FARM TO FEAST

BEST MENU WINS

Series 1 & 2 Cookbook

CONTENTS

Series 1

Alia's Baked Eggs with Middle Eastern Flatbreads 3

Alia's Traditional Roast Lamb with Potatoes, Cauliflower, Carrots & Red Wine Gravy 4

Hannah's North African Inspired Lamb with Roasted Vegetables & Herbed Couscous 5

Kirby's Oysters with Orange Salad & Raspberry Dressing, Charred Sourdough & Champagne 6

Kirby's Creamy Potato & Cheese Tart with Crispy Parmesan Potatoes 7

Hannah's Mussels in White Wine & Dulse Cream with Butter-fried White Fish & Crispy Shallots .. 8

Series 2

Shubham's Fried Potato Cutlets Stuffed with Nuts & Apple, Served with Sour & Spicy Bramley Apple Chutney 9

Alex's Grilled Asparagus and Scallions with Tomato Jam, Toasted Almonds and Parmesan 10

Mandi's Summertime Crab served with a delicious Pineapple Salsa 11

Shubham's Beetroot Mediterranean Breakfast with Wild Garlic Hummus & Fresh Beetroot Summer Drink 12

Karen's Tyrone Wild Pigeon with Blackberry & Wine Sauce, Fragrant Carrots and Crunchy Rosemary Roasties 13

Ricky's Baronscourt Venison & Red Wine Jus with Crispy Garlic Potatoes, Ginger & Sesame Seed Broccoli 14

Karen's Trio of Sushi with Hot Wasabi Paste 15

Mandi's Pan-Fried Hake, Herb Infused Pomme Purée, Beurre Blanc Sauce and Parmesan Zesty Asparagus 16

Ricky's Whipped Feta and Oyster Mushrooms on Toast with Poached Eggs and Almonds 17

Ricky's Dexter Beef with Red Wine Gravy, Wilted Spinach, Nutmeg Potato Gratin and Cherry Tomatoes 18

Alia's Baked Eggs with Middle Eastern Flatbreads

Serves 2 – 30 minutes



Ingredients

4 Eggs
1 bunch Asparagus
½ Red Onion
1tsp Tomato Puree
1 tin Chopped Tomatoes
1tsp Za'atar
½ Lemon's juice
1 Red Chill
2 Garlic cloves
1tsp Tabasco sauce
300g Self Raising Flour
300ml Natural Yoghurt
Olive Oil

Method

1. Put plain flour, natural yoghurt, 1 teaspoon of olive oil in a bowl and mix until it forms a smooth elastic dough.
2. Add chopped red onion, asparagus and garlic cloves to an oiled pan and fry until browned. Add in tomato puree, lemon juice and chopped tomatoes. Finely chop a red chilli and add to the mixture along with a teaspoon of Tabasco and simmer for 3 mins.
3. Make 4 wells in the sauce and carefully crack in the eggs. Sprinkle over the Za'atar. Cover and simmer for 8 minutes until the eggs are cooked.
4. While the eggs are cooking, divide the dough into 4 pieces and roll out into discs.
5. Melt butter into a pan and add a disc. Cook on each side for 2 minutes until they begin to puff and turn golden. Flip over and repeat process.
6. Serve and enjoy.

Alia's Traditional Roast Lamb with Potatoes, Cauliflower, Carrots & Red Wine Gravy

Serves 2 – 60 minutes



Ingredients

2kg Rump of Lamb
1kg Maris Piper Potatoes
5 Carrots
3 Leeks
1 Cauliflower
1 Tbsp Truffle oil
500g Cheddar Cheese
500ml Milk
200g Plain Flour
100g Butter
3 Garlic bulbs
2 tbsp Honey
500ml Red wine
1 Beef Stock Cube
1 tsp Nutmeg
1tsp Redcurrant jelly
1 Bay leaf
Fresh Thyme
Fresh Rosemary
Olive Oil
Vegetable Oil

Method

1. Remove the rump of lamb from the fridge and let it sit at room temperature for 30 minutes and preheat the oven to 200°C (180°C fan-assisted).
2. Peel carrots and chop into good sized rectangle chunks, placing them into a baking tray and topping with olive oil, honey & fresh thyme. Set those to one side.
3. Put vegetable oil in another roasting tray and put in the oven to get the oil bubbling.
4. Peel, chop, and par boil potatoes for 5 minutes. Remove from heat, drain, dry off and lightly sprinkle with plain flour, making sure to dust off the excess.
5. Place potatoes into the baking tray with hot oil already in the oven and put the baking tray with carrots into the oven. Allow both to cook for 45 minutes.
6. Boil cauliflower and leeks for 5 minutes, then drain and set aside to dry.
7. To make the cheese sauce, melt the butter in a pan on low heat. As the butter melts, start adding in plain flour to make a roux. Gradually stir in milk. Add the cheese, truffle oil and nutmeg, then stir for another minute.
8. Place the cauliflower and leeks into a baking dish and pour your cheese sauce over the top, sprinkle with cheese and bake in the oven for 25 minutes.
9. Drizzle the meat with olive oil and season with salt, pepper, rosemary, and garlic. Sear it on each side until a nice golden colour. Remove from the heat, making sure to keep the juices in the pan to make gravy later. Cover the meat with tinfoil and cook in the oven at 180°C (160°C fan-assisted) for 15 minutes, for medium rare. Remove from the oven and rest for at least 10 minutes while covered with a tea towel.
10. To make the gravy add plain four to the pan used to sear the lamb. Add garlic, red wine, and a stock cube, and stir well. Add boiling water, a teaspoon of redcurrant jelly, a bay leaf, and seasonings of choice. Keep the mixture to a simmer until it has a silky consistency, finishing with sprigs of rosemary.
11. Slice the rested lamb and serve with potatoes, vegetables, and gravy.

Hannah's North African Inspired Lamb with Roasted Vegetables & Herbed Couscous



Serves 2 – 60 minutes

Ingredients

2kg rump of lamb
200g couscous
1 veg or chicken stock cube
1tsp turmeric powder
1 lemon
2 bulbs garlic
2 red onions
1 aubergine
2 red peppers
1 courgette
1 tbsp harissa paste
2 tbsp clear honey
Smoked paprika
Ground cumin
Fresh mint
Fresh parsley
Salt & pepper
Pistachio nuts
Olive oil

Method

1. Remove the rump of lamb from fridge and let it sit at room temperature for 30 minutes. Preheat the oven to 200°C (180°C fan-assisted).
2. Chop red onions, aubergine, red peppers and courgette into wedges and place in a roasting tray. Drizzle the veg with olive oil and season with 5 crushed cloves of garlic, 1 tablespoon of smoked paprika, 2 teaspoons of ground cumin, salt, and pepper. Rub spices into the veg and put tray into the oven to roast for 40 minutes.
3. Score the fat on the lamb in a criss-cross pattern. Mince 6 garlic cloves and combine with smoked paprika, cumin, harissa paste, honey, salt, pepper, and a drizzle of olive oil. Pour the mixture on top of the lamb and massage in. Leave to marinate at room temperature for at least 15 minutes.
4. While waiting on the meat to marinate, zest the lemon and squeeze the juice from half of it. Chop up the mint and parsley and pistachios.
5. In an oiled pan, sear the lamb at medium-high heat for 3 minutes on each side, until dark brown to charred, depending on preference. Remove from pan and transfer onto a roasting tray. Covering with tin foil and place into the oven to roast for 15-20 minutes - or until the core temperature is a minimum of 56°C.
6. In a separate pan, cover the couscous in 200ml of boiling water. Crumble in the stock cube and add turmeric powder. Mix well, cover with cling film, and leave aside for approximately 10 minutes – or until all the water has been absorbed. Fluff the couscous with a fork, mixing in the chopped mint, parsley, lemon zest and juice and some salt and pepper to taste.
7. Toast the chopped pistachios in a dry pan over medium heat until they give off a nutty aroma.
8. Remove the lamb and vegetables from the oven, wrap in foil, and allow to rest for at least 10-15 minutes. When the lamb is rested, slice into thick slices.
9. Plate the couscous and add a layer of roasted vegetables. Place slices of lamb on top. Sprinkle toasted pistachios over the dish and serve.

Kirby's Oysters with Orange Salad & Raspberry Dressing, Charred Sourdough & Champagne



Serves 2 – 30 minutes

Ingredients

2 oysters
1 large orange
40g raspberries
40g mangetout
15g rocket
1tsp simple or maple syrup
Sourdough bread
3 cloves garlic
50g butter
Balsamic glaze
Champagne
Fresh parsley

Method

1. To make the drizzle, puree the raspberries through a fine mesh sieve. Add the rind of the orange, syrup and 150ml of the champagne and mix well before transferring to a drizzle bottle for later.
2. Cut bread into four slices. Optionally spread with garlic butter on one side, made by mincing 3 cloves of garlic and mixing with 50g butter and a handful of chopped fresh parsley.
3. Add a little oil to a griddle and toast the bread with the mangetout and orange segments, adding some balsamic glaze to the mangetout and orange. When the bread is lightly toasted, add some fresh parsley.
4. Open oysters carefully using an oyster knife.
5. Place a handful of the rocket on a plate. Place mangetout and orange on top and position oyster in the shell on top. Decorate with raspberries and a few dots of balsamic glaze, making sure to add plenty of the drizzle into the oyster shell.
6. Serve with the bread and a glass of champagne.

Kirby's Creamy Potato & Cheese Tart with Crispy Parmesan Potatoes

Serves 2 – 60 minutes



Ingredients

4 large potatoes
150g plain flour
80g unsalted butter
4 rashers bacon
1 small can cider
2 cooking apples
200g parmesan
1 shallot
1tsp cornflour
Asparagus
Balsamic dressing
Salt
Fresh thyme

Method

1. Preheat the oven to 180°C (160°C fan-assisted). Mix flour, 1tsp salt, 50g of the parmesan grated and some chopped thyme, in a large bowl. Chop butter into chunks and work into the mixture until it resembles breadcrumbs. Start adding ice-water one tablespoon at a time, until a soft dough forms.
2. Shape dough into a ball and wrap in cling film before placing into the freezer for half an hour.
3. Peel the potatoes, cutting two of them into 1cm cubes and the other two into larger chunks. Parboil each batch until softened.
4. Peel one of the apples and cut into 1cm cubes. Finely slice the other apple and place the slices in a tray in the oven to crisp for approximately 10 minutes.
5. Chop the shallot and bacon. In a large pan, over medium-low heat, fry the shallot in some olive oil until golden brown, stirring often. Add in the bacon and fry off.
6. Roll the chilled dough on a floured surface to about half a centimetre thickness, and press into individual 4-inch tart pans, trimming the edges on top. Line each pastry case with greaseproof paper and ceramic baking beans to weigh the pastry down. Put the pastry cases in the oven to cook for approximately 25 minutes.
7. Fry the larger potato chunks and asparagus in a little bit of olive oil, seasoning with some thyme.
8. Begin making the filling by mixing equal parts cornflour and water. Add the bacon and shallot mix. Stir well over low heat, adding a small can of cider and stirring well until the cornflour is cooked off and sauce is thickened. Add the cubed apple and potatoes. Grate the rest of the parmesan cheese into the mixture.
9. Drizzle balsamic dressing onto a serving plate. Place the pastry case on top and spoon in the filling. Decorate with sliced apple and serve with large crispy roast potatoes and asparagus. Garnish with some thyme.

Hannah's Mussels in White Wine & Dulse Cream with Butter-fried White Fish & Crispy Shallots



Serves 2 – 30 minutes

Ingredients

30g Dulse flakes
20 mussels
4 boneless fillet white fish of choice
1 tbsp flour
1 red chilli
6 shallots
200ml dry white wine
300ml single cream
2 tsp wholegrain mustard
4 large garlic cloves
Salt & pepper
Salted butter
Frying oil of choice
Chives

Method

1. Clean mussels - discarding any already opened. Toast the dulse flakes in the oven until dry and crispy (approximately 5 – 7 minutes), tossing a couple of times during cooking to prevent burning.
2. Add a generous knob of butter to a pan and melt over medium high heat until slightly brown. Add the fish fillets and cook on each side, spooning the butter over the fish until lightly browned (approximately 4 minutes). Remove, wrap in foil, and put to the side to rest.
3. Dice and sauté 4 shallots in a couple of tablespoons of butter for a few minutes. When they start to turn translucent, mince and add the garlic, stirring continuously so it doesn't burn. Add the mustard and wine and allow it to simmer for a few minutes. Add the cream and simmer for a few more minutes while stirring. Add the majority of the toasted dulse flakes, reserving some for a garnish, and reduce heat to the lowest setting.
4. Finely chop the red chilli (deseeding is optional). Coat the remaining shallots and chilli in seasoned flour. Heat enough oil to cover the bottom of a frying pan up to a couple of centimetres. Bring to a medium-high heat, then add the coated shallots and chilli. Cook until lightly golden brown and crispy.
5. While frying the shallots, bring the sauce back up to medium heat, add the mussels to the sauce, and cook until the shells open and the meat is cooked, which should only take a couple of minutes. Season with salt and pepper to taste. Cover with a lid until ready to serve.
6. Ladle sauce and mussels into four shallow bowls, then place one small fillet of fish per serving on top. Place a small handful of the crispy shallots and chilli on top of the fish. Finally, garnish with a dusting of toasted dulse and finely chopped chives. Serve with crusty warm bread.

Shubham's Fried Potato Cutlets Stuffed with Nuts & Apple, Served with Sour & Spicy Bramley Apple Chutney



Serves 2
Cooking Time 30 minutes

Ingredients

2 bramley apples
5 medium-sized potatoes
2 green chillies
Thumb of ginger root
1tsp ginger paste
2 cloves garlic
Fresh coriander leaves
Fresh mint leaves
1tbsp cumin seeds
1tbsp fennel seeds
Sesame seeds
100g almonds
100g cashews
1 lemon, juiced
1 ½ tsp sugar
Salt

Method

1. Bring a saucepan of water to the boil. Cut the potatoes into quarters and boil for 10-15 minutes. When cooked drain and leave to cool.
2. Cut both apples into half-inch cubes, leaving two wedges for garnish.
3. Peel the garlic and ginger root and chop the nuts finely.
4. In a food processor, add half of the apple, chopped nuts, lemon juice, cumin and fennel seeds. Add the garlic and ginger root, a green chilli, a handful of coriander leaves, 7-8 mint leaves and the sugar. Blend until only small chunks remain.
5. Smash the potato into small chunks and add to a bowl with the remaining apple, nuts, lemon juice, cumin and fennel seeds. Add the ginger paste, a pinch of salt, a chopped green chilli, and a handful of chopped coriander leaves. Knead together by hand.
6. Form two burger-shaped cutlets and sprinkle with sesame seeds. Fry in a pan on medium heat, until the surface is golden brown and crispy.
7. Plate up the cutlets. Garnish with a swoosh of the chutney, an apple wedge and some mint.

Alex's Grilled Asparagus and Scallions with Tomato Jam, Toasted Almonds and Parmesan



Serves 2
Cooking Time 30 minutes

Ingredients

6 Scallions
6 Asparagus Spears
50g Grated Parmesan
220g Cherry Tomatoes
100ml Red Wine Vinegar
100ml Balsamic Vinegar
200g Whole Almonds
1 Whole Nutmeg
Salt
Pepper
1 Primrose Flower

Method

1. Halve the tomatoes and heat in a dry saucepan over a high heat for 3 minutes, until they begin to blister. Add the red wine vinegar and cook for another 3 minutes. Add the balsamic vinegar and cook until a jammy consistency. Season and leave to simmer on a very low heat.
2. Toast the almonds in a dry pan on high heat for a few minutes, being careful not to burn them. Remove them from the heat and add to a blender with some grated nutmeg and blitz to a crumb.
3. Heat a griddle pan on the highest setting on your hob and add the asparagus spears. Do not move them as you'll lose the char marks. Cook for approximately 3 minutes until they start to soften. Add the scallions in for approximately 3 minutes, turning once.
4. Place the jam in the centre of the plate. Add 3 asparagus spears and 3 scallions, each at different angles. Sprinkle the almonds in a line across the plate. Garnish with fresh parmesan and the primrose.

Mandi's Summertime Crab served with a delicious Pineapple Salsa



Serves 2
Cooking Time 60 minutes

Ingredients

- 1 whole crab
- 2 large onions
- 125g plain flour
- 1 red chilli pepper
- 1 chicken stock cube
- 1 avocado
- 1 pineapple
- 1 lemon
- 1 bay leaf
- Pinch whole cloves
- Pinch dried rosemary
- Salt
- Pepper
- Extra virgin olive oil

Method

1. Fill a pot with two-thirds full of water and bring to the boil. Add a whole onion, peeled and halved. Add the bay leaf, rosemary, cloves, chicken stock and a tablespoon of salt. Place crab in and let simmer for 20 minutes, until pink.
2. To make the salsa, finely chop the other onion, the pineapple, chilli, and green bell pepper and throw into a bowl. Add a pinch of salt, pepper, and a splash of extra virgin olive oil. Toss together.
3. To make the tortilla, put the flour and half a teaspoon of salt in a bowl and mix. Add 75ml lukewarm water and a tablespoon of olive oil. Hand mix until all the liquid has been absorbed. If the dough is too sticky, add more flour one tablespoon at a time, as needed. Transfer the dough onto your work surface and knead for 6-10 minutes until it becomes smooth all over. Leave to rest for approximately 15 minutes.
4. Take out the crab and let the water continue to boil until reduced to a stock. Once cooled, crack the crab, and extract the meat from the legs claws and body. Add crab meat to a bowl, season with salt, pepper and a squeeze of lemon juice, and mix.
5. Divide the tortilla dough into equal balls then roll each into a thin disc, 6 inches in diameter and 2mm thick. Heat a non-stick pan over medium-high heat and start transferring the tortillas to it. Cook the tortilla for about 1 minute then turn it once and continue cooking it for until golden brown spots appear on both sides. Transfer the tortillas from the pan into a towel and cover to keep them warm and soft. Repeat process until all tortillas are cooked.
6. Layer the crab onto the cooked tortilla, add a lemon wedge, sliced avocado and the pineapple salsa.

Shubham's Beetroot Mediterranean Breakfast with Wild Garlic Hummus & Fresh Beetroot Summer Drink



Serves 2
Cooking Time 30 minutes

Ingredients

2 whole beetroots
1 tin chickpeas
1 aubergine
1 mango
1 pineapple
2 slices sourdough bread
1 lime
1 lemon
3 tbsp tahini
1tsp fennel seeds
Handful wild garlic flowers
Olive oil
Sugar
Salt
Paprika

Method

1. Cut the aubergine into circular pieces. Rinse the chickpeas. Peel both beetroots, cutting one into chunks and the other into fine strips.
2. For the summer drink blend the chunks of beetroot with 50ml of water. Add crushed fennel seeds, the juice of a lime, and a pinch of sugar and salt to taste, and give another blend.
3. To make the hummus, blend the chickpeas, 60ml of water, the juice of a lemon, most of the wild garlic, tahini, and a pinch of salt. Add water if the consistency is too thick. Blend until silky smooth.
4. Stir fry the fine strips of beetroot for 5 minutes, while separately frying the aubergine in an oiled pan with crushed fennel seeds and a pinch of salt. Lightly toast the sourdough.
5. Plate up starting with the aubergine, topping it with the fried beetroot. To each side, add the sourdough and a generous spoonful of the hummus. Top the hummus with a light drizzle of olive oil and a sprinkle of paprika. Garnish with the remaining wild garlic flowers on top of the beetroot, and some decorative leaves to the side of the plate.
6. To serve the drink, rim a glass with a mix of salt and paprika, using a lime wheel first so that the salt mix binds to the glass. Strain the blended juice into the glass. Garnish with a lime slice.

Karen's Tyrone Wild Pigeon with Blackberry & Wine Sauce, Fragrant Carrots and Crunchy Rosemary Roasties



Serves 2
Cooking Time 60 minutes

Ingredients

2 wild pigeon breasts
2 large shallots
150g blackberries
2 floury potatoes
3 clove garlic
1 large carrot
Tablespoon of caster sugar
2 star anise
Sprig Rosemary
100ml red wine
100ml chicken stock
1 tbsp honey
Duck fat
Butter

Method

1. Using a sharp knife, carefully remove the breast from the bone leaving two small fillets. Season well and set to one side. Cut the potatoes into large cubes. Chop the carrot into batons and finely chop the shallots.
2. To par boil the potatoes, place in saucepan of water, bring to the boil and simmer for about 5 minutes. Preheat a tray, prepared with duck fat, chopped rosemary and garlic. Once par boiled, drain the potatoes. Ensure potatoes are well coated in the fat and place in oven at 200°C (fan assisted 180°C) for around 15 minutes.
3. To make the sauce, drizzle a small amount of oil into small saucepan and add shallots. Sweat until soft but not browned. Mince a clove of garlic in and cook for a further minute.
4. Add red wine and simmer until reduced by half. Add the chicken stock and three quarters of the blackberries. Simmer until reduced and blackberries are soft. Pass the sauce through a sieve into another saucepan and add honey. Simmer until it thickens slightly.
5. To prepare the carrots, place in small saucepan with enough water to cover them. Add the sugar and star anise. Bring to the boil and reduce to simmer with the lid off, until the water turns to a syrupy consistency.
6. Heat a frying pan with drizzle of oil and add the pigeon fillets (skin side down if keeping the skin on). Cook for around 2 minutes and turn. Cook for a further two minutes, adding a knob of butter to baste the meat. Remove from pan and rest for 5 minutes.
7. Reheat the sauce and add a knob of butter to give it a shine and the remaining whole blackberries. To serve – place the breast on to the plate and pour over some sauce. Add the crunchy roasted potatoes and sweet shiny carrots and remaining sauce in small jug.

Ricky's Baronscourt Venison & Red Wine Jus with Crispy Garlic Potatoes, Ginger & Sesame Seed Broccoli



Serves 2 – 60 minutes

Ingredients

- 2 venison steaks
- 100ml red wine
- 4 medium potatoes
- 1 head broccoli
- 1 thumb sized piece of ginger
- 3 cloves garlic
- 2tbsp sesame seeds
- 2tbsp plain flour
- 1 beef stock cube
- Balsamic vinegar
- Caster sugar
- Sesame oil
- Olive oil
- Butter
- Fresh thyme
- Fresh rosemary
- Salt
- Pepper

Method

1. Peel and cut the potatoes into halves and parboil for 3 minutes. Cut the broccoli into florets and parboil for 3 minutes. Peel and cut the ginger into matchsticks. Finely chop or mince a clove of garlic.
2. Drain the potatoes and put into a roasting dish. Sprinkle with flour and shake. Drizzle with olive oil. Add the garlic along with chopped sprigs of rosemary and thyme. Roast for 40 minutes at 200°C (fan assisted 180°C) until golden brown and crispy.
3. Heat a drizzle of oil in a pan. Season the venison with salt and pepper. Cook for 5 mins each side on medium heat. Add a knob of butter to the pan for the final couple of minutes and baste. Remove the venison and set aside to rest before serving.
4. Add some red wine to the pan the venison in was cooked in and deglaze. Add beef stock, a small splash of balsamic vinegar and a pinch of caster sugar. Simmer until the liquid reduces by half.
5. Place the sesame seeds in a dry pan and toast on medium heat for 3 minutes, until golden brown and fragrant. Set the seeds aside and add sesame oil to the pan. Fry the sliced ginger and garlic until fragrant. Drain the broccoli and add to the pan, tossing thoroughly. Sauté until the broccoli is fully cooked.
6. Slice the venison and place on a plate along with the potatoes and broccoli. Sprinkle the toasted sesame seeds over the broccoli. Pour a generous helping of the jus over the venison.

Karen's Trio of Sushi with Hot Wasabi Paste

Serves 2 – 30 minutes



Ingredients

300g Sushi rice
1 salmon fillet
6 prawns
400ml water
1 red pepper
1 green pepper
2 spring onions
Fresh wasabi
Half cucumber
Fresh dill
1 Lemon
1 clove garlic
2tbsp Rice vinegar
2tbsp Mirin
1tsp sugar
Soy sauce
1 sheet nori

Method

1. Rinse the sushi rice until the water runs clear and place into a saucepan with water. Bring to the boil then reduce heat and simmer for approximately 5 minutes. Remove from the heat and leave to steam for a further 10 minutes.
2. Once the rice is sticky and soft drain and add the mirin, vinegar, and sugar. Mix well to ensure the rice is coated. Spread across a tray and leave to cool.
3. Prepare the filling ingredients by slicing the red pepper, into thumb-sized chunks and finely chopping the green pepper, spring onions and cucumber.
4. Finely slice the salmon and sprinkle with lemon juice to cure.
5. In a pan add a knob of butter and mince the garlic into it. Bring to medium heat and add the prawns. Sauté until the prawns are pink.
6. To make the first sushi, place a nori sheet onto a sushi rolling mat or towel. Dampen your hands to prevent sticking, then pick up a handful of rice and spread evenly on your nori sheet, leaving the top third uncovered. Place a thin row of the finely chopped peppers across the middle of the rice. Roll into a firm log, sealing with a little bit of water. Chop into thumb sized rolls.
7. To make the second sushi, stuff the rice with the cucumber, and repeat process. Top each roll with a piece of cured salmon and dill.
8. For the third sushi, stuff the rice with red pepper thumbs and top each roll with a prawn.
9. Serve with freshly grated wasabi paste and some soy sauce.

Mandi's Pan-Fried Hake, Herb Infused Pomme Purée, Beurre Blanc Sauce and Parmesan Zesty Asparagus



Serves 2 – 60 minutes

Ingredients

- 2 Hake fillets
- 3 large Maris Piper potatoes
- 1 large carrot
- 8 asparagus spears
- 3 banana shallots
- 1 lemon
- 250g unsalted butter
- Butter
- 50ml double cream
- 25ml milk
- Fresh parmesan
- 200ml dry white wine
- 100ml white wine vinegar
- Fresh rosemary
- Bay leaf
- Olive oil
- Salt
- Ground white pepper
- Ground black pepper

Method

1. Cut the potatoes into small chunks and add to a pot with salted water. Bring to the boil, then simmer until fully cooked.
2. To make the infused cream for the pomme purée mix double cream, milk, bay leaf and a sprig of rosemary in a saucepan. Heat until the edges start to bubble. Remove from the heat and let steep for 20 minutes.
3. Cut the unsalted butter into small cubes and place them in the fridge to keep cold.
4. Finely dice banana shallots.
5. Once boiled, drain the potatoes and let the excess water evaporate. Rice or mash them before and add the bay leaf and rosemary from the infused cream, along with a knob of butter. Season to taste with white pepper and salt. Fold together.
6. For the beurre blanc sauce, put vinegar, white wine, shallots, salt and white pepper into a saucepan and gently simmer for about 20 minutes or until the liquid has reduced.
7. Peel the carrots and cut lengthways into quarters. Sauté with a knob of butter for approximately 5 minutes in a medium heated pan. Put in the oven at 180°C (160°C fan-assisted) until softened.
8. Add olive oil to a non-stick pan. Season the hake with salt and pepper and place skin side down, cook for 4-5 minutes on a medium heat, flip and add a knob of butter and rosemary to baste fish for a further 2 minutes.
9. Remove the tough ends of the asparagus. Heat a griddle pan on high heat, add asparagus and dry fry for 1-2 minutes. Drizzle with olive oil and cook for a further 30 seconds. Remove from heat add the juice and zest of half a lemon.
10. Whisk the chilled butter into the reduction for the beurre blanc sauce, allowing each piece to melt before adding more. If sauce separates, add an ice cube for 30 seconds and discard. Add lemon juice and strain through a fine sieve into a bowl.
11. To serve starting with a generous helping of the pomme purée, placing the hake on top. Add carrots and asparagus, grating some parmesan on top. Add the beurre blanc sauce in a small gravy boat. Garnish with lemon wedge.

Ricky's Whipped Feta and Oyster Mushrooms on Toast with Poached Eggs and Almonds



Serves 2 – 30 minutes

Ingredients

- Oyster mushrooms
- 2 Eggs
- 2 slices sourdough bread
- White wine vinegar
- Chilli flakes
- Lemon
- Butter
- Crème fraiche
- Feta cheese
- Thyme
- Olive oil
- Whole almonds

Method

1. Mix the feta cheese and crème fraiche together in a bowl, then add some lemon juice, and a drop of olive oil. Season well.
2. Melt butter in a pan then add garlic, thyme and chopped mushrooms. Cook for 10-15mins.
3. To cook the egg, bring a large pan of water to the boil, and add a tablespoon of white wine vinegar. Carefully add the egg and poach for 3 minutes.
4. Slice the bread into slices and toast.
5. Spread the feta crème fraiche mix on top of the toasted bread, put the egg on top and sprinkle with chopped almonds and chilli flakes.

Ricky's Dexter Beef with Red Wine Gravy, Wilted Spinach, Nutmeg Potato Gratin and Cherry Tomatoes



Serves 2 – 60 minutes

Ingredients

- 2 dexter steaks
- 6 Cherry tomatoes on the vine
- 3 Potatoes
- 50g Spinach
- Beef stock
- Red wine
- Butter
- Onion
- Double cream
- Cheddar cheese
- Parmesan
- Garlic
- Corn Flour
- Whole grain mustard
- Milk
- Fresh thyme
- Whole nutmeg

Method

1. Peel and slice the potatoes into approximately 1cm thick slices. Put them into a large pan with milk, double cream, crushed garlic, grated nutmeg, and rosemary, then poach for 10 minutes.
2. Butter a roasting dish. Pour the potatoes and milk mixture into it and top with grated cheese. Pop into the oven and cook for one hour.
3. Mix a few tablespoons of wine and cornflour together to make a smooth paste. Add a little more wine along with the beef stock and stir together. Simmer the gravy until thick.
4. Bring a pot of water to the boil, add the spinach, and cook for 2 minutes before removing.
5. Place the tomatoes on a roasting tin, drizzle with olive oil and season. Roast in the oven for 10-15 minutes.
6. Bring the beef to room temperature and season with salt and pepper. Heat a heavy based frying pan, then add oil and butter. Add the steak, sear evenly on each side, and cook for 2 minutes, then turn over and cook for another minute. Baste with butter during cooking.
7. Let the steak rest in foil for 5 minutes before serving. Then pour the juices from the meat into the gravy.
8. To serve place the beef on a bed of wilted spinach and accompany with a spoonful of gratin and the roasted tomatoes.