

TRIED-AND-TESTED RECIPES FROM IRELAND'S #1 FOOD MAGAZINE

easyFood

80+ Autumn
recipes & ideas
from our test kitchen

Spiced pear galette p.26

FRESH
WAYS WITH
blackberries

Gluten-free
BRUNCH & TREATS

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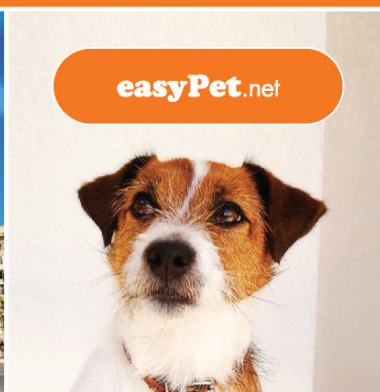
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Welcome to the autumn issue, easyFood-ies!

We're swapping shorts for shackets and Aperol Spritz for all things cinnamon-scented. Our autumn issue of easyFood is one we always look forward to pulling together – it's filled with comforting meals and spiced treats that'll warm your soul – and your belly! So, pop the kettle on and get ready to dive into a season's-worth of truly autumnal recipes.

Make sure to flick over to p.47 for speedy, midweek dinners that make the most of the season's bounty – the creamy roasted red pepper soup screams comfort – and turn to p.61 for some meat-free marvels that can be whipped up in a pinch! If you're on a budget and craving a takeaway, turn to p.71 for the ultimate homemade Indian feast.

We're all for adding a little bit of warmth to our kitchen, and while fiery dishes have had their time in the sun over the past few months, this season we're showcasing some decadent spiced bakes on p.23. Our cover star, the spiced pear galette (p.26) is an absolute showstopper, while our sticky toffee gingerbread bundt is sure to impress! Or, if you find yourself foraging for blackberries this season, then you're in luck – we've got a sweet selection of blackberry recipes ready for you to check out on p.39.

We've also enlisted a few friends to contribute recipes from their brand new cookbooks: baking queen Jane Dunn of Jane's Patisserie is sharing her all-time easy favourites on p.31 – perfect weekend baking inspo! Mark Moriarty shares a thing or two on cooking for the seasons and how to make the most of your seasonings, p.64, while Anna Haugh is cooking up a storm, making midweek cooking a breeze with her mouthwatering dinner ideas, p.54.

Of course, no autumn issue of easyFood is complete without an injection of spooky treats, so turn to p.99 for a host of healthy Halloween snacks to keep the sugar highs to a minimum – from monster bites to pretzel pumpkins, you're all set for a bewitching buffet!

Whether it's a wholesome, hearty dinner to bring the gang together, or a sumptuously spiced bake to devour on these cooler evenings – we hope this issue provides everything you'll need for your most delicious autumn yet.

From our kitchen to yours

The easyFood team

The Christmas Issue is on sale from November 1st!

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Per serving xxxkcal, xxxg fat (xxxg saturated), xxxg carbs (xxxg sugars), xxxg protein, xxxg fibre, xxxg sodium



Readers!

Please take note that the nutritional information that appears underneath each recipe is only for one serving. The key for the buttons is in our recipe index on page 10.

All Euro/GBP prices are converted at the time of going to print. Prices may vary.

food bites

WHAT'S NEW ON THE FOOD SCENE?

Nutshed launches its incredible new Oat & Maple Crunch



Irish peanut butter pioneers, Nutshed, have unveiled their latest creation: Oat & Maple Crunch Peanut Butter. This innovative blend celebrates the classic combination of oats and peanut butter, elevated with five crunchy ingredients for an exceptional taste and texture experience.

The recipe, perfected over a year by sisters Evie and Eliza Ward, features toasted oats, sunflower seeds, pumpkin seeds, and chia seeds, all mixed with their award-winning single-origin golden peanut butter. Also, the natural sweeteners like maple and date syrups provide a guilt-free balance of sweet and salty notes. High in fibre and a source of plant-based protein, it's such a flavour-packed jar of nutrients!



Available at nutshed.ie and various retailers nationwide for €5.60.



NEW BENTO SUSHI BAR OPENS IN M&S GRAFTON STREET

Sushi and Pan-Asian Kitchen has expanded its presence with a new sushi bar in M&S Grafton Street. This exciting addition follows the success of kiosks in other M&S locations and offers fresh Japanese cuisine, including hand-rolled sushi and street food. Catering to the Irish palette, the new kiosk features an exclusive sushi recipe, The Sláinte Roll, combining chicken katsu, avocado, spicy shichimi, curry mayo, Irish stout teriyaki, and crunchy umami potato crisps – delish! With over 50 dishes to choose from, including plant-based options, Bento promises a delicious and healthy dining experience. Pop in and try it for yourself!

GET YOUR ICED COFFEE FIX FROM HOME WITH CALIFIA FARMS

These ready-to-pour ice coffee drinks are made with 100% Arabica coffee and plant-based ingredients, available in major Irish supermarkets and convenience stores. Enjoy a smooth and velvety coffee experience, free from artificial additives and carrageenan, in BPA-free recyclable packaging.

Choose from XX Espresso, Mocha, and Caramel Oat (RRP: €3.89 for 750ml).



we're loving..

HOW MANY OF YOU ARE PURCHASING OUR HOME-COOKING 101 ONLINE COURSE!

This digital course which has been designed by the easyFood team is aimed at those who are hoping to learn how to cook tasty and healthy meals from scratch. It covers the fundamentals of cooking and building recipes – plus, you can tackle the course from the comfort of your home, in your own time. It couldn't be easier!
easyfood.ie/articles/cooking-101-course.



FUSSY FOOD PLATES' INNOVATIVE PRODUCTS!



An Irish product we're seriously impressed by is Dublin-based Fussy Food Plates – making mealtimes fun and stress-free for children and their carers. These 9" BPA-free, dishwasher-safe plates encourage creative storytelling with food. The concept, designed by a mother of three, has gained global acclaim for expanding children's diets and reducing food waste. Available at **fussyfoodplates.com**, the brand also offers new products like Press & Pops and Crinkle Cutters. Make sure to check them out!

FIERCE MILD: IRELAND'S BOLD NEW NON-ALCOHOLIC BEER

Fierce Mild is revolutionising the non-alcoholic beer market with its refreshing extra pale ale brewed locally in Dundalk. This non-alcoholic beer retains its full flavour thanks to a special yeast and a trilogy of hops, offering a satisfying alternative to traditional beers. Designed for the curious and open-minded beer-lovers, available in restaurants, bars, cafes, and online for €2.95. **fiercemild.co**



OUR LOCAL CAFÉ NINE'S IMPRESSIVE NEW MENU

If you're ever in Bray, make sure to pay a visit; the coffee is always perfect; the treats are drool-worthy; and we haven't even mentioned the brunch menu! Our new favourites have to be the Korean fried chicken burger with kimchi and the beef brisket Benedict. **ninebray.com**



FOX COVERT FARM'S SUPERFOODS

We love seeing Irish businesses offer unusual and unconventional products packed with nutritional benefits. Enter Fox Covert Farm in Co. Offaly with their range of Hemp Seed Products! Their Hemp Hearts and Milled Hemp are superfoods rich in protein, omega fatty acids, fibre, and vitamins. Grown without pesticides or herbicides, these products are environmentally friendly and available in select SuperValu Stores and Evergreen Health Shops. Give them a go and reap the rewards!

Visit **foxcovertfarm.ie** for more details.



recipe index

This is your **foolproof guide to nutritional information and dietary attributes**. Here, we've listed every recipe featured in this issue of easyFood, with colour-coded buttons correlating to various dietary requirements. Check out the legend below to see what each button means.

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Budget-friendly

Freezable

Kid-friendly

Dairy-free

Vegetarian

Low saturated fat

Diabetes-friendly

Gluten-free

what's in season?

QUICK AND EASY RECIPES USING THE BEST OF THIS MONTH'S FRESH, SEASONAL INGREDIENTS.



WHAT'S UP, DOC? P.10

Sweet, affordable & nutritious, carrots are ready to shine this season

RULE THE ROOST, P.15

Delicious recipes that showcase fluffy rooster potatoes

15 WAYS WITH SPICES, P.18

Ginger, turmeric and cinnamon add a lovely warmth to a wealth of dishes.

WHAT'S UP, DOC?

Sweet, affordable and nutritious, carrots are ready to shine this season



Carrot falafel burgers

Serves 6

750g carrots, peeled and grated
1 x 400g tin of chickpeas, rinsed and drained
2 shallots, chopped
2 tbsp tahini
1 tsp ground cumin
1 egg
1 tbsp olive oil, plus extra for brushing
100g breadcrumbs, wholemeal or white
Zest of 1 lemon
4 tbsp sesame seeds

To serve:

Burger buns, lightly toasted

Cucumber, sliced
Tomatoes, sliced
Mixed leaves
Hot sauce

- 1** Place one-third of the grated carrot in the bowl of a food processor and add the chickpeas, shallots, tahini, cumin and egg. Whizz to form a thick paste, then scrape into a large bowl.
- 2** Heat the olive oil in a large pan over a medium-high heat. Add the remaining carrot and cook for 8-10 minutes until softened.
- 3** Add the cooked carrot to the mixture in the bowl along with the breadcrumbs, lemon zest and sesame seeds. Season with salt and pepper, then use clean hands to mix together.

- 4** Divide the mixture into six equal portions, then use wet hands to shape into burger patties. Cover and place in the fridge for at least 30-40 minutes to set.
- 5** Heat a large pan over a medium-high heat and brush the burgers with the remaining oil. Cook the burgers for five minutes per side until golden and crisp. Serve in lightly toasted buns with sliced cucumber, avocado, tomato and some mixed leaves. Add a drizzle of hot sauce, if desired.

Per Serving 240kcal, 10.3g fat (1.6g saturated), 31g carbs (7.4g sugars), 7.7g protein, 5.9g fibre, 0.234g sodium





Low-carb carrot taco shells

Makes 8

400g carrots, peeled and grated

150g Cheddar, grated

4 eggs

6 tbsp almond flour

1 tsp dried coriander

1 tsp ground cumin

Salt and black pepper

Fillings of choice

1 Preheat the oven to 200°C/180°C fan/gas mark 6.

2 Place the grated carrots into a microwave-safe bowl and add enough water to cover. Microwave for five minutes until tender.

3 Drain away the water and squeeze the carrots completely dry using kitchen paper.

4 Place the carrots in a bowl and add the Cheddar, eggs, almond flour, coriander, cumin, salt and pepper. Combine together into a batter.

5 Line two large baking trays with parchment paper. Scoop the batter into eight equal portions, four on each tray, spaced evenly apart. Use your fingers to press each portion into a flat circle.

6 Bake for 15 minutes or until the taco shells are crispy on the sides.

7 Gently remove the tacos from the parchment paper. Eat warm as soft tacos, or lay them to dry over the sides of small bottles to form hard taco shells.

8 Serve with your favourite toppings.

Per Serving 145kcal, 8.6g fat (1.8g saturated), 72g carbs (3.1g sugars), 7.8g protein, 2.3g fibre, 0.2g sodium



Curried carrot couscous chicken salad with lemon yoghurt

Serves 4

600g carrots, peeled and chopped into matchsticks
2 tbsp olive oil
½ tsp curry powder
Salt and black pepper
350g couscous
1 chicken stock cube
1½ tsp ground turmeric
80g plain Greek yoghurt
3 tbsp lemon juice
400g cooked shredded chicken

To serve:

Fresh mint, torn
Avocado, chopped (optional)
Lemon wedges

1 Preheat the oven to 230°C/210°C fan/gas mark 8.

2 Place the carrots on a large baking tray. Drizzle with the oil and season with the curry powder and some salt and pepper. Roast for 20 minutes until tender.

3 Cook the couscous according to package instructions, adding the chicken stock cube to the water and turmeric for colour. Season well and fluff with a fork.

4 In a small bowl, combine the yoghurt with the lemon juice and some black pepper.

5 On a serving platter, top the couscous with the curried carrots, shredded chicken, lemon yoghurt, some fresh mint and some chopped avocado, if desired. Serve with lemon wedges for squeezing.

Per Serving 678kcal, 17.8g fat (4.5g saturated), 84.6g carbs (8.7g sugars), 42.3g protein, 4.5g fibre, 0.435g sodium



Rule the Roost

Rooster potatoes are in their prime this autumn! Explore our delicious recipes that showcase their fluffy taste and texture, perfect for topping with your favourite flavours.

Pulled pork baked potatoes

Serves 4

4 large Rooster potatoes

Olive oil, for rubbing

Salt and black pepper

400g pulled pork

150g barbecue sauce

200g Cheddar, grated

To serve:

Sour cream

Spring onions, chopped

Chillies, sliced

Mixed leaves

1 Preheat the oven to 220°C/200°C fan/gas mark 7.

2 Scrub the potatoes thoroughly under running water and pat them dry.

3 Rub the potatoes all over with a little olive oil. Generously sprinkle on all sides with salt and pepper. Prick the potatoes in a few places with a fork, or run the tip of a sharp knife around the perimeter.

4 Bake the potatoes directly on the oven rack for 50-60 minutes, turning them over halfway through. The potatoes are done when the skins are dry and the insides feel completely soft when pierced.

5 Cook or reheat the pulled pork according to package instructions. Add the barbecue sauce and stir to combine.

6 Cut the baked potatoes in half. Add a spoonful of the pulled pork to each half and sprinkle with grated cheese. Place on a baking tray and return to the oven for 5-10 minutes or until the cheese has melted.

7 Place the potatoes on serving plates and dollop with some sour cream. Sprinkle over some chopped spring onions and chillies and serve with mixed leaves.

Per serving 834kcal, 41.9g fat (19g saturated), 72.2g carbs (14.6g sugars), 41.9g protein, 9.1g fibre, 0.859g sodium



Pork medallions with baked potatoes and mushroom sauce

Serves 4

4 large Rooster potatoes, scrubbed
1 tbsp olive oil, plus extra for rubbing
1 x 500g pork fillet, sliced into 2cm-thick medallions
1 shallot, peeled and finely chopped
1 garlic clove, crushed
250g chestnut mushrooms, sliced
1 tbsp fresh rosemary leaves, finely chopped
100ml chicken stock
50ml double cream
1 tsp wholegrain mustard
Salt and black pepper

To serve:

Green beans

1 Use a fork or sharp knife to pierce the potatoes a few times on each side. Microwave on high for 4-6 minutes, turning halfway through, until tender when pierced with a fork.

2 Preheat the oven to 220°C/200°C fan/gas mark 7.

3 Set the potatoes aside until cool enough to handle, then rub the skins with olive oil. Wrap each potato in a square of tin foil.

4 Place the foil-wrapped potatoes directly on the oven racks and bake for 20-25 minutes.

5 Meanwhile, heat the olive oil in a pan over a medium-high heat. Cook the pork medallions for 2-3 minutes per side until lightly browned, then transfer to a plate. Tent loosely with tin foil and set aside.

6 Reduce the heat to low and cook the shallot in the same pan for five minutes, stirring often. Add the garlic, mushrooms and rosemary and cook until the mushrooms are soft and the juices have evaporated.

7 Add the chicken stock, cream, mustard, some salt and plenty of black pepper. Stir until smooth, then increase the heat to medium and bring to a simmer.

8 Return the medallions to the pan along with any juices from the plate. Simmer for 2-3 minutes until the pork is completely cooked through. Remove from the heat and serve with the baked potatoes and some green beans.

Per Serving 543kcal, 15.1g fat (2.3g saturated), 61.3g carbs (4.6g sugars), 40.7g protein, 10.3g fibre, 0.259g sodium



Mushroom chilli with baked potatoes

Serves 4

1 large onion, peeled and roughly chopped
1 carrot, roughly chopped
1 celery stalk, roughly chopped
3 tbsp olive oil
2 garlic cloves, crushed
1 tsp ground cumin
½ tsp ground coriander
1 tsp smoked paprika
1 tsp chilli powder
600g mushrooms
2 x 400g tins of chopped tomatoes
1 tsp brown sugar
1 tbsp balsamic vinegar
1 vegetable stock cube, dissolved in 100ml of water
Salt and black pepper

1 x 400g tin of kidney beans, drained and rinsed

To serve:

Baked potatoes
Cheddar, grated
Sour cream
Fresh parsley or coriander, chopped

1 Place the onion, carrot and celery in a food processor and whizz into small chunks.
2 Heat the olive oil in a large pot over a medium heat and add the vegetables. Cook for 4-5 minutes, then add the garlic and cook for one minute longer.
3 Add the cumin, coriander, paprika and chilli powder to the vegetables in the pan and cook for 2-3 minutes.

4 Whizz the mushrooms in the food processor until finely chopped; this is best done in 2-3 batches so that they don't get too mushy. Add to the pan and cook for 5-7 minutes or until all the liquid has evaporated.

5 Add the tomatoes, sugar, balsamic and stock and season well. Simmer over a medium heat for 20-30 minutes, then add the kidney beans. Check the seasoning and adjust if necessary.

6 Serve over freshly baked potatoes with some grated cheese or sour cream, topped with fresh parsley or coriander.

Per serving 223kcal, 11.4g fat (1.5g saturated), 23.6g carbs (6g sugars), 9.3g protein, 5.3g fibre, 0.095g sodium



5

ways with GINGER



GINGER SALMON WITH TOASTED SESAME GLAZE

Serves 4

In a large bowl, combine 4 tbsp olive oil, 2 tbsp toasted sesame oil, 2 tbsp soy sauce, 2 crushed garlic cloves, 1 ½ tbsp grated fresh ginger, 2 tbsp rice vinegar and 2 tbsp brown sugar and whisk well until combined. Add 4 salmon fillets, then seal the bag, pushing all of the air out. Use your hands to rub the marinade around to coat all sides of the salmon. Place in the fridge to marinate for 30 minutes. Preheat the oven to 200°C/180°C fan/gas mark 6 and lightly coat a baking dish with cooking spray. Transfer the salmon to the prepared baking dish and bake for 10-12 minutes until opaque and cooked to your liking. In a small saucepan, combine 6 tbsp honey, 2 tsp toasted sesame oil, 2 tsp soy sauce, 2 tsp grated fresh ginger and a crack of black pepper. Heat over a medium-high heat until bubbling gently. Place the salmon on serving plates and drizzle with the glaze. Sprinkle with sesame seeds and chopped spring onions and serve with rice or noodles.

EASY GINGER PORK FILLET

Serves 4

In a sealable bag, combine 4 tbsp maple syrup, 4 tbsp soy sauce, 3 crushed garlic cloves and 1 peeled and grated 4cm piece of fresh ginger. Add 1 x 500g pork fillet then seal the bag, pushing all of

the air out. Use your hands to rub the marinade around to coat all sides of the pork. Place in the fridge to marinate for at least 30 minutes or up to eight hours. Preheat the oven to 230°C/210°C fan/gas mark 8. Remove the pork from the marinade and place on a baking tray lined with parchment paper. Roast for 20-25 minutes or until completely cooked throughout. Transfer to a plate, tent loosely with foil and allow to rest for 10 minutes. Meanwhile, transfer the remaining marinade into a small saucepan. Bubble gently over a medium heat until reduced by half. Slice the pork and drizzle with the sauce to serve.

GINGER HOT CHOCOLATE

Serves 2

In a saucepan, combine 500ml milk and 200ml water and place over a medium-high heat. Bring to a simmer, then reduce the heat slightly and whisk in 4 tbsp cocoa powder, a pinch of sea salt and ½ tsp grated fresh ginger. Whisk well to combine. Once heated to your liking, remove from the heat and stir in ½ tsp vanilla extract and some sugar to taste, if desired. Pour the cocoa into two mugs and top with whipped cream and/or marshmallows, if desired.

SOFT GINGER BISCUITS

Makes about 30

Preheat the oven to 180°C/160°C fan/gas mark 4. In a large bowl, cream together

170g butter and 200g sugar until light and fluffy. Beat in 1 large egg and 4 tbsp black treacle. In a second bowl, combine 280g plain flour, 2 tsp ground ginger, 1 tsp bicarbonate of soda, ½ tsp cinnamon, ½ tsp ground cloves and a pinch of salt. Gradually beat the dry ingredients into the creamed mixture and mix well. Roll the mixture into 3cm balls. Pour some sugar into a shallow bowl and roll the balls in the sugar to coat. Place 5cm apart on two large baking trays. Bake for 10-12 until golden brown. Transfer to a wire rack to cool.

SWEET POTATO, GINGER AND COCONUT CHIA PUDDINGS

Serves 4

Preheat the oven to 200°C/180°C fan/gas mark 6. Bake 4 small sweet potatoes for 40 minutes or until soft inside. Allow to cool. In a jar, combine 500ml coconut milk alternative, 50g chia seeds, 1 tsp vanilla extract and ½ tsp ground cinnamon. Close the lid and shake vigorously for one minute. Place in the fridge for one hour, shaking again halfway through. When cooled, halve the sweet potatoes and scoop out the flesh into a food processor. Add 1 tbsp grated fresh ginger and 30ml water. Whizz until completely smooth, adding a splash more water if needed. In four glasses or small jars, alternate layers of the chia pudding with the sweet potato purée. Top with shredded coconut.

5

ways with
TURMERIC

SPICED CAULIFLOWER STEAKS

Serves 4

Preheat the oven to 200°C/180°C fan/gas mark 6. Remove the leaves and trim the stem from 1 large head of cauliflower, leaving the core intact. Using a large knife, cut the cauliflower from top to base into four 1cm-thick slices. Season on both sides with salt and pepper. Heat 1 tbsp olive oil in a large pan over a medium-high heat. Sear the cauliflower steaks for two minutes per side until golden brown. Transfer to a baking tray. In a bowl, whisk together 1 tbsp olive oil, 1 tsp freshly grated ginger, 1 tsp cumin and 1 tsp turmeric. Brush the mixture over the cauliflower. Roast for 12-15 minutes until tender. Garnish with fresh coriander and serve.

INDIAN SPICED BUTTER

Makes 120g

In the bowl of a food processor, combine 120g butter, 2 crushed garlic cloves, 2 tsp ground turmeric, 2 tsp ground cumin, 1 tsp black pepper, 1 tsp ground cinnamon, ½ tsp ground cardamom, 4 tbsp chopped fresh coriander and a pinch of salt. Whizz until smooth. Store in the fridge or freezer and use with chicken, fish, steaks or lamb.

FIERY TURMERIC CHICKEN

Serves 2

In a sealable bag, combine 1 tbsp turmeric, 1 tsp ground cumin, 1 tsp dried chilli flakes, 1 tsp cayenne pepper, 1 tsp salt, 1 crushed garlic clove, 2 tbsp olive oil and the juice of 1 lemon. Stir well to combine. Add 2 sliced chicken fillets, then seal the bag, pushing all of the air out. Use your hands to rub the marinade around to coat all sides of the chicken. Place in the fridge for 30 minutes or up to four hours. Heat 2 tbsp olive oil in a large pan over a medium-high heat and cook the chicken slices for 4-5 minutes per side until cooked throughout. Serve in wraps with crunchy vegetables and a drizzle of natural yoghurt, if desired.

TURMERIC SCRAMBLED EGGS

Serves 2

Heat 1 tsp coconut oil in a non-stick pan over a medium heat. Add 100g spinach and cook for 2-3 minutes until wilted. In a bowl, whisk 4 eggs together with 50ml coconut milk and 2 tsp grated fresh turmeric. Season with salt and pepper. Add to the pan with the spinach and cook for 3-4 minutes or until cooked to your liking. Serve on toasted sourdough with some chopped fresh tomato.

MOROCCAN HARIRA

Serves 4

Heat 2 tbsp olive oil in a large pan over a medium heat. Cook 2 chopped onions for 5-6 minutes until softened. Add 4 crushed garlic cloves, 2 chopped red chillies, 2 tsp turmeric, 2 tsp cumin and 1 tbsp tomato purée and cook for one minute longer. Add 500g tomato passata and 1.7l vegetable stock. Add 160g dried green lentils, 2 chopped carrots, 1 peeled and chopped sweet potato and 2 celery stalks. Bring to the boil, then reduce the heat, cover and allow to simmer gently for 30 minutes. Remove the lid and cook for another 10 minutes until the lentils are tender. Stir in a handful of chopped fresh coriander and the juice of ½ a lemon. Divide between bowls and serve.



5

ways with CINNAMON

CINNAMON HONEY ALMOND BUTTER

Makes about 400g

Preheat the oven to 170°C/150°C fan/gas mark 3. Spread 300g raw almonds out onto a large, rimmed baking tray. Place in the oven to toast for 12-14 minutes, or until fragrant. Set aside and allow to cool. Place the almonds in the bowl of a food processor and whizz continuously for 2-3 minutes. Add 1½ tbsp vegetable oil and ½ tsp salt and whizz for another 6-8 minutes, scraping down the bowl as needed. Add 1½ tbsp honey and ½ tsp ground cinnamon. Whizz for another minute or so. Add more honey, cinnamon and/or salt, to taste. Transfer to an airtight container and refrigerate for up to four weeks.

CINNAMON FRENCH TOAST BAKE

Serves 4-6

Grease a 20cm square baking dish with butter and set aside. Heat a large pan over medium heat and cook 100g chopped pancetta until crispy. Remove from the heat and set aside to cool. In a bowl, combine 220g Ricotta, 1½ tsp ground cinnamon, 1½ tsp vanilla extract and 50g brown sugar. In a separate bowl, whisk together 5 large eggs, 60ml cream, 60ml milk and 2 tsp cinnamon. Slice 1 x 350g ciabatta loaf. Place a layer of ciabatta into the prepared baking dish to cover the bottom. Spread the Ricotta mixture over the

bread and scatter over the pancetta. Layer the remaining bread slices over the top. Pour the egg mixture evenly over the bread, then cover with cling film and place in the fridge overnight. The following morning, preheat the oven to 180°C/160°C fan/gas mark 4 and allow the bake to sit at room temperature for 20 minutes. Sprinkle with a little brown sugar. Bake for 40 minutes or until set, then serve warm.

CINNAMON APPLE PORRIDGE BAKE

Serves 6

Preheat the oven to 180°C/160°C fan/gas mark 4. Lightly grease a 20cm square baking dish with butter. In a large bowl, combine 180g oats, 100g chopped walnuts, 2 tsp ground cinnamon, ½ tsp ground ginger and a pinch of salt. Stir in 1 peeled and chopped apple, 120g apple sauce, 120ml milk, 2 eggs, 4 tbsp maple syrup and 1 tsp vanilla extract. Stir in 4 tbsp melted butter and mix to combine well. Spread into the prepared baking dish and bake for 30 minutes or until set and golden. Allow to cool in the baking dish for 10 minutes. Slice and serve with a drizzle of warm milk.

HOT VANILLA

Serves 2

In a small saucepan, combine 500ml milk, 40g butter, 4 tbsp sugar, ½ tsp

cinnamon, 1 tsp vanilla extract and a pinch of salt. Place over a medium-low heat and whisk, heating gently, until the butter has melted and the milk is at your preferred drinking temperature; do not allow to come to a boil. Pour into two mugs and top with an extra sprinkling of cinnamon, if desired.

MOROCCAN MEATBALLS

Serves 4

Preheat the oven to 180°C/160°C fan/gas mark 4. In a large bowl, combine 500g lamb mince, 2 chopped shallots, 2 crushed garlic cloves, 1 x peeled and grated 3cm piece of fresh ginger, 4 tbsp breadcrumbs, 1 beaten egg, 3 tbsp chopped fresh parsley, 3 tbsp chopped fresh coriander, 2 tbsp lemon zest, 50g pine nuts, 40g crumbled Feta, ½ tsp cinnamon and some salt and pepper. Mix until just combined. Form into mini meatballs around 2cm in diameter. Heat 2 tbsp vegetable oil in a heavy pan over a medium-high heat. Working in batches to avoid crowding the pan, brown the meatballs on all sides, adding more oil as necessary. Transfer the browned meatballs to a baking tray and bake for 12 minutes or until completely cooked through. Serve in pitas or wraps with hummus, lettuce, tomato and hot sauce.





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Incredible baked treats with hints of autumnal spices...

FIRST LOOK: JANE'S PATISSERIE EASY FAVOURITES, P.31

Exclusive recipes from
Jane Dunn's new book!

RIPE FOR THE PICKING, P.39

Fuss-free recipes to help you
make the most of seasonal
blackberries.

SUGAR & SPICE

DIVE INTO THESE
LUSCIOUS BAKED
TREATS WITH HINTS
OF AUTUMNAL
SPICES...



STICKY TOFFEE GINGERBREAD BUNDT

Serves 16

For the cake

350g plain flour
3 tsp ground ginger
1 tsp ground cinnamon
1 tsp ground cloves
1 tsp baking powder
1 tsp bicarbonate of soda
200g butter, at room temperature
330g dark brown sugar
3 large eggs
2 tbsp treacle
200ml buttermilk
1 tsp vanilla extract

For the toffee sauce

1L double cream
350g unsalted butter
350g demerara sugar
2 tbsp golden syrup
2 tbsp black treacle

1 Preheat the oven to 180°C/160°C fan/gas mark 4. Prepare the bundt tin by brushing the inside of the tin with melted butter. Place in the fridge until the butter has set. Grease the tin again with more melted butter and add a dusting of flour. Tap out the excess flour and set aside.

2 Sift the first six cake ingredients into a bowl and set aside.

3 Beat the butter and brown sugar in a large mixing bowl until fluffy.

4 Gradually beat in the eggs, one at a time. Beat in the treacle, buttermilk and vanilla.

5 Gradually beat in the dry ingredients until they are just combined.

6 Pour the batter into the prepared bundt tin and bake for 45-50 minutes until a skewer inserted into the centre comes out clean. Leave to cool slightly in the tin, then transfer to a wire rack to cool completely.

7 To make the toffee sauce, combine the cream, butter and sugar in a saucepan over a medium-low heat. Stir until melted, then whisk in the golden syrup and treacle.

8 Pour most of the toffee sauce over the gingerbread cake and pour the rest into a jug. Pour extra toffee sauce over each slice before serving.

Per serving 815kcal, 59.3g fat (19g saturated), 66.1g carbs (48.4g sugars), 4.9g protein, 1g fibre, 0.734g sodium





SPICED PEAR GALETTE

Serves 4-5

For the galette

- 2 x 280g sheets of shortcrust pastry, defrosted if frozen**
- 3 Conference pears**
- 1 egg, lightly beaten**
- 30g pecans**
- 1 tbsp demerara sugar**

For the cardamom caramel

- 110g caster sugar**
- 75g double cream**
- ½ tsp ground cardamom**
- 35g butter**

To serve

- Freeze-dried berries or decorative petals**
- Fresh cream, whipped**

- 1** Preheat the oven to 200°C/180°C fan/gas mark 6.
- 2** Line a large baking tray with baking parchment. Add the two sheets of shortcrust pastry to the tray, slightly overlapping in the centre. Trim the corners and edges to create a rough circle.
- 3** Cut each pear in half and remove the core using a small spoon. Cut each half into slices as thin as you can – take care not to separate them. Arrange the slices over the dough, leaving a 2-3cm border around the edges. It may seem like a lot of

- pear for the circle of pastry, but the slices will cook down. Put the galette into the fridge to chill while you make the caramel.
- 4** To make the caramel, add a layer of the sugar to a large pot over a low heat. As this begins to melt, sprinkle more sugar on top, and repeat. Try to avoid touching it too much, and remove from the heat once it's completely melted and amber in colour. It's important to watch it as it easily burns.
 - 5** Pour the double cream into the melted sugar gradually, stirring as you go to combine, then add the ground cardamom. It will bubble and spit so take care. Add the butter into the mix to make it glossy and thick.
 - 6** Take the galette out of the fridge, drizzle with caramel sauce and sprinkle with pecans.
 - 7** Fold the edges of the pastry over the pear slices, towards the centre. Brush the crusts with the beaten egg and sprinkle all over with the demerara sugar.
 - 8** Bake for 25 minutes until the crusts are golden and the pears are tender.
 - 9** Sprinkle with freeze-dried berries if using and serve warm with cream or ice cream.

Per serving 729kcal, 43.1g fat (19.8g saturated), 78.1g carbs (25.7g sugars), 6.8g protein, 0.6g fibre, 0.174g sodium







CINNAMON-SPICED CRÈME BRÛLÉE CROISSANT BOWLS

Makes 4

2 packs of shop-bought croissant dough (we used Jus-Rol)

500ml double cream

250ml milk

½ tsp cinnamon

1 vanilla pod, split in half lengthways, seeds removed

8 egg yolks

2 tbsp demerara sugar

2 tbsp cornflour, sifted

1 Preheat the oven to 200°C/180°C fan/ gas mark 6.

2 Grease and flour four small 8-10cm loose-bottomed flan tins, or large metal cookie-cutter rings, and transfer to a large baking tray. Add one piece of dough to each tin, easing it in carefully. Add a second piece of dough to the inner sides of the tins, overlapping with the dough base slightly, smoothing gently with your fingers to join and transfer to a baking tray.

3 Lightly prick the base with a fork, line the cases with baking parchment, fill with dry

beans and bake for 10 mins.

4 To make the custard filling, heat the cream and milk in a saucepan over a medium heat. Add the cinnamon and vanilla seeds and bring to a simmer.

5 In a bowl, whisk together egg yolks, sugar and cornflour. Slowly pour the hot cream mixture over the yolks, whisking constantly.

6 Remove the pastry bowls from the oven, carefully remove the parchment and beans and allow to cool. Press the dough down in the centre with a tea towel to deflate it. Reduce the oven temperature to 180°C/160°C fan/ gas mark 5.

7 Pour the custard into the pastry bowls and transfer to the middle shelf of the oven. Half-fill another deep baking tray with hot water and place on the bottom shelf of the oven. Bake the pastries for 45 minutes. The top of the crème brûlée will be crisped but the centre will be a smooth, slightly runny custard. Leave to cool completely before removing from the tins.

8 To serve, scatter the tops with the demerara sugar. Use a chef's blowtorch to caramelise the tops, or place under a very hot grill for two minutes.

Per serving 1,172kcal, 78.4g fat (38.9g saturated), 92g carbs (9g sugars), 21.6g protein, 0.2g fibre, 0.232g sodium





TREAT OR *Treat*

FIND OUR SPOOKTACULAR RANGE
IN STORE THIS OCTOBER



SCAN ME FOR SPOOKY
RECIPE INSPIRATION



FIRST LOOK: *Jane's Patisserie* **EASY FAVOURITES**

JANE DUNN SIMPLIFIES BAKING WITH GENIUS IDEAS AND EASY RECIPES. DON'T BELIEVE US? TAKE A PEEK AT THESE EXCLUSIVE RECIPES FROM HER NEW BOOK...

Jane Dunn's latest cookbook, *Jane's Patisserie: Easy Favourites*, is jam-packed with quick and hassle-free baking recipes. This back-to-basics guide is perfect for anyone looking to create beautiful sweet and savoury bakes without the stress.

From celebration cakes and cookies to traybakes and full meals, Dunn offers genius tips to make baking faster and easier. With recipes that can be made in under 30 minutes, using five ingredients or less, and requiring just one pan, this cookbook ticks all the boxes! It even includes no-bake solutions and tips for using air fryers and slow cookers.

Featuring iconic classics and new creations like Apple Crumble Cake, Tiramisu Cupcakes, and Feta Garlic Muffins, *Jane's Patisserie* offers easy favourites you'll return to again and again. Join us as we explore some exclusive recipes from the book and discover how Jane Dunn makes baking a breeze.



Jane's Patisserie
Easy Favourites by Jane Dunn
(Ebury Press, €25/£22),

Photography by Ellis Parrinder

BOURBON BISCUIT CHEESECAKE



Bourbon biscuits are utterly iconic, and they make the best theme for a cheesecake. Using the biscuits as the base and the sides, then filling the middle with a silky, no-bake, chocolate cheesecake filling is just delicious on top of delicious, and I cannot get enough. This recipe is incredibly easy to put together but is a showstopper that will wow everyone when you bring it out for dessert. You can adapt and change the recipe according to your preferences by using different chocolates for the filling, or even swapping it for a custard-cream shell!

SERVES: 12–15+

PREP: 30 minutes

SET: 5–6+ hours

DECORATE: 15 minutes

**LASTS: 3+ days,
in the fridge**

300g bourbon biscuits
85g unsalted butter, melted

Cheesecake

15–20 bourbon biscuits
200g milk chocolate
500g full-fat soft cheese
75g icing sugar
1 tsp vanilla extract
300ml double cream

Decoration

150ml double cream
2 tbsp icing sugar
Biscuit crumbs
Chocolate curls

Blitz the biscuits to a fine crumb in a food processor or crush in a bowl with a rolling pin.

Add the melted butter and mix together. Press into the base of a deep 20cm (8in) springform cake tin.

Cheesecake

Press the whole biscuits into the biscuit base around the edge of the cake tin.

Melt the milk chocolate until smooth. In a large bowl, whisk the soft cheese, icing sugar and vanilla extract together. Add the melted milk chocolate and whisk together. Finally, add the double cream and whip again until thick (or whip separately and fold through). Pour into the tin, inside the ring of biscuits and smooth over. Set in the fridge for 5–6 hours, or preferably overnight.

Decoration

Remove the cheesecake from the tin.

In a large bowl, whip the cream and icing sugar together. Transfer to a piping bag fitted with the piping nozzle of your choice, then pipe onto the cheesecake. Decorate with biscuit crumbs and chocolate curls.

NOTES

- You can use other biscuits, such as custard creams, and leave out the chocolate in the cheesecake mixture.
- Try swapping the milk chocolate for dark chocolate if you want a richer taste.

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"The name here might sound fancy, but my goodness is it a simple dish. There are layers upon layers of flavour, but it's easily put together while relaxing to a favourite podcast.

This needs only plain boiled baby potatoes added to make it into more of a meal, as the sauce is so delicious with the acidity of the tomatoes. There is already loads of flavour going on, so it's nice to have an element on the plate that isn't fighting for attention! If you don't want to use semi-dried tomatoes, Kalamata olives are a great alternative" – **Anna Haugh.**

CHICKEN FRICASSEE WITH PESTO & SEMI-DRIED TOMATOES

Serves 2

For the pesto

1 tablespoon pine nuts
bunch of basil
1 garlic clove, crushed or finely grated
1 lemon
40g (about 2½ tablespoons) extra virgin olive oil
20g (4 teaspoons) vegetable oil
40g finely grated Parmesan cheese, or vintage Cheddar
sea salt

For the chicken

2 tablespoons vegetable oil
300g skin-on boneless chicken thighs
1 garlic clove, finely sliced
1 shallot, finely sliced
100g white wine
100g chicken stock
40g salted butter
50g semi-dried tomatoes (the bright red ones)

1 Put the pine nuts, basil and garlic in a food processor. Zest in the lemon and pulse/blend to keep some texture, adding both types

of oil slowly along with a pinch of salt, then finally stir in the Parmesan or Cheddar. Taste and add a squeeze of lemon juice.

2 For the chicken, heat a sauté pan over a medium-high heat and add the oil and a sprinkle of salt. Add the chicken, skin side down, and cook until caramelised. Add the garlic and shallot and stir until softened, then pour in the wine and boil until it has nearly disappeared. Pour in the stock and bring to the boil, then stir in the butter and semi-dried tomatoes. Taste to see if it needs more salt.

3 Serve the fricassee with the pesto.

APPLE CRUMBLE CAKE

This light, delicious and easy cake merges a lot of my favourite flavours into one.

A homemade crumble is so easy to make, it's only three ingredients and it's so worth it.

I always use cooking apples for this because by the time the sponges have baked, the apple

This light, delicious and easy cake merges a lot of my favourite flavours into one.

has a wonderful texture and marrying that with the light spice of cinnamon and brown sugar

I always use cooking apples for this because by the time the sponges have baked, the apple

is a beautiful soft and juicy texture and the light spice of cinnamon and brown sugar

finishes off this crowd-pleasing cake perfectly. Good to make for a crowd, so perfect

is a dream. A spiced but sweet buttercream frosting sandwiching the two layers together

for a relaxed dinner with friends or family.

finishes off this crowd-pleasing cake perfectly. Good to make for a crowd, so perfect

for a relaxed dinner with friends or family.

Crumble

120g plain flour

60g caster sugar

60g chilled unsalted butter, cubed

SERVES: 15

500g cooking apples (peeled/

PREP: 30 minutes

chopped weight)

BAKE: 55–60 minutes

350g soft light brown sugar

COOL: 1 hour

300g unsalted butter, at room

temperature

LASTS: 3+ days, at

room temperature

6 eggs

1 tsp ground cinnamon

Crumble

Buttercream

120g plain flour

250g unsalted butter, at room

temperature

60g caster sugar

60g icing sugar

1 tsp ground cinnamon

Cake

500g cooking apples (peeled/

chopped weight)

350g soft light brown sugar

300g unsalted butter, at room

temperature

300g self-raising flour

6 eggs

1 tsp ground cinnamon

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Preheat the oven to 180°C/160°C fan and line two deep 20cm (8in) cake tins with parchment paper.

Add the flour, caster sugar and butter to a bowl and rub together with your fingertips until the mixture resembles breadcrumbs. Set aside.

Cube the apples into 2cm (¾in) pieces and pour into a new bowl. Cover with 50g of the soft light brown sugar and mix.

In a new bowl, beat the butter and remaining light brown sugar together until combined. Add the flour, eggs and cinnamon and mix until smooth. Fold through the apples. Divide evenly between the two lined tins, then sprinkle a layer of crumble onto each cake (about ½cm/¾in deep). Bake in the oven for 40–45 minutes. Leave

to cool fully in the tins.

Sprinkle any spare crumble mixture onto a lined tray and bake in the oven for 15 minutes. Leave to cool.

Cube the apples into 2cm (¾in) pieces and pour into a new bowl.

Beat the butter on its own for a few minutes, then add the icing

sugar and cinnamon and mix until fluffy. Transfer to a piping bag

with the piping nozzle of your choice fitted and pipe half onto the

first sponge. Top with the second sponge. Pipe on the rest of the

buttercream and sprinkle with the baked crumble.

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with the piping nozzle of your choice fitted and pipe half onto the

first sponge. Top with the second sponge. Pipe on the rest of the

buttercream and sprinkle with the baked crumble.

the two lined tins, then sprinkle a layer of crumble onto each

cake (about ½cm/¾in deep). Bake in the oven for 40–45 minutes.

to cool fully in the tins.

Sprinkle any spare crumble mixture onto a lined tray and bake in the

oven for 15 minutes. Leave to cool.

Beat the butter on its own for a few minutes, then add the icing

sugar and cinnamon and mix until fluffy. Transfer to a piping bag

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Tricks of the trade: Curry too spicy?

Well, just add some sugar and maybe a dash of cream, or coconut cream. You have it, then taste and adjust again until you're happy with the flavour.

COOKIE DOUGH BARS

GUINNESS CHOCOLATE CAKE

"This cake is crazy-easy and stays fresh in the fridge for three days. Though it has a high sugar content, the bitter Guinness and sour buttermilk provide balance and, together, they

are why the cake stays fresh for so long. It's a great birthday cake – the one I make most for people – that you can make well in advance, as both the sponge and the cream freeze very well. Even my son has been fed it, as the alcohol is cooked off. This is a very wet batter, so don't worry: that's the way it's supposed to be. – Anna Haugh.

When baking something cookie-related, it's always a common joke that the cookie dough is better raw, and even though I adore a baked cookie I can't deny that the dough really is delicious. So I thought making a Cookie Dough Bar would solve all of my cookie dough cravings. This thick cookie dough is gloriously full of chocolate chips and topped with a thick chocolate ganache, so it just gets even better. It's an easy treat to throw together and enjoy with friends and family.

For the sponge

500g Guinness

125g unsalted butter, plus more for the tins

140g plain flour

200g caster sugar

35g cocoa powder

1 teaspoon bicarbonate of soda

½ teaspoon baking powder

pinch of fine sea salt

1 egg, lightly beaten

75g buttermilk

Line a 23cm (9in) square tin with parchment paper.

In a bowl, mix the butter and sugar together to combine. Add the condensed milk and vanilla extract and mix again. Add the heated and cooled flour, sea salt and chocolate chips and mix again.

Press this cookie dough into the bottom of the lined tin, evenly.

Topping

Add the milk and dark chocolates and double cream to a heatproof bowl. Heat in the microwave on low, in 30-second bursts, stirring well each time, until smooth.

Press the cookie dough, then set the bars in the fridge for at least 4 hours, but preferably overnight. Slice and enjoy.

For the cream

300g double cream

60g icing sugar

50g buttermilk

30g mascarpone

1 vanilla pod, seeds scraped out

125g unsalted butter, at room temperature

125g soft light brown sugar

397g tin condensed milk

2 tsp vanilla extract

400g plain flour, heated and cooled

½ tsp sea salt

200g chocolate chips of choice

Topping

150g milk chocolate

150g dark chocolate

150g double cream

NOTES

1 Place a saucepan under an extraction fan, pour in the Guinness and set over a high heat. Reduce to half the quantity (250g). Set aside to cool.

Melt the butter in a pan, then leave it to cool.

2 You can use any chocolate chips you fancy in the cookie dough.

3 Butter 2 swiss roll tins, each about 30 x 20cm, and line the bases with baking parchment.

Pre-heat the oven to 160°C (325°F).

4 Place the flour, sugar, the cooled milk, 200g (180g) of the flour and 150g of the condensed milk in a bowl. Add 125g of the Guinness whisk to mix, then mix in the cooled butter, egg and buttermilk and whisk the batter until no lumps are left.

5 Divide the mixture between the 2 prepared tins, then bake for 10 minutes. Insert a metal skewer into the centre: when it emerges, it should be clean; also the sponge should bounce back to the touch. It should be just cooked, rather than overcooked. The mix is wet and you really need to use a metal skewer to check it's done in the centre. Leave in the tins to cool, then put a rack over the tins and turn them out. Leave until cold, then chill. The sponge needs to be chilled when you're cutting it to assemble the cake.

6 Whip together the cream, icing sugar, buttermilk, mascarpone and vanilla seeds to soft peaks (see below). Use this to sandwich the cake layers together. Serve in slices, so you see the layers.

O

102 COOKIES & TREATS **Tricks of the Trade:** Adding mascarpone to double cream is an amazing tip given to me by a fantastic pastry chef, Rey (Hortillosa) Encarnacion from the Conrad Hotel in Dublin. When you add mascarpone to whipped cream, it never loses its air and is less likely to split.



Must-try Peanut butter oat brookies by White's Oats

We love baking with oats in the easyFood test kitchen, so when **White's Oats** asked us to come up with a recipe for oat brookies, we jumped at the opportunity!

Makes 16

For the brownie

200g dark chocolate chips
120g butter, cubed
3 tbsp cocoa powder
3 eggs
220g coconut sugar (caster sugar can be used instead)
2 tsp vanilla extract
¼ tsp salt
130g White's Oats Organic Oat Flakes
120g peanut butter

For the cookie layer

120g butter
120g light brown sugar
75g coconut sugar (caster sugar can be used)
1 tsp vanilla extract
1 egg
1 tsp baking powder
¼ tsp salt
190g White's Oats Organic Oat Flakes
160g dark chocolate chips

1 Preheat the oven to 180°C/160°C fan/gas mark 4. Line a 9 x 9-inch baking tray with baking paper.

2 To make the brownie, first place the White's Oats Organic Oat Flakes in a blender and whizz into a fine powder to make oat flour. Set aside.

3 Melt the chocolate and butter together over a ban marie, or in the microwave, stirring until combined. Whisk in the cocoa powder and set aside.

4 In a separate bowl, whisk the eggs, sugar, vanilla and salt together. Add this to the cocoa mixture and whisk until combined.

5 Using a spatula or wooden spoon, stir in the blitzed White's Oats Organic Oat Flakes until combined.

6 Pour into the prepared tray and spread evenly using your spatula. Dollop the peanut butter all over and set aside.

7 To make the cookie layer, again, place the White's Oats Organic Oat Flakes in a blender and whizz into a fine powder to make oat flour. Set this aside.

8 Melt the butter over a ban marie, or in the microwave. Add the sugar and vanilla extract and whisk until combined. Add the egg and whisk until combined.

9 Add the baking powder, salt and blitzed

White's Oats Organic Oat Flakes and whisk to combine again. Add the chocolate chips and stir to incorporate.

10 To assemble, dollop the cookie batter all over the brownie, almost like you are dropping cookies onto a sheet.

11 Bake for 35-45 or until golden brown. Let the brookies cool completely before removing from the tray and slicing into squares

Per serving 568kcal, 28.2g fat (14.7g saturated), 71.6g carbs (41.5g sugars), 12.7g protein, 8.2g fibre, 1.383g sodium



White's

White's Oats have been locally growing and milling porridge, oats and oat cereals in Tandragee Co. Armagh for 180 years and they pride themselves in taking their time to carefully select only the finest quality grain to deliver the distinctively creamy taste and texture.



FIND MORE AT
whitesoats.co.uk/recipes

Ripe FOR THE PICKING!

Blackberries are in abundance, and our fuss-free recipes will help you make the most of this seasonal delight.



TOP TIP

Use any remaining blackberry purée for topping yoghurt, ice cream or porridge!

DARK CHOCOLATE AND BLACKBERRY CUPCAKES

Makes 20

175g butter
100g dark chocolate (80% cocoa solids), chopped
300g plain flour
375g caster sugar
30g cocoa powder
1 tsp bicarbonate of soda
Pinch of salt
2 eggs
200ml red wine
20 blackberries

For the blackberry mascarpone icing:

120g blackberries
250g mascarpone, at room temperature
130g icing sugar, sifted

1 Preheat the oven to 180°C/160°C/gas mark 4 and place 10 paper cases into each of two 12-cup muffin tins.

2 Place the butter and chocolate in a bowl set over a pan of simmering water, ensuring the bottom of the bowl doesn't touch the water. Allow to melt, then remove from the heat and stir to combine until smooth.

3 In a bowl, combine the flour, caster sugar, cocoa powder, bicarbonate of soda and a pinch of salt.

4 In a jug, whisk together the eggs and red wine. Add the egg mixture to the dry ingredients, then stir in the chocolate mixture.

5 Add 100ml boiling water and whisk until smooth. Divide the batter between the prepared muffin cases and drop two blackberries into each one. Bake for 35 minutes or until a skewer inserted into the centre of a cupcake comes out clean. Transfer to a wire rack and allow to cool.

6 To make the icing, place the blackberries in a blender or food processor and whizz into a purée. Pass the purée through a sieve to remove the seeds, pushing as much as possible through using a wooden spoon.

7 In a bowl, use an electric whisk to beat the mascarpone for one minute.

8 Add the icing sugar and three tablespoons of the blackberry purée. Continue beating until fluffy, scraping down the sides as necessary. Do not over-mix.

9 Transfer the blackberry mascarpone into a piping bag and pipe a generous swirl on top of each cupcake. Drizzle with a little extra blackberry purée and top with an extra berry, if desired.

Per serving 247kcal, 8.6 fat (5.2g saturated), 40.1g carbs (26.7g sugars), 2.8g protein, 1.7g fibre, 0.129g sodium



HARVEST FRUIT IN GINGER SYRUP

Serves 4

120g golden caster sugar
250ml water
**1 x 1cm piece of fresh ginger, peeled
and grated**
6 ripe plums, pitted and quartered
Zest and juice of 1 lemon
250g blackberries

To serve:

Vanilla ice cream

1 Combine the sugar and water in a saucepan over a low heat. Stir until the sugar has dissolved, then bring to the boil and simmer for 10 minutes until slightly reduced.

2 Add the ginger, plums, lemon zest and juice. Return to a gentle simmer and cook for 8-10 minutes until the plums begin to soften.

3 Add the blackberries into the pan and stir gently for 2-3 minutes.

4 Serve in bowls with vanilla ice cream.

Per Serving 205kcal, 0.8g fat (0.1g saturated), 51.1g carbs (44g sugars), 2g protein, 5.4g fibre, 0.002g sodium



HOMEMADE WAFFLES WITH BLACKBERRY SYRUP

Serves 4-6

250g plain flour
1 tsp baking powder
2 tsp caster sugar
½ tsp salt
2 eggs
475ml milk
Butter, for cooking

For the blackberry syrup:

120g caster sugar
250ml water
Zest and juice of 1 lemon
300g blackberries, plus extra to serve

To serve:

Whipped cream

1 Combine the sugar and water for the syrup in a saucepan over a medium-low heat. Stir until the sugar dissolves, then bring to a boil and simmer for a few minutes until slightly reduced.

2 Add the lemon zest, lemon juice and blackberries and simmer for another 2-3 minutes until they have softened, breaking up any large chunks with the back of a fork.

3 Remove from the heat and press the mixture through a sieve. Discard any pulp and set the syrup aside.

4 To make the waffles, sift the flour, baking powder, sugar and salt into a mixing bowl.

5 Whisk the eggs and milk in a small bowl, then stir into the dry ingredients until just combined.

6 Heat a waffle maker and add a pat of butter. When the butter is foaming, add a ladle of batter. Close the waffle maker and cook for about 3-4 minutes, or until it stops smoking. Keep the waffles warm while you repeat with the rest of the batter.

7 Serve hot with whipped cream, blackberry syrup and fresh blackberries.

Per Serving 347kcal, 79g fat (4.1g saturated), 61.1g carbs (26.3g sugars), 9.6g protein, 3.8g fibre, 0.285g sodium



TOP TIP:

Be sure not to over-mix the batter in Step 5; over-mixing results in denser, heavier waffles. Store leftover waffles in the fridge or freezer — just reheat them in the toaster!



PEAR AND BLACKBERRY CRUMBLE BARS

Makes 12

For the filling:

1 large ripe pear, peeled, cored and roughly chopped into 1cm chunks
175g fresh blackberries
1 tbsp runny honey
½ lemon, zested, plus 1 tbsp juice
1 tsp vanilla extract

For the base:

100g unsalted butter, chilled and cubed, plus extra for greasing
100g plain flour
50g soft light brown sugar
30g ground almonds
¼ tsp ground cinnamon
¼ tsp ground ginger

For the crumble:

50g unsalted butter, chilled and cubed
40g plain flour
30g soft light brown sugar

60g walnuts, roughly chopped
20g oats
½ tsp ground cinnamon
½ tsp ground ginger

1 Grease and line a 20 cm square cake tin.
2 Add the pear, blackberries, honey, lemon juice, zest, vanilla extract, and 30ml of water to a medium pan. Bring to a boil, then reduce the heat to medium and simmer for 10-12 minutes, mashing with a fork every so often, until the pears are soft but still have some shape and most of the liquid has evaporated. Remove from the heat and set aside to cool.
3 For the base, add the butter, flour, sugar, almonds, and spices to a large bowl. Using your fingers, rub the butter into the dry ingredients until the mixture starts to crumble and then comes together. Press the mixture into the base of the tin in an even layer. Prick all over with a fork then transfer to the fridge to chill for 15 minutes.

4 Make the crumble by adding the butter and flour to another large bowl and rubbing them together with your fingertips until you have a mixture resembling rough breadcrumbs. Add the remaining crumble ingredients and stir until everything is combined but still lumpy – you want there to be some bigger chunks. Chill until needed.

5 Preheat the oven to 180°C/160°C fan/gas mark 4. Once the base is chilled, bake for 20 minutes then leave to cool for five minutes. Spoon the filling over the base, using the back of a spoon to carefully spread it around.

6 Scatter the crumble mix over the top and return to the oven and bake for a further 30 minutes until cooked through. Leave to cool completely in the tin until firm, then cut into 12 bars and serve.

Per serving 231kcal, 15g fat (6.8g saturated), 21.9g carbs (10.3g sugars), 4.2g protein, 3.6g fibre, 0.73g sodium





Seasonal bakes to FALL for



We adore using Siúcra products in our test kitchen - and this Autumn, we collaborated with Siúcra to bring you not one, but two delicious bakes...

Goosey graveyard cake

Serves 16-20

For the chocolate cake

3 tbsp cocoa powder
280ml boiling water
140ml chocolate stout
110g unsalted butter, at room temperature
170g Siúcra Caster Sugar
170g Siúcra Soft Light Brown Sugar
1 tsp vanilla extract
3 large eggs, beaten
100g dark chocolate, melted
280g plain flour
2 tsp bicarbonate of soda
½ tsp salt

For the fudgy frosting

255g dark chocolate
315ml cream
60g sour cream
1 tsp vanilla extract
1 pinch of salt

To decorate

100g Oreos, blitzed into a crumb
4 marshmallows
Mini Smarties
Black and red food colouring
Variety of biscuits
20g white chocolate

- 1** Preheat oven to 180°C/160°C fan/ gas 4. Line three 8" round tins with parchment paper.
- 2** In a bowl, whisk the cocoa powder and boiling water together until the cocoa has dissolved. Whisk in the stout and set aside to cool.
- 3** In a heatproof bowl, melt the chocolate over a pot of simmering water. Once melted, set aside to cool.
- 4** In a bowl, beat the butter, vanilla and both the sugars together until light and fluffy. Slowly stream in the eggs little by little, beating after each addition to avoid the mix splitting.

5 Spoon in the cooled melted chocolate and mix to combine.

6 In a separate bowl, sieve the flour, bicarbonate and salt together. Alternate adding the flour and stout mix to the butter in three stages, the mix will be very runny.

7 Divide the mix between the prepared tins and bake for 25-30 minutes. Allow the sponges to cool in the tins for 10 minutes, then transfer to a wire rack to cool fully.

8 To make the fudgy frosting, place the chocolate and cream in heatproof bowl over a pot of simmering water. Stir occasionally until the chocolate has melted and the mix is smooth.

9 Remove the bowl from the heat, whisk in the sour cream, vanilla and salt. Allow the mix to cool and whisk occasionally by hand (don't use an electric mixer). Place the frosting in the fridge for an hour to thicken.

10 To assemble the cake, place one of the sponge layers on a cake board or stand and top with a layer of frosting. Repeat this step.

11 Using a spatula or palette knife, spread half the remaining frosting over the cake; there will be small crumbs sticking to the frosting. Refrigerate the cake for 30 minutes to help the frosting set.

12 Spread the other half of the remaining frosting over the cake so it is smooth and covers any crumbs.

13 Sprinkle the Oreo crumb over the top of the cake and around the base of the cake.

14 To make the zombies, paint faces on marshmallows using food colouring or edible pens. Stick on Smarties to make eyes using some of the remaining frosting.

15 For the tombstones, melt the white chocolate in a bowl over a pot of simmering water. Dip a toothpick into the white chocolate to write RIP and different dates on a variety of biscuits. Allow the chocolate to set, and then push the biscuits down into the sponge to have them standing upright like gravestones. Place the zombie marshmallows on top of the cake.

Per serving 371kcal, 16.9g fat (10.1g saturated), 49.5g carbs, 30.2g sugars, 5.1g protein, 3.3g fibre, 0.302g sodium



Salted Caramel Fudge

Makes 1 tray, 30 pieces

400g Siúcra Brown Sugar
90ml milk
125g butter
1 tbsp golden syrup
200g condensed milk
2 tbsp sea salt
100g pecans, toasted & chopped

- 1 Line a 18cm square tin with parchment.
- 2 Toast the whole pecans in the oven at 160°C for five minutes. Once cooled, chop into small pieces and set aside.
- 3 In a large pot, add the Siúcra Brown Sugar, milk, butter, golden syrup, condensed milk and one tablespoon of sea salt. Stir together and bring to the boil, stirring constantly.

4 Boil the mix for 15-20 minutes or until mix is golden. Drop a piece of the mix into cold water, if it turns into a squidgy but firm ball, the mix is ready. Remove from the heat.

5 Using an electric mixer, beat the mix for about 5 minutes or until the fudge has thickened.

6 Pour the mix into the prepared tin and sprinkle on the chopped pecans and 1tbsp sea salt. Allow to set in the fridge for 1-2 hours, the fudge should be slightly soft.

7 Once cooled, cut into squares and serve.

Per piece: 132kcal, 6.2g fat (2.8g saturated), 18.7g carbs (18.5 sugars), 1g protein, 0.2g fibre, 0.5g sodium



For more fresh recipes and inspiration visit: www.nordzuckerireland.ie

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everyday cooking

TAKING THE STRESS OUT OF EVERYDAY COOKING



WHAT'S FOR DINNER? P.47

Take the hassle out of deciding what's for dinner with these warming recipes.

COOKING WITH ANNA, P.54

Pro-chef, Anna Haugh makes weeknight cooking a breeze with her latest cookbook.

FAST VEGGIE FIXES, P.61

Cook up a meat-free storm in just 30 minutes!

EXCLUSIVE MARK MORIARTY RECIPES, P.64

Mark's latest cookbook is a celebration of nature's bounty and the art of cooking.

WINNER WINNER, WHAT'S FOR DINNER?!

TAKE THE HASSLE
OUT OF DECIDING
WHAT'S FOR
DINNER WITH
THESE WARMING
RECIPES...





BEST AUTUMN SALAD

Serves 5

*For the roast squash***1 butternut squash, peeled, de-seeded and chopped into bite-sized pieces****1 ½ tsp olive oil****Pinch of salt and pepper****1 tbsp cinnamon***For the dressing***2 tbsp olive oil****1 tbsp maple syrup or honey****Pinch of ground cinnamon****Juice of half a lemon****Pinch of salt and pepper***For the salad***200g kale, shredded****180g bacon lardons, cooked****3 Pink Lady apples, sliced thinly****200g feta, crumbled****100g pecans, toasted****Handful of pomegranate seeds, optional****1** Preheat the oven to 200°C/180°C fan/ gas mark 6.**2** Add the butternut squash, olive oil, salt, pepper and cinnamon to a bowl and toss. Transfer to a lined baking tray, season with more salt and pepper, and bake for 30-35 minutes – until the squash is tender. Set aside once cooked.**3** To make the dressing, add all dressing ingredients to a jar, pop the lid on and shake vigorously until combined. Set aside until you're ready to plate.**4** To assemble the salad, add the squash, kale, bacon lardons and apple to a large bowl and toss gently. Add the feta and pecans, reserving a little to add on top to serve. Give the dressing one last shake, add it to the bowl and toss gently again.**5** Add the remaining feta and pecans on top, along with the pomegranate seeds if using, and serve in a large bowl, sharing style, or serve individual portions in shallow bowls.**Per serving** 405kcal, 26.3g fat (6g saturated), 26.6g carbs (14g sugars), 14.7g protein, 5.6g fibre, 0.302g sodium

TEST KITCHEN TIPS

- While roasting the squash, use the oven to toast the pecans and to cook the bacon lardons.
- Balsamic vinegar works great in place of lemon in the dressing.
- Pumpkin seeds are a great addition to this salad.

You can find
gochujang paste
in your local
Asian shop

CHICKEN CURRY BOWL

Serves 4

For the chicken

4 chicken breasts
1 tbsp oyster sauce
1 tbsp ginger paste, or 4cm ginger, peeled and grated
1 tbsp soy sauce
1 tbsp honey or maple syrup
1 tbsp olive oil

For the broth

1 tbsp olive oil
1 tbsp ginger paste, or 4cm ginger, peeled and grated
1 tbsp gochujang
2 tbsp peanut butter
100ml chicken stock
400ml coconut milk

For the vegetables

2 pak choi, leaves picked
130g baby corn
150g sugar snap peas

To serve

Boiled rice
Roasted peanuts
Lime wedges
Fresh chilli, sliced

1 Add the chicken to a bowl along with all the other chicken ingredients, toss to coat and allow to marinate for one hour.

2 Add a drop of oil to a pan over a medium heat and fry the chicken breasts for 2-3 minutes on one side, then turn the breasts and cook for a further 7-8 minutes. Remove from the pan, cover with tin foil and allow to rest while you make the broth.

3 To the same pan, over a medium heat, add the olive oil, followed by the ginger paste. Cook for one minute, then add the gochujang, peanut butter and a drop of stock. Stir until combined, then add the remaining chicken stock and the coconut milk.

4 Add the pak choi, baby corn and sugar snap peas, cover and allow to simmer for 10 minutes.

5 Slice the chicken that has been resting and set aside. To serve, add rice to the centre of each bowl, spoon in the broth and veggies, add a sliced chicken breast and top with peanuts, lime wedges and chilli.

Per serving 872kcal, 42.6g fat (21g saturated), 64.9g carbs (17.8g sugars), 57g protein, 8.4g fibre, 5.18g sodium







CREAMY ROAST RED PEPPER SOUP

Serves 5

200g block of feta
3 red peppers
250g cherry tomatoes
3 carrots, peeled, topped, tailed and roughly chopped
1 bulb of garlic, peeled
1 brown onion, peeled and roughly chopped
1 ½ tsp olive oil
1 tsp paprika (optional)
1 tsp chilli flakes (optional)
Pinch of salt and pepper
800ml vegetable stock

1 Preheat the oven to 200°C/180°C fan/ gas mark 6.

2 Add the block of feta to the middle of an oven-proof dish and place the red peppers, cherry tomatoes, carrots, garlic and onion around it.

3 Drizzle with olive oil, sprinkle with paprika and chilli flakes, season with salt and pepper, and bake for 30-35 minutes – until the carrots are tender. Set aside once cooked to cool slightly.

4 Once cool enough to touch, remove the stalk and seeds from the peppers, tip the entire tray contents into a food processor, add the stock and blitz until smooth. A stick blender can also be used. If using, simply tip the tray contents into a bowl and use a stick blender to blitz until smooth.

Per serving 372kcal, 25.5g fat (17.6g saturated), 15.6g carbs (9.4g sugars), 19.3g protein, 3.7g fibre, 0.674g sodium





ELEVATE YOUR EVENINGS: Cooking with Anna

PRO-CHEF, **ANNA HAUGH** MAKES WEEKNIGHT COOKING A BREEZE WITH HER LATEST COOKBOOK. HAVE A TASTE AND DIVE INTO THESE EXCLUSIVE RECIPES!

Anna Haugh's new cookbook, *Cooking with Anna*, is a game-changer for weeknight dinners! It's packed with mouth-watering recipes that are quick to prepare and don't require every pot and pan in the kitchen.

Designed for those evenings when you have the time to push the boat out but not the energy for a kitchen marathon, this book offers recipes that are both easy to prepare and delicious. Plus, Anna shares her culinary secrets to boost flavour, making every meal something to look forward to.

Whether you're looking to impress with minimal effort or simply want to enjoy a delicious meal after a busy day, *Cooking with Anna* has got you covered. Join us as we delve into some exclusive recipes from the book and discover how Anna Haugh makes weeknight cooking a seamless affair.



Extract taken from **Cooking with Anna:**
Modern home cooking with Irish heart
by Anna Haugh
(Bloomsbury, €30/£26 Hardback)

Photography © Laura Edwards

"The name here might sound fancy, but my goodness is it a simple dish. There are layers upon layers of flavour, but it's easily put together while relaxing to a favourite podcast.

This needs only plain boiled baby potatoes added to make it into more of a meal, as the sauce is so delicious with the acidity of the tomatoes. There is already loads of flavour going on, so it's nice to have an element on the plate that isn't fighting for attention! If you don't want to use semi-dried tomatoes, Kalamata olives are a great alternative" – **Anna Haugh.**



CHICKEN FRICASSEE WITH PESTO & SEMI-DRIED TOMATOES

Serves 2

For the pesto

1 tablespoon pine nuts
Bunch of basil
1 garlic clove, crushed or finely grated
1 lemon
40g (about 2½ tablespoons) extra Virgin olive oil
20g (4 teaspoons) vegetable oil
40g finely grated Parmesan cheese, or Vintage cheddar
Sea salt

For the chicken

2 tablespoons vegetable oil
300g skin-on boneless chicken thighs
1 garlic clove, finely sliced
1 shallot, finely sliced
100g white wine
100g chicken stock
40g salted butter
50g semi-dried tomatoes (the bright red ones)

1 Put the pine nuts, basil and garlic in a food processor. Zest in the lemon and pulse-blend to keep some texture, adding both types

of oil slowly along with a pinch of salt, then finally stir in the Parmesan or Cheddar. Taste and add a squeeze of lemon juice.

2 For the chicken, heat a sauté pan over a medium-high heat and add the oil and a sprinkle of salt. Add the chicken, skin side down, and cook until caramelised. Add the garlic and shallot and stir until softened, then pour in the wine and boil until it has nearly disappeared. Pour in the stock and bring to the boil, then stir in the butter and semi-dried tomatoes. Taste to see if it needs more salt.

3 Serve the fricassee with the pesto.



"One of the main reasons I decided to write this book is that I didn't realise until recently that so many people still cooked recipes I had given them years ago. Now, this recipe I have shared with more people than you could shake a stick at. I have taught it to best friends, sisters and brothers; they all have added their spin and make it time and again. It's a really wonderful dish. Now it's yours.

A long time ago I did a stage (that's a period of time you work for free in a professional kitchen) at the Cinnamon Club in London. I was in awe of the flavours and ingredients I saw there. Indian cooking is very different to the Modern European style of food I'd been trained in, but there are many processes that cross over. I feel that learning even just a little bit about Indian food and cooking styles has made me understand flavour more. I memorised a handful of recipes and I wrote every single thing I saw down in my notebook. At the Cinnamon Club, they had a tomato-based recipe called 'old Delhi' curry. This version has slightly altered over time, but the core values I learned from chef Vivek Singh still ring true.

The wonderful thing about homemade curries – apart from the fact that they are delicious and also a great way to use up what you have in your fridge – is that the list of ingredients is merely a guide. The marinating of the chicken here is optional, so skip it if you do not have the time, but you do get the benefit of an extra layer of flavour.

This freezes so well that making a bigger batch is a great idea, to keep for a day when you don't feel like cooking" – **Anna Haugh.**

ANNA'S WEDNESDAY NIGHT CURRY

Serves 2

For the chicken and the marinade

250g skinless boneless chicken thighs or breasts, cut into bite-sized cubes

½ garlic clove, crushed

1 teaspoon finely grated root ginger

1 teaspoon sweet paprika

½ teaspoon hot paprika, or to taste

3 tablespoons thick Greek-style yoghurt, plus more (optional) to serve

Juice of ¼ lemon

Sea salt

For the curry

3 tablespoons vegetable oil

3 garlic cloves, crushed

5cm thumb of root ginger, finely grated

2 green cardamom pods, crushed

1 tablespoon cumin seeds

1 teaspoon hot chilli powder, or to taste

1 tablespoon sweet paprika

2 onions, finely chopped

400g can of chopped tomatoes, or 8 fresh tomatoes, chopped

2 tablespoons tomato purée

1 red pepper, cut into bite-sized cubes

100g butternut squash, cut into bite-sized cubes

400g can of coconut milk

1–2 tablespoons sugar, to taste

Juice of 1–2 limes, to taste

Coriander leaves, to serve

1 Mix the chicken and all the marinade ingredients well together in a bowl with a pinch of sea salt, then cover and leave to marinate for 10–20 minutes.

2 Put the oil in a large casserole pot over a medium heat. Add your garlic and ginger and cook for 2 minutes, then stir in the spices until they are aromatic. Then tip in your chopped onions. Cook until the onions are sweet. Don't skip this step: the onions being cooked until their sugars are properly released make a huge difference to the final curry.

3 When the onions are ready, add your tomatoes and tomato purée and cook for 20 minutes.

4 Now add your red pepper and butternut squash and cook for 10 minutes, or until the squash pieces are tender.

5 Finally, add your chicken and its marinade and cook for 10 minutes.

6 Pour in the coconut milk and taste: this is where you can create magic. When you taste your curry, ask yourself: is it hot enough? If not, add some extra chilli powder gradually. (If it's too spicy, see below.) And salt! Don't forget to taste in case you need a little extra salt. And as for sweetness and acidity balance, use your judgement about how much sugar and lime juice to add, to round out the flavours.

7 Rip over the coriander leaves and ripple with more yoghurt, if you like, both for a bit of visual drama and for that cool contrast to the spicy curry.

8 Serve with plain boiled rice and/or naan or other flatbread, as your curry will be bursting with flavour and the contrast of the plain rice or naan will complement and give relief, so each bite is even more delicious.

Tricks of the trade: Curry too spicy?

Well, just add some sugar and maybe a dash of cream, or coconut cream, if you have it, then taste and adjust again until you're happy with the flavour.

GUINNESS CHOCOLATE CAKE

"This cake is crazy-easy and stays fresh in the fridge for three days. Though it has a high sugar content, the bitter Guinness and sour buttermilk provide balance and, together, they are why the cake stays fresh for so long. It's a great birthday cake – the one I make most for people – that you can make well in advance, as both the sponge and the cream freeze very well. Even my son has been fed it, as the alcohol is cooked off. This is a very wet batter, so don't worry: that's the way it's supposed to be" – **Anna Haugh.**

Serves 4

For the sponge

500g Guinness
125g unsalted butter, plus more for the tins
140g plain flour
200g caster sugar
35g cocoa powder
1 teaspoon bicarbonate of soda
½ teaspoon baking powder
Pinch of fine sea salt
1 egg, lightly beaten
75g buttermilk

For the cream

300g double cream
60g icing sugar
50g buttermilk
30g mascarpone
1 vanilla pod, seeds scraped out

- 1** Place a saucepan under an extraction fan, pour in the Guinness and set over a high heat. Reduce to half the quantity (250g). Set aside to cool. Melt the butter in a pan, then leave it to cool.
- 2** Butter 2 swiss roll tins, each about 30 × 20cm, and line the bases with baking parchment. Preheat the oven to 160°C fan.
- 3** Place the flour, sugar, cocoa, bicarb, baking powder and salt in a bowl, whisk to mix, then make a well in the centre. Add 125g of the Guinness reduction with the cooled melted butter, egg and buttermilk and whisk the batter until no lumps are left.
- 4** Divide the mixture between the 2 prepared tins, then bake for 10 minutes. Insert a metal skewer into the centre: when it emerges, it should be clean; also the sponge should bounce back to the touch. It should be just cooked, rather than overcooked. The mix is wet and you really need to use a metal skewer to check it's done in the centre. Leave in the tins to cool, then put a rack over the tins and turn them out. Leave until cold, then chill. The sponge needs to be chilled when you're cutting it to assemble the cake.
- 5** Halve both chilled cakes widthways, then trim the sponges so you have 4 matching flat layers that will sit neatly on top of each other.
- 6** Whip together the cream, icing sugar, buttermilk, mascarpone and vanilla seeds to soft peaks (see below). Use this to sandwich the cake layers together. Serve in slices, so you see the layers.

Tricks of the trade: Adding mascarpone to double cream is an amazing tip given to me by a fantastic pastry chef, Rey (Hortillosa) Encarnacion from the Conrad Hotel in Dublin. When you add mascarpone to whipped cream, it never loses its air and is less likely to split.





Get seasonal with McCormack Family Farms

Naturally fresher for longer

All McCormack Family Farms leaves are unwashed, so they remain naturally stronger and fresher for longer which equals a longer shelf life and less food waste. McCormack Family Farms produce is also chlorine-free which is both good for the planet and for us.

Roasted squash, kale & pomegranate salad

Serves 4-6

- 1 squash, halved**
- 2 tbsp extra virgin olive oil**
- 2 tbsp maple syrup**
- 1 tsp ground cinnamon**
- Salt and black pepper**
- 100g pumpkin seeds**
- 1/4 tsp cayenne pepper**

For the salad

- 1 bag of McCormack Family Farms kale, roughly chopped**
- 300g brussels sprouts/sweetheart cabbage, shredded**
- 1 pomegranate, seeds removed**
- 100g Gouda cheese, shaved**

For the pomegranate vinaigrette

- 60ml olive oil**
- 1 shallot, finely diced**
- 1 tbsp fresh sage, chopped**
- 80ml pomegranate juice**
- 2 tbsp balsamic vinegar**
- 2 tbsp maple syrup**
- Salt and black pepper**

- 1** Preheat the oven to 200 °C/170 °C fan/ gas mark 7.
- 2** On a baking sheet, toss together the squash, one tablespoon of olive oil, one tablespoon of maple syrup, half a teaspoon of cinnamon, and a pinch each of salt and pepper.
- 3** Transfer to the oven and roast for 25-30 minutes, flipping halfway through cooking, until the squash is tender.
- 4** Line a separate baking sheet with parchment paper. Add the pumpkin seeds, one tablespoon of olive oil, one tablespoon of maple syrup, half a teaspoon of cinnamon, cayenne pepper and a pinch of salt. Arrange in a single layer. Transfer to the oven and bake for 8-10 minutes or until the seeds are toasted.
- 5** Watch closely as they can catch easily. Meanwhile, in a large salad bowl, combine the kale, brussels sprouts, and pomegranate seeds.

6 To make the vinaigrette, heat the olive oil in a medium skillet over high heat. When the oil shimmers, add the shallots and sage, cook until fragrant, for 2-3 minutes. Remove from the heat, let cool slightly.

7 Add the pomegranate juice, balsamic vinegar, and maple syrup. Season with salt, pepper, and crushed red pepper flakes.

8 Pour the warm vinaigrette over the salad, tossing to combine. Add the roasted squash, gently tossing. Top the salad with toasted pumpkin seeds, and shavings of cheese, if you're using them.

Per serving 436kcal, 26.5g fat (6.5g saturated), 44g carbs, 28.2g sugars, 11.4g protein, 3.9g fibre, 0.201g sodium



Find McCormack Family Farms Spinach, Salad Leaves, Pak Choi and Kale in Dunnes Stores, Tesco, Lidl and selected SuperValu Stores. Find more at mccormackfarms.ie



FAST VEGGIE FIXES

COOK UP A STORM IN JUST **30 MINUTES** WITH THESE EASY AND DELIGHTFUL MEAT-FREE RECIPES. IDEAL FOR BUSY WEEKNIGHTS!

TERIYAKI TOFU STIR-FRY

Serves 2

2 tsp sesame oil
50g tenderstem broccoli
100g baby corn
100g mangetout
2 garlic cloves, sliced
½ red chilli, deseeded and sliced
250g whole-wheat noodles
150g firm tofu, pressed and chopped
180ml teriyaki sauce
2 tsp toasted sesame seeds

1 Heat one teaspoon of sesame oil in a wok over a medium-high heat and stir-fry the broccoli and corn for three minutes.
2 Add the mangetout, garlic, chilli and 100ml of water. Cook for 2-3 minutes until the vegetables are tender but still retain some bite.
3 Bring a pot of salted water to the boil over a high heat and cook the noodles for five minutes.

4 Add the tofu and teriyaki sauce to the wok and heat until bubbling.
5 Add the cooked noodles and toss to combine everything together.
6 Divide between two bowls and scatter with some toasted sesame seeds.

Per serving 539kcal, 11.4g fat (1.7g saturated), 87.5g carbs (20.6g sugars), 26.3g protein, 8.3g fibre, 4.84g sodium





QUICK GOAT'S CHEESE & MUSHROOM RISOTTO

Serves 4

400g brown rice
1 tsp vegetable oil
200g chestnut mushrooms, sliced
1 tsp fresh rosemary, finely chopped
1 garlic clove, crushed
50g sun-dried tomatoes in oil, drained and halved
125g goat's cheese
200ml hot vegetable stock
Salt and black pepper
100g rocket

- 1** Cook the brown rice according to the package instructions, then set aside.
- 2** Heat the oil in a wide, deep frying pan over a medium heat. Add the mushrooms, rosemary and garlic. Cook for five minutes, or until the mushrooms are golden.
- 3** Add the cooked rice and sun-dried tomatoes to the pan.
- 4** Stir in the goat's cheese until melted and creamy, then gradually add the stock, stirring until fully absorbed. Season to taste.
- 5** Serve, topped with rocket and black pepper.

Per serving 485kcal, 11.1g fat (5.4g saturated), 79.7g carbs (2.2g sugars), 16.9g protein, 4.5g fibre, 0.331g sodium



GLUTEN-FREE LEMONY COURGETTE PASTA

*Serves 4-6***400g gluten-free pasta of choice****Olive oil****1 garlic clove, crushed****½ tsp chilli flakes****3 courgettes, coarsely grated****Juice and zest of 1 lemon****Salt and black pepper**

1 Cook the pasta according to package instructions. Drain and reserve some of the cooking liquid.

2 Heat two tablespoons of oil in a pan over a medium-high heat. Add the garlic and chilli flakes and fry for 1-2 minutes.

3 Stir in the courgette and lemon zest. Season generously, then use tongs to toss everything together. Stir in the lemon juice and season.

4 Serve with a drizzle of olive oil and some extra lemon zest and chilli flakes.

Per serving 273kcal, 2.8g fat (0.8g saturated), 52.3g carbs (2.9g sugars), 9.6g protein, 7g fibre, 0.010g sodium



exclusive

SNEAK PEEK:

SAVOUR THE SEASONS WITH MARK MORIARTY

MARK MORIARTY'S LATEST COOKBOOK, *SEASON*, IS A CELEBRATION OF NATURE'S BOUNTY AND THE ART OF COOKING.

As Mark puts it, "In writing this book, I really wanted to focus on the two elements that transform good food into great food: seasonal ingredients and seasoning."

This is all about simple food at home, using the seasons as a guide, while adding various seasonings to bring your food to the next level. We don't all have time to grow our own seasonal produce, fish in the evenings or rear our own animals. Besides, this idyllic seasonal living can be really bloody expensive! We can, however, make choices when it comes to our weekly shop, which will in turn lead to better cooking and hopefully a happy home full of great food."

This vibrant collection of recipes, brimming with flavours and spices, guides you through the culinary delights of each season. From the fresh, verdant notes of spring to the rich, hearty tastes of winter, Moriarty's dishes are designed to bring out the best in seasonal ingredients.

Whether you're a pro chef or a home cook looking to spice up your repertoire, *Season* offers something for everyone. Join us as we explore some exclusive recipes from the book and discover how Mark transforms everyday ingredients into extraordinary meals. Get ready to savour the seasons like never before!



Recipes extracted from
Season by Mark Moriarty.

Published by Gill Books,
price €24.99,

available from 26th September.



"This is a great recipe for making ahead of time, ready to go in the fridge. As the name suggests, it has alcohol and fruit in season. The compôte is a great recipe to batch cook, lending itself to a variety of desserts and even some savoury dishes, like roast duck. If it wasn't so inappropriate, I'd also suggest it goes really well with porridge! Maybe at the weekend..."

– Mark Moriarty.

BOOZY AUTUMN FRUIT PAVLOVAS

Serves 4

600ml double cream
1 vanilla pod, split in half and seeds scraped out
4 egg yolks
70g icing sugar, sifted
1 tsp cornflour
2 large ready-made meringue nests, plus extra to serve
Mint leaves, to garnish
Freshly grated nutmeg, to garnish

For the boozy autumn fruit compôte

120ml port
50g caster sugar 1 cinnamon stick
100g pitted prunes 200g blackberries

1 Start with the fruit compôte. Heat the port, caster sugar and cinnamon stick in a saucepan until the sugar has dissolved. Add the prunes and bring to a simmer for 10 minutes before adding the blackberries. Cover and cook on a low heat for 5 more minutes, then take off the heat and allow to cool in a jar. Remove the cinnamon stick before using. This will keep in the fridge for weeks.

2 Now for the custard cream. Place 450ml of the cream in a saucepan and bring to the boil.

3 Scrape the vanilla seeds into a bowl with the egg yolks, cornflour and icing sugar and mix until blended. Once the liquid has boiled, pour the warm cream on top and mix well, then pour the mixture back into the saucepan

and cook over a medium heat, stirring constantly with a whisk, until the custard begins to thicken and coats the back of a spoon. Remove, leave to cool slightly, then chill in the fridge.

4 When the custard is cold, lightly whip the remaining 150ml of cream and fold through the custard. Whisk again until thick and holding stiff peaks.

5 Now to assemble the pavlova. Place each meringue nest in a bowl and cover the centre with a layer of the thick custard cream. Drizzle over the fruit compôte and juice from the jar. Garnish with some mint leaves, extra crumbled meringue and some grated nutmeg and serve.



BRODETTO FISH PIE

“This is a little more upmarket fish pie, taking inspiration from the Mediterranean. It takes a bit of time to layer the potatoes on top, but they make the dish when the corners crisp up and the bottoms soak up that flavoured broth. I’ve used a mix of fish and shellfish here, but feel free to use what is fresh and available” – **Mark Moriarty**.

Serves 4

3 tbsp olive oil
1 tsp chilli flakes
4 garlic cloves, sliced
1 onion, finely diced
2 tbsp tomato purée
300ml white wine
2 x 400g tins of chopped tomatoes
1 chicken stockpot
200g white fish, skinned and boned
200g mussels 200g clams
200g squid rings, cleaned
200g prawn tails, cleaned
1 handful of tarragon, sliced, plus extra for garnish
A squeeze of lemon
5 large, floury potatoes, such as Rooster, peeled and thinly sliced, about 2mm thick
A few chives, sliced sea salt

1 Start with the base of the pie. Place a large heavy-based saucepan on a medium heat and add the olive oil. Go in with the chilli and garlic and cook until the garlic is turning golden brown.

2 Now go in with the diced onion and tomato purée and cook out for 2 minutes until the onion starts to soften but not colour. Increase the heat and add the white wine and simmer until reduced by half. Now go in with the chopped tomatoes and chicken stockpot. reduce the heat slightly and allow it to cook out for 15 minutes until it starts to thicken into a sauce texture.

3 Preheat your grill to 220°C.

4 To prepare the fish, cut the white fish into thick, thumb-sized chunks. Remove any shell and beard from the mussels. As the sauce bubbles away, add all the seafood and make sure it's submerged in the tomato sauce. Cook for 3 minutes before adding the tarragon and adjusting the seasoning with salt and lemon juice.

5 Now to layer the potatoes slices. Starting on the outside of the pot, layer them in a fan shape across the stew until it's completely covered. Drizzle some olive oil on top before placing under the grill. cook for 5–7 minutes until the potato is crispy and golden brown. Keep an eye on it so it doesn't burn as every grill is different.

6 Season the crispy potatoes with some salt and garnish with chives and tarragon.

7 Serve to share in the middle of the table with crusty bread.

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BEEF BOURGUIGNON

A winter hug in a bowl using some cheaper ingredients, 'Bourguignon' refers to the French region where this dish was born. As it is one famed for its wine, the key here is to marinate the beef in the wine before cooking. The traditional version calls for mushrooms, bacon lardons and pearl onions. I can't stand peeling onions so I've cheated and used pickled ones from a jar" – **Mark Moriarty**.

Serves 4

1 kg diced stewing beef 500ml red wine (traditionally pinot noir)
2 bay leaves
8 garlic cloves
1 handful of thyme
1 tbsp freshly ground black pepper
3 tbsp vegetable oil
200g plain flour, plus 2 tbsp
1 medium brown onion, cut into wedges
4 carrots, cut into thumb-sized chunks
1 tbsp tomato purée
500ml water
2 beef stockpots
1 heaped tsp honey
100g small button mushrooms
100g thick bacon lardons
100g pickled pearl onions (from a jar)

- 1** Start by marinating your beef. Place the beef in a large container and cover with the red wine. Add the bay leaves, garlic cloves, thyme and black pepper. Mix well and cover, then leave in the fridge for at least 4 hours or ideally overnight.
- 2** The following day, strain the beef from the wine but keep all the liquid. Preheat your oven to 150°C.
- 3** Now get a heavy-based flameproof casserole dish on the heat and add the vegetable oil. Allow it to get smoking hot.
- 4** Dust the diced beef in the 200g of flour and add it to the casserole in batches to brown, resting the browned pieces on a plate in the meantime. You may need to top up the vegetable oil as you go. Once the pieces are browned, clean out the base of the pan if it needs it.
- 5** Now add the brown onion and carrot pieces to the dish and get some colour on them. After about 2 minutes, return the beef to the pan along with the tomato purée and 2 further tablespoons of flour. Cook this out for 1 minute, stirring, and then it's time to add the wine marinade, including the garlic and herbs.
- 6** Simmer to reduce the wine by half before adding the water, stockpots and honey. Bring the mix to the boil, then remove from the heat. Find space in the liquid to add your button mushrooms, bacon lardons and pearl onions. Place in the oven and cook for 3 hours until the beef is soft and the sauce has thickened.
- 7** Serve warm with mashed potato. You can cook it in advance, if you wish, then reheat it.

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cooking for fun

GET CREATIVE IN THE KITCHEN



SAY CHALO TO AN INDIAN FEAST, P.71

Nothing beats a delicious dhal or curry served alongside flatbreads for dipping!

THE BIRD IS THE WORD, P.74

These stunning dinner ideas show just how versatile chicken can be.

FEELIN' NUTTY, P.79

Dive into the many sweet and savoury uses for peanut butter.

FILM NIGHT FAVOURITES, P.88

Make your night in special with these cinema-worthy snacks.

IRISH VOICES P.92

Here's an exclusive recipe from the latest **Blasta Book**: Agak-Agak.

Say chalo to an Indian feast

NOTHING BEATS A DELICIOUS DHAL OR CURRY SERVED ALONGSIDE FLATBREADS FOR DIPPING! WE'RE SHARING AN EASYFOOD READER FAVOURITE FROM THE ARCHIVES ALONGSIDE LORRAINE COX'S DELICIOUS SPICED POTATO FLATBREADS...

Coconut & spinach dhal

Serves 6

2 tbsp olive oil
1 onion, chopped
2 garlic cloves, crushed
1 thumb-sized piece of fresh ginger, grated
2 tsp Madras spice mix (you could also use garam masala)
2 tsp ground cumin
1 tsp ground coriander
1 tsp turmeric
400g red lentils
1 x 400ml tin of coconut milk
600ml vegetable stock
200g cherry tomatoes, halved

1 tbsp mango chutney
200g fresh spinach, chopped
Handful of fresh coriander, roughly chopped (optional)

1 Heat the oil in a large heavy-based pot over a medium heat. Add the onion and cook for 3-4 minutes.

2 Add the garlic, ginger and spices and cook for two minutes, then add all of the remaining ingredients except for the spinach. Bring to the boil, then reduce to a gentle simmer. Cover and cook for 20 minutes, stirring occasionally.

3 Add the spinach and cook for another 5-10 minutes or until the lentils are completely soft.

4 Add the coriander, if desired, and stir through.

5 Add a little more stock or water if you prefer your dhal with more liquid.

6 Serve topped with chopped spring onions and some toasted sliced almonds.

Per Serving 468kcal, 22.8g fat (16g saturated), 51.4g carbs (7.4g sugars), 20.5g protein, 23.6g fibre, 0.356g sodium



Lorraine's spiced potato flatbreads

Serves 6

"A delicious, spicy, flaky flatbread perfect with Indian dhal and dips, or even as a tasty breakfast."

For the potato filling

- 1 potato**
- 2 tbsp mango chutney (smooth)**
- 1 green chilli (finely chopped)**
- Small knob of butter**
- 1 tsp garam masala**
- 1 tsp turmeric**
- 1 tsp chilli powder**
- ½ tsp salt**

For the flatbreads

- 250g plain flour**
- 130g water**
- 14g rapeseed oil**
- 6g salt**

- 1** Boil the potato and mash it with a small knob of butter. Leave to cool.
- 2** Add the mango chutney, chopped chilli and spices and mix well.
- 3** Using your hands, roll the potato into small balls about the size of golf balls.
- 4** In a separate bowl, make the flatbread dough. Combine the flour, oil, water and salt. Knead for a few minutes until the dough becomes soft. Cover with a cloth or wrap and set aside for 20 minutes.
- 5** Lightly sprinkle your countertop with flour. Divide the dough into six equal balls, weighing approximately 66g per ball. Flatten them down with the palm of your hand into discs measuring about four inches.
- 6** Take one of the discs and cup it in one hand. Place a spiced potato ball into the dough leaving an edge of dough around the top. Gather the edge together to form a seam, and pinch the dough to seal it. The dough is really pliable and will seal really well by hand. Turn it seam side down, and press it into a disc shape again with the palm of your hand.
- 7** You can either roll them with a rolling pin or stretch the flatbreads out by hand, similar to making pizza dough. Press them down with the palm of your hand. Next, gently stretch the edges out with your thumb and forefinger so they become bigger discs (7-8 inches).

Shape the remaining five balls. If you use a rolling pin, roll very gently so you don't burst them.

8 Heat a frying pan to high. Place a flatbread on the dry pan and cook it for 30-60 seconds. When you see it bubble or puff up, it is ready to be turned to the other side. Cook on this side for one minute.

9 Continue to cook the remaining flatbreads in the same way. Wrap the flatbreads in a clean tea towel or cloth as you cook them. This will help keep them nice and soft. You can also sprinkle a couple of drops of water in between each one as you wrap them.

10 Serve with your favourite Indian dips or dishes like dhal, mango chutney or cucumber raita. They are best eaten the same day or can be stored in a fridge and heated up the following day for breakfast.



This recipe was developed by Lorraine Cox, a food photographer & stylist based in Wicklow. She has a huge passion for making food look good and loves the artistic process of capturing and enhancing the natural beauty of food to engage and entice the viewer.

LORAINECOXPHOTOGRAPHY.COM





Byrd is the word

These stunning dinner ideas show just how versatile chicken can be



Roast chicken with squash, sage and barley

Serves 4

1 x 1.4kg whole chicken
2 tbsp olive oil
Salt and black pepper
150ml chicken stock
½ a lemon, roughly chopped
1 butternut squash, peeled and chopped into 2cm cubes
6 garlic cloves, skins on
200g barley
Small handful of fresh sage leaves

1 Remove the chicken from the fridge 45 minutes before cooking.

2 Preheat the oven to 190°C/170°C fan/gas mark 5.

3 Rub the chicken all over with olive oil, then season generously with salt and black pepper. Place in a baking dish and pour the stock into the bottom of the dish around the chicken.

Push the lemon chunks inside the cavity of the chicken.

4 Spread the squash and garlic out on a large baking tray and toss with the remaining olive oil and some salt and black pepper.

5 Roast the chicken for one hour and 20 minutes or until the juices run clear when the thickest part of the thigh is pierced with a knife, adding the squash to the oven for the final 20 minutes.

6 Meanwhile, cook the barley according to

package instructions, then drain well.

7 Transfer the chicken to a plate, tent loosely with foil and rest for 20 minutes while the squash finishes cooking.

8 Squeeze the roasted garlic cloves out of their skins into the chicken juices in the baking dish. Mash with a fork, then add the squash, the barley and the sage leaves and toss to coat everything in the chicken juices.

9 Carve the chicken and serve with the barley and squash mixture.

Per Serving 619kcal, 21.9g fat (5.1g saturated), 48.1g carbs, 2.1g sugars, 57.6g protein, 11.2g fibre, 0.32g sodium





TOP TIP

LEFTOVER CAPRESE CHICKEN WOULD MAKE THE MOST AMAZING SANDWICH!

Caprese chicken

Serves 4

For the pesto:

Large bunch of fresh basil leaves
Small handful of fresh parsley leaves
50g Parmesan, grated
30g pistachio nuts, shelled
Juice of 1 lemon
4 garlic cloves, crushed
60ml extra-virgin olive oil
Salt and black pepper

For the chicken:

4 chicken fillets
2 tbsp olive oil
2 x 125g balls of fresh Mozzarella, thinly sliced
200g cherry tomatoes, halved
4 handfuls of rocket

To serve:

Garlic bread, pasta or salad

1 In the bowl of a food processor, combine the herbs, Parmesan, pistachios, lemon juice and garlic and whizz into a thick paste.

2 With the machine running, slowly stream in the olive oil. Season to taste.

3 Using a sharp knife, butterfly each chicken fillet by cutting horizontally almost all the way through. Open each one out like a book. Cover with cling film and pound with a rolling pin until about ½cm.

Season with salt and black pepper.

4 Turn the grill on to a high heat.

5 Heat half of the olive oil in a large pan over a medium-high heat. Add two of the chicken pieces and cook the chicken for 2-3 minutes per side until cooked through. Transfer to a baking tray, add the remaining olive oil to the pan and cook the remaining pieces of chicken.

6 When all of the chicken is on the baking tray, top with a tablespoon of the pesto and then layer over the sliced Mozzarella. Place under the hot grill for two minutes or until the cheese is melted and bubbling.

7 Transfer to serving plates and top with the tomatoes and rocket. Serve with garlic bread, buttered pasta or simply some salad.

Per Serving 488kcal, 34.3g fat (72g saturated), 7g carbs (2.4g sugars), 40.4g protein, 1.8g fibre, 0.38g sodium



Chicken satay bánh-mì with pickled chillies

Serves 4

For the pickled chillies:

- 2 red chillies, thinly sliced
- 2 tbsp rice wine vinegar
- 1 tsp caster sugar

For the chicken:

- 3 chicken fillets, sliced into strips
- 2 tbsp vegetable oil

For the satay sauce:

- 2 tbsp crunchy peanut butter
- 2 tbsp light soy sauce
- 1 tbsp Thai red curry paste
- 30ml lime juice
- 40ml water

To assemble:

- 4 petits pains
- Small bunch of fresh coriander, chopped
- 2 carrots, cut into matchsticks
- 2 tbsp roasted peanuts, finely chopped
- Handful of ready-made crispy onions

- 1 In a small bowl, combine the rice vinegar and sugar and stir until the sugar has dissolved. Add the chillies and set aside.
- 2 In a bowl, whisk together all of the ingredients for the sauce until well combined.
- 3 Heat the oil in a large pan over a medium-high heat and cook the chicken until golden and cooked throughout.
- 4 Split the baguettes in half and stuff each with chopped coriander and carrot matchsticks. Add the chicken, then drizzle generously with the satay sauce.
- 5 Top with the crispy onions, roasted peanuts and pickled chillies.

Per Serving 629kcal, 23.9g fat (4.9g saturated), 60.1g carbs (4.1g sugars), 40.5g protein, 2.7g fibre, 0.723g sodium



Feelin'

NUTTY

Sweet and savoury -
we've got you covered
when it comes to
peanut butter!

79 **Easy Food**



African beef and peanut stew

Serves 4

1 tbsp vegetable oil
Salt and black pepper
600g stewing beef, cut into chunks
2 onions, chopped
2 garlic cloves, crushed
1 tbsp ginger, minced
500ml beef stock
2 x 400g tins of chopped tomatoes
1 tsp ground coriander
1 tsp cumin
1-2 tsp chilli powder
¼ tsp nutmeg
130g chunky peanut butter

To serve:

Rice
Warmed naan or flatbreads

1 Heat half of the oil in a large casserole dish over a medium-high heat. When hot, season the beef and add to the pot; do this in batches, if necessary, to avoid over-crowding the pan. Cook for 2-3 minutes until browned on all sides. Remove the beef from the pot and set aside.

2 Reduce the heat and add the remaining oil. Cook the onions for 5-7 minutes until soft. Stir in the garlic and ginger and cook for another minute.

3 Return the beef to the pot and add enough of the beef stock to cover.

4 Add the tomatoes and spices, adding enough chilli powder to taste. Reduce the heat to medium-low and simmer, uncovered, for two hours or until the meat is tender.

5 When tender, stir in the peanut butter and simmer for another hour until the sauce is thickened.

6 Serve hot over rice with some warmed flatbreads on the side.

Per Serving 580 kcal, 29.9g fat (7.1g saturated), 21.4g carbs, 11.7g sugars, 57.5g protein, 6.7g fibre, 0.694g sodium



Spicy peanut prawn noodles

Serves 4

400g rice noodles

Zest and juice of 3 limes, plus wedges for serving

80g smooth peanut butter

1 tbsp caster sugar

2 tbsp fish sauce

2 tbsp peanut oil

400g raw prawns, peeled

1 bunch of spring onions, sliced

2 carrots, peeled and grated

1 red pepper, deseeded and thinly sliced

3 large garlic cloves, crushed

1 red chilli, deseeded and sliced

To serve:

A handful of fresh coriander, chopped

Peanuts, chopped

1 Bring a large pot of salted water to the boil and cook the noodles according to the package instructions.

2 Combine the lime zest, lime juice, peanut butter, sugar, fish sauce and just enough water to make a smooth sauce.

3 Heat the oil in a large frying pan or wok over a high heat. Add the prawns and cook for one minute per side until they turn pink.

4 Add the spring onions, carrots, pepper, garlic and chilli and cook for another minute

until the vegetables are slightly tender and the prawns are cooked through. Remove from the heat.

5 Add the noodles and peanut sauce, then toss with the vegetables to combine. Serve with fresh coriander, some chopped peanuts and lime wedges.

Per Serving 512 kJals, 22.5g fat (4.2g saturated), 48.6g carbs, 9.9g sugars, 32.7g protein, 6.2g fibre, 0.990g sodium





Chocolate peanut butter party cake

Serves 16-20

For the chocolate cake:

230g plain flour
400g granulated sugar
85g cocoa powder
2¼ tsp bicarbonate of soda
½ tsp baking powder
240ml milk
120ml vegetable oil
1½ tsp vanilla extract
2 large eggs
240ml hot water

For the peanut butter icing:

350g butter, at room temperature
350g smooth peanut butter
1kg icing sugar
60ml water or milk
6 Reese's Peanut Butter Cups, chopped

For the chocolate ganache:

170g dark chocolate, chopped
120ml double cream
8 Reese's Peanut Butter Cups, halved, plus extra for crumbling

1 Preheat the oven to 180°C/160°C fan/gas mark 4. Grease three 20cm round cake tins and line with parchment paper.
2 Sift the flour, sugar, cocoa powder,

bicarbonate of soda and baking powder into a bowl.

3 Whisk the milk, oil, vanilla and eggs in a large mixing bowl. Gradually stir in the flour mixture.

4 Slowly add the hot water to the batter and mix until well combined.

5 Divide the batter evenly among the tins and bake for 22-25 minutes, or until a skewer inserted into the centre comes out with a few moist crumbs. Leave to cool slightly in the tins, then remove to a wire rack to cool completely.

6 Beat the butter and peanut butter for the icing for two minutes until well combined.

7 Add half of the icing sugar and mix until smooth. Add half of the water (or milk) and mix until smooth. Repeat until all of the icing sugar and water has been incorporated.

8 When the cakes have cooled, check if they are domed in the centre. If so, use a large serrated knife to carefully slice off the rounded tops until they are flat.

9 Place the first cake layer on a serving plate or cardboard cake circle and spread over some of the icing to make a smooth, even layer.

10 Add about half of the chopped Reese's and press into the icing. Spread a small amount of icing on top of the Reese's.

11 Repeat these layers again, then top with the final cake layer.

12 Spread half of the remaining icing over the top and sides of the cake; there will be small crumbs sticking to the icing.

Refrigerate the cake for 30 minutes — this will help the icing set.

13 Spread half of the remaining icing over the cake so it is smooth and covers any of the crumbs.

14 Run a small or offset spatula around the sides of the cake until smooth.

15 Place the chocolate in a heatproof bowl. Microwave the cream until it starts to bubble, then pour over the chocolate. Leave for 2-3 minutes until the chocolate softens, then whisk until smooth.

16 Use a spoon to drizzle the chocolate around the edge of the cake. Smooth the rest of the chocolate over the cake to cover the top. Leave to sit and firm up for 10 minutes.

17 Add the rest of the peanut butter icing to a piping bag. Add small dollops to the top of the cake. Scatter over the halved and crumbled Reese's.

18 Refrigerate the cake until ready to serve, then remove from the fridge 30 minutes before serving so it can come to room temperature.

Per Serving 871 kJals, 47.9g fat (21.4g saturated), 107.2g carbs, 89.8g sugars, 11/9g protein, 3.6g fibre, 0.70g sodium



CampfireTreats

Cosy up around the campfire
to feast on these fun and
flavoursome recipes





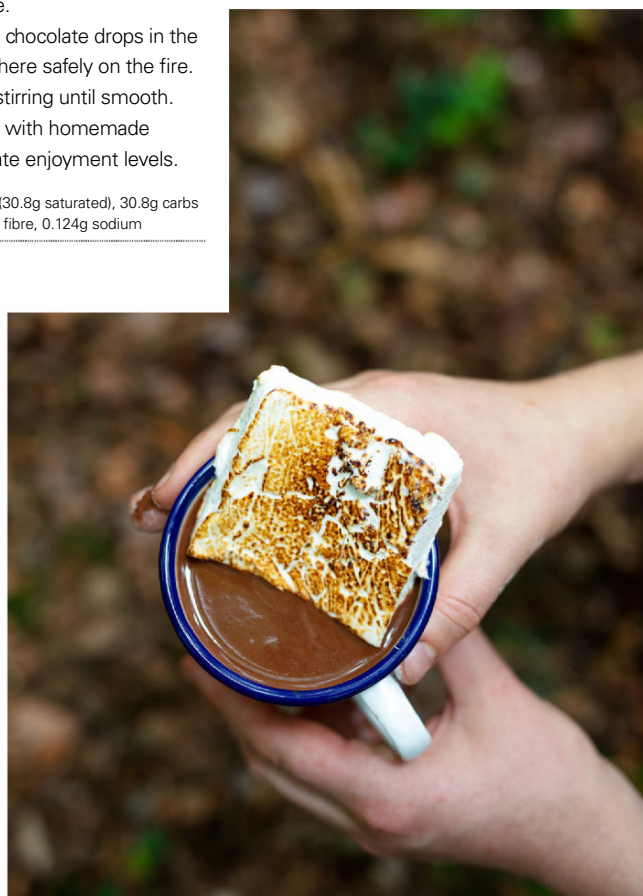
Super chocolatey hot chocolate

Serves 3

700ml milk or your favourite plant-based alternative
100g chocolate drops

- 1** This is best when your campfire has burnt down a bit. Choose an old pot as it will get blackened on the outside.
- 2** Combine the milk and chocolate drops in the pot and position somewhere safely on the fire. Bring gently to the boil, stirring until smooth.
- 3** Serve in mugs topped with homemade marshmallows for ultimate enjoyment levels.

Per Serving 325kcal, 17.8g fat (30.8g saturated), 30.8g carbs (30g sugars), 10.4g protein, 1.1g fibre, 0.124g sodium





TOP TIP:

This dough can be a little brittle but just take your time with it. You may find it easier to roll out between two sheets of greaseproof paper or cling film.

Homemade Digestive biscuits

Makes 30-40 depending on size

250g porridge oats

250g self-raising wholemeal flour

250g butter

110g soft brown sugar

½ tsp fine sea salt

Splash of milk

1 Preheat the oven to 180°C/160°C fan/gas mark 4.

2 Put half of the oats into a blender and blitz

for 30 seconds. They don't need to be as fine as flour but it is nice to have a mix of whole oat flakes and some that are finer.

3 Rub the butter into the wholemeal flour until the mixture resembles breadcrumbs. Add the oats, sugar, salt and a little milk at a time until it all comes together as a slightly sticky dough.

4 Dust with flour and press into a disc about 5cm thick. Wrap in cling film or beeswax paper and chill for 30 minutes in the fridge. Remove from the fridge, dust with more flour and roll out to roughly 3-4mm thick.

5 Cut the biscuits into whatever shape you like. We found squares handy for the s'mores.

6 Bake for 10 minutes or until golden brown at the edges and slightly lighter in colour on top, keeping an eye on them so they don't get too dark.

7 Remove from the oven and allow to cool fully before storing or eating straight away!

Per biscuit 99kcal, 5.6g fat (3.3g saturated), 10.8g carbs (2.7g sugars), 1.6g protein, 1.2g fibre, 0.068g sodium



Marshmallows made for toasting

Makes around 25

3 egg whites
12 leaves of gelatine (large, double if small sheets)
650g caster sugar
3 tbsp honey or maple syrup
300ml water
1 vanilla pod, seeds scraped
Sunflower oil, for brushing

For dusting:

100g icing sugar
4 tbsp cornflour

1 Place the egg whites in a mixer and whisk until soft peaks form. Put the gelatine in a deep bowl or jug, cover fully with cold water and set aside to soften.

2 Put the caster sugar, honey and 300ml water in a large pot and stir to combine well. Cook over a medium-high heat until the mixture reaches 130°C on a thermometer. Remove from the heat.

3 Squeeze the water out of the gelatine and add to the hot sugar; you may want to wear oven gloves as the sugar can bubble up and spit. Stir until the gelatine has dissolved, then carefully pour the mixture into a heatproof jug.

4 Turn on the mixer with the egg whites and whip further until stiff peaks form. Keep whisking while you slowly pour in the hot syrup in a steady stream. Keep beating the mixture until smooth and shiny, then add the vanilla seeds. Continue to beat for 5-7 minutes or until the mixture is thicker and somewhat cooler.

5 Line a 25 x 35cm tin or dish with cling film and brush with sunflower oil. Pour in the

marshmallow mixture and smooth the top with a spatula. Combine the icing sugar and cornflour mixture, then dust over the top. Leave the marshmallow to set for two hours.

6 When fully set, turn it out onto a chopping board and peel off the cling film. Use more icing sugar and cornflour to coat the marshmallow and cut into your desired shapes and sizes. When cut, give it one final dusting with the remaining icing sugar mixture so that all edges are coated.

7 Eat straight away or store in an airtight container until you've got your campfire going.

Per Serving 132kcal, 0.1g fat (0g saturated), 34.4g carbs (33.4g sugars), 0.5g protein, 0.1g fibre, 0.004g sodium



TOP TIP:

Always be very careful when you work with hot sugar, as it can result in bad burns.



Film night FAVOURITES

Make your night in
special with these
cinema-worthy snacks



JALAPEÑO POPPERS

Serves 4-6 (makes 24)

Cooking spray

12 jalapeño peppers, halved lengthwise and deseeded

60g cream cheese, softened

60g Cheddar, grated

Black pepper

20g bacon fat or butter

40g breadcrumbs

1 Preheat the oven to 200°C/180°C fan/gas mark 6. Lightly coat a large baking tray with cooking spray.

2 In a bowl, combine together the cream cheese, Cheddar and some black pepper.

3 In a small pan, melt the bacon fat or butter over a medium heat. When melted, remove from the heat, add the breadcrumbs and toss to coat.

4 Fill each jalapeño half with the cheese mixture. Top each jalapeño with the breadcrumbs and arrange on the prepared baking tray.

5 Bake for 15-20 minutes until the jalapeños are tender and the cheese is bubbling.

Per Serving 131kcal, 9g fat (4.9g saturated), 7.3g carbs (1.4g sugars), 5.8g protein, 1.4g fibre, 0.953g sodium



SWEET POTATO NACHO BITES

Serves 4-6

2 medium sweet potatoes, scrubbed and sliced into ½cm-thick rounds

½ tsp cumin

½ tsp smoked paprika

½ tsp chilli powder

Salt and black pepper

1½ tsp olive oil

1 large, ripe avocado, pitted

60ml fresh lime juice

5 cherry tomatoes, thinly sliced

12 tortilla chips, crushed

1 Preheat the oven to 200°C/180°C fan/gas mark 6.

2 In a bowl, combine the sweet potato slices, cumin, paprika, chilli powder, olive oil and

some salt and pepper to a bowl. Toss to coat.

3 Line a large baking tray with parchment paper and spread the sweet potato slices out into a single layer. Bake for around 20 minutes or until tender.

4 Meanwhile, scoop the avocado flesh into a medium bowl. Add the lime juice and some salt and mash together with a fork.

5 Top each slice of sweet potato with a dollop of smashed avocado and a slice of cherry tomato. Sprinkle with crushed tortilla chips and place on a serving platter.

Per Serving 173kcal, 8.1g fat (1.6g saturated), 24.4g carbs (6.2g sugars), 2.9g protein, 5.7g fibre, 0.063g sodium



TOFFEE POPCORN

Serves 8-10

Cooking spray

120g popped popcorn, any unpopped kernels removed

110g butter

220g light soft brown sugar

4 tbsp golden syrup

$\frac{3}{4}$ tsp salt

$\frac{1}{4}$ tsp bicarbonate of soda

$\frac{1}{2}$ tsp vanilla extract

1 Preheat the oven to 120°C/100°C fan/gas mark $\frac{1}{2}$. Grease two very large, shallow baking dishes with cooking spray. Add the popcorn, spreading it out evenly. Once the oven is preheated, place the popcorn in to warm through for 6-8 minutes.

2 Meanwhile, melt the butter in a saucepan over a medium heat. Stir in the sugar, golden syrup and salt.

3 Bring to the boil, stirring constantly. Once the mixture comes to the boil, leave to cook for four minutes without stirring.

4 Remove from the heat and stir in the bicarbonate of soda and vanilla extract. Pour the mixture in a thin stream over the popcorn, stirring to coat.

5 Transfer the toffee popcorn to the prepared baking dishes and bake for 45 minutes, stirring every 15 minutes.

6 Remove from the oven and allow to cool before breaking into pieces.

Per Serving 232kcal, 9.5g fat (5.7g saturated), 37.2g carbs (23.6g sugars), 1.7g protein, 1.7g fibre, 0.29g sodium



CELEBRATING Irish voices

LEARN MORE ABOUT THE LATEST INSTALMENT IN
THE BLASTA BOOKS SERIES: AGAK-AGAK

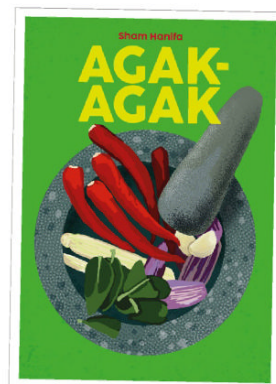
Blasta Books are little books with big voices and have been making an even bigger splash in the world of Irish food. We're delighted to introduce you to the eleventh Blasta Book: AGAK-AGAK by chef, businessman and broadcaster, Sham Hanifa.

Meaning 'to estimate', agak-agak is a term you'll hear across Malaysia, where cooking is about instinct rather than measurements.

In his Blasta Books debut, chef Sham Hanifa translates those instincts into dishes that show his own personal representation of the Malaysian flavours he grew up with.

Growing up in Taiping, surrounded by Chinese and Thai food influences from his maternal side and Indian and Malay influences from his paternal side, AGAK-AGAK is Sham's fascinating mash-up of Malaysian flavours that introduce readers to favourite family dishes, as well as dishes that can be found in his famous eateries around Carrick-on-Shannon, Ireland.

With 30 easy-to-follow recipes for traditional street foods (Malaysian Stuffed Tofu), slow-cooked curries (Lamb Rendang), speedy stir-fries (Thai-style Chilli Beef), savoury soups (Crab Laksa), and plenty of ideas for leftovers (Indonesian Fried Rice) or celebrations (Chicken Sambal), Sham shares the taste and aromas of his childhood, and the family who inspired him.



Extracted from Agak-Agak by
Sham Hanifa
(Blasta Books, €15)
Illustrations: Nicky Hooper



Sham Hanifa



LAMB RENDANG

Makes 4

"The origins of this dish are up for debate. Indonesia lays claim to it but so does Malaysia. One thing both versions have in common, though, is the careful use of spices to create a perfect balance of flavour. Rendang is a celebratory dish in Malaysian culture. It makes me smile every time I make it, from the aroma of the spices when I start to cook it until I sit down to eat it. What can I say? I love rendang! At my sister's wedding, my father's friends cooked chicken sambal and rendang outside the house for the hundreds of invited guests. The process started hours before the reception so that the rendang could slow-cook in 100-litre pots, so can you imagine how incredible our neighbourhood smelled! This dish is made in two stages. In the first stage, you're binding the spices to the meat before you braise it in the second stage. It simmers slowly at each stage, like you would do if you were making a traditional Bolognese sauce. You can use any meat in this rendang – in Malaysia, we use lamb, mutton, beef, buffalo or chicken – just adjust the cooking time accordingly. You need to be patient when cooking this dish, as you need to give it time to pack in all the flavour. But trust me, it's worth it" – **Sham Hanifa**.

500g crab meat, picked
2 tbsp chopped fresh parsley
2 tbsp Dijon mustard

For the spice paste:

4 garlic cloves, chopped
3 shallots, chopped
3 fresh red chillies, chopped
2 lemongrass stalks, chopped
A thumb-sized piece of ginger, peeled and chopped
A thumb-sized piece of galangal, peeled and chopped
1 tbsp caster sugar
1 tbsp fine sea salt

For the rendang:

50ml vegetable oil
5 cloves
4 star anise
1 lemongrass stalk, bruised and cut in half across its width
1 large cinnamon stick, broken in half
3–4 shallots, roughly chopped
2 tbsp curry powder
1kg diced lamb shoulder
2 tbsp ketjap manis
3 tbsp caster sugar
2 tbsp fine sea salt
500ml water
6–7 lime leaves, shredded
1 x 400ml tin of full-fat coconut milk
200g desiccated coconut, toasted

To garnish:

Thinly sliced fresh red chilli
Fresh coriander leaves

To serve:

Nasi lemak (coconut rice)

- 1 To make the spice paste, blend all the ingredients until smooth in a high-speed blender or crush them together in a pestle and mortar. Set aside.
- 2 To temper the spices, heat the oil in a large saucepan on a medium heat. Add the cloves, star anise, bruised lemongrass and the cinnamon stick. Cook for 1–2 minutes, until fragrant.
- 3 Add the shallots and cook for a few

minutes, until starting to soften, then add the curry powder and cook it off for 30 seconds before you add all of the spice paste. Cook, stirring occasionally, for about 5 minutes, until the oil starts to separate out of the spice paste. This is the foundation of all the flavour in this dish, so take your time to get it right.

4 Add the lamb, stirring to coat it in the paste. Fry for 5–10 minutes to bind the spices to the meat and to separate out the oil again (the fat in the lamb will also render out).

5 Stir in 1 tablespoon of ketjap manis and cook for 5 minutes, then add 1 tablespoon of sugar and 1 tablespoon of salt.

6 Add the water and half of the shredded lime leaves. Bring up to a simmer and cook for 30 minutes, uncovered, until the sauce has reduced by half and the lamb is halfway cooked through, stirring occasionally so it doesn't stick. The rendang will look very oily, but this is what you want so don't worry.

7 Add the coconut milk along with another tablespoon of ketjap manis, sugar and salt. Simmer for another 30 minutes, until the sauce has reduced by half again and the oil has separated out again.

8 Add the toasted desiccated coconut and another tablespoon of sugar. There should now be lots of oil floating on top and the lamb should be well coated in the paste, which should now look quite chunky. Stir in the remaining lime leaves.

9 To serve, divide the rendang among wide, shallow bowls with a slotted spoon to leave as much of the oil behind as possible. Garnish with sliced red chillies and coriander leaves and serve with nasi lemak (coconut rice).



kids' kitchen

A GO-TO FOR BUDDING YOUNG COOKS



KIDS' KITCHEN TAKEOVER, P.95

Easy, nutritious, family
recipes from the Kids'
Kitchen Takeover cookbook

SPOOKY SNACKS, P.99

There's no trick to making
these healthy Halloween
treats!

A HEALTHY HALLOWEEN, P.102

Keep the sugar highs to a
minimum with our top tips
for a healthier Halloween

Teens

COOKING AS A LIFE SKILL

EASY NUTRITIOUS FAMILY RECIPES FOR BACK TO SCHOOL FROM THE KIDS' KITCHEN TAKEOVER COOKBOOK

Teenagers today quickly develop a taste for processed snacks that are high in sugar and fat; a high empty calorie intake which can cause overeating, acne, fatigue, poor concentration and irritability – but, the more teens understand about how good food takes care of their bodies optimally, the more likely they will be to add healthier ingredients to their meals.

As kids enter their teenage years, this understanding becomes so much more important as they realise that what they eat supports their physical and mental health. It's therefore so important for teens to learn to read a recipe; prepare food; and cook.

For instance, iron is a nutrient that is often low in teenagers. Iron deficiency can contribute to tiredness and poor cognition, but you can ensure that your teens get an adequate amount from foods such as lentils, chickpeas, spinach, quinoa, red meat and shellfish.

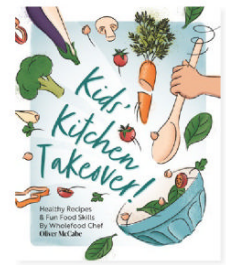
Other nutrients in great demand are calcium which helps build strong bones (can be found in oats), and zinc for cognitive function and to make neurotransmitters, which keep their mood on an even keel (these can be found in seeds).

Having adequate amounts of protein is vital for the growth and repair of tissues so make sure they include pulses, nuts and seeds, while Omega 3 fats from nuts, seeds, greens and oily fish can help to keep teenage skin in check. Of course, fresh fruit and vegetables also provide a whole spectrum of nutrients and antioxidants, while water is key for keeping focus and concentration, avoiding fatigue and keeping the skin clear.

ABOUT THE AUTHOR

Oliver McCabe currently gives interactive and motivational nutritious food education talks and cookery demos transition year students at secondary schools around Ireland with non-profit mental health resilience organisation, LA519.

Head to LA519.com for more info.



The Kids' Kitchen Takeover Cookbook is available to buy at independent health stores nationwide, and via the publisher's and author's websites.

**viridian-nutrition.com
olivermccabe.ie**



SWEET & SPICED GRANOLA

Serves 8



Prepping – 5 minutes

Cooking – 40 minutes

250g oat flakes

100g sunflower seeds

1 tbsp xylitol

1 tsp ground cinnamon

½ tsp ground turmeric

A pinch fine salt

2 tbsp raw coconut oil

2 tbsp desiccated coconut

2 tbsp shelled hemp seed

1 Preheat the oven to 170°C fan/375°F/gas mark 5. Cover the baking tray with a sheet of greaseproof paper.

2 Add the oat flakes, sunflower seeds, xylitol, cinnamon, turmeric and salt to a large mixing bowl and stir them together with a wooden spoon until evenly mixed.

3 Melt the coconut oil in a small saucepan over a medium heat, then pour the oil carefully into the large mixing bowl and stir in with the rest of the mixed ingredients.

4 Spoon the mixture onto the grease proofed baking tray and spread out evenly.

5 With an oven glove, place the baking tray into the oven for 30 minutes. Every

10 minutes, use an oven glove to take the baking tray out and mix around the granola with a wooden spoon. This ensures that all of the ingredients are cooked evenly.

6 When the 30 minutes is up, use an oven glove to remove the baking tray and leave it to cool on an appropriate heat-resistant surface.

7 Once cooled, use a wooden spoon to mix in the desiccated coconut and hemp seeds. Transfer the granola to a container and seal. Your tasty granola will keep for 7 days in a cool, dry area.

You can find xylitol in your local health food store.

OLLIE'S TOP TIPS

- This granola keeps in a sealed container or glass jar in a dry cupboard for up to a week once prepared.
- This favourite granola recipe is so scrumptious and you can have it for breakfast, a snack, in your lunchbox, or even as a dessert with the stewed apple and rhubarb.



CHICKPEA COCONUT LENTIL DHAL



Serves 5

Prepping – 20 minutes

Cooking – 25 minutes

1 tbsp raw coconut oil
2 medium onions finely chopped
1 green pepper cored, seeded and finely chopped
1 courgette finely chopped
1 green chilli cored, seeded and finely chopped
1 tsp ground turmeric
1 tsp ground cumin
1 tsp ground ginger
½ tsp ground coriander
1 garlic clove peeled and finely chopped
1 tsp grated fresh ginger

1 pinch fine salt
220g chickpeas drained or soaked
200g red lentils washed
200ml veg stock
400ml coconut milk
1 tsp of xylitol (optional)
1 tbsp fresh coriander leaves

1 In a wok melt the coconut oil and add the onions, pepper and courgette. Add in the chilli, turmeric, cumin, ground ginger, ground coriander, garlic, fresh ginger, and salt and stir in well with a wooden spoon. Continue cooking over a medium heat for 5 minutes until the vegetables have softened.

2 Add the chickpeas, lentils, stock, coconut milk and xylitol. Stir to combine.

3 Leave to simmer for 15 minutes on a low to medium heat, stirring occasionally. Serve with cooked long grain, short grain or basmati brown rice and sprinkle some fresh coriander leaves on top.

OLLIE'S TOP TIP

- If there's any left after dinner, you can portion the leftovers once cooled and refrigerate for up to three days, or freeze in sealed containers.



FLUFFY FLAPJACKS

Makes 12

Prepping – 30 minutes

Cooking – 30 minutes

150g pitted dates
50ml extra virgin olive oil
50g raw coconut oil
150g xylitol
1 tbsp maple syrup
100g peanut or seed butter
150g oat flakes
50g sunflower seeds
1 tbsp sesame seeds
50g milled seeds
1 tsp ground cinnamon
1/2 tsp ground turmeric
A pinch fine salt
½ orange cut into quarters

1 Cover the dates with 1 cup of hot water in a small bowl. Leave for 10 minutes to cool. Take the dates out of the water one by one to chop into small pieces on a chopping board. Leave to one side. Make sure that you keep the date water.
2 Preheat the oven to 180°C. Line the base of a 23cm baking tray with baking parchment paper.
3 In a small saucepan set over a low heat, mix together the olive oil, coconut oil, xylitol, maple syrup, peanut butter and chopped dates. Stir constantly for around 8 minutes until the mixture is smooth and thick. Add the date water kept from the soaked dates to dilute the mixture.



TASTY SUNDRIED TOMATO SAUCE

Makes 500ml

Prepping – 5 minutes

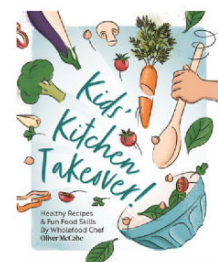
Blending – 15 seconds

400g can chopped tomatoes
77g sundried tomatoes drained
1 tsp brown rice miso paste
1 tsp dried oregano
1 tsp dried basil
4 garlic cloves peeled
1 tsp harissa paste

1 Add all the ingredients to a blender with the lid on tightly and blend for 15 seconds, ask an adult for assistance if necessary.
2 Heat the sauce for 3 to 5 minutes in a saucepan, wok or frying pan over a low to medium heat on the hob. Stir occasionally with a wooden spoon.
3 If you don't want to eat the sauce straightaway, avoid heating it up and pour straight from the blender into a reusable jar or container. Make sure to spoon all the sauce from the blender jug with a spatula and seal to keep it fresh in the refrigerator for up to 3 days.

OLLIE'S TOP TIP

● Use this sauce for cooked pasta or rice, cous cous or quinoa.



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viridian-nutrition.com
olivermccabe.ie

SPOOKY SNACKS!

There's no trick to making
these healthy Halloween treats!

GRAPEFRUIT JACK-O-LANTERNS

Makes 4

- 4 large grapefruits
- 2 apples, chopped
- 2 small oranges, segmented
- A handful of grapes
- 1 tsp cinnamon
- 2 tbsp honey
- 60g pistachios, shelled
- 2 tbsp dried cranberries
- 2 tbsp raisins

1 Using a serrated knife, cut
off the top of each grapefruit.

Use a spoon to scoop out
the inside fruit.

2 Chop the fruit, place
in a mixing bowl and set
aside. Add the remaining
ingredients to the bowl and
mix gently to combine.

3 Use a small, sharp knife to
carve a jack-o-lantern face
into each grapefruit. Gently
fill each grapefruit with the
fruit mixture to serve.

Per Serving 343kcal, 7.6g fat (0.8g
saturated), 72.1g carbs, 57.8g sugars, 6.3g
protein, 9.9g fibre, 0.083g sodium





MONSTER BITES

Makes 8

2 green apples, quartered
Peanut or other nut butter
32 sunflower seeds
2-3 strawberries, sliced
Candy eyes

1 Cut the middle out of each quarter of the apple to create a mouth.

2 Coat the inside of the gap with a filling of peanut butter.

3 Place four sunflower seeds on the top of each "mouth" so they look like teeth. Place one small strawberry slice inside each mouth for the tongue.

4 Stick the eyes to the top with a small dab of peanut butter.

Per Serving 87kcal, 5.1g fat (0.6g saturated), 9.9g carbs, 6.4g sugars, 2.3g protein, 2.2g fibre, 0.002g sodium



Top tip:

If you don't want to use candy eyes, simply add a dollop of peanut or nut butter and top each with a raisin.

PRETZEL PUMPKINS

Makes about 600g

500g pretzels

400g white chocolate, melted

Red and yellow food colouring

Green mini Smarties

1 Stir 1-2 drops of red and yellow food colouring into the melted white chocolate to turn it orange.

2 Coat the pretzels in the orange chocolate and stick a green mini Smartie at the top of each one to be the stalk.

3 Place on parchment paper to dry.

Per Serving 69kcal, 2.4g fat (1.3g saturated), 10.7g carbs, 4.2g sugars, 1.3g protein, 0.3g fibre, 0.119g sodium



A healthy Halloween

Keep the sugar highs to a minimum with our tips for a healthier Halloween

Halloween is known for children looking adorable in scary costumes, but also for an overload of sweets, chocolates and cakes. As a parent, it can often be the time of year you dread the most — a six-year-old on a sugar rush is no joke!

Here are our top tips for keeping sugar intake on the low during Halloween.

For the trick-or-treater



- **Don't ban all sugary treats over Halloween.** It still has to be fun, and the bags of sweets are probably the one thing they look forward to the most. Here are a few tricks to prevent your trick-or-treater from overindulging in chocolates, jellies and cakes.

- **Have a meal beforehand.** Your child will want to eat the sweets the minute they go into the bag, but having a healthy, hearty meal before going out trick-or-treating will give them less room for junk.

- **Get moving.** Turn trick-or-treating into a competitive sport to encourage as much exercise as possible. Set a goal of how many houses or streets you'll visit, or compete in teams to do as many as you can. Remember to bring a bottle of water and a torch, wear comfortable shoes and always make sure that an adult accompanies small children.

If you're hosting a party

If you're hosting a Halloween party, it's a bit easier to manage your child's sugar intake.

- **Disguise healthy snacks.** Serve healthy snacks dressed up in Halloween costumes, like dunking a banana in melted chocolate and decorating it with eyes; toffee apples; carrot witch fingers; or yummy yoghurt parfaits.
- **Get their hearts racing.** Play games that include plenty of physical activity, like a zombie dance party, spider crawl or pumpkin toss.

- **Switch the drinks.** Instead of serving sugary sodas and sugar-sweetened beverages, offer water, unsweetened tea, 100% juice or milk instead. You can also up your Halloween game by making a fruity punch from sparkling water, a splash of 100% juice and plenty of sliced oranges, apples, strawberries and cucumbers.



If you're staying home

It might be raining too hard to take the kids outside, or maybe you'd rather just stay in to celebrate Halloween. At home you can have more control of how many treats your kids take. Hand out only one treat per child; if you have more than one, ask them which they prefer and save the other for the next day. This isn't just better on your kids' health and teeth, but for your budget, too!

What to do with leftover sweets?

Halloween is long gone, but you're still stuck with bags of sweets, chocolates and cakes. Here are some ideas for getting rid of the huge haul:

- **Divide the leftover sweets** into one little bag for each child — one bag for one week. Teach them to manage their sugar intake, and stick to that one bag of sweets per week. Whether they want to save it for the whole week or eat it all in one go is up to them.
- **Save it for holiday baking.** There are loads of chocolatey recipes for leftover chocolate and sweets you can use in decorating cakes and cookies.



make it healthy!

HEALTHY EATING, MADE EASY.



NO GLUTEN, NO PROBLEM! P.105

Looking for a gluten-free sweet treat or brunch option? We've got you covered!

NOURISH AND FLOURISH, P.110

Nutritionist Amy Meegan shares the low-down on eating well for your hormone health

No gluten, no problem!



Our team members who can't eat gluten say that when it comes to brunch and sweet treats, they're always on the lookout for inspiration. Read on for our healthier gluten-free brunch & sweet treat recipes...



Easy potato pancakes

Serves 2

For the potatoes

2 medium floury potatoes, washed
(Maris piper potatoes work well)

1 ½ tsp olive oil

Salt and pepper

To serve

4 eggs, poached

1 avocado, smashed

Fresh chives or spring onions,
chopped (optional)

Chilli oil or peanut rayu (optional)

1 Poke the potatoes 5-6 times with a fork. Add to a bowl and microwave for 10 minutes until the potatoes are very soft. Allow to cool for 5-10 minutes.

2 Place each potatoes on a clean chopping board and squash using the base of a bowl or jug with flat base. Each potato should be about 1-2cm thick.

3 Heat the oil in a non stick pan over a medium heat. Use a spatula to lift the potato pancakes into the pan. Season with salt and pepper and fry for 4-5 minutes. Carefully flip each potato pancake again using the spatula and fry for another 4-5 minutes, seasoning this side too.

4 Plate the pancakes, season with salt and pepper and top with smashed avocado, poached eggs, fresh chives and chilli oil, if using.

Per serving 455kcal, 24.1g fat (5.3g saturated), 44.2g carbs (2.4g sugars), 18.2g protein, 9.5g fibre, 0.146g sodium



White chocolate and cranberry flapjacks

Serves 10

80g golden syrup

130g light brown sugar

130g butter

225g gluten-free porridge oats

50g mixed seeds

100g dried cranberries

60g white chocolate chips

1 Preheat the oven to 180°C/160°C fan/gas mark 4.

Line a 20cm square tin with non stick parchment paper.

2 In a pot, combine the golden syrup, light brown sugar and butter. Allow to melt slowly over a medium-low heat.

3 Stir in the porridge oats, mixed seeds and dried cranberries. Finally, stir in the white chocolate chips; they may melt with the heat of the mix.

4 Pour into the prepared tin, smooth the top and press down well.

5 Bake for 20-30 minutes or until golden brown.

6 Allow to cool fully before cutting into 10 fingers.

Per serving 315kcal, 16.2g fat (8.4g saturated), 38.9g carbs (19g sugars), 4.9g protein, 3.5g fibre, 0.118g sodium





Nourish and Flourish

NUTRITIONIST AMY MEEGAN SHARES HER EXPERT KNOWLEDGE ON HORMONE HEALTH AND HOW TO LOOK AFTER YOURSELF AND EAT WELL THROUGH ALL WALKS OF LIFE.



Amy Meegan is a nutritionist (BSc Human Nutrition, UCD) and currently works in the area of medical nutrition. A foodie at heart, she spends most of her free time cooking and baking... or blogging about cooking and baking! Follow her culinary adventures and access her recipes on **Facebook (The Baking Nutritionist), Instagram (thebakingnutritionist), X (@AM_nutritionist) and Pinterest (The Baking Nutritionist).**

Nutrition plays a crucial role in maintaining health and well-being, and it's especially significant for women due to their unique physiological needs at different stages of life. From adolescence through pregnancy to menopause and beyond, a woman's body requires specific nutrients to support her health. This article explores essential nutritional needs and dietary tips that can empower women to live more vibrant lives.

MENZIE-MUNCHIES

Menstruation is a natural part of a woman's life, yet it brings plenty of nutritional challenges and needs. The menstrual cycle involves regular changes in hormone levels, primarily oestrogen and progesterone. These hormonal fluctuations can affect energy levels, mood, and physical and mental well-being. Addressing specific nutritional needs during menstruation can help alleviate common symptoms such as fatigue, cramps, and mood swings.

Iron is crucial for replenishing the blood lost during menstruation and preventing anaemia, which can cause fatigue and weakness. Iron-rich foods include red meat, green leafy vegetables and fortified cereals.

AMY'S TOP TIP:

PAIR IRON-RICH FOODS WITH FOODS HIGH IN VITAMIN C (LIKE ORANGES, STRAWBERRIES, AND BELL PEPPERS) TO ENHANCE IRON ABSORPTION.

Other micro-nutrients to consider during menstruation are magnesium and B-vitamins – particularly vitamin B-6. Magnesium can help to alleviate PMS symptoms such as bloating and mood swings. Sources include nuts, seeds, whole grains, leafy greens and dark chocolate. Food sources of vitamin B-6 include chicken, turkey, oats, bananas and fortified cereals, and the inclusion of these in the diet can help manage mood swings and energy levels.

My recipe for Dark Chocolate Chip Banana Bread incorporates a number of these ingredients and is a great option if you fancy a sweet treat!



AUTUMN 2024

Dark Chocolate Chip Banana Bread

Makes 1 loaf

300g self raising flour
150g wholemeal flour
2-3 tbsp dark brown sugar
2 tbsp fruit and nut granola
8 walnuts chopped
50g dark chocolate, chopped
3 ripe bananas, mashed
500ml milk or milk alternative

- 1** Grease and line a 2lb loaf tin. Preheat the oven to 180C.
- 2** Mix all the dry ingredients followed by the bananas and milk to form a wet dough.
- 3** Transfer to the prepared loaf tin and bake for 50-60 minutes.
- 4** Remove from the tin, wrap in a clean tea towel and allow to cool before slicing.



MENO-GNAWS

During menopause, calcium and vitamin D are two key nutrients to consider. As women age and enter perimenopause the risk of osteoporosis increases primarily due to the decline in oestrogen levels. Oestrogen is a hormone that plays a crucial role in maintaining bone density. With lower levels of oestrogen, more bone is broken down than is replaced, leading to a decrease in bone density. In addition, osteoblasts (cells responsible for bone formation) become less active in the absence of adequate oestrogen levels, further contributing to bone loss.

To combat the increased risk of osteoporosis, it is recommended to consume three servings of dairy per day to support calcium requirements. This may include milk, cheese and yoghurt and/or fortified foods, and supplements, if necessary.

AMY'S KITCHEN TIP:

VITAMIN D SUPPORTS THE ABSORPTION OF CALCIUM AND THE FSAI RECOMMENDS A DAILY VITAMIN D SUPPLEMENT CONTAINING 15G TO BE TAKEN FROM HALLOWEEN TO ST. PATRICK'S DAY FOR THOSE OF FAIR-SKINNED ETHNICITY AND THROUGHOUT THE FULL YEAR FOR THOSE OF DARKER-SKINNED ETHNICITY AND FOR ANYONE OVER THE AGE OF 65 YEARS.

Weight gain during menopause is a common concern for many women. Several factors contribute to this phenomenon, which are understood to be because of hormonal changes, metabolic shifts, and lifestyle factors. As oestrogen levels drop during menopause, the body tends to store more fat, particularly around the abdomen.

Overnight oats are a wonderful way to support health during menopause and can be made for the whole family. The combination of protein from the milk and/or yogurt (if using) and the fibre in the oats, helps to keep you feeling full for longer and provide slow-release energy which can support weight management, while the calcium supports bone health.

Maintaining optimal nutrition and healthy lifestyle habits during menstruation and menopause can significantly improve a woman's quality of life. By focusing on essential nutrients and making mindful dietary choices, women can better support their overall health, and maintain their energy and well-being each and every day.

This article is for informational purposes only and is not a substitute for professional medical advice. Always consult with a healthcare provider for personalised recommendations.

Recipe courtesy of Amy Meegan.
thebakingnutritionist.com

easyFood

Introducing our all-new

HOME-COOKING 101 course

We've carefully crafted this course with beginner cooks in mind – whether you're just starting your cooking journey, or are looking to build on some of the skills you already have this course is for you. Of course, there's always the option of purchasing the course for someone you love to give the gift of cooking too!

THE COURSE IS BROKEN INTO SIX SHORT, INFORMATIVE SEGMENTS THAT WILL TEACH YOU **THE FUNDAMENTALS OF HOME COOKING...**

- 1 THE EQUIPMENT AND STORE-CUPBOARD INGREDIENTS YOU NEED
- 2 KNIFE SKILLS AND VEGETABLE PREP
- 3 EASY AND ESSENTIAL PROTEIN COOKING WITH CHICKEN, STEAK AND SALMON.
- 4 HOW TO COOK QUICK AND NUTRITIOUS 10-MINUTE MEALS
- 5 A GUIDE TO SOUPS AND STEWS
- 6 BUILDING FLAVOUR WITH CURRIES; AND PRO TIPS FOR COOKING RICE PERFECTLY EVERY TIME.



You will get access to this six-part course which includes a bank of 11 tried-and-tested recipes, but you will also receive printable support material with notes, tips and recipes that you can refer back to – as well as 10 extra bonus recipes that will put your newfound skills to work.

With our 2024 offer, get all this for a limited time only for just €36.90!

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easyfood-learning-hub.teachable.com/p/easyfood-home-cooking-1011

Linwoods

Gut Loving Granola



We love this Linwoods recipe! Designed to effortlessly incorporate our nutritious products into your diet, it's hearty, full of flavour and easy to prep. What are you waiting for? Take your breakfast to the next level...

Preparation Time - 10 minutes

Cooking Time - 40 minutes

Servings - 1 large jar

200g Linwoods Energy Overnight Oats

200g mixed nuts

50g Linwoods Flaxseed, Sunflower, Pumpkin & Chia Seeds & Goji Berries

1 - 2 tsp cinnamon

Generous pinch of salt

90g honey or maple syrup

125ml olive oil, avocado oil or melted coconut oil

1 Preheat your oven to 180°C/160°C fan/gas mark 4.

2 Mix the oats, nuts, flaxseed mixture, cinnamon and salt together in a large bowl.

3 Add the honey or maple syrup and oil and mix really well to evenly coat.

4 Spread the mixture evenly across a large baking tray.

5 Bake for 20 minutes. Remove from the oven and give the granola a gentle toss.

6 Return to the oven for a further 20 minutes.

7 Allow to cool fully before storing in a glass jar. Clumps will form as it cools so leave it untouched on the tray for as long as possible!



Find more great recipes
and information at
linwoodshealthfoods.com

APPLE OF MY EYE

KEEP THAT DOCTOR AWAY WITH THIS STUNNING SEASONAL APPLE RECIPE

READER FAVOURITE RECIPE

IN SEASON:
SEPTEMBER TO NOVEMBER

Apples love:

- Cheddar
- Pork & ham
- Onions
- Beetroot
- Celery
- Parsnips
- Dark leafy greens
- Rhubarb
- Pears
- Berries
- Ginger
- Thyme
- Almonds
- Vanilla
- Caramel & toffee

SLOW-COOKED PORK AND APPLE STEW

Serves 4

600g pork shoulder, trimmed and chopped into 5-6cm chunks

Salt and black pepper

2 tbsp rapeseed oil, plus extra if needed

200g smoked bacon lardons

1 large onion, chopped

2 carrots, cut into chunky pieces

2 celery stalks, chopped

250ml dry cider

2 eating apples, cored and chopped

400ml chicken stock

3 thyme sprigs

1 bay leaf

150g crème fraîche

1 tbsp Dijon mustard

To serve:

Mashed potato

Green vegetables

1 Preheat the oven to 150°C/130°C fan/gas mark 3. Pat the pork dry with kitchen paper and season on all sides.

2 Heat half of the oil in a large casserole dish over a high heat. Working in batches to avoid crowding the pan, and adding more oil as needed, sear the meat on all sides until nicely browned. Transfer to a plate and set aside.

3 Heat the remaining oil in the same casserole and cook the lardons over a medium-high heat for 3-4 minutes until golden. Use a slotted spoon to transfer to the plate with the pork.

4 Add the onion, carrots and celery to the casserole, season and cook for 4-5 minutes. Pour in the cider and allow to bubble

for two minutes, using a wooden spoon to scrape up the sticky bits from the bottom of the pan. Return the pork and bacon lardons to the casserole dish.

5 Add the apples, stock, thyme and bay leaf and season with salt and pepper. Cover tightly with tin foil, then add the casserole lid. Place in the oven and cook for three hours until the pork is very tender, stirring halfway through.

6 Return the casserole to a medium heat on the hob. Discard the bay leaf and thyme sprigs. Stir in the crème fraîche and mustard, then taste and add extra salt and pepper if needed. Simmer for 4-5 minutes, uncovered.

7 Serve with mashed potatoes and your favourite green vegetables.

Per serving 807kcal, 54.9g fat (12.1g saturated), 26.6g carbs (17.9g sugars), 47.4g protein, 4.6g fibre, 1.020g sodium





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VINO LOGS



Recipe 01/52

Dreamy Overnight Oats

Fresh blueberries, creamy luxurious Irish yoghurt and luscious oats. Make it overnight, so you can hit the snooze button again and again and again.

TESCO
Every little helps

