

Enjoy the Ebook



The Homepage of the

Jamie Oliver Fan Club



more pictures at
welcome.to/jamieoliver

JAMIE - A man who cooks. Need I say more? Never mind he is cute, charming, can slide down his spiral staircase banister, has cool lingo such as 'pucker' and 'kaboodle' and 'tastey', has a sexy little lisp thing going on. He's charming, he's funny, he's fast, he's 26. Jamie Oliver and his show The Naked Chef. Do a search. Go look. You will love him too. **[Jump to recipes](#)**

If you want me to send you an email every time I update this site (don't worry, that is not that often...), just mail me, and mention Jamie in the subject line if you're sending a blank email. Of course, comments are always welcome. And to anyone who didn't understand: I'm not Jamie! Just another fan who had too much spare time.

Tuesday, October 23rd - Jamiroquai's Jay Kay invites Jamie over to roast a proper joint of beef with all the trimmings. You can find the recipes as they appeared on BBC Ceefax here or in the menu. I've put some screenshots, but I still have to get more, and edit them to get ridd of those annoying black bars.

Tuesday, October 16th - The new series has started! You can find the recipes as they appeared on BBC Ceefax here or in the menu. I'll work on getting some screenshots.

From the BBC website: "Tonight Jamie begins a new series in which he travels from Cornwall to Inverness doing some cooking on the way. And tonight some of it is even on a camp stove. Jamie is certainly a boyish and endearing guide, even if he's suffering a little from overexposure at present, and the picnic lunch tips are definitely worth noting down."

Old News

Jamie's Menu

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SALAD OF BOILED POTATOES, AVOCADO AND CRESS

WATERCRESS, ROCKET, SWEET PEAR, WALNUT AND PARMESAN SALAD

CELERY, CELERIAC, PARSLEY AND POMEGRANATE SALAD

COUSCOUS WITH GRILLED SUMMER VEGETABLES AND LOADSA HERBS

OLIVE OIL AND LEMON JUICE DRESSING

CRUNCHY THAI SALAD

THAI DRESSING

Soup & Snacks

BOTHAM BURGER

PIZZA

Pasta & Risotto

FARFALLE WITH SAVOY CABBAGE, PANCETTA, THYME AND MOZZARELLA

LINGUINE WITH PANCETTA, OLIVE OIL, CHILLI, CLAMS AND WHITE WINE

Fish & Shellfish

ROASTED SLASHED FILLET OF SEA BREAM STUFFED WITH HERBS,
BAKED ON MUSHROOM POTATOES WITH SALSA VERDE

FANTASTIC FISH PIE

SALMON FILLET WRAPPED IN PROSCIUTTO WITH HERBY LENTILS, SPINACH AND
YOGHURT

ASIAN MARINADE

MUSSELS AND SWEET LEEKS

SUSHI ROLLS

Meat & Marinades

BEST ROAST BEEF

STEAK SARNIE

CHILI CON CARNE

FANTASTIC ROASTED CHICKEN

TRAY-BAKED PORK CHOPS, HERBY POTATOES, PARSNIPS, PEARS AND MINTED BREAD
SAUCE

FRIED CHICKEN FILLED WITH HERBS, POTATOES AND GARLIC

PORK WITH PEACHES

SEARED ENCRUSTED CARPACCIO OF BEEF

SEARED CARPACCIO OF BEEF WITH CHILLI, GINGER, RADISH AND SOY
ROSEMARY, GARLIC AND LEMON MARINADE

CAJUN SPICY RUB

ASIAN MARINADE

Fruit & Vegg

BAKED ONIONS

BAKED CARROTS WITH CUMIN, THYME, BUTTER AND CHARDONNAY

BAKED FENNEL WITH GARLIC BUTTER AND VERMOUTH

SALTED/MARINATED LEMONS "IN A JAR"

JERUSALEM ARTICHOKEs

SLOW-COOKED AND STUFFED BABY BELL CHILLI PEPPERS

BLACKENED SWEET AUBERGINE

Drinks & Desserts

PINENUT AND HONEY TART

TWO-NUTS CHOCOLATE TORTE

CHOCOLATE POTS

SMOOTHIES

SHEILA'S PUDDING

CAMPARI AND PASSIONFRUIT SORBET

THE BEST HOT CHOCOLATE

CHRISTMAS BOMBE

Sauce & Stuff

SALSA VERDE

MINTED BREAD SAUCE

TOMATO SALSA

FETA CHEESE IN A JAR W/HERBS

Monday, March 19th - Homepage.com is discontinuing their free web space service, so I had to move the site. Which is probably for the better anyway, since I've had a lot of trouble accessing the site and I don't think I'm the only one. If there are any problems at this new location (like links that don't work anymore), please let me know.

I haven't had much time to work on the site lately, so I'm running a bit behind. However, tonight's recipes are right here, and those from last week's episode (March 12th), Going to the dogs, were already online. The recipes from the week before (March 5th), A perfect day, I missed during the original broadcast last year, but I got them now. I'm still missing the second episode, Girls, Girls, Girls, but some of the recipes are on my page of missed recipes. Also see the menu below.

Tuesday, February 20th - Yesterday, the BBC started rerunning the second Naked Chef series. Unfortunately, they're not publishing the recipes on ceefax, since it is a repeat programme. Too bad, 'cause that's the source I use for the recipes on these pages, and I hoped to complete my collection. However, the recipes from this episode were already at this website, and you can find them, together with some nice screenshots, right here.

Wednesday, January 31st - This site crossed the 10,000 hits mark today! You're probably thinking "Who cares?", but it is important to me: its shows I'm not just waisting my time here. Well, I probably am anyway, but I enjoy it.

Wednesday, December 20th - Christmas episode of The Naked Chef on the BBC today, Christmas in New York. The recipes are [here](#), and I'll add sreenshots as soon as I have the time for it, which will be either tomorrow or sometime next year :).

Monday, December 18th - Thanks to a dedicated fan from Norway, I've gotten hold of the [recipes of Jamie's Xmas special](#). Thank you, Ove!

Tuesday, November 7th - I did some major restructuring work on the site today while keeping an eye on the elections. All the ugly text files are replaced by html, the background checker pattern is lighter for better readability, and I created this menu, so the recipes are no longer just listed per episode. Furthermore, I started a [page with recipes from episodes I missed](#), and I intend to add to this page asap. If there's a recipe you can't find, you can always mail [me](#), I'm not making any promises but you might get lucky!

Wednesday, November 1st - Today the BBC started airing a new series, Friends for dinner . This is what the BBC said about it:

It sometimes feels as if there are more cookery programmes around these days than most people have had hot dinners, but this one is suitably original, a kind of culinary Ground



Force! Seven of Britain's top chefs turn up on the doorsteps of their biggest fans, and in true Jim'll Fix-It style, help them cook up the dinner party of their dreams. Tonight Jamie Oliver is the knight in shining armour for Angela Wheeler, showing unending patience, and even offering support down the telephone after he's gone. What a nice boy!

Jealous? Me? Well, at least I won't be the only one!

Anyway, Angela made some recipes from *The Return of the Naked Chef*, which therefor should have already been on this site, unless they're from an episode I missed. And I think that might be the case. Unfortunately, the recipes weren't shown on ceefax, but I've got it on tape, so I'll see what I can do. And I'll see what else is on that tape, so I can change those horrible text files in something nice.

Wednesday, May 31st - Last episode today: Wedding Bells! Maybe now I've got time to give this site the facelift it desperately needs and fix up the recipes with screenshots.

Wednesday, May 24th - Here are the recipes from today's episode Bender's birthday barbi as they appeared on BBC Ceefax. Just a text file for now, but I was very quick with getting it online this time, wasn't I?

Sunday, May 21st 2000 - I've added screenshots to the recipes from last Wednesday's episode A bun in the oven, including "Baked Carrots with Cumin, Thyme, Butter and Chardonnay", "Fantastic Fish Pie", "Sheila's Pudding", and "Watercress, Rocket, Sweet Pear, Walnut and Parmesan Salad".

Thursday, May 11th 2000 The recipes from yesterday's episode "Picnic on the pier" as they appeared on BBC ceefax last night are right [here](#). In addition to adding these recipes, I've changed the background from the papery design that made it near to impossible to read the text, to a colourful checker pattern.

Thursday, May 4th 2000 The recipes from yesterday's episode "Going to the dogs" are right [here](#).

Tuesday, May 2nd 2000 - HELP WANTED!!! There's a new episode tomorrow and I still have to get the last two shows online! I've been WAY too busy lately, I still haven't even SEEN those last two episodes. So if you're a fan of Jamie like me, and you'd like to get involved in building this site, please mail me at the address below. If you're not very good at all the more technical stuff, don't worry, I'll take care of that - if you are, that's great too, 'cause this site sure could use a facelift.

Friday, April 21st 2000 - Sorry, fellow Jamie fans, I'm on a Easter holiday right now, so I can't get to my own computer. I haven't even seen this weeks episode yet!. Of course, I taped it, so as soon as I'm back home, I'll make some nice screenshots, but the recipes will be off Ceefax by then. So if someone else copied them, please mail them to [me](#), otherwise it might take a while before I put them online.

Wednesday, April 12th 2000 - The BBC starts airing the new series today. The programme is rated Top choice in today's recommendations and described as "A very tasty dish - and that is just the presenter!". According to the BBC, in the first episode

Jamie plans a reunion supper for an old friend, which includes roasted sea bream, and a "wicked" chocolate nut torte. These **recipes** as they appeared on BBC ceefax along with some nice **screenshots**, you can find [here](#).

Even though I've always carefully listed my sources (I love the BBC!), there might be some material on this site - like any other fansite - that conflicts with copyright laws. If you own the rights to anything on this site and don't want me to use it, please [mail me](#) and it will be removed promptly.

Episode 2:

Rock Food

(recipes copied from BBC ceefax)

PINENUT AND HONEY TART

Makes a 30cm / 12" tart

Ingredients

255g/9oz pinenuts
255g/9oz butter
255g/9oz caster sugar
3 large eggs, preferably organic
4 tablespoons Greek fig tree honey
115g/4oz plain flour
zest of 1 orange
lemon thyme, picked
pinch of salt

For the pastry:

115g/4oz butter
100g/3½ oz icing sugar
pinch of salt
225g/8oz plain flour
2 egg yolks
2 tbsp cold milk or water

Method

- 1** Cream together the butter, sugar and salt and then rub or pulse in the flour and egg yolks. When the mixture has come together, looking like coarse breadcrumbs, add the milk or water.
- 2** Gently pat together to form a small ball of dough. Wrap and leave to rest for an hour.
- 3** Cut thin slices of your pastry (or you can roll out if you prefer) and place in and around the bottom and sides of your 30cm/12" tin.
- 4** Push the pastry together and level out and tidy up the sides. Cover and leave to rest in the freezer for about 1 hour.
- 5** Pre-heat your oven to 180C/350F/Gas Mark 4, and bake the pastry for around 15 minutes until lightly golden. Reduce the oven temperature to 170C/325F/Gas Mark 3.
- 6** While the pastry is in the oven, toast the pinenuts under the grill.
- 7** Using a spatula, or a food processor, whip the



butter and sugar until light and fluffy.

8 Stir in your pinenuts, add the eggs one at a time, then fold in the honey, flour, thyme, orange zest and salt. Spoon into the tart shell and bake for 30-35 minutes.

9 Add a few uncooked pinenuts to the top of the mixture for decoration

10 Serve with caramelised figs (grilled with a little sugar), creme fraiche and a little lemon thyme.



BEST ROAST BEEF

Ingredients

1 x 2.5kg/5½lb fore-rib, wing rib or sirloin of beef, French trimmed
sea salt & freshly ground black pepper
olive oil
3 red onions, halved
2 bulbs of garlic
3kg/7lb roasting potatoes, peeled
3 rosemary twigs
4 cloves garlic, peeled
2 thumb-sized pieces of ginger, peeled & diced
½ bottle of robust red wine

Method

1 Pre-heat oven to 230C/450F/Gas 8, and heat a large thick-bottomed roasting tray on the hob.
2 Rub your beef generously with salt, then add a little olive oil to the tray and lightly colour the meat for a couple of minutes on all sides.
3 Lay your onions and bulbs of garlic in the tray with the beef on top of them, then cook in the pre-heated oven for a total of 1½ hours.
4 While the beef is starting, parboil your potatoes in salted boiling water for around 10 minutes and drain in a colander. Toss about to chuff them up this will make them really crispy.
5 After 30 minutes, take the tray out and toss in your potatoes, parsnips and rosemary. With a garlic press or grater, squeeze or grate the garlic and ginger over everything in the tray.
6 Shake the tray and whack it back in the oven for the final hour. Remove the potatoes and parsnips to





a dish to keep warm, place the beef on a plate, covered with foil, to rest, and get your greens and Yorkshire puddings on.

7 Remove most of the fat from your roasting tray and you should be left with caramelized onions and sticky beef goodness. Add a teaspoon of flour to the tray and mash everything together.

8 Heat the tray on the hob and when hot, add the red wine. Simmer for 5-10 minutes, stirring every couple of minutes, until your gravy is really tasty and coats the back of a spoon. Add any juice from the beef and feel free to add some water or stock to thin the gravy if you like.

9 Pour through a coarse sieve and push it through with a spoon and serve in a warmed gravy jug.



BAKED ONIONS

Ingredients

4 good sized white onions, peeled
olive oil
2 cloves of garlic, peeled & finely chopped
4 twigs of fresh rosemary, lower leaves picked & chopped
8 tbsp double cream couple of handfuls of grated Parmesan
sea salt & freshly ground black pepper
4 slices of pancetta or smoked streaky bacon rashers

Method

1 Boil the onions in plenty of water for 15 minutes until slightly tender. Remove from the pan and allow to cool.



2 Then, with a sharp knife, remove the top 2.5cm/1" of each onion, finely chop and place to one side. If need be, slightly trim the stalk end of the onions so that they will sit flat on a roasting tray.

3 Cut about a heaped tablespoon out from the inside of each onion, keeping the outside intact. Finely chop and add to the rest of the chopped onion.

4 Pre-heat the oven to 200C/400F/Gas 6. Heat a frying pan and add a little olive oil, your garlic, the chopped onions and just a little chopped rosemary.

5 Fry for a couple of minutes until softened, then turn the heat down, add the cream and remove from the heat. Stir in the Parmesan and season.

6 Wrap a nice slice of pancetta around the middle of each onion and just spike it in place with a sharpened twig of rosemary.

7 Place the onions on to a roasting tray and spoon some of the chopped onion mixture inside each one. Bake in the preheated oven for around 25 minutes.



HUGE YORKSHIRE PUDDINGS

Ingredients

285ml/½ pint milk
115g/4oz plain flour
A pinch of salt
3 eggs

Method

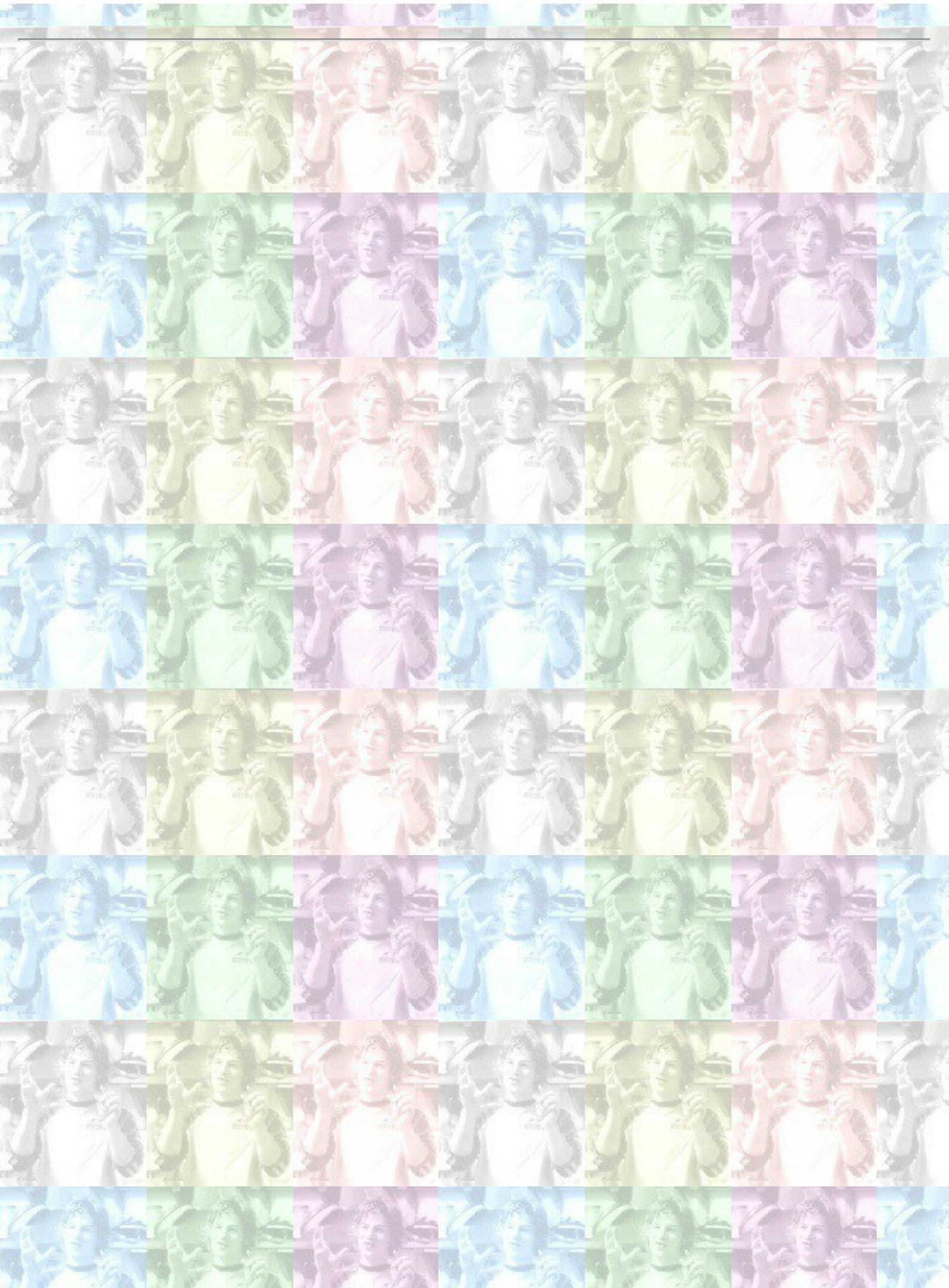
1 Mix the batter ingredients together. Pre-heat a Yorkshire pudding tray with 1cm/½" of oil in each section.

2 After 10 minutes divide the batter in to the tray. Cook for around 30 minutes until crisp, don't open the oven door before then or they won't rise.



(I'll work on these later - promise!)





Picnic on the Pier

(recipes copied from BBC ceefax)

FANTASTIC ROASTED CHICKEN

For 6 people

Ingredients

900g/2lb chicken, preferably organic
 1 large lemon
 8 slices prosciutto or Parma ham, thinly sliced
 1-2 cloves garlic, peeled and finely chopped
 2 good handfuls of fresh thyme, leaves picked and finely chopped
 salt and freshly ground black pepper
 115g/4oz or ½ pack softened butter
 1kg/2lb 3oz potatoes, peeled and cut into chunks
 1 large celeriac, peeled

Method

Preheat oven and an appropriately sized roasting tray to 220c/425f/Gas 7

- 1** Wash your chicken inside and out, and pat dry with kitchen paper. Using your fingers, part the breast skin from the breast meat.
- 2** It's important to try to push your hand gently down the breast, being careful not to rip the skin.
- 3** With a peeler, remove and chop the fragrant yellow skin of the lemon, keeping the peeled lemon to one side.
- 4** Tear up your prosciutto and add to a bowl with the lemon skin, garlic and thyme.
- 5** Season and scrunch it all into the butter. Push this into the space you have made between the meat and skin - rub and massage any that's leftover in and around the bird.
- 6** Slash the thigh meat to allow the heat to penetrate a little more, which makes it taste better. Halve the peeled lemon and push it into the cavity. Put your chicken in the hot tray and roast in the preheated oven for 20 minutes.
- 7** While the chicken is cooking, parboil the potatoes in salted water for 10 minutes and drain. Cut the celeriac into irregular chunks around the same size as the potatoes.



8 Remove the chicken from the oven, by which time the tasty butter will have melted, flavoured and cooked out of the chicken into the bottom of the tray, awaiting your potatoes and celeriac.

9 Put a fork into the cavity of the chicken and lift it out of the tray for 20 seconds while you toss and coat the vegetables in the butter. Put the chicken back on top of the vegetables and cook for around 40 minutes.

10 Stand for 10 minutes. Once the meat and vegetables have been removed, a light gravy can be made in the tray on the hob with stock, a splash of wine, a little simmering and some scraping.



BASIC SMOOTHIE RECIPE

For 2 people

Ingredients

1 banana
2-3 large handfuls of a chosen fruit
about 1 pint glass of ice
285ml/½ pint single cream

Method

- 1 Place the banana and your chosen fruit into a liquidizer and whizz for 30 seconds. Add the ice and cream.
- 2 Place the lid back on tightly, and pulse the liquidizer a couple of times on and off to break up the larger pieces of ice, before whizzing up to a semi-slushy milkshake consistency.
- 3 If you haven't got a liquidizer, you could place the



ice into a clean tea-towel and bash it with a rolling pin before stirring in the mashed fruit and cream.

SMOOTHIES - VARIATIONS

Blackberry and Pineapple Smoothie

- 2 handfuls of blackberries
- 1 handful peeled and chopped fresh pineapple

Banana and Honey Smoothie

- 1 more banana
- 2 tbsp honey
- 2 heaped tbsp peanut butter

Raspberry and Strawberry Smoothie

- 1 handful raspberries
- 2 handfuls strawberries



BASIC BREAD RECIPE

Ingredients

- 30g/1oz fresh yeast or 3 x 7g sachets dried yeast
- 30g/1oz honey or sugar
- 625ml/just over 1 pint tepid water
- 1kg/just over 2lb strong bread flour
- 30g/1oz salt
- some extra flour for dusting

Method

- 1 Dissolve the yeast and honey or sugar in half the tepid water.
- 2 On a clean surface or in a large bowl, make a pile of the flour and salt. On a clean surface or in a large bowl, make a pile of flour and salt. Make a well in the centre, and pour in the dissolved yeast mixture. With four fingers of one hand, make circular movements from the centre moving outwards, slowly bringing in more and more of the flour, until all the yeast mix is soaked up. Pour the



other half of the tepid water into the centre, and gradually incorporate all the flour to make a moist dough. (Certain flours may need a little more water, so adjust the quantities.)

3 Roll, push and fold the dough over and over for five minutes, to develop the gluten and structure of the dough. If any of the dough sticks to your hands, just rub them together with a little flour.

4 Flour both your hands well, and lightly flour the top of the dough. Make it into a roundish shape, and place on a baking tray. Deeply score the dough with a knife, allowing it to relax and prove with ease. Leave it to prove until it's doubled in size. Ideally you want a warm, moist, draught-free place for the quickest prove, for example near a warm cooker, in the airing cupboard or just in a warmish room, and you can even cover it with clingfilm, if you want to speed things up. This proving process improves the flavour and texture of the dough, and should take around 40 minutes, depending on the conditions.

5 When the dough has doubled in size, you need to knock the air out of it by bashing it around for a minute. Shape it into whatever shape you want - round, flat, filled, trayed up or tinned up - and leave it to prove for a second time until it doubles in size again. Don't feel a need to rush through this, because the second proving time will give it a lovely, delicate soft texture.

6 Now you want to keep all the air inside the loaf, so don't knock it. Gently place it in the preheat oven and don't slam the door. Bake according to the time and temperature given in the recipe variations. You can tell if your bread is cooked by tapping its bottom (take it out of the tin first!) If it sounds hollow, it's cooked. If not, put it back in the oven for a little longer. Place on a rack to cool.





CHICKPEA MOROCCAN FLATBREAD

Ingredients

- 1 basic bread recipe
- 1 tbsp cumin seeds, lightly cracked
- 1 tbsp coriander seeds, lightly cracked
- 1 400g tin chickpeas, drained and mashed

Method

Preheat oven at 230c/450f/Gas 8

1 At stage two of the basic recipe, mix in the cumin seeds, coriander seeds and chickpeas and carry on through the recipe until stage 5, when you divide your batch of dough into 10 pieces.

2 Roll out each of these to 0.5cm/¼" thick and gently pull out into a slightly irregular oval shape. Cook one or two at a time, depending on how big your oven is, straight away without a second prove, directly on the bars of the preheated oven at 230c/450f/Gas 8.

3 They take about four minutes to cook and puff up beyond belief. Allow to cool slightly for a couple of minutes before eating.



COUSCOUS WITH GRILLED SUMMER VEGETABLES AND LOADSA HERBS

For 4 people

Ingredients

- 255g/9oz couscous
- 285ml/½ pint cold water
- 3 red peppers
- 1 handful of asparagus, trimmed and peeled if need be
- 2 or 3 small firm courgettes/patty pans, sliced
- 1 small bunch of spring onions, trimmed and finely sliced
- 2-4 fresh red chillies, deseeded and finely sliced
- 3 good handfuls of mixed fresh herbs (basil, coriander, mint, flat leaf parsley)
- 2 olive oil and lemon juice dressing
- salt and freshly ground black pepper
- red wine vinegar



Method

- 1** Place the couscous in a bowl with the cold water. This will start to soften the couscous and you will see the water disappear as it soaks in.
- 2** While the couscous is softening, blaken the peppers by placing them directly onto the naked flame of a gas hob. If you don't have gas, put them under the grill. Either way, blaken on all sides, so turn when need be.
- 3** When fully blackened cover in a bowl for five minutes until cool, wrap in clingfilm and put in a sandwich bag. This will steam the skins and make peeling and deseeding easier. Remove the skins and seeds, and roughly chop.
- 4** On a very hot ridged grill pan, lightly char the asparagus and courgettes or patty pans on both sides.
- 5** Toss them into the bowl of couscous with the peppers, spring onions, chillies and ripped-up herbs. Mix well.
- 6** Add the olive oil and lemon juice dressing and toss well. Finally, taste and season with salt and pepper, and a couple of dribbles of red wine vinegar for a slight twang.



OLIVE OIL AND LEMON JUICE DRESSING

Ingredients

- 2 tbsp lemon juice
- 5 tbsp olive oil
- salt and freshly ground black pepper, to taste

Mix all together.

Some recipes from the episodes I missed:

ROASTED FILLET OF BEEF IN HERBS AND PORCINI AND WRAPPED IN PROSCIUTTO

This is one of my favorite Jamie recipes. I made it for Christmas, and that worked just perfectly because you can prepare everything the day before, and then you just pop it into the oven.

(serves 4)

Ingredients

900 g / 2 lb fillet of beef, left whole

12 - 18 slices of prosciutto or Parma ham

1 good handful of dried porcini, soaked in around 285 ml / 1/2 pint of boiling water (or you could just use fresh chopped mushrooms of your choice)

2 glasses of red wine

3 peeled cloves of garlic

3 good handfuls of fresh rosemary and thyme, leaves picked and chopped (although I used dried herbs, a good table spoon of each, but of course fresh is better)

3 good knobs of butter

juice of half a lemon

sea salt and freshly ground pepper

Method

1 Preheat your oven at 230° C / 450 ° / gas mark 8.

2 Lay out your slices of ham on a piece of grease proof paper, so it makes a sheet large enough to wrap your meat in. Make sure there are not gaps.

3 Chop one of the garlic cloves, and fry it together with the porcini in one knob of butter for about 1 minute. Then add half the soaking water and let simmer for about 5 minutes, before adding the lemon juice, the remaining butter and salt & pepper. If you're using fresh mushrooms, it'll take a bit longer, but either way you want the moisture to reduce down so your mushrooms are moist, but there's no excess fluids. Spread the mushrooms out on half the laid-out prosciutto. If you put the mushrooms on the ham while they're still hot, they'll warm up the ham and make it sweat and wrapping the meat will be a lot harder. So better let them cool down first.

4 Season the beef and roll it in the herbs. Place it on the mushrooms and wrap the ham around it, pulling back the paper. Again, make sure there are no gaps. Tie everything together with string. I know the chefs have elegant ways of doing this, but I just use a whole lot of string and make sure it is secure. You'll take this off before you serve it anyway, so I'll say better safe than sorry.

5 And now for the roasting! Put your meat in a roasting tray with the garlic. The time it'll take of course depends on the size of your fillet. For this amount Jamie recommends 25-30

minutes for rare, 40 min (medium), 50 minutes (well done) or 60 minutes (cremated). Add the wine halfway through.

For my Christmas dinner for 22 people, I used two pieces of fillet, each weighing about 1.5 kg, in the same roasting tray - that took over 2 hours to get to medium. So if you're making a large amount, I'd use a meat thermometer (to 55 - 57° C) to be absolutely sure your meat is done.

When your meat is done, let it rest on a carving board for 5 minutes before carving. In the mean time, remove all juices (scraping all the goodness from the inside of the tray first) to a saucepan and reduce down for a lovely red wine gravy.

CHOCOLATE POTS

(serves 4)

Ingredients

285 ml single cream

200 g best-quality cooking chocolate (70% cocoa solids)

2 large egg yolks

3 tablespoons of brandy, the best you can get

20 g of butter

Method

In a thick-bottomed pan, heat the cream until nearly boiling. Remove and set aside for 1 minute before snapping in your chocolate. Stir in until melted and smooth. Once melted, beat in your egg yolks and brandy and stir until smooth. Allow to cool slightly before stirring in the butter until the mixture is smooth. Pour into individual serving pots. Store in the fridge until serving.

PUKKOLLA

Ingredients of the muesli mixture

8 large handfuls of organic Scottish porridge oats

2 large handfuls of ground bran

1 handful of chopped dried apricots

1 handful of chopped dried dates

1 handful of crumbled walnuts

1 handful of smashed or chopped almonds, hazelnuts or Brazil nuts

Fresh ingredients

1/2 an apple (grated) per person

milk

half a banana per person

honey to taste
yoghurt
berries

Method

- 1** Mix all the ingredients of the muesli mixture. This mixture will keep good for a couple of months in an airtight container.
 - 2** The day or night before add 1/2 an apple (grated) per person and cover with milk, and store in the fridge over night.
 - 3** Then in the morning, add half a banana per person, sliced or squashed. Add honey to taste. Serve with some yoghurt and berries.
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[Homepage](#)

Christmas in New York

(recipes copied from BBC ceefax)

THE BEST HOT CHOCOLATE

{pix1}

This a great way to make the best hot chocolate, cappuccino or frothy milk drinks at home without having to buy any expensive machinery. All you need is a good-sized thermos flask or a plastic jug with a screw-top lid. I've even made pukka ovaltine like this!

Serves 2

Ingredients

565ml/1 pint full cream or semi-skimmed milk
2 tbsp the best hot chocolate powder
a handful of marshmallows

Method

- 1** This takes around 3 or 4 minutes to make. Firstly put a pan of milk on to the heat. Bring to a simmer - not a boil and while its heating, put a tbsp of choccie powder into each mug. Add a little warmish milk from the pan to each mug you just need enough to dissolve the chocolate powder.
- 2** At this point, plonk a few marshmallows into each mug. When the milk is at a simmer, carefully pour it into a plastic jug or flask.
- 3** I normally do this over a sink as I always end up spilling a bit (the trick is to have a big enough jug or flask so the milk only half fills it - you need the extra space for shaking and frothing).
- 4** Screw the lid on tightly, place a cloth over the lid for safety and shake hard for a minute. Remove the lid, minding the steam, and pour into your mugs, stir.

{pix2}

PANCAKES

These American pancakes are great! Instead of being thin and silky like French crepes they are wonderfully fluffy and thick and can be made to perfection straight away.

Serves 2 in the USA or 4 in England!

Makes 8 - 12.5cm/5in

Ingredients

3 large eggs

1 cup plain flour - 122g

1 heaped tsp baking powder

½ cup milk - 110ml

a pinch of salt

Method

1 Firstly separate the eggs, putting the whites in one bowl and the egg yolks into another. Add the flour, baking powder and milk to the egg yolks and mix to a smooth thick batter. Whisk the whites with the salt until they form stiff peaks. Fold into the batter it is now ready to use.

2 Heat a non-stick pan on a medium heat. Pour a little oil onto some kitchen paper and spread onto the pan.

3 Pour some of your batter into the pan and fry for a couple of minutes until it starts to look golden and firm. At this point sprinkle your chosen flavouring onto the uncooked side before loosening with a spatula and flipping the pancake over. Continue frying until both sides are golden.

4 You can make these pancakes large or small and serve them simply with maple syrup, butter or creme fraiche. Or try one of these great flavourings...

Flavourings

corn on the cob, bacon or pancetta, blueberry, banana, stewed apple, chocolate, maple syrup or anything else you can imagine You must try the corn pancakes they're great. You must use fresh corn. To do this, remove the outer leaves and carefully run a knife down the cob - this will loosen the pieces. I like to have some grilled bacon over my corn pancakes, drizzled with a little maple syrup.

PIZZA

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Makes 8 pizza bases - 25cm/10in

Ingredients

1kg/2lb 3oz strong bread flour

30g/1oz salt

3x7g sachets dried yeast

30g/1oz sugar

565ml/1 pint tepid water

2 tbsp olive oil

Method

1 Put the flour onto a work surface or use a bowl if you are short of space. Using your fingers, make a big well in the middle of the flour.

2 Add your sugar, salt and yeast then pour in the tepid water. Using a fork, make circular movements from the centre outwards, slowly bringing in more of the flour until the yeast mix is soaked up. This should be starting to look like dough now so you can start to work and knead it until it is smooth.

3 This should take around 4 minutes. Roll out to a sausage shape and divide into 8 or 10 balls, depending on how large you want the pizzas to be.

4 Lightly top with your chosen topping (the simpler the better) and bake directly on the oven bars for 10 minutes at your ovens highest temperature.

Toppings

Tomato base

For enough to cover eight bases, chop and de-seed 8 plum tomatoes, dry with kitchen paper, sprinkle with a little dried oregano and a drizzle of olive oil.

Various topping ingredients:

sliced mozzarella

rocket

Parmesan

olives

sun-dried tomatoes

artichoke hearts

prosciutto

panchetta

any interesting cheeses - use your imagination

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SUSHI ROLLS

Serves 4-6

Ingredients

400ml/14fl oz sushi rice

450ml/16fl oz water

6 tbsp rice wine vinegar

2 tbsp sugar

2 tsp salt

a pack of nori seaweed sheets, cut in half

pickled ginger

wasabi

soy sauce

For the fillings:

spring onions

enoki mushrooms

raw salmon

raw tuna

cucumber

Method

1 Wash the rice well and drain. Cover with the measured water and bring to a simmer. Cover and cook for 12 mins then leave to sit for 5 minutes with the lid on.

2 Meanwhile, heat the vinegar, sugar and salt until dissolved then leave to cool. Turn the cooked rice out onto a flat tray to cool. When cool, place in a bowl, stir in the vinegar solution and mix with a wooden spoon.

3 Lay half a sheet of nori seaweed onto a rolling mat. Dip your hand in cold water and quickly place a handful of rice in a line along the seaweed. Flatten out with your fingertips using the water to stop any sticking.

4 The key is to do this quickly. The rice should cover half the width of the sheet so now you can place your combo of filling in the middle of the rice. Use the mat to roll up the sushi roll, pinch and squeeze the mat to shape it into a round cigar shape. Practice makes perfect.

5 Slice into inch-thick rolls with a sharp knife, turn

onto their sides so the rice is facing upwards, and serve with the pickled ginger and wasabi mixed with soy sauce.

CHRISTMAS BOMBE

This is an excellent Christmas special that is very simple and great to get in the bag as you can make it days before the big day.

Serves 10-12

For the chocolate sponge:

200g/7oz butter

200g/7oz caster sugar

3 large eggs

200g/7oz self raising flour

1 rounded tsp baking powder

3 rounded tbsp cocoa powder

For the filling:

2 x 250g ricotta cheese

around 80g/2¾ oz sugar, to taste

1 handful of mixed glace fruit

1 tin of cherries, drained

100g/4oz chocolate, broken up

1 handful of flaked almonds

2 heaped tbsp good coffee beans, bashed up

2 egg whites

a good drizzle of Grand Marnier

cocoa powder for dusting

Method

1 Line two 10"/25cm cake tins with greaseproof paper and rub with a little butter. In a mixer, beat the butter and sugar together until fluffy. Add the eggs, flour, baking powder and cocoa powder. Mix well and divide into the cake tins. Cook for 7 to 8 mins at 180C/350F/Gas 4 until firm but soft.

2 To make the filling: add the ricotta to a food processor and blitz with the sugar until shiny and smooth.

3 Scoop into a bowl, add the chopped fruit, cherries, chocolate and almonds and stir together. Now add the coffee to taste (bash the the beans using something heavy wrapped in a tea towel, or

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use a coffee grinder). Whip the egg whites and fold into the ricotta mix.

4 Turn out the sponge whilst it's still hot and cut it into 8 wedges. Line a shallow round bowl, about 23cm/9", with two sheets of clingfilm, making sure it fits the shape of the bowl.

5 Then fit half of the sponge pieces around the insides of the bowl (as you would if it were a summer pudding). Drizzle with Grand Marnier, then pour in the ricotta mix. Level it out, then place the remaining sponge over the top. Drizzle again with Grand Marnier.

6 Pull the clingfilm over the top and weigh it down with some plates, pushing down on them before placing in the freezer for at least 4 hours.

7 Serve this semi freddo (semi frozen), dusted with cocoa powder and sliced into wedges. If it's very frozen then that's fine; just pull it out of the fridge when dinner is served so it can slowly thaw as you are eating.

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PORK WITH PEACHES

Serves 6-8 people

Ingredients

1.5kg/3½lb loin of pork, boned

1 bunch fresh thyme, leaves picked

1 bulb of garlic

200g/7oz butter

2 tins of peaches in natural juice, drained

salt and freshly ground black pepper

around 15 slices of pancetta, streaky bacon or parma ham

1 glass of white wine a little flour

Method

1 Preheat the oven to 220C/425F/Gas 7. Score the skin of your pork through the fat, the incisions should be about 1cm apart. Turn over. Make a pocket for the stuffing by cutting an incision at an angle, about 7.5cm/3" deep in the center of the streaky part of the loin, working away from the eye meat.

2 Pocket in the pork loin to push in the flavours, to do this just cut an incision at an angle about 3" deep from the eye meat into the streaky part.

3 Starting slightly in from the side of the meat, slowly slice along the loin not quite to the end this will ensure your stuffing wont fall out.

4 Chop half the thyme with a clove of garlic and scrunch together with the butter, a tins of peaches and a pinch of salt and pepper. Push the butter into the pocket and pat into shape. Lay the pancetta, bacon or ham over the pork, leaving the skinside uncovered, and tie with 3-4 pieces of string.

5 Place skin-side up in a roasting tray with the remaining peaches, the rest of the garlic cloves and thyme and a glass of white wine. Roast for around an hour until the skin is crisp and golden.

6 When ready, remove the pork and peaches to a plate and leave to rest for 15 mins whilst you finish the sauce. To do this, remove most of the fat from the roasting tray, then place the tray over a high heat. Squash the cooked garlic and add a tbsp of flour.

7 Stir and add the wine with a glass of water or stock. Simmer and leave to reduce for a few minutes. Strain and add any extra juices from the rested pork. Check the seasoning and consistency and serve drizzled over the sliced pork.

(oh dear, too many recipes to fit into my template - I'll fix this later!)

MUSSELS AND SWEET LEEKS

Just whack it in a big bowl and get your friends to dive in. Have a loaf of crusty bread with it and you have a tasty meal that is completely simple.

Serves 4

Ingredients

3 medium leeks, cleaned and roughly chopped

3 cloves of garlic, finely sliced

olive oil

2 knobs of butter

½ glass of marsala, Bristol cream or white wine

140ml/¼ pint single cream

1.1kg/2½lb mussels, cleaned and beards removed

a good handful of parsley, roughly chopped

salt and freshly ground black pepper

Method

1 In a large pan slowly fry the leeks and garlic in a

good lug of olive oil and the butter. After 5 mins they should be very soft and sweet to taste.

2 Pour in the booze, turn the heat up and simmer for 1 min until the alcohol smell disappears, leaving you with the fantastic essence. Then add the cream, bring back to the boil and add all the mussels. Simply boil with a lid on until all the mussels have opened discard any that remain closed.

3 To make life easier, you could make the sauce in advance and keep it in the fridge until you need to cook the mussels.

4 This is kind of handy if you are having a party as youll have more time to chill out with a drink. When the mussels are cooked, stir in the parsley and correct the seasoning. Serve in a large bowl with some crusty bread.

'Happy Days' series, Episode 1:

Moving House

(recipes copied from BBC ceefax)

STEAK SARNIE

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Ingredients

1 x 285g/10oz rump steaks
2 sprigs fresh rose ary, leaves picked
sea salt & freshly ground black pepper
1 loaf ciabatta or baguette
1-2 tbsp Dijon mustard
1handful of rocket or watercress
juice of 1 lemon
extra virgin olive oil

Method

- 1** Place the ciabatta just to warm in the oven for a few minutes at 100C/225F/Gas ¼.
 - 2** Season your steak and then sprinkle it with rosemary. Slice it across in half, place the slices one at a time between two pieces of clingfilm.
 - 3** Bash with a heavy object such as a frying pan or a bottom of a bottle or even your fist until 1cm/½" thick.
 - 4** Rub with a little extra virgin olive oil and lemon juice.
 - 5** Place the steak onto the fiercely hot griddle pan & sear on each side for just under a minute.
 - 6** Let it rest on a late while you cut your ciabatta in half lengthways and drizzle with olive oil on one side and spread mustard on the other
 - 7** Fill with rocket, place the steak on top then drizzle over any juice from the meat.
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THE BEST PASTA SALAD

Ingredients

310g/11oz small shell-shaped pasta
3 cloves of garlic
225g/9oz yellow cherry tomatoes
225g/9 oz red cherry tomatoes
½ cucumber
1 handful black olives, pitted
2 tbsp fresh chives
1handful of fresh basil
7 tbsp extra virgin olive oil
4 tbsp of white wine vinegar
sea salt & freshly ground black pepper

Method

- 1** Bring a large pan of salted water to the boil and simmer the pasta for about 5 minutes or until al dente, an drain.
- 2** Put the garlic to one side for the dressing. Put the pasta in a bowl.
- 3** Cut all the ingredients in to smal pieces and place in the round metal container. Roughly chop the herbs an place these in the container.
- 4** Using a fork mash the cooked garlic cloves on the board with a little salt, add to the salad. Add the oil and vinegar and seasoning.

LEMON AND CREME FRAICHE DRESSING

{pix3}

Ingredients

1 large lemon, halved
olive oil
3 tbsp creme fraiche or mayonnaise
2 heaped tsp Dijon mustard
sea salt, black pepper and soy sauce

Method

- 1** Grate the lemon, keeping the zest to one side. Heat a pan, cut the lemon in half. Rub each side of the lemon with a little oil, then pan fry the lemon face down until soft and charred.

2 Squeeze the juice into a bowl. Add the rest of the ingredients, mix together and season to taste.

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CHILI CON CARNE

Ingredients

455g/1lb chuck steak, minced or best minced beef
2 medium onions
1 clove of garlic
olive oil
2 level tsp chilli powder
1 heaped tsp ground cumin (or crushed cumin seeds)
200g/7oz sun-dried tomatoes in olive oil
1 fresh red chilli, deseeded and finely chopped
2 x 400g/14oz tins chopped tomatoes
2 x 400g/14oz tins of red kidney beans, drained
½ stick cinnamon
sea salt and fresh ground black pepper

Method

1 If you are using the oven method t e preheat the oven to 150C/ 300F/Gas 2.
2 Chop up the onions and garlic in the food processor and fry in some olive oil until softened. Add the chilli powder, cumin and a little seasoning.
3 Chop up the meat in the processor and add to the pan, cooking until slightly browned.
4 Place the sun dried tomatoes and chillies n the processor with the oil and blend to form a paste. Add these to the beef ith the tomatoes, cinnamo stick and a wineglass of water. Season a little more if need be.
5 Bring to the boil, cover with greaseproof paper and the lid, then either turn the hea down to simmer and cook for 1½ hours or transfer the pan to the oven for about 1½ hours. **6** Add the red kidney beans 30 min te before the end of cooking time.

Episode 1:

Reunion supper

(recipes copied from BBC ceefax)

MIXED LEAF SALAD WITH MOZZARELLA, MINT, PEACH AND PROSCIUTTO

Ingredients

any mixed leaves
ripe peach
ball of mozzarella
couple of slices of prosciutto or Parma ham



Method

1 Pinch the skin and peel from the bottom to the top, then quarter them. Rip the mozzarella into small pieces and place on a plate with the peaches. Lightly season.

2 Lay a couple of slices of prosciutto over the top. Dress your mixed salad leaves and torn-up mint with a little of the olive oil and lemon juice dressing. Throw the leaves on top of the plate.



TWO-NUTS CHOCOLATE TORTE

For 8 people

Ingredients

150g/5½oz shelled and peeled almonds
150g/5½oz shelled walnuts, finely ground
300g/11oz best-quality cooking chocolate (70% cocoa solids)
1 heaped tsp best-quality cocoa powder



255g/9oz butter
100g/3½oz caster sugar
6 large free-range eggs, separated
salt

Method

Preheat oven to 190c/375f/Gas 5.

1 Line the bottom of a 20 or 25cm/8 or 10" tin with a piece of greaseproof paper before buttering the bottom and sides, then dusting with flour.

2 Place the nuts into a food processor and whizz up until finely ground. Add the chocolate and cocoa, and whizz for 30 seconds to break up the chocolate. Put to one side in a separate bowl.

3 Add the butter and sugar to the food processor and beat until pale and fluffy. At this point, add the egg yolks one at a time, then mix together with the chocolate and nuts.

4 In another bowl beat the egg whites with a pinch of salt, until they form stiff peaks.

5 Gently fold the egg whites into the chocolate, butter and nut mix. Pour all the mixture into the tin. Bake in the preheated oven for around an hour.

6 To test if the torte is cooked, insert a cocktail stick or the tip of a knife for five seconds. When removed, it should be reasonably clean. Serve with whipped cream, ice-cream or creme fraiche.



ROASTED SLASHED FILLET OF SEA BREAM STUFFED WITH HERBS, BAKED ON MUSHROOM POTATOES WITH SALSA VERDE

For 4 people

Ingredients

4 x 225g/8oz sea bream fillets
1 handful of mixed herbs (green or purple basil, flat-leaf parsley, thyme), roughly chopped
1kg/2lb 3oz potatoes, scrubbed
olive oil
2 cloves of garlic, finely chopped
salt and freshly ground black pepper
3 knobs of butter
455g/1lb mixed, preferably, wild mushrooms, torn
3 lemons
1 salsa verde recipe (see following)

Method

Preheat oven to 240c/475f/Gas 9.

1 Put a bit of greaseproof paper on the bottom of a baking tray, rubbed with olive oil.

2 Slash the fish fillets about halfway down, and stuff the slashes with the herbs. Slice the potatoes lengthways, just under 1cm/½" thick.

3 Dry them off with kitchen paper and very lightly coat them in olive oil. Mix in half the garlic, season with salt and pepper, and then lay them out in one layer on the tray.

4 Cook the potatoes in the oven for around 15 minutes until just cooked. Remove and put to one side.

5 Put the rest of the garlic into a pan with two good knobs of butter and a lug of olive oil. Fry your mixed mushrooms and season until tasty. If water comes out of them, just continue cooking until it evaporates.

6 Take the pan off the heat, squeeze in the juice from one lemon, and stir in another knob of butter.

7 Scatter the mushrooms over the potatoes and kind of rub them in on



top, underneath, all over.

8 Place your sea bass fillets on top. Bake in the oven for 12-15 minutes, depending on the thickness of your fish.

9 Remove the tray from the oven, put some kitchen foil over the top and let it sit for about five minutes, during which time all the juices will run out into the potatoes.

10 Serve with salsa verde, half a lemon each and a glass of crisp white wine.



SALSA VERDE

For 8 people

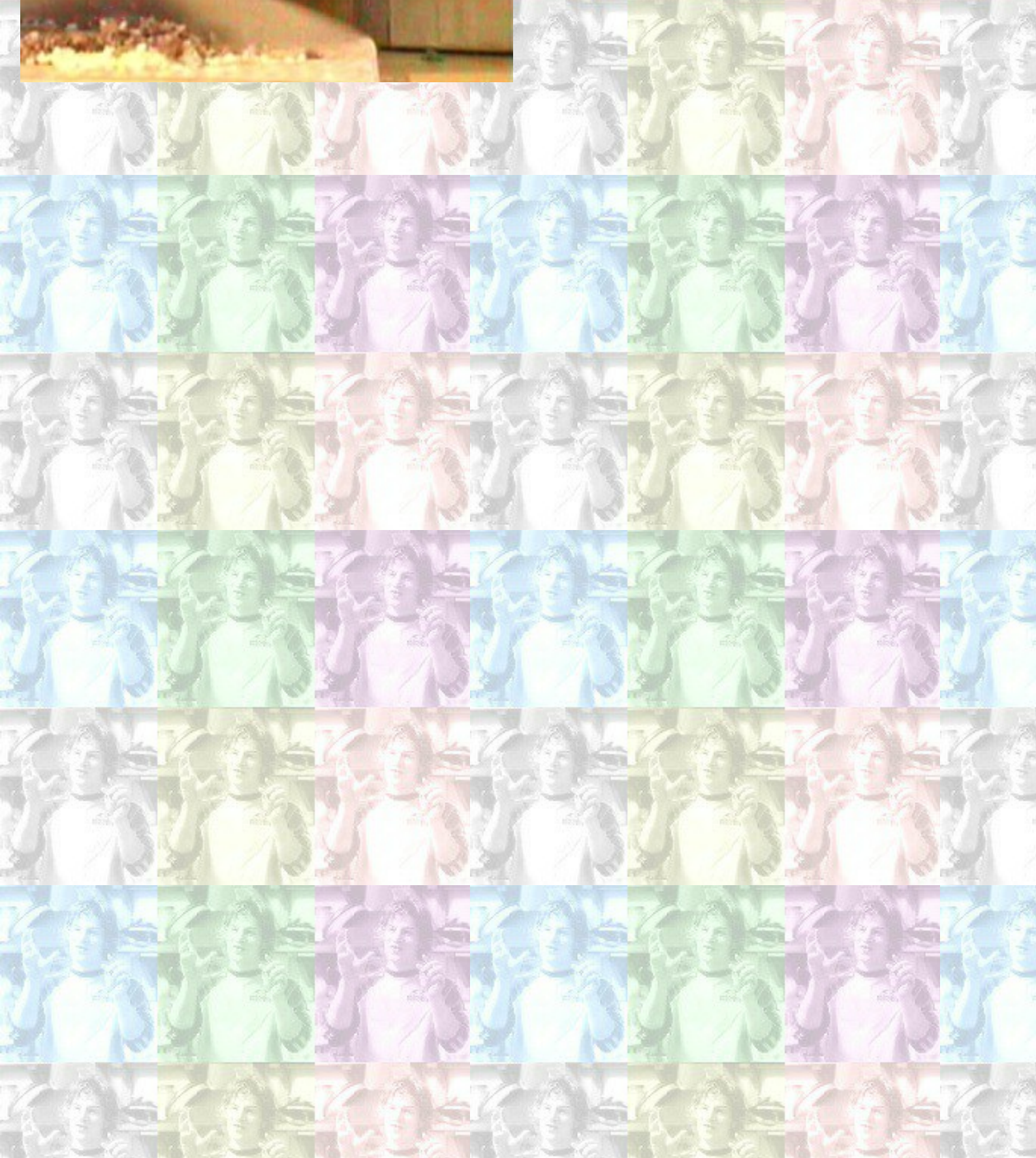
Ingredients

2 cloves of garlic, peeled
1 small handful of capers
1 small handful of pickled gherkins (the ones in sweet vinegar)
6 anchovy fillets
2 large handfuls of flat-leaf parsley, leaves picked
1 bunch of fresh basil, leaves picked
1 handful of fresh mint, leaves picked
1 tbsp Dijon mustard
3 tbsp red wine vinegar
approx 120ml/8 tbsp of best olive oil
sea salt and freshly ground black pepper

Method

1 Finely chop the first seven ingredients, and put into a bowl. Add the mustard and red wine vinegar, then slowly stir in the olive oil. Balance the flavours with freshly ground black pepper and, if necessary, sea salt and a little more red wine vinegar.





Bender's birthday barbi

(recipes copied from BBC ceefax)

SALAD OF BOILED POTATOES, AVOCADO AND CRESS

For 4-6 people

Ingredients

- 1 large ripe avocado
- 700g/1½lb scrubbed new potatoes
- 3 packs of cress, washed
- olive oil
- juice of 1-2 lemons
- salt and freshly ground black pepper

Method

- 1** Cook the new potatoes in salted boiling water until very tender, then drain.
- 2** Slice the avocado in half and remove the stone. Peel and slice it lengthways into thick slices or chunks (however you like really), and place in a bowl.
- 3** Slice any large potatoes in half to expose their flesh to the olive oil and lemon juice. If they are small, leave them whole. Add to the bowl.
- 4** Throw the cress in, add a couple of good lugs of olive oil and lemon juice to taste. Season and toss over. Serve on a big plate, scattered with any remaining cress. Serve with chicken, fish or as a salad on its own.





BOTHAM BURGER

Makes 4 Botham burgers

Ingredients

1kg/2lb 3oz minced beef, preferably organic
2 medium red onions, finely chopped
2 eggs
1-2 handfuls of fresh breadcrumbs
1 tbsp coriander seeds, crushed
1 small pinch of cumin seeds, crushed
1 heaped tsp of Dijon mustard
salt and freshly ground black pepper

Method

Preheat oven to 230c/450f/Gas 8

1 Mix and scrunch all the ingredients together. Use the breadcrumbs as required to bind and lighten the mixture.

2 Divide into four, then gently and lightly mould and pack each burger together into smallish cricket ball-sized shapes.

3 Place in the oven and roast for 25 minutes, which should leave the middle slightly pink and the outsides nice and crispy.

4 Serve with a griddled bun, a little salad, some gherkins, tomato salsa, a pint of Guinness and a bottle of ketchup.



TOMATO SALSA

For 4-6 people

Ingredients

2 good handfuls of really ripe plum tomatoes, deseeded and finely chopped
1 good handful of small capers, soaked and drained
2 small shallots of ½ red onion, finely chopped
½ clove garlic, finely chopped
1 good handful parsley, finely chopped
couple swigs balsamic vinegar to taste
6-8 lugs olive oil
dried chilli flakes, to taste
4 anchovy fillets, finely chopped
½ cucumber, peeled, deseeded and finely diced
salt and freshly ground black pepper, to taste

Method

1 Mix all the ingredients together, and season to

This recipe was on ceefax, but not on the show. Or did I blink too long or something?

taste before serving.



CAJUN SPICY RUB

Ingredients

- 2 tbsp paprika
- 2 tbsp cayenne pepper
- 1 tbsp black peppercorns, ground
- 2 cloves of garlic, peeled and crushed
- 3 tbsp of onion flakes
- 2 tbsp of dried oregano
- salt

Method

- 1 Pound all the ingredients together until you have a powdery consistency, and rub all over your chosen meat.

ASIAN MARINADE

Ingredients

- 2 sticks lemon grass, crushed and bruised
- 1 small handful of kaffir lime leaves, torn
- 2 tbsp soy sauce
- 2 cloves of garlic, crushed
- 1 thumb-sized piece of ginger, peeled and chopped
- 1 fresh red chilli, finely chopped
- 2 limes, halved, juiced and skin squashed
- 10 good lugs of olive oil

Method

- 1 Scrunch the whole lot together in a bowl and coat over your chosen meat. Also works brilliantly with fish.

OLIVE OIL AND LEMON JUICE DRESSING

Ingredients

- 2 tbsp lemon juice
- 5 tbsp olive oil
- salt and freshly ground black pepper, to taste

Mix all together.



CELERY, CELERIAC, PARSLEY AND POMEGRANATE SALAD

Ingredients

1 whole celeriac to
1 head celery
chopped flat leaf parsley
handful of pomegranate seeds
olive oil and lemon juice dressing

Method

1 Strip back the celery, peel the celeriac and finely slice. Put in a bowl with the flat leaf parsley and a handful of pomegranate seeds (the red seeds, not the bitter yellow stuff).

2 Season the salad and dress with the olive oil and lemon juice dressing. This can be dressed a little before you need it, as necessary. Place on a large plate and sprinkle with pomegranate seeds. You can crumble over some goat's cheese, or some ricotta encrusted with dried herbs, salt and pepper, drizzled with olive oil and baked until golden in a hot oven.



Episode 7:

A bun in the oven

(Recipes as they appeared on BBC Ceefax)

BAKED CARROTS WITH CUMIN, THYME, BUTTER AND CHARDONNAY

For 4 people

Ingredients

455g/1lb baby carrots, preferably organic, scrubbed and left whole

1/2 tsp cumin seeds, crushed

1 handful fresh thyme leaves

4 knobs of butter

1 glass of Chardonnay

salt and freshly ground black pepper

Method

Preheat oven to 220c/425f/Gas 7

1 Tear off around a metre and a half or 5ft of kitchen foil and fold it in half to give you double thickness.

2 Place everything but the wine and seasoning in the middle of the foil. Bring up the sides and pour in the white wine. Season well.

3 Fold or scrunch the foil together to seal, and cook in the preheated oven for 45 minutes until the carrots are tender. You may need to cook for longer if you've opted to use fat old carrots instead of baby ones.





FANTASTIC FISH PIE

For 6 people

Ingredients

5 large potatoes, peeled and diced into 2.5cm/1" squares
salt and freshly ground black pepper
2 free-range eggs
2 large handfuls of fresh spinach
1 onion, finely chopped
1 carrot, halved and finely chopped
extra virgin olive oil
about 285ml/1/2 pint double cream
2 good handfuls of grated mature Cheddar or Parmesan cheese
juice of 1 lemon
1 heaped tsp English mustard
1 large handful of flat leaf parsley, finely chopped
455g/1lb haddock or cod fillet, skin removed, pin-boned and sliced into strips
nutmeg (optional)

Method

Preheat oven to 230c/450f/Gas 8

1 Put the potatoes into salted boiling water and bring back to the boil for two minutes.

2 Carefully add the eggs to the pan and cook for another eight minutes until hard boiled, by which time the potatoes should also be cooked.

3 At the same time, steam the spinach in a colander above the pan. This will only take a minute.

4 When the spinach is done, remove from the colander and gently squeeze any excess moisture away. Drain the potatoes in the colander. Remove the eggs, cool under cold water, peel and quarter them. Put to one side.

5 In a separate pan, slowly fry the onion and carrot in olive oil for about five minutes, add the double cream and bring just to the boil.

6 Remove from the heat and add the cheese, lemon juice, mustard and parsley.

7 Put the spinach, fish and eggs into an appropriately sized earthenware dish and mix together, pouring over the creamy vegetable sauce. Drain and mash the cooked potatoes - add a bit of olive oil, salt, pepper and a touch of nutmeg if you like. Spread on top of the fish.

8 Don't bother piping it to make it look pretty. Place in the oven for about 25-30 minutes until the potatoes are golden. Serve with some nice peas or greens, baked beans and tomato ketchup.



SHEILA'S PUDDING

For 6 people

Ingredients

- 6 ripe peaches or nectarines, halved and stones removed
- 4 heaped tsp demerara sugar
- 1 vanilla pod, scored lengthwise and seeds removed
- 125g/4 1/2oz butter
- 125g/4 1/2oz caster sugar
- 2 large free-range eggs
- 125g/4 1/2oz self-raising flour

Method

Preheat oven to 180c/350f/Gas 4

- 1 Put the peaches in a saucepan with the demerara sugar, vanilla seeds and 4 tbsp water. Simmer for five minutes, and then place into a well-greased and lightly floured ovenproof dish or bowl.
- 2 Beat together the butter, caster sugar and eggs until light and fluffy. Add the flour, mix thoroughly and spread over the peaches. Bake in the preheated oven for 45 minutes.
- 3 Remove from the oven and serve with hot custard or something cold, like vanilla ice-cream or creme fraiche.





WATERCRESS, ROCKET, SWEET PEAR, WALNUT AND PARMESAN SALAD

For 1 person

Ingredients

half a pear, the best you can get
2 big handfuls watercress
2 big handfuls of rocket
good extra virgin olive oil
lemon juice
salt and freshly ground black pepper
Parmesan or pecorino shavings
walnuts

Method

1 If the skins are nice, just give them a wash - if not, remove with a peeler. Cut in half and deseed.
2 It then doesn't really matter how you cut them up - big rough chunks, sliced up or grated. Place in a bowl with the watercress and rocket.
3 Drizzle with good extra virgin olive oil just to coat, a small squeeze of lemon juice (because the pear just is slightly acidic), and season well with salt and freshly ground black pepper.
4 Toss all this together and serve. Shave over some Parmesan or pecorino, crumble your nuts over and serve.



Episode 3:

A Perfect Day

(recipes copied from BBC ceefax)

BLACKENED SWEET AUBERGINE

For 6-8 people

I havent had time yet to make and add pictures. But if you want to do it, please contact [me!](#)

Ingredients

4 firm aubergines pinch of cumin seeds, pounded
1 clove garlic, pounded to a paste
extra virgin olive oil
juice 2-3 lemons, to taste
salt and freshly ground black pepper
1 handful coriander, basil or parsley, chopped
(optional)

Preheat oven to its highest setting.

Method

- 1** Place the aubergines on a tray and cook for an hour, until the insides are very soft.
 - 2** Remove from the oven, slit the skin and scrape out the insides. Add the cumin and garlic, stir in and break up. You can make this smooth or coarse, depending on how you feel.
 - 3** Add the olive oil to loosen. Squeeze in your lemon juice and season to taste. This is great just warm or at room temperature. If adding herbs, do this at the last minute, roughly or finely chopped.
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SLOW-COOKED AND STUFFED BABY BELL CHILLI PEPPERS

Makes 10 portions

Ingredients

1kg/2lb 3oz small, round baby bell chilli peppers
bottle of olive oil
1 good handful parsley or basil
2 good handfuls of rocket
small handful of capers, soaked, drained
1 handful of anchovies
10 tbsp balsamic vinegar or enough to cover,
salt and ground black pepper

Method

1 Halve your chillies, remove the seeds and wash in cold water. Drain. Tightly pack into a large earthenware dish and cover with olive oil, then place in the oven at 170c/325f/Gas 3 for 35-45 minutes until just tender.

2 Carefully remove the dish from the oven and leave to cool. Take the chillies out of the dish.

3 Pour the fantastic flavoured olive oil back into the bottle it came from. Finely chop your parsley or basil, rocket and capers. Roughly chop the anchovies, and mix everything up in a bowl.

4 Before you want to serve them, dress with balsamic vinegar and season. Stuff this filling into your chillies and serve on a plate as tapas.

SEARED ENCRUSTED CARPACCIO OF BEEF

For 6 people

{pix3}

Ingredients

1 heaped tbsp coriander seeds, smashed
handful of fresh rosemary, finely chopped
salt and freshly ground black pepper
light sprinkling of dried oregano
1.5kg/3½lb fillet of beef

Method

1 Pound the coriander seeds in a pestle and mortar, then mix in the rosemary, salt, pepper and

oregano and sprinkle onto a board.

2 Roll and press the fillet of beef over this, making sure all the mixture sticks to the meat.

3 In a very hot, ridged pan or on a barbecue, sear the meat for about five minutes until brown and slightly crisp on all sides.

4 Remove from the pan and allow to rest for five minutes, then slice it all up as thinly as you can. Lay the slices on a large plate.

{pix4}

SEARED CARPACCIO OF BEEF WITH CHILLI, GINGER, RADISH AND SOY

For 6-8 people

Ingredients

1.5kg/3½lb fillet of beef

handful very finely sliced fresh ginger (preferably younger, unstringy stems)

2-3 fresh red or green chillies (or a mix of both), deseeded, finely sliced

good handful of radishes, finely sliced

small handful of fresh coriander, leaves picked, stalks finely sliced lengthwise

sesame seed oil

soy sauce

juice 2 limes

Method

1 Prepare the beef using the previous recipe, gather your ginger slices and cut finely across into little delicate matchsticks. Flick these randomly over the beef with the chillies, radishes and coriander.

2 Drizzle with a very small amount of sesame seed oil, soy sauce and freshly squeezed lime juice, making sure each slice of meat gets an equal dousing.

THAI DRESSING

{pix5}

Ingredients

4 tbsp fresh lime juice
3 tbsp olive oil
1 tbsp sesame seed oil
1 tbsp soy sauce
good pinch brown sugar
1 tbsp fresh ginger, peeled and finely chopped
½ clove garlic, finely sliced
fresh red chilli, deseeded, finely sliced
1 large handful of fresh coriander and basil,
chopped

Method

Mix all together.

{pix6}

CRUNCHY THAI SALAD

Use any combination of the following:

beansprouts
finely sliced green and red peppers
baby spinach
finely sliced and deseeded red or green chillies
rocket
sliced spring onions
peeled, gutted and sliced cucumbers
finely sliced Chinese or Savoy cabbage
whole sugar snap
peas
herbs like mint, basil and coriander

Method

1 Dress with the Thai dressing, and sprinkle with some lightly toasted cashew nuts or sesame seeds.
2 If you want to make this more substantial, then toss in some cooked and chilled egg noodles.

Going to the dogs

(recipes copied from BBC ceefax)

FARFALLE WITH SAVOY CABBAGE, PANCETTA, THYME AND MOZZARELLA

For 4 people

Ingredients

10 rashers of pancetta or dry-cured streaky bacon, thinly sliced
olive oil
1 clove garlic, finely chopped
1 good handful of thyme, leaves picked
1 large Savoy cabbage (outer leaves removed), quartered, cored, finely sliced
1 handful of grated Parmesan cheese
455g/1lb dried farfalle, the best you can get
salt and freshly ground black pepper
extra virgin olive oil
200g/7oz buffalo mozzarella, cut into 1cm/1/2" dice
2 handfuls of pine nuts, lightly toasted

Method

- 1** In a pan fry your pancetta in a little olive oil until lightly golden. Add the garlic and thyme, and soften. Add the Savoy cabbage and Parmesan, stir and put the lid on the pan.
- 2** Cook for another 5 minutes, shaking every now and again, while you cook your farfalle in salted boiling water until al dente.
- 3** When the cabbage is nice and tender, season and loosen with some nice peppery extra virgin olive oil.
- 4** Toss the drained farfalle into the cabbage, and at the last minute, mix in the mozzarella and pine nuts. Serve immediately.





ROSEMARY, GARLIC AND LEMON MARINADE

Ingredients

2 good handfuls of fresh rosemary, pounded
6 cloves of garlic, crushed
10 lugs of olive oil
3 lemons, halved, juiced and skin squashed
freshly ground black pepper

Method

1 Mix everything together and massage on to your chosen meat. Leave the meat in the marinade until you're ready to cook it.



TRAY-BAKED PORK CHOPS, HERBY POTATOES, PARSNIPS, PEARS AND MINTED BREAD SAUCE

For 4 people

Ingredients

8 pork chops, or 4 double pork chops
1 rosemary, garlic and lemon marinade
3 parsnips
3 smooth-skinned pears
680g/1½lb potatoes, scrubbed
salt and freshly ground black pepper
1 minted bread sauce recipe

Method

1 Rub and massage the pork chops with the



rosemary marinade and, ideally, leave for 1-6 hours for maximum flavour. Preheat oven to 220c/425f/Gas 7.

2 Wash the parsnips and pears, and quarter lengthwise, removing the cores from the pears. Then cut the potatoes into 0.5cm/1/2" thick pieces.

3 Dry them with kitchen paper, put into an appropriately sized roasting tray with the parsnips, pears, pork chops and marinade.

4 Toss over to lightly coat everything, then season and roast in the oven for 45 minutes to an hour, depending on the size of the chops.

5 While the chops and veg are cooking, make the minted bread sauce. It's great smeared all over the pork.



MINTED BREAD SAUCE

Ingredients

3 handfuls of fresh mint
1 handful chopped bread
extra virgin olive oil
salt and freshly ground black pepper
2 tsp mustard
red wine vinegar

Method

1 Finely chop three parts mint to one part bread, and stir in some olive oil until the mix has 'loosened'. **2** Balance the flavours by carefully seasoning, adding the mustard and splashing in some vinegar to taste. The flavour improves with time.



8 (final)

Wedding Bells

(recipes copied from BBC ceefax)

LINGUINE WITH PANCETTA, OLIVE OIL, CHILLI, CLAMS AND WHITE WINE

For 4 people

Ingredients

455g/1lb dried linguine, the best you can get
olive oil
4 rashers of pancetta or dry-cured smoky bacon, sliced thinly
1 large clove garlic, finely chopped
1-2 dried red chillies, crumbled
680g/1½lb clams
2 glasses of white wine
good handful of parsley, roughly chopped
salt and freshly ground black pepper

Method

1 Cook your linguine in salted boiling water until al dente. Get a pan hot and add a couple of good lugs of olive oil and the pancetta. Fry until golden, and add the garlic and chillies. Soften slightly and add the clams.
2 Stir, then add the white wine. Put a lid on the pan and cook for another couple of minutes until all the clams have opened - discard any that remain closed.
3 Remove from the heat and add the drained linguine. Stir in the parsley, correct the seasoning and serve with all the cooking juices.





SALMON FILLET WRAPPED IN PROSCIUTTO WITH HERBY LENTILS, SPINACH AND YOGHURT

For 4 people

Ingredients

255g/9oz lentils
4 x 225g/8oz salmon fillets, skinned and pin-boned
salt and freshly ground black pepper
8 slices of prosciutto
olive oil
juice of 1 lemon
2 good handfuls of mixed herbs (flat leaf parsley, basil, mint), chopped
3 large handfuls of spinach, chopped
200ml/7fl oz natural yoghurt

Method

Preheat oven to 220c/425f/Gas 7

- 1** Put the lentils into a pan, cover with water, bring to the boil and simmer until tender.
- 2** Season the salmon fillets with a little pepper before wrapping them in the prosciutto slices. Leave some of the flesh exposed.
- 3** Drizzle with olive oil and roast in the oven for around 10 minutes until the prosciutto is golden. Feel free to cook the salmon for less time if pinker is to your liking.
- 4** Drain away most of the water from the lentils, and season carefully with salt, pepper, lemon juice and 4 good lugs of olive oil.
- 5** Just before serving, stir the herbs and spinach into the lentils on a high heat, until wilted.
- 6** Place onto plates with the salmon and finish with a drizzle of lightly seasoned yoghurt.



BAKED FENNEL WITH GARLIC BUTTER AND VERMOUTH

For 4 people

Ingredients

- 3 large heads of fennel
- 1 clove garlic, finely sliced
- 3 large knobs of butter
- 2 wine glasses of vermouth (white wine also works)
- salt and freshly ground black pepper

Method

Preheat oven to 220c/425f/Gas 7

- 1 Remove any discoloured parts of the fennel, cut the tops off and slice finely, reserving the leaves.
- 2 You can, if you wish, slice each fennel from the top to the root into about four pieces, but it's not important. You can slice them finer and more delicately if you like.
- 3 Literally throw all the ingredients except the reserved leaves into a baking dish.
- 4 Rip off a piece of greaseproof paper, run it under cold water and scrunch it up to make it soft.
- 5 Place it snugly over and around the fennel, not the actual dish. This bakes and steams the fennel at the same time.
- 6 Cook in the preheated oven for 20 minutes, or until tender. Scatter with the fennel leaves before serving.



CAMPARI AND PASSIONFRUIT SORBET

For 4 people

Ingredients

- 285ml/1/2 pint water
- 200g/7oz sugar
- 15 passionfruit
- 1 wine glass of Campari

Method

- 1 Place the water and sugar in a pan, bring to the boil and simmer for five minutes. Remove from the heat and allow to cool for a while.
- 2 Halve your passionfruit and scoop out the flesh, seeds and juice with a spoon.
- 3 Stir this up - you can if you wish pass it through a coarse sieve to remove the seeds.
- 4 Mix the passionfruit with the Campari and sugar syrup in a plastic tub or earthenware dish, and



place in the freezer.

5 Generally, sorbet takes two hours to set. Try to stir it around every half an hour if you remember.

6 Serve on its own, with some seasonal fruit, or in a cone with some vanilla ice-cream.



Jamie's Xmas

A special thanks goes out to Ove Christensen for writing down these recipes!

SALTED/MARINATED LEMONS "IN A JAR"

(to serve with rice, couscous, fish)

Ingredients

1 handful of coriander seeds
1 handful of fennel seeds
whole, black pepper
some whole cinnamon
1 package of coarse sea salt (Meldon)
dried thyme
bay leaves

Method

Wash the lemons. Cut them almost through - into 4 pieces. Put the spices in a cloth and smash them 3-4 times to release the aroma.

Put spices in a bowl together with salt, some twigs of thyme and some bay leaves. The salt will suck out the aromas and the juices from the lemons.

Push the mixture into the lemons - as much as will fit in. Pour some of the salt mixture into a large jar, press as many lemons as possible into it. Put the rest of the salt mixture on top. Close the jar with a tight lid, and shake it to spread the salt evenly. It will take about a month to soften the skin of lemons. After this they'll be ready for use. You can preserve the lemons up to about 2 years.

Cut the lemons into thin slices when using them.

FETA CHEESE IN A JAR W/HERBS

Ingredients

feta cheese
fennel seeds
pepper
2 dried chilies
olive oil
dried herbs, i.e. parsley, thyme, red basil, green basil, oregano

Method

Put the cheese on paper towels to remove excess moisture. Cut the chilies into small pieces.

Put them on a flat surface with fennel seeds and some pepper. Crumble the herbs lightly and remove the thick stalks. Spread out on the surface and push the cheese into the mixture, so seeds and herbs stick to it. Put the cheese carefully into a jar. Break the cheese into smaller pieces to leave as little space as possible in the jar. Fill the jar with olive oil. Ready to serve after 1 week. Serve on a plate with i.e. ham, salad, gherkins etc. Do not put in the fridge, as the oil will stiffen. A delicacy served on warm baguettes.

FRIED CHICKEN FILLED WITH HERBS, POTATOES AND GARLIC

(serves 8)

Ingredients

1 small chicken per person (approx. 5-600 grams)
750 grams potatoes
12 cloves of garlic
4-6 parsnips
fresh sage
fresh rosemary
fresh thyme
fried bacon

Method

Peel the potatoes, cut into wedges and boil with whole, unpeeled garlic cloves. Remove the water. Cut the parsnips lengthwise, into 6 pieces. Remove the coarse stalks from herbs and put in a bowl together with parsnips. Put the potatoes and garlic into a bowl with some salt and pepper. Mix it all together.

Stuff the chickens with potato mixture. Put rosemary twigs through the chickens, from one thigh to another, to keep the stuffing and the thighs in place. Put the chickens in a pan and spread the parsnip pieces between them. Add salt and pepper, and fry in the oven at about 225 °C, approx. 45 min.

Add a few pieces of fried bacon to the plate before serving.

JERUSALEM ARTICHOKEs

(these are not real "artichokes" but a member of the sunflower family. But I'll use the term "artichoke" in this recipe)

Ingredients

12-16 Jerusalem artichokes
1 clove garlic
a handful of thyme

cream
Parmesan cheese
dried bread
olive oil

Method

Wash the artichokes, but do not peel them. Cut into slices of about 1 cm, lengthwise and put into a baking pan. Peel the clove, and chop finely. Spread garlic, salt and pepper over the artichokes. Pull the leaves off the thyme stalks, and spread over the baking pan. Fill the pan halfway with cream. Spread grated Parmesan over the artichokes, and mix everything carefully together with your hands. You may fry the dish right away, or pour some dried bread crumbs mixed with salt, pepper and thyme over it, to make it even tastier. Pour some olive oil over to finish it off. Put in the oven at 225 degrees for about 30 min. You may use different vegetables in this dish: i.e. fennel, celery root, potatoes.

Home