crumbled

FOR THE WALNUTS

100g walnuts, halved

25g caster sugar

FOR THE DRESSING

6 tbsp walnut oil

2 tbsp balsamic vinegar

1 Make the candied walnuts

Turn oven to fan 170C/conventional 190C/gas 5. Shake the walnut halves in 2 tbsp water,

toss in the sugar. Scatter over a baking sheet and bake in the oven for 6-8 mins, until golden brown. Remove from the oven and allow to cool. (You can make these up to two days ahead and store in an airtight container.)

2 Whip the brie

Carefully peel the rind off the brie and discard. Put the gooey insides into a medium-sized bowl. Using a spoon or small whisk, whip the brie until pale and spoonable. To make the dressing, whisk the oil and balsamic vinegar together, and then season. (You can make the dressing up to a day ahead.)

3 Assemble

In a large bowl, combine the candied walnuts, dates and rocket and then stir through some of the dressing. Put a spoonful of whipped brie in the middle of each serving plate and arrange the salad around it. Scatter some croutons over each plate, drizzle each with a little more dressing and serve.



Butternut squash and sage soup

- Serves 8
- Ready in 1 hour
- 29p a portion
- 130 kcals, 4g fat, 1g sat. fat a portion
- Suitable for freezing

1 tbsp olive oil

1 tbsp butter

3 onions, chopped

2 tbsp chopped sage

1.4kg peeled, deseeded butternut squash

1 tbsp clear honey

1.5 litres vegetable stock

bunch of chives, snipped

1 Cook the squash

Melt the oil and butter in a large pan or flameproof casserole. Add the onions and sage, and gently cook for about 15 mins, until very soft. Tip in the squash and cook for 5 mins, stirring. Add the honey and stock, bring to a simmer and cook until the squash is tender.

2 Blitz the soup

Cool slightly, then whizz until smooth. Season, then reheat before serving, sprinkled with chives and a grating of black pepper.

the easy way

Croutons flavoured with black pepper taste great with the creamy brie

Easy cheat

M&S Cornish Cove Cheddar Soufflés with Cheese Sauce, pack of 2, £4

If you don't have time to make a starter, these are great ready-made soufflés that you just pop in the oven to heat through. They don't rise quite as much as homemade ones do, but they're lovely and cheesy and have a nice tang. Tasty and impressive, without the fuss.



Make
our cover
recipe!



Traditional turkey lunch the easy way!

Sit down to a traditional feast for 8 with our simple-to-prepare Christmas roast – our get-ahead tips will help you avoid last-minute panics too

Herb-roast turkey

- Serves 8
- Ready in 4 hours
- £5.24 a portion
- 687 kcals, 28g fat, 11g sat. fat a portion (with stuffing)
- Suitable for freezing (cooked meat only)

5kg turkey (giblets removed and reserved if your turkey has them)

250g Easy Lemon And Herb Stuffing
(see opposite for recipe, or use ready-made stuffing)

3 onions, cut into thick rounds with the skins left on
generous handful of thyme and bay leaves, plus extra herbs to put around the bird to serve (optional)

50g butter, softened

300ml white wine

1½ tsp sea salt

1 tsp dried green peppercorns, crushed

1 tbsp finely chopped thyme leaves

FOR THE GRAVY

300ml white wine

600ml turkey, chicken or veg stock

2 tsp redcurrant jelly

1 Stuff the turkey

Turn oven to fan 170C/conventional 190C/gas 5. Wash and dry the turkey. Lift up the skin that covers the neck opening, then push the stuffing up and under the skin, securing it tightly underneath with a skewer or 2 cocktail sticks. Weigh the stuffed turkey, and calculate cooking time – allow 40 mins per kg, plus 45 mins. Put a few pieces of onion and a few herbs into the cavity, and tie the legs together with string.

2 Start roasting the bird

Put the remaining onions in a single layer in the tin, along with a bed of herbs. Add the neck and all the giblets (if using), except the liver, to the tin, and sit the turkey on top of the onions. Rub butter all over the breast. Pour the wine into the tin, cover with foil and roast according to your timings. Keep checking the tin – if it looks a little dry, add a splash of water. While the bird cooks, mix together the salt, crushed peppercorns and thyme leaves.

3 Finish cooking the turkey

Half an hour before the end of cooking, remove the foil. Brush the turkey again with butter, then scatter over and press in the thyme mixture. Roast for the remaining cooking time, uncovered, until golden. To ensure that the turkey is ready, pierce the thigh through its thickest part; the juices should run clear with no pink. If not, give it 15 mins more and test again. Remove the turkey from the tin and leave it to rest without covering. The turkey will stay hot for up to an hour.

4 Make the gravy

Drain the fat and juices from the tin into a wide jug, keeping the onions, but discarding the neck and giblets. Put the tin on the hob, and then pour in the wine, scraping up the flavour-filled crusty bits with a wooden spoon. Reduce until the wine has almost all disappeared. Spoon the fat from the juices and discard, then add the juices, onions and stock to the tin. Boil for 5-8 mins until reduced and syrupy, stir in the redcurrant jelly and season. Strain into a jug with any resting juices. Lift the turkey onto a platter, dotting herb sprigs around to decorate.



Make the stuffing (see opposite) and stuff into the neck cavity



Rub butter all over the turkey to keep it moist and prevent it burning



Remove the foil 30 mins before the end of cooking and scatter over the herbs

the easy way

If you prefer thicker gravy, mix 1 tsp cornflour with a splash of cold water, then add to the gravy, stirring continuously, until smooth and glossy



Easy lemon and herb stuffing for the turkey

Turn oven to fan 170C/conventional 190C/gas 5. Heat **4 tbsp sunflower oil** in a large, lidded frying pan, then cook **5 onions**, finely chopped, for 10 mins, lid on, until soft. Whizz **300g white bread**, torn into chunks, **15g fresh thyme leaves**, **25g curly parsley** and **15g sage leaves** until you have herby

breadcrumbs. Stir into the onions with the **rind of 3 lemons and juice of 1 lemon** and plenty of seasoning. Use 250g of the mixture to stuff the turkey and there'll be enough over to make 8 stuffing balls to roast around the turkey. (Can be frozen; defrost thoroughly before cooking.)

Turn over for an extra stuffing recipe, plus tasty sides and sauces



Chipolatas wrapped in pancetta

- Makes 24 • Ready in 30 mins • 40p each
- 103 kcals, 8g fat, 3g sat. fat each • Not suitable for freezing

24 slices pancetta
24 whole sage
leaves
24 chipolata
sausages

1 Assemble and cook

Turn oven to fan 200C/conventional 220C/gas 7. Put 1 slice of pancetta on a chopping board and stretch out using the back of a knife. Put 1 sage leaf and 1 sausage on top, and roll the sausage up on the diagonal, covering all of it. Put on a lightly greased baking sheet and repeat with the remaining sausages. Cook for 20-25 mins, until crisp and cooked through.

Cherry and pistachio stuffing

- Makes 24 balls • Ready in 45 minutes • 25p each ball
- 128 kcals, 7g fat, 2g sat. fat each ball • Suitable for freezing

small knob of butter
1 onion, finely chopped
450g sausagemeat
175g fresh white breadcrumbs
rind of 1 lemon
rind of 1 orange
100g dried sour cherries
(or dried cranberries)
100g shelled pistachios, roughly chopped
1 large egg
small bunch parsley, chopped
drizzle of olive oil

1 Soften the onion

Melt the butter in a pan, add the onion and cook for about 8 mins, until soft. Leave to cool.

2 Make the stuffing balls

Mix the onion with the remaining ingredients, apart from the oil – the best way to do this is with your hands. Roll the stuffing mixture into 24 walnut-sized balls and put on a baking tray.

3 Cook

When the turkey comes out of the oven, turn the heat up to fan 200C/conventional 220C/gas 7. Drizzle the stuffing with oil and cook on a middle shelf for 30 mins. Swap to the top shelf for the final 10 mins to brown, if you like.

the easy way Make it up to the end of step 2 and chill for up to 2 days, or freeze for up to 2 months. This is lovely if you want to serve extra stuffing separately

Shallot bread sauce

- Serves 8
- Ready in 45 minutes
- 27p a portion
- 174 kcals, 12g fat, 6g sat. fat a portion
- Suitable for freezing

50g butter
1 tbsp olive oil
10 shallots, finely sliced
6 cloves
3 thyme sprigs
2 bay leaves
600ml full-fat milk
pinch of white pepper
100g fresh white breadcrumbs
5 tbsp single or double cream, plus more to serve
¼ tsp freshly grated nutmeg

1 Make the sauce

Heat the butter and oil in a pan, then add the shallots, cloves, thyme and 1 bay leaf and cook very gently for 15 mins until soft and pale golden. Remove the cloves, add the milk and pepper, then bring to a gentle simmer for 10 mins. Stir in the breadcrumbs and cook for 5 mins more over a very low heat, then stir in the cream and nutmeg. Remove the thyme stalks and season. To serve, grate over a little more nutmeg, drizzle with a little more cream and decorate with a bay leaf.

Chilli cranberry sauce

- Serves 8
- Ready in 35 minutes
- 48p a portion
- 66 kcals, 0g fat, 0g sat. fat a portion
- Not suitable for freezing

Make the bread sauce ahead and freeze. Defrost and reheat

100g caster sugar
175ml white wine
½ red chilli, chopped, seeds left in
300g frozen or fresh cranberries

1 Make the sauce

Gently heat the sugar and wine in a pan. Once the sugar has dissolved, bring to the boil.

Tip in the chilli and cranberries, return to the boil, then turn the heat down and simmer for 10 mins until the berries have popped but not completely collapsed. Take off the heat. The sauce will continue to cook with the heat from the pan and thicken as it cools.

the easy way You can make this up to a week ahead. To reheat, microwave on medium power (50%) for 3 minutes

Buying your turkey

- Allow about 500g turkey per person for the main meal (though you might want to increase this to make sure you have lots of leftovers!)
- When you're buying the turkey, make sure you can see some visible fat under the skin, as this will mean it will baste itself as it cooks and the fat will keep the meat lovely and moist.
- If you're stuffing your turkey, never stuff the body cavity – only stuff the neck end, and leave some air space between the stuffing and flesh to make sure the bird and the stuffing both cook through thoroughly.
- A turkey under 3.6kg is not good value as you are paying for the frame rather than the meat. If you need a turkey for a small number of people, it's better to buy a turkey crown. You should still have leftovers and there's no waste.

Turkey cooking times

weight	serves	cooking time
2.25kg	4-6	1½ hours
3.6kg	6-8	2½ hours
4.5kg-5.6kg	8-10	3-3½ hours
6.75kg	10-12	4½ hours
9kg	14-16	6 hours

CHRISTMAS LUNCH PLANNER

Work out the timings for your Christmas lunch in advance to keep it as stress-free as possible. Don't keep all the timings in your head – instead, write a list like this and tick off the stages as you go, so you can see at a glance what you need to do next.

The **turkey goes in** at

The **turkey comes out** at

The **potatoes go in** at.....

The **potatoes come out** at.....

The **veg goes in** at.....

The **veg comes out** at.....

The **stuffing goes in** at.....

The **stuffing comes out** at.....

Allow up to 1 hour **resting time** for the turkey.....

Start carving the turkey at.....

SO LUNCH WILL BE READY AT

Make ahead

Festive sides

We've mixed and matched classic Christmas trimmings and given them new twists in these yummy recipes



Sprouts with sesame and spring onions

- Serves 4
- Ready in 15 minutes
- 63p a portion
- 112 kcals, 6g fat, 1g sat. fat a portion
- Not suitable for freezing

1 tbsp sesame oil
thumb-sized piece of ginger, cut into matchsticks
300g brussels sprouts, halved
250g beansprouts
small bunch spring onions, sliced diagonally
1 tbsp clear honey
2 tbsp soy sauce, plus extra to serve
1 tbsp sesame seeds

1 Fry the sprouts

In a wok or large frying pan, heat the oil. Fry the ginger and sprouts for 5-6 mins, stirring, until slightly browned. Add a few tbsp water during cooking to stop them sticking, if needed.

2 Finish stir-frying the dish

Add the beansprouts, spring onions, honey and soy, then stir-fry for 1 min. Sprinkle on the sesame seeds and serve with extra soy sauce.

Crisp honey mustard parsnips

- Serves 8
- Ready in 40 minutes
- 28p a portion
- 149 kcals, 7g fat, 0g sat. fat a portion
- Not suitable for freezing

1kg parsnips, peeled and cut into thumb-width batons
2 tsp English mustard powder
2 tbsp plain flour
4 tbsp vegetable oil
about 3 tsp clear honey

Prepare the parsnips to the end of step 1 the day before. Chill until ready to roast

1 Coat the parsnips

Boil the parsnips for 5 mins, then drain well and leave to steam-dry for a few mins. Mix the mustard powder with the flour and plenty of seasoning. Toss the parsnips in the mix and shake off any excess.

2 Roast and serve

Turn oven to fan 200C/conventional 220C/gas 7. Heat the oil in a large, non-stick baking tray in the oven for 5 minutes, then add the parsnips (well apart so they're crispy) and roast for 30 minutes or until golden, turning occasionally. Drizzle the honey over the hot parsnips, shake, then scatter with flaky sea salt.

Mixed greens with walnuts

- Serves 8
- Ready in 30 minutes
- 43p a portion
- 129 kcals, 8g fat, 2g sat. fat a portion
- Not suitable for freezing

400g brussels sprouts, trimmed and thickly sliced
250g savoy cabbage, sliced or shredded
100g shallots, peeled and sliced
2 tsp each butter and olive oil
300ml vegetable or chicken stock
400g frozen peas
50g walnuts, chopped

1 Cook the veg

Bring a large pan of salted water to the boil, add the sprouts and cabbage, then cook for 2 mins. Drain, rinse in cold water, and drain again. Fry the shallots in the butter and oil, until soft. (You can prepare the veg up to a day ahead to this point; cover separately with cling film and chill until just before serving.)

2 Add the walnuts

While the turkey is resting, tip the shallots into a large frying pan with the stock and heat until simmering. Stir in the sprouts, cabbage and peas and cook for 2-3 mins until hot through, and stir in the walnuts just before serving.



Crispy sage roasties

- Serves 8
- Ready in 1 hour 30 minutes
- 40p a portion
- 251 kcals, 9g fat, 3g sat. fat a portion
- Suitable for freezing

2kg small potatoes, scrubbed
a handful of sage leaves
6 tbsp duck fat or sunflower oil

1 Roast the potatoes

Turn oven to fan 180C/conventional 200C/gas 6. Make 3-4 deep slashes lengthways and widthways in each potato, to make a criss-cross pattern. Sprinkle over a little sea salt and insert a sage leaf into the slits of each potato. (You can do this up to a day ahead, then keep in the fridge until ready to cook.) Roast the potatoes in the fat or oil for 45 minutes. Increase oven to fan 200C/conventional 220C/gas 7. Roast for 30 minutes until crisp and golden.

**Turn over for
ready-made
Easy Cheats**



Mashed parsnip and sprout colcannon

- Serves 8
- Ready in 35 minutes
- 61p a portion
- 147 kcals, 5g fat, 2g sat. fat a portion
- Suitable for freezing

1.5kg parsnips, peeled
500g brussels sprouts, cooked
25g butter
200ml milk
1 bunch spring onions, sliced

1 Boil the parsnips

Chop the parsnips into large chunks. Boil for 15 mins, or until really soft, then use a slotted spoon to drain into a colander. Blanch the sprouts in the same pan.

2 Add the sprouts

In a bowl, mash the parsnips with the butter and milk, together with some seasoning, then stir through the sprouts and spring onions. Serve with a knob more butter.

the easyway Make a day ahead, chill and reheat (or freeze it, defrost, then cover and reheat in a microwave until piping hot)

EASY CHRISTMAS

Easy cheats

Short of time? These are delicious!



▲ **Aldi Specially Selected Brussels Sprouts With Crispy Pancetta Top, 600g, £3.49** This is an oven bake of whole sprouts cooked in a white sauce with a crumble topping with pancetta bits. The sprouts don't go mushy, the sauce is creamy and the pancetta gives it crunch.

▼ **Truly Irresistible Roasting Vegetables With Maple And Clementine Butter, 750g, £2.00, The Co-operative**

There's no need to pre-boil lots of different vegetables with this selection – just roast them in the tray they come in. Great with leftovers too.



▲ **Lidl Deluxe Roast Potatoes in Goose Fat, 1kg, £1.39**

Having these ready to go will speed up the lunch as they only take 40 mins to cook. They crisp up really well, but are fluffy inside and not too greasy. The goose fat gives them a lovely golden colour.

▼ **Waitrose Red Cabbage with Mulled Wine & Clementines, 300g, £2.49**

We like this as you can just pop it in the microwave to cook (handy if the oven is crammed to capacity). It comes in a mulled wine dressing which is nicely boozy and the orange adds a lovely flavour.



Fancy yourself as a bit of a budding TV cook?

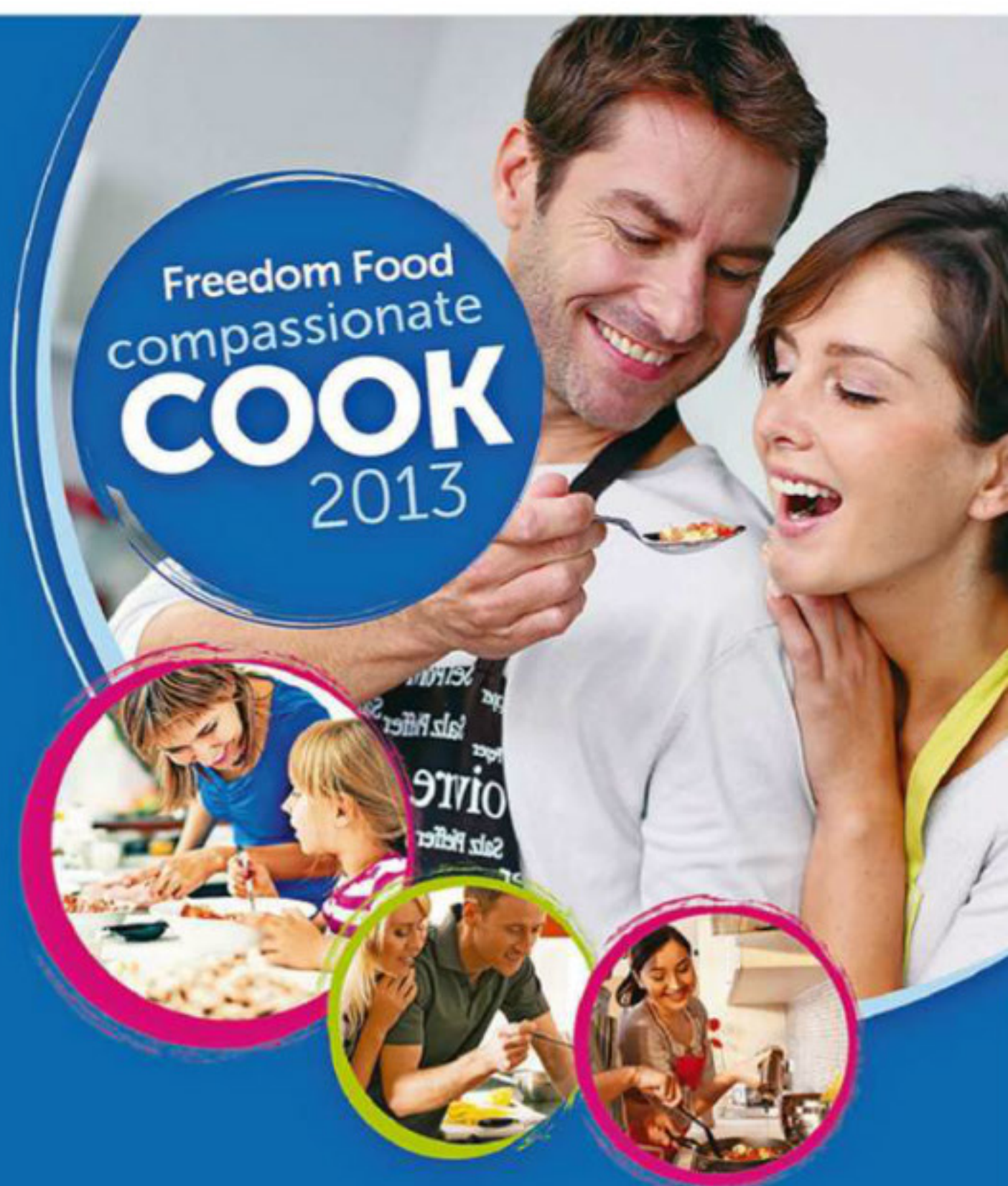
Film your favourite simple dish using Freedom Food and Fairtrade ingredients and you could **win a year's worth of shopping at The Co-operative**.

Videos must not be more than 5 minutes or 500mb, but may be edited. Entries close at midnight on Sunday 5th January 2014. For full competition terms and conditions visit the website below.



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The **co-operative**



Christmas Day MENU

UNDER £5
per person

Cooking on a budget? Serve our great-value, three-course turkey lunch with a twist

Salmon terrine with bagel toasts

- Serves 8 • Ready in 20 mins, plus chilling
- £1.18 a portion
- 138 kcals, 6g fat, 2g sat. fat a portion
- Not suitable for freezing

olive oil, for greasing and brushing
bunch of dill (a few fronds left whole, the rest chopped)

2 x 120g packs smoked salmon trimmings
340g cooked salmon fillets, flaked
400g light soft cheese
4 spring onions, finely chopped
pack 10 mini bagels, split

1 Prepare the loaf tin

Grease and line a 650g loaf tin with cling film. Neatly arrange the whole dill and about

half the smoked salmon on the bottom.

2 Make the mixture

In a processor, briefly pulse half the cooked salmon fillets, half the remaining smoked salmon and the cheese with some seasoning. Fold in half the chopped dill, all the spring onions and the remaining salmon. Scrape into the tin, smooth over and chill for 2 hours.

3 To serve

Turn oven to fan 180C/conventional 200C/gas 6. Put the bagel halves on a baking tray, brush with oil, sprinkle on chopped dill and sea salt, then bake for 10-12 mins, until light golden. Turn the tin upside down, unwrap and serve on a platter with the bagel toasts.

Make
the terrine
up to 2 days
ahead



STARTER Easy salmon terrine



MAIN COURSE Turkey wellington



SIDE DISHES Perfect roasties



DESSERT Christmas pud cheesecake



Cheaper than a whole turkey

Turkey wellington

- Serves 8
- Takes 20 mins, plus 1¼ hours in the oven and chilling and resting time
- £1.65 a portion
- 783 kcals, 49g fat, 24g sat. fat a portion
- Not suitable for freezing

2 x 500g blocks puff pastry
plain flour, for dusting
1 egg, beaten

FOR THE STUFFING LAYER

1 leek, finely sliced
2 tbsp butter
100g gammon, chopped
4 sausages, skins removed
5 sage leaves, chopped
85g fresh breadcrumbs

FOR THE FILLING

2 turkey breasts
200g brie, sliced
4-5 tbsp cranberry sauce

1 Make the filling

Trim the turkey breasts to create a long tube shape (save the trimmings to use in the stuffing). Slice a pocket into the breasts, deep enough so that the filling will stay inside but don't cut all the way through. Fill the breasts with the brie and the cranberry sauce. Chill.

2 Make the stuffing

Meanwhile, gently fry the leek in the butter for about 5 mins. Finely chop the turkey trimmings and add to the pan with the gammon. Cook for about 5 mins, then remove and allow to cool slightly. Mix with the sausagemeat, sage and breadcrumbs, season.

3 Assemble the dish

Roll out one block of pastry on a floured surface to a long, thin shape about 5cm wider than the width of the turkey breast and 5cm longer than the length of the turkey breasts placed end to end (it should be about the thickness of a £1 coin). Lift the pastry onto a baking sheet and put the turkey breasts on top, in the middle, end to end, topped with the stuffing. Brush the edges with egg. Roll out the second block of pastry, and lay over the top. Trim the edges, then crimp together.

4 Bake the wellington

Turn oven to fan 180C/conventional 200C/gas 6. Brush the wellington with more beaten egg and, with a sharp knife, score a criss-cross pattern, but don't cut all the way through. Cook for 30 mins, then cover with foil and cook for 30-45 mins more. After 1 hour, check that the middle is hot by inserting a skewer for 5 seconds – it should feel hot to the touch. Leave to rest for 15 mins, then slice to serve.

Really easy roasties

- Serves 8
- Takes 15 mins, plus 1¼ hours in the oven
- 31p a portion
- 290 kcals, 12g fat, 1g sat. fat a portion
- Not suitable for freezing

120ml sunflower oil

2kg potatoes, such as maris piper
1 garlic bulb, halved (optional)

1 Parboil the potatoes

Turn oven to fan 180C/conventional 200C/gas 6. Heat the oil in a roasting tin in the oven. Halve larger potatoes. Cover the potatoes in cold, salted water, bring up to the boil and cook for 2 mins. Drain and steam-dry in a colander for 5 mins, then shake to ruffle up.

2 Roast the potatoes

Tip the potatoes and garlic (if using) into the tin, and turn carefully to coat in the oil. Sprinkle with sea salt and pepper, and roast for 1 hour 45 minutes, turning every 30 minutes or so, until really crisp and golden.

Cauliflower bake

- Serves 8
- Takes 15 mins, plus 30 mins in the oven
- 31p a portion
- 173 kcals, 12g fat, 7g sat. fat a portion
- Not suitable for freezing

1 head of cauliflower, broken into florets

1 vegetable stock cube

1 head of broccoli, broken into florets

200g tub crème fraîche

1 tbsp wholegrain mustard

generous grating of nutmeg

2 slices stale bread, whizzed into crumbs

1 Boil the veg and bake

Cover the cauliflower in cold water, add the stock cube, and bring to the boil. Add the broccoli and cook for 1 min, then drain (reserve 2 tbsp of the stock) and steam-dry for 1-2 mins. Turn oven to fan 180C/conventional 200C/gas 6. Mix together the crème fraîche, mustard, nutmeg, reserved stock and seasoning. Mix in the veg. Tip into an ovenproof dish, scatter with the breadcrumbs and bake for 30 mins.

Leftover
sauce is
lovely poured
over vanilla
ice cream

Ginger and Christmas pud cheesecake

- Serves 8
- Ready in 1 hour 35 minutes, plus chilling
- 68p a portion
- 640 kcals, 43g fat, 26g sat. fat a portion
- Not suitable for freezing

sunflower oil, for greasing
2 x 200g tubs full-fat cream cheese
100g mascarpone
1 tsp vanilla paste
2 medium eggs
100g caster sugar
1½ tbsp plain flour
100g Christmas pudding or fruit cake, crumbled
1 ball stem ginger from a jar, finely chopped, plus 5 tbsp syrup from the jar
¾ Jamaican ginger loaf cake, sliced into 1.5-2cm-thick slices

FOR THE SAUCE

100g dark brown muscovado sugar
100g butter
100ml double cream

1 Make the cheesecake

Turn oven to fan 150C/conventional 170C/gas 5. Grease and line a 1.3-litre ovenproof pudding tin with 4 strips of baking parchment, criss-crossing the bowl to help you lift the pudding out once it's cooked. Beat the cream cheese, mascarpone, vanilla, eggs and sugar with electric beaters until combined. Fold in the flour, Christmas pudding or fruit cake and stem ginger, then spoon into the prepared tin.

2 Bake the cheesecake

Put the cheesecake in the oven for 1 hour – it should be set with a slight wobble, but if it's not set, give it 10 mins more. Remove and allow to cool slightly (it will puff up, then sink a little). Brush with 1 tbsp ginger syrup, arrange the ginger loaf cake on top, pressing to form a base. Brush with 1 tbsp more syrup, then put a saucer on top to press down. Chill for at least 4 hours (or up to 2 days if you prefer).

3 Make the sauce

Bubble together all the sauce ingredients, plus 3 tbsp ginger syrup in a pan until syrupy. Turn the cheesecake out onto a serving plate and serve with the hot ginger sauce.



Something different

If you fancy a change from turkey on Christmas Day this year, try a succulent goose instead

Christmas goose with root veg and sticky pears

- Serves 8
- Takes 30 mins, plus 3 hours 40 mins in the oven (plus optional drying time - see Step 1)
- £6.12 a portion
- 876 kcals, 45g fat, 14g sat. fat a portion
- Suitable for freezing (leftover goose only)

4-5kg oven-ready goose

- 2 oranges
- 4 bay leaves
- bunch of thyme
- 3 tbsp sunflower oil
- 8 carrots, peeled but left whole
- 8 parsnips, peeled but left whole
- 4 turnips, peeled and quartered

FOR THE BRAMBLE GRAVY

- 1 tbsp caster sugar
- 100ml red wine vinegar
- ½ jar blackberry jam
- 100ml strong chicken stock

FOR THE PEARS

- 6 pears
- 2 tbsp icing sugar
- bag watercress, to serve

1 Prepare the skin

Remove all the fat from inside the bird and use a skewer to prick the goose skin all over, especially under the wings. If you have time, sit the goose in a sink, then carefully pour over 3 kettles of boiling water. Dry with kitchen paper, then leave for about 1 hour to dry completely. This will help the skin to crisp.

2 Stuff the goose

Turn oven to fan 180C/conventional 200C/gas 6. Season the goose cavity with salt and pepper and stuff with the oranges, bay leaves and thyme. Rub the breast and legs with 2 tbsp oil and season with salt. Put the carrots in the middle of a large roasting tin. Sit the bird on top of the carrots. In a bowl, toss the parsnips

Goose is a darker, richer meat than turkey, so serve just a couple of slices each

and turnips with the rest of the oil and bay, then scatter around the goose. Cover the tin with foil, ensuring it's a tight fit. Roast the goose in the oven for 1½ hours.

3 Baste

Take the goose out of the oven. Remove the foil and carefully spoon most of the fat from the tin into a bowl. Lightly baste the goose and turn the parsnips. Re-cover with foil and roast for 1½ hours more. Carefully spoon out most of the fat again and baste, then increase the heat to fan 200C/conventional 220C/gas 7. Remove the foil and cook for 30-40 mins more, until golden. Remove from the oven and transfer the goose to a board or platter to rest in a warm-ish place for 30 mins. Scoop the vegetables out into another roasting tin and keep warm in a low oven. Keep the goose tin to finish making the gravy in.

4 Make the gravy

Remove the oranges from the goose to a plate, using tongs. Pour off the fat from the roasting tin into a bowl (use it to roast the potatoes). Scatter the sugar into the tin and stir to scrape off any tasty brown bits. Add the vinegar, simmer until almost dry, then stir in the jam until bubbling and reduced. Add the stock and the juice from the oranges. Bring to the boil, then strain into a small pan to reheat later.

5 Prepare the sticky pears

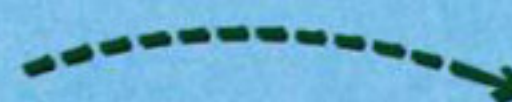
Peel, half, core and then quarter the pears. Toss in the icing sugar to coat. Heat a large frying pan and cook the pears for 1 minute, tossing constantly, until they are caramelised and slightly burnt around the edges.

6 To serve

Put the goose on a platter surrounded by the watercress and pear wedges. Serve the vegetables and gravy separately.



**45% LESS SATURATED
FAT THAN OLIVE OIL**



CRISPY ROASTED CHICKEN, POTATOES & VEG

NUMBER OF SERVINGS: 4-6 PREPARATION TIME: 20 MINS COOKING TIME: 1 HR 30 MINS

Chicken

1.4-1.6Kg (3-3 1/2 lb) chicken, cleaned
3 tablespoons Flora Cuisine
Freshly ground black pepper
1 tablespoon freshly chopped herbs
e.g. thyme, parsley

Vegetables

500g potatoes, peeled and cut
into rough quarters
2 red onions, cut into wedges
2 large carrots, sliced lengthways
6 whole garlic cloves
1-2 tablespoons Flora Cuisine

1. Place the chicken on a rack in a roasting tin.
2. Give the chicken a good squirt of Flora Cuisine and use your hands to massage it over the skin. You can add some pepper and the chopped herbs at this point too, if you wish.
3. Cook in centre of oven at 190°C/170°C fan oven / Gas 5 allowing 20 minutes per 450g (1 lb) plus 20 minutes over. Baste occasionally during cooking.
4. Meanwhile place the potatoes in cold water, bring to the boil, and cook for a further 10 minutes.
5. Drain and return the potatoes to the pan.
6. Drizzle the Flora Cuisine over the hot potatoes, put the lid on, and give the pan a really good shake to fluff up the edges (for more crispy bits!).
7. In a separate bowl drizzle a little Flora Cuisine over the additional vegetables and give them a mix to coat them. Using your hands is easiest!
8. After the chicken has been cooking for 30 mins, add the potatoes and veg and cook for about 80 mins until the chicken is browned and the potatoes have the perfect crunch!

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Just for you

For your vegetarian guests, this ravioli makes an impressive main course

Layered pasta with squash and porcini mushrooms

- Serves 2 • Ready in 1 hour 15 minutes, plus soaking time • £2.87 a portion
- 504 kcals, 28g fat, 11g sat. fat a portion • Not suitable for freezing

450g butternut squash, peeled and chopped
25g butter
generous grating of nutmeg
25g vegetarian-style parmesan cheese, coarsely grated, plus shavings to serve (optional)

FOR THE PORCINI DRESSING

1 tbsp finely chopped dried porcini mushrooms
2 tbsp olive oil
1 tsp balsamic vinegar
2 tsp soy sauce

TO SERVE

a generous pinch of saffron
85g chestnut mushrooms, quartered
1 clove of garlic, shredded
100g bag baby spinach
4 sheets fresh lasagne, halved

1 Mash the squash

Put the squash and butter in a pan with 5 tbsp water. Cover and cook for 15 mins, until just tender. Roughly mash with the nutmeg and cheese. Season.

2 Make the dressing

Put the porcini in a bowl with 3 tbsp boiling water. Cover with cling film and microwave for 1 min on full power (100%), then leave to cool. Mix 1 tbsp oil with the vinegar and soy, then add the soaked mushrooms with almost all of the liquid (the last drop may contain grit).

3 Fry the mushrooms

Boil a pan of water with the saffron and some salt for 5 mins. Meanwhile, fry the mushrooms

in the remaining oil. When they are nearly cooked, add the garlic so that it browns and crisps, but doesn't burn. Pierce the bag of spinach and wilt in the microwave on full power (100%) for 1 min. Reheat the squash in the microwave.

We used butternut, but you can use any type of squash for this recipe

4 Assemble the dish

Boil the lasagne in the saffron water for 1 minute until just tender, then drain. Put 3 small piles of spinach on each of 2 warm serving plates. Top with a square of lasagne, then a spoonful of squash, spread out. Add some spinach leaves, then top with another square of pasta. Continue the layers so you have 4 layers of pasta on each plate, then finish with a spoonful of squash. Scatter round the mushrooms, spoon over the dressing and top with cheese shavings.

the easyway To get ahead, follow steps 1 and 2 up to two days ahead and chill, covered, in the fridge. Reheat the squash in a pan or in the microwave and continue from step 3

Vegetarian



A SEASONAL SAVIOUR

If you need a quick and filling recipe for the whole family this season, just look to the canned goods section for some warming and satisfying meal ideas

When you come back from a really long Christmas shop, the last thing you want to think about is cooking. But there's some recipe inspiration waiting for you in the canned goods aisle of the supermarket.

With Princes Ham, a filling meal is quick and simple to make. Just take a look at these two recipes: they're perfect for hungry tums that need something in an instant.

So, why not try them after a frantic festive dash to the supermarket? They're a saviour when you need a meal on the go and take mere minutes to make:

Princes Ham, mushroom and garlic tagliatelle

Takes 15 minutes • Serves 4

250g dried tagliatelle
2 x 200g cans Princes Creamed Mushroom with Garlic
2 x 200g cans Princes Cured Ham, cut into 1cm dice
150 ml hot water
A few sprigs of fresh parsley, roughly chopped

1. Boil pasta

Cook the pasta according to directions on the pack and drain. Return to the pan.

2. Make the mixture

Meanwhile, place the Creamed Mushrooms with Garlic in a saucepan; add the hot water and the diced ham and heat through gently until hot, stirring. Once hot, add to the drained pasta and stir to combine.

3. Serve

Serve in pasta bowls, with a sprinkling of chopped parsley over the top.

Princes Ham and pea biryani

Takes 20 minutes • Serves 4

1 x 325g can Princes Cured Ham
300g long grain rice
1 tbsp vegetable oil
1 bunch spring onions, finely chopped
1 garlic clove, crushed
1 red pepper, deseeded and chopped
125g fine green beans, chopped
4 tsp medium curry powder
1 tsp cumin seeds (optional)
150g frozen peas
Freshly ground black pepper
2 tbsp chopped fresh coriander
Naan bread, to serve

1. Chop ham and boil rice

Chop the Princes Cured Ham and set to one side. Cook the rice in a saucepan of lightly salted boiling water for 10-12 minutes, until tender.

2. Fry the ingredients

Meanwhile, heat the oil in a large non-stick frying pan or wok and gently fry

the spring onions, garlic, pepper and green beans for 3-4 minutes, until softened. Add the curry powder and cumin seeds (if using) and stir for another minute, then add the chopped ham and peas and cook for 2-3 minutes, stirring often.

3. Drain and serve

Drain the rice thoroughly and add it to the frying pan or wok. Season with black pepper and stir the ingredients together. Pile onto warm serving plates and sprinkle with chopped coriander. Serve with warm naan bread.



TASTE WITH A TWIST: THE PRINCES HAM RANGE

For a tasty twist on your favourite recipe, why not try a new flavoured ham from Princes? Available in honey, black pepper and tasty mustard, whatever you've got cooking in the kitchen, there's the perfect Princes flavour to match.



For more recipe inspiration and ideas, visit princes.co.uk/recipes

Make a special breakfast

Keep everyone going until Christmas lunch is served with this lovely brunch-style recipe

American pancakes with vanilla berries compote

- Serves 6
- Ready in 40 minutes
- 64p a portion
- 367 kcals, 16g fat, 3g sat. fat a portion
- Not suitable for freezing

FOR THE COMPOTE

500g frozen mixed summer fruits
100g caster sugar
1 tsp vanilla extract

FOR THE PANCAKES

250ml full-fat milk
2 eggs
4-5 tbsp sunflower oil
175g plain flour
4 tsp baking powder
1 tbsp caster sugar

1 Make the compote

Put all the ingredients into a medium pan with 1 tbsp water. Stir and simmer gently for 15 mins, until warm and syrupy.

2 Make the pancake batter

Mix the milk, eggs and 4 tbsp oil in a bowl. In another bowl, mix the flour, baking powder, sugar and 1 tsp salt. Stir the dry ingredients together, then slowly pour in the wet ingredients until just combined.

3 Fry the pancakes

Heat a non-stick frying pan and add 1 tsp oil. Pour in about 75ml of the batter. When bubbles form on top, flip the pancake over and brown the other side. Keep warm in a low oven while you make the rest of the pancakes. Serve the pancakes topped with the warm compote.



Easy cheat Asda Chosen By You Christmas Tree Crumpets, pack of 4, £1 and Star Waffles, pack of 4, £1 – perfect with scrambled eggs.





Bake your own ham

Christmas wouldn't be Christmas without a ham! This is lovely cold, but we like it served warm with mustard sauce too

the easy way

You can bake this up to 2 days ahead and chill until you're ready to serve it

Serve with a mixed salad and potato salad



Baked ham with brown sugar and mustard glaze

- Serves 12 • Ready in 3 hours 45 minutes, plus soaking • £3.04 a portion
- 337 kJ, 19g fat, 7g sat. fat a portion • Suitable for freezing (slice before freezing)

4kg uncooked smoked ham on the bone
90g soft brown sugar
6 tbsp wholegrain mustard
bay leaves, to serve

1 Soak the ham the night before

Put the raw ham in a large, clean bucket. Add enough water to cover and soak overnight, or up to 24 hrs ahead, changing the water twice.

2 Roast the meat

Heat oven to fan 160C/conventional 180C/gas 4. Drain and put the ham in a large roasting tin, cover tightly with foil and bake for 3 hours.

3 Add the glaze and cook

Remove the ham from the oven and turn the heat up to fan 180C/conventional 200C/gas 6. Using a sharp knife, carefully slice the rind off the ham, leaving about 1-2 cm of fat, then cut a diamond-shaped pattern into the surface, using criss-cross strokes. In a small bowl, mix together the sugar and wholegrain mustard to make a glaze, then rub it all over the ham and into the cuts. Roast the ham for 30 minutes, until the ham is tender and the outside is nice and sticky. Serve at the table on a large platter lined with a few bay leaves, and ready to carve.

Mustard sauce

Mix **100g English mustard** with **4 tbsp soft brown sugar** and **1 tbsp cider vinegar**, mix well and pour into a serving bowl or jug. Serves 12.

Easy cheats

Our favourite shop-bought hams to buy

Finest Dry Cured Orange & Rosemary Marmalade Roasting Ham, 3-4kg, £50, Tesco

Beautifully decorated with orange slices, this is one for citrus lovers as it has a wonderful orangey flavour. It's really fuss-free as it's a pre-cooked ham joint (not on the bone) and you can just take it straight out of the box and carve.



Chosen By You Mulled Wine Deli Joint, 1.5kg, £18.75, Asda

An attractive-looking, traditional ham, which has been marinated in mulled wine, giving it a very festive taste. It can be served hot so would make a great alternative to turkey on Christmas Day, or serve cold with cheeses at a buffet.



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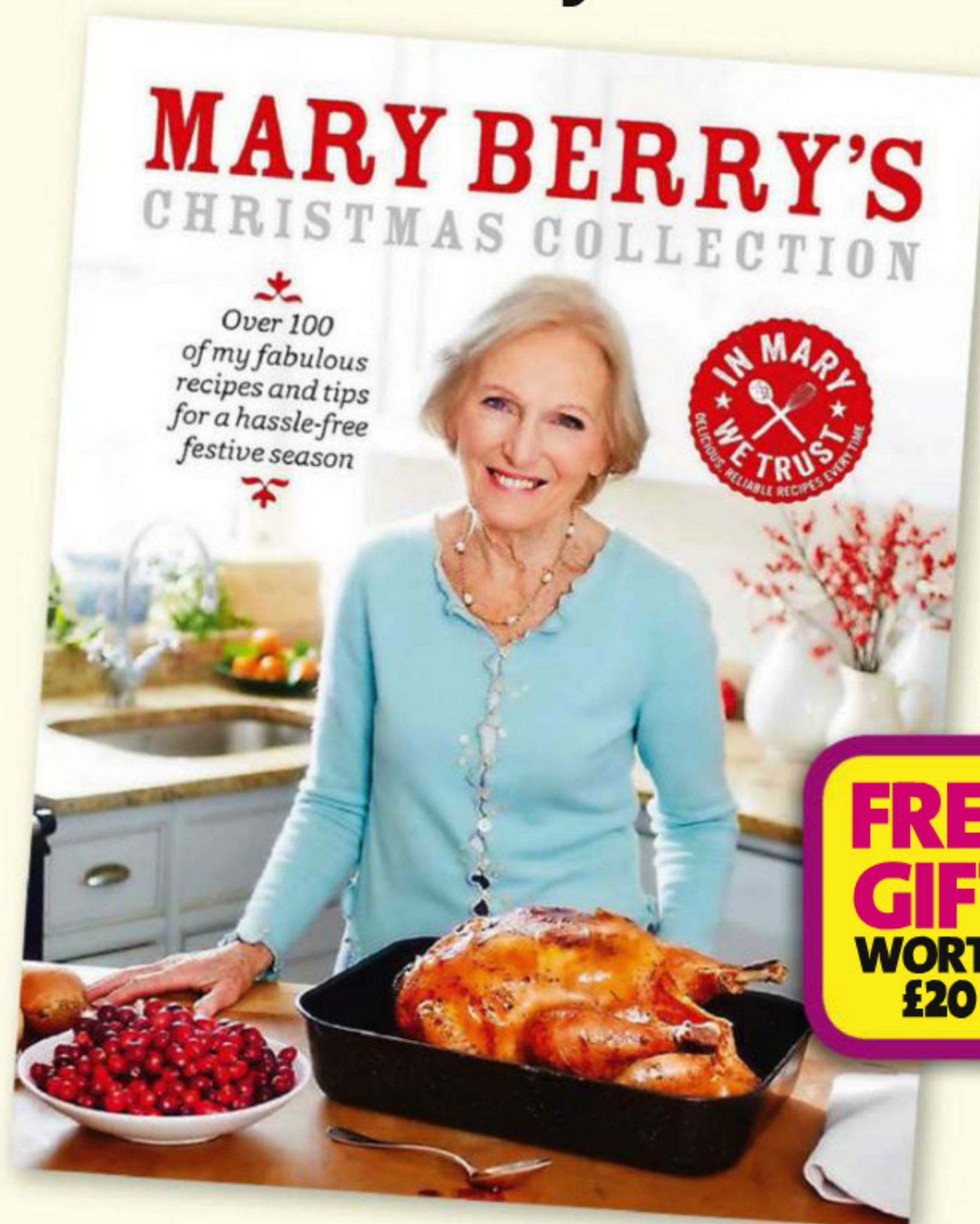
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Dashpuds

Fancy a change from Christmas pudding? These desserts take just a bit of effort to put together, but everyone will be very impressed when you bring them to the table. And they all cost less than 75p a portion to make!

Brazil nut and banana crunch sundaes

- Serves 6
- Ready in 45 minutes
- 74p a portion
- 742 kcals, 49g fat, 22g sat. fat a portion
- Not suitable for freezing

150g pack brazil nuts, roughly chopped
a little vegetable or sunflower oil
175g caster sugar
1 litre vanilla ice cream
2-3 ripe bananas, sliced at the last minute

FOR THE SAUCE

100g bar dark chocolate (70% cocoa)
1 tsp ground cinnamon
150ml double cream
150ml whole milk
1 tbsp golden syrup

1 Make the brazil nut crunch

Toast the nuts on a baking sheet at fan 160C/ conventional 180C/ gas 4 for 10 mins. Tip onto a separate, lightly oiled baking sheet. Gently heat the sugar in a non-stick pan for 5 mins, or until melted, then bubble into a dark caramel, swirling it around the pan. Pour the caramel over the nuts and leave to cool, then put half into a processor and whizz until grainy. Smash the rest with a rolling pin to get nobby shards.

2 Mix in the ice cream

Soften the ice cream for 10 mins. In a bowl, using electric beaters, beat the ice cream until smooth and thick. Fold in half the grainy caramel, then re-freeze.

3 Make the sauce and serve

Put all the ingredients in a pan, then heat until melted and smooth. (You can make this up to 3 days ahead, then reheat.) Fill each glass with layers of the remaining grainy caramel, scoops of ice cream, sliced banana and a drizzle of warm sauce. Top with the nutty shards.

the easy way

To save time on the day, remove the prepared ice cream from the freezer and scoop balls onto a tray, then put the tray in the freezer until you're ready to serve

Glam trifle slice

- Serves 10
- Takes 1 hour 30 mins, plus chilling and overnight chilling
- 55p a portion
- 530 kcals, 35g fat, 22g sat. fat a portion
- Not suitable for freezing

vegetable oil, for greasing

1 shop-bought large madeira loaf cake

250ml double cream

2 tbsp icing sugar

few sprinkles (optional)

FOR THE CREAM LAYER

2 gelatine leaves

200ml double cream

3 tbsp sweet sherry

100g mascarpone

4 tbsp icing sugar

FOR THE CUSTARD LAYER

2 gelatine leaves

3 tbsp custard powder

3 tbsp icing sugar

400ml whole milk

FOR THE JELLY LAYER

135g raspberry jelly

350g frozen raspberries, defrosted

1 Get everything ready

Grease a 900g loaf tin, then line smoothly with cling film. Use 1 long strip of baking parchment to line the base and ends of the tin; leave some sticking up at each end to help you release the loaf later. Criss-cross another piece of parchment to line the base and long sides.

2 Make the cream layer

Soak the gelatine in cold water. Gently warm the cream and sherry in a pan. When the gelatine is soft, squeeze out excess water, take the cream off the heat and stir in the gelatine until dissolved. Gently whisk in the mascarpone and icing sugar until smooth, then scrape into the tin and bang a couple of times to level. Chill until set (about 1 hour.)

3 Make the custard layer

Meanwhile, soak the gelatine in cold water. Make up the custard according to pack instructions, but using the quantities we've given. When the gelatine is soft, squeeze out the excess water, remove the custard from the heat and stir in the gelatine until melted. Lay cling film directly on the surface of the custard to stop a skin

forming, and then cool. When it's at room temperature, scrape into the tin on top of the set cream layer, as above. Chill again until set.

4 Make the jelly layer

Make up the jelly according to pack instructions, but using 300ml water. Whizz with 150g of the raspberries, then sieve. Cool to room temperature, and then scatter the remaining raspberries over the set custard layer in the tin. Pour over the raspberry jelly and chill until the jelly is almost set.

5 Cover the jelly with the sponge

Trim the brown edges from the cake, and then cut it lengthways into slices 1.5-2cm thick. Cover the jelly with sponge, using largeish pieces to fit together like a puzzle. Push slightly into the jelly to stick, then cover in cling film and chill until set, ideally overnight.

6 Serve

Turn the tin upside-down onto a serving plate. Ease the loaf from the tin using the overhanging parchment and gently peel off the cling film, then the parchment. Whip the final 250ml cream with the sifted icing sugar until thick enough to hold its shape. Spoon into a food bag, snip off the corner and pipe onto the top. Scatter with sprinkles, if you like.



the easy way It's best to allow a whole morning or afternoon to make this – but it's worth it

Christmas pud ice cream

- Serves 4 • Ready in 10 minutes, plus freezing • 49p a portion
- 440 kcals, 19g fat, 11g sat. fat a portion • Suitable for freezing

1-litre tub vanilla ice cream, slightly softened
200g cooled and cooked ready-made Christmas pudding, crumbled
shop-bought toffee sauce, to serve

1 Mix the ice cream

Whizz the ice cream in a food processor until smooth, then fold in the Christmas pudding and scrape into a freezer-proof container. Freeze for at least 2 hours, then scoop into bowls and top with the toffee sauce to serve.

the easy way

You could use leftover Christmas cake for this. Or fold through crushed meringues and a drizzle of lemon curd for an easy lemon meringue pie ice cream



Easy cheats

We've tested lots of puds – these are our favourites

M&S Collection Panettone Pudding, 907g, £14

This is beautifully light, with plenty of crunchy almonds, and the candied orange on top stops it tasting too sweet.



Figgy Christmas Pudding, 350g, £10, www.figgys.co.uk

This traditional, dark, spicy, dense pudding is very boozy! It's packed with fruit and is moist, not greasy, unlike some others we tried.



Sainsbury's Cranberry & Orange Christmas Pudding, 900g, £14

This has lots of juicy cranberries studied through it, and we like the pretty fluted design too.



It's beginning to taste a lot like Christmas



Create a magical table centrepiece this Christmas with our new & exclusive Santa's Sleigh Mould, only £11.99.

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*Gingerbread sleigh
recipe also included*



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 **LAKE LAND**

EASY CHRISTMAS 

Make our holly cake

Why not have a go at making your own Christmas cake this year? This one looks really effective, but it's very easy to put together



Happy Christmas!

Snow-topped holly cake

- Makes 2 cakes (each cake serves 8) • Ready in 2 hours 30 minutes • 68p a slice
- 584 kcals, 20g fat, 7g sat. fat a slice • Suitable for freezing (fruit cake only)

FOR THE FRUIT CAKE

200g dark muscovado sugar
175g butter, chopped
700g mixed dried fruits
50g glacé cherries
2 tsp grated fresh root ginger
rind and juice of 1 orange
100ml dark rum, brandy
or orange juice
85g pecans
3 large eggs, beaten
85g ground almonds
200g plain flour
½ tsp baking powder
1 tsp mixed spice
1 tsp cinnamon

TO DECORATE

250g pack marzipan, halved
icing sugar, for dusting
2 tbsp warmed apricot jam
500g fondant icing sugar
8 glacé cherries
small holly sprigs, washed and dried

1 Boil the fruit

Tip the sugar, butter, dried fruits, cherries, ginger, orange rind and juice into a large pan. Pour over the rum, brandy or juice, then put on the heat and slowly bring to the boil, stirring frequently, until the butter has melted. Reduce the heat and bubble gently, uncovered, for 10 minutes, stirring regularly to ensure it doesn't catch on the bottom of the pan. Set aside for 30 minutes to cool. Stir the pecans, eggs and almonds into the fruit, then sift in the flour, baking powder and spices. Stir gently, until well mixed.

2 Bake the cake

Turn oven to fan 130C/conventional 150C/gas 2. Butter and line the base and sides of an 18cm square tin with baking paper. Spoon the mixture into the tin and level the top with a spoon dipped into boiling water to prevent it

sticking. Bake for 45 mins, then turn the oven down to fan 120C/conventional 140C/gas 1 and cook for 1 hour more, or until a skewer comes out clean. Cool on a wire rack. (Keeps wrapped in foil for 2 months, or freeze for up to a year.)

3 Halve the cake

Carefully cut the cake in half (to make two cakes) and trim the edges so that you can see the texture on all sides. Roll out each piece of marzipan on a surface dusted with icing sugar so that each piece fits the top of one cake.

4 Decorate the cake

Brush the tops of the cakes with the jam, and put the cakes jam-side down on top of the marzipan. Trim away the excess marzipan with a knife, then turn the cakes right way up, so that the marzipan is on top. Make up the fondant icing to a spreading consistency, then spread over the cakes so it runs over the edges. Top with cherries and holly, then leave to set. (The cakes will keep in a plastic container in a cool place for 4-7 days.)

A square cake is cut in two for this recipe. Keep one and give one as a gift



Slice the cake into two so that you have two rectangular cakes, then trim the sides



Turn each cake upside down and press onto the marzipan – it's easier to trim it like this



Turn the cake the right way up and top with the fondant icing – let it run down the sides

Easy cheats

Our pick of the very best shop-bought cakes

M&S Collection Enchanted Forest Cake, 1.8kg, £20

This is a traditional boozy fruit cake. We like the modern icing design, which we think makes a lovely centre-piece for the Christmas table. The icing isn't too hard, which makes it easy to cut and serve.



Tesco Fully Iced Christmas Cake, 1kg, £7.50

As this is a smaller cake, it's ideal if there are just two of you. It's very fruity, with plenty of juicy cherries and sultanas, a nice almond flavour and a really lovely crunch from the added nuts. It's good value for money, too.



Ronnie the Reindeer cake, 950g, £7.99

How cute is this? He's actually a lovely three-tier chocolate sponge cake, with chocolate buttercream icing. The fondant icing isn't too sweet and it's easy to portion. He will be a big hit with kids (who don't always like a heavy fruit cake anyway).



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If you've made your own Christmas cake or you'd like a little help with the finishing touches to Paul Hollywood's yule log on page 61, here are some top tips



Decorating techniques to try

CHRISTMAS CAKE



STEP 1 Measure the cake

Use a piece of string to measure across the top and down the sides of the cake – then mark the string at each end with a pen.



STEP 2 Roll out the marzipan

Ensure it's larger than the width marked, put the cake on an upturned bowl and brush the whole cake with melted apricot jam.



STEP 3 Drape over the cake

Lift the marzipan up using a rolling pin and drape it over the cake. Smooth the marzipan down the sides of the cake. Trim any excess.



STEP 4 Repeat with the icing

Brush the marzipan with jam. Roll out the icing and use to cover the cake. Smooth down with your hands. Trim with a sharp knife.

Add simple decorations like our Ho Ho Ho (see picture, top right)

YULE LOG



STEP 1 Shape the cake

Cut off 6cm of cake, on the diagonal, from one end. Position this piece on one side, so it resembles a branch.



STEP 2 Add the icing

Use a palette knife to ice the sponge. Drag a fork over the surface to make a bark pattern; use a skewer to swirl in 'knots'.

Make your own mince pies

On BBC2's *The Great British Bake Off*, the 'signature bake' round is often a twist on a classic. Taking inspiration from this, we've given the humble mince pie a new twist too!

BBC
TWO

Cranberry and pear pies

- Makes 8
- Ready in 35 mins, plus chilling time
- 98p each
- 709 kcals, 35g fat, 18g sat. fat each
- Not suitable for freezing

FOR THE ALMOND PASTRY

350g plain flour
85g ground almonds
140g caster sugar, plus extra to decorate
225g butter, chopped
1 egg, beaten

FOR THE FILLING

400g cranberries, fresh or frozen
50g caster sugar
25g cornflour
325g orange curd (from a jar)
450g just-ripe pears, peeled, cored and chopped

1 Make the pastry

Tip the flour, almonds, sugar and butter into a processor then pulse until the mixture resembles breadcrumbs. Pulse in up to 5 tbsp cold water until the mixture forms a dough. Wrap in cling film and chill for 1 hour.

2 Cook the filling

Put the cranberries, sugar and cornflour into a pan, stir, then mix in the orange curd. Cook for 5-6 mins until thickened. Add the pears and cook for a few mins more, stirring. Cool.

3 Fill the pies

Turn oven to fan 170C/conventional 190C/gas 5. Put a baking sheet inside. Roll out the pastry and use to line 8 x 10cm tart tins. Spoon in the filling. Roll out the rest of the dough and cut out 4 x 9cm rounds to make lids. Cut out the centres with a medium star cutter.

4 Bake

Cover 4 pies with the pastry lids and put the stars on the baking tray. Crimp the edges of each pie, if you like. Put a star on the open pies. Brush the pies and stars with the egg then dredge with sugar. Bake the stars for 8-10 mins and the pies for 15-20 mins until golden. Dredge with more sugar once out of the oven.

Serve with cream or ice cream



★ **the easy way**
If you want to save time, you can make the pastry up to 3 days ahead and chill it or freeze it for up to 1 month

Easy mince pies with crunchy crumble tops

- Makes 15
- Takes 20 mins, plus 20 mins in the oven
- 27p each
- 266 kcals, 11g fat, 6g sat. fat each
- Suitable for freezing

300g dried mixed fruit
200g apricot jam
25ml brandy

FOR THE PASTRY
200g plain flour
100g butter, cubed
1 egg yolk

FOR THE TOPPING
100g plain flour
25g icing sugar, plus extra for dusting
50g butter, cut into cubes
50g whole almonds, roughly chopped

1 Make the mincemeat

Put the dried fruit and jam in a pan, heat until melted then stir in the brandy and cool. Turn oven to fan 180C/conventional 200C/gas 6.

2 Make the pastry

Set aside 2 tbsp flour and whizz the rest in a processor with the butter until the butter has disappeared. Pulse in the egg yolk, then 1-2 tbsp water, until the dough comes together. Use the reserved flour to roll out the pastry to just over the thickness of a £1 coin. Stamp 15 circles with an 8cm cutter and press into holes of a bun tin, re-rolling the trimmings. Divide the fruit between the pies then bake for 5 mins.

3 Make the crumble topping

Rub together all the crumble ingredients with your fingers. Top each pie with some crumble, and then return the pies to the oven for 15 minutes more, until golden. Eat warm or cold, dusted with icing sugar.

Make the orange mince pies in two batches, chill half the pastry while the rest cooks

Orange, cranberry and almond mince pies

- Makes 24
- Takes 20 mins, plus chilling time and 20 mins in the oven
- 28p each
- 249 kcals, 14g fat, 7g sat. fat each
- Suitable for freezing (without the crème fraiche topping)

200g very cold butter, cubed
400g plain flour & extra for dusting
100g ground almonds
100g caster sugar
rind of 2 oranges
2 tbsp orange juice
100g frozen cranberries
400g ready-made mincemeat
handful of flaked almonds
2 tsp icing sugar & extra for dusting
200ml tub crème fraiche

1 Make the pastry

Whizz the butter, flour and ground almonds in a processor until the butter has disappeared. Pulse in the sugar, half the orange rind and the juice until the dough comes together. Tip out and shape into a smooth disc. Chill for 15 mins.

2 Roll out the dough

Scatter a little flour onto the work surface. Roll out the dough to the thickness of a £1 coin. Using an 8cm cutter, stamp out 24 circles and use to line the holes of 2 x 12-hole bun tins.

3 Add the filling

Turn oven to fan 180C/conventional 200C/gas 6. Mix the cranberries and mincemeat, then spoon into the cases. Scatter each pie with flaked almonds. (The uncooked pies can be frozen for up to 1 month at this stage.)

4 Bake the pies

Cook for 18-20 mins, until golden. To serve, dust with a little icing sugar. Stir 2 tsp icing sugar and the remaining rind into the crème fraiche, then spoon onto each pie to serve.

Easy cheats Our pick of the very best

Asda Extra Special Buttercream Mince Pies, pack of 4, £2 These are a little different to a traditional mince pie

– they have a delicious brandy buttercream on top. It means you can't heat them, but the pastry is lovely and buttery and the mincemeat is spicy and moreish.



Morrisons Signature All Butter Deep Filled Mince Pies, pack of 6, £2 These have a lovely shortbread-like pastry and sweetly

spiced, textured mincemeat with lots of chunks of fruit, which is really well balanced. Delicious cold, these are even better warmed through.



ROCKY CHOCCY FESTIVE TREATS



Tired of traditional Christmas treats? With the yummy chocolatey appeal of Rocky Road, this recipe is ideal for a kids' party, or to make as a gift for friends

CHRISTMAS GIFTS

There's always a special place in your heart for tradition when it comes to Christmas, but when you're looking for something to sweeten kids before the big day, you can't go wrong with these Christmas pudding muffins.

The 'Rocky Road' was first invented in 1853 in Australia as a way of on-selling confectionery that had been spoiled by the long journey from Europe.

Confectioners took advantage of the wealthy, but uncultured, gold miners who arrived in the country by mixing the spoiled sweets with low-quality chocolate and filler ingredients such as nuts.

Unexpectedly, the treat took off and was christened 'Rocky Road' after the path the travellers had to take to get to the gold fields. In modern times, the snack has become a decadent way to indulge – and these muffins will be snapped up by children and adults alike.

Of course, you'll need the best ingredients to bring out their luxurious flavour: Nielsen-Massey Chocolate Extract gives a boost to the dark cocoa flavour, making them extremely moreish.

Mini Rocky Road Christmas pudding muffins

Makes 24 mini muffins
● Ready in 45 minutes

120g Allinson Plain White Flour
25g cocoa powder
1 ½ tsp baking powder
good pinch of salt
70g Billington's Light Muscovado Sugar
60g Billington's Glacé Cherries, finely chopped
25g mini marshmallows, roughly chopped
50g Silver Spoon Milk Chocolate Chips
1 large egg
1 tsp Nielsen-Massey Chocolate Extract
100ml milk
3 tbsp sunflower oil

For the topping:

150g Silver Spoon White Chocolate Chips,
mini holly and berry sprinkles or silver
balls, to decorate

TIP: These are
best eaten on the
day of baking

1. Prepare the tins

Turn oven to fan 180C/conventional 200C/
gas 6. Place mini muffin cases in 2 x 12 hole
mini muffin tins.

2. Mix the ingredients

In a large bowl, sieve together the plain
flour, cocoa powder, baking powder and
salt. Stir in the sugar, cherries,
marshmallows and milk chocolate chips.
In a jug, whisk together the egg, extract,
milk and oil. Pour the wet ingredients into
the dry ones and gently mix until just
combined. Don't overmix.

3. Bake

Spoon or pipe the mixture between the
muffin cases and bake for 15 minutes.
Remove from the tin immediately and cool
on a wire rack. When cool, peel the cases
away from the muffins and discard.

4. Finish and serve

Melt the white chocolate and drizzle over
the cooled muffins to look like white sauce
on a Christmas pudding. Top with either the
holly and berry sprinkles or silver balls.

NEXT MONTH: SCOTLAND

Key ingredients

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seasonal recipes, visit
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Christmas baking

What could be more festive than doing some baking on Christmas Eve while listening to *A Festival Of Nine Lessons And Carols* on the radio?

BBC
RADIO

92-95 FM



Easy homemade panettone

Cranberry and white chocolate panettone

- Serves 8
- Takes 25 mins, plus 50 mins in the oven and rising time
- 77p a slice
- 140 kcals, 9g fat, 4g sat. fat a slice
- Suitable for freezing

500g plain flour, plus extra for dusting
2 x 7g sachets easy-blend dried yeast
100g caster sugar
200ml whole milk
3 eggs
1 tsp vanilla extract
200g butter, softened
175g cranberries
100g candied peel, finely chopped
85g white chocolate, chopped into chunks

FOR THE TOPPING

- 1 egg, lightly beaten**
- 2 tbsp flaked almonds**

1 Make the basic dough

Tip the flour, yeast and 1 tsp salt into a food processor fitted with a dough blade. Mix briefly, then stir in the sugar. Warm the milk to hand hot. In a bowl, beat the eggs with the vanilla extract. Add the milk and eggs to the flour mixture and mix to a soft dough. Work the dough in the processor for 2 mins, then leave in the processor for about 1 hour, or until doubled in size. (Or knead the dough by hand on a floured surface until smooth and elastic.)

2 Add the butter

Chop the butter, add to the processor and pulse until incorporated into the dough. Leave for 1 hour to rise again (or knead the butter in by hand, if you prefer). Add the cranberries, candied peel and chocolate to the dough in the machine, then pulse gently to mix evenly (or mix in by hand).

3 Bake the dough

Butter and line the base of a 20cm-deep cake tin. Make a 10cm collar with double thickness baking paper and line the sides of the tin. Tip the dough onto a floured surface and knead briefly and quickly with floured hands to shape into a ball. Drop the dough into the tin and leave to rise for 30 mins. Turn oven to fan 160C/ conventional 180C/gas 4.

4 Add the topping

Brush the top of the dough with beaten egg and scatter over the almonds. Bake for 45-50 mins, until risen and golden brown. Turn out of the tin and cool on a wire rack. Cut into wedges to serve.

Cherry and coconut florentines

- Makes 24
- Ready in 30 mins, plus cooling
- 27p each
- 247 kcals, 15g fat, 9g sat. fat each
- Not suitable for freezing

140g light muscovado sugar
100g clear honey
200g salted butter
100g desiccated coconut
140g flaked almonds
300g glacé cherries, sliced
60g plain flour
250g dark, milk or white chocolate

1 Make the florentine mixture

Turn oven to fan 160C/ conventional 180C/ gas 6. Put the sugar, honey and butter in a pan and gently heat until melted. Stir in the coconut, almonds, cherries and flour.

2 Bake the florentines

Line a large baking tray with baking parchment, and roughly spread the florentine mixture out to a thin layer. Bake for 10-12 mins, until golden. Set aside to cool and firm up.

3 Top with chocolate and cut out stars

Melt the chocolate over gently simmering water. Line a second tray and flip the cooled florentine bake onto it. Peel off the parchment. Spread the melted chocolate over the bake. Leave until set, then cut out star shapes.

Easy cheats

Our pick of festive treats

Morrisons Reindeer Bread, £1.69 each

A really fun idea – he's so cute, we don't know if we can eat him! He's a tear and share chocolate orange bread with a cherry for a nose. The bread is nice and light and has lots of big chunks of chocolate running through it.



Waitrose Orange & Cranberry Christmas Danish and Festive Stollen Christmas Danish, £1 each



These light puff pastries flavoured with fruit or marzipan are lovely for breakfast or afternoon tea.



Use a mixture of dark, milk and white chocolate, if you prefer



Buffet party

If you're catering for a crowd this Christmas, it's important to provide lots of different dishes that all ages will enjoy. We've included a few old favourites, plus some recipes that are a little bit different too

LIGHT BITES

Mini jackets

- Serves 6
- Ready in 1 hour 15 minutes
- 16p a portion
- 92 kcals, 4g fat, 1g sat. fat a portion
- Not suitable for freezing

500g baby new potatoes
1 tbsp sunflower oil
50g soured cream
1 tbsp capers, finely chopped

1 Bake the potatoes

Heat oven to fan 180C/conventional 200C/gas 6. Prick the potatoes with a fork, rub with the oil and season. Put on a baking tray and bake for 1 hour. Meanwhile, mix the cream and capers with ground black pepper. Leave the potatoes to cool slightly, then cut a cross in each, pinch the bases to open a little and top with the soured cream mixture. Serve warm.

Mini mushroom pies

- Serves 6
- Ready in 1 hour 10 minutes
- 67p a portion
- 373 kcals, 26g fat, 10g sat. fat a portion
- Not suitable for freezing

1 small onion, finely sliced
25g butter, plus extra for greasing
1 tsp olive oil
1 clove of garlic, crushed
350g mixed mushrooms, sliced
small handful of parsley, finely chopped
100ml single cream
375g pack ready-rolled shortcrust pastry
a little plain flour, for dusting
1 egg, beaten
1 tsp caraway seeds (optional)

1 Cook the mushrooms

Fry the onion in the butter and oil. Stir in the garlic and mushrooms, season and cook for 5 mins. Stir in the parsley and cream. Remove.

2 Line the baking tin

Turn oven to fan 180C/conventional 200C/gas 6. Grease a 6-hole muffin tin with butter, then line each hole with a long, thin strip of baking parchment. Roll out the pastry and stamp out 6 x 10cm circles. Press a circle into each hole to line it. Roll out the remaining pastry and stamp out 6 x 8cm circles for the lids.

3 Bake the pies

Divide the mushroom mixture between the pies. Brush the pastry edges with egg, top each with a pastry lid and press to seal. Brush with the remaining egg and sprinkle with caraway seeds, if using. Bake for 25-30 mins until golden. (You can make these a day ahead and keep in an airtight container. Reheat before serving.)

Salt beef on rye bread

- Makes 18
- Ready in 10 minutes
- 15p per square
- 42 kcals, 2g fat, 1g sat. fat per square
- Not suitable for freezing

3 slices dark rye bread
2 tbsp dijon mustard
2 tbsp mayonnaise
100g salt beef
9 cornichons

1 Assemble the canapés

Cut the bread into 18 squares. Mix the mustard with the mayo and spread a little on each square. Cut the salt beef into 18 pieces and the cornichons in half. Top each piece of bread with a piece of beef and a cornichon half.

Cranberry and ginger sausages

- Makes 24
- Ready in 25 minutes
- 15p each
- 62 kcals, 4g fat, 2g sat. fat each
- Not suitable for freezing

24 chipolatas

- 1 tbsp vegetable oil
- 3 tbsp cranberry sauce
- ½ tbsp ground ginger

1 Start cooking the sausages

Turn oven to fan 180C/conventional 200C/gas 6. Put the chipolatas in a roasting tin with the oil and cook for 15 minutes.

2 Add the glaze

Mix the cranberry sauce with the ginger and 1 tbsp water. Pour over the sausages and return to the oven for 5 mins more, until golden.

Crab and avocado sesame toasts

- Makes 16
- Ready in 12 minutes
- 32p each
- 62 kcals, 4g fat, 2g sat. fat each
- Not suitable for freezing

100g shop-bought guacamole

- 16 shop-bought crostini
- 200g white crabmeat
- 2 tbsp sesame seeds
- lime wedges, to serve

1 Top the toasts

Divide the guacamole between the crostini. Top each one with a spoonful of crabmeat.

2 Toast the seeds

Toast 2 tbsp sesame seeds in a pan, and then sprinkle over each crostini. Serve with the lime wedges.

Spiced lamb skewers

- Makes 16
- Ready in 25 minutes
- 39p each
- 50 kcals, 3g fat, 2g sat. fat each
- Not suitable for freezing

300g diced lamb

- ½ tsp each ground cumin, coriander, garam masala and cinnamon
- 200g greek yogurt
- 1 chopped shallot
- 1 chopped clove of garlic
- a small handful chopped mint
- a finger-length piece cucumber, diced
- 1-2 tsp runny honey
- 50g pomegranate seeds.

1 Spice the meat and make the tzatziki

Mix the lamb with the spices. For the tzatziki, mix the rest of the ingredients, except the pomegranate seeds, together. Sprinkle the pomegranate seeds over the tzatziki.

2 Grill the lamb

Cook the lamb under a hot grill for 8 mins, turning halfway. Thread each piece onto a cocktail stick. Serve with the tzatziki.



SEAFOOD SHARING PLATTER

Scandi smoked salmon

- Serves 4 (easily multiplied)
- Ready in 10 minutes
- £1.12 a portion
- 133 kcals, 8g fat, 4g sat. fat a portion
- Not suitable for freezing

1 small red onion, very finely chopped
small bunch dill, most roughly chopped
2 tsp creamed horseradish
good squeeze of lemon juice
100ml soured cream
200g smoked salmon

1 Make the scandi dip

Tip the onion and chopped dill into a bowl with the horseradish and lemon juice. Stir through the soured cream, season with a pinch of salt and a generous grinding of pepper, and mix well. You can make this a day ahead and keep in the fridge.

2 Plate up the salmon

Put the salmon on a board or plate, scatter with the dill fronds and serve with a grinding of black pepper and the dip on the side.

Potted prawns

- Serves 4 (easily multiplied)
- Ready in 5 minutes, plus chilling
- 75p a portion
- 529 kcals, 52g fat, 33g sat. fat a portion
- Not suitable for freezing

250g unsalted butter
1 bay leaf
280g cooked and peeled prawns
¼ tsp ground mace
2 good pinches cayenne pepper
juice of ½ lemon

1 Mix the spices with the prawns

Melt the butter with the bay leaf in a pan or in a bowl in the microwave for 1 minute. Add the prawns, mace, a good pinch of cayenne pepper, the lemon juice and some seasoning. Mix everything together.

2 Pot up

Tip the mixture into a shallow soufflé or gratin dish, or a jar, put the bay leaf on top and sprinkle with an extra pinch of cayenne. Chill for 2 hours, or up to 3 days before serving.



EASY SIDE SALAD

Bulghar wheat, date and clementine salad

- Serves 12
- Ready in 40 minutes
- £1.23 a portion
- 510 kcals, 15g fat, 2g sat. fat a portion
- Not suitable for freezing

560g bulghar wheat
4 tsp each ground allspice and ground cumin
24 stoned dates, chopped
large handful of parsley, chopped
4 x 400g cans chickpeas, drained
8 tbsp flaked toasted almonds
400g baby spinach
8 clementines, peel removed, sliced

FOR THE DRESSING

juice of 4 lemons
8 tbsp sherry vinegar
8 tbsp extra-virgin olive oil

1 Cook the bulghar wheat

Put the bulghar wheat and spices in a large bowl, season with salt and pour over 560ml boiling water. Cover with cling film and leave for 20-30 mins for the liquid to be absorbed. Fluff with a fork, then add the chopped dates, parsley, chickpeas and most of the almonds.

2 Make the dressing and serve

Pour the lemon juice, sherry vinegar and olive oil into a glass jar with a fitted lid, together with a little salt and a good grind of black pepper. Shake well and pour over the salad. Just before serving, mix the spinach through, then tip onto a platter, if you like, and serve topped with the clementine slices and scattered with the remaining almonds.

Dressed crab cups:
Mix 300g white crabmeat with 4 tbsp mayo, 1 tsp dijon mustard and a squeeze of lemon juice. Pile onto gem leaves. Serves 4





FOR AFTERS

Mini mont blancs

- Makes 32
- Ready in 15 minutes
- 15p each
- 128 kcals, 5g fat, 3g sat. fat each
- Not suitable for freezing

32 mini meringues
300ml double cream
2 tbsp icing sugar, plus extra to serve
80g sweetened chestnut purée

1 Assemble the meringues

Trim the tops off the mini meringues. Softly whip the cream with the icing sugar and divide this between the meringues. Top each with ½ tsp sweetened chestnut purée and dust with icing sugar before serving.

Winter Pimm's punch

- Serves 10
- Ready in 10 minutes
- £1.60 each glass
- 266 kcals, 0g fat, 0g sat. fat each glass
- Not suitable for freezing

500ml Pimm's
500ml brandy
1.5 litres apple juice
plenty of ice
2 cinnamon sticks
a sliced apple and orange

1 Make the punch

Combine the Pimm's and brandy with the apple juice in a jug filled with ice. Add the cinnamon sticks and fruit and then stir.



the easy way

The Pimm's punch is really nice warm too. Gently heat all the ingredients (leave out the ice!) and add the fruit at the end

FESTIVE DRINKS

Raspberry and elderflower Mash **10 raspberries** with **2 tbsp elderflower cordial**. Push through a sieve to remove pips, divide between 2 glasses and top up with fizz. Serves 2.

Mojito fizz In a mini food processor, whizz **10 mint leaves**, **2 tbsp sugar** and **the rind and juice of 1 lime**. Leave for 30 mins, then strain into 2 glasses. Top up with fizz. Serves 2.

Orange and ginger fizz Mix **50ml orange juice** with **2 tbsp stem ginger syrup** from a jar. Divide between 2 glasses, then top up with fizz. Serves 2.

Apple cider fizz Mix **50ml Calvados** and **50ml cider**. Put a **sugar cube** into each of 2 glasses, divide the brandy cider between them, and top up with fizz. Serves 2.

Blackcurrant and ginseng tea Pour **100ml boiling water** over **2 blackcurrant and ginseng fruit tea bags** in a mug and leave to steep for at least 1 hour. Remove the bags. Divide the tea between 2 champagne glasses. Add a **sugar cube** to each, then top up with fizz. Serves 2.

How much do I need?

When you're planning quantities, think about who you've invited – a group of ravenous teenagers is likely to eat more than elderly relatives. If your buffet is at lunchtime or in the evening, serve around 10 canapés per person plus extras like salads, but if it's between mealtimes, guests will be happy with about 6 canapés per person. When serving the canapés, don't send them all round in one go. Serve half of each batch when guests first arrive and the rest midway through the party.

Party food to buy

Get the party off to a great start with our pick of the best ready-made canapés and mini desserts



Marks and Spencer's Posh Hot Dogs



Morrisons' Spicy Snack Platter



Lakeland's Mini Florentines

• 10 Mini Posh Hot Dogs, £7, M&S

The sausages only take 15 minutes to cook, then pop them in the buns and drizzle with the ketchup and mustard relish supplied. Yum!

• Cheese And Onion Soufflettes, pack of 6, £3, The Co-operative

A cross between a muffin and a soufflé, these are fluffy, cheesy, eggy muffins. We think they look great in their posh wrappers and the cheese flavour is nice and strong. Any leftovers (unlikely, but possible!) can be eaten cold the next day too.

• Finest 12 Moroccan Selection, £4, Tesco

We love these spiced lamb parcels, plus spinach and feta rolls. The lamb parcels are fragrantly spiced (you can definitely taste the cinnamon) and are lovely dipped in houmous.

• Sticky Chicken Skewers, pack of 12, £2, Aldi
Skewered chicken with a sticky glaze that's not too sickly. The chicken is tender and quite smoky from the marinade. They do stick to the pan, though, so it's best to line the baking tray with non-stick foil.



Heston's Fish Pies

• Spicy Snack Platter, 500g, £5, Morrisons

There's something for everyone in this selection, from rice crackers to chilli peanuts. Be warned: they are quite spicy!

• Heston From Waitrose Fish Pies, pack of 12, £6.49

The spinach pastry on these dinky pies is beautifully thin and stays crisp while still holding the creamy filling really well. They're nicely seasoned too and you can taste the fish, not just the sauce. Pop them onto a preheated baking tray so you don't get soggy bottoms!

• Extra Special Prawn Toast, pack of 12, £3; Extra Special

Crab Cakes With Sweet Chilli Sauce, pack of 8, £3, Asda
Chinese-style canapés always go down well at parties and these are some of the nicest we've ever tried. The fish cakes are a mix of crab and pollock (a delicate white fish), crunchy when cooked and with a spicy kick from the added chilli. The prawn toasts have a crispy sesame seed coating. Delicious.

Fancy something sweet?

Best Of British Desserts Selection, 30-pieces, £4, Iceland

If you're feeding a crowd, this is really good value: jammy roly-poly slices (our favourites), little apple crumble cones, (the cones are a crumbly pastry), and baby bread and butter puddings, with a custard dip (although if you like lots of custard, you might want to buy extra).

Finest Cocktail Hour, pack of 6, £10, Tesco

These look very elegant: plastic flutes of cocktail-inspired jellies already decorated, so all you need to do is serve. You get two of each flavour – champagne & strawberry, Irish cream liqueur and coffee and bucks fizz. Who can resist?

Mini Florentines, pack of 24, £6.99, Lakeland

Chewy and chocolatey, these have a generous topping of caramelised nuts and a gorgeously thick chocolate base. The trouble is, because they're so dinky you just eat twice as many!

PEPPADEW PIQUANTÉ PEPPER PARTY POPPERS!



Getting bored with olives?

Let delicious Cheese Stuffed and NEW Tuna Stuffed Peppadew bring taste and colour to your Christmas appetisers and snacks.

Peppadew Piquanté Peppers.

A tongue twisting sweet heat taste sensation!

Try tantalisingly, tempting, totally tasty recipes at www.peppadew.com

Cheese Stuffed available in Tesco, Waitrose and Sainsbury's.

Tuna Stuffed only available in Tesco.



EASY SEASONAL PUDDS

Take the hassle out of Christmas with smart staples for simple puddings

Getting ready for the big day is hectic, so a helping hand from these simple and delicious recipes will be a godsend. Whip up the perfect trifle with Princes Fruit Cocktail. A succulent mixture of peaches, pears, pineapple, grapes and cherries, your trifle will make a fine centrepiece, while a Yule log oozing with Princes Black Cherry Fruit Filling and whipped cream is sheer indulgence.

Keep Princes in the storecupboard for scrumptious desserts at your fingertips.

The ultimate trifle

- Takes 20 minutes, plus setting time
- Serves 8
- 2x 420g cans Princes Fruit Cocktail in Syrup
- 2 jam Swiss rolls, each sliced into 8
- 50g custard powder
- 600ml milk
- 2 tbsp caster sugar
- 300ml double or whipping cream

1. Drain

Drain the cans of Princes Fruit Cocktail, reserving the syrup. Put a few pieces of fruit aside for decoration.

2. Make the jelly and set

Arrange the slices of Swiss roll in a large trifle bowl. Dissolve the jelly in 300ml boiling water then add the fruit syrup. Pour over the Swiss roll. When soaked in, spoon on the fruit cocktail. Set in the fridge for 2-3 hours.

3. Blend, decorate and serve

In a jug, blend the custard powder with 3 tbsp milk until smooth. Boil the rest of the milk, then pour over the custard mix, stirring until thick. Stir in the sugar and cool, then pour into the bowl and leave to set. Whip cream until stiff, then spoon on top. Top with reserved fruit. Chill until ready to serve.



Chocolate cherry Yule log

Ready in 35 mins ● Serves 4

- A little butter or margarine for greasing
- 45g butter
- 65g plain flour
- Pinch of salt
- 15g cocoa powder
- 3 large eggs
- 75g dark or light muscovado sugar

FOR THE FILLING

1 can Princes Black Cherry Fruit Filling
150ml (1/4 pint) double cream
A little icing sugar and cocoa powder for sprinkling
A sprig of holly for decoration

1. Prepare

Turn oven to fan 180C/conventional 200C/

gas 6. Grease a 30 x 23cm Swiss roll tin. Line with baking parchment.

2. Melt butter and sift flour

Melt the butter in a saucepan, then remove from the heat. Sift in the flour, salt and cocoa powder into a bowl.

3. Mix ingredients together

Break the eggs into a separate large mixing bowl and add the sugar. Whisk together for 5 minutes until very light and mousse-like. Add the flour mixture, folding it in very gently, using a large metal spoon. Fold in the melted butter.

4. Tip mixture and level

Tip the mixture into the prepared tin and level the surface. Bake for 8-10 minutes until the top springs back when touched.

5. Turn out and cool

Turn the cooked cake out onto a large sheet of baking parchment while still warm. Carefully peel off the lining paper. Using the parchment, roll up the cake from the short end. Cool.

6. Now decorate!

Unroll the cake and layer with Princes Black Cherry fruit filling and the whipped double cream. Re-roll. Dust with icing sugar and cocoa powder, then add the holly.



For more Princes recipe inspiration, visit princes.co.uk/recipes



Make a Christmas hamper

These recipes are all perfect to make ahead, and are ideal as gifts for friends and family

Pineapple chutney

Heat **2 tbsp sunflower oil** in a large heavy-based pan. Tip in **3 onions**, finely chopped, **1 tbsp yellow mustard seeds**, **1 tbsp black onion seeds** and **1 tsp turmeric** and cook for 5 mins, until fragrant. Add **2 pineapples**, peeled, cored and diced, **1 red chilli**, deseeded and finely chopped, a **thumb-sized piece of ginger**, finely chopped, **250g light brown sugar**, **175ml cider vinegar** and **1 tsp salt** and simmer for 1 hour, until dark golden and thick. Pour into sterilised jars (hot from a dishwasher cycle is fine) and cool before covering. Makes 3 x 330ml jars.

Spiced meat rub

Mix **3 tsp dried chilli flakes**, **2 tbsp dried thyme**, **2 tbsp dried rosemary**, **4 bay leaves**, crushed, **1 tsp celery salt** and **2 tbsp peppercorns** in a bowl. Transfer to a pepper mill or an airtight jar and add a label. To use, grind over meat before cooking, or over veg before roasting, for a lovely flavour. Makes enough for one peppermill.

Pistachio and cranberry cookies

- Makes 22
- Takes 15 mins, plus 15 mins in the oven and cooling time
- 10p each
- 140 kcals, 9g fat, 4g sat. fat each
- Suitable for freezing

175g butter, softened **225g plain flour**
85g caster sugar **75g pistachios**
½ tsp vanilla extract **75g dried cranberries**

1 Make the dough

Mix together the butter, sugar and vanilla. Stir in the flour, then tip in the pistachios and cranberries – use your hands to bring the mixture together as a dough. Halve the dough and shape each half into a log 5cm across. At this stage you can wrap in cling film, then chill for 1 hour or freeze for up to 3 months.

2 Bake the cookies

Turn oven to fan 160C/conventional 180C/gas 4. Slice the logs into 1cm-thick rounds, put on a baking tray lined with baking parchment and bake for 12-15 mins. Cool on the tray.

the easy way

Poundland sell some great peppermills, for just £1 – multiply the quantities to make more of the spiced rub



EASY CHRISTMAS



Sainsbury's Nordic Folk Oven Glove £5, www.sainsburys.co.uk, 0800 636 262 These gloves are perfect for serving the Christmas lunch



Tala Cutters £2.75 per set, kitchen shops, www.talacooking.com, 01225 859635 These cute cutters will appeal to kids too



Nordic Cake Stand £1, Poundland, www.poundland.co.uk, 0800 731 5622 We love this Scandi-inspired, reusable cardboard cake stand



Cath Kidston Set Of 3 Melamine Containers (Bird design) £16, www.cathkidston.co.uk, 0845 0262 440 You'll be able to store leftovers in style with this set of pretty, but practical, plastic containers



Wilko Vintage Pie Dish Set £10, Wilkinson, www.wilko.com, 0845 6080807 The dish comes with a traditional pie funnel to help make perfect pies



Christmas Tree Felt Placemats £2 each, Cargo, www.cargohomeshop.com, 0844 848 3300 These unusual, smart placemats look great on a white cloth



Cook's Essentials 1.5 litre Slow Cooker (with standard & tagine lid) £16.50, QVC, www.qvcuk.com, 0800 514131 The timer ensures a tasty meal will be ready when you get home

Treat someone to a BBC Easy Cook subscription! See page 28 for details



Set of 3 Snökul Tins £6, Ikea, www.ikea.com, 020 3645 0000

Ideal for cakes, bakes and biscuits, these tins are a bargain!



Judge J415 Solar Photovoltaic Scale £24, Kitchen shops and www.judgecookware.co.uk, 0117 940 0000

They're solar-powered – all they need is the light from a light bulb to work!



Dining Mug Stacker set £8, Waitrose, www.waitrose.com, 0800 188 884 Ideal for storing near the kettle, we love the very cheery pattern, and the flowerpot shape makes the mugs lovely to drink from too



Scandi Heart Rectangular Platter, £6.50, Tesco, www.tesco.com, 0845 600 4411 If you're making our party food on page 44, this smart platter is an ideal way to serve it

Baking Noticeboard, £22, Chandler's Country Gifts, www.chandlerscountrygifts.co.uk A cotton fabric noticeboard to keep recipes and notes safe



BBC easycook favourite



Chef's Tablet Stand With Touch Pen £23.99, Lakeland, www.lakeland.co.uk, 015394 88100 BBC Easy Cook is now available on iPad! Use this stand to cook recipes from our digital version



Wahaca Griddle Pan set £20, Boots, www.boots.com, 0845 609 0055

Go Mexican with this cast iron griddle pan – it comes complete with a fiery chile sauce, cumin seeds and oregano, perfect for rustling up fajitas



Cuisipro Scoop Bowls £8.99, www.whiskcooking.co.uk, 020 8995 8990 Unique flat-edged bowls to help you scoop food from board to pan



The Great British Bake Off Measuring Cups £17.50, Marks and Spencer, www.marksandspencer.com, 0845 609 0200 Gorgeous, vintage-inspired and accurate



Sarah Sysum's monthly round-up
of the best new products and ideas

easy extras



Make-ahead homemade sauces

Microwave bread sauce Combine **500ml** whole milk, **1** chopped onion, **4** cloves, **1** bay leaf, **1** tsp white peppercorns and **¼** tsp ground nutmeg in a medium-sized microwaveable bowl. Put in the microwave and cook for 2 mins on full power (100%). Remove, cover with cling film and stand for 15 mins, or chill for up to 2 days if the milk's sell-by date allows. When you're ready to serve, strain the sauce, then return to the microwaveable bowl. Add **100g** white breadcrumbs, put in the microwave again and cook for 3 mins on full power (100%). If the sauce is a bit lumpy, whisk until smooth, stir in **1** tbsp double cream, a pinch of grated nutmeg and seasoning. Finish with a knob of butter. Serves 8.

Fresh herb sauce Put **85g** watercress, **50g** fresh parsley and **50g** walnuts in a blender and pulse until finely chopped. Add **150ml** olive oil, **1** tsp each of lemon juice and sugar, and season. Whizz for 1 minute to a thick, green sauce. Serves 8.

Make it snappy!

Poundland
Make Your Own Crackers, pack of 6, £1 You get the cracker, hats and rubbish jokes, but add your own gift (you could make it personal for each guest). Great quality for the price.



Tesco Snowflake Craft Crackers With Name Cards, pack of 6, £7 It's the simplicity of the design that makes these so good and the matching place cards look smart on the table. They have a good 'snap' and nice gifts.



Racing Penguin Christmas Crackers, pack of 6, £19.99, Lakeland Each contains a wind-up penguin. Wind up them up on the included racetrack and let them loose. Absolutely hilarious!



Bargain hunter

ARV BRÖLLOP clear glass serving stand with lid, £15, Ikea This gorgeous glass dome stand is so elegant and a bargain too. The glass is heavy and has an embossed pattern on the base. It will keep a cake fresh – or use it as a fancy way to serve cheese at Christmas. A quick scout around the high street and the next cheapest we could find cost £40!



Cook book of the month

Even if you've only just got into baking, these easy-to-follow recipes are perfect for the festive season. We like it that many of the recipes have clever decorating ideas – our favourite is the Rudolph cupcakes that use pretzels for antlers! As well as lots of novelty bakes, there are some nice twists on Christmas flavours too, like the gingerbread whoopee pies and mint chocolate brownies.



Christmas Cupcakes & Cookies

Ryland Peters & Small, £9.99

the easy way

How to carve a turkey

STEP 1 First, untie the legs. Steady your turkey with a large fork and cut through the skin between one thigh and the body, then gently ease the thigh outwards and press down to expose the hip joint. Cut through this to remove the whole leg from the body. Repeat for the other side. You can now cut the legs in half (separating the thighs from the drumsticks), if you like.

STEP 2 Wiggle a wing bone around to find out where the joint is, then cut through as close to the breast as possible. Repeat on the other side.

STEP 3 For the breast, hold the back of the carving fork against the side of the breast and, starting from the neck, slice on the diagonal.



These mini Yorkshires make great finger food for a buffet



A twist on tapas – perfect for a party

Spanish-style tapas dishes are ideal if you're having a buffet. Perfect finger food, they're bite-sized and full of flavour – and look fantastic too. So if you're looking for an extra dish to serve at a festive party, how about rustling up this great recipe? Renowned chef José Pizarro has joined together with Barcelona's favourite cava brand, Codorníu, to add a Spanish twist to Britain's most popular dishes and we love these **Pimentón Yorkshire Mini Puds**. Start by roasting **4 large red peppers** with **1½ tbsp olive oil**, **thyme sprigs**, **2 tbsp sherry vinegar** and **1 clove of garlic**, crushed, in a hot oven, then put in a plastic food bag. Once cool, remove the skins and seeds and

cut into strips. Season **1kg beef** with **sweet pimentón** and rub with **olive oil**, then brown on all sides in a frying pan before roasting. Tip **140g plain flour** into a bowl, make a well in the middle, pour in **4 beaten eggs** and slowly add **200ml milk**, whisking to a smooth batter. Stir in **2 tsp sweet pimentón** and season. Pour the mixture into two 12-hole, non-stick patty tins. Cook for 15 mins at fan 180C/conventional 200C/gas 6. To serve, put a Yorkshire on each plate, top with a thin slice of beef, a few of the peppers and serve immediately, drizzled with juices from the peppers. Makes approx 24. Serve with fizz such as Codorníu Rosado Brut, £8.99 from Tesco, Majestic and Ocado.

Putting together a cheeseboard

You can have as many cheeses as you like on a board, but really you only need four different types and textures – Blue (stilton), Soft (brie), Hard (cheddar) and Tangy (goat's cheese) will cater for most tastes. Or buy a ready-made selection – we like this one (see picture, right) from Asda.

The bamboo board comes with cheddar, manchego, bleu d'auvergne and camembert.

Extra Special Tiger Bamboo Cheese Board with Extra Special Quince Jelly, £10.

Alternatively, for something really special you could order online from a specialist cheese shop like Paxton & Whitfield (www.paxtonandwhitfield.co.uk 01451 823460). We love their Big Feast Cheeseboard for serving the cheeses too, £37.50.



Chef Anjum's turkey tip

BBC2's Anjum Anand likes to freeze her leftover meat:

'If you're unable to use all of your leftovers during the festive period, slice the cooked turkey once chilled, separate into airtight bags and freeze – that way you have the perfect amount next time you want to make a curry, casserole or soup. It can be stored in the freezer for up to six months.'



Ingredient of the month Chestnuts

With their sweet, earthy flavour, chestnuts can be used in savoury and sweet dishes. Find them fresh in the veg aisle, vacuum-packed, or as a sweetened purée. **Chestnut and roasted butternut squash soup** Turn oven to fan 180C/ conventional 200C/gas 6. Roast 1 butternut squash, halved, deseeded and chopped, with 1 onion, peeled and chopped, 2 cloves of garlic, 2 chopped sprigs of rosemary and 4 tbsp olive oil for 25 minutes. Meanwhile, make a slit in 12 fresh chestnuts, then roast them for 30 minutes. Peel and chop. Whizz the chestnuts and juices with the squash and 1½ litres vegetable stock. Boil, then simmer for 5 minutes. Season, and serve with cream or crème fraîche. Serves 4.



What's in our trolley?

Our favourite last-minute treats from the supermarket

Tesco Finest 6 British Pork Apricot Cranberry & Port Stuffing Portions, £2.99

We really like these as they're not too greasy and have a nice meaty flavour that's slightly sweetened from the added apricot. Good as canapés too.



By Sainsbury's Salmon Wellington, £3.99 Great value and cooks from frozen. We love the cheesy dill sauce.



The Bay Tree Marinated Miniature Figs, 320g, £3.89, Ocado Delicious baby figs marinated in a rum and white syrup. They're pretty much a ready-made dessert – just add a scoop of vanilla ice cream as an easy alternative to Christmas pud.

Christmas Trees, pack of 6, £12, Marks and Spencer As well as the festive shape, we like the contrasting layers of chocolate sponge, crunchy caramel biscuit and white and milk chocolate mousse. They're quite small, but very rich.

Your easy conversion chart

Not everyone is used to cooking in metric – use this if you'd prefer to cook with ounces, pounds and inches

WEIGHT		AMERICAN CUP CONVERSIONS	
Metric	Imperial	American	Metric
25g	1oz	1 cup flour	150g
50g	2oz	1 cup caster and granulated sugar	225g
85g	3oz	1 cup brown sugar	175g
100g	4oz	1 cup icing sugar	125g
140g	5oz	1 cup butter/margarine/lard	225g
150g	5½oz	1 cup sultanas/raisins	200g
175g	6oz	1 cup currants	150g
185g	6½oz	1 cup chopped nuts	100g
200 or 225g	8oz	1 cup ground almonds	100g
250g	9oz	1 cup golden syrup/treacle/clear honey	350g
280 or 300g	10oz	1 cup uncooked rice	200g
350g	12oz	1 cup cooked and drained rice	165g
375g	13oz	1 cup grated cheese	100g
400g	14oz	1 cup lentils	225g
425g	15oz	1 cup chopped onions	100g
450g	1lb	1 stick butter	100g
500g	1lb 2oz	LIQUID CONVERSIONS	
550g	1lb 4oz	American	Metric
600g	1lb 5oz	½ fl oz	15ml
650g	1lb 7oz	¼ cup	50ml
700g	1lb 9oz	½ cup plus 2 tablespoons	150ml
750g	1lb 10oz	1 cup	225ml
800g	1lb 12oz	1 pint/16 fl oz	450ml
850g	1lb 14oz	2 pints/5 cups	1.2 litres
900g	2lb	OVEN TEMPERATURES	
950g	2lb 2oz	°F	°C (conventional oven)
1kg	2lb 4oz	275F	140C
1.25 kg	2lb 12oz	300F	150C
1.3kg	3lb	325F	170C
1.5kg	3lb 5oz	350F	180C
1.6kg	3lb 8oz	375F	190C
1.7kg	3lb 12oz	400F	200C
VOLUME		425F	220C
50ml	2 fl oz	450F	230C
75ml	2½ fl oz	475F	240C
85ml	3 fl oz	MEASUREMENTS	
100ml	3½ fl oz	2cm	¾in
125ml	4 fl oz	2.5cm	1in
150ml	½ pint	5.5cm	2½in
175ml	6 fl oz	10cm	4in
200ml	7 fl oz	20cm	8in
225ml	8 fl oz	23cm	9in
250ml	9 fl oz	28cm	11in
300ml	10 fl oz	38cm	15in
450ml	16 fl oz		
600ml	1 pint		
850ml	1½ pints		
1 litre	1¾ pints		
1.2 litres	2 pints		

Microwave cooking

Where our recipes use a microwave, they were tested using an 850W model – you may need to adjust times slightly if yours has a different wattage



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NEXT ISSUE!

ON SALE: THURSDAY 2 JANUARY

Full of vegetable goodness



IT HAS TO BE

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TV cooks

18 ideas from the pros – for all your Christmas entertaining



Paul Hollywood



James Martin



John Torode



James Tanner



Thomasina Miers



Matt Tebbutt



Glynn Purnell

GET BAKING FOR CHRISTMAS



The Great British Bake Off's Paul Hollywood

'It just wouldn't be Christmas without a yule log. The dressing is up to you: holly, festive decorations or a simple dusting of icing sugar,' says Paul

Paul is a judge on *The Great British Bake Off*

BBC TWO

Fresh raspberries in the filling make this really special





Yule log

- Serves 10
- Takes 30 minutes, plus 14 mins in the oven
- 70p a slice
- 659 kcals, 48g fat, 25g sat. fat a slice
- Not suitable for freezing

vegetable oil, for greasing

150g caster sugar

6 large eggs, separated

250g dark chocolate

icing sugar, for dusting

FOR THE CREAM FILLING

400ml double cream, lightly whipped

150g raspberries, defrosted if frozen

FOR THE CHOCOLATE BUTTERCREAM

125g unsalted butter, softened

225g icing sugar

25g cocoa powder, sifted

1 tbsp milk

1 Start mixing the batter

Turn oven to fan 200C/conventional 220C/gas 7. Line a 23 x 33cm swiss roll tin with baking parchment and oil lightly. Whisk the caster sugar and egg yolks in a bowl, until pale and thick. Melt the chocolate with 4 tbsp cold water in a bowl set over a pan of simmering water. Stir the sugar mixture into the chocolate.

2 Add the egg whites

Whisk the egg whites to stiff peaks. Stir a spoonful into the chocolate, then fold in the rest with a large metal spoon. Pour the batter into the prepared tin and bake for 12-14 minutes, until risen and just firm. Leave in the tin until cold.

3 Turn out the cake

Lay a sheet of baking parchment on a board. With one bold movement, turn the cake onto the paper, then lift off the tin. Carefully peel away the lining paper.

4 Add the filling

Spread the whipped cream all over the cake, then scatter over the berries. Starting with a long side opposite you, use the paper to roll the cake towards you. Transfer to a serving dish.

5 Make the buttercream

Beat the butter and sift in the sugar and cocoa. Add the milk and stir well. Spread over the cake, and use a fork to create a log effect. Chill until needed. Decorate, dust with icing sugar and serve.



Cherry choc muffins

- Makes 16
- Takes 15 minutes, plus 25 mins in the oven
- 42p each
- 354 kcals, 18g fat, 11g sat. fat each
- Not suitable for freezing

250g butter, softened

185g caster sugar

4 medium eggs

250g plain flour

1½ tsp baking powder

a splash of milk

200g dark chocolate, chopped into small pieces

425g pitted morello cherries (tinned and drained, or defrosted from frozen)

1 Make the batter

Cream the butter and sugar together. Add the eggs, one at a time, and beat, using a electric hand or stand mixer, for 4 minutes. Add the flour, baking powder and milk, and mix for a further 4 minutes, then mix in the chocolate pieces, until quite smooth.

2 Bake the muffins

Turn oven to fan 180C/conventional 200C/gas 6. Cut 16 squares of baking parchment big enough to use as cases in the holes of your muffin tins. Spoon the mixture into the cases, then divide the cherries equally between the muffins, pushing them into the mixture as you go. Bake for 25 minutes. Serve warm or cold.

‘Cherry and chocolate is a fantastic combination. These muffins take just 40 minutes to make, so enjoy them fresh,’ says Paul



Saturday Kitchen's James Martin

'All these recipes are very easily adapted, so although this is a special meal for two, you can simply scale up the quantities to feed four, six or a crowd,' says James

James is the regular presenter of *Saturday Kitchen*



Salimbocca bites

Spread 2 thin **slices of baguette** with **butter**. Spread $\frac{1}{2}$ **tsp fig chutney** on one unbuttered side (we used M&S Fig & Balsamic Chutney), then top with $\frac{1}{2}$ **slice prosciutto** and 2 **bocconcini halves (baby mozzarella balls)**. Top with a second slice of bread, buttered-side up, then top the sandwich with a **sage leaf** and press down slightly. Repeat to make a second sandwich. Add a **drizzle of olive oil** and a **knob of butter** to a pan. Fry the sandwiches over a low heat, turning, until golden and crisp, and the cheese is just melting. Serve with a Fizz Cocktail (see recipe, right).

For a Fizz Cocktail: divide 50ml sloe gin between 2 flutes and top up each with 150ml sparkling wine



Duck legs with celeriac gratin

• Serves 2 (easily multiplied) • Takes 40 minutes, plus 2 hours 20 minutes cooking
• £3.28 a portion • 841 kcs, 50g fat, 27g sat. fat a portion • Suitable for freezing (duck only)

2 duck legs
2 carrots, roughly chopped
1 small onion, roughly chopped
1 tbsp plain flour
1 bay leaf
1 star anise
2 cloves of garlic, peeled
2 strips orange skin (you can use a potato peeler to do this)
150ml port
500ml chicken stock

FOR THE GRATIN

100ml milk
100ml double cream
1 clove of garlic, crushed
1 rosemary sprig
25g butter, plus extra for greasing
 $\frac{1}{4}$ small celeriac (about 100g), quartered and thinly sliced

1 small potato, thinly sliced
grated parmesan, for sprinkling
seasonal veg, to serve

1 Cook the duck

Turn oven to fan 140C/conventional 160C/gas 3. Put the duck legs in a flameproof casserole set over a medium heat. Brown the duck legs all over, then remove from the casserole and set aside. Pour off all but 1 tbsp of the fat (leave more fat in the pan if you are doubling or tripling the quantities) and save the drained fat ready to cook your Christmas roasties, if you like. Add the carrots and onion to the casserole and cook for 5-10 minutes, or

until starting to caramelise. Stir in the flour and cook for 1 minute more. Return the duck to the pan, along with the remaining ingredients. Bring to a simmer, then cover with a lid and cook in the oven for 2 hours.

2 Prepare the gratins

Meanwhile, put the milk, cream, garlic and rosemary in a pan set over a low heat. Bring to a gentle simmer for 5 minutes, remove from the heat and leave to infuse for 30 minutes. Grease 2 ramekins. Arrange the celeriac and potato slices in the ramekins, seasoning the layers as you go. Remove the garlic and rosemary from the milk, pour over the veg, and dot with butter. Cover tightly with foil and bake with the duck for 1½ hrs. Once cooked, remove the duck and gratins from the oven.

3 Return the gratins to the oven

Increase oven to fan 200C/conventional 220C/gas 7. Put a heavy can on top of each ramekin and stand for 15-20 minutes, or chill like this until needed. Once pressed, turn the gratins out onto a baking tray, sprinkle with a little parmesan and bake for 20 minutes, or until golden.

4 Make the sauce

Meanwhile, remove the duck legs from the casserole, then strain the cooking liquid into a clean pan and bring to a rapid boil. Continue to boil until the sauce is reduced by half and thickened and glossy. Add the duck legs and heat through. To serve, put a duck leg on each plate with a little sauce spooned over the top. Serve with the gratins and seasonal green veg, such as green beans and broccoli.



the easy way

To freeze the duck, cool at the end of step 2, and pack into a freezer container. Push the meat under the sauce – if it doesn't cover it, lay cling film on top. Use within 2 months. Thaw in the fridge, reheat, and complete from step 4

Molten toffee puddings

- Serves 2 (easily multiplied) • Takes 25 mins, plus chilling time and 20 mins in the oven
- 61p a portion • 948 kcals, 54g fat, 33g sat. fat a portion • Suitable for freezing

FOR THE TOFFEE CENTRE

100g soft brown sugar
75ml double cream, plus extra to serve

FOR THE SPONGE

75g butter, softened, plus extra for greasing
75g soft brown sugar
1 large egg
¼ tsp vanilla extract
75g plain flour
vanilla ice cream, to serve

1 Make the toffee and leave to chill

Put the sugar and cream in a pan over a medium heat, stir until dissolved, then turn up the heat and bubble for 3 minutes, until thick. Pour into a bowl and chill for 2 hours until set.

2 Roll the toffee into balls

Remove the toffee from the fridge. Use a dessertspoon to scoop out 2 walnut-sized

pieces, roll into balls and put back in the fridge until needed. (You can reheat any remaining toffee to make a sauce, if you like.)

3 Make the puddings

Turn oven to fan 180C/conventional 200C/gas 6. Grease 2 small pudding moulds. Beat the butter and sugar together in a bowl until pale and fluffy. Add the egg and vanilla, and beat until combined. Add the flour and a pinch of salt. Divide the mixture between the moulds, reserving 2 tbsp. Push a toffee ball into each pudding, and top with the remaining 2 tbsp mixture. The puddings can be frozen at this point, or chilled for 2 hours.

4 Cook the puddings

Put the puddings on a baking tray and cook for 20 mins (35 mins if frozen). Turn out of the moulds immediately. Serve with ice cream and a little extra reheated toffee sauce, if you like.





MasterChef's John Torode

'When you're making the slice, it's important to remove as much liquid from the spinach as you can, so squeeze it in a clean tea towel if it seems too wet,' says John

John is a judge on MasterChef



Spinach and ricotta slice

- Serves 12
- Takes 30 mins, plus 40 mins in the oven
- **GOOD VALUE** 70p a portion
- 397 kcals, 27g fat, 14g sat. fat a portion
- Not suitable for freezing

50g butter
1 tsp olive oil
1 onion, finely chopped
1kg spinach
¼ tsp ground nutmeg
500g ricotta
2 egg yolks
85g vegetarian parmesan-style cheese, finely grated
2 x 375g packs ready rolled puff pastry
a little flour, for dusting
1 egg, beaten

1 Cook the onion

Turn oven to fan 160C/conventional 180C/gas 4. Cook the onion in half the butter and the oil for 10 minutes, until soft. Remove to a bowl.

2 Wilt the spinach

Add a few handfuls of spinach to the pan and cook for a few minutes until it has wilted. Remove from the heat and drain in a colander. Repeat until all the spinach is cooked. Press with the back of a spoon to remove any excess liquid, then roughly chop and tip into the bowl with the onion. Stir in the nutmeg, ricotta, egg yolks, cheese and some seasoning and mix well.

3 Start assembling the slice

Roll out one pack of pastry to a 25 x 30cm rectangle on a lightly floured surface, then lay on a large baking sheet. With the long side facing you, pack the spinach mixture down the middle, leaving a 5cm border all the way around. Brush the border with beaten egg.

4 Finish making the slice

Roll out the second pack of pastry to a rectangle slightly larger than the first. Drape over the top and press down the edges to seal. Trim the edges to neaten and crimp with your fingers, or seal down with a fork.

5 Glaze and bake

Brush the pastry all over with beaten egg and, if you like, lightly score the top with the back of a knife in a criss-cross pattern, making sure you don't cut all the way through. Bake for 40 minutes. Leave to rest for a few minutes before serving.

SERVE WITH...

Baby gem salad with Marie Rose dressing

- Serves 12
- Ready in 10 minutes
- 24p a portion
- 81 kcals, 8g fat, 1g sat. fat a portion
- Not suitable for freezing

6 baby gem lettuces
1 pack cress, trimmed

FOR THE DRESSING

4 tbsp mayonnaise
2 tbsp tomato ketchup
¼ tsp cayenne pepper
juice of 1 lemon

1 Make the salad

Put the lettuce leaves on a serving plate and sprinkle over the cress. Mix the dressing ingredients with 1-2 tsp water to make a runny consistency. Drizzle the dressing over the lettuce and cress and serve.

Lentil & cauliflower salad

- Serves 12
- Takes 15 minutes, plus 40 mins in the oven
- 59p a portion
- 344 kcals, 11g fat, 2g sat. fat a portion
- Not suitable for freezing

1kg cauliflower, broken into florets
2 tbsp olive oil
1 tbsp paprika
300g basmati and wild rice
300g puy lentils
300g raisins
large handful of parsley, roughly chopped

FOR THE DRESSING

large handful of mint leaves, chopped
rind and juice of 2 lemons
8 tbsp olive oil
2 tbsp white wine vinegar

1 Roast the cauliflower

Turn oven to fan 180C/conventional 200C/gas 6. Toss the cauliflower with the oil and paprika. Spread out in a roasting tin and roast for 40 minutes, until just tender, then cool slightly.

2 Boil the rice

Meanwhile, rinse the rice and lentils and put in a pan with twice their volume of water. Cover, bring to the boil, then simmer for 25-30 mins. Drain and rinse under cold water.

3 Make the dressing

Whisk together all the ingredients. Season and pour over the rice mixture while slightly warm, then stir in the cauliflower, raisins and parsley.

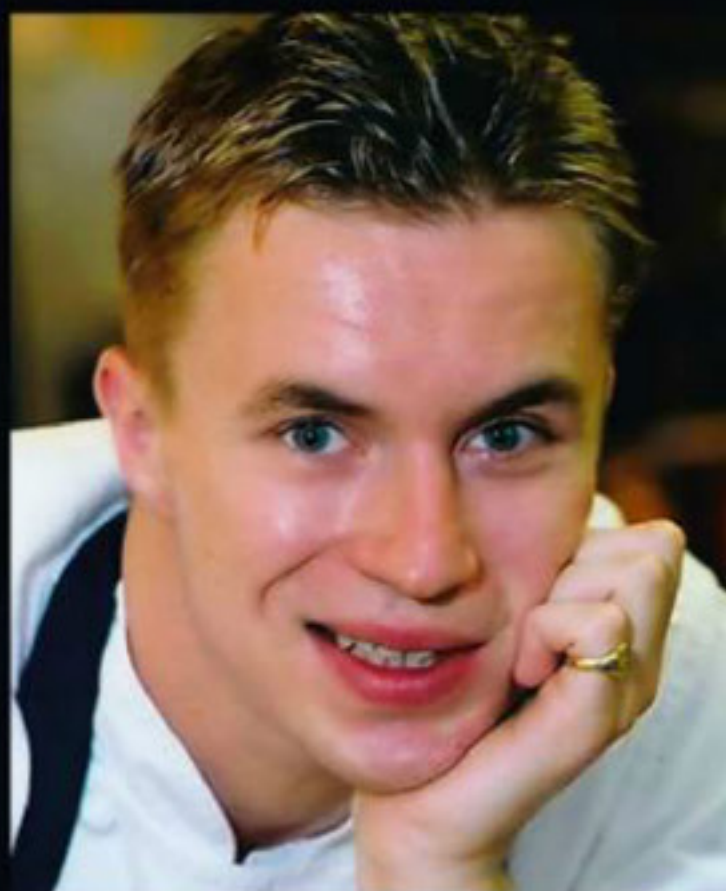
Marie Rose dressing (left) is the classic accompaniment to prawn cocktail, but it's lovely with salads too



'Whip the baby gem salad out of the fridge just as you start the buffet,' says John

Get ahead...

- Make the dressing for the baby gem salad up to 2 days ahead. Keep chilled.
- Bake the spinach slice a day ahead. Glaze and bake on the morning to serve cold, or, to eat warm, put in the oven as your guests arrive.
- Assemble the lentil salad a day ahead and chill. Add the dressing, cauliflower, raisins and parsley just before serving.



Put Your Money Where Your Mouth Is James Tanner

'Try this twist on a bakewell tart for something totally different at Christmas. It's a great way to use up any leftover mincemeat in the cupboard,' says James

James is a chef
on *Put Your
Money Where
Your Mouth Is*

channel
one

Christmas tart

- Serves 8
- Takes 25 minutes, plus 30 mins in the oven
- 66p a slice
- 555 kcals, 35g fat, 11g sat. fat a slice
- Not suitable for freezing

125g butter, at room temperature

125g caster sugar

125g ground almonds

3 eggs

2 tbsp rum

200g mincemeat

1 x 25cm ready-made sweet shortcrust
pastry case

3 tbsp icing sugar

custard, to serve

1 Make the frangipane

Turn oven to fan 160C/conventional 180C/
gas 4. Cream together the butter and sugar in
a mixing bowl. Add the ground almonds, eggs
and rum and beat until well combined.

2 Add the filling to the case

Spread the mincemeat over the base of the
pastry case. Spoon or pipe the frangipane over
the tart and leave to set for 10 minutes.

3 Bake and decorate

Bake for 30 mins until golden, then cool on a
wire rack. Mix the icing sugar with 1 tsp water
and stir well. Drizzle the icing over the tart.



the easy way

Serve the
tart at room
temperature,
with warm
custard



This recipe is
adapted from
**Old Favourites,
New Twists: 100
Classic Recipes
with a Difference**
by James Tanner,
£15.99, Kyle Books



MasterChef's Thomasina Miers

'These rich, silky creams can be made up to a day in advance – I usually make double this amount and have lots of tasty leftovers'

Thomasina is
a winner of
MasterChef



Passion fruit cream

- Serves 2 (easily multiplied)
- Ready in 20 minutes
- £1.14 a portion
- 501 kcals, 44g fat, 24g sat. fat a portion
- Not suitable for freezing

1 egg yolk
2 tbsp caster sugar
1 tbsp orange liqueur, plus extra to serve
a squeeze of lemon juice
3 passion fruits
150ml double cream

1 Make the creams

Whisk the yolk and sugar for 3 minutes, until fluffy and doubled in size. Beat in the liqueur, lemon juice and the flesh of 2 passion fruits. Whip the cream until it just holds some shape. Chill two deep glasses.

2 Assemble and serve

Whisk the eggs briefly, then gently fold them into the cream. Spoon into glasses and top with the seeds from the remaining passion fruit and a drizzle of orange liqueur.

Little almond cookies

- Makes 40 small cookies
- Takes 20 mins, plus 20 mins chilling and 20 mins in the oven
- 3p each
- 52 kcals, 3g fat, 1g sat. fat each
- Suitable for freezing

50g whole almonds

100g soft butter

2 tbsp caster sugar

1 tbsp dark rum

140g-175g plain flour, plus extra for rolling out
icing sugar, to serve (about 100g)

1 Make the cookie dough

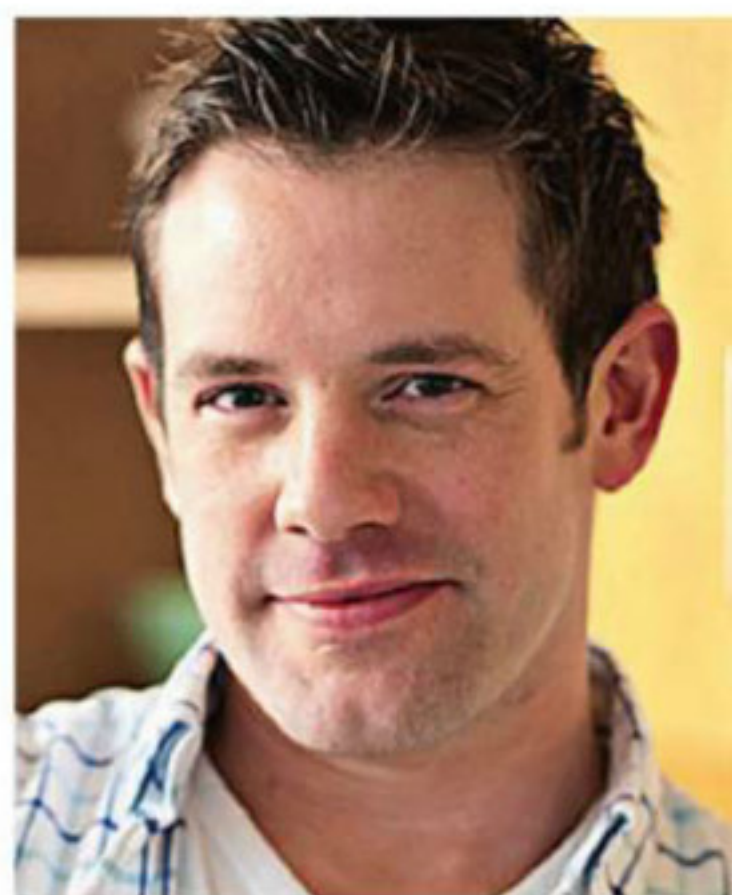
Turn oven to fan 150C/ conventional 170C/gas 3 and roast the almonds for 5-10 minutes, until they are a pale golden colour. Cream together the butter, sugar, rum and a pinch of salt, then add the flour until the dough just comes together – it will be soft. Roughly chop the almonds and add them to the dough. Carefully roll out the dough on a floured surface to a 4-5mm thickness and cut out small cookies, roughly 3-4cm across. Freeze the cookies on a baking sheet for 20 minutes to harden.

2 Bake and dust with icing sugar

Bake the cookies in the oven for about 20 minutes, or until just set – they will still be very pale. Lay out on a wire rack and dust icing sugar on both sides while they are still warm, being careful not to break them as you turn them. The icing sugar will melt. When they are cool, sprinkle them generously with more icing sugar so they are completely white.

To get ahead, you can freeze the uncooked cookies for up to 2 months, then bake as in step 2



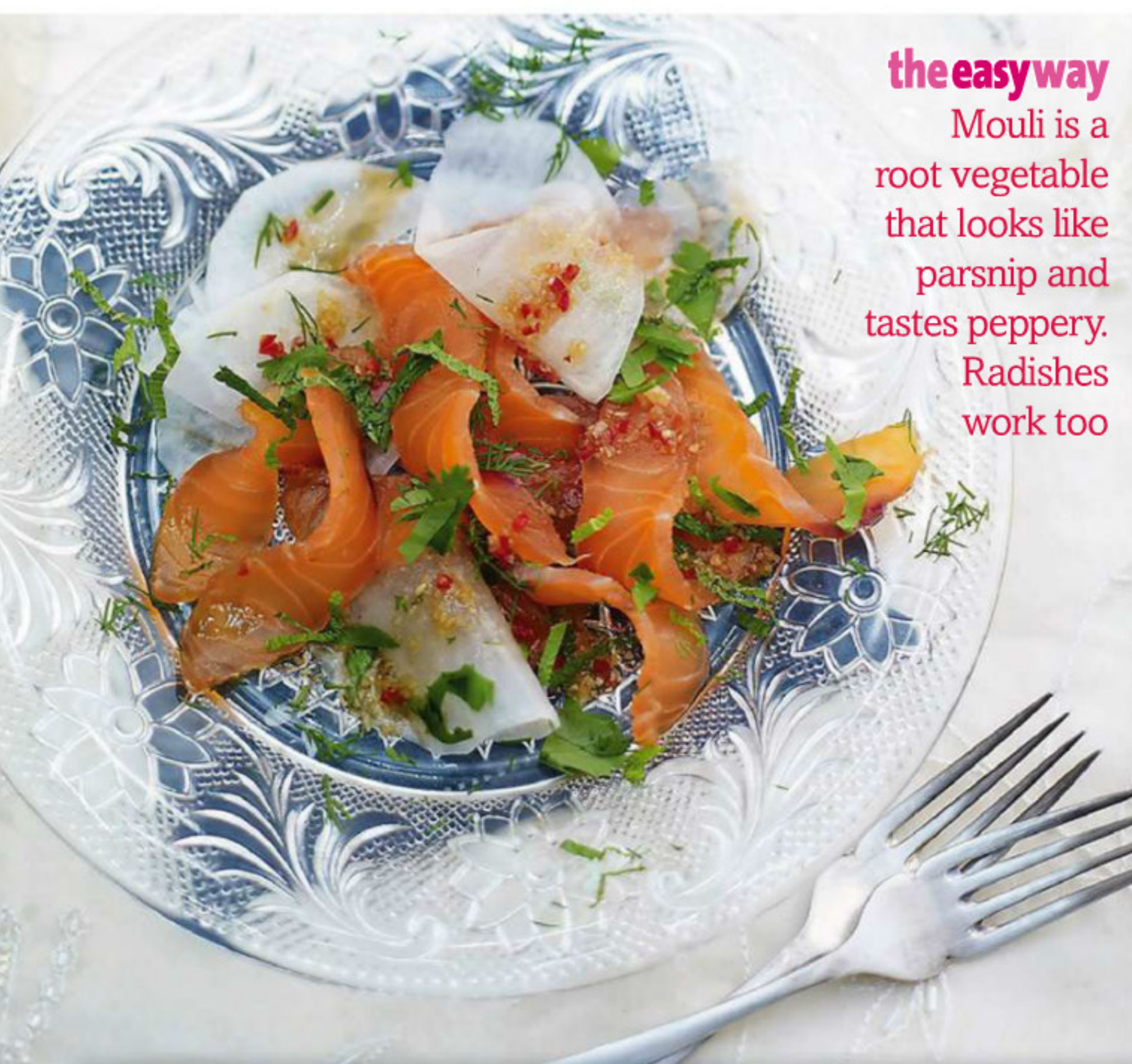


Great British Food Revival's Matt Tebbutt

'This is a really easy, get-ahead starter – even the dressing can be whisked together several hours before serving,' says Matt, 'to leave you more time to organise the main'

Matt is a presenter on the Great British Food Revival

BBC TWO



the easy way
Mouli is a root vegetable that looks like parsnip and tastes peppery. Radishes work too

Spicy smoked salmon

- Serves 2 (easily multiplied)
- Ready in 10 minutes
- £4.19 a portion
- 87 kcals, 3g fat, 1g sat. fat a portion
- Not suitable for freezing

400g smoked salmon
2 tbsp dark soy sauce
2 tbsp dry sherry
1 clove of garlic, crushed
1 small red chilli, deseeded and diced
few drops sesame oil
sprinkling caster sugar, to taste

TO SERVE

small handful each dill, coriander and mint leaves
½ mouli, peeled and shaved into ribbons
(or ½ a bunch of radishes, thinly sliced)

1 Make the dressing

Mix all the ingredients together and stir until the sugar has dissolved (add a drop of water if the flavour is too strong), then set aside.

2 Serve

Arrange the salmon on 2 plates with the mouli or radishes, then sprinkle with the herbs and drizzle over the dressing.

More salmon ideas

Smoked salmon bake

Turn oven to fan 160C/conventional 180C/gas 4. Peel and thinly slice **900g potatoes**. Heat **225ml milk** with **284ml double cream** until just about to boil, remove from the heat and season. Layer half the potatoes in a deep, buttered dish, top with **5 smoked salmon slices**, then cover with

the remaining potatoes. Pour over the cream mixture. Bake for 1 hour, until the potatoes are tender and golden. Serves 3-4.

Smoky pizza

Spread a **ready-made pizza base** with a layer of **ricotta**, then top with **strips of smoked salmon** and a **handful of capers**, rinsed. Cook according to the pizza base pack instructions, then top with a **handful**

of **chopped dill** and plenty of freshly ground black pepper. Serves 1.

Easy salmon mousse

In a mini food processor, whizz **200g pack cream cheese** to soften. Tear up **3 slices smoked salmon** and add to the processor with **1 tbsp chopped dill** and a **squeeze of lemon juice**. Whizz to combine, then chill before serving with crackers. Serves 2.



Great British Food Revival's Glynn Purnell

'I've become known for my desserts. These bombs are brilliant to celebrate with and you can make this pud well ahead of time too, so there's no last-minute fuss'

Glynn is a
presenter on the
*Great British
Food Revival*

BBC
TWO

Gingerbread and meringue bombs

- Serves 6 • Takes 25 minutes, plus freezing and chilling • 52p each
- 555 kcals, 33g fat, 17g sat. fat each • Suitable for freezing

300ml double cream

1 tsp vanilla paste

25g icing sugar

1 small orange, rind only (save the juice for the sauce)

2 ready-made meringue nests, crushed

25g gingernut biscuits, crumbled

FOR THE ORANGE SAUCE

350ml orange juice

100g caster sugar

½ vanilla pod

2 tsp cornflour

1 Get your equipment ready

Turn oven to fan 120C/conventional 140C/gas 1. Line 6 small ramekins or teacups with cling film, or use silicone muffin moulds.

2 Make the bombs

Whip the double cream in a large bowl until it just holds its shape. Add the vanilla paste together with the sugar, orange rind and crushed meringues to the creams. Gently stir, then add the gingernut crumbs. Divide the mixture between the prepared moulds or teacups and freeze for at least 2 hours.

3 Make the sauce

Put the orange juice in a pan with the sugar and vanilla pod. Bring to the boil, and then simmer until the sugar has dissolved. Put the cornflour into a small bowl with 2 tbsp of the orange juice mixture. Stir until smooth, then add to the pan. Simmer and stir until the liquid has thickened, then discard the pod and leave to cool. You can make the sauce up to 2 days in advance – keep it chilled until you need it.

4 Serve

Take the bombs out of the freezer and put in the fridge for 10 minutes. Turn them onto a plate, drizzle with the sauce, and serve with orange sorbet, if you like (see recipe below).

Serve with Orange Sorbet

Put **300ml orange juice**, **2 star anise** and **100g caster sugar** into a pan. Boil, stirring, until the sugar has dissolved, then remove the star anise. Cool, then pour into an ice-cream machine and churn until smooth and frozen (or cool, then tip into a freezer-proof container and freeze until firm, whisking every hour with a fork to break up the ice crystals). Serves 6.

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Speedy meals

Here you'll find lots of recipes that can all be on the table in half an hour or less

Prawn and mushroom five-spice stir-fry

30 mins

- Serves 4
- Ready in 30 minutes
- £2.18 a portion
- 174 kcals, 7g fat, 1g sat. fat a portion
- Not suitable for freezing

2 tbsp sunflower oil
1 bunch of spring onions, finely sliced
2 celery sticks, cut into matchsticks
1 clove of garlic, crushed
½ tsp Chinese five-spice powder
2cm piece ginger, grated
175g chestnut mushrooms, sliced
250g savoy cabbage, finely shredded
450g raw large prawns
4 tbsp low-salt soy sauce
cooked noodles, to serve

1 Stir-fry the veg

Heat the oil in a large frying pan or wok. Add the spring onions and celery, and cook for a few minutes. Add the garlic, five-spice and ginger, and cook for 1 minute more. Add the mushrooms and cabbage, and stir-fry for 5 minutes, until the cabbage has wilted.

2 Cook the prawns

Add the prawns and soy sauce, and cook for a further 5 minutes until the prawns are pink. Serve with noodles.

Low fat



SPEEDY MEALS

the easy way If you don't have any tamarind, add an extra squeeze of lime juice and an extra tsp brown sugar instead

Pad Thai with prawns

- Serves 2 (easily multiplied) • Ready in 20 mins • £2.15 a portion
- 498 kcals, 18g fat, 3g sat. fat a portion • Not suitable for freezing

250g udon noodles
2 tsp vegetable oil
100g peeled raw prawns
4 spring onions, chopped
2 eggs, beaten
2 tbsp roasted peanuts, chopped
small handful of coriander leaves
lime wedges, to serve

FOR THE SAUCE

2 tbsp tamarind paste
1 tbsp fish sauce juice
1 lime
1 tbsp soft brown sugar

1 Make the sauce

Boil the noodles in salted water for 3 minutes, until soft. Drain and rinse in cold water. Meanwhile, mix all

the ingredients for the sauce together in a small bowl.

2 Stir-fry

Heat a wok with half the oil. Add the prawns and spring onions, and cook, stirring quickly, for 1 minute, or until the prawns turn pink. Push to the side and add the remaining oil. Add the eggs and leave for 30 seconds, then scramble until cooked. Add the noodles and sauce, and cook, stirring continuously, for 3 minutes, until hot through.

3 Finish the dish

Serve the noodles with the peanuts and coriander sprinkled on top, and lime wedges on the side for squeezing over.

Spicy tomato baked eggs

- Serves 2 (easily multiplied) • Ready in 20 mins • £2.04 a portion
- 340 kcals, 20g fat, 5g sat. fat a portion • Not suitable for freezing

1 tbsp olive oil
2 onions, chopped
1 red chilli, deseeded and finely chopped
1 clove of garlic, sliced
small bunch of coriander (stalks and leaves chopped separately)
2 x 400g cans cherry tomatoes
1 tsp caster sugar
4 eggs

1 Make the tomato sauce

Heat the oil in a lidded frying

pan, then cook the onions, chilli, garlic and coriander stalks, uncovered, for 5 minutes, until soft. Stir in the tomatoes and sugar, then bubble for 8-10 minutes until thick and saucy.

2 Add the eggs

Make 4 dips in the sauce and crack an egg into each one. Put a lid on the pan and cook over a low heat for 6-8 minutes, until the eggs are done to your liking. Scatter with the coriander leaves and serve with crusty bread.

Kale pesto spaghetti

- Serves 4 • Ready in 20 minutes • £1.12 a portion • 195 kcals, 20g fat, 4g sat. fat a portion • Suitable for freezing (pesto only)

85g toasted pine nuts
85g parmesan, coarsely grated, plus extra to serve (optional)
3 cloves of garlic
150ml olive oil,
85g kale
juice of 1 lemon
300g dried spaghetti

1 Make the pesto

Whizz all the ingredients (apart from the pasta) to a paste, then season to taste.

2 Boil the pasta

Cook the pasta according to pack instructions. Drain, and stir through pesto to taste (save the rest for another time), topping with extra parmesan if you like.

20 mins

20 mins

the easy way

Put the leftover pesto in a jar, cover the surface with a little olive oil, seal, and chill for up to 1 week or freeze for up to 1 month

the easyway Ring the changes by flavouring the sauce with pesto, fresh herbs, or curry powder at the end of step 1



20
mins

SPEEDY MEALS

20 mins



Pork steaks with smoky corn

- Serves 4 • Ready in 20 minutes • £1.63 a portion
- 320 kcals, 10g fat, 4g sat. fat a portion • Not suitable for freezing

4 tbsp tomato ketchup
2 tbsp dark muscovado sugar
1 tbsp white wine vinegar
1 tsp paprika
4 pork loin steaks, trimmed
4 corn on the cobs
1 tbsp butter

1 Cook the pork

Boil a pan of water. Mix the ketchup, sugar and vinegar with half the paprika. Fry the pork for

3-4 mins on one side then spoon over the sauce. Turn the steaks and cook for 3-4 minutes more.

2 Cook the corn

Meanwhile, boil the corn for 5-8 mins, until tender. Melt the butter and paprika together in a pan on a low heat. Drain the corn, brush over the butter, and serve with the pork and a green salad.

Sticky lamb cutlets with couscous

- Serves 2 (easily multiplied) • Ready in 20 mins • £4.87 a portion
- 631 kcals, 28g fat, 9g sat. fat a portion • Not suitable for freezing

100g couscous
200g green beans, trimmed
6 trimmed lamb cutlets
2 tbsp olive oil
4 tbsp blackberry or fig jam, mixed with 1-2 tbsp water
2 tbsp balsamic vinegar
½ small red onion, sliced
8 cherry tomatoes, halved
rind and juice ½ lemon
handful of mint leaves, torn

1 Prepare the couscous

Put the couscous in a bowl, pour over 100ml boiling water, cover with a tea towel and set aside.

2 Cook the beans

Meanwhile, boil the beans for 4 minutes, then leave to cool.

3 Cook the lamb

Heat a frying pan. Rub a little oil and seasoning onto each cutlet. Cook the lamb for 3 minutes on each side, brushing with the jam as they cook. Add the balsamic vinegar for the final 1 minute. Remove to a plate and leave to rest. Bubble the remaining juices in the pan until sticky.

4 Make the salad

Fluff up the couscous with a fork, then add the beans, sliced onion, cherry tomatoes, lemon rind and juice, mint and the remaining olive oil. Drizzle over the sticky juices from the pan and scatter over a few whole mint leaves to serve.

Popcorn chicken

- Serves 2 (easily multiplied) • Ready in 30 mins • £2.20 a portion
- 259 kcals, 13g fat, 5g sat. fat a portion • Suitable for freezing

25g salted popcorn
85g breadcrumbs
1 tsp smoked paprika
50g plain flour
1 large egg
2 skinless chicken breasts, cut into long thin strips
150ml pot soured cream
rind of 1 lime and juice of ½
handful of coriander, chopped
oil, for frying

1 Make the popcorn coating

Whizz the popcorn, breadcrumbs and paprika until finely chopped. Tip into a bowl. Whisk the egg in

a second bowl, and mix the flour with seasoning in a third bowl.

2 Coat the chicken

Coat the chicken in the flour, then the egg, then the breadcrumbs. Chill for 15 mins. Meanwhile, mix together the soured cream, lime rind and juice and coriander to make a dip.

3 Cook the chicken

Fry the chicken in the oil for 2-3 mins on each side, until golden and cooked. Drain on kitchen paper. Serve warm with the dip.

30 mins



A top-down view of a white ceramic plate with a decorative embossed rim. On the plate are three roasted lamb chops with a golden-brown, slightly charred crust. They are served with a bed of yellow couscous, green beans, sliced red onions, cherry tomatoes, and fresh mint leaves. A small amount of orange-colored sauce is visible at the bottom of the plate. In the top right corner, a glass of red wine is partially visible. A pink rose is on the right edge. A pink diagonal graphic element is on the left. A yellow circular badge with '20 mins' is at the bottom left.

Works well with pork too

20
mins

SPEEDY MEALS

20
mins

the easyway Use a vegetable peeler to peel the carrot and cucumber into strips (discard the cucumber seeds)



Vietnamese chicken salad

- Serves 4 • Ready in 20 minutes • £2.48 a portion
- 432 kcals, 13g fat, 3g sat. fat a portion • Not suitable for freezing

140g rice noodles
1 carrot, peeled into strips
½ cucumber, peeled into strips
2 cooked chicken breasts
50g radishes, thinly sliced
½ red onion, finely sliced
bunch of mint, leaves picked
25g roasted peanuts, chopped

FOR THE DRESSING

1 small red chilli, deseeded and finely chopped
rind and juice of 1 lime
1½ tbsp each fish sauce, low-salt soy sauce and sesame oil

1 Make the dressing

Whisk the dressing ingredients together in a serving bowl. Cook the noodles according to pack instructions, then drain and add to the bowl with the dressing.

2 Put the salad together

Mix the carrot and cucumber strips with the noodle mixture. Shred the chicken breasts and add to the mixture along with the radishes, red onion and mint. Toss well to coat in the dressing, then scatter over the peanuts and serve.

Chickpea and spinach chapattis

- Serves 4 • Ready in 20 minutes • **GOOD VALUE** 98p a portion
- 424 kcals, 12g fat, 2g sat. fat a portion • Not suitable for freezing

2 onions, sliced
thumb-sized piece fresh root ginger, grated
1 tbsp olive oil
1 tbsp garam masala
400g tin cherry tomatoes
410g tin chickpeas, drained
500g spinach leaves
8 chapattis or flour tortillas

1 Cook the curry

Fry the onions and ginger in the oil for 5 mins until beginning to soften. Stir in the garam masala,

cook for 1 minute, and then add the tomatoes and chickpeas. Tip in one third of a can of water, then bubble for 5 minutes until thickened a little. Stir in three-quarters of the spinach, a handful at a time, then warm through for a few minutes

2 Heat the chapattis

Heat the chapattis or tortillas according to pack instructions. Serve the curry in the chapattis, with the remaining spinach.

the easyway Use leftover carrots and cucumber from the chicken salad (above) for this recipe



30
mins

Fresh salmon burgers

- Serves 4 • Ready in 30 minutes • £2.51 a portion
- 292 kcals, 17g fat, 4g sat. fat a portion • Suitable for freezing

550g boneless salmon fillets, cut into chunks, skin removed
2 tbsp Thai red curry paste
thumb-sized piece fresh root ginger, grated
1 tsp soy sauce
1 bunch of coriander, half chopped, half leaves picked
1 tsp vegetable oil
lemon wedges, to serve

FOR THE SALAD

2 carrots
½ large or 1 small cucumber
2 tbsp white wine vinegar
1 tsp caster sugar

1 Make the burgers

Tip the salmon into a food processor with the paste, ginger, soy and chopped coriander. Pulse until roughly minced. Tip out and shape into 4 burgers. Heat the oil in a non-stick pan, then fry the burgers for 4-5 mins on each side, turning until crisp and cooked through.

2 Assemble the salad

Peel strips of carrot and cucumber into a bowl. Toss with the vinegar and sugar, then toss through the coriander leaves. Serve the salad with the burgers, rice and lemon wedges.

**SERVE ON
THE SIDE**

Minty Yogurt:

Mix 200ml low-fat
natural yogurt with
1 tsp turmeric and
2 tbsp chopped mint
leaves or 1 tsp
dried mint



**20
mins**

Use up your leftovers

Turn your Christmas leftovers into something really special with these clever recipes and ideas

Whatever you've got left over after Christmas, there's a way to use it up in a delicious recipe

Turkey salad with lime and chilli dressing

- Serves 4
- Ready in 30 minutes
- £1.09 a portion
- 298 kcals, 2g fat, 1g sat. fat a portion
- Not suitable for freezing

100g dried thin rice noodles
1 red chilli, seeds removed, thinly sliced
2 carrots, shredded
1 small red onion, thinly sliced into half moons
handful of coriander leaves, roughly chopped
handful of mint leaves, roughly chopped
1 tsp vegetable oil
500g leftover turkey, finely chopped

FOR THE DRESSING

2 tbsp fish sauce
2 tbsp light brown sugar
juice of 4 limes
1 clove of garlic, crushed

1 Prepare the noodles

Pour boiling water over the noodles and leave for 5 minutes. Drain, rinse under cold water and put in a large bowl, together with the chilli, carrots, onion and herbs.

2 Make the dressing

Mix all the ingredients together in a small bowl or put into a screw-top jar and shake.

3 Warm through the turkey

Heat a non-stick frying pan or wok over a high heat until very hot. Lightly coat with oil and warm the turkey through. Add the noodle mixture, pour the dressing over the salad and mix well. Transfer to a bowl to serve.

Turn the last of the turkey into...

Avocado BLT Spread 2 slices toasted bread with $\frac{1}{2}$ avocado, mashed. Sandwich with 2 rashers crispy bacon, 4 slices leftover turkey, some sliced tomato, shredded lettuce and a good grinding of black pepper. Serves 1.

Turkey chilli Cook 1 chopped onion and 1 chopped red pepper in 1 tbsp oil for 10 mins. Turn up the heat. Add 1 tsp chili powder, 500g leftover turkey, shredded, 400g can chopped tomatoes, 400g can black-eyed beans, drained, and 200ml water. Simmer for 20 mins. Season. Serve with rice or tortillas. Serves 4.

Moroccan salad Tear 2 pitta breads into pieces and fry in 2 tbsp olive oil until

crisp. Tip into a bowl and then fry 1 diced aubergine for 10 mins until soft. Add to the pitta with 1 tbsp harissa, 250g halved cherry tomatoes, 500g shredded leftover turkey breast and 100g rocket. Toss well. Scatter over 110g tub pomegranate seeds and a few mint leaves. Serves 4.

Turkey quesadillas Mix $\frac{1}{2}$ small red onion, finely chopped, with $\frac{1}{2}$ small bunch coriander, chopped, 1 red chilli, finely chopped, 2 tomatoes, chopped, 150g cooked turkey, shredded, and 100g cheddar, grated. Divide between 4 flour tortillas, spreading it over one half of the tortilla. Fold over and press down. Fry on both sides. Cut into wedges. Serves 2.

Ham and spiced oven chips

- Serves 2 (easily multiplied) • Takes 15 mins, plus 40 mins in the oven
- £1.04 a portion • 459 kcals, 32g fat, 6g sat. fat a portion • Suitable for freezing

2 baking potatoes, cut into chunky chips

4 tbsp sunflower oil

¼ tsp paprika

¼ tsp cayenne pepper

2 thick slices ham

2 eggs

1 Boil the potatoes

Turn oven to fan 180C/conventional 200C/gas 6. Put the potato chips into a pan of salted water and bring to the boil. Simmer for 5 mins, drain and leave to steam-dry or a few minutes.

2 Spice the chips

Pour 3 tbsp of the oil into a shallow baking tray

and heat in the oven for 5 mins. Meanwhile, toss the chips with the paprika, cayenne and salt. Tip the chips into the hot oil and return the tray to the oven to cook for 40 minutes, tossing them halfway through cooking.

3 Griddle the ham

Ten minutes before the chips are ready, heat a griddle pan. Cook the ham slices for 3 mins on each side until they are hot and have griddle lines on both sides. Transfer to a plate to keep warm. In a small frying pan, heat the remaining oil and fry the eggs to your liking. Top each slice of ham with an egg and serve with the oven chips.

the easy way

Serve with tomato ketchup or brown sauce on the side





Turn the last of the stilton into...

Stilton and spinach gnocchi

Cook **500g gnocchi** according to pack instructions and drain. Fry **250g streaky bacon**, cut into pieces, in a large pan for 2 mins, until crisp. Add **300g frozen chopped spinach**, defrosted and squeezed dry, and **250g mascarpone** and heat through. Stir in the gnocchi, tip into a baking dish and scatter with **150g stilton**, cubed. Sprinkle over **25g grated parmesan** and grill for 10 mins. Serves 4.

Spicy toasts Heat **15g butter** in a frying pan until foaming, add **3 pears**, peeled, cut into wedges and core removed and toss for 5 mins until soft. Add a pinch of **ground allspice** and **chilli flakes**, cook for 2 mins, then add the juice of **½ lemon**. Pile a **handful of rocket**, the pears and **75g stilton**, thinly sliced, on top of 8 slices of **baguette**, toasted. Makes 8.

Cheesy pies Turn oven to fan 180C/ conventional 200C/gas 6. Parboil **4 medium, peeled potatoes** for 6 mins., then slice. Meanwhile, fry **2 sliced onions** in **1 tbsp olive oil** until soft, then add the cooked potatoes and toss. Layer the potato mixture with **100g grated gruyère** and **175g crumbled stilton** in 4 individual pie dishes, seasoning with pepper as you go. Cover each dish with **puff pastry** (you'll need about 375g, divided into 4 squares), trim and seal the edges and bake for 30-35 minutes until golden. Serves 4.

Easy soufflé Turn oven to fan 180C/ conventional 200C/gas 6. Melt **50g butter** with **50g plain flour**, cook for a minute, then whisk in **400ml milk**. Simmer and whisk to a thick paste, then fold in **50g grated parmesan**, **90g stilton**, crumbled, and **4 egg whites**, whisked to stiff peaks. Pour the mixture into 4 buttered ramekins. Cook for 12 minutes, or until risen. Serves 4.

Turn the last of the cranberry sauce into...

Easy red wine sauce Heat a **glass red wine** and **1 tbsp cranberry sauce** with **2 tsp mustard** in a small pan. Simmer until it thickens. Serves 2.

Cranberry pork Season **1 pork fillet**. Brush both sides with about 1 tbsp oil. Griddle on both sides until cooked through. Heat **½ jar of cranberry sauce** in a small pan. Cut **2 clementines** in half and put on a griddle for a minute or so to colour. To serve, slice the pork and arrange on a plate with the sauce and clementines. Serves 2.

Baked pear Turn oven to fan 180C/ conventional 200C/gas 7. Stuff **1 pear** with **55g stilton** and put onto a baking sheet in the oven and bake for 8-10 minutes, or until the cheese has melted. Put **1 tbsp cranberry sauce** and **1 tbsp double cream** in a pan over a low heat for 2-3 minutes. Put the baked pear on a serving plate and pour the cranberry sauce over. Serves 1.



Stilton and fig salad

- Serves 4
- Ready in 10 minutes
- £1.06 a portion
- 350 kcals, 26g fat, 12g sat. fat a portion
- Not suitable for freezing

4 tbsp clear honey
1 tsp thyme leaves
1 tbsp cider vinegar
2 tbsp olive oil
2 tbsp hazelnuts, toasted and roughly chopped
1 small fennel bulb, trimmed and finely sliced
2 handfuls of rocket leaves
200g stilton, thinly sliced
2 ripe figs

1 Infuse the honey

Put the honey and thyme leaves in a small pan and gently warm together for 2 minutes – the honey shouldn't get hot enough to bubble. Set aside to cool. Make a dressing by whisking together the cider vinegar and olive oil with some seasoning.

2 Assemble the plates

To serve, gently toss the chopped hazelnuts, fennel and rocket with the dressing. Divide the stilton between 4 plates; add a fig half to each, then a pile of the salad. Finally drizzle the thyme-infused honey over the figs and cheese.

the easyway If you don't have any figs, use a sliced, green or red apple instead

Turn the last of the sprouts into...

Brussels salad In a large bowl, whisk together **1 tbsp olive oil**, **½ tsp white wine vinegar**, the **rind and juice of 1 orange**, and **1 finely chopped shallot**. Add **100g trimmed, shredded sprouts**, toss together and season. Serves 1.

Winter soup Put **200g trimmed, shredded sprouts**, **½ large cooked potato, chopped** and **1 crushed clove of garlic** in a pan. Pour over **200ml chicken or turkey stock** and simmer for 10 minutes. Add **100ml double cream** and season. Liquidise in a blender and serve. Serves 2.



Curried sprouts Cut **200g cooked sprouts** in half. Heat **50g butter** in a frying pan. Add the sprouts and **1 tbsp medium curry powder** and fry for five mins. Serves 2.

Christmas broth Heat **30ml vegetable oil** in a wok, add **1 finely chopped carrot**, **14 finely chopped sprouts**, a pinch of **ginger**, **1 tsp cumin seeds** and **300ml water**. Bring to the boil and cook for 10 mins, stirring occasionally. Stir in **3 tbsp soy**, **60g sesame seeds**, a **handful of coriander and basil** and the **juice of 2 limes**. Tip into a bowl to serve. Serves 2.

A close-up photograph of a white plate featuring a salad. The salad includes a large wedge of blue cheese, a halved fig showing its red interior, and a pile of arugula leaves. The plate is garnished with a drizzle of dressing and small herb leaves. A silver fork and knife are placed to the left of the plate. In the background, a glass of orange juice and a small vase with greenery are visible.

This salad
makes a great
starter or is
perfect as a tasty
post-Christmas
supper



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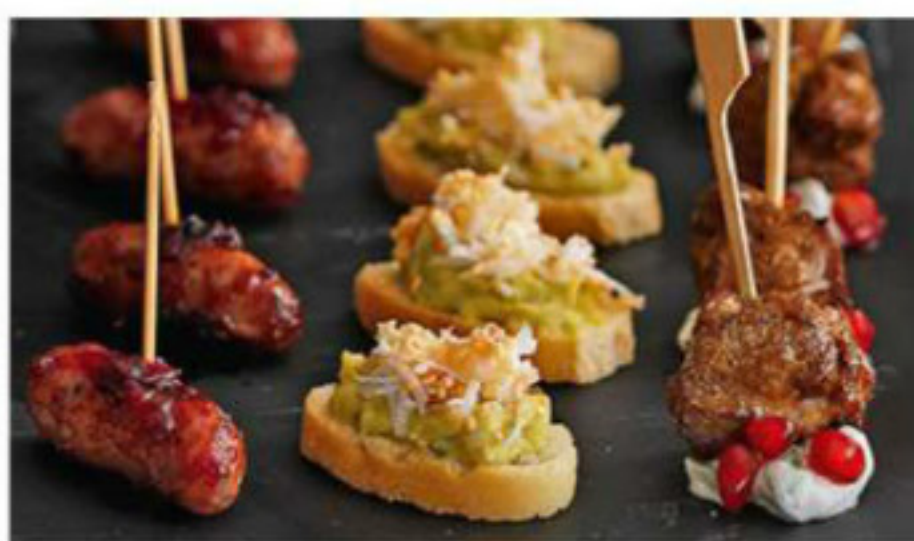


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was any shorter,
Daisy would need to
bring the cheese
around herself.

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in Somerset.

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Wonder Jacket

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Happy Days