

Sticky Lemon Chicken With Champ

Serves 4

Ingredients

1 Large Chicken Jointed into 8 -10 pieces, Sea Salt & Black Pepper,
3-4 tbsp Olive Oil, 1 Head of Garlic Halved Horizontally,
Few Thyme Sprigs, Splash of Sherry Vinegar,
2 tbsp Dark Soy sauce, 3 tbsp Honey, 1 Lemon Finely Sliced,
Bunch of Flat Leaf Parsley Chopped

(Champ):

1kg Floury Potatoes (e.g. King Edward) Chopped,
Sea Salt & Black Pepper, 30g Butter,
Bunch of Spring Onions (6-8) Trimmed & Chopped,
100ml Double Cream, 100ml Whole Milk (extra if needed)

Method

Season the chicken with salt and pepper and heat the olive oil in a large sauté pan. Brown the chicken pieces (in batches if necessary) over a high heat with the garlic and thyme for 2–3 minutes on each side until golden brown. Return all the chicken to the pan, add the sherry vinegar and bubble until reduced by half. Drizzle over the soy sauce and honey and shake the pan to mix.

Pour in a good splash of hot water and add the lemon slices. Let the liquid bubble and reduce down until syrupy, which will take about 10 minutes or so. By now the chicken should be cooked through.

Cut the potatoes into similar-sized chunks and boil in salted water for about 10 minutes, until tender when pierced with a small sharp knife. Drain well.

Mash the potatoes while still hot, using a potato ricer if you have one, then stir through the butter and spring onions.

Pour the cream and milk into a saucepan and bring just to the boil. Take off the heat and gradually pour on to the potatoes, mixing well. If the mash is too thick, add a little extra milk. Season generously.

Transfer the chicken to a platter and sprinkle over the chopped parsley, serve with the champ and green beans.

Baked Pork Chops

Serves 4

Ingredients

4 Pork Chops, Olive oil, Few Thyme Sprigs,
Few Rosemary Leaves,
½ Head Garlic Peeled into Cloves

(Sauce):

3 tbsp Olive Oil, 1 Red Onion Finely Chopped,
1 Red Pepper Finely Chopped, 1 Red Chilli Finely Chopped,
200g Chestnut Mushrooms Finely Sliced,
400g Can Chopped Tomatoes, 1 tsp Caster Sugar,
Salt & Pepper

Method

Heat the oven to 200 C/Gas 6. Place the pork chops in a large, lightly oiled baking dish and scatter over the thyme sprigs. Rosemary leaves, garlic cloves and salt. Drizzle with a little olive oil and bake for 20 minutes or until the pork chops are cooked through.

Make the sauce in the meantime. Heat the olive oil in a wide pan and add the onion, red pepper, chilli and mushrooms. Stir over a high heat for 3-4 minutes until the vegetables begin to soften. Tip in the tomatoes. Season with salt and pepper and add the sugar and a splash of water. Simmer for 10-12 minutes until the onions are tender and the tomato sauce has thickened. Taste and adjust the seasoning.

Take the chops out of the oven and leave to rest in a warm place for 5 minutes. Then pour any pan juices into the sauce and reheat. Ladle a generous amount of sauce over the chops to serve.

Beef fillet with a gratin of mushrooms and sautéed new potatoes

Serves 4

Ingredients

1 Shallot Finely Chopped, 1 Garlic Clove Crushed, 4 tbsp Olive Oil, 100g Mixed Oriental Mushrooms Roughly Chopped, 2 tbsp Chives Finely Chopped, 4tbsp Double Cream, 4 Fillet Steaks about 4cm Thick, 3tbsp Freshly Grated Parmesan

(New Potatoes):

500g New Potatoes Scrubbed, 5 -6 tbsp Olive Oil, Few Sprigs Rosemary, 8 Garlic Cloves Skin On Lightly Crushed, Knob of Butter

Method

Preheat oven to 220°C/Gas 7.

Place the new potatoes in a large pan and fill with cold water to cover. Add a generous pinch of salt, partially cover with a lid and simmer for 15-20 minutes until the potatoes are just tender when pierced with a skewer. Drain and refresh under cold, running water. Halve the potatoes and pat dry with kitchen paper. Set aside.

To prepare the topping, gently sauté the shallot and garlic in 1 tablespoon of olive oil for about 5 minutes until nicely softened. Add a further 2 tablespoons of olive oil and sauté the mushrooms over a high heat, stirring frequently, for about 7 minutes until browned and cooked. The mixture should be quite dry. If necessary, tip it into a sieve to drain off any remaining liquid. Remove the garlic clove and transfer the mushrooms to a bowl, allow to cool.

Whip the cream until softly stiff. Fold in the mushrooms along with the egg yolk, herbs and a tablespoon of the grated Parmesan, then season with salt and pepper. Set aside. Season the steaks all over with salt and pepper. Heat a large non-stick frying pan until you can feel a strong heat rising. Cook the steaks for about 2-3 minutes, turning them to seal all over. Remove from the pan. Put the steaks on a shallow baking tray. Pile the mushroom mixture on top of the steaks and dust with the remaining parmesan. Cook in the oven uncovered, for about 5-7 minutes until the topping is bubbling and golden. Meanwhile, finish off the potatoes. Heat the olive oil in a frying pan and add the garlic and rosemary, followed by the potatoes. Sauté over a fairly high heat, until the potatoes are golden brown - stir throughout to prevent them sticking to the pan. Add a knob of butter towards the end of cooking, season generously with salt and pepper.

When ready, serve the steaks with the sautéed potatoes.



Balsamic Roasted Onions

Great Accompaniment for Roast Beef

Serves 6

Ingredients

6-8 Medium Red Onions Thinly Sliced, 20g Unsalted Butter, 1 tbsp Olive Oil, Few Rosemary Sticks, 5 tbsp Balsamic Vinegar, Salt & Ground Black Pepper

Method

Heat the butter and olive oil in a heavy-based pan. Add the onions and sauté for 4-5 minutes until golden brown. Add the rosemary and season the onions with salt and pepper. Deglaze the pan with the balsamic vinegar and allow to cook for a further 6-8 minutes until the onions are soft and caramelised. Serve the onions warm.

Spinach With Garlic, Chilli & Pinenuts

Serves 6

Ingredients

Olive Oil For Cooking, 3 Garlic Cloves Peeled & Finely Sliced, ½ Red Chilli Deseeded & Finely Chopped, 50g Pine Nuts, 750g Baby Spinach Washed, Sea Salt & Ground Black Pepper

Method

Heat a little olive oil in a wide pan and sauté the garlic for a minute until golden brown, then add the chilli and pine nuts. Toss over a medium heat until the nuts are nicely toasted and golden brown. Add the spinach leaves in large handfuls, stirring and wilting each handful before adding the next. Season well and serve at once.