



# THE ROASTING TIN

SIMPLE ONE DISH DINNERS

RUKMINI IYER

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Acknowledgement

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Chocolate & Pistachio

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Lemon and Rosemary Steak with Garlic Roasted Potatoes & Onions  
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# ABOUT THE BOOK

*The Roasting Tin* is a deliciously simple concept: fresh, easy ingredients, five minutes prep, and let the oven do the work.

Like one-pot dinners but using the oven rather than the hob, this is convenience cooking without scrimping on flavour or health. It is for anyone who:

- wants to eat quick, tasty and interesting dinners, with little more effort than opening a ready-meal.
- wants to eat nutritious food made from scratch that fits around their busy lives.
- does not like washing up!

From chicken traybakes to supergrains to puddings, these one-dish recipes cover the gamut of delicious dinners. And once you have mastered the concept there are handy infographics for each chapter so you can create your own recipes. From chipotle chicken with sweet potato wedges, coriander and lime yoghurt to salmon à la pesto with giant couscous, watercress and lemon, these recipes are quick, clever and incredibly delicious.

# ABOUT THE AUTHOR



Rukmini is a food stylist and food writer, formerly a lawyer. She loves creating new recipes and making food look beautiful for shoots, and when she's not styling, cooking or entertaining, she can usually be found reading by the riverside, or filling her balcony with more plants than it can hold.

FOR PARVATI, VIJAY & PADMINI



# THE ROASTING TIN

SIMPLE ONE DISH DINNERS

RUKMINI IYER





# INTRODUCTION



This is not a conventional cookbook – in that once you’ve tried a few recipes and are happy with the principle (stick everything in a roasting tin, pop the tin in the oven, eat), you can, and indeed should, use the infographics in the chapter openers to create any number of your own recipes, filleting useful information like oven timings and temperatures from the charts at the beginning of each chapter. In the mood for salmon with roasted red peppers, onions and thyme rather than chicken? Swap them, and borrow the oven temperature and timings as needed. Got vine tomatoes staring at you reproachfully from the fruit bowl? Stick them in, and let them get gloriously blistered with everything else.

Use roasting tins, lasagne dishes (glass, ceramic) or shallow casserole pans – anything ovenproof will do. And for recipes that feed a crowd, like the smoky roast bonfire night sausages and sweet potatoes ([here](#)), consider using the very large metal roasting tray that comes fitted as standard in most ovens.

The recipes in each chapter are organised by speed – towards the beginning of each you’ll find recipes that roast in under 30 minutes, progressing to trays that you can leave in the oven for an hour or so. A few, designed for lazy weekend lunches, will sit happily for three hours after minimal prep, like the harissa lamb ([here](#)) or Filipino slow-roast pork ([here](#)).

Most recipes will serve four, and any leftovers make for really superior next day lunches. The orzo with broccoli ([here](#)), avocado chicken with rice ([here](#)) or spelt with chorizo ([here](#)) are particularly good if you plan to induce lunchbox envy among your colleagues.

While the design of the book is to cook everything in the same tin, which works particularly well in the grains chapter with pearl barley, spelt or cous cous, if it is significantly quicker to stick a pan of boiling water on for accompanying carbs (rice or pasta), then I have suggested that instead. The timings in the recipes are such that your traybake and low-effort pan will be finished at the same time – always preferable.

The nicest thing about traybakes is that they are both versatile and forgiving. They require the barest minimum in terms of effort – a little light chopping to start, tasting and adjusting the salt or lemon juice at the end – and, most importantly they leave you free to do something else while dinner looks after itself – have a bath, help the children with their homework, or, my preferred option, flop on the sofa with a glass of wine, reading Nora Ephron on crisp

potatoes and true love. (Ideally with crisp potatoes ticking over in the oven.)







# THE STORE CUPBOARD

A well-stocked store cupboard allows you to transform staple fresh ingredients – chicken, fish, vegetables – into something different and interesting with each traybake. Have the following on hand:

## QUICK-FIX FLAVOUR ESSENTIALS

**SHARP:** Keep small pots of strong Dijon mustard, olive tapenade, fresh or jarred pesto and rose harissa on standby in the fridge to dress even the simplest traybake.

**SWEET:** Root vegetables, chicken and sausages all benefit from the judicious use of sweetness, alongside other flavours – try honey, maple syrup or agave – they all combine well with mustard or spices.

**SAVOURY:** You don't have to get fussy with the type of salt that you use – this book calls for flaked sea salt from preference, but by all means use fine ground if you prefer.

## CRUNCH

Texture is all-important for a traybake, as it is for any dish – keep whole almonds, hazelnuts, pistachios and pine nuts in the fridge, and a couple of packets of panko breadcrumbs in the cupboard as a quick topping for fish or vegetable dishes.

# SPICES

Add instant interest and can be combined in endless variations. Keep a mix of the classics – ground cumin, coriander, fennel seeds and smoked paprika alongside the now popular and easily available sumac, ras el hanout and za'atar.

# OIL

The key to a successful roasting tray – olive oil will do for almost anything, try toasted sesame for Asian dishes, or coconut if you are that way inclined. Lots of people aren't – it's fine.

# FRESH

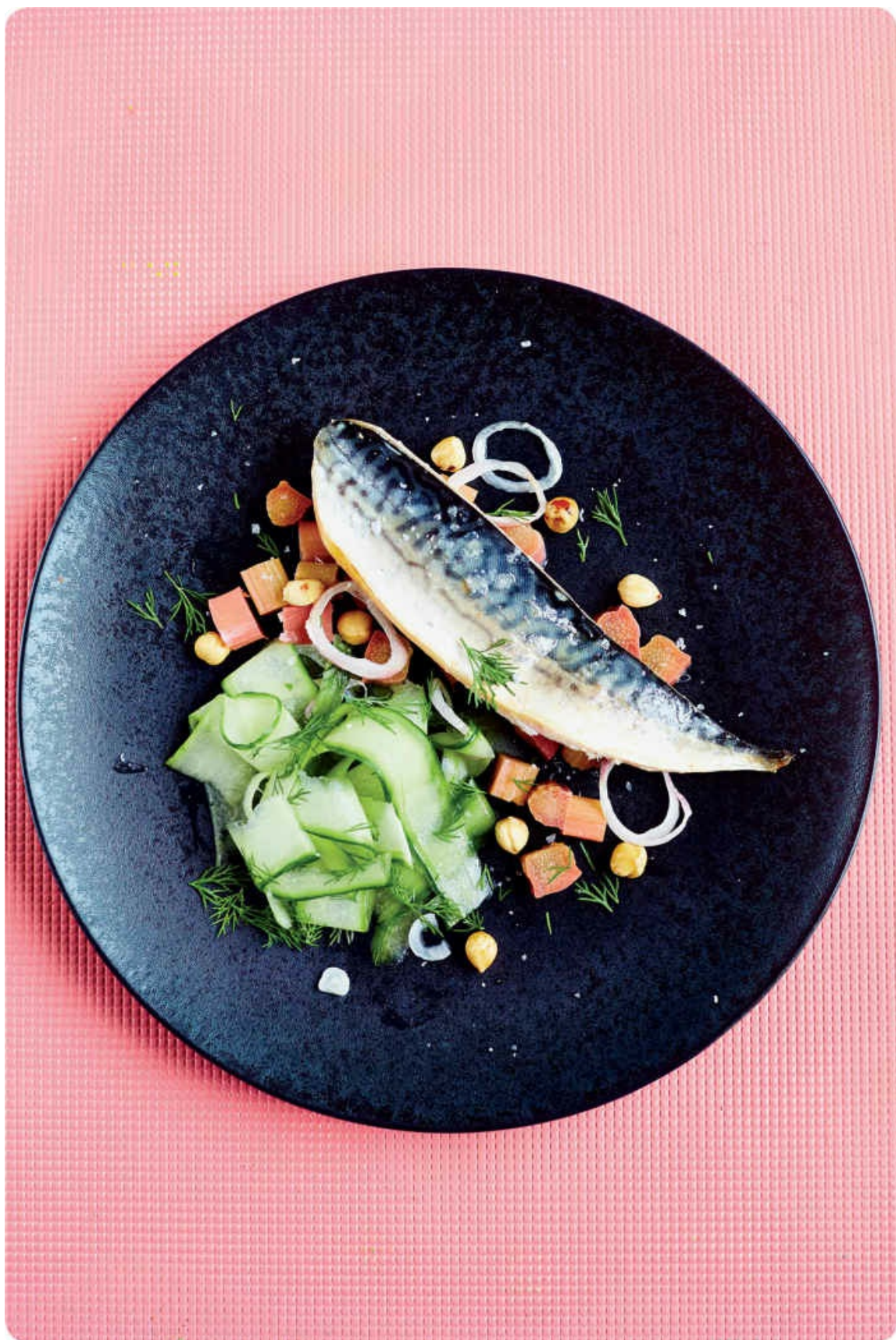
You are always going to need red and white onions and garlic, so keep them in the cupboard, and ginger in the fridge. Lemons and limes are an essential standby for sharpness and interest, either as zest or juice – and you'll often find a squeeze of lemon juice a more effective seasoning than an extra pinch of salt.











## FISH DISHES

QUICK, FRESH AND NUTRITIOUS, OVEN-COOKED FISH WORKS WITH A VARIETY OF FLAVOURS, VEGETABLES AND TOPPINGS.



# 1 FISH DISHES

## CHOOSE YOUR FISH



TUNA



SALMON FILLET



MACKEREL



PRAWN



SARDINE



TROUT



COD/POLLACK



LEMON SOLE

## ADD FLAVOURINGS



LEMON



LIME



GINGER



GARLIC



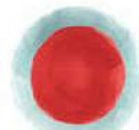
PESTO



CHILLI



TAPENADE



HARISSA

## TEXTURE



PANKO BREADCRUMBS



ALMONDS



PINE NUTS

## ADD VEGETABLES



FENNEL



TOMATO



SHALLOT



LEEK



RED ONION



RED PEPPER



COURGETTE



ASPARAGUS



MUSHROOM

## ADD SEASONINGS + HERBS



THYME



DILL



BASIL



MINT



CORIANDEr



PARSLEY



OLIVE OIL



SEA SALT



# Recipe List

Lime & Ginger Grilled Prawns With Oriental Mushrooms & Coriander  
Crispy Olive & Pine Nut Crusted Cod With Roasted Red Onions & Cherry  
Tomatoes

Herb–Stuffed Trout With Roast Sweet Potatoes & Onions  
Steam–Roasted Salmon & Broccoli With Lime, Ginger, Garlic & Chilli  
Mackerel & Rhubarb

Sardines With Paprika Roasted Peppers, Tomatoes, Chillies & Almonds



## ROASTING TIMES FOR FISH

FISH	PREHEATED OVEN	SUGGESTED TIMINGS
PRAWNS	GRILL/MAX	5 MINUTES
COD/POLLACK (approx. 125g fillet)	180°C FAN/200°C/GAS 6	15 MINUTES
SALMON (approx. 125g fillet)	180°C FAN/200°C/GAS 6	20 - 25 MINUTES
TROUT (400g whole, gutted)	180°C FAN/200°C/GAS 6	20 MINUTES
TROUT (approx. 110g fillet)	180°C FAN/200°C/GAS 6	10 MINUTES
MACKEREL (approx. 90g fillet)	180°C FAN/200°C/GAS 6	10 - 15 MINUTES
SARDINES (whole, gutted)	180°C FAN/200°C/GAS 6	10 MINUTES
SEA BASS (approx. 90g fillet)	180°C FAN/200°C/GAS 6	8 MINUTES
LEMON SOLE (approx. 110g fillet)	180°C FAN/200°C/GAS 6	10 MINUTES
TUNA (approx. 120g fillet)	200°C FAN/220°C/GAS 7	5 MINUTES pink 8 MINUTES well done

Note: The thinner your fillet, the quicker it will cook, whatever the weight. A cod fillet cut from the tail, which is flatter, will cook faster than one cut from the middle, which is thicker, even though they might both be 125g, so bear this in mind when using the chart.

And, of course, individual oven temperatures vary, so be prepared to leave the fish in an extra couple of minutes if needed.

# LIME & GINGER GRILLED PRAWNS WITH ORIENTAL MUSHROOMS & CORIANDER

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Under a scorchingly hot grill, prawns are one of the quickest and easiest traybakes. This makes a lovely starter, or a more substantial meal served with a bowl of fluffy white rice.

Serves: 2

Prep: 7 minutes

Cook: 5 minutes

180g king prawns

200g mixed shiitake and  
oyster mushrooms

1 lime, zest and juice

2½ cm ginger, grated

2 cloves of garlic, grated

1 tablespoon olive oil

½ a red chilli, finely  
sliced

3 spring onions, finely  
sliced

A handful of fresh  
coriander, roughly  
chopped

Sea salt or fish sauce

1. Preheat your grill to its highest setting.
2. Combine all the ingredients (except the coriander) in a large roasting tin so that they sit in a single layer, and season with sea salt or fish sauce.
3. Place on the highest shelf of the grill for 5 minutes, until the prawns are evenly pink and cooked through. Taste and season with more sea salt or fish sauce as required. Scatter over the freshly chopped coriander, and serve immediately.





*Lime & Ginger Grilled Prawns with Oriental Mushrooms & Coriander*

# CRISPY OLIVE & PINE NUT CRUSTED COD WITH ROASTED RED ONIONS & CHERRY TOMATOES

---

White fish stands up so well to strong flavours – and the textural contrast with the pine nut crust makes this a very pleasing dinner overall. By all means substitute the cod with pollack or your preferred sustainably caught white fish.

Serves: 2

Prep: 10 minutes

Cook: 15 minutes

2 cod fillets or steaks  
(approx. 300g)

300g cherry tomatoes on  
the vine

1 red onion, finely sliced

4 teaspoons olive  
tapenade

15g pine nuts

15g panko breadcrumbs

Sea salt and freshly  
ground black pepper

Olive oil

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

Arrange the cod fillets, cherry tomatoes and onion in a large roasting tin. Spread the tapenade evenly over the top of the cod fillets.

2. Lightly crush the pine nuts in a pestle and mortar, then mix them with the panko breadcrumbs, a pinch of sea salt and a tablespoon of olive oil. Pat this mixture down over the top of the tapenade.

3. Drizzle a little olive oil over the cherry tomatoes and onion, and season with sea salt and freshly ground black pepper. Pop the tin into the oven on a high shelf, and roast for 15 minutes, until the topping is crisp and the cod cooked through. Serve immediately.

Note: Use fresh white breadcrumbs instead of panko breadcrumbs if more easily available.



*Crispy Olive & Pine Nut Crusted Cod With Roasted Red Onions & Cherry Tomatoes*



# HERB-STUFFED TROUT WITH ROAST SWEET POTATOES & ONIONS

---

Whole trout are so easy to cook – here, a very simple herb and lemon stuffing lets the flavour of the fish take centre stage. Make sure to season the fish well with sea salt inside and out before roasting.

Serves: 2

Prep: 15 minutes

Cook: 40 minutes

700g sweet potatoes,  
peeled and very thinly  
sliced

1 red onion, thinly sliced

2 tablespoons olive oil

Sea salt and freshly  
ground black pepper

½ a small bunch of fresh  
tarragon, leaves only

½ a small bunch of fresh  
oregano, leaves only

2 small trout (approx.  
400g each) gutted

4 cloves of garlic,  
roughly chopped

½ a small lemon, thinly  
sliced

1. Preheat the oven to 180°C fan/200°C/gas 6. Mix the sweet potato slices, red onion, olive oil, a teaspoon of sea salt and a good grind of black pepper in a roasting tin, along with half the herbs, then pop into the oven and roast for 20 minutes.
2. Meanwhile, season the cavity of the trout with sea salt and freshly ground black pepper, and stuff with the remaining herbs, garlic, and lemon.
3. Once the sweet potatoes have had 20 minutes, top with the stuffed trout and scatter over 2 teaspoons of sea salt. Return to the oven and roast a further 20 minutes, until the trout is just cooked through (it will just begin to flake when prodded with a fork). Serve immediately.





*Herb-Stuffed Trout With Roast Sweet Potatoes & Onions*



# STEAM-ROASTED SALMON & BROCCOLI WITH LIME, GINGER, GARLIC & CHILLI

---

I could eat this punchy dressing – packed with fish sauce, peanuts, lime and coriander – slathered over almost anything. It works particularly well to cut through the rich salmon, while the peanuts provide wonderful texture. While the salmon and broccoli cook, you can get on with the light chopping and stirring to put the dressing together. If cooking for children, leave out the chilli and add it to your portion.

Serves: 4

Prep: 10 minutes

Cook: 20 – 25 minutes

400g broccoli, cut into small florets

2 cloves of garlic, grated

2 tablespoons sesame/vegetable oil

4 salmon fillets (approx. 800g total)

2 spring onions, finely chopped

2½ cm ginger, grated

1 red chilli, finely sliced

2 tablespoons fish sauce

4 tablespoons vegetable oil

2 limes, zest and juice

30g fresh coriander, finely chopped

1. Preheat the oven to 180°C fan/200°C/gas 6. Place the broccoli florets in a large roasting tin, scatter over the grated garlic, sprinkle over the oil and toss well to mix.

2. Place the salmon fillets into the roasting tin along with the broccoli, cover the tin tightly with foil, then transfer to the oven and bake for 20–25 minutes, until the salmon is cooked through to your liking.

3. Meanwhile, mix together the spring onions, ginger, chilli, fish sauce, vegetable oil, lime zest and juice, coriander and peanuts. Taste and adjust the levels of fish sauce and lime juice as you wish.

4. Remove the cooked salmon and broccoli from the oven and generously coat the salmon with dressing. Drizzle the remaining dressing over the broccoli, and serve immediately.

55g peanuts, roughly  
chopped



*Steam-Roasted Salmon & Broccoli With Lime, Ginger, Garlic & Chilli*

# MACKEREL & RHUBARB

---

This light, refreshing, Scandinavian-inspired dish makes a lovely starter for a dinner party. The rhubarb is roasted for just long enough to cook through but still hold its shape, a perfect foil to the mackerel.

Serves: 6

Prep: 15 minutes

Cook: 15 minutes

650g rhubarb, cut into  
5cm sticks

5 shallots (170g), very  
finely sliced

1½ tablespoons white  
wine vinegar

1 tablespoon olive oil

1 tablespoon sugar

6 mackerel fillets,  
pinboned (you can ask  
your fishmonger to do  
this)

30g hazelnuts

½ a cucumber, shaved  
into ribbons

1 teaspoon sea salt

1 tablespoon white wine  
vinegar

10g fresh dill, roughly  
chopped

6 tablespoons crème  
fraîche

1. Preheat your oven to 180°C fan/200°C/gas 6. Place the rhubarb, shallots, vinegar, olive oil and sugar in a roasting tin and mix well.
2. Lay the mackerel fillets over the rhubarb, cover the dish with foil, then transfer to the oven and bake for 15 minutes.
3. After 10 minutes, remove the foil and scatter over the hazelnuts. Return to the oven for the final 5 minutes uncovered.
4. Meanwhile, mix the cucumber, sea salt and white wine vinegar with half the dill.
5. Serve the cooked mackerel and rhubarb alongside the cucumber salad and crème fraîche, and sprinkle with the remaining dill.





*Mackerel & Rhubarb*

# SARDINES WITH PAPRIKA ROASTED PEPPERS, TOMATOES, CHILLIES & ALMONDS

---

I could eat these silky paprika roasted peppers and tomatoes with their crunchy almond topping just by themselves, but add the sardines and you have a lovely, complete little dish. The fishmonger will be able to gut the sardines for you, for added speed at home.

Serves: 4

Prep: 10 minutes

Cook: 25 minutes

2 red peppers, thinly  
sliced

220g cherry tomatoes on  
the vine

1 red chilli, half finely  
sliced, the other half  
finely chopped

2 teaspoons paprika

3 tablespoons olive oil

1 lemon, zest only

50g flaked almonds,  
roughly broken up

1 teaspoon sea salt

8 sardines, gutted and  
rinsed

A handful of fresh basil

Lemon wedges, to serve

1. Preheat the oven to 180°C fan/200°C/gas 6. Tip the red peppers, cherry tomatoes, sliced red chilli, paprika and 2 tablespoons of olive oil into a roasting tin, and mix well. Transfer to the oven and roast for 15 minutes.

2. Meanwhile, mix together the lemon zest, chopped red chilli, flaked almonds, sea salt and 1 tablespoon of olive oil. Stuff as much of it into the sardines as will fit.

3. Once the vegetables have had 15 minutes, pop the sardines on top and scatter the rest of the almond mixture over the vegetables. Return to the oven for a further 10 minutes.

4. Serve hot, with the basil torn over and lemon wedges alongside.





*Sardines With Paprika Roasted Peppers, Tomatoes, Chillies & Almonds*







# ROAST CHICKEN TRAYBAKES

THE CLASSIC TRAYBAKE: INFINITELY VERSATILE  
AND PARTICULARLY GOOD WITH EARTHY ROOT  
VEGETABLES, STRONG HERBS AND SPICES.

2

## ROAST CHICKEN TRAYBAKES

CHOOSE  
YOUR CHICKEN

DRUMSTICK



THIGH



BREAST



WING

## ADD VEGETABLES



BEETROOT



PARSNIP



CARROT



CELERIAC



FENNEL

BUTTERNUT  
SQUASH

WHITE POTATO



SWEET POTATO

## ADD ALLIUMS



SPRING ONION



LEEK



GARLIC



RED ONION



BROWN ONION



## ADD FLAVOURINGS

### SPICY



CORIANDER SEED



FENNEL SEED



SMOKED PAPRIKA



CUMIN



CHILLI



SUMAC



HARISSA



RAS EL HANOUT

### SHARP



MUSTARD



LEMON



LIME



GINGER

### SWEET



HONEY



MAPLE



AGAVE

## ADD SALT & OIL



SEA SALT



OLIVE OIL



COCONUT OIL



SESAME OIL



SUNFLOWER OIL

## ADD HERBS



SAGE



BASIL



CORIANDER



ROSEMARY



LEMONGRASS



PARSLEY



OREGANO



KAFFIR LIME



THYME



DILL



MINT

# Recipe List

Roast Chicken with Fennel, Lemon, Shallots, Garlic & Mustard Mayo

Simple Roast Chicken & Red Pepper Traybake

Roast Chicken, Squash & Red Onion with Lemon & Rosemary

Spicy Chipotle Chicken Wings with Sweet Potato Wedges, Coriander &  
Lime Yogurt

Oven-roast Coq au Vin

Chicken with Chorizo, Chickpeas & Tomatoes



# ROASTING TIMES FOR CHICKEN

CHICKEN	PREHEATED OVEN	SUGGESTED TIMINGS
CHICKEN WINGS (all in one layer)	150°C FAN/170°C/GAS 3	40 MINUTES increase to 180°C fan/200°C/gas 6 then another 20 MINUTES
CHICKEN BREASTS (approx. 150g)	180°C FAN/200°C/GAS 6	25 MINUTES
CHICKEN THIGHS & DRUMSTICKS	180°C FAN/200°C/GAS 6	45 MINUTES
WHOLE CHICKEN (2.3kg)	160°C FAN/180°C/GAS 4	1HR 30 MINUTES increase to 180°C fan/200°C/ gas 6 then another 30 MINUTES



Note: Adjust the timings for your chicken depending on weight – smaller chicken breasts e.g. 120g will take only 20 minutes, while 180–200g will take up to 30 minutes.

All chicken will benefit from resting under foil for at least 10 minutes before serving.

# ROAST CHICKEN WITH FENNEL, LEMON, SHALLOTS, GARLIC & MUSTARD MAYO

---

This is as good for a quick weeknight meal as it is for easy entertaining, and an excellent way to use up any impulse-bought fennel that might be languishing at the back of the fridge. If you can find skin-on free-range chicken breasts, you'll get lovely crispy chicken skin as a bonus, but this works just as well otherwise. A quick store-cupboard sauce made from mustard and mayonnaise brings the dish together.

Serves: 4

Prep: 10 minutes

Cook: 30 minutes

300g fennel, thinly sliced

12 shallots, quartered

1 lemon, sliced into half-moons

6 cloves of garlic, bashed

A few sprigs of fresh thyme

4 free-range chicken breasts, skin-on if available

Sea salt and freshly ground black pepper

Olive oil

## MUSTARD MAYO

4 heaped tablespoons mayonnaise

2 heaped tablespoons mustard

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

2. Place the fennel, shallots, lemon, garlic and thyme in a large roasting tin, and put the chicken breasts on top. Season generously with sea salt and freshly ground black pepper and drizzle everything generously with olive oil.

3. Mix well to make sure the vegetables and chicken are evenly coated in the oil, then transfer to the oven to roast for 30 minutes.

4. For the sauce, mix together the mayonnaise, mustard and honey and set aside. Let the chicken rest for 5 minutes out of the oven, then serve hot with the mayonnaise.

2 teaspoons honey



*Roast Chicken with Fennel, Lemon, Shallots, Garlic & Mustard Mayo*

# SIMPLE ROAST CHICKEN & RED PEPPER TRAYBAKE

---

Very simple and super-quick, this classic traybake makes for an easy weeknight dinner. Serve with some good baguette or similar on the side to mop up the peppers. My friend Laura, a good cook from a family of culinary excellence, suggests adding some sliced chorizo to the tin, which works beautifully.

Serves: 4

Prep: 10 minutes

Cook: 35 minutes

4 large free-range  
chicken breasts, skin-  
on if possible

2 red peppers, cut into 1  
cm slices

2 yellow peppers, cut into  
1 cm slices

2 red onions, cut into  
eighths

6 cloves of garlic, bashed

6 sprigs of fresh thyme or  
rosemary

Sea salt and freshly  
ground black pepper

Olive oil

1. Preheat your oven to 180°C fan/200°C/gas 6.
2. Place the chicken, peppers, onions, garlic and herbs in one very large or two large roasting tins. (If you are using two tins, you will need to use the fan setting on your oven.) Sprinkle evenly with a good pinch of sea salt and freshly ground black pepper. Drizzle the olive oil over generously and give everything a really good mix with your hands.
3. Place the tin or tins into the oven and leave to roast for 35 minutes, until the chicken is golden brown and cooked through and the peppers are lovely and caramelised. Allow the chicken to rest for 5 minutes, then serve hot.

Note: If you prefer thighs and drumsticks for the flavour, cook for 1 hour and 30 minutes.

To add a smoky Spanish note, add 3 teaspoons of smoked paprika to the dish before roasting; or alternatively, for a citrusy finish, add 3 teaspoons of sumac.





*Simple Roast Chicken & Red Pepper Traybake*

# ROAST CHICKEN, SQUASH & RED ONION WITH LEMON & ROSEMARY

---

Throwing lemon quarters into a chicken traybake to caramelise is my best friend Emma's technique, learned from a very battered copy of *BBC Good Food* magazine. Serve this flavour-packed version with a well-dressed rocket or spinach salad on the side.

Serves: 2

Prep: 10 minutes

Cook: 1 hour

500g free-range chicken thighs and drumsticks

300g squash, cut into wedges

1 red onion, cut into eighths

1 lemon, cut into eighths

6 cloves of garlic, bashed

4–5 sprigs of fresh rosemary

Olive oil

2–3 tablespoons honey

Sea salt and freshly ground black pepper

1. Preheat your oven to 180°C fan/200°C/gas 6. Place the chicken thighs and drumsticks, squash, red onion, lemon, garlic and rosemary in a large roasting tin. Splash over a generous amount of olive oil, drizzle over the honey, then season generously with sea salt and freshly ground black pepper.

2. Mix the ingredients together with your hands so that everything is evenly coated in the oil and honey, then place into the oven to roast for 1 hour, until the skin is crispy and golden. Serve immediately.

Note: If time permits, the chicken will taste even better if you cook it slowly at 150°C fan/170°C/gas 3 for 1 hour, turning the heat up to 180°C fan/200°C/gas 6 for a further 30 minutes at the end to crisp the skin.



*Roast Chicken, Squash & Red Onion with Lemon & Rosemary*



# SPICY CHIPOTLE CHICKEN WINGS WITH SWEET POTATO WEDGES, CORIANDER & LIME YOGURT

---

For a summery, outdoor lunch or match-night snack, you'd be hard pressed to find a better option than these sticky, spicy chicken wings. Serve with a glass of something chilled.

Serves: 4

Prep: 10 minutes

Cook: 1 hour

800g free-range chicken wings

800g sweet potatoes, peeled and cut into 2½ cm wedges

2 teaspoons chipotle chilli flakes

1 teaspoon smoked paprika

1 tablespoon dark brown sugar

3 tablespoons olive oil

Sea salt

½ a lime, zest and juice

4–5 tablespoons Greek yogurt

A handful of fresh coriander leaves, chopped

½ a lime, zest and juice

1. Preheat the oven to 150°C fan/170°C/gas 3. Place the chicken wings and sweet potato wedges into a large roasting tin. Mix together the chipotle flakes, smoked paprika, dark brown sugar, olive oil, 2 teaspoons of sea salt and the lime zest and juice.
2. Pour the chipotle mixture over the chicken and sweet potatoes, and mix well with your hands to coat evenly. Transfer to the oven and roast for 40 minutes.
3. Turn the heat up to 180°C fan/200°C/gas 6 and roast for a further 20 minutes, to crisp up the chicken skin.
4. Meanwhile, mix together the yogurt, chopped coriander, lime zest and juice and a pinch of sea salt, and set aside.
5. Sprinkle the crispy chicken wings and wedges with the coriander leaves, and serve with lime wedges and the yogurt dip alongside.



Fresh coriander leaves  
and lime wedges, to  
serve



*Spicy Chipotle Chicken Wings with Sweet Potato Wedges, Coriander & Lime Yogurt*

# OVEN-ROAST COQ AU VIN

---

I first made this dish after rifling through my fridge and finding the harmonious combination of pancetta, chicken thighs and leftover mushrooms. A few leaves borrowed from a flourishing bay tree, my laziness in wanting not to have to stir anything, and this crispy, moreish version of coq au vin was born, to general approval an hour and a half later.

Serves: 4

Prep: 10 minutes

Cook: 1 hour 30 minutes

1.4kg free-range chicken thighs and drumsticks (2 pieces per person – scale up if feeding those with a larger appetite)

160g pancetta, cubed

250g large chestnut mushrooms

5 cloves of garlic, unpeeled and bashed

200g shallots, peeled and halved

3 bay leaves, preferably fresh

2–3 sprigs of fresh rosemary

30g butter, softened

Sea salt and freshly ground black pepper

200ml red wine

1. Preheat your oven to 160°C fan/180°C/gas 4. Place the chicken, pancetta, mushrooms, garlic, shallots, bay leaves and rosemary in a large roasting tin and smear everything with the butter. Season with sea salt and freshly ground black pepper, then transfer to the oven for 40 minutes.
2. Turn the heat up to 180°C fan/200°C/gas 6 and cook for a further 40 minutes, until the chicken is cooked through and a lovely deep golden brown. Splash the wine into the tin around the chicken, and return to the oven for a further 10 minutes. Allow the chicken to rest for a few minutes before serving.

# CHICKEN WITH CHORIZO, CHICKPEAS & TOMATOES

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This substantial stew gives you all the depth of flavour of a slow-cooked pot roast, but with the textural advantage of wonderfully crispy, golden chicken. All you need on the side for this dish is some really good bread to mop up the sauce. Anna and Daniel, who taste-tested this dish for me, suggest a nice glass of mazanilla sherry on the side.

Serves: 4

Prep: 10 minutes

Cook: 1 hour 30 minutes

1 onion, finely chopped

2 cloves of garlic,  
chopped

2 sprigs of fresh  
rosemary

100g chorizo, roughly  
chopped

1 × 400g tin of chickpeas,  
drained

1 × 400g tin of tomatoes

300ml water

Sea salt and freshly  
ground black pepper

1.4kg free-range chicken  
thighs and drumsticks  
(2 pieces per person –  
scale up if feeding  
those with a larger  
appetite)

1 tablespoon olive oil

1. Preheat the oven to 160°C fan/180°C/gas 4. Place the onion, garlic, rosemary, chorizo, chickpeas and tomatoes in a roasting tin, and use the water to rinse out the tomato tin before pouring it in with everything else. Season well with sea salt and freshly ground black pepper.
2. Arrange the chicken thighs over the tomato mixture, and rub with the olive oil. Sprinkle with sea salt, then transfer to the oven and roast for 40 minutes.
3. Turn the heat up to 180°C fan/200°C/gas 6 and roast for a further 50 minutes, until the chicken is golden brown and cooked through. Taste the sauce, season as needed with sea salt and black pepper, and serve hot.





*Chicken with Chorizo, Chickpeas & Tomatoes*



## VEGGIE FEASTS

FROM QUICK SIDES TO HEARTY, FILLING MAIN MEALS - COMBINE SEVERAL FOR A VEGETARIAN SHARING FEAST OR PICK ONE FOR A WEEK-NIGHT DINNER.

# 3 VEGGIE FEASTS

CHOOSE  
YOUR WINTER VEG



CAULIFLOWER



CELERIAC



BUTTERNUT  
SQUASH



PARSNIP



BROCCOLI



BRUSSELS  
SPROUTS



SWEET POTATO

OR SUMMER VEG



SWEETCORN



ASPARAGUS



TOMATO



LONG-STEM  
BROCCOLI



AUBERGINE



COURGETTE



RED PEPPER



MUSHROOM



OKRA

ADD ALLIUMS



SPRING ONION



LEEK



GARLIC



RED ONION



BROWN ONION



### ADD SEASONINGS & FLAVOURINGS



SEA SALT



OLIVE OIL



CORIANDER  
SEED



GINGER



CUMIN



SMOKED  
PAPRIKA



CHILLI



SUMAC



LEMON



LIME



RAS EL  
HANOUT

#### CRUNCH



ALMONDS



HAZELNUTS



CASHEWS



PINE NUTS

### ADD DAIRY



YOGURT



MOZZARELLA



HALLOUMI



GOAT'S CHEESE



FETA

### ADD GREENS & HERBS



ROCKET



SPINACH



WATERCRESS

#### HERBS



BASIL



CORIANDER



PARSLEY



SAGE



MINT

# Recipe List

Paprika Roasted Sweetcorn with Spring Onions, Feta & Lime

Beetroot, Dill & Gorgonzola Tart with Capers & Walnuts

French Tomato & Mustard Tart with Tarragon

Roasted Aubergines with Mozzarella, Chilli, Lemon & Flat-leaf Parsley

Spiced Roast Cauliflower, Sweet Potato & Okra with Yogurt & Almonds

Sage Roasted Butternut Squash & Mushrooms with Feta & Tomatoes

Summery Roasted Courgettes, Aubergines & Tomatoes with Feta & Pine Nuts

Oven-baked Asparagus & Parmesan Frittata

Ras el Hanout Slow-roasted Mushrooms with Pine Nuts, Halloumi & Flat-leaf Parsley



## ROASTING TIMES FOR VEG

VEG	PREHEATED OVEN	SUGGESTED TIMINGS
<b>CAULIFLOWER</b> (smallish florets)	180°C FAN/200°C/GAS 6	40 - 45 MINUTES
<b>CELERIAC</b> (2cm chunks)	180°C FAN/200°C/GAS 6	45 MINUTES
<b>BUTTERNUT SQUASH</b> (1½cm chunks)	180°C FAN/200°C/GAS 6	1 HOUR
<b>BROCCOLI</b> (smallish florets)	180°C FAN/200°C/GAS 6 (uncovered tin) (covered tin)	40 - 45 MINUTES 20 - 25 MINUTES
<b>LONG STEM BROCCOLI</b>	180°C FAN/200°C/GAS 6	30 MINUTES
<b>SWEET POTATO</b> (2cm chunks)	180°C FAN/200°C/GAS 6	40 - 45 MINUTES
<b>BRUSSELS SPROUTS</b> (halved)	180°C FAN/200°C/GAS 6	25 - 30 MINUTES
<b>SWEETCORN</b>	180°C FAN/200°C/GAS 6	30 MINUTES
<b>ASPARAGUS</b>	180°C FAN/200°C/GAS 6	10 - 13 MINUTES
<b>TOMATOES</b> (quartered large or whole cherry tomatoes)	180°C FAN/200°C/GAS 6	15 MINUTES
<b>COURGETTE</b> (1½cm slices)	180°C FAN/200°C/GAS 6	40 MINUTES
<b>AUBERGINE</b> (cut into eighths)	180°C FAN/200°C/GAS 6	30 - 40 MINUTES
<b>RED PEPPERS</b> (roughly sliced)	180°C FAN/200°C/GAS 6	30 - 40 MINUTES
<b>OKRA</b>	180°C FAN/200°C/GAS 6	30 - 40 MINUTES
<b>MUSHROOMS</b>	180°C FAN/200°C/GAS 6	20 - 25 MINUTES



# PAPRIKA ROASTED SWEETCORN WITH SPRING ONIONS, FETA & LIME

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Once you've tried cooking sweetcorn like this, you'll be hard pressed to go back to simmering it on the stove. The smoky paprika, feta and lime work beautifully with the roasted corn, with added crunch and freshness from the spring onions. Serve as part of a vegetarian sharing table or alongside fish dishes.

Serves: 5

Prep: 5 minutes

Cook: 30 minutes

5 sweetcorn

Olive oil

2 teaspoons paprika

A large pinch of sea salt

1 lime, juice only

5 spring onions, finely  
sliced

75g feta, crumbled

1. Preheat your oven to 180°C fan/200°C/gas 6.
2. Place the sweetcorn in a roasting tin and drizzle with a generous amount of olive oil. Scatter over the paprika and sea salt and rub the mixture evenly into the sweetcorn, then transfer to the oven and roast for 30 minutes on a high shelf.
3. Once the sweetcorn has cooked, squeeze over the lime juice, scatter over the spring onions and feta, and serve hot.



*Paprika Roasted Sweetcorn with Spring Onions, Feta & Lime*

# BEETROOT, DILL & GORGONZOLA TART WITH CAPERS & WALNUTS

---

This grown-up beetroot tart needs only a lightly dressed rocket salad on the side for a quick, filling and interesting weekend lunch. Cooking the tart at a slightly higher temperature ensures a nice crisp base and eliminates the need for an egg wash. It's best served hot, but leftovers make a very acceptable picnic lunch.

Serves: 6

Prep: 15 minutes

Cook: 30 minutes

200g raw beetroot, peeled  
and thinly sliced

1 tablespoon olive oil

1 teaspoon red wine  
vinegar

1 teaspoon sea salt

1 × 320g ready-rolled  
puff pastry sheet

75g Gorgonzola piccante  
cheese, crumbled

2 tablespoons capers

10g fresh dill, chopped

50g walnuts, roughly  
chopped

Sea salt

1. Preheat the oven to 200°C fan/220°C/gas 7. Mix the beetroot slices with the olive oil, red wine vinegar and sea salt, and set aside.
2. Cut the puff pastry sheet into 6 squares and place in a paper-lined roasting tin. Lay the beetroot slices in overlapping layers on each square, leaving a 1cm border, then scatter over the Gorgonzola, capers and half the dill.
3. Transfer to the oven and roast for 25 minutes, then scatter over the walnut pieces and return to the oven for a further 5 minutes.
4. Sprinkle with the rest of the dill and a tiny pinch of sea salt before serving.



*Beetroot, Dill & Gorgonzola Tart with Capers & Walnuts*



# FRENCH TOMATO & MUSTARD TART WITH TARRAGON

---

This recipe originates with Mme Renaud, the mother of my French exchange, Sophie. At thirteen, I watched her make it with both interest and apprehension (having some doubts about both mustard and tomatoes) – and was absolutely transported on first bite. It tastes like summer and holidays.

Serves: 4

Prep: 10 minutes

Cook: 30 minutes

1 × 320g sheet of puff  
pastry (all-butter if  
available)

2½ tablespoons smooth  
Dijon mustard

330g vine tomatoes,  
thinly sliced

5g fresh tarragon, finely  
chopped

1 teaspoon sea salt

freshly ground black  
pepper

1 tablespoon extra virgin  
olive oil

1. Preheat the oven to 200°C fan/220°C/gas 7. Unroll the puff pastry and place in a lined roasting tin. Spread the mustard all over, leaving a 2 cm border around the edges.

2. Arrange the sliced tomatoes over the mustard, then scatter over the tarragon, sea salt and freshly ground black pepper. Drizzle with the extra virgin olive oil, then transfer to the oven and bake for 25–30 minutes, until the edges are golden brown and crisp. Serve immediately.



*French Tomato & Mustard Tart with Tarragon*

# ROASTED AUBERGINES WITH MOZZARELLA, CHILLI, LEMON & FLAT-LEAF PARSLEY

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In this recipe the roasted aubergines are marinated post-cooking in a dressing packed with lemon and chilli. A generous topping of marinated mozzarella adds both flavour and texture, making this the perfect addition to a vegetarian sharing feast.

Serves: 4

Prep: 10 – 15 minutes

Cook: 40 minutes

2 large aubergines

Sea salt

3–4 tablespoons olive oil

6 tablespoons extra virgin olive oil

2 lemons, zest and juice

1 medium bunch of fresh flat-leaf parsley, finely chopped

1 red chilli, deseeded and finely chopped

250g buffalo mozzarella, torn roughly into chunks

1. Preheat the oven to 180°C fan/200°C/gas 6. Cut the tops off the aubergines and slice them lengthways in half, then cut each half lengthways into long quarters. Place the slices in a large roasting tin in a single layer, add a generous scattering of sea salt and drizzle with the olive oil. Mix well with your hands to evenly coat the slices in the oil and salt, then pop into the oven and roast for 40 minutes.
2. Meanwhile, whisk together the extra virgin olive oil, lemon zest and juice, flat-leaf parsley and chilli. Season to taste with sea salt, then tip a few tablespoons of the dressing over the torn mozzarella while the aubergines are cooking.
3. As soon as the aubergines are cooked, tip the remaining dressing over them and turn them over gently until thoroughly coated. Allow them to sit in the dressing for 5 minutes, then tip over the marinated mozzarella and serve warm.

Note: Take the mozzarella out of the fridge 30 minutes before using and drain in a sieve.





*Roasted Aubergines with Mozzarella, Chilli, Lemon & Flat-leaf Parsley*



# SPICED ROAST CAULIFLOWER, SWEET POTATO & OKRA WITH YOGURT & ALMONDS

---

This all-in-one smoky, roasted vegetable dish gives you all the flavour of a slow-cooked curry, without any of the stirring. If you feel like extra carbs alongside, serve it with a bowl of brown rice or bulgur wheat.

Serves: 4

Prep: 10 minutes

Cook: 40 minutes

1 extra large cauliflower  
or 2 small  
cauliflowers, cut into  
small florets

2 medium-sized sweet  
potatoes, peeled & cut  
into 2cm chunks

6 cloves of garlic, minced

5cm ginger, minced

4 teaspoons paprika

4 teaspoons ground  
cumin

100ml olive oil

Sea salt

350g okra, washed and  
dried, left whole

200g yogurt

1 lemon, juice only

80g flaked almonds,  
toasted

½ a finely sliced red  
onion

1. Preheat your oven to 180°C fan/200°C/gas 6.
2. Place the cauliflower and sweet potato chunks in a large roasting tin. In a small bowl, mix together the garlic, ginger, paprika, cumin and olive oil, then drizzle half this mixture over the cauliflower and sweet potato along with a good pinch of sea salt. Mix well to coat, then cover the tin with foil and place in the oven to roast for 20 minutes.
3. Mix the remaining spiced oil with the okra, and set aside.
4. After 20 minutes, remove the foil from the roasting tin, scatter over the okra, season generously with sea salt, then return the tin, uncovered, to the oven for a further 20 minutes.
5. For the dressing, mix together the yogurt and lemon juice and set aside. Serve the vegetables hot from the oven, drizzled with the yogurt dressing, and scattered with the toasted flaked almonds, red onion and herbs.

A handful of torn fresh  
mint or coriander  
leaves



*Spiced Roast Cauliflower, Sweet Potato & Okra with Yogurt & Almonds*

# SAGE ROASTED BUTTERNUT SQUASH & MUSHROOMS WITH FETA & TOMATOES

---

Sage, butternut squash and mushrooms are such a wonderful autumnal combination, and adding feta to roast along with the vegetables provides both texture and flavour. This salad is based on a recipe from my friend Emma.

Serves: 4

Prep: 10 minutes

Cook: 1 hour 5 mins

700g butternut squash,  
cut into 1½ cm cubes

1 red onion, roughly  
chopped

4 cloves of garlic,  
smashed

300g chestnut or  
portabellini  
mushrooms, halved

4 tablespoons olive oil

Sea salt

15 sage leaves

200g feta cheese,  
crumbled

350g cherry tomatoes, on  
the vine

2 tablespoons extra virgin  
olive oil

½ a lemon, juice only

1 tablespoon mustard

100g rocket and  
watercress leaves

1. Preheat the oven to 200°C fan/220°C/gas 7. Place the squash, red onion, garlic and mushrooms into a large roasting tin, mix well with the olive oil, sea salt and half of the sage leaves and transfer to the oven to roast for 50 minutes.
2. Give the vegetables a bit of a stir, then scatter with the feta cheese. Top with the cherry tomatoes and the rest of the sage leaves and return to the oven for a further 15 minutes until the squash is soft, and the tomatoes just about to fall apart.
3. Meanwhile, mix together the olive oil, lemon juice, mustard and sea salt to taste. Dress the leaves once the vegetables are ready, and serve alongside.





*Sage Roasted Butternut Squash & Mushrooms with Feta & Tomatoes*

# SUMMERY ROASTED COURGETTES, AUBERGINES & TOMATOES WITH FETA & PINE NUTS

---

This summery dish, suggested by the book's lovely editor, Rowan, is as perfect for picnic antipasti as it is hot out of the oven. Lightly roasted feta is a revelation, and brings the flavours of the dish together in pleasing savouriness.

Serves: 4

Prep: 10 minutes

Cook: 45 minutes

1 aubergine, thinly sliced

2 courgettes, thinly sliced

150g baby peppers,  
halved (use ordinary if  
small not available)

2 bay leaves

2 sprigs of fresh oregano,  
leaves only

2 sprigs of fresh  
rosemary, leaves only

3 tablespoons olive oil

2 teaspoons sea salt

Freshly ground black  
pepper

5 vine tomatoes,  
quartered

120g feta cheese

30g pine nuts

1. Preheat the oven to 200°C fan/220°C/gas 7. Place the aubergine, courgettes, peppers, bay leaves, oregano, rosemary, olive oil, sea salt and a good grind of black pepper into a roasting tin, and mix well with your hands.

2. Transfer to the oven and roast for 30 minutes, then mix in the quartered vine tomatoes. Scatter over the feta and pine nuts and return to the oven for a further 15 minutes.

3. Taste and season with more salt and pepper and the lemon juice as needed before serving.

½ a lemon, juice only



*Summery Roasted Courgettes, Aubergines & Tomatoes with Feta & Pine Nuts*

# OVEN-BAKED ASPARAGUS & PARMESAN FRITTATA

---

Proper Spanish frittatas require a long, slow cooking for the onions and potatoes – which means they're ideally suited to an oven version. I like a combination of sweet and regular potatoes for this dish, which is finished with asparagus, when in season.

Serves: 4

Prep: 10 minutes

Cook: 1 hour

400g potatoes, very  
thinly sliced

200g sweet potatoes, very  
thinly sliced

1 onion, very thinly  
sliced

2 tablespoons olive oil

Sea salt and freshly  
ground black pepper

15g fresh tarragon, finely  
chopped

5 eggs

50g crème fraîche

230g asparagus, trimmed

30g Parmesan cheese

1. Preheat your oven to 170°C fan/190°C/gas 5. Tip the potatoes, sweet potatoes and onion into a small deep roasting tin, and mix well with the olive oil, a teaspoon of sea salt, a good grind of black pepper and the tarragon. Cover tightly with foil, then transfer to the oven and roast for 30 minutes.
2. Meanwhile, whisk the eggs with the crème fraîche. Season well with sea salt and freshly ground black pepper. Once the potatoes and onions have had 30 minutes, pour the egg mixture all over. Scatter over the asparagus and squash it down a bit into the egg and potato.
3. Sprinkle with the Parmesan, then return the tray to the oven uncovered for a further 25–30 minutes, until the eggs are just set. Serve hot or cold.





*Oven-baked Asparagus & Parmesan Frittata*

# RAS EL HANOUT SLOW-ROASTED MUSHROOMS WITH PINE NUTS, HALLOUMI & FLAT-LEAF PARSLEY

---

These mushrooms are as good as part of a vegetarian feasting menu as they are as antipasti – and of course if you're building a non-vegetarian feast, they go wonderfully alongside the slow-roasted harissa lamb on [here](#).

Serves: 4

Prep: 10 minutes

Cook: 1 hour 20 minutes

600g whole mushrooms  
(portabellini or  
chestnut)

300g whole shallots,  
peeled and halved

70g butter

4 teaspoons ras el hanout

1 lemon, zest and juice

4 cloves garlic, crushed

250g halloumi, cut into 1  
cm cubes

30g pine nuts

Large handful of flat-leaf  
parsley, roughly  
chopped

2 teaspoons pink  
peppercorns (optional  
but very nice)

Sea salt and freshly  
ground black pepper

1. Preheat your oven to 130°C fan/150°C/gas 2. Place the butter, ras el hanout, lemon zest and crushed garlic in the roasting tin, then transfer to the oven for 5 minutes to melt the butter and to allow the spices to toast a little.
2. Meanwhile, trim the mushrooms and peel the shallots. After 5 minutes, pop them into the tin with the melted spice butter, season well with sea salt and freshly ground black pepper and mix everything together really well with your hands. Cover in tinfoil, then place in the oven to cook for 1 hour.
3. After 1 hour, increase the heat to 150°C fan/170°C/gas 3 and remove the tinfoil. Squeeze over the lemon juice, add the halloumi and mix well before scattering with the pine nuts. Return to the oven to cook uncovered for a further 15 minutes.
4. Taste and adjust the level of salt as required, and scatter with the flat-leaf parsley and pink peppercorns just before serving.



*Ras el Hanout Slow-roasted Mushrooms with Pine Nuts, Halloumi & Flat-leaf Parsley*







## QUICK & SLOW ROASTS

THESE SIMPLE ALL-IN-ONE ROASTS ARE  
PERFECT FOR SUBSTANTIAL WEEKNIGHT  
DINNERS OR TO FEED A CROWD.

# 4 QUICK & SLOW ROASTS

## CHOOSE YOUR MEAT



SAUSAGES



LAMB



BEEF STEAK



PORK STEAK



BRISKET



CHICKEN

## ADD VEGETABLES



RED PEPPER



YELLOW PEPPER



TOMATO



AUBERGINE



BUTTERNUT SQUASH



SWEET POTATO

## ADD ALLIUMS



SPRING ONION



GARLIC



RED ONION

SALT  
& OILS



SEA SALT



OLIVE OIL



SESAME OIL

## ADD FLAVOURINGS

### SPICY



BLACK PEPPER



SMOKED PAPRIKA



STAR ANISE



HARISSA



CHILLI



GINGER



CUMIN



CHINESE 5 SPICE

### SHARP



LEMON



LIME



WHITE WINE VINEGAR

## ADD DAIRY



YOGURT



GOAT'S CHEESE



CHEDDAR



SOUR CREAM

### CARBS



COUS COUS



FLATBREAD



TORTILLA

## ADD GREENS + HERBS



SPINACH

### HERBS



ROSEMARY



PARSLEY



OREGANO



CORIANDER



TARRAGON



THYME



MINT

# Recipe List

Flash-grilled Spiced Steak with Peppers, Chillies & Onions  
Chargrilled Lamb on Flatbreads with Pine Nuts, Raisins & Goat's Cheese  
Five-spice Pork Chops with Roasted Sweet Potatoes, Ginger & Garlic  
Smoky Sausage, Sweet Potato & Red Onion Traybake  
Lemon and Rosemary Steak with Garlic Roasted Potatoes & Onions  
Slow-Cooked Brisket with Chimichurri  
Filipino-Style Garlic Pork Pot Roast  
Slow-cooked Leg of Lamb with Harissa, Roasted Aubergines & Tomatoes  
Tarragon Roast Chicken with Potatoes, Onions & Garlic





## ROASTING TIMES FOR MEAT

MEAT	PREHEATED OVEN	SUGGESTED TIMINGS
<b>STEAK</b> (½cm slices)	<b>GRILL/MAX</b> Stir half way through	<b>8 MINUTES</b> cooked <b>6 MINUTES</b> rare
<b>LAMB LEG</b> <b>OR RUMP STEAKS</b> (180g whole)	<b>GRILL/MAX</b> Turn half way through	<b>12 MINUTES</b> cooked <b>8 MINUTES</b> medium
<b>PORK CHOPS</b> <b>OR LOIN STEAKS</b> (150g)	<b>200°C FAN/220°C/GAS 7</b>	<b>20 - 25 MINUTES</b>
<b>SAUSAGES</b>	<b>180°C FAN/200°C/GAS 6</b>	<b>45 MINUTES</b>
<b>LEG OF LAMB</b> (2.5 kg)	<b>130°C FAN/150°C/GAS 2</b>	<b>3 HOURS</b> covered
<b>BRISKET</b> (1 kg plus)	<b>130°C FAN/150°C/GAS 2</b>	<b>3 HOURS</b> covered
<b>PORK SHOULDER</b> (1.5 kg plus)	<b>130°C FAN/150°C/GAS 2</b>	<b>3 HOURS</b> covered

# FLASH-GRILLED SPICED STEAK WITH PEPPERS, CHILLIES & ONIONS

---

These super-quick fajitas are perfect for a weeknight dinner in a hurry. Bring the roasting tin to the table and assemble them as you go.

Serves: 2

Prep: 10 – 15 minutes

Cook: 7 – 8 minutes

2 × 250g rump or sirloin  
steaks, cut into ½ cm  
slices

1 red chilli, finely sliced

1 red pepper, finely  
sliced

1 yellow pepper, finely  
sliced

1 red onion, finely sliced

2 teaspoons paprika

2 teaspoons ground  
cumin

2 teaspoons ground  
coriander

3 tablespoons olive oil

A good pinch of sea salt  
and freshly ground  
black pepper

A large handful of fresh  
coriander, roughly  
chopped

2–3 tortillas per person

150ml sour cream

1. Preheat the grill to its highest setting.

2. In a large roasting tin, mix together the steak, chilli, peppers, onion, spices, olive oil, salt and pepper. Place under a blisteringly hot grill for 4 minutes.

3. Remove the roasting tin from the grill, give everything a good mix, then return to the grill for a further 3–4 minutes, until the steak is just cooked through.

4. Leave the steak to rest for 3 minutes, then scatter over the chopped coriander. Pile into tortillas, warmed through in foil at the bottom of the oven, and serve the sour cream alongside, with lime juice and grated cheese if you like.

Note: The steak in this recipe is cooked through. For rare steak, grill for 6 minutes in total, stirring halfway.

Lime juice and grated  
cheese (optional)



*Flash-grilled Spiced Steak with Peppers, Chillies & Onions*



# CHARGRILLED LAMB ON FLATBREADS WITH PINE NUTS, RAISINS & GOAT'S CHEESE

---

This is an homage to the incredibly delicious from-scratch flatbread in Ruby Tandoh's book *Flavour*, which if you have more time than hunger you should definitely go to. The combination of lamb and raisins is heavenly, so if you are in too much of a hurry to make your own bread, try this version with nice bought flatbreads and quick-cook lamb steaks.

Serves: 2

Prep: 15 minutes

Cook: 8 – 12 minutes

2 lamb leg or rump steaks  
(approx. 180g each)

2 tablespoons olive oil

1 clove of garlic, minced

1 teaspoon ground cumin

1 teaspoon sea salt

A good grind of black  
pepper

1 onion, finely sliced

50g raisins

35g pine nuts

2 flatbreads

4 tablespoons Greek  
yogurt

2 handfuls of spinach

75g goat's cheese,  
crumbled

1. Preheat your grill to the highest setting, and pop the griddle pan in to heat up.
2. Put the lamb steaks on a large plate and rub with the olive oil, garlic, cumin, sea salt and freshly ground black pepper. Set the steaks to one side of the plate, then mix the finely sliced onion and the raisins with the oil and garlic remaining on the plate.
3. After 5 minutes your griddle pan should be extremely hot – carefully remove from the grill, place the lamb steaks on one side and the onions on the other, then return to the grill for 6 minutes on each side for well done, or 4 minutes on each side for medium.
4. Halfway through cooking, turn over the steaks and give the onions and raisins a bit of a stir. Add the pine nuts just one minute before the steaks are ready, to let them toast, and warm up your flatbreads at the bottom of the oven.
5. Once the steaks are cooked through to your liking, remove them to a plate to rest for 5 minutes. Then

slice and season with salt and pepper as needed.

6. Spread the flatbreads with the yogurt and scatter over the spinach, onions, raisins, pine nuts, goat's cheese and sliced steak. Serve immediately.

Note: You will need a cast-iron griddle pan or heavy-based roasting tin









*Chargrilled Lamb on Flatbreads with Pine Nuts, Raisins & Goat's Cheese*



# FIVE-SPICE PORK CHOPS WITH ROASTED SWEET POTATOES, GINGER & GARLIC

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If you travel through China, one of the nicest things you can buy from a streetside stall is a hot, roasted sweet potato. They go beautifully with garlic and ginger, and are a perfect complement to these five-spice pork steaks.

Serves: 2

Prep: 10 minutes

Cook: 40 – 45 minutes

600g sweet potatoes, cut  
into 1 cm cubes

2 cloves of garlic, minced

5 cm ginger, minced

1 star anise

2 tablespoons sesame oil

sea salt

2 free-range pork chops  
or loin steaks

2 teaspoons Chinese five-  
spice

1 tablespoon sesame oil

3 spring onions, finely  
sliced

Soy sauce, to taste

1. Preheat the oven to 200°C fan/220°C/gas 7. Mix the sweet potato chunks in a roasting tin with the garlic, ginger, star anise, sesame oil and 1 teaspoon of sea salt, then transfer to the oven and roast for 20 minutes.

2. Meanwhile, rub the pork steaks all over with the five-spice, another teaspoon of sea salt and the sesame oil. Once the sweet potato has had 20 minutes, pop the steaks on top, return to the oven and roast for 20–25 minutes at 180°C fan/200°C/gas 6 until the pork is cooked to your liking.

3. Scatter over the finely sliced spring onions, and season with soy sauce to taste.

Note: If you fancy a green alongside, quarter some choi sum or pak choi, toss with a little sesame oil, then chuck into the roasting tin for the last 5–7 minutes.



*Five-spice Pork Chops with Roasted Sweet Potatoes, Ginger & Garlic*

# SMOKY SAUSAGE, SWEET POTATO & RED ONION TRAYBAKE

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One of the easiest and most satisfying traybakes in the book. Paprika gives it a wonderful smokiness, but you could easily use a combination of honey and mustard as an alternative.

Serves: 4

Prep: 10 minutes

Cook: 50 minutes

8–12 good-quality free-range pork sausages

3 sweet potatoes, peeled and cut into chunky wedges

2 red onions, cut into eighths

6 cloves of garlic

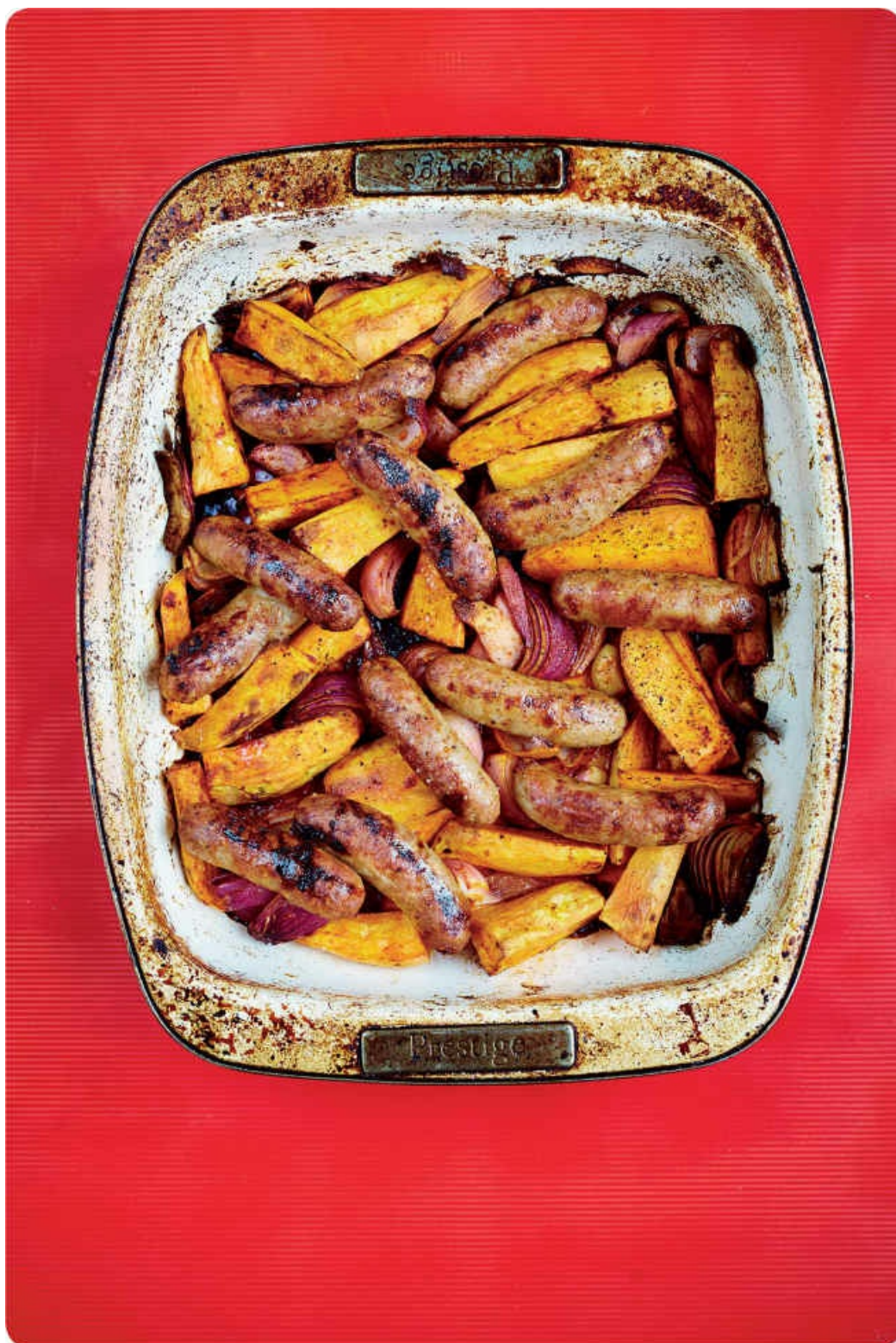
4 teaspoons smoked paprika

a good splash of olive oil

sea salt and freshly ground black pepper

1. Preheat your oven to 180°C fan/200°C/gas 6.
2. In a large roasting tin, toss the sausages, sweet potato wedges, red onions, garlic and smoked paprika with the olive oil. Season well with sea salt and freshly ground black pepper.
3. Transfer to the oven and roast for 45–50 minutes until the sweet potato is cooked through, and sausages sticky and slightly burnt. Serve immediately.





*Smoky Sausage, Sweet Potato & Red Onion Traybake*



# LEMON AND ROSEMARY STEAK WITH GARLIC ROASTED POTATOES & ONIONS

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Here, a quick flash in a scorchingly hot pan before finishing the steaks on top of the potatoes in the oven gives a far superior flavour and appearance than just oven-roasting. The steaks are marinated after cooking in a lemon and rosemary dressing.

Serves: 2

Prep: 15 minutes

Cook: 1 hour 10 minutes

600g potatoes, cut into 1  
cm cubes

1 red onion, roughly  
sliced

2 cloves of garlic,  
crushed

4 tablespoons olive oil

Sea salt

2–3 sprigs of fresh  
rosemary

2 × 225g rump steaks, at  
least 2cm thick

a good grind of black  
pepper

3 tablespoons extra virgin  
olive oil

3 sprigs of fresh  
rosemary leaves, finely  
chopped

½ a lemon, zest and juice

1. Preheat your oven to 180°C fan/200°C/gas 6. Mix the potatoes, onion, garlic, 2 tablespoons of olive oil, 1 heaped teaspoon of sea salt and the whole rosemary sprigs in a large roasting tin, then transfer to the oven and roast for 1 hour. Whack up the heat to 200°C fan/220°C/gas 7 after 40 minutes to crisp them up nicely.
2. Once the potatoes have had 20 minutes, remove the steaks from the fridge and place on a plate. Rub all over with 2 more tablespoons of olive oil and a good grind of black pepper on each side. Leave aside to come to room temperature.
3. In the meantime, mix the finely chopped rosemary, lemon zest and juice, and the extra virgin olive oil and 1 teaspoon of sea salt, and set aside.
4. Once the potatoes have had 1 hour and are nice and crisp and golden, place a griddle pan or heavy-based saucepan on the heat until smoking. Season the steaks with a little sea salt, then place in the smoking hot pan for 45 seconds on each side, to get a nice colour.

5. Transfer the steaks to the oven on top of the potatoes, and roast for a further 2 minutes for rare, 4½ minutes for medium rare, 6–8 minutes for well done.
6. Remove the roasting tin from the oven and place the steaks on a plate. Cover with foil and leave to rest for 5–6 minutes, then serve with the potatoes.







*Lemon and Rosemary Steak with Garlic Roasted Potatoes & Onions*



# SLOW-COOKED BRISKET WITH CHIMICHURRI

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A Sunday roast with a twist. The sharp, Argentinian parsley sauce is a wonderful and unusual accompaniment to the meat and vegetables.

Serves: 4

Prep: 10 minutes

Cook: 3 hours

1 teaspoon chilli flakes

1 lemon, zest only

2 cloves of garlic,  
crushed

6 sprigs of fresh oregano,  
finely chopped

2 teaspoons sea salt

3 tablespoons olive oil

1kg brisket, rolled

600g butternut squash,  
cut into 4 cm chunks

1 red onion, quartered

400ml chicken stock

100ml white wine  
vinegar

## CHIMICHURRI

30g fresh flat-leaf  
parsley, finely chopped

1 red chilli, finely  
chopped

1 clove of garlic, finely  
chopped

5 tablespoons olive oil

1. Preheat the oven to 130°C fan/150°C/gas 2. Mix together the chilli flakes, lemon zest, garlic, oregano, salt and olive oil, then rub this mixture all over the brisket and into the centre of the roll.

2. Tip the butternut squash, red onion, chicken stock and white wine vinegar into a roasting tin, and put the beef on top. Cover tightly with foil, then place in the oven and roast for 3 hours.

3. Meanwhile, make the chimichurri. Mix the parsley, chilli and garlic with the olive oil and white wine vinegar, and season to taste with sea salt.

4. Serve the cooked beef and butternut squash with the chimichurri alongside.

3 tablespoons white wine  
vinegar

Sea salt



# FILIPINO-STYLE GARLIC PORK POT ROAST

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This unusual pork pot roast uses the classic Filipino adobo flavours of garlic, bay, peppercorns and vinegar to slow-cook a whole pork shoulder. For a lazy weekend lunch, it's a win – ten minutes in the morning to sear off the pork and garlic, before sticking everything in the oven and letting it bubble away until lunchtime.

Serves: 5-6

Prep: 10 minutes

Cook: 2 hours 50  
minutes

2 tablespoons vegetable  
oil

1.5kg pork shoulder

1 head of garlic, halved  
horizontally

3 bay leaves

1 teaspoon whole black  
peppercorns

600ml chicken stock

30ml soy sauce

50ml rice or white wine  
vinegar

350g basmati rice, rinsed

6 baby pak choi, halved  
or quartered if large

Sea salt

1. Preheat the oven to 130°C fan/150°C/gas 2.
2. Heat the vegetable oil in a large ovenproof casserole dish and sear the pork shoulder for 3 minutes on each side, until well browned all over.
3. Move the pork to one side of the casserole dish, then add the two halves of the garlic head, cut side down, and fry for a minute along with the bay leaves and peppercorns.
4. Pour over the chicken stock, soy sauce and vinegar and bring to the boil, then immediately cover with a lid, transfer to the oven and cook for 1 hour and 45 minutes. Add the rice and cook for a further 45 minutes, then add the baby pak choi for a further 10 minutes.
5. Once cooked, remove the rind, then, using a couple of spoons, pull the pork apart into large chunks. Serve with the pak choi and rice alongside, seasoning to taste with soy or sea salt.

# SLOW-COOKED LEG OF LAMB WITH HARISSA, ROASTED AUBERGINES & TOMATOES

---

Lamb is robust enough to stand up to strong flavours, and this Middle-Eastern-inspired leg of lamb with a harissa kick really delivers. Perfect to feed a crowd.

Serves: 8

Prep: 15 minutes

Cook: 3 hours

2 aubergines, thickly cut  
into 1cm slices

1 red onion, roughly  
sliced

1 × 2–2.5kg leg of lamb

1 head of garlic, halved  
horizontally

4 heaped teaspoons  
harissa paste

1 tablespoon sea salt

1 tablespoon olive oil

350g vine tomatoes

2 handfuls of cous cous  
(optional)

250g Greek yogurt

1 bunch of fresh mint,  
finely chopped

1. Preheat the oven to 130°C fan/150°C/gas 2. Line a roasting tin with the aubergine slices, then scatter over the onion. Place the leg of lamb on top of the vegetables, and tuck the halved garlic alongside.
2. Stab the lamb all over with a very sharp knife, then rub all over with the harissa paste. Sprinkle the meat and vegetables with the sea salt, then drizzle the oil over the garlic and vegetables. Transfer to the oven and roast for 30 minutes, uncovered, then cover with foil and roast for a further 1 hour and 30 minutes.
3. Then add the vine tomatoes to the tin, cover and return the lamb to the oven for a final 1 hour. Throw in the cous cous (if using) to cook in the juices in the roasting tin for the last 10 minutes.
4. Meanwhile, mix together the Greek yogurt and mint for the accompaniment.
5. Allow the meat to rest for at least 15 minutes before serving with the cous cous, vegetables and yogurt.





*Slow-cooked Leg of Lamb with Harissa, Roasted Aubergines & Tomatoes*

# TARRAGON ROAST CHICKEN WITH POTATOES, ONIONS & GARLIC

---

This roast chicken cooks above the potatoes in the style of a French *rôtisserie* chicken (if more static). Tarragon provides another nod to French flavours – you need little alongside this other than perhaps a little of the mustard mayonnaise on [here](#).

Serves: 6

Prep: 15 minutes

Cook: 2 hours

1.3kg Charlotte or other  
small roasting  
potatoes, halved

20g fresh tarragon

1 whole head of garlic,  
halved horizontally

1 lemon, halved

2 tablespoons olive oil

1 × 2.3kg whole free-  
range chicken

30g butter

Sea salt and freshly  
ground black pepper

1. Preheat the oven to 160°C fan/180°C/gas 4. Place the potatoes, half the tarragon, half a head of garlic, 6 strips of zest from the lemon and the olive oil in a roasting tin and mix well with your hands. Season with a really generous amount of sea salt and freshly ground black pepper.
2. Place the chicken on top and stuff it with the lemon halves, the other half of the tarragon and the remaining garlic. Rub it all over with the butter, then season really generously with sea salt and black pepper.
3. Place in the oven and roast for 2 hours, turning the temperature up to 180°C fan/200°C/gas 6 for the last half hour to let the skin and the potatoes crisp up.
4. Let the chicken rest under the foil for 10-15 minutes before serving.



*Tarragon Roast Chicken with Potatoes, Onions & Garlic*







## RICE & PASTA

FOR EXTRA CARBS, POP A PAN OF BOILING WATER ON - YOUR RICE OR PASTA WILL BE READY JUST AS THE TRAYBAKE COMES OUT OF THE OVEN.

# 5 RICE & PASTA

## CHOOSE YOUR RICE



BROWN RICE



BASMATI RICE



JASMINE RICE



WILD RICE



RISOTTO RICE  
CARNAROLI/ARBORIO



RED RICE  
CAMARGUE/HIMALAYAN

## PASTA



CONCHIGLIETTE



ORZO



GNOCCHI



FUSILLI



RIGATONI

## ADD PROTEIN



CHICKEN



SEA BASS



SAUSAGES



FETA



MOZZARELLA



PARMESAN



TUNA



SALMON



PANCETTA



EGGS



GOAT'S CHEESE



ROQUEFORT

## ADD VEGETABLES



AVOCADO



BEETROOT



FENNEL



ASPARAGUS



SPRING ONION



BRUSSELS  
SPROUTS



AUBERGINE



MUSHROOM



ARTICHOKES



TOMATO



BROCCOLI



POTATO



RED PEPPER

## FLAVOURINGS



GARLIC



LIME



LEMON



CHILLI



GINGER

## ADD TOPPINGS



PINE NUTS



HAZELNUTS



WALNUTS



POMEGRANATE



YOGURT



MANGO

## GREENS



PAK CHOI



ROCKET



SPINACH



KALE

## HERBS



BASIL



CORIANDER



MINT

# Recipe List

Miso Roast Salmon with Mushrooms, Pak Choi & Jasmine Rice  
Sea Bass, Asparagus & Spring Onions with Jasmine Rice & a Ginger, Lime  
& Soy Dressing  
Avocado & Chicken Salad with Pomegranates & Brown Rice  
Wild Rice Winter Salad with Roasted Brussels Sprouts, Pancetta, Feta &  
Sunflower Seeds  
Sesame & Ginger Meatballs with Pak Choi, Chilli & Red Rice  
Five-Spice Duck with Wild Rice, Kale & Ginger  
Spiced Roast Aubergines & Potatoes with Coconut Basmati Rice, Yogurt &  
Coriander  
Oven-cooked Beetroot Risotto  
Orzo with Chilli & Garlic Roasted Broccoli, Lemon, Parmesan & Walnuts  
Crispy Baked Gnocchi with Tomatoes, Basil, Mozzarella & Pine Nuts  
Baked Egg Pasta Florentine  
Rigatoni al Forno with Pancetta, Artichokes, Crème fraîche & Parmesan  
Fennel, Sausage & Cannellini Beans with Tomatoes & Conchigliette  
Goat's Cheese, Red Pepper, Mushroom & Pesto Fusilli Traybake





# ROASTING TIMES FOR RICE & PASTA

RICE/PASTA	PREHEATED OVEN	SUGGESTED TIMINGS
BASMATI & WILD RICE (200g rice plus 350ml water or stock)	160°C FAN/180°C/GAS 4	40 MINUTES covered 10 MINUTES uncovered
BROWN RICE (300g rice plus 750ml water or stock)	180°C FAN/200°C/GAS 6	1 HOUR covered
RISOTTO RICE (300g rice plus 1.5 litres stock)	160°C FAN/180°C/GAS 4	50 MINUTES
ORZO (250g orzo plus 500ml stock)	200°C FAN/220°C/GAS 7	15 - 20 MINUTES covered

## OR BOIL IN SALTED WATER

Drain well, then return to the pan and leave rice covered to steam dry for 5 minutes.

JASMINE RICE	15 MINUTES
BASMATI RICE	15 MINUTES
BROWN RICE	30 MINUTES
BASMATI & WILD RICE	25 - 30 MINUTES
RED RICE	35 - 40 MINUTES
PASTA	Follow packet instructions

# MISO ROAST SALMON WITH MUSHROOMS, PAK CHOI & JASMINE RICE

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Savoury miso, with its deep umami flavour, beautifully complements the salmon in this dish, while the pak choi cuts through the richness. And as it can be made from start to finish in 25 minutes, it's well worth keeping a jar of miso paste in the fridge for quick-fix dinners.

Serves: 2

Prep: 5 minutes

Cook: 20 minutes

200g jasmine rice

2 salmon fillets

200g exotic mushrooms,  
roughly torn

2 large pak choi,  
quartered

2 cloves of garlic, grated

5 cm ginger, grated

30g miso paste

20ml rice vinegar

1. Preheat the oven to 180°C fan/200°C/gas 6. Tip the rice into boiling water and simmer for 15 minutes until cooked through, then drain in a sieve.
2. Meanwhile, arrange the salmon fillets, mushrooms and pak choi in a roasting tray. Mix the grated garlic and ginger with the miso paste and rice vinegar, and spread a teaspoon of this mixture over each salmon fillet. Dollop the remaining mixture over the pak choi and mushrooms.
3. Cover tightly with foil, then transfer to the oven for 20 minutes.
4. Serve the hot salmon and vegetables alongside the rice.

# SEA BASS, ASPARAGUS & SPRING ONIONS WITH JASMINE RICE & A GINGER, LIME & SOY DRESSING

---

A light, south-east Asian inspired dressing is the perfect complement to the simple roasted sea bass and greens in this dish – a perfectly balanced meal along with a pan of fluffy white rice.

Serves: 2

Prep: 10 minutes

Cook: 18 minutes

200g jasmine or white short-grain rice

100g asparagus

200g pak choi, quartered

1 tablespoon groundnut oil

2 sea bass fillets

4 cm ginger, grated

2 cloves of garlic, grated

1 red chilli, finely sliced

1 spring onion, finely sliced

3 tablespoons sesame oil

1 lime, zest and juice

1 tablespoon fish sauce

1 tablespoon soy sauce

A small handful of fresh coriander, finely chopped

1. Preheat the oven to 180°C fan/200°C/gas 6. Tip the rice into boiling water and simmer for 15 minutes until cooked through, then drain in a sieve.

2. Meanwhile, place the asparagus and pak choi in a large roasting tin and toss with the oil. Place in the preheated oven and roast for 5 minutes, then place the sea bass fillets on top and return the tin to the oven for a further 8 minutes.

3. Mix the ginger, garlic, red chilli and spring onion with the sesame oil, lime zest and juice, fish sauce, soy sauce and coriander. Tip the dressing over the cooked fish and greens, and serve immediately, with the rice alongside.











*Sea Bass, Asparagus & Spring Onions with Jasmine Rice & a Ginger, Lime & Soy Dressing*

# AVOCADO & CHICKEN SALAD WITH POMEGRANATES & BROWN RICE

---

This simple chicken salad provides a wonderful contrast of flavours and textures. Baked avocado might sound odd, but it's so delicious, particularly when paired with crisp pomegranate seeds and mildly chilli-spiked chicken. It's more filling than it looks, so will serve four people as a light main or two hungrier people – by all means scale up the chicken and avocado depending on your audience.

Serves: 2 – 4

Prep: 10 minutes

Cook: 30 minutes

300g brown rice

2 avocados

2 large free-range  
chicken breasts

1 teaspoon hot chilli  
flakes

sea salt and freshly  
ground black pepper

3 tablespoons olive oil

2 limes, juice only

6 tablespoons extra virgin  
olive oil

30g fresh mint leaves,  
finely chopped

2 pomegranates, seeds  
only

200g spinach, finely  
chopped

1. Preheat your oven to 180°C fan/200°C/gas 6. Tip the rice into a large pan of boiling salted water and simmer for 30 minutes, until the rice is cooked through and ever so slightly al dente.

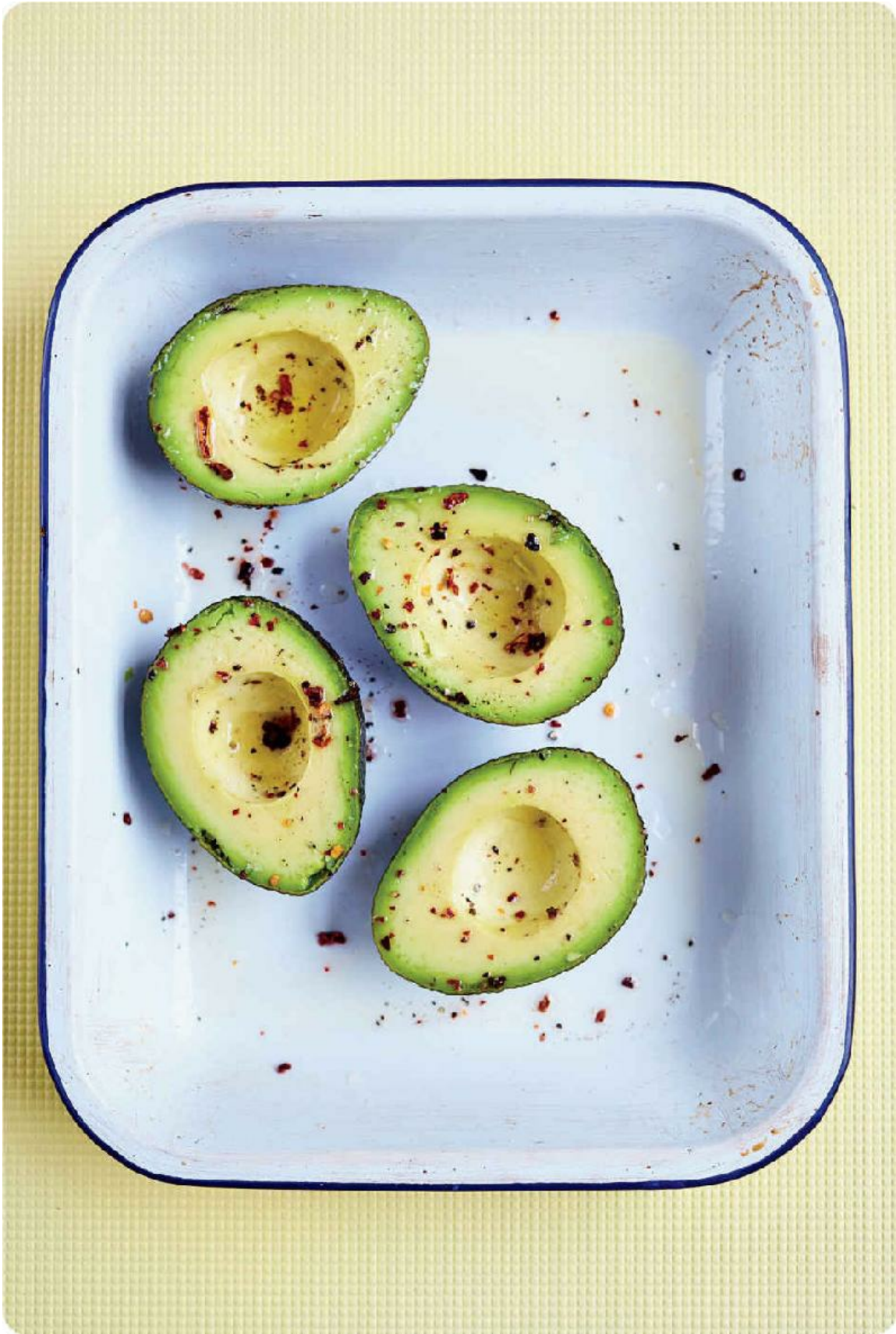
2. Meanwhile, halve the avocados and remove the stones, then place them face up in a roasting tin along with the chicken breasts, making sure everything is in one layer. Scatter over the chilli flakes, sea salt and freshly ground black pepper and drizzle with the olive oil. Mix everything briefly until well coated in the oil, then pop the roasting tin into the preheated oven for 25 minutes, until the chicken is cooked through.

3. For the dressing, whisk together the lime juice, extra virgin olive oil, mint leaves and pomegranate seeds, then season with salt and pepper and set aside. Once the rice has cooked, drain it well in a sieve, then allow to steam dry for a few minutes.

4. Remove the cooked chicken and avocados from the roasting tin and slice them, discarding the avocado



skin. Tip the cooked rice into the tin along with half the dressing and the spinach, and mix them well with the chilli oil left in the tin. Scatter the cooked chicken and avocado over the top along with the remaining pomegranate dressing, and serve hot.







*Avocado & Chicken Salad with Pomegranates & Brown Rice*

# WILD RICE WINTER SALAD WITH ROASTED BRUSSELS SPROUTS, PANCETTA, FETA & SUNFLOWER SEEDS

---

Brussels sprouts and pancetta are a classic for a reason – they’re utterly compelling together. Carbed up with some wild rice, with seeds for crunch and feta and lemon for flavour, this rice salad is as lovely for a hot dinner as it is for a cold lunch the next day.

Serves: 2 generously

Prep: 10 minutes

Cook: 30 minutes

200g wild rice

500g Brussels sprouts,  
halved

80g cubed pancetta

Sea salt and freshly  
ground black pepper

2 tablespoons olive oil

50g sunflower seeds

1 lemon, juice only

100g feta cheese,  
crumbled

A handful of fresh flat-  
leaf parsley, finely  
chopped

1. Preheat the oven to 180°C fan/200°C/gas 6. Place the rice in a pan of boiling salted water and simmer for 25–30 minutes, until cooked through.
2. Tip the halved sprouts and pancetta into a roasting tin large enough to hold everything in a single layer. Season well with black pepper and drizzle with the olive oil, working everything together well with your hands. Place in the preheated oven and roast for 25–30 minutes. Throw in the sunflower seeds for the final 5 minutes of cooking.
3. Drain the rice well, then stir it into the roasted sprouts and pancetta along with the lemon juice, crumbled feta and flat-leaf parsley. Taste and season as needed with sea salt and black pepper, and serve hot.





*Wild Rice Winter Salad with Roasted Brussels Sprouts, Pancetta, Feta & Sunflower Seeds*

# SESAME & GINGER MEATBALLS WITH PAK CHOI, CHILLI & RED RICE

---

Sesame and ginger were made to go with meatballs. These beauties are pepped up with a subtle chilli kick, and you will find that oven roasting gives them a lovely texture. Use all beef mince, a mixture of beef and pork, or lamb if you prefer. These are best eaten straight from the oven.

Serves: 4

Prep: 15 minutes

Cook: 35 – 40 minutes

200g red rice, rinsed

500g good-quality beef mince

3 spring onions, very finely sliced

½ a red chilli, deseeded and finely chopped

5cm ginger, grated

1 clove of garlic, grated

2 tablespoons sesame oil

1 tablespoon sesame seeds

1 teaspoon sea salt

4 pak choi, cut into eighths

## **Dressing**

2½ cm ginger, grated

1 clove of garlic, whole

2 tablespoons sesame oil

1. Preheat the oven to 180°C fan/200°C/gas 6. Tip the rice into a pan with plenty of boiling salted water and simmer for 35–40 minutes, until cooked through.

2. Meanwhile, in a large bowl, work together the mince, spring onions, chilli, ginger, grated garlic, sesame oil, sesame seeds and salt until completely amalgamated, then form into small walnut-sized balls – it should make 24. Pop them into a roasting tin and roast in the oven for 25 minutes, until cooked through and golden brown.

3. Meanwhile, mix together all the dressing ingredients and set aside.

4. Once the meatballs have had 25 minutes, tuck the pak choi into the roasting tin, and return to the oven for a further 5–6 minutes to wilt.

5. Drain the rice well and tip into the tin with the meatballs and pak choi. Pour over the dressing and mix well before serving.

1 lime, zest and juice

2 spring onions, sliced

½ a red chilli, deseeded  
and sliced

1 teaspoon sea salt





*Sesame & Ginger Meatballs with Pak Choi, Chilli & Red Rice*



# FIVE-SPICE DUCK WITH WILD RICE, KALE & GINGER

---

This incredibly satisfying duck and wild rice dish, with its contrast of complementary textures and flavours, is easily scaled up if you're cooking for more than two. Probably one of my favourite recipes in the book.

Serves: 2

Prep: 10 minutes

Cook: 50 minutes

200g mixed basmati and wild rice

350ml water

5cm ginger, grated

2 cloves of garlic, whole

2 teaspoons sea salt

1 star anise

100g kale

1 tablespoon sesame oil

2 duck breasts (approx. 340g)

2 teaspoons Chinese five-spice

½ a red chilli, finely sliced

2 spring onions, finely sliced

1. Preheat your oven to 160°C fan/180°C/gas 4. Mix the rice, water, ginger, garlic and 1 teaspoon of sea salt in a roasting tin, and throw in the star anise.
2. Mix the kale with the sesame oil, then scatter it over the rice.
3. Slash the skin on the duck breasts with a sharp knife, then rub them all over with the remaining teaspoon of sea salt and the five-spice. Place on top of the kale, cover the roasting tin tightly with foil, then transfer to the oven and roast for 40 minutes.
4. Remove the foil and cook uncovered for a further 10 minutes, to allow the kale to crisp up. Allow the duck to rest for 5 minutes out of the oven, then thinly slice and return it to the roasting tin. Scatter over the red chilli and spring onions, and serve hot.



*Five-Spice Duck with Wild Rice, Kale & Ginger*

# SPICED ROAST AUBERGINES & POTATOES WITH COCONUT BASMATI RICE, YOGURT & CORIANDER

---

This is my version of a favourite South Indian dish, where aubergines and potatoes are mixed with oil and sambar powder (the seasoning for a type of dhal made there). The vegetables are then roasted until crisp, in my mother's version, and scattered with plenty of salt. Most of this gets stolen straight from the roasting tin.

Serves: 4

Prep: 10 minutes

Cook: 1 hour

2 aubergines

500g potatoes

2 teaspoons ground coriander

2 teaspoons ground cumin

½ teaspoon chilli powder  
(1 teaspoon if not very strong)

Sea salt

3 tablespoons vegetable oil

300g basmati rice, rinsed

1 × 400ml tin of coconut milk

350ml water

1. Preheat the oven to 180°C fan/200°C/gas 6. Halve the aubergines and potatoes lengthways, then cut the aubergines into 1 cm half-moons and the potatoes into ½ cm half-moons, and transfer to a very large roasting tin.
2. Mix together the ground coriander, cumin, chilli powder and 1 teaspoon of sea salt, then scatter all over the potatoes and aubergines. Drizzle with the vegetable oil, then mix everything together really well with your hands and transfer to the oven to roast for 1 hour.
3. Place the rinsed rice, coconut milk and water in a saucepan with a tight-fitting lid, add a pinch of salt, and stir well. Bring to the boil, stir, then replace the lid and simmer on a very low heat for 15 minutes. Remove the lid, fluff the rice through, replace the lid and leave to steam for a further 5 minutes.
4. Taste and season the cooked aubergines and potatoes. Spoon over the Greek yogurt, scatter over

4–5 tablespoons Greek  
yogurt

15g fresh coriander,  
leaves only

the coriander, and serve immediately with the rice.





*Spiced Roast Aubergines & Potatoes with Coconut Basmati Rice, Yogurt & Coriander*

# OVEN-COOKED BEETROOT RISOTTO

---

A few minutes of light stirring at the beginning, and this vibrantly pink risotto will look after itself in the oven. Perfect to feed a crowd.

Serves: 4 – 6

Prep: 10 minutes

Cook: 1 hour 15 minutes

2 tablespoons olive oil

1 onion, finely chopped

A pinch of sea salt

300g carnaroli rice

400g fresh beetroot,  
grated

100ml white wine

1.5 litres vegetable stock

120g goat's cheese

50g hazelnuts

A handful of rocket

Freshly ground black  
pepper

1. Preheat the oven to 160°C/180°C/gas 4. Heat the oil in a casserole dish, and add the onion and a pinch of salt. Stir briefly, then cover and leave to soften for 10 minutes, stirring once halfway through.
2. Add the carnaroli rice and stir-fry for 1 minute, then add the beetroot. Stir, add the white wine and bubble down for 1 minute, then add the stock.
3. Bring to the boil, then cover and transfer to the oven for 50 minutes.
4. After 40 minutes, top the risotto with the goat's cheese and hazelnuts, then cover and return to the oven for the final 10 minutes.
5. Scatter over the rocket and freshly ground black pepper, and serve immediately.

Note: You will need a casserole dish suitable to use on the hob and in the oven



*Oven-cooked Beetroot Risotto*

# ORZO WITH CHILLI & GARLIC ROASTED BROCCOLI, LEMON, PARMESAN & WALNUTS

---

Orzo is one of my favourite pasta shapes, and it's particularly well suited to oven cooking. If you have any leftover heels of Parmesan, chuck them in with the stock – they will lend the most amazing flavour to the finished dish.

Serves: 3 – 4

Prep: 15 minutes

Cook: 25 – 30 minutes

1 large head of broccoli  
(approx. 375g), cut  
into small florets

1 onion, finely chopped

2 tablespoons olive oil

2 cloves of garlic,  
crushed

1 teaspoon chilli flakes

1 teaspoon sea salt

250g orzo

500ml vegetable stock

50g toasted walnuts

60g Parmesan cheese,  
grated

½ a lemon, zest and juice

100g spinach, roughly  
chopped

1. Preheat the oven to 200°C fan/220°C/gas 7. Mix together the broccoli florets, onion, olive oil, garlic, chilli flakes and sea salt in a roasting tin, then transfer to the oven and roast for 10 minutes.
2. Stir in the orzo and the vegetable stock, cover carefully with foil, then return to the oven for a further 15–20 minutes, until the stock is absorbed. Pop the walnuts on a baking tray in the oven for the last 5 minutes to toast.
3. Remove the foil from the orzo and stir in the Parmesan, lemon zest and juice. Season with more sea salt as needed. Stir in the spinach, then scatter over the toasted walnuts and serve.

Note: If you know your chilli flakes are quite hot, use ½ teaspoon.





*Orzo with Chilli & Garlic Roasted Broccoli, Lemon, Parmesan & Walnuts*

# CRISPY BAKED GNOCCHI WITH TOMATOES, BASIL, MOZZARELLA & PINE NUTS

---

This baked, unashamedly carb-loaded version of an insalata caprese is one of the quickest and easiest dinners in this book. Crispy gnocchi is a revelation – like the best roast potatoes you’ve ever had, but faster. Liz Taylor would have approved.

Serves: 2 as a main (4 as a side/starter)

Prep: 10 minutes

Cook: 30 minutes

500g gnocchi

2 tablespoons olive oil

300g good vine tomatoes, cut into eighths

125g mozzarella, cut into 1 cm chunks

1 large bunch of fresh basil

40g pine nuts

Sea salt and freshly ground black pepper

1. Preheat your oven to 200°C fan/220°C/gas 7.
2. Place the gnocchi in a large bowl and cover with boiling water. Leave to cook for 2 minutes, then drain well.
3. Tip the cooked gnocchi into a roasting tin along with the olive oil, and mix well to evenly coat in the oil. Tuck in the tomatoes, mozzarella and half the basil, season with the sea salt and black pepper, then transfer to the oven and roast for 25 minutes.
4. Five minutes before the gnocchi is ready, scatter the pine nuts over the top to toast.
5. Tear over the rest of the basil leaves, and serve immediately.





*Crispy Baked Gnocchi with Tomatoes, Basil, Mozzarella & Pine Nuts*

# BAKED EGG PASTA FLORENTINE

---

Eggs, spinach and nutmeg are such a comforting combination, and wonderful with pasta. Pepped up with spicy chorizo or sharp feta, this simple traybake is one to pile onto plates and take to the nearest sofa.

Serves: 2

Prep: 10 minutes

Cook: 40 minutes

200g spaghetti

200g young leaf spinach

150g crème fraîche

1 teaspoon sea salt

A good grind of black pepper

A pinch of grated nutmeg

100g roughly chopped chorizo, or feta cheese

4 free-range eggs

½ a lemon, juice only

1. Preheat your oven to 150°C fan/170°C/gas 3. Cook the spaghetti in boiling salted water for 9 minutes, until just al dente.
2. Drain well, reserving a couple of tablespoons of the pasta water, then return the pasta to the pan and stir through the crème fraîche, reserved pasta water, sea salt, black pepper and nutmeg.
3. Taste and add more salt as needed, but bear in mind that the chorizo or feta will also be quite salty. Tip the pasta into a roasting tin, and (this will seem like an impossible task, but bear with it) gradually stir through the fresh spinach. Congratulate yourself, then scatter over half the chorizo or feta.
4. Make four indentations in the pasta and spinach, and crack the eggs in. Scatter over the remaining chorizo or feta, scatter a little more salt, nutmeg and freshly ground black pepper on to the eggs, then transfer to the oven to bake for 25 minutes, until just set.
5. Add a squeeze of lemon juice, and serve immediately.





*Baked Egg Pasta Florentine*

# RIGATONI AL FORNO WITH PANCETTA, ARTICHOKES, CRÈME FRAÎCHE & PARMESAN

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This is my version of Niki Segnit's wonderful pancetta and artichoke pasta in *The Flavour Thesaurus* – both my favourite cookbook, and my favourite pasta dish. This version has marginally less cheese and cream – I would direct you to her book for the unashamedly delicious and rib-sticking original. My amendments over the years are the result of not usually having enough ingredients, rather than any desire to go low-fat.

Serves: 2

Prep: 10 minutes

Cook: 40 minutes

80g cubed pancetta

1 × 280g jar of  
artichokes, drained  
(reserve the oil)

1 white onion, finely  
chopped

200g rigatoni

300ml crème fraîche

10g fresh flat-leaf  
parsley, finely chopped

Sea salt and freshly  
ground black pepper

75g Parmesan cheese,  
grated

50g panko breadcrumbs

1. Preheat the oven to 200°C fan/220°C/gas 7.
2. Mix the pancetta, artichokes and white onion in a roasting tin, along with 1 tablespoon of the reserved artichoke oil, then transfer to the oven and roast for 20 minutes.
3. Meanwhile, bring a large pan of salted water to the boil, then add the pasta and cook for 10 minutes.
4. Drain the pasta well, then remove the roasting tin from the oven and mix well with the softened onion, artichoke and pancetta mixture. Stir in the crème fraîche and flat-leaf parsley, and season well to taste with sea salt and freshly ground black pepper.
5. Scatter over the Parmesan and breadcrumbs and return to the oven for a further 20 minutes, until golden brown and crisp. Serve immediately.

# FENNEL, SAUSAGE & CANNELLINI BEANS WITH TOMATOES & CONCHIGLIETTE

---

This rich, warming all-in-one pasta dish is perfect weekend comfort food. If you can find spicy sausages, they will go particularly well with the fennel and tomatoes.

Serves: 4

Prep: 10 minutes

Cook: 55 minutes

1 onion, finely chopped

1 bulb of fennel, finely chopped

1 × 270g packet of free-range sausages, sliced into ½ cm coins

2 tablespoons olive oil

2 × 400g tins of chopped tomatoes

1 × 400g tin of cannellini beans

2 cloves of garlic, crushed

300g conchigliette

1 sprig of fresh rosemary

3–4 sprigs of fresh oregano

2 teaspoons sea salt

Freshly ground black pepper

1 teaspoon brown sugar

1. Preheat your grill to its highest setting. Tip the onion, fennel and sausages into a roasting tin along with the olive oil, and mix briefly.
2. Transfer to the grill and cook for 10 minutes. Give everything a stir, return to the grill for a further 5 minutes until evenly browned, then remove.
3. Turn off the grill, and preheat your oven to 180°C fan/200°C/gas 6. Add the chopped tomatoes, cannellini beans, crushed garlic, conchigliette, rosemary, oregano, salt, pepper, sugar and water to the sausages and onions, stir well, then return to the oven for a further 40 minutes.
4. Taste and adjust the salt and pepper as needed. Stir in the extra virgin olive oil, and scatter over the oregano and Parmesan just before serving.

500ml water

2 tablespoons extra virgin  
olive oil

A handful of fresh  
oregano leaves

A handful of freshly  
shaved Parmesan  
cheese





# GOAT'S CHEESE, RED PEPPER, MUSHROOM & PESTO FUSILLI TRAYBAKE

---

This is my version of my sister Padmini's favourite traybake. When we were flatmates, we'd cook on alternate nights, and I was always so happy to come home and find this in the oven – a lovely, filling vegetarian main.

Serves: 4

Prep: 15 minutes

Cook: 50 minutes

3 red peppers, roughly  
chopped

500g chestnut or  
portabellini  
mushrooms

3 tablespoons olive oil

4 cloves of garlic,  
smashed

3–4 sprigs of fresh  
rosemary

Sea salt and freshly  
ground black pepper

½ a teaspoon chilli flakes

300g fusilli

2 × 400g tins of chopped  
tomatoes

150g green pesto

A good handful of grated  
Parmesan cheese

240g goat's cheese

1. Preheat the oven to 200°C fan/220°C/gas 7. Tip the peppers, mushrooms, olive oil, garlic, rosemary, 2 teaspoons of sea salt and the chilli flakes into a really large roasting tin and mix well. Transfer to the oven and roast for 20 minutes.

2. Meanwhile, bring a large pan of salted water to the boil, and cook the fusilli for 11 minutes before draining well.

3. Add the fusilli and chopped tomatoes to the tin along with a good couple of pinches of sea salt, and mix well. Dollop over the pesto, and scatter over the Parmesan and goat's cheese. Return to the oven for a further 30 minutes until golden and bubbling.



*Goat's Cheese, Red Pepper, Mushroom & Pesto Fusilli Traybake*



## SUPERGRAINS

COOKED IN THE ROASTING TIN ALONG WITH THE OTHER INGREDIENTS AND STOCK, THESE GRAINS TAKE ON ALL THE FLAVOUR OF YOUR TRAYBAKE WITH MINIMUM EFFORT.



6

## SUPERGRAINS

## CHOOSE YOUR GRAINS

QUINOA  
RED, WHITE, BLACKCOUS COUS  
GIANT/ORDINARY

PEARL BARLEY



BULGUR WHEAT



SPELT



BUCKWHEAT



FARRO



OATS

## ADD VEGETABLES



ARTICHOKES IN OIL



CARROT



PARSNIP



BROCCOLI



MUSHROOM



CAULIFLOWER



SWEET POTATO



GARLIC



RED PEPPER



TOMATO



RED ONION

## ADD PROTEIN



LAMB



CHORIZO



GOAT'S CHEESE



FETA



HALLOUMI



CHEDDAR



GORGONZOLA  
PICCANTE



PARMESAN

## ADD TEXTURE



PISTACHIOS



APRICOTS



PINE NUTS



HAZELNUTS

## GREENS



BASIL



ROCKET



SPINACH



MINT

# Recipe List

Super-simple Salmon à la Pesto with Giant Cous Cous, Watercress & Lemon

Roasted Mushrooms with Artichokes, Basil & Giant Cous Cous

Bulgur Wheat with Roasted Red Peppers, Tomatoes, Feta & Pine Nuts

Fresh Tuna, Spring Onions, Mango & Coriander with Quinoa

Cauliflower & Broccoli & Goat's Cheese Hazelnut Crumble

Honey-Roasted Carrots & Parsnips with Quinoa & Rocket

Roast Lamb with Apricots, Pistachios, Mint & Pearl Barley

Roasted Aubergine with Squash, Halloumi, Mint & Bulgur Wheat

Spelt with Chorizo, Sweet Potato, Red Onion & Spinach







## ROASTING TIMES FOR GRAINS

GRAINS	PREHEATED OVEN	SUGGESTED TIMINGS
<b>QUINOA</b> (120g quinoa plus 360ml water or stock, covered)	<b>200°C FAN/220°C/GAS 7</b>	<b>20 MINUTES</b>
<b>GIANT COUS COUS</b> (200g giant cous cous plus 425ml stock, covered)	<b>180°C FAN/200°C/GAS 6</b>	<b>20 MINUTES</b>
<b>COUS COUS</b> (200g wholewheat cous cous plus 250ml stock, covered)	<b>160°C FAN/180°C/GAS 5</b>	<b>10 MINUTES</b>
<b>PEARL BARLEY</b> (150g pearl barley plus 350ml water or stock, covered)	<b>150°C FAN/170°C/GAS 3</b>	<b>1 HOUR</b>
<b>BULGUR WHEAT</b> (200g bulgur wheat plus 400ml water or stock, covered)	<b>180°C FAN/200°C/GAS 6</b>	<b>15 MINUTES</b>
<b>SPELT</b> (150g spelt plus 350ml water or stock, covered)	<b>150°C FAN/170°C/GAS 3</b>	<b>1 HOUR</b>
<b>BUCKWHEAT</b> (140g buckwheat, 320ml water or stock, covered)	<b>150°C FAN/170°C/GAS 3</b>	<b>30 MINUTES</b>
<b>FARRO</b> (150g quick cook farro plus 350ml water or stock, covered)	<b>180°C FAN/200°C/GAS 6</b>	<b>30 MINUTES</b>

# SUPER-SIMPLE SALMON À LA PESTO WITH GIANT COUS COUS, WATERCRESS & LEMON

---

Salmon à la pesto was an absolute university staple. This version adds a quick-cook carb in the same roasting tin, so you don't have to worry about a side dish to go with it. Peppery watercress makes a great match for the salmon, but you could also use spinach or rocket.

Serves: 2

Prep: 5 minutes

Cook: 20 minutes

200g giant wholewheat  
cous cous

400ml vegetable stock

2 lemons, zest and juice

2 salmon fillets, skinned  
(approx. 200g each)

2 tablespoons of your  
favourite pesto (I like  
the fresh bought kind)

20g pine nuts, roughly  
chopped

100g watercress, roughly  
chopped

Sea salt and freshly  
ground black pepper

1. Preheat the oven to 180°C fan/200°C/gas 6. Pop the giant cous cous into a roasting tin along with the vegetable stock and lemon zest.
2. Place the salmon fillets on top of the cous cous, and spread the pesto over each fillet. Press the pine nuts over the top of the pesto, cover the dish tightly with foil, then transfer to the oven and bake for 20 minutes.
3. Remove the salmon fillets from the roasting tin and stir the chopped watercress through the cous cous. Season it to taste with the lemon juice, sea salt and freshly ground black pepper, and serve with the salmon.



*Super-simple Salmon à la Pesto with Giant Cous Cous, Watercress & Lemon*

# ROASTED MUSHROOMS WITH ARTICHOKES, BASIL & GIANT COUS COUS

---

This dish is almost guaranteed to become a weeknight staple, but it's certainly special enough to make if you've got people to lunch at the weekend too. Giant cous cous (wholewheat is much nicer) provides the perfect textural foil to the lemony mushrooms and artichokes. Add crumbled goat's cheese or feta at the end for extra protein if you wish.

Serves: 4

Prep: 10 minutes

Cook: 20 minutes

250g chestnut  
mushrooms, halved

280g jarred artichokes in  
olive oil, drained

1 onion, finely sliced

2 cloves of garlic,  
crushed

2 tablespoons olive oil  
(from the artichoke jar)

200g giant wholewheat  
cous cous

425ml vegetable stock

2 tablespoons Greek  
yogurt

1 lemon, juice only

Sea salt

A large handful of fresh  
basil, roughly torn

1. Preheat your oven to 180°C fan/200°C/gas 6. Place the mushrooms, artichokes, onion, garlic, artichoke oil and cous cous in a roasting tray, and give everything a really good stir to coat it in the oil. Add the vegetable stock, stir, cover tightly with foil, then transfer it to the oven and cook for 20 minutes.
2. Remove the foil once cooked, and stir in the yogurt and lemon juice. Taste and season with sea salt as needed, and stir in the basil just before serving.





# BULGUR WHEAT WITH ROASTED RED PEPPERS, TOMATOES, FETA & PINE NUTS

---

The roasted tomatoes and peppers create their own dressing for this quick bulgur wheat salad, so there's no need to add extra, though a squeeze of lemon juice won't go amiss if you feel a citrus kick is called for. If you prefer your roasted red peppers less al dente and more charred, by all means stick them in the oven by themselves for 15 minutes before adding the cherry tomatoes and garlic.

Serves: 4

Prep: 5 minutes

Cook: 35 minutes

2 red peppers, cut into  
chunks

300g cherry tomatoes

4 cloves of garlic, skin on

2 tablespoons olive oil

Sea salt and freshly  
ground black pepper

40g pine nuts

200g bulgur wheat

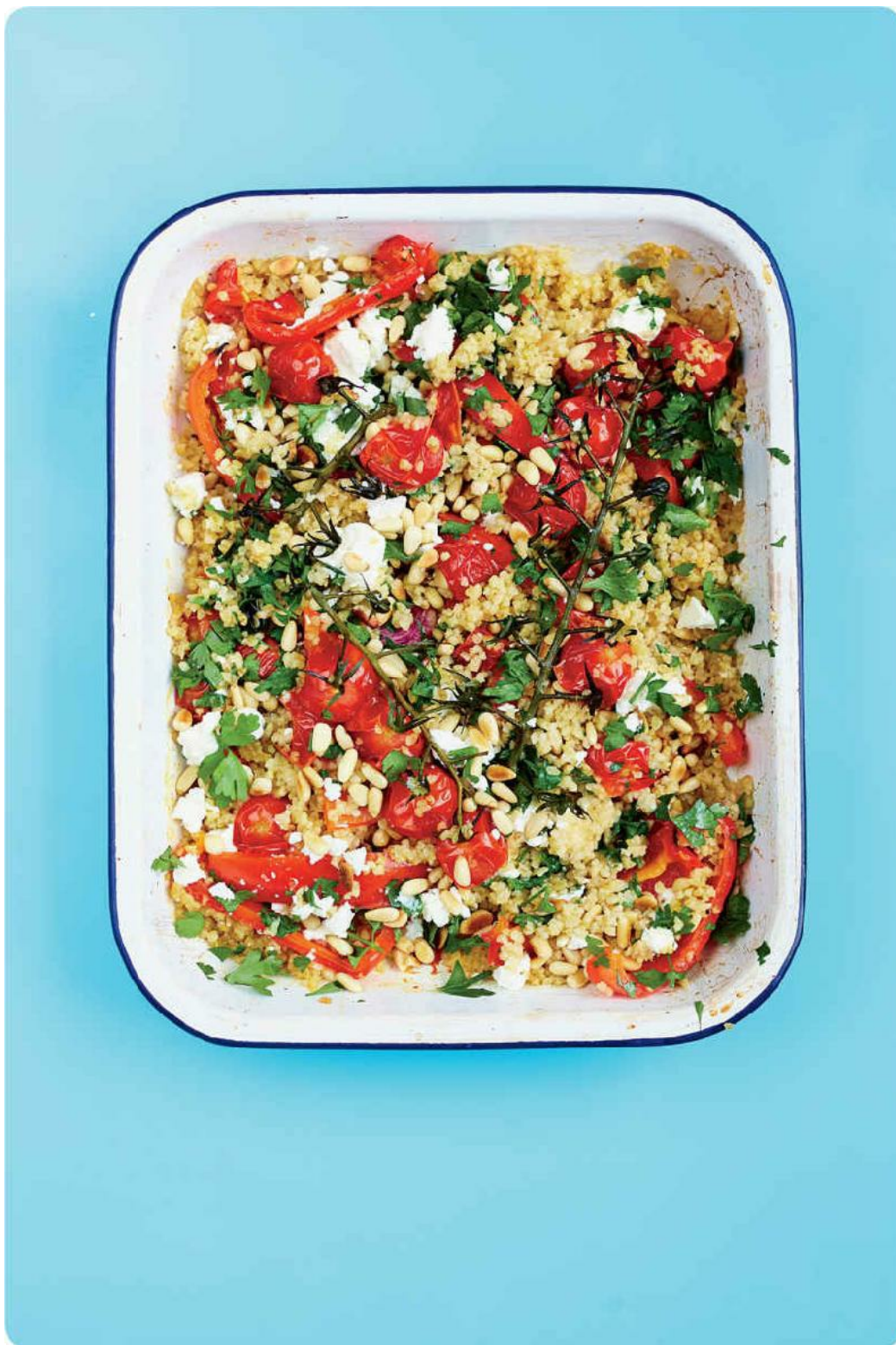
400ml vegetable stock

100g feta cheese

Fresh flat-leaf parsley,  
basil or other soft  
herbs

1. Preheat your oven to 180°C fan/200°C/gas 6. Place the red peppers, cherry tomatoes and garlic cloves in a large roasting tin, drizzle with the olive oil, and sprinkle with sea salt and freshly ground black pepper. Place in the preheated oven and roast for 15 minutes. Scatter over the pine nuts, then return to the oven for a further 5 minutes.
2. Tip the bulgur wheat into the roasting tin and gently stir it through the peppers and tomatoes. Add the stock and mix well so that the bulgur wheat is submerged. Cover tightly with foil, then return to the oven for a further 15 minutes.
3. Remove the foil and scatter the feta cheese and herbs over the salad. Taste and season with sea salt and black pepper as needed, and serve hot.





*Bulgur Wheat with Roasted Red Peppers, Tomatoes, Feta & Pine Nuts*



# FRESH TUNA, SPRING ONIONS, MANGO & CORIANDER WITH QUINOA

---

This quick, fresh fish recipe combines an Asian dressing with mango and quinoa for a light but flavourful dinner. Use a fairly firm mango, as it will be easier to slice.

Serves: 2

Prep: 10 minutes

Cook: 25 – 30 minutes

120g quinoa, rinsed well  
(red and white is nice  
for the colour)

360ml boiling water

Sea salt

1 lime, zest and juice

2 spring onions, very  
finely sliced

½ a red chilli, finely  
chopped

1 tablespoon fish sauce

1 tablespoon soy sauce

1 tablespoon sesame oil

10g fresh coriander,  
finely chopped

2 tuna steaks

1 teaspoon sesame oil

1 teaspoon sesame seeds  
(black if available)

1 mango, thinly sliced

1. Preheat the oven to 200°C fan/220°C/gas 7. Place the quinoa in a roasting tin and cover with the boiling water. Stir in a teaspoon of sea salt and the lime zest, cover well with foil and transfer to the oven for 20 minutes.
2. Meanwhile, make the dressing – mix together the spring onions, red chilli, fish sauce, soy sauce, sesame oil, lime juice and coriander. It will taste quite strong, but bear in mind it will be mixed through all the quinoa later.
3. Remove the foil from the roasting tin and place the tuna steaks on top of the quinoa, drizzling each steak with a little sesame oil, and sprinkling with a pinch of sea salt and the sesame seeds. Return to the oven for 5 minutes for tuna that's nice and pink on the inside, 7–8 minutes if you prefer it cooked through.
4. Once cooked, remove the tuna and slice it. Return it to the roasting tin along with the sliced mango, and cover everything well with the dressing. Serve warm.



*Fresh Tuna, Spring Onions, Mango & Coriander with Quinoa*

# CAULIFLOWER & BROCCOLI & GOAT'S CHEESE HAZELNUT CRUMBLE

---

This warming, comforting dish is a wonderful vegetarian main. You could definitely substitute Stilton or feta for the goat's cheese if you prefer.

Serves: 4

Prep: 15 minutes

Cook: 45 minutes

1 medium cauliflower,  
cut into large florets  
1 medium head of  
broccoli, cut into large  
florets  
2 cloves of garlic,  
crushed  
3 tablespoons olive oil  
Sea salt and freshly  
ground black pepper  
50g hazelnuts, very  
roughly chopped  
50g butter, cubed  
50g oats  
40g panko breadcrumbs  
150ml double cream or  
crème fraîche  
125g soft goat's cheese,  
crumbled

1. Preheat your oven to 200°C fan/220°C/gas 7. Place the cauliflower and broccoli florets in a large bowl, then cover with boiling water and leave for 2 minutes before draining well.
2. Tip all the florets into a roasting tin and add the garlic, olive oil, and a good couple of pinches of sea salt and freshly ground black pepper. Mix well with your hands, then transfer to the oven and roast for 15 minutes.
3. Meanwhile, mix together the hazelnuts, butter, oats, panko breadcrumbs, 2 teaspoons of sea salt and a good grind of black pepper and work together until the butter is evenly incorporated.
4. Once the florets have had 15 minutes, take them out of the oven, mix in the cream or crème fraîche and top with the crumbled goat's cheese. Scatter over the crumble topping, then return to the oven and bake for a further 30 minutes, until golden brown and crisp.





*Cauliflower & Broccoli & Goat's Cheese Hazelnut Crumble*



# HONEY-ROASTED CARROTS & PARSNIPS WITH QUINOA & ROCKET

---

This smoky, caramelised all-in-one quinoa salad – if you are a fan of quinoa or salad – is perfect for dinner and then a lunchbox the following day.

Serves: 4 – 6

Prep: 10 minutes

Cook: 1 hour

3 carrots, peeled and cut into 1 cm wedges  
3 parsnips, peeled and cut into 1 cm wedges  
4 cloves of garlic, unpeeled and bashed  
2 large sprigs of fresh rosemary  
2 bay leaves  
1 tablespoon honey  
2 tablespoons olive oil  
2 teaspoons sea salt  
Freshly ground black pepper  
240g quinoa, rinsed well (red and white is nice, for the colour)  
720ml boiling water  
1 tablespoon extra virgin olive oil  
60g wild rocket, washed  
½ a lemon, juice only

1. Preheat the oven to 170°C fan/190°C/gas 5. Put the carrots, parsnips, garlic, rosemary, bay leaves, honey, olive oil, salt and pepper into a roasting tin, give it all a good mix with your hands, then transfer to the oven and roast for 1 hour.
2. After 40 minutes, stir in the quinoa and the water, scraping the bottom of the roasting tin well. Cover with foil, then return to the oven for the final 20 minutes.
3. Remove the foil, fluff up the quinoa with a fork, and leave to steam dry for 5 minutes. Drizzle over the extra virgin olive oil, taste and season with more sea salt and lemon juice as needed, then stir through the rocket and serve hot or cold.



*Honey-Roasted Carrots & Parsnips with Quinoa & Rocket*

# ROAST LAMB WITH APRICOTS, PISTACHIOS, MINT & PEARL BARLEY

---

The pearl barley takes on all the flavour from the slow-cooked lamb and spices in this substantial dish, with the apricots bringing a balancing sweetness. It's even better warmed through the next day.

Serves: 4

Prep: 15 minutes

Cook: 1 hour

4 lamb rump steaks  
(approx. 500g)

2 tablespoons olive oil

2 teaspoons ras el hanout

Sea salt and freshly  
ground black pepper

4 cloves of garlic,  
crushed

250g dried apricots

2 red onions, very thinly  
sliced

150g pearl barley, rinsed

350ml chicken stock

30g pistachio nuts,  
roughly chopped

A small handful of fresh  
mint, chopped

½ a lemon, juice only

1. Preheat the oven to 150°C fan/170°C/gas 3. Rub the lamb steaks with the olive oil, ras el hanout, 1 teaspoon of sea salt and half the garlic, and set aside.

2. In a roasting tin, mix together the dried apricots, red onions, remaining garlic, pearl barley and chicken stock. Place the spiced lamb steaks on top, cover the dish tightly with foil, then transfer to the oven and cook for 1 hour.

3. In the meantime, mix together the pistachios and mint. Once cooked, taste the pearl barley and season as required with salt, pepper and lemon juice.

4. Scatter the pistachios and mint over the lamb and pearl barley just before serving.

Note: If you prefer, slice up the cooked lamb steaks and stir them through the pearl barley. Make sure to let them rest for 10 minutes after the dish comes out the oven.





*Roast Lamb with Apricots, Pistachios, Mint & Pearl Barley*



# ROASTED AUBERGINE WITH SQUASH, HALLOUMI, MINT & BULGUR WHEAT

---

Cooking the bulgur wheat in the roasting tin along with the vegetables ensures that the grains pick up all the wonderful flavours from the tin. This makes a filling vegetarian main, and also works very well in lunchboxes.

Serves: 4

Prep: 15 minutes

Cook: 1 hour

700g squash (about ½ a large squash), cut into 1cm cubes

1 large aubergine, cut into 1 cm cubes

250g halloumi, cut into 1 cm cubes

3 tablespoons olive oil

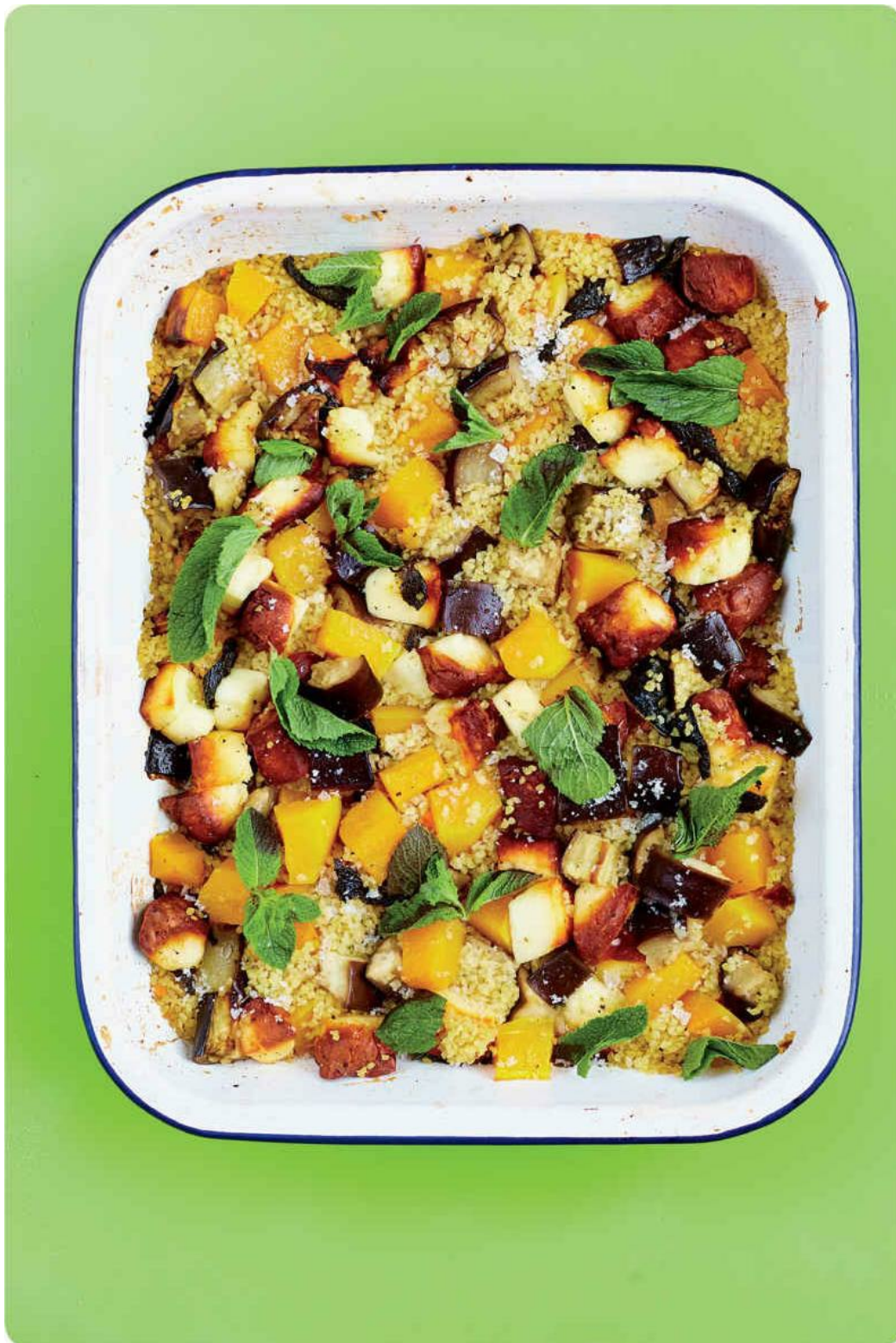
1 medium bunch of fresh mint

A good pinch of sea salt and freshly ground black pepper

200g bulgur wheat

400ml vegetable stock

1. Preheat your oven to 180°C fan/200°C/gas 6. Mix the squash, aubergine, halloumi, olive oil, half the mint and a good pinch of sea salt and freshly ground black pepper together in a roasting tin, then transfer to the oven and roast for 45 minutes.
2. Tip the bulgur wheat into the roasting tin and give it a good stir with the vegetables and oil. Add the stock and mix well so that the wheat is submerged in the stock. Cover tightly with foil, then return to the oven for a further 15 minutes.
3. Let it stand, covered, for a further 5 minutes before serving hot or cold, scattered with the remaining mint.



*Roasted Aubergine with Squash, Halloumi, Mint & Bulgur Wheat*

# SPELT WITH CHORIZO, SWEET POTATO, RED ONION & SPINACH

---

A robust, substantial autumnal dinner – any leftovers will make for a really superior lunchbox. Use pearl barley if more readily available than spelt.

Serves: 4

Prep: 10 – 15 minutes

Cook: 1 hour

150g spelt or pearl  
barley, rinsed

350g chicken stock

2 large sweet potatoes,  
peeled and cut into 2½  
cm chunks

1 red onion, peeled and  
quartered

5 cloves of garlic, skin on

225g cooking chorizo,  
cut into 2 cm chunks

1 tablespoon olive oil

300g spinach, roughly  
chopped

1 lemon, juice only

Sea salt and freshly  
ground black pepper

1. Preheat the oven to 160°C fan/180°C/gas 4. In a roasting tin, mix together the spelt or pearl barley, chicken stock, sweet potato chunks, onion and garlic. Rub the chorizo with the olive oil and scatter over the pearl barley mixture.
2. Cover the dish tightly with foil, then transfer to the oven and cook for 1 hour.
3. Remove the foil and stir in the spinach. Season to taste with the lemon juice, sea salt and freshly ground black pepper, and serve hot.





*Spelt with Chorizo, Sweet Potato, Red Onion & Spinach*





## ROASTED FRUIT

THE QUICKEST OF DESSERTS - USE WHAT'S IN SEASON ALONG WITH A FEW FLAVOURINGS FOR A SIMPLE, DELICIOUS PUDDING OPTION.

7

# ROASTED FRUIT

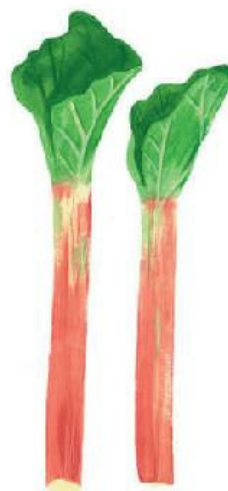
CHOOSE YOUR FRUIT



PINEAPPLE



PLUMS



RHUBARB



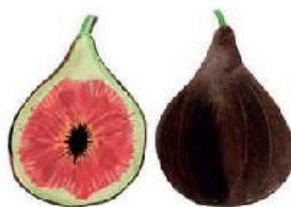
APRICOT



APPLE



APRICOT



FIG



PEACH



BLACKBERRY



## ADD FLAVOURINGS



ROSEMARY



LAVENDER



CARDAMOM



CHILLI



CINNAMON



THYME



GINGER

## OPTIONAL

### FRUIT TARTS



PASTRY

### FRUIT BREAD-&-BUTTER PUDDINGS



BRIOCHE



PAIN AU CHOCOLAT



CROISSANT

### COBBLERS



SCONE DOUGH

### CRUMBLE TOPPINGS



CRUMBLE TOPPING



AMARETTI



# Recipe List

Amaretti Roasted Nectarines

Honey-Roasted Figs with Raspberries & Rose

Date & walnut Cinnamon Stuffed Roasted Apples

Roasted Apricots with Lavender & Rosewater Crème Fraîche

Spiced Pears with Almond Chocolate Crème Fraîche

Roasted Pineapple with Chilli Syrup

Sticky Date, Treacle & Coconut Tart

Plum & Rosemary Puff Tart

Fig & Frangipane Tart

Orange-Scented Peach Cobbler

Rhubarb & Ginger Oat Crumble

Chocolate Apple Brioche Pudding

Mango & Coconut Rice Pudding



# ROASTING TIMES FOR FRUIT

FRUIT	PREHEATED OVEN	SUGGESTED TIMINGS
NECTARINES (stoned, halved)	160 °C FAN/180 °C/GAS 4	25 - 30 MINUTES
APRICOTS (stoned, halved)	160 °C FAN/180 °C/GAS 4	25 - 30 MINUTES
PLUMS (stoned, halved)	160 °C FAN/180 °C/GAS 4	25 - 30 MINUTES
PEACHES (do you dare?)	160 °C FAN/180 °C/GAS 4	25 - 30 MINUTES
FIGS (halved)	160 °C FAN/180 °C/GAS 4	20 MINUTES
RASPBERRIES	160 °C FAN/180 °C/GAS 4	20 MINUTES
BLACKBERRIES	160 °C FAN/180 °C/GAS 4	20 MINUTES
APPLES (whole, cored)	150 °C FAN/170 °C/GAS 3	40 - 45 MINUTES
PEARS (halved, covered in wine)	150 °C FAN/170 °C/GAS 3	40 MINUTES
RHUBARB (covered, add some sugar)	160 °C FAN/180 °C/GAS 4	45 MINUTES
PINEAPPLE (cut into eighths)	160 °C FAN/180 °C/GAS 4	1 HOUR

# AMARETTI ROASTED NECTARINES

---

This simple, elegant Italian dessert, suggested by this book's equally elegant art director and designer, Pene. is best made with perfectly ripe nectarines. If you have a sweet tooth, add a little sugar before stuffing them with the amaretti biscuits – but they're just as lovely without.

Serves: 4

Prep: 10 minutes

Cook: 20 – 25 minutes

500g nectarines, halved  
and stoned

1 tablespoon dark brown  
sugar (optional)

80g soft amaretti biscuits,  
crumbled

4–5 tablespoons  
mascarpone, to serve

1. Preheat your oven to 160°C fan/180°C/gas 4. Place the halved nectarines in a roasting tin, cut side up. Sprinkle with the dark brown sugar, if using, then stuff each cavity with the crumbled amaretti biscuits.
2. Transfer the roasting tin to the oven and roast for 20–25 minutes, until the nectarines are soft and the tops of the amaretti biscuits are crunchy.
3. Serve immediately, with the mascarpone alongside.



# HONEY-ROASTED FIGS WITH RASPBERRIES & ROSE

---

Sometimes the simplest desserts are the best. These rose-scented figs are as good for breakfast as they are to finish dinner, and taste unmistakably like Turkish delight.

Serves: 4

Prep: 5 minutes

Cook: 20 minutes

8 figs, halved

150g raspberries

1 teaspoon rosewater

40g honey

4 tablespoons Greek  
yogurt or crème  
fraîche, to serve

1. Preheat your oven to 160°C fan/180°C/gas 4.
2. Place the figs and raspberries into a roasting tin, and mix together the rosewater and the honey. Drizzle over the fruit, then transfer to the oven and roast for 20 minutes.
3. Serve the fruit hot, with the yogurt or crème fraîche alongside.







*Honey-roasted Figs with Raspberries & Rose*

# DATE & WALNUT CINNAMON STUFFED ROASTED APPLES

---

I have something of a fear of apple corers, but if you are feeling brave (as I encourage myself to be when I want a nice autumn pudding) I can think of few things nicer than these sticky date & walnut cinnamon-stuffed apples. Serve with ice cream or lightly sugared mascarpone on the side.

Serves: 5

Prep: 10 minutes

Cook: 40 – 45 minutes

5 small eating apples  
(e.g. Braeburns)

25g butter, softened

½ teaspoon cinnamon

2 tablespoons dark brown  
sugar

80g dates, finely chopped

40g walnuts, finely  
chopped

1 teaspoon fresh thyme  
leaves

A few whole sprigs of  
fresh thyme

1. Preheat the oven to 150°C fan/170°C/gas 3. Core the apples with extreme care and place in a snug roasting tin. Mash the butter, cinnamon and dark brown sugar together, then mix well with the chopped dates, walnuts and thyme leaves.
2. Stuff each apple with the date mixture and place the extra thyme sprigs on the top, then transfer to the oven and roast for 40–45 minutes, until soft.
3. Serve hot, with ice cream or mascarpone.



# ROASTED APRICOTS WITH LAVENDER & ROSEWATER CRÈME FRAÎCHE

---

My friend Christine first introduced me to cooking with lavender, which works as beautifully here with fruit as it does in her signature lavender scones. As with all very simple recipes, the quality of the ingredients is important – use the best, ripest apricots you can find.

Serves: 2 – 4

Prep: 10 minutes

Cook: 25 – 35 minutes

8 apricots, stoned and  
halved

4 tablespoons light brown  
or dark brown sugar

16 sprigs of fresh  
lavender

150g crème fraîche

½ teaspoon rosewater

1 tablespoon icing sugar

1. Preheat your oven to 160°C fan/180°C/gas 4.
2. Place the apricots cut side up in a roasting tin and cover generously with the sugar. Put a lavender sprig on each apricot half, then transfer to the oven and roast for 25 minutes if the apricots are quite ripe, 35 minutes if they're less yielding.
3. Meanwhile, mix together the crème fraîche, rosewater and icing sugar. Taste and add a little more rosewater by the drop as needed.
4. Serve the hot apricots with rosewater crème fraîche alongside.







*Roasted Apricots with Lavender & Rosewater Crème Fraîche*



# SPICED PEARS WITH ALMOND CHOCOLATE CRÈME FRAÎCHE

---

If you make no other dessert from this book, make this. The chocolate in the almond crème fraîche melts on contact with the hot, yielding, syrupy pears – words fail. Try it and see.

Serves: 4

Prep: 10 minutes

Cook: 40 minutes

4 Williams pears, halved

1 cinnamon stick

1 star anise

8 cardamom pods, lightly crushed

375ml muscat or preferred sweet white wine

2 tablespoons honey

75g ground almonds

250g crème fraîche

40g dark chocolate (70% cocoa solids minimum), finely grated

1 tablespoon icing sugar

1. Preheat your oven to 150°C fan/170°C/gas 3. Place the halved pears, cinnamon, star anise, cardamom pods and muscat in a roasting tin, then cover with foil.
2. Transfer to the oven and bake for 20 minutes, then remove the foil and turn the pears over. Drizzle with the honey, then bake for a further 20 minutes, uncovered.
3. Meanwhile, mix the ground almonds, crème fraîche, grated chocolate and icing sugar together and set aside.
4. Serve the pears immediately, with the poaching wine and almond chocolate crème fraîche alongside (see [here](#)).



*Spiced Pears with Almond Chocolate Crème Fraîche*

# ROASTED PINEAPPLE WITH CHILLI SYRUP

---

Apart from the light topiary involved in preparing a whole pineapple, this is such an easy and delicious dessert. It's fancy enough to make for guests, but quick enough to make for yourself, for those days when you've been seduced into buying a whole pineapple, but haven't mustered the courage to deal with it yet. Serve it with good-quality bought vanilla ice cream on the side.

Serves: 4

Prep: 10 minutes

Cook: 1 hour

1 large fresh pineapple

125g caster sugar

1 red chilli, finely sliced

1. Preheat the oven to 160°C fan/180°C/gas 4. Leaving the leaves intact, remove the base from the pineapple, then cut it into eighths before slicing off the core from each.
2. Place the pineapple slices in a roasting tin, transfer to the oven and roast for 1 hour.
3. Meanwhile, place the sugar in a small saucepan and pour over just enough cold water to cover it. Stir constantly on a low heat until the sugar has dissolved, then stop stirring and increase the heat. Let the syrup bubble for 2–3 minutes without stirring, then stir in the sliced chilli.
4. 15 minutes before the pineapple is ready, baste the pineapple with half the chilli syrup to encourage it to caramelize.
5. Once cooked, serve the hot pineapple with the remaining chilli syrup drizzled over, and vanilla ice cream on the side.



*Roasted Pineapple with Chilli Syrup*







## FRUIT PLUS

ADD PASTRY OR SCONE DOUGH FOR AN INFINITE VARIETY OF FRUIT TARTS AND COBBLERS, OR USE CROISSANTS, ROASTED FRUIT AND CUSTARD FOR RICH FRUITED BREAD-&-BUTTER PUDDINGS.

# STICKY DATE, TREACLE & COCONUT TART

---

There's something about medjool dates that recalls the sticky, toffee-like fruit that grows in the Narnia of the *The Magician's Nephew*. They're so tactile and yielding and lovely. If you can bear to cook with them instead of eating them greedily from the box, try this recipe.

Serves: 6

Prep: 10 minutes

Cook: 25 – 30 minutes

50g butter

2 bay leaves

300g medjool dates,  
stoned and torn in half

1 tablespoon black  
treacle

60ml water

1 × 320g sheet of puff  
pastry

30g flaked coconut (use  
dessicated if flaked not  
available)

1. Preheat the oven to 180°C fan/200°C/gas 6. Heat the butter in a saucepan and add the bay leaves. Cook for 1 minute on a low heat until aromatic, then add the dates, treacle and water.
2. Stir continuously for 2–3 minutes, until the dates have melted into a smooth paste. Tip into a bowl and leave to cool down for 5 minutes.
3. Unroll the pastry and place in a lined roasting tin. Spread the date mixture over the pastry, leaving a 2cm border around the edges. Trim any excess pastry and reserve for pinwheels (see [note](#)).
4. Scatter over the coconut, then transfer to the oven and bake for 25-30 minutes, until the pastry is golden brown. Serve hot, with vanilla ice cream.

Note: If you haven't made pinwheels before, firstly, 'why?', secondly, scatter the unused pastry with your choice of cheese (Parmesan and black pepper is good), or pesto, jam, or Nutella, roll up like a swiss roll, cut into 1cm slices then lay out on a lined baking sheet, bake for 25 minutes at the temperature above. Serve with prosecco.



# PLUM & ROSEMARY PUFF TART

---

Plums and rosemary are such a lovely flavour match. Combined with brown sugar and a little cinnamon, the resulting smoky, caramelised fruit makes this tart to my mind one of the very best things to come out of the book. Do use dark brown sugar here, not caster, for a treacly and utterly moreish depth of flavour.

Serves: 4 generously or 6  
after a large meal

Prep: 10 minutes

Cook: 25 – 30 minutes

1 × 320g sheet of puff  
pastry

400g plums, halved and  
stoned

75g dark brown sugar

1 sprig of fresh rosemary,  
leaves finely chopped

1 teaspoon cinnamon

2–3 whole sprigs of fresh  
rosemary

1. Preheat the oven to 200°C fan/220°C/gas 7. Unroll the sheet of puff pastry into a lined roasting tin, then top with the halved plums, cut side up, leaving a 2cm border around the edge. (Trim the pastry as needed and reserve for pinwheels – see [note](#).)
2. Mix together the dark brown sugar, chopped rosemary and cinnamon, then scatter this mixture generously over the plums. Break up the rest of the rosemary sprigs and scatter them over the top, then pinch the corners of the pastry together to form a border.
3. Transfer to the oven and roast for 25–30 minutes until the pastry is golden brown, and serve hot, with vanilla ice cream.





*Plum & Rosemary Puff Tart*



# FIG & FRANGIPANE TART

---

Figs and rich almond frangipane are the perfect match – but don't despair if figs aren't in season. Follow the chart on [here](#) and create your own version using raspberries, or sliced apricots, pears, or a layer of raspberry jam and flaked almonds as a nod to a Bakewell tart.

Serves: 6

Prep: 10 minutes

Cook: 30 minutes

75g butter

75g caster sugar

100g ground almonds

50g flour

2 eggs

1 × 320g sheet of puff  
pastry

5 fresh figs, quartered

1. Preheat the oven to 180°C fan/200°C/gas 6. If you don't have a food processor, beat the butter and sugar together until light and fluffy, then stir in the ground almonds and flour. If you do have a food processor, stick everything in together and blitz. Add the eggs one at a time, beating or blitzing well after each egg, until the mixture is completely smooth.
2. Unroll the puff pastry into a lined roasting tin, and spread the frangipane mixture all over it, leaving a 2cm border around the edges. Pinch together the corners of the pastry to raise the edges. Top with the quartered figs, then transfer to the oven.
3. Bake for 30 minutes, until the top is puffed up and evenly golden brown. (It will rise in an interesting way, but subside on cooling.) Serve warm.



# ORANGE-SCENTED PEACH COBBLER

---

As befits an American-inspired dish, this fruit cobbler is unashamedly generous, and the orange and almond scone topping is, like Mr Bingley, extremely agreeable. Any leftovers will make an excellent breakfast.

Serves: 6

Prep: 15 minutes

Cook: 30 – 40 minutes

1kg peaches, stoned and quartered

500g blueberries or blackberries

1 teaspoon orange flower water (or 1 tablespoon orange juice)

200g self-raising flour

50g ground almonds

1½ teaspoons cream of tartar

¼ teaspoon bicarbonate of soda

50g caster sugar

1 orange, zest only

40g butter, cut into small cubes

120ml milk

1 tablespoon caster sugar

Clotted cream, to serve

1. Preheat your oven to 160°C fan/180°C/gas 4. Mix the peaches, blueberries or blackberries and orange flower water or juice in a roasting tin, and set aside.
2. Stir the flour, ground almonds, cream of tartar, bicarb, caster sugar and orange zest together in a large mixing bowl, then add the cubed butter. Work it into the flour with your hands until the mixture looks like fine sand, then make a well in the centre and pour in the milk, mixing with a fork and then your hands until you have a firm, very slightly sticky dough.
3. Break off walnut-sized portions of dough, pat them down into rounds and arrange them over the peaches and blackberries. Scatter the tablespoon of sugar over the top of the scones and fruit, then transfer to the oven and bake for 30-40 minutes. (If your peaches aren't perfectly ripe, this will take a little longer.) Serve hot, with clotted cream.

Note: If you prefer a less rustic, rock-cake appearance, brush the top of the cobbler dough with beaten egg before scattering over the sugar.





*Orange-Scented Peach Cobbler*

# RHUBARB & GINGER OAT CRUMBLE

---

I don't think it's possible to have too much ginger with rhubarb, and this version of the classic uses fresh ginger with the fruit, and ground ginger in the topping. If you're anything like me, you'll burn your tongue on it out of unrestrained greed as soon as it comes out of the oven - but try not to – it's worth waiting five minutes for.

Serves: 6 – 8

Prep: 15 minutes

Cook: 45 minutes

800g rhubarb, roughly  
chopped

5cm ginger, grated

1 orange, zest and juice

150g caster sugar

50g oats

50g butter

50g flour

50g dark brown sugar

1 teaspoon ground ginger

1. Preheat the oven to 180°C fan/200°C/gas 6. Mix the rhubarb, grated ginger, orange zest and juice and caster sugar together in a roasting tin, cover with foil, then transfer to the oven and roast for 15 minutes.
2. Meanwhile, work the oats, butter, flour, dark brown sugar and ground ginger together until roughly combined.
3. Remove the foil from the rhubarb and give the fruit a good stir, then scatter over the crumble topping. Return to the oven for a further 30 minutes, until golden brown and crisp on top.
4. Serve hot, with custard or ice cream – it's also lovely, like Bridget Jones, just the way it is.





*Rhubarb & Ginger Oat Crumble*

# CHOCOLATE APPLE BRIOCHE PUDDING

---

If Marie Antoinette had written a guide to cooking, I'm fairly sure she'd say that this recipe, based on my friend Sophia's, is a wonderful way to use up leftover brioche. Suffice to say it's bread-and-butter pudding on acid – and your kitchen will smell suitably decadent once you start stirring together the melted butter, sugar and apples too.

Serves: 6 – 8

Prep: 10 minutes

Cook: 30 – 35 minutes

280g brioche rolls

100g dark chocolate,  
roughly chopped  
(alternatively use  
chocolate chip brioche)

450g apples (approx. 3–4  
large), peeled, cored  
and chopped

40g butter

100g caster sugar

400ml single cream

3 egg yolks

1. Preheat the oven to 180°C fan/200°C/gas 6. Tear up the brioche rolls and place in a roasting tin along with the roughly chopped chocolate.
2. Pop the apples, butter and sugar into a saucepan and heat through on a medium heat for 5 minutes, stirring constantly to coat the apples in the melted butter and sugar.
3. Add the single cream and cook for a further minute, then fish out the apple pieces with a slotted spoon and put them into the dish with the brioche and chocolate.
4. Whisk the egg yolks in a jug, then pour in the hot cream, whisking continuously until completely incorporated. Pour the mixture over the brioche and apples and squash everything down well.
5. Transfer the roasting tin to the oven and bake for 25–30 minutes, until golden brown and crisp. Serve immediately.



*Chocolate Apple Brioche Pudding*



# MANGO & COCONUT RICE PUDDING

---

Serves: 4

Prep: 5 minutes

Cook: 50 minutes

180g Thai jasmine rice

2 × 400g tins of coconut  
milk

5cm ginger, grated

2 heaped tablespoons  
light brown sugar/palm  
sugar

2 ripe mangoes, thinly  
sliced

Honey (optional)

This dish is based on the classic Thai sticky coconut rice with mango. With a bit of fresh ginger for a kick, you can sweeten it to taste with light brown or palm sugar if you have any about – it's an almost completely effortless dessert.

1. Preheat your oven to 180°C fan/200°C/gas 6. Tip the rice, coconut milk, ginger and sugar into a small roasting tin or casserole dish, and mix well. Cover with foil, then transfer to the oven and cook for 50 minutes.
2. Remove from the oven and stir well. Leave to rest, loosely covered with foil, for 10 minutes while you slice the mango.
3. Add more sugar or honey to the rice pudding to taste, then top with the sliced mango and serve immediately.





*Mango & Coconut Rice Pudding*





## CAKES & OATS

ONE TIN, AND A LOT OF VARIATIONS.  
FOLLOW THE RECIPES IN THIS CHAPTER FOR  
NO-FUSS CAKES AND SNACKS.



## BASICS

## CAKE



SUGAR



EGGS



BUTTER



FLOUR

## FLAPJACKS



OATS



SUGAR



BUTTER

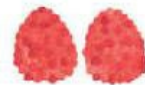


GOLDEN SYRUP

## FRUIT



PINEAPPLE



RASPBERRIES



APRICOTS



ORANGE



DATES



CHERRIES



FIG



STRAWBERRIES



APPLE

## TEXTURE



PISTACHIOS



HAZELNUTS



ALMONDS



CHOCOLATE



SEEDS

## FLAVOURINGS



VANILLA



LEMON ZEST



CINNAMON



LAVENDER



CARDAMOM



COFFEE



ORANGE ZEST

# Recipe List

Super-simple Plain Sponge

Chocolate & Pistachio

Jam & Coconut

Blueberry & buttercream

Coconut, Raspberry & chocolate cake

Strawberry Almond Cake

Steamed Chocolate Cardamom Puddings

Steamed Orange & Chocolate Chip Puddings

Retro-fantastic Pineapple Upside Down Cake

Storecupboard Flapjacks

Chocolate, Raspberry & Hazelnut Flapjacks

Coconut, Apple & Cinnamon Breakfast Flapjacks

# SUPER-SIMPLE PLAIN SPONGE

---

This is the easiest, most failsafe cake recipe I know. Back in ounces, this would work out as a cake with 4oz each of butter, sugar and flour, to half the number of eggs, or a 4-4-4, with 2 eggs. My early counting skills were greatly assisted learning this formula from my mother. It doesn't have the same ring in grams, neither is it as easy to automatically scale up and down, but the cake – a light, fluffy, perfectly textured sponge – is identical.

Serves: 6 – 8

Prep: 15 minutes

Cook: 30 minutes

115g butter

115g caster sugar

½ teaspoon vanilla bean  
paste

2 eggs

115g self-raising flour

½ teaspoon baking  
powder

1. Preheat the oven to 160°C fan/180°C/gas 4. Lightly butter the baking tin, then line with greaseproof paper.
2. Whisk together the butter, caster sugar and vanilla bean paste until light and fluffy, then whisk in the eggs, one at a time. Fold in the flour and baking powder.
3. Carefully spread the mixture into the baking tin, then transfer to the oven and bake for 30 minutes or until a skewer comes out clean. Remove from the tin and transfer to a wire rack to cool down completely.
4. Once cool, dust with icing sugar or follow one of the icing ideas overleaf:

Note: You will need an 18cm × 24cm rectangular tin (you can use a round or square tin as long as it has the same surface area).





*Super-simple Plain Sponge*

# ICING

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# CHOCOLATE & PISTACHIO

50g pistachios (Iranian are the best, if you can get them), roughly chopped

50g dark chocolate (70% cocoa solids minimum)

50g milk chocolate (35% cocoa solids minimum)

100g crème fraîche (or double cream)

1. Toast the pistachios in a dry frying pan on a medium heat for 4–5 minutes, shaking the pan frequently, until they start to smell nice and toasty. Remove to a plate to cool down.
2. Chop the chocolate and place in a heatproof bowl, set over a pan of boiling water. (Don't let the bottom of the bowl touch the water.) Stir until melted.
3. Remove the bowl from the heat and stir through the crème fraîche or double cream, mixing until, as Nigella would say, everything is glossily amalgamated.
4. Spread the ganache over the cooled cake immediately. Scatter over the pistachios, and leave the icing to set for a bit before slicing.

Note: This icing is fairly foolproof, but chocolate can be temperamental, so if the icing looks like it is about to split, don't panic. Add a splash of milk, let it sit for a few seconds to warm through, then whisk the ganache again until smooth.

# JAM & COCONUT

40g flaked or desiccated  
coconut

4–5 heaped tablespoons  
raspberry jam

1. Toast the coconut in a dry frying pan on a medium heat for 3–4 minutes, shaking frequently, until just golden around the edges. Transfer to a plate to cool down.
2. Heat the jam in a small saucepan over a medium heat for 3–4 minutes, stirring continuously, until melted. If you want to get rid of the pips, push the melted jam through a sieve. Spread the jam all over the cake. Scatter over the toasted coconut, and let the jam cool down for 10 minutes or so before slicing and serving.



# BLUEBERRY & BUTTERCREAM

100g butter, softened

200g icing sugar

250g blueberries

1. If you have a food processor, tip the softened butter into it and blitz until light and fluffy. Add the icing sugar and blitz again until smooth.
2. If mixing by hand, whisk the softened butter until light and fluffy, then beat in the icing sugar until smoothly incorporated.
3. Spread the icing all over the cake (the closer to room temperature the icing is, the easier it will be to spread), and scatter over the blueberries before slicing your cake.

# COCONUT, RASPBERRY & CHOCOLATE CAKE

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This is one of my favourite cakes – all credit to Mrs Bland, my cookery teacher at school, from whom I learned a version of this recipe over twenty years ago, with glacé cherries instead of raspberries. Make this cake once, and I promise you'll be baking it regularly for the next twenty years too.

Serves: 6 – 8

Prep: 15 minutes

Cook: 25 – 30 minutes

115g sugar

115g butter, softened

2 eggs

30g self-raising flour

115g desiccated coconut

100g chocolate chips

100g fresh raspberries

50g white chocolate

1. Preheat the oven to 160°C fan/180°C/gas 4. Beat the sugar and butter together until light and fluffy, then whisk in the eggs, one at a time. Fold in the flour, desiccated coconut, chocolate chips and raspberries, then smooth the mixture down into the baking tin.
2. Transfer to the oven and bake for 25–30 minutes, until golden brown and cooked through – a skewer inserted into a not-chocolatey bit should come out clean.
3. Let the cake cool in the tin for 5 minutes, then turn out on to a wire rack to cool completely.
4. Once the cake is cold, break up the white chocolate and melt it in the microwave in 10-second blasts, stirring in between until smooth. (Alternatively, melt the chocolate in a heatproof bowl set over a bowl of simmering water.)
5. Drizzle the chocolate over the cake (you will probably need to use a piping bag, as the white chocolate is quite thick even when melted). Leave to set, then cut the cake into squares and serve.

Note: You will need a shallow 18 cm × 24 cm rectangular baking tin, buttered and lined with baking paper



*Coconut, Raspberry & chocolate cake*

# STRAWBERRY ALMOND CAKE

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The same cake recipe as the basic sponge, but with half of the flour replaced by ground almonds. You can experiment with ground hazelnuts or pistachios (particularly nice with chocolate icing), or use raspberries instead of strawberries in the cake below – it's a very customizable template.

Serves: 6

Prep: 15 minutes

Cook: 25 – 30 minutes

115g butter, softened

115g caster sugar

2 eggs

60g ground almonds

60g self raising flour

100g strawberries, sliced

2–3 tablespoons icing  
sugar

1. Preheat the oven to 160°C fan/180°C/gas 4. Whisk together the butter and caster sugar until light and fluffy, and then beat in the eggs one at a time. Fold in the ground almonds and flour and transfer to the lined baking tin.
2. Cover the top with the sliced strawberries, then transfer to the oven and bake for 25–30 minutes, until golden brown and cooked through.
3. Allow to cool in the tin for 5 minutes, then transfer to a wire rack to cool completely. Dust over the icing sugar before serving.

Note: You will need a 18cm × 24cm rectangular baking tin, buttered and lined with baking paper.



# STEAMED CHOCOLATE CARDAMOM PUDDINGS

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With a slight variation to the basic cake recipe, these melting-middle puddings are rich and intense – perfect to finish a dinner party. And if you haven't tried chocolate and cardamom together before, you really should.

Serves: 6

Prep: 15 minutes

Cook: 25 minutes

115g butter, softened

115g dark brown sugar

60g dark chocolate (70%  
cocoa solids minimum)

100ml strong coffee

8 cardamom pods, seeds  
only

2 eggs

70g flour

30g cocoa powder, plus 1  
teaspoon to serve

A pinch of sea salt

6 tablespoons crème  
fraîche

1. Preheat the oven to 160°C fan/180°C/gas 4. Place the butter, sugar, chocolate, coffee and cardamom seeds in a saucepan and heat for 3–4 minutes, stirring continuously, until completely melted. Set aside to cool down for 5 minutes.
2. Beat in the eggs, one at a time, then fold in the flour and cocoa powder and stir briefly until smooth. Divide the batter equally between the 6 dariole moulds.
3. Place the moulds in a roasting tin and pour in enough boiling water to come no higher than one third of the way up the side of the moulds.
4. Cover tightly with foil, then transfer carefully to the oven and bake for 25 minutes.
5. Allow to cool for 2–3 minutes out of the water before using a knife to gently unmould, making sure to push the knife all the way to the base of each mould. Don't worry if the tops crack a bit as you unmould them – you can disguise it with a dollop of crème fraîche and a dusting of cocoa powder before serving.

Note: You will need 6 dariole moulds, buttered





*Steamed Chocolate Cardamom Puddings*



# STEAMED ORANGE & CHOCOLATE CHIP PUDDINGS

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There are an infinite number of steamed puddings you can make from the same basic cake recipe – jam, ginger, chocolate. This, however, is my favourite, because my mother used to make it, full-sized. The giveaway was a large orange appearing in the fruit bowl – further investigation revealing a bag of chocolate chips in the cupboard. The pudding was even better than the anticipation.

Serves: 6

Prep: 15 minutes

Cook: 40 minutes

2 clementines

115g butter

115g caster sugar ½ a  
teaspoon vanilla bean  
paste

2 eggs

115g self-raising flour

½ a teaspoon baking  
powder

100g dark chocolate  
chips

1. Preheat the oven to 160°C fan/180°C/gas 4. Take six slices out of one of the clementines, and place one at the bottom of each dariole mould. Zest and juice the remaining clementine.
2. Mix the butter, sugar and vanilla paste with the clementine zest until light and fluffy, then add the eggs one by one and whisk until fully incorporated.
3. Fold in the flour and baking powder, then stir in 1 tablespoon of the clementine juice and the chocolate chips. Divide the cake batter equally between the moulds.
4. Place them in a roasting tin and pour in enough boiling water to come no higher than one third of the way up the moulds.
5. Cover the roasting tin tightly with foil, then transfer carefully to the oven and bake for 40 minutes.
6. Remove the moulds from the water on to a plate, and gently run a knife around the edges of each pudding to unmould. (Make sure to get the knife right to the bottom of the mould, so that the



clementine slice doesn't get left behind.) Serve immediately.

Note: You will need 6 dariole moulds, buttered





## *Steamed Orange & Chocolate Chip Puddings*



# RETRO-FANTASTIC PINEAPPLE UPSIDE DOWN CAKE

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Is there anything better than a pineapple upside down cake? Very little – I’ve insisted that my mother make this every year for my birthday for at least the last fifteen years. Artificially red glacé cherries are, of course, mandatory.

Serves: 6 – 8

Prep: 15 minutes

Cook: 30 minutes

1 × 425g tin of pineapple rings

A handful of glacé cherries, halved

115g butter

115g caster sugar

½ a teaspoon vanilla bean paste

2 eggs

115g self-raising flour

½ a teaspoon baking powder

1 tablespoon pineapple juice (from the tin)

1. Preheat the oven to 160°C fan/180°C/gas 4. Line the baking tin with butter and greaseproof paper, then butter the paper well. Arrange the pineapple rings and glacé cherries over the paper as you wish, and set aside.
2. Whisk together the butter, caster sugar and vanilla bean paste until light and fluffy, then whisk in the eggs, one at a time. Fold in the flour and baking powder, then stir in the pineapple juice.
3. Carefully spread the mixture over the pineapple rings and glacé cherries, smooth down, then transfer to the oven and bake for 30 minutes. Invert on to a wire rack, and remove the tin.
4. Carefully peel off the paper and allow to cool down completely before slicing.

Note: If there is any pineapple left over, you might as well go the whole retro mile and thread chunks of the fruit on to cocktail sticks with cubes of Cheddar.



*Retro-fantastic Pineapple Upside Down Cake*

# STORECUPBOARD FLAPJACKS

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This family favourite is a sweet treat that you can knock out in half an hour, without very much more effort than a little light stirring – an easy one to get children involved with. One of my earliest food memories is standing on a chair, stirring a batch of this mixture on the stove before (coughs) microwaving it in a buttered Pyrex lid.

Once you've got the basic mixture right, you can incorporate loads of different flavours, like the chocolate, raspberry and hazelnut version overleaf, or try adding chopped apricots, dates or almonds, and replacing some of the golden syrup with honey. The following is a classic template to get you started.

Serves: 6

Prep: 5 minutes

Cook: 35 – 40 minutes

150g golden syrup

150g butter

135g sugar

300g porridge oats

A pinch of salt

1. Preheat the oven to 150°C fan/170°C/gas 3.
2. Place the syrup, butter and sugar in a large saucepan, and heat on medium for 2–3 minutes, stirring constantly, until completely melted.
3. Tip in the oats and a pinch of salt, and stir until completely coated in the syrup mixture. Tip the mixture into a lined baking tin and bake for 30–35 minutes, until golden brown on top. They will still be nice and soft to the touch, but will continue cooking as they cool.
4. While warm, score the flapjacks into squares. Cut them and store in an airtight container once cool.

Note: These flapjacks are best made with slightly rubbly-looking small oats (Quaker, Scotts) rather than the large, fancy, well-defined steel-cut oats – the proportion of finely ground oatmeal in the former makes for a less sticky, more held-together flapjack.

# CHOCOLATE, RASPBERRY & HAZELNUT FLAPJACKS

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If you like your snacks to be dessert-like, this is the flapjack recipe for you. I've been reliably informed by my recipe testers Danielle and Paal that these are as good cold as they are eaten within minutes of coming out of the oven.

Serves: 8

Prep: 15 minutes

Cook: 40 – 45 minutes

150g golden syrup

150g butter

135g sugar

300g porridge oats

A pinch of salt

100g dark chocolate,  
roughly chopped

50g hazelnuts, halved

160g raspberries

1. Preheat the oven to 150°C fan/170°C/gas 3.
2. Place the syrup, butter and sugar in a large saucepan, and heat on medium for 2–3 minutes, stirring constantly, until completely melted.
3. Tip in the oats and a pinch of salt, and stir until completely coated in the syrup mixture. Turn the mixture out into a bowl and leave it to cool down for 15 minutes, then stir through the chocolate chips and hazelnuts.
4. Tip the mixture into the baking tin, prod in some indentations, then squash the raspberries into them. Transfer to the oven and bake for 40–45 minutes, until golden brown on top.
5. Leave to cool in the tin before cutting into squares.

Note: You will need an 18 cm × 24 cm buttered and lined rectangular baking tin



# COCONUT, APPLE & CINNAMON BREAKFAST FLAPJACKS

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I used to make a variation of these for student holidays, as a remedy for those evenings where you walk past the same six restaurants three times, and no one can decide which to go into. Cue the all-day breakfast flapjack – staving off that combination of hunger and anger that now has its own abbreviation, but which back then just made me look like a loon. Make these to keep in your bag and avoid the same.

Serves: 8

Prep: 15 minutes

Cook: 40 – 45 minutes

75g golden syrup

100g sugar

125g butter

1 teaspoon ground  
cinnamon

175g grated apple  
(approx. 2 small  
Braeburns)

75g dates, roughly  
chopped

75g dried cranberries

50g pistachios

200g porridge oats

75g desiccated coconut

1. Preheat the oven to 150°C fan/170°C/gas 3. Heat the golden syrup, sugar, butter and cinnamon in a large saucepan until melted, then add the grated apple and dates. Stir on a medium heat for 3–4 minutes, then add the cranberries, pistachios, porridge oats and desiccated coconut.
2. Transfer to a lined baking tin, smooth down well, then pop into the oven and bake for 40 minutes, until firm to the touch and lightly browned.
3. Carefully lift them out of the tin, holding the paper, and place on a wire rack to cool down before cutting into bars.





*Coconut, Apple & Cinnamon Breakfast Flapjacks*







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