

MEAT AND POTATO PIE



Hairy Bikers Meat and Potato Pie . This traditional Meat and Potato Pie is made with braising steak, onions, potatoes, beef extract, and gravy granules and creates a hearty dinner that takes about 4 hours. But well worth the wait.

INGREDIENTS Serves 8

For The Pie Filling:

2.75kg braising steak, cut into cubes
3 medium onions, chopped
2.75kg potatoes, peeled, cut into chunks
1 tablespoon beef extract
4 tablespoons gravy granules

For The Pastry:

500g plain flour
2 teaspoon salt

125g butter, cut into small cubes
125g lard, cut into small cubes
125ml cold water
1 free-range egg, beaten

METHOD

Put the beef and onions into a large, lidded saucepan and season with salt. Pour in enough water to cover the contents of the pan and bring to a boil. Once boiling, cover the pan with a lid, reduce the heat, and simmer gently for $2\frac{1}{2}$ –3 hours, or until the meat is tender.

Tip the flour and salt into a bowl, and add the cubes of margarine and lard. Using your fingertips, rub the fat into the flour until the mixture has the texture of breadcrumbs and no large lumps of fat remain. Add the water and mix with a cutlery knife until the pastry begins to come together. Add more water gradually if needed. Knead the dough lightly, shape it into a ball, wrap it in clingfilm, and chill in the fridge for 30 minutes. to come together.

Preheat the Oven to 200C

Cook the potatoes in salted water until tender. Drain and set aside.

When the meat is tender, remove the pan from the heat. Ladle some of the liquid from the meat into a jug to cool. Mix together the gravy granules and beef extract, and gradually add to the cooled liquid, mixing thoroughly. Pour over the meat, and heat gently until simmering. Once simmering, remove from the heat and leave to cool slightly.

Remove the pastry from the fridge. Cut a small amount of pastry and roll it out on a lightly floured work surface to a 3mm thickness. Cut the pastry into thin strips.

Dampen the rim of a 28 x 38cm pie dish with water, and line

the rim with the strips of pastry.

Strain the meat and onions, reserving the sauce. Spread the meat and onions in an even layer at the base of the dish. Layer the potatoes on top of the meat and onions. Pour the reserved sauce over the filling, until just below the top of the potatoes. Reserve any remaining sauce. Roll the remaining pastry out on a floured work surface to a 3mm/ $\frac{1}{8}$ in thickness, and cut to the size of the pie dish. Brush the strips of pastry on the rim of the dish with beaten egg, and place the pastry lid on top. Press the edges to seal, and brush the lid of the pie with the remaining beaten egg. Cut a few slits in the lid of the pie to allow steam to escape.

Cook in the oven for 50–60 minutes, or until the pastry is golden-brown and the filling is bubbling inside.

Serve the hot pie with the reserved sauce on the side.

Original Recipe The Hairy Bikers

BRAISED SAUSAGES WITH FENNEL AND LENTILS



Georgina Hayden's braised sausages with fennel and lentils is a weeknight winner. A one-pot family dinner that doesn't skimp on flavour.

INGREDIENTS Serves 4

Olive oil

6-8 pork sausages

2 onions

4 garlic cloves

1 large or 2 small fennel bulbs

1 teaspoon fennel seeds
Pinch aleppo pepper
1 heaped tablespoon tomato purée
150ml wine (red or white)
2 x 400g tins green lentils
150ml beef or chicken stock
1 tablespoon red wine vinegar

METHOD

Heat the oven to 190°C

Set a large flameproof casserole or wide ovenproof frying pan on a low-medium heat and drizzle in a little olive oil. Fry the sausages for about 8 minutes, turning, until browned all over.

While the sausages brown, peel and finely slice the onions and garlic. Trim the fennel, reserving any nice fronds, and cut the bulbs into wedges. Crush the fennel seeds with a pestle and mortar.

When the sausages are cooked, transfer them to a plate. Add the fennel wedges to the sausage pan and turn up the heat a little. Fry until browned, then stir in the onions, garlic and crushed fennel seeds. Fry, stirring, for 5 minutes, then stir in the aleppo pepper and tomato purée. Stir-fry for another minute, then add the wine. Bring to the boil, turn down the heat and simmer for 3 minutes until the liquid has reduced by half. Stir in the lentils, including their liquid, with the stock and red wine vinegar, then season well. Put the browned sausages on top, bring to the boil, then cover with a lid.

Transfer the pan to the oven and cook for 10 minutes. Remove the lid from the pan, return to the oven and cook, uncovered, for 15-20 minutes until everything is nicely browned and the lentils are thickened.

Serve scattered with the reserved fennel fronds.

GOOSE EGG SALAD



Goose Egg Salad with Blue Cheese and Prosciutto is the perfect combination and balance of flavours...

It has a traditional base of salad leaves with tomato... Which is topped with a little salty, crispy-fried Prosciutto ham, crumbled, earthy blue cheese and a luxuriously rich perfectly-cooked, slightly soft-yolk goose egg.

To finish, the salad is sprinkled with some lightly-toasted pine nuts and/or pumpkin seeds, a drizzle of olive oil and

balsamic and a dash of salt and pepper.

2 goose eggs

3 to 4 slices Prosciutto ham

3 tablespoons pumpkin seeds

6 handfuls salad leaves

9 cherry tomatoes

150 g Roquefort cheese

2 tablespoons virgin olive oil

2 tablespoons balsamic vinegar

sea salt and black pepper to season

Bring a pan of water (enough to cover the egg) to a rolling boil and then gently lower the egg into the water. Boil for 13 to 15 minutes (dependent on how soft a yolk is required)

When boiled, immediately remove the egg from the pan and place in a bowl of cold water to stop further cooking.

Heat a non-stick frying pan over a medium heat, without oil.

Once hot, place the Prosciutto in the base and cook, turning part-way through until crisp. Set aside.

In the same pan dry roast the pumpkin seeds.

Carefully peel the egg and slice in half lengthways.

Arrange the salad in the base of a serving dish and top with the egg, crispy Prosciutto, tomatoes, crumbled blue cheese and sprinkled toasted seeds.

To make the dressing, put about a tablespoon each of balsamic vinegar and olive oil in a small bowl and beat together with a fork.

Drizzle the dressing over the salad and season with a good grind of black pepper and a shake of salt.

Original Recipe BBC Good Food

BRAISED SAUSAGES WITH LENTIL AND FENNEL



Georgina Hayden's braised sausages with fennel and lentils is a weeknight winner. A one-pot family dinner that doesn't skimp on flavour.

Georgina says: "One of my favourite Cypriot dishes is lentil and rice faki; this is essentially that with sausages. It's a meal I make for my daughters, but one we all appreciate."

INGREDIENTS Serves 4

Olive oil
6-8 pork sausages
2 onions
4 garlic cloves
1 large or 2 small fennel bulbs
1 teaspoon fennel seeds
Pinch aleppo pepper (or $\frac{1}{2}$ tsp regular chilli flakes)
1 heaped tablespoon tomato purée
150ml wine (red or white)
2 x 400g tins green lentils
150ml beef or chicken stock
1 tablespoon red wine vinegar

METHOD

Heat the oven to 190°C

Set a large flameproof casserole or wide ovenproof frying pan on a low-medium heat and drizzle in a little olive oil. Fry the sausages for about 8 minutes, turning, until browned all over.

While the sausages brown, peel and finely slice the onions and garlic. Trim the fennel, reserving any nice fronds, and cut the bulbs into wedges. Crush the fennel seeds with a pestle and mortar.

When the sausages are cooked, transfer them to a plate. Add the fennel wedges to the sausage pan and turn up the heat a little. Fry until browned, then stir in the onions, garlic and crushed fennel seeds. Fry, stirring, for 5 minutes, then stir in the aleppo pepper and tomato purée. Stir-fry for another minute, then add the wine. Bring to the boil, turn down the heat and simmer for 3 minutes until the liquid has reduced by

half. Stir in the lentils, including their liquid, with the stock and red wine vinegar, then season well. Put the browned sausages on top, bring to the boil, then cover with a lid.

Transfer the pan to the oven and cook for 10 minutes. Remove the lid from the pan, return to the oven and cook, uncovered, for 15-20 minutes until everything is nicely browned and the lentils are thickened. Serve scattered with the reserved fennel fronds.

Original Recipe Greekish by Georgina Hayden

AMERICAN GOULASH



American Goulash is a quick and easy recipe. macaroni pasta

with ground beef and peppers in a creamy tomato sauce! This recipe is made in one single pot perfect for busy weeknights. And yes it's delicious

INGREDIENTS. Serves 6

100gr uncooked macaroni
450kg minced beef
1 medium onion, chopped
1 garlic clove crushed
1 can chopped tomatoes
236 ml tomato sauce
177 gr sweet corn
1 green pepper diced
1 teaspoon ground cumin
1 teaspoon pepper
1 teaspoon salt
20 gr chopped fresh coriander

METHOD

Cook macaroni according to package directions; drain. Meanwhile in a frying pan cook the onion and garlic over medium heat.

Add the meat and continue cooking until meat is no longer pink, 6-8 minutes.

Stir in the chopped tomatoes, tomato sauce, sweet corn, the green pepper and season. Bring to a boil. Reduce heat and simmer, uncovered, until flavours are blended, about 5 minutes.

Stir in macaroni and coriander, and serve

Original Recipe Taste of Home

ALIGOT



A speciality of Auvergne in south-west France, where it's claimed it was created by the monks of Aubrac to serve hungry pilgrims on their way to Compostela, aligot – or “magical cheesy mashed potato” it is Silky-smooth pommes puree enriched with generous amounts of cheese.

This delightfully gooey, cheesy mash is often thought to be the world's best Potato dish.

INGREDIENTS Serves 4

1kg floury potatoes all of roughly the same size
350g Tome de Laguiole
250g crème fraîche
120ml milk
1 garlic clove, peeled
Salt and ground white pepper

METHOD

Peel the potatoes and place in a pan of salted water and bring to the boil. Simmer until tender.

Meanwhile, grate the cheeses. Once the potatoes are tender, drain them;

Mash them very well, until you have a smooth puree. Crush the garlic clove.

Put the puree back into the pan and put on a very low heat. Stir in the creme fraiche and garlic along with enough milk to make a viscous puree, then use a wooden spoon or sturdy whisk to stir in the cheese in a couple of batches.

Beat the potato vigorously until the cheese is melted (and the texture smooth) and the mix comes away from the side of the pan. It will develop a slight sheen that lets you know it's ready – add more milk if it seems too firm. Season with salt and white pepper and serve immediately.

Original Recipe Felicity Cloak writing in the Guardian

SWEET CHILLI AND PEPPER NOODLES



LP

This easy, brightly coloured pork and pepper stir-fry really celebrates that bottle of sweet chilli sauce – usually used just for dipping – hiding at the back of your fridge.

INGREDIENTS

- 160g dried egg noodles
- 4 small garlic cloves, crushed
- 1 tablespoon finely grated fresh root ginger
- 4 tablespoons sweet chilli sauce
- 1 tablespoon rice wine vinegar
- 2 tablespoon dark soy sauce
- 2 tablespoon groundnut or vegetable oil
- 1 red pepper, deseeded and thinly sliced
- 1 yellow pepper, deseeded and thinly sliced
- 200g pork fillet, thinly sliced

2 large spring onions, thinly sliced

METHOD

Cook the egg noodles according to the packet instructions. Rinse under cold water to stop the noodles sticking together and set aside.

Whisk the garlic, ginger, sweet chilli sauce, rice wine vinegar, soy sauce and 1 tablespoon of water together in a small bowl. Set aside.

Heat the oil in a large frying pan or wok over a medium-high heat. Add the peppers and stir-fry for 5–6 minutes, or until they are tender but still hold a little crunch. Remove from the pan with a slotted spoon and set aside.

Add the pork to the pan and cook for 2–3 minutes, or until cooked on both sides and just starting to brown.

Return the peppers to the pan along with the stir-fry sauce. Allow to bubble for 1 minute, until slightly reduced, then add the noodles. Stir and cook for another minute, until the noodles are hot through.

Serve immediately with the spring onion sprinkled over the top.

HALLOUMI BURGER



An easy halloumi burger that will make you rethink burgers forever.

Halloumi comes from the island of Cyprus. Its particularity is that it does not melt when cooked. Lightly browned, it shares all its flavours with us.

INGREDIENTS

Half avocado, in the skin

2 Burger Buns

1 tablespoon olive oil

180 g Halloumi cheese cut in half horizontally

pinch of salt

50 g frisée lettuce

For the Hot Tomato relish

1 tablespoon olive oil

half a red onion thinly sliced
half teaspoon salt
sprinkling of black pepper
1 tablespoon red wine vinegar

METHOD

Use a fork to roughly mash the avocado. Lumps are fine. Just make sure its spreadable

For the hot relish

Heat the oil in a pan, over a high heat. Add the onions, tomatoes, salt and pepper and vinegar. Cook stirring frequently for 4 minutes or until the tomatoes are lightly blistered and starting to collapse. set aside

Return the pan to the heat. Butter the buns then put them face down in the pan: cook for 1 minute until golden. Transfer to serving plates.

Heat the oil in the pan and add the halloumi and cook on each side for 2 minutes until golden.

To assemble. cover the base of the buns with the avocado. Sprinkle with a pinch of salt. Add the frisée. Top off with the halloumi. Finish with the relish.

Original Recipe Recipetineats