

Epic rib-eye steak

WITH WHITE BEANS & MIXED MUSHROOMS

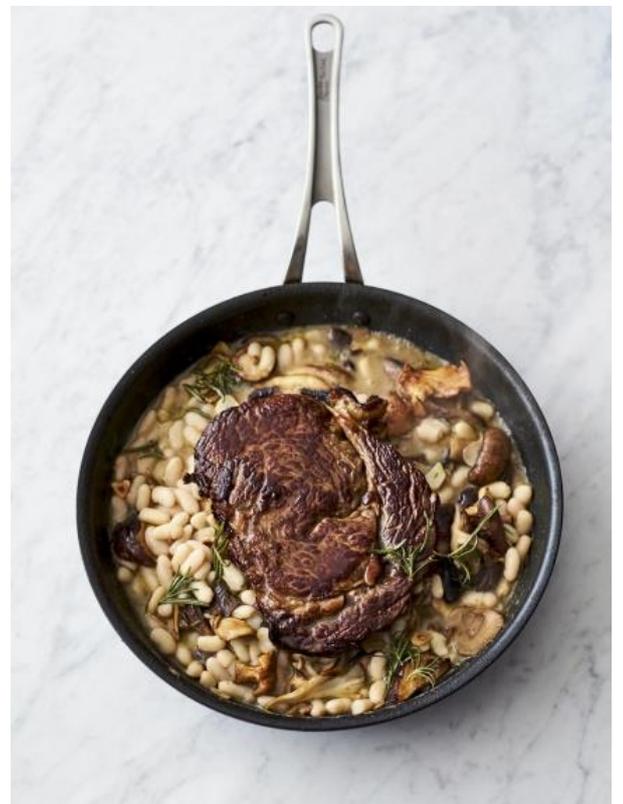
SERVES 4

COOKS IN 26 MINUTES

DIFFICULTY NOT TOO TRICKY

Ingredients

- 600 g piece of rib-eye steak , (ideally 5cm thick), fat removed
- 4 sprigs of fresh rosemary
- 4 cloves of garlic
- 350 g mixed mushrooms
- 1 x 600 g jar of quality white beans



Method

Place a large non-stick frying pan on a medium-high heat. Rub the steak all over with a pinch of sea salt and black pepper, then sear on all sides for 10 minutes in total, so you achieve good colour on the outside but keep it medium rare in the middle, or cook to your liking, turning regularly with tongs.

Meanwhile, strip the rosemary leaves off the sprigs, peel and finely slice the garlic, and tear up any larger mushrooms. When the steak's done, remove to a plate and cover with tin foil. Reduce the heat under the pan to medium, and crisp up the rosemary for 30 seconds, then add the garlic and mushrooms and cook for 8 minutes, or until golden, tossing regularly. Pour in the beans and their juice, add 1 tablespoon of red wine vinegar and simmer for 5 minutes, then season to perfection. Sit the steak on top and pour over any resting juices. Slice and serve at the table, finishing with a little extra virgin olive oil, if you like.

Sizzling seared scallops

WITH MINTY MASH & BLACK PUDDING

SERVES 2

COOKS IN 18 MINUTES

DIFFICULTY NOT TOO TRICKY

Ingredients

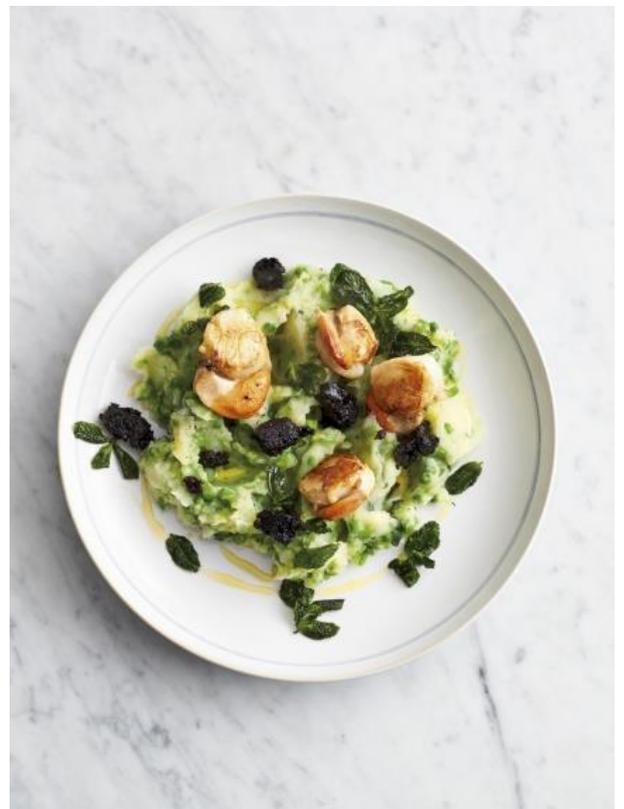
400 g potatoes

200 g frozen peas

½ a bunch of fresh mint (15g)

6-8 raw king scallops, coral attached, trimmed, from sustainable sources

50 g firm higher-welfare black pudding



Method

Wash the potatoes, chop into 3cm chunks and cook in a pan of boiling salted water for 12 minutes, or until tender, adding the peas for the last 3 minutes. Meanwhile, pick and finely chop most of the mint leaves and put aside. Place a non-stick frying pan on a medium-high heat. Once hot, put 1 tablespoon of olive oil and the remaining mint leaves in to crisp up for 1 minute, then scoop the leaves on to a plate, leaving the oil behind. Season the scallops with sea salt and black pepper and fry for 2 minutes on each side, or until golden. Crumble in the black pudding (discarding the skin) so it crisps up alongside.

Drain the peas and potatoes, return to the pan, mash well with the chopped mint and 1 tablespoon of extra virgin olive oil, taste and season to perfection. Plate up with the scallops and black pudding, drizzle lightly with extra virgin olive oil, and sprinkle over the crispy mint.

Egg & mango chutney flatbreads

WITH A KICK OF FRESH CHILLI

SERVES 2

COOKS IN 12 MINUTES

DIFFICULTY NOT TOO TRICKY

Ingredients

- 4 large free-range eggs
- 100 g self-raising flour, plus extra for dusting
- 6 tablespoons natural yoghurt
- 2 tablespoons mango chutney
- 1 fresh red chilli

Method

Lower the eggs into a pan of vigorously simmering water and boil for 5½ minutes exactly, then refresh under cold water until cool enough to handle, and peel. Meanwhile, put a large non-stick frying pan on a medium-high heat. In a bowl, mix the flour with a little pinch of sea salt, 4 tablespoons of yoghurt and 1 tablespoon of olive oil until you have a dough. Halve, then roll out each piece on a flour-dusted surface until just under ½cm thick. Cook for 3 minutes, or until golden, turning halfway.

Dot the mango chutney and remaining yoghurt over the breads. Halve the soft-boiled eggs and arrange on top, smashing them in with a fork, if you like. Finely slice the chilli and scatter over (as much as you dare!), drizzle with a little extra virgin olive oil and season with salt and black pepper from a height.



Almond pastry puff

WITH HOMEMADE FRANGIPANE

SERVES 6

COOKS IN 28 MINUTES

DIFFICULTY NOT TOO TRICKY

Ingredients

- 100 g blanched almonds
- 1 tablespoon double cream , plus extra to serve
- 75 g icing sugar , plus extra for dusting
- 2 large free-range eggs
- 375 g block of all-butter puff pastry , (cold)



Method

Preheat the oven to 220°C/425°F/gas 7. Line a baking tray with greaseproof paper. Blitz the almonds in a food processor until nice and fine. With the processor still running, add the cream, icing sugar, 1 egg and a pinch of sea salt until combined, stopping to scrape down the sides with a spatula, if needed.

Halve the pastry, shape into two rounds and, working quickly, dusting with icing sugar as you go to stop the pastry sticking, roll out between two sheets of greaseproof paper until they're just under ½cm thick. Place one round on the lined tray. Spread the almond paste on top, leaving a 2cm gap at the edges. Put the other round on top and gently push together. Quickly seal the edges with the back of a fork. Eggwash the top, then dust over an extra layer of sugar.

Gently push your finger into the middle of the pastry, then, with a sharp knife, very delicately make little lines from the centre to the outside. Bake on the bottom of the oven for 12 to 15 minutes, or until puffed up and golden, dusting with a little extra icing sugar before dishing up.