

all you need for
Christmas

BIG DAY CHOICES

- * 3 turkey showstoppers
- * Tom Kerridge's porchetta for a crowd
- * Crispy onion beef fillet

EASY VEGGIE SIDES

- * Sage & onion Yorkshire puds
- * Apricot & pistachio stuffing
- * Lemon & garlic roast potatoes
- * Cheesy sprout gratin



MAKE-AHEAD DESSERTS

- * Mary Berry's pear pavlova
- * Christmas meringue pies
- * Chocolate orange trifle



Make our
magical

white forest
traybake

Easy spiced sponge with quick cherry filling topped with homemade ginger biscuits



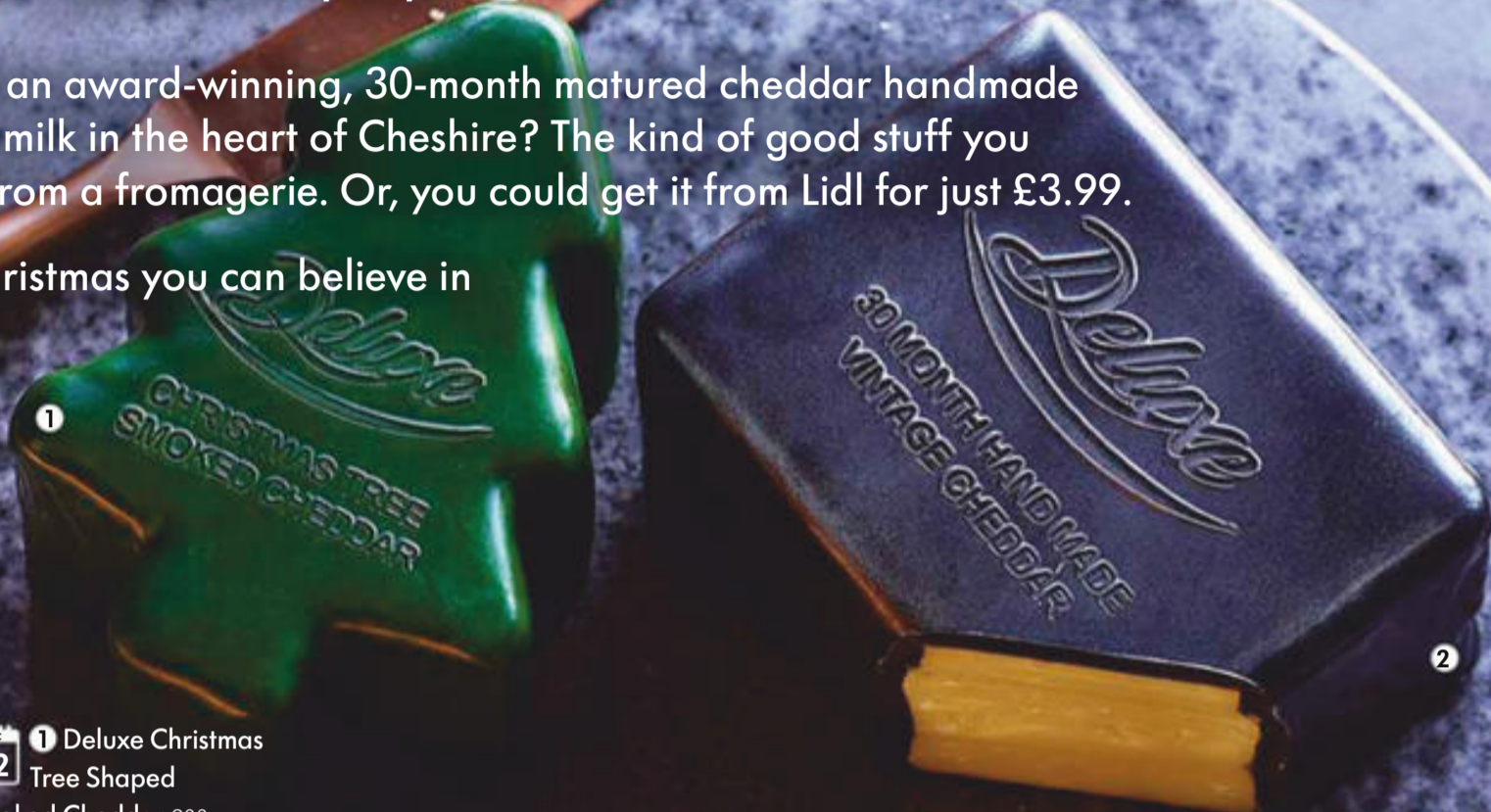
Deluxe

Big on happily ever afters

Save the best for last, they say.

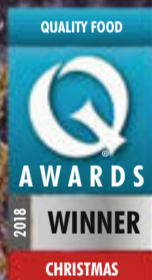
How about an award-winning, 30-month matured cheddar handmade with British milk in the heart of Cheshire? The kind of good stuff you would get from a fromagerie. Or, you could get it from Lidl for just £3.99.

Big on a Christmas you can believe in



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85



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Lidl on price



lidl.co.uk/christmas

Deluxe

Big on the roast with the most

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Big on a Christmas you can believe in



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Big on quality
Lidl on price



Deluxe

Big on a home sweet home

Once upon a time, there was a chocolate cottage...

You could pour hot chocolate sauce into its chimney to blend with the gorgeous mousse, salted caramel and cookie inside. Those who tried it, were left forever enchanted. Sounds like a fairytale? Our GHI Taste Approved cottage can be yours for just £6.99.

Big on a Christmas you can believe in

Deluxe Dark Chocolate & Salted Caramel Cottage
800g, 87.4p/100g

£6.99



Big on quality
lidl on price



lidl.co.uk/christmas

Welcome to Christmas



It's here and it's a beauty! Full of festive sparkle, the bumper Christmas issue has more than 100 recipes, 50 gift ideas for food lovers (p181) and the best of 200 supermarket buys – all blind-tested – in our most comprehensive Christmas Taste Awards ever (p150).

We start celebrating early at *Good Food* – we want the comfort and joy of the holiday season to last as long as possible. From Stir-up Sunday (p104) in November through to Tom Kerridge's Boxing Day porchetta (p74), you'll find inspiration for your get-togethers with family and friends.

Tune in to the BBC Good Food Podcast's Christmas special, meet the *Good Food* team at the Show (p96) and crack open the fizz in our Wine Club's festive box (p118) – Christmas starts here!

With season's greetings from all the *Good Food* team.

Christine

Christine Hayes, Editor-in-chief
 @bbcgoodfood @ChrisHayesUK



FREE THIS MONTH*

Our 12-month seasonal recipe calendar for 2020.



& FREE NEXT MONTH*
 24-page Winter Collection

COOK THE COVER p21

RECIPE Anna Glover
PHOTOGRAPH Tom Regester
FOOD STYLIST Juliet Sear
STYLIST Sarah Birks
SHOOT DIRECTOR Elizabeth Galbraith



SHARE YOUR PHOTOS

#bbcgoodfood #cookthecover

BBC goodfood SHOW WINTER
 Sponsored by: LEXUS

28 Nov-1 Dec, Birmingham NEC
 Kick-off the season at the BBC Good Food Show Winter. Gather family and friends to watch live demos from your favourite chefs, find recipe inspiration and start your holiday shopping. Turn to page 96 for more info.



LISTEN TO THE NEW BBC GOOD FOOD PODCAST

Chef **Tom Kerridge** and food writer **Rosie Birkett** share tips and recipes in our new weekly chat with **Orlando Murrin**. Listen via Acast, iTunes, Spotify or wherever you listen to podcasts. See p76 for more.



SUBSCRIBE TODAY!

With our special Christmas offer, you'll get 12 issues of BBC *Good Food* Magazine for only £39.99, plus a Cooks Professional food processor worth £99.99! See page 50



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Figures shown are for comparability purposes; only compare fuel consumption and CO₂ figures with other cars tested to the same technical procedures. These figures may not reflect real life driving results, which will depend upon a number of factors including the accessories fitted, variations in weather, driving styles and vehicle load. *There is a new test used for fuel consumption and CO₂ figures. The CO₂ figures shown, however, are based on the outgoing test cycle and will be used to calculate vehicle tax on first registration.

SEARCH: FOCUS ACTIVE

Inside goodfood

create your
own mix &
match menu
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CHRISTMAS 2019

UPDATE

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For show enquiries: 020 3405 4286
bbcgoodfoodshow.com

Best of the BBC

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Why you can trust goodfood

BBC Good Food is the UK's No 1 food lifestyle media brand. We are passionate about food and cooking. While recipes are at the heart of what we do, we are committed to helping you to have the best food experience you can, whether you're shopping for food, in your kitchen or eating out in the UK or abroad. This is what we promise...

Biggest and best

We're proud to be Britain's biggest-selling food magazine and the UK's No 1 food website, bbcgoodfood.com. Our contributors – BBC chefs, our in-house cookery team and confident, outspoken columnists – are experts in their fields. Meet us at the UK's biggest food shows (visit bbcgoodfoodshow.com for dates and details). Our best-selling cookbooks feature our trusted recipes – you'll find these in bookshops.

Recipes for everyone

There are 70 new recipes in every issue – that's more than any other food magazine in Britain. We always include quick, easy dishes, ideas for relaxed entertaining and more challenging recipes for when you want to take your skills up a notch. Look out for our regular easiest-ever recipes.

Tested and trusted

All our recipes are triple-tested – once by the writer or chef, once or twice in the Good Food Test Kitchen, and again on the photo shoot – so they'll work first time. We put our gadgets through a rigorous testing process and carry out our taste tests fairly. Our restaurant and travel recommendations have all been tried by one of us.

Ethical

We care about the food we eat, the people who produce it and the effect this has on the world. In our Test Kitchen, we use humanely reared British meats, high-welfare chicken and eggs and sustainable fish whenever possible. We aim to help you avoid food waste, with advice on using leftovers (tune in to Facebook Live to see our #Fridayfood challenge, when we use up leftovers).

Healthy eating

Every recipe is analysed by our BANT registered nutritionist, so you can be informed when you choose what to eat. We flag up vegetarian, vegan and gluten-free recipes. Find out more about our health philosophy on page 200.

Families and children

Families can need help to create harmonious mealtimes, so we address this by flagging up 'family' recipes. We encourage children and teenagers to get cooking with recipes that help them to learn new skills. Find out more at bbcgoodfood.com/recipes/category/family-kids.

Eating like a local

One of the joys of travel – both in the UK and overseas – is discovering great food. Our features are written from an insider perspective by on-the-ground writers and food and travel journalists.

Independent and respected

As you'd expect from a BBC brand, we are impartial and independent, so you can trust our advice and recommendations on everything from restaurants and wine to kitchen gadgets and more. We encourage your input on your local finds, and appreciate your feedback on our recommendations.

Food is our passion and pleasure

We take food seriously, but we also believe it's a pleasure to be enjoyed, whether cooking for the family, trying an unfamiliar ingredient, buying new products or eating out. We share our food discoveries and adventures with you – and love you to share the same with us on Facebook, Twitter, Instagram and Snapchat.

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of the Year 2019
bbcgoodfood.com

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Awards
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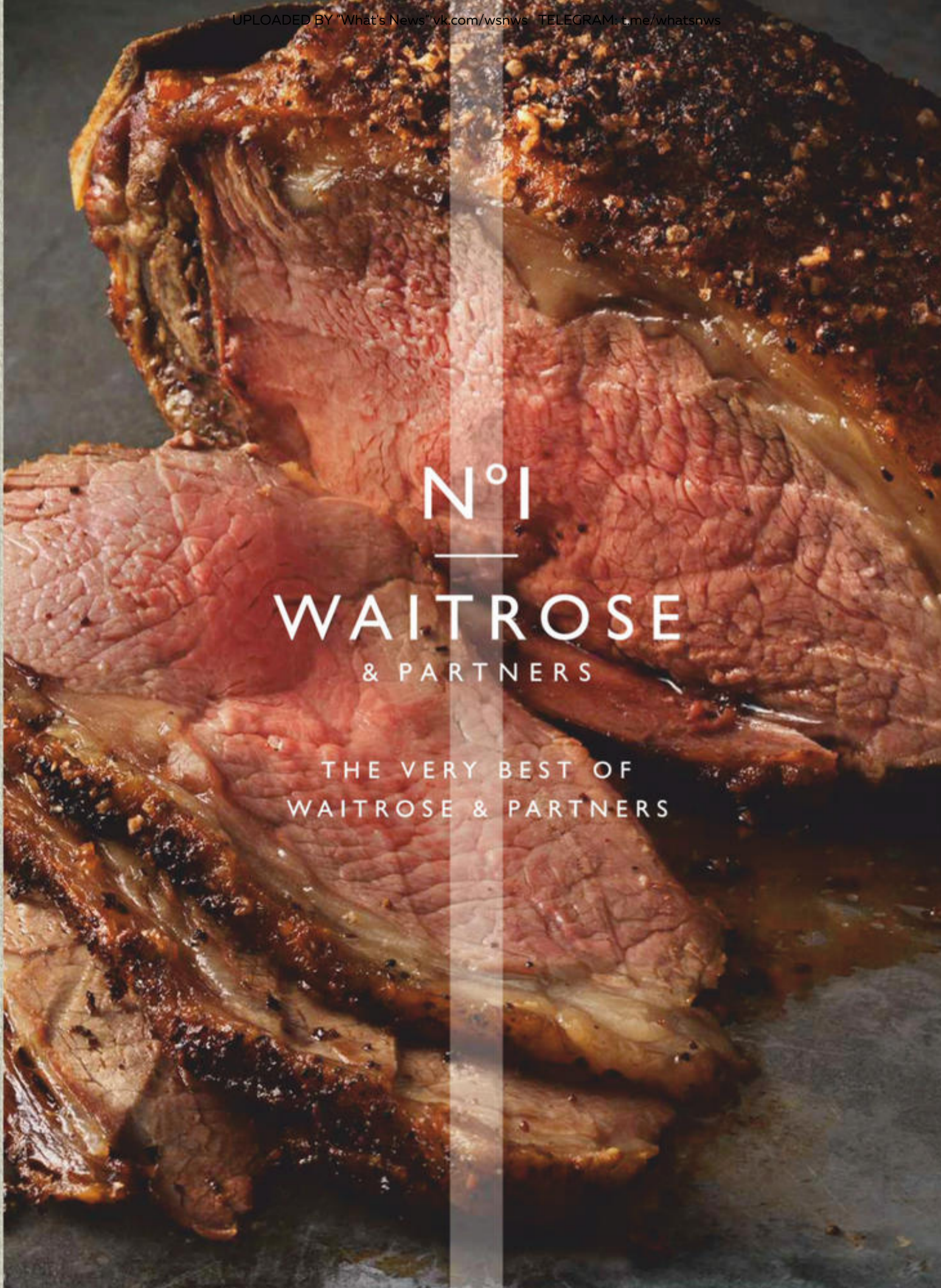
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Voice Skill

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PPA Digital Awards
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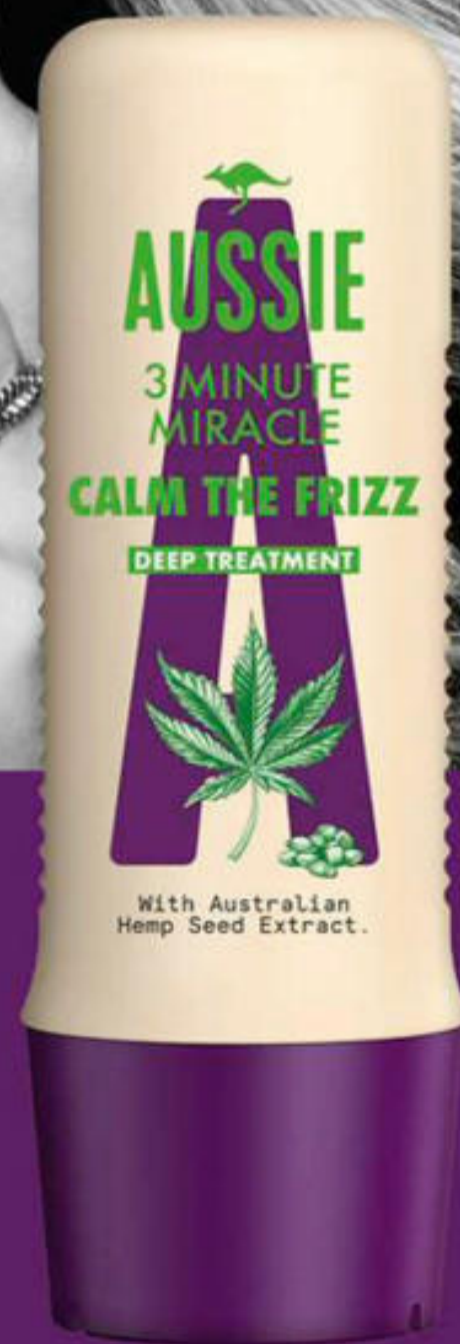


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THOUGH.**

INSTANT RECIPE FINDER

RECIPE KEY ● Vegan ● Vegetarian ● Low cal ● Low fat ● Gluten free ● Suitable for freezing



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Create your perfect festive menu

Dinner party with friends An impressive spread to wow your guests



Lightly smoked salmon with dill-pickled vegetables, p71



Ale-glazed beef fillet with a crispy onion crust, p82



Sage & onion Yorkshire puddings, p44



Christmas meringue pies, p54

Sunday lunch spread Prep the fish and ham before heading out for a walk, then serve buffet-style



Stuffed salmon, p70



Herb-buttered carrots, p44



Spiced ginger ham, p202



Cheese & chutneys, p62

Feed a crowd

An easy starter and a dig-in dessert means more time for you to perfect the crackling and carve the porchetta



Rainbow prawn cocktails, p66



Festive porchetta, p76



Retro trifle, p60

Christmas Eve

Get ahead with this easy, cheesy spinach tart, then enjoy a magical meringue dessert



Spinach madeleine tart with cheesy pastry, p37



Pear & ginger pavlova, p161

Turn to page 27 for mains, starters, sides and more for the big day

Update

This month's festive food news, trends, ideas from the Hairy Bikers and Rick Stein, and the best food Advent calendars

compiled by KEITH KENDRICK and ANNA LAWSON

Cocktail hour Three of our favourite seasonal drinks, made lower in alcohol

recipes MIRIAM NICE *photograph* MELISSA REYNOLDS-JAMES

Espresso shrub martini

A 'shrub' is a syrup, usually made with fruit, sugar and vinegar. This one uses coffee, taking the place of the standard coffee liqueur. Using a sweet-sharp shrub makes a drink taste stronger than it is.

SERVES 2 **PREP** 10 mins plus chilling
EASY V

For the coffee shrub

100ml strong black coffee or espresso, or use instant espresso powder
50g golden caster sugar
50g balsamic vinegar

For the cocktail

ice
50ml coffee shrub (see above)
30ml vodka

50ml strong black coffee or espresso, or use instant espresso powder

For the garnish

4 coffee beans
2 cardamom pods

1 To make the coffee shrub, pour the coffee or espresso into a jug with the sugar. Stir to dissolve, then leave the mixture to cool completely before adding the vinegar. Transfer to the fridge and chill until needed. *Can be made up to a day ahead.*

2 To make the cocktail, put two martini or small coupe glasses in the fridge to chill until cold.

3 Half-fill a cocktail shaker with ice, then add 50ml of the coffee shrub, the vodka and coffee or espresso. Shake really well, until the outside of the shaker feels cold, then strain into the chilled glasses. Top each with two coffee beans and a cardamom pod.

GOOD TO KNOW vegan • gluten free

PER SERVING 135 kcals • fat 0.1g • saturates 0.1g • carbs 16g • sugars 14g • fibre none • protein 0.2g • salt 0.04g



Enjoy drinks with less alcohol but plenty of cheer

Pomegranate & vermouth mulled wine

I often add fruit juice to mulled wine; in this version, I've gone heavy on the juice, but the addition of vermouth keeps it grown-up and stops it becoming too sickly-sweet.

SERVES 6 PREP 5 mins COOK 10 mins EASY V

500ml carton pomegranate juice (100% juice, not 'juice drink')	2 oranges, sliced, plus extra to garnish
100ml red vermouth	2 tsp honey
200ml red wine	1 cinnamon stick
	4 cloves
	4 allspice berries

- 1 Put everything in a large saucepan set over a low heat and stir to melt the honey. Simmer gently for 10 mins.
- 2 Taste for sweetness, then strain into heatproof glasses and garnish with extra orange slices to serve.

GOOD TO KNOW gluten free

PER SERVING 92 kcals • fat 0.1g • saturates none • carbs 12g • sugars 12g • fibre 0.1g • protein 0.3g • salt 0.01g

Mojito cooler

A lime shrub provides the base of this drink. The complexity of the shrub means you can add far less rum to the mix, but without compromising on taste.

SERVES 6 PREP 10 mins plus at least 1 hr infusing and chilling EASY V

For the shrub	50ml white rum
4 limes, juiced and zest pared into strips	For the cocktail
5 mint sprigs	4-5 mint sprigs, leaves picked, plus extra sprigs to garnish
100g golden caster sugar	1 lime, chopped ice
pinch of ground cinnamon	600ml sparkling water, plus extra to serve
1/4 tsp vanilla paste	
100ml white wine vinegar	

- 1 Put the lime juice in a large jug and top up with water until you have 200ml liquid. Add the zest and mint, then stir in the sugar, cinnamon and vanilla paste. Cover and leave to infuse in the fridge for at least 1 hr or overnight. Stir well to make sure the sugar has dissolved, then strain into a clean 1.5-litre jug and stir in the vinegar and rum. Chill until ready to use, or for up to 12 hrs.
- 2 To make the cocktail, stir in the mint leaves, lime pieces and a generous handful of ice.
- 3 Top up with 600ml sparkling water and pour into tall glasses with more ice, adding a little more sparkling water, if you like. Garnish with mint sprigs to serve.

GOOD TO KNOW vegan • gluten free

PER SERVING 89 kcals • fat none • saturates none • carbs 17g • sugars 17g • fibre 0.1g • protein 0.1g • salt 0.01g



BBC chefs

Festive dishes from the stars of BBC Good Food's Winter Show, Rick Stein and The Hairy Bikers



Rick's stunning starter

Easy, quick and delicious, an ideal dinner party dish from **Rick Stein**

Warm goat's cheese with cream & walnuts (*chèvre chaud à la crème*)

I love having people round for get-togethers over Christmas, but if I'm doing a starter, I like to keep them incredibly simple – there's enough cooking to do as it is. This is just that. All you do is layer up slices of goat's cheese in ramekins, add seasoned crème fraîche, sprinkle with chopped walnuts and bake. The tartness of the cheese and crème fraîche served with crisp apple slices is a fabulous combination.

SERVES 4 as a starter **PREP** 5 mins
COOK 20 mins **EASY** V

15g butter, for the ramekins
200g goat's cheese log, cut into 12 slices
200g full-fat crème fraîche
15g walnuts, chopped
1 tsp chopped flat-leaf parsley

To serve

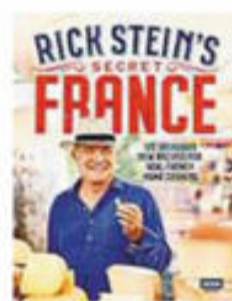
2 apples, cored and finely sliced
slices of crusty bread

1 Heat the oven to 200C/180C fan/gas 6. Butter four ramekins, then put 3 slices of goat's cheese in the base of each one. Season the crème fraîche with $\frac{1}{2}$ tsp salt and plenty of black pepper and pour it over the cheese, dividing it equally between the ramekins.

2 Top with more pepper and the walnuts, then put on a baking tray and bake for 15-20 mins. Garnish with the parsley and serve with crisp apple slices and crusty bread.

GOOD TO KNOW gluten free

PER SERVING 403 kcal • fat 39g • saturates 25g • carbs 2g • sugars 2g • fibre 0.2g • protein 12g • salt 0.8g



Recipe adapted from Rick Stein's *Secret France* (£26, BBC Books). Photographs © James Murphy. Rick's new series, *Rick Stein's Secret France*, starts on BBC Two in November (see right for more).

BBC goodfood SHOW WINTER
Sponsored by: LIDL

28 Nov-1 Dec, Birmingham NEC
See Rick and the Hairy Bikers cooking live at the Good Food Show Winter. Turn to page 96 for more info.



Si & Dave's festive pud

An inspired alternative to the traditional mince pie from Hairy Bikers **Si King** and **Dave Myers**



Mincemeat lattice tart

We love a mince pie but we think this is even better – the surprise disc of marzipan inside makes it that bit special. It's our version of an Austrian favourite called linzer torte. Use a metal tart tin, rather than a ceramic one, and heat up a baking tray to put it on so the underside cooks well.

SERVES 6-8 PREP 25 mins
plus chilling **COOK 40 mins**
MORE EFFORT V

200g marzipan
500g mincemeat (check the label if you're vegetarian)
milk, for glazing
icing sugar, for dusting
For the pastry
150g plain flour, plus extra for dusting
150g ground almonds
150g caster sugar
150g chilled butter, cut into cubes
1 egg, beaten

- 1 First, make the pastry. Put the flour, almonds, sugar and butter in a food processor and whizz until you have fine crumbs. Add a pinch of salt and the egg and blitz again until it forms a ball of dough. Tip it onto your work surface and bring it together into a smooth dough – it will be very soft – then wrap it in cling film, pressing down to slightly flatten. Chill for at least 30 mins.
- 2 Heat the oven to 180C/160C fan/gas 4 and put a baking tray in the oven to heat up.

- 3 Remove the pastry from the fridge and divide it into one-third and two-thirds. Dust your work surface with flour and roll out the larger piece of pastry to line a 25cm flan tin, or push it into the tin evenly using your hands. Dust your work surface with more flour and roll out the marzipan into a round that will fit inside the pastry. Cover the marzipan with the mincemeat.
- 4 Heavily dust your work surface with flour, roll out the remaining pastry and cut it into strips. Use it

- to make a lattice design on top of the mincemeat. Or cut out different shapes such as stars and use them to cover most of the mincemeat. Brush the pastry with milk.
- 5 Place the tart on the baking tray in the oven and bake for 35-40 mins, or until the pastry is crisp and golden brown. Leave to cool for 10 mins before removing from the tin. Dust the tart with icing sugar and serve hot or cold, with cream.

PER SERVING (8) 688 kcal • fat 33g • saturates 11g • carbs 88g • sugars 73g • fibre 2g • protein 10g • salt 0.4g



Recipe adapted from *The Hairy Bikers' British Classics* by Si King and Dave Myers (£22, Seven Dials). Catch up on Si and Dave's recent BBC Two series *Hairy Bikers: Route 66* on BBC iPlayer.

TV editor's picks

What's cooking on the BBC this month

RICK STEIN'S SECRET FRANCE

Rick steers clear of the well-worn culinary hotspots and tourist eateries in his new series with a personal road trip from northern Normandy to southern Roussillon via Provence, Champagne, Alsace, Jura, Auvergne and Périgord. Starts in November on BBC Two.

MASTERCHEF: THE PROFESSIONALS

If you're settling down in front of the TV with a spag bol, now's the time to feel inadequate as 48 ambitious chefs seek to impress Marcus Wareing, Monica Galetti and Gregg Wallace with fancy jus and fondant spuds. Seven weeks of intense challenges begin in November on BBC Two. *Kathryn Custance*

Ready Steady Cook is back in the new year with new host Rylan Clark-Neal. If you and a friend or relative would like to be one of the competing pairs, go to bbc.co.uk/showsandtours/takepart. Applications close on Friday 20 December.





Anna's food picks

This month's latest shopping inspiration from food & reviews writer Anna Lawson



Pukka night-time latte £5, Tesco
For a healthier but just as comforting alternative to hot chocolate, this night-time latte contains soothing cinnamon, lavender and camomile. Mix with warm almond milk for the best results.

My must try



Turner & Hardy feisty spiced tomato juice (750ml), £3.25, Sainsbury's
Made with Isle of Wight tomatoes, this fresh, spiced tomato juice is delicious on its own or in a bloody mary.

3 of the best premium mixers



Franklin & Sons flavoured tonic waters (4 x 200ml), £3.50, Co-op
Four very different but equally tasty tonic waters, these can be enjoyed on their own, or each pair well with different spirits. We love the rosemary & black olive, which works excellently with sherries and Mediterranean-style gins.

Gü Heavenly Hot Puds sticky toffee pudding £3.30 (pack of 2), Morrisons
When there's a Christmas pudding hater at the table and you need a luxurious dessert alternative pronto, these comforting, sticky toffee puds heat in the microwave in 30 seconds!



Myrtle's Kitchen Christmas chutney (220g), £4, myrtleskitchen.co.uk
Like Christmas in a jar, this punchy apple and date chutney is great with cheese or a festive ham.



Merchant's Heart hibiscus tonic water (200ml), £1.30, Sainsbury's
Fruity and floral (but not overwhelmingly so), this delicate mixer makes a refreshing, booze-free tittle on its own, or pair with white rums or citrusy gins.



Farrington's Mellow Yellow oak-smoked rapeseed oil £4.50, Ocado
Try this satisfying, aromatic rapeseed oil to easily add natural smoked flavour to roast potatoes, roast meats, or in dressings.



Peter's Yard smoked chilli sourdough flatbreads £2.45, Waitrose & Partners
Perfect for dunking into hummus or serving with a cheeseboard, these crunchy crispbreads have a slight chilli heat and sourdough taste.

I'm loving Charcuterie crisps

We've noticed a rise in meaty snacks, with jerky and biltong gaining popularity in the last few years – Ocado reported a 74% increase in biltong sales in 2018. But, for those who aren't keen on the chewy texture, there's an exciting new snack on the block: charcuterie crisps. Launched this summer by M&S, these super-crispy, salty snacks are made by air-drying thin slices of cured meat (salami, chorizo and serrano ham) until they're as crunchy as potato crisps. They make great party nibbles with drinks.



Sekforde mixer for tequila & mescal (500ml), £1.95, Waitrose & Partners
Not for drinking on its own, this has been cleverly devised with prickly pear and cardamom to complement the gentle sweetness of agave-based spirits.



FREE goody bag with GF Eats Out

Our GF Eats Out events celebrate the British restaurant scene (this time, it's dinner at The Cinnamon Club – see p95) and, at each event, we give away a goody bag containing different products, worth £30.



Trending now

What's hot this Christmas

Put down that tinsel! The trend for food- and-drink-themed baubles, which began to take hold last Christmas, has exploded this year. From a lobster to peanut butter, pick your favourite and deck the halls (or your tree) with foodie baubles.



- **Burrito bauble** £15, conranshop.co.uk • **John Lewis & Partners Traditions Fry-Up bauble** £7, John Lewis & Partners • **Glass peanut butter decoration** £8, Paperchase • **Caviar decoration** £22, rajtentclub.com/shop • **Handmade embroidered lobster decoration** £5.99, oxfam.org.uk/shop/sourced-by-oxfam • **Kale leaf decoration** £18, Selfridges • **Christmas garlic-shaped bauble** £5, sassandbelle.co.uk • **Croissant bauble** £11.95, libertylondon.com • **Ice cream Christmas bauble** £3, neon-sheep.com • **Lemon ornament** £12, Petersham Nurseries • **Christmas Noir Gin Glass** £4, Sainsbury's

Foodie baubles photograph MELISSA REYNOLDS-JAMES | Illustration GEORGE BLETSIS



◀ Boozy crackers

It seems we may have tired of getting a plastic comb that we'll never use in our crackers. This year, it's all about finishing your meal with a shot of booze. You'll find crackers filled with gin, Baileys and more on sale this season.



◀ Sustainable kitchen gifts

This year's biggest trend in gifting for foodies is sustainable kitchenware, including reusable water bottles and bamboo lunchboxes (p183) and cling film alternative, beeswax wraps (p108).



◀ Extreme pigs in blankets

The classic Christmas staple has been transformed. We've seen a vegan version (mushroom sausages wrapped in vegan bacon) at Sainsbury's, and a yard-long pig in blanket at Lidl.

Best alternative Advent calendars

For a quirky countdown to Christmas



Find more of our top Advent calendar picks on bbcgoodfood.com.

BEST EVERYDAY

Bonne Maman Advent calendar

As Advent calendars are usually opened first thing in the morning, this jam-filled one makes a lot of sense! Behind each door of this red-and-white calendar is a generous-sized pot of jam, in flavours such as cherry & blackberry and purple fig & cinnamon – great for your breakfast porridge. £23.99, bonnemaman.co.uk



BEST FOR GIN LOVERS

Cambridge Distillery 12 days of outstanding gin

This calendar really stood out – the box is lovely (we'd reuse it to store jewellery) and the gins inside are also excellent. Each drawer contains a 5cl gin, in classic and flavoured varieties such as smoked or truffle. You'll also get a gin glass and serving suggestions. £79.99, cambridgedistillery.co.uk

BEST FOR SWEET SNACKERS

Joe & Seph's gourmet popcorn Advent calendar

The doors of this fold-out calendar each contain a different pack of flavoured popcorn – our favourite is the new speculoos variety. £25, Debenhams



BEST WILDCARD

The Spicery 12 curries of Christmas Advent calendar

The festive period can be heavy on sweet treats, so this spice-filled calendar brings a welcome change. Each door opens to reveal a spice blend and recipe for a curry from around the world. £29.95, Ocado



BEST BLOW-OUT BUY

PlayinChoc Advent calendar

This calendar is as much a gift for the family as it is a countdown. Inside are organic, dairy-free chocolates, 3D puzzle toys and fun fact cards to keep everyone entertained. Plus, it's all made using recycled, recyclable, compostable materials. £55*, Ocado



LOCAL FOOD HEROES

Handcrafted treats

We shine the spotlight on the best food producers from the BBC Good Food Shows

The Sawley Kitchen (sawleykitchen.co.uk) is a family-run bakery in Ripon, North Yorkshire that makes handbaked biscuits, meringues and all-butter shortbreads. Nicky and Robin Jaques started baking in 2011 as a sideline to the pub they ran. Now it's their focus, and they supply to luxury hotels such as The Ritz and York's Grand Hotel.

Favourites include fruit Shrewsbury biscuits and ginger thins, but rhubarb & custard shortbread is their best seller. 'Customers say it tastes like rhubarb & custard sweets, and often ask how it's made – but that's a well-kept family secret!'

[Twitter](https://twitter.com/sawleykitchen) [Facebook](https://www.facebook.com/sawleykitchen) @sawleykitchen

Find them at the BBC Good Food Show Winter – see below. Katy Truss

More from Good Food



Good Food's Vegetarian Christmas

Inside you'll find ideas and menus for festive veggie mains, sides, and desserts, plus a special vegan section. On sale now, £5.99.



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Good Food how-to videos Sharpen your cookery skills with our videos. Find over 200 at bbcgoodfood.com/feature/videos.

BBC good food SHOW WINTER
Sponsored by:

Visit the Show
Enjoy a fabulous day out at the BBC Good Food Show Winter on 28 Nov-1 Dec. See p96 for more. Readers save 20% on tickets!

*Price subject to change

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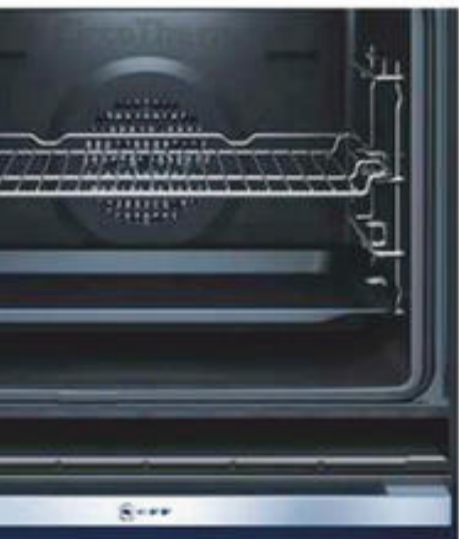


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1 cake,
2 ways to
decorate

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recipe

ANNA GLOVER

photograph

TOM REGESTER



Serves 16



White forest Christmas tree traybake

SERVES 16 **PREP** 4 hrs plus 6 hrs drying and cooling **COOK** 1 hr **MORE EFFORT** **V**

* sponges only

250g softened salted butter, plus extra for the tin	5-6 fresh bay leaves, washed and dried
250g caster sugar	5-6 cocktail cherries with stalks, drained
4 large eggs	125g morello cherry jam
225g self-raising flour	edible glitter (optional)
1/2 tbsp each ground cinnamon and ground ginger	For the meringues
1 tsp baking powder	1 egg white
150g natural yogurt	100g caster sugar
1/2 tbsp vanilla paste	green and red food colouring gel
50g white chocolate chips	gold leaf and edible glitter, to decorate (optional)
ginger biscuits, to decorate (see recipe below)	For the buttercream
For the leaves, cherries and jam	250g softened butter
1 egg white	400g icing sugar
25g caster sugar	1 tsp vanilla paste
	2 tsp milk

1 To make the frosted leaves and cherries, whisk the egg white with a fork until frothy. Tip the sugar onto a plate. Brush the egg white onto the bay leaves or dip them, then sprinkle the sugar over the leaves and half the cherries to coat. Leave to dry on a sheet of parchment for 6 hrs or until the frosting has completely dried.

2 Heat the oven to 180C/160C fan/gas 4. For the sponge, butter and line a 30 x 20cm traybake tin with parchment. Beat the butter and sugar together in a large bowl with an electric whisk until creamy. Whisk

in the eggs, one by one, then sieve in the flour, spices and baking powder. Fold in the yogurt, vanilla and chocolate chips. Tip into the tin, smooth over and bake for 30-35 mins until the sponge is golden and springs back when pressed. Leave to cool in the tin for 10 mins, then turn out onto a wire rack, remove the parchment and leave to cool completely.

3 Reduce the oven to 120C/100C fan/gas 1/2 and leave the door open briefly to make sure the temperature drops low enough. To make the meringues, whisk the egg white in a large bowl with an electric whisk, or in the bowl of a stand mixer with the whisk attachment, until stiff peaks form. Continually whisking, add the sugar, 1 tbsp at a time, until it's completely combined. Once it's all added, beat for another 3-4 mins until you get a stiff, shiny meringue. Transfer the mixture to two small piping bags fitted with star and round nozzles. Use a cocktail stick, knife or spoon dipped in the food colouring to paint the inside of the bags in stripes up the length, painting each bag with a different colour (see pic A, opposite) and leaving the area nearest the nozzle uncoloured, then fill with meringue. Cover a baking sheet with parchment, using a little of the meringue on the underside to stick it to the tray. Pipe blobs onto it well spaced apart to make meringue kisses – they will come out plain first (pic B). Bake for 30 mins, then turn off the oven and leave the meringues inside to cool to room temperature. Decorate them with gold leaf or glitter, if you like.

4 Press the jam firmly through a sieve to remove any large chunks and stir what's

left in the sieve back into the jar. Stir in a few pinches of glitter, if you like, then transfer to a piping bag fitted with a small round nozzle.

5 Beat the buttercream ingredients together using an electric whisk until you get a pale, fluffy icing. Transfer to a large piping bag with a wide, round nozzle.

6 To cut the sponge into a tree shape, first split the cooled cake into two layers using a cake cutter or serrated knife (pic C). Using a ruler or a sheet of baking parchment the same width as the cake, mark a halfway point at the top end of the cake (pic D). At the bottom end of the cake, mark it into thirds (pic E). Using these as a guide, cut squares from the bottom end of the cake, leaving a centre section for the tree stump, then cut from your middle mark at the top down to the bottom edges to create a Christmas tree shape (pic F). Use the off-cuts to make cake pops, or in trifle (p58). Carefully lift off the top sponge using a baking sheet, and pipe blobs of buttercream all over, starting from the outside edge (pic G). Chill for 20 mins to firm up. Pipe some of the jam between the buttercream blobs, except the outer edge.

7 Position the remaining cake on top (pic H), and pipe more icing blobs all over (pic I). Add the frosted leaves, frosted and plain cherries, biscuits and meringues (pic J), sprinkle a little glitter over the un-frosted cherries, and pipe on the remaining jam in blobs (pic K). Add the biscuits, putting a star at the top, and add gold leaf, if you like (pic L). *Keeps, well covered in the fridge, for two-three days.*

PER SERVING 426 kcals • fat 21g • saturates 13g • carbs 56g • sugars 48g • fibre 1g • protein 3g • salt 0.6g

Festive ginger biscuits

This makes more biscuits than you need, but the dough freezes well for another time, or keep wrapped in the fridge for up to a week.

MAKES about 100 small biscuits
PREP 30 mins plus 2 hrs chilling
COOK 5 mins plus 6-7 mins per batch
EASY **V** * unbaked dough

100g salted butter	plus extra for dusting
175g dark muscovado sugar	1 tsp bicarbonate of soda
85g golden syrup	
350g plain flour,	2 tsp ground ginger

1/2 tsp ground cinnamon	gold shimmer and leaf, to decorate (optional)
1 large egg, beaten	

1 Warm the butter, sugar and syrup in a pan until the butter melts. Bubble for 2 mins to dissolve the sugar, stirring frequently to prevent it burning. Sieve the flour, bicarb and spices into a bowl, add the sugar and butter mix, and beat with a wooden spoon. Crack in the egg, and beat again until you get a soft dough. Wrap and chill for 1 1/2-2 hrs, or until it firms up.

2 Heat the oven to 200C/180C fan/gas 6. Line a large baking sheet with parchment. Roll out the cooled dough on a lightly

floured work surface to about 5mm thick and stamp out holly and star shapes (using 5cm cutters), rerolling any off-cuts. Bake in four batches for 6-7 mins, then leave to cool on the trays. If you don't want to bake them all now, freeze or chill up to three-quarters of the dough. Dust with gold shimmer and gold leaf, if you like. *Will keep for three weeks in an airtight container.*

PER SERVING 31 kcals • fat 1g • saturates 1g • carbs 5g • sugars 2g • fibre 0.2g • protein 0.4g • salt 0.1g

gf tip
MAKE AHEAD Make the sponges, meringues and biscuits the day before, and assemble the cake on the day.



HOW TO DECORATE THE CAKE



Turn over for how to make the round cake



...make the *round* cake!

Divide the sponge batter between two 20cm lined cake tins and bake for 25 mins until they are risen and golden and a skewer inserted comes out clean. Cool completely. Use half the buttercream and jam to sandwich the cakes together, then use the rest to decorate following the method from step 7 on p22, placing the bay leaves in a wreath around the edge of the cake. Decorate the sides of the cake with gold leaf or lustre, if you like. Serves 16.

bbc goodfood SHOW WINTER
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28 Nov-1 Dec 2019
See our cookery team demonstrate how to decorate the cake at the Show. Go to p96 for more info.

Shoot director ELIZABETH GALBRAITH | Food stylist JULIET SEAR | Stylist SARAH BIRKS



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Your best ever Christmas 2019



Serve up a magical festive feast this season with our go-to recipes for showstopping mains, moreish side dishes and make-ahead extras



In this section...



**Twists
on turkey**
Three new ideas
to try, p28



**Veggie
mains**
Meat-free centrepieces
to wow your guests, p34



**Winning
sides**
All the classics
and more, p39

Choose your turkey

Whatever turkey centrepiece you decide to cook this year – whole bird, breast or crown – we've got a new and inspiring recipe for you

recipes BARNEY DESMAZERY *photographs* TOBY SCOTT



Brown sugar & spice-glazed turkey with candied carrots

For maximum succulence and flavour, season and spice the turkey as far ahead as possible. This will ensure the meat is seasoned throughout, not just on the surface.

SERVES 8 **PREP** 30 mins plus chilling and resting **COOK** 3 hrs 30 mins-4 hrs **MORE EFFORT**

5-5½kg oven-ready turkey

50g butter, softened

small bunch of thyme, plus extra to serve

small bunch of bay leaves, plus extra to serve

8 carrots, peeled and cut into large chunks

For the spice mix

2 star anise, crushed using a pestle and mortar

½ tsp ground cloves

1 tsp ground nutmeg

1 tsp ground ginger

1 tsp ground black pepper

For the dry seasoning

2 tsp light muscovado sugar

For the baste

50g light muscovado sugar

50g maple syrup

50g melted butter

100ml cider vinegar

1 Mix all the ingredients for the spice mix together. For the dry seasoning, mix 2 tbsp sea salt with the sugar and half the spice mix. Sit the turkey in a roasting tin and gently push your fingers under the skin, starting from the neck, until you can push your whole hand down the length of the breast. Season the bird all over with the dry seasoning, inside and out, and under the skin. Leave in the tin, breast-side up, and put in the fridge for at least 1 hr, or up to two days. If it doesn't come into contact with anything else, leave it uncovered – this will dry out the skin and make it crispier.

2 Put the remaining spice mix and the baste ingredients in a saucepan and heat until the sugar has melted, then set aside. Remove the turkey from the fridge an hour before cooking. Heat the oven to 180C/160C fan/gas 4. Work out the cooking time based on 40 mins per kg. A turkey this size should take 3½ hrs, plus 30-45 mins resting. Smear the turkey all over with the butter and put the herbs in the cavity. Loosely cover with foil and roast for the calculated time. After 30 mins, pour over the spiced baste, then baste again every 30 mins. With 1 hr remaining, remove the foil. Put the carrots in the tin, stir to coat in the juices and continue to cook.

3 Check the turkey with a cooking thermometer – it should read 65C. Leave to rest on a warm platter – it will stay warm for about 1 hr. Continue to cook the carrots until tender. Serve the turkey garnished with fresh bay and thyme, and the carrots alongside.

GOOD TO KNOW 1 of 5-a-day • gluten free

PER SERVING 753 kcals • fat 33g • saturates 14g • carbs 18g • sugars 17g • fibre 4g • protein 94g • salt 4.7g



2

Wild mushroom, port & thyme turkey wellington

If you're after something totally stress-free to cook and easy to carve, it has to be this wellington. The assembly can be done a day or two in advance, leaving you nothing more to do on the day than bake it in the oven and carve it into thick slices.

SERVES 6 **PREP** 50 mins plus soaking, chilling and resting **COOK** 1 hr 30 mins **MORE EFFORT**

30g dried porcini mushrooms
50g butter
2 onions, chopped
2 garlic cloves, chopped
small bunch of thyme, chopped
225g chestnut mushrooms, sliced
200ml port
1 chicken stock cube

1½ kg boneless, skinless turkey breast
small bunch of parsley, chopped
1 lemon, zested
3 tbsp finely grated parmesan
flour, for dusting
500g pack puff pastry
1 egg, yolk only (freeze the white for another recipe)

1 Soak the dried porcini in 600ml kettle-hot water and set aside to cool, then drain, squeezing out the mushrooms and reserving the liquid. Heat half the butter in a pan and fry the onions for 7-8 mins until golden, then add the garlic and thyme and cook for a few minutes more. Add the remaining butter to the pan, then the soaked mushrooms and chestnut mushrooms. Turn up the heat and sizzle everything for 5 mins until the mushrooms are cooked and golden. Pour in the port and simmer to a sticky glaze, then the mushroom soaking liquid, and crumble in the stock cube before boiling everything rapidly for about 5 mins. Drain the mushroom mix using a sieve and leave to cool. Reserve and chill the liquid to use later for gravy.

2 When the mushrooms are cool, butterfly the turkey breast by cutting into one side of it so you can open it like a book. Cover the meat and use a meat mallet or rolling pin to bash it out to a rectangle about 3cm thick and a little smaller than A4 paper. Trim the edges and top to neaten it up, reserving the trimmings. Tip the turkey trimmings, mushrooms, parsley, lemon zest and parmesan into a food processor and season generously. Pulse to make a rough stuffing. Form the stuffing into a long sausage positioned along the long edge of the turkey breast. Roll the turkey to encase the stuffing and set aside.

3 On a lightly floured surface, roll out the pastry to a rectangle about 10cm wider and longer than the turkey was when you beat it out. Trim the edges, reserving the trimmings. Lightly brush the pastry all over with the egg yolk. Lay the turkey in the middle of the pastry. Fold the shorter edges over the turkey, then roll up the whole thing to encase. If you like, re-roll the trimmings, cut into Christmas shapes and use to decorate. Brush all over with egg yolk, place on a tray, seam-side down. Chill for at least 30 mins or up to two days.

4 To bake, heat the oven to 190C/170C fan/gas 6 with a tray inside. Brush the wellington with more egg yolk and season with sea salt flakes. Transfer to the hot tray and bake for 1 hr 15 mins until the pastry is golden and crisp. While the wellington is cooking, simmer the reserved mushroom liquid until reduced to a sticky gravy. Leave the wellington to rest, then serve in thick slices with the gravy.

GOOD TO KNOW calcium • 1 of 5-a-day • gluten free

PER SERVING 794 kcals • fat 34g • saturates 17g • carbs 38g • sugars 8g • fibre 5g • protein 72g • salt 1.8g



3

Turkey crown kiev

With chicken kiev firmly back in fashion, we've applied the same irresistible garlic and parsley flavour and butter-basted succulence to this turkey crown, complete with crunchy breadcrumb coating.

SERVES 6 **PREP** 45 mins **COOK** 2 hrs plus resting **MORE EFFORT**

2kg turkey crown
 garlic bulbs, lemons and shallots, halved, plus fresh herbs, to serve (optional)
 200g ciabatta, baguette or sourdough, preferably stale
For the garlic butter
 250g butter, softened
 5 garlic cloves, finely chopped or grated
 small bunch of parsley, finely chopped
 1 lemon, zested and juiced

1 To make the garlic butter, put all the ingredients in a bowl and season well. Mash with a fork until well combined and set aside. *Can be prepared up to a day ahead and chilled, or made two weeks ahead and frozen (allow to soften before using).*

2 Sit the turkey crown on a board with the thicker part of the breast facing away from you. Using your hands, make two pockets between the skin and the meat, then get a long, thin-bladed knife and insert it lengthways into each pocket to make them deeper. Tip some of the garlic butter into a piping bag and pipe as much as you can into each pocket. Reserve about 3 tbsp of the garlic butter, then smear the rest under and all over the skin, so the crown is completely covered.

3 Heat the oven to 190C/170C fan/gas 5. Sit the crown in a roasting tin, skin-side up, and roast for 30 mins. Baste with the juices and return to the oven, then baste again after another 30 mins. At this stage you can also put the halved garlic bulbs, lemons and shallots in the oven, if using, but in a separate baking tray. Continue roasting for a final 30 mins (1½ hrs total) until golden. Meanwhile, blitz the bread into rough crumbs in a food processor. Check the turkey with a cooking thermometer – it should read 65C. Remove it from the oven and the tin, then leave on a warm platter to rest for 20-30 mins. Remove the garlic, lemons and shallots from the oven as well and cover to keep warm. Turn the oven up to 210C/190C fan/gas 7. Stir the breadcrumbs into the roasting tin and put in the oven, stirring occasionally, until golden and crisp. Melt the reserved garlic butter in a pan or microwave. To serve, carve the turkey crown into slices, drizzle with some of the melted butter and scatter over the crispy crumbs. Garnish with the roasted garlic bulbs, lemon halves, shallots and some fresh herbs, if you like.

PER SERVING 744 kcal • fat 45g • saturates 25g • carbs 18g • sugars 2g • fibre 3g • protein 64g • salt 1.3g



Shoot director RACHEL BAYLY | Food stylist ELLIE JARVIS | Stylist SARAH BIRKS

Veggie

These meat-free centrepieces will wow your guests on the big day
recipes ANNA GLOVER photographs ROB STREETER

crowdpleasers

Mini nut roasts with candied carrots, p36



Squash & chestnut crackers, p36



Mini nut roasts with candied carrots

MAKES 6 **PREP** 35 mins plus resting
COOK 40 mins **EASY** **V** ❄️

250g bunch thin baby carrots
3 tbsp olive oil, plus extra for the tin
5 tbsp maple syrup
2 tbsp milled flaxseed
1 large onion, finely chopped
1 celery stick, finely chopped
2 garlic cloves, chopped
350g mixed mushrooms, finely chopped
3 rosemary sprigs, leaves picked and finely chopped
1 tsp tomato purée
2 tsp tamari or dark soy sauce
1 tbsp smoked paprika
100g pecans
50g hazelnuts
400g can green lentils, drained
400g can chickpeas, drained
40g ground almonds
handful of sage and thyme leaves
You will need
6 mini loaf tins (silicone ones work well)

1 Heat the oven to 200C/180C fan/gas 6. Scrub and trim the carrots, and cut them in half lengthways or into quarters if large. Toss the carrots with 1 tbsp olive oil and 2 tbsp maple syrup in a bowl. Season well, and tip onto a baking tray. Roast for 20-25 mins until tender and starting to caramelize.
2 Meanwhile, mix the flaxseed with 4 tbsp water and leave to thicken. Heat 1 tbsp olive oil in a frying pan, and fry the onion and celery until soft and translucent, about 10 mins. Add a splash of water if you need to, to stop them from catching. Stir in the garlic, mushrooms, rosemary, tomato purée, tamari and paprika, and fry for another 10 mins until the mushrooms are tender. Remove from the heat and leave in a bowl to cool slightly.
3 Put the pecans and hazelnuts in a food processor and blitz until roughly chopped. Add the lentils and chickpeas and blend again until you get a thick, dry paste.

4 Combine the nuts and pulses, mushroom mixture, ground almonds, 2 tbsp maple syrup and soaked flaxseed in a bowl with a good amount of seasoning. Mix everything well using your hands.
5 Oil six mini loaf tins and line each one with a strip of baking parchment. Trim and cut the carrots to fit in the base in a snug single layer, cut-side down. Roughly chop any remaining carrots and mix them through the nut roast mixture. Pack it firmly into the tins and smooth over. Bake, uncovered, for 20 mins. Leave to rest for 10 mins before inverting onto a serving plate, or plates. Fry the sage and thyme in the remaining 1 tbsp olive oil until crisp, then stir through the remaining 1 tbsp maple syrup. Spoon over the nut roasts to serve.

GOOD TO KNOW vegan • fibre • 3 of 5-a-day
PER SERVING 460 kcals • fat 30g • saturates 3g • carbs 30g • sugars 16g • fibre 10g • protein 13g • salt 0.5g

gf tip
MAKE ONE LARGE NUT ROAST
If you'd rather make one big nut roast, put the mixture in a 900g loaf tin, and roast at 200C/180C/gas 6 for 1 hr.

Squash & chestnut crackers



MAKES 4 **PREP** 35 mins plus at least 45 mins chilling
COOK 1 hr 30 mins **EASY**
V ❄️ uncooked

1 tbsp olive oil
1 tbsp butter
1 large onion, finely chopped
250g butternut squash (½ medium squash), deseeded, peeled and cut into 1cm cubes
250g chestnut mushrooms, chopped
100ml marsala or madeira
100g cooked chestnuts, chopped
1 tsp dried sage, or a few finely chopped fresh leaves
2 prunes, pitted and finely chopped
2 tbsp red onion chutney or relish
40g soft white breadcrumbs
2 x 320g sheets ready-rolled puff pastry
plain flour, for dusting
200g strong hard cheese, like vegetarian mature cheddar or vegetarian emmental, cut into 1cm cubes
1 egg, beaten to glaze

1 Heat the oil and butter in a frying pan. Fry the onion and squash for 15 mins until the onion is golden and caramelised, and the squash is tender. Add the mushrooms and cook for another 8-10 mins until the water given off has evaporated. Pour in the marsala and bubble for 2-3 mins until it disappears. Stir in the chestnuts, sage, prunes, relish and breadcrumbs, and season well. Leave to cool.
2 Unravel one of the pastry sheets onto a lightly floured surface and cut a 2cm-wide strip from one of the long sides of the pastry. Reserve this to decorate. Cut the remaining pastry into four long rectangles – these will be your cracker bases. Cut the remaining pastry sheet into four and chill all the pastry on a lined baking sheet for 15 mins.
3 Stir the cheese into the cooled filling, then divide the mixture into four portions. Mould into sausages and position on the pastry bases, leaving lots of room for what will be the scrunched ends of the crackers.
4 Brush the exposed pastry around the filling with the beaten egg and

drape over the larger pastry tops, sealing the pastry all around the filling. Trim, if you need to, and pinch in the ends to create the Christmas cracker shape. Press the ends with a fork, trimming again, if you need to, then glaze with more of the beaten egg. Chill for 30 mins or up to 24 hrs. Use the reserved pastry to create stars or Christmas trees, or whatever you fancy to decorate the crackers.
5 Heat the oven to 200C/180C fan/gas 6. Glaze with more beaten egg and bake for 35-40 mins until golden and puffed. Serve with veggie gravy and plenty of trimmings (see page 39 for inspiration).
GOOD TO KNOW calcium • fibre • 2 of 5-a-day
PER SERVING 1,033 kcals • fat 62g • saturates 32g • carbs 78g • sugars 17g • fibre 10g • protein 30g • salt 1.7g

gf tip
To make these crackers vegan, omit the butter and cheese, use non-dairy pastry and brush the parcels with non-dairy milk. Use vegan stock or wine, too.



Spinach madeleine tart with cheesy pastry

SERVES 8 **PREP 25 mins**
COOK 1 hr 30 mins **EASY V**

320g sheet ready-rolled shortcrust
2 tbsp plain flour, plus extra for dusting
50g grated vegetarian Italian-style hard cheese, plus 2 tbsp
½-1 tsp cayenne pepper
500g frozen spinach, defrosted
50g butter
2 shallots, finely chopped
1 large garlic clove, crushed
2 thyme sprigs, leaves picked, plus extra to serve
125g mascarpone
grating of nutmeg
150g vegetarian mature cheddar, grated
2 medium eggs
1 tbsp breadcrumbs

1 Heat the oven to 200C/180C fan/gas 6. Unravel the pastry on a lightly floured work surface, and sprinkle the 2 tbsp hard cheese over one half of the pastry along with ½ tsp cayenne and a crack of black pepper. Fold the other half of the pastry over to close it like a book, and roll out, squashing the cheese in the middle, until it fits into a 22cm tart tin with an overhang. Prick the base with a fork, cover with a sheet of parchment and fill with baking beans. Cook for 15 mins, then remove the parchment and beans. Bake for 10-15 mins until lightly golden, then leave to cool in the tin.
2 Line a baking sheet with baking parchment. Spoon small piles of parmesan (about 16) in a thin layer onto the sheet, then bake for 5-7 mins until bubbling and melted. As soon as they look lacy, remove from the oven or they will burn quite quickly. Transfer to a wire rack to cool and

crisp up. *Will keep in an airtight container for two days.*

3 Put the spinach in a sieve over a clean bowl, and squeeze well with the back of a spoon. Keep the liquid.

4 Heat the butter in a heavy-based pan and fry the shallots with a pinch of salt for 10 mins. Stir in the garlic, thyme and 2 tbsp flour, then pour in 250ml of the spinach water, boiling for 1-2 mins. Stir in the mascarpone, nutmeg and a pinch of cayenne, and cook for 5 mins.

5 Fold through the cheddar and spinach, tip into a bowl and leave to cool for 5-10 mins. Stir in the eggs. Sprinkle the breadcrumbs over the tart case, then pour in the filling. Bake for 35-40 mins until golden. Leave to cool a little before topping with thyme and the cheesy crisps.

GOOD TO KNOW calcium • 1 of 5-a-day
PER SERVING 460 kcals • fat 30g • saturates 3g • carbs 30g • sugars 16g • fibre 10g • protein 13g • salt 0.5g

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Apricot & pistachio stuffing



Lemon, garlic & bay roast potatoes



Pick & mix side dishes

Whether you're cooking a turkey, a vegetarian centrepiece, or both, our veggie trimmings will be a hit at the table

recipes ESTHER CLARK and ANNA GLOVER *photographs* TOBY SCOTT

Cider-braised cabbage wedges



Crunchy parsnips



Lemon, garlic & bay roast potatoes

SERVES 8 PREP 15 mins
COOK 1 hr EASY V

2kg Maris Piper potatoes
1 garlic bulb, cut in half lengthways
100ml rapeseed or sunflower oil
8-10 fresh bay leaves
½ lemon, zested

- 1 Peel and halve or quarter the potatoes, if large, so they're all the same size. Put in a large pan and cover with cold water and a pinch of salt. Add one half of the garlic bulb. Bring to a simmer and cook for 10 mins until a knife goes easily through the potatoes, then drain well, reserving the garlic. Leave the potatoes to steam-dry in the pan for 10 mins. Heat the oven to 220C/200C fan/gas 7.
- 2 Pour the oil into a large baking tray or two smaller

ones – it should cover the base of the tray, so add a little more if you need to. Heat in the oven for 10 mins until really hot. Carefully transfer the spuds to the oil, leaving lots of room between each one (otherwise they will steam, rather than roast) and coat in the oil, taking care not to splash yourself. Season, then add both halves of the garlic, blanched and not, and nestle the bay leaves underneath the spuds.

- 3 Roast for 40-45 mins, turning halfway through and coating in more oil, until golden and crunchy. Season with more salt and pepper, and zest the lemon directly over the potatoes so the essential oils spritz over the spuds. Serve with the roasted garlic in its shell.

GOOD TO KNOW vegan • gluten free
PER SERVING 258 kcals • fat 9g • saturates 1g • carbs 39g • sugars 2g • fibre 4g • protein 4g • salt 0.01g

Apricot & pistachio stuffing

A crusty sourdough makes the ideal base for a veggie stuffing. To save some time on the big day, make this on Christmas Eve and keep it chilled before cooking.

SERVES 6-8 PREP 15 mins
COOK 50 mins EASY V

2 tbsp olive oil
70g unsalted butter
3 large onions, finely sliced
3 large garlic cloves, crushed
500g loaf sourdough bread
90g pistachios, roughly chopped
2 tbsp finely chopped sage, plus a few whole leaves
100g dried apricots, finely chopped
5 large eggs, beaten

- 1 Heat the oven to 220C/200C fan/gas 7. Heat the oil and 40g of the butter in a large frying pan over a medium heat. Add the onions

and fry for 15-20 mins or until they are golden and caramelised. Add the garlic and cook for 1 min. Remove from the heat, tip into a large mixing bowl and leave to cool down a little.

- 2 Put half the sourdough into a food processor and blitz to a fine crumb. Tear the remaining bread into small pieces. Add both to the bowl with the onions and mix through 60g pistachios, the chopped sage, apricots and eggs, then season. Tip into a shallow 30 x 20cm baking dish. *Will keep in the fridge for up to 24 hrs.* Bake for 20 mins or until golden brown and crunchy on top (check after 10 mins and cover if it's already brown).
- 3 Melt the remaining butter in a frying pan, add the sage leaves and fry until crisp. Pour over the stuffing just before serving. Top with the remaining pistachios.

GOOD TO KNOW folate • fibre • iron • 1 of 5-a-day
PER SERVING 450 kcals • fat 20g • saturates 7g • carbs 48g • sugars 13g • fibre 6g • protein 16g • salt 0.1g

Crunchy parsnips

SERVES 8 PREP 15 mins
COOK 40 mins EASY V

2kg parsnips, peeled, trimmed and cut into halves or quarters lengthways
100ml rapeseed or sunflower oil
5 tbsp polenta
2 tsp paprika

- 1 Heat the oven to 220C/200C fan/gas 7. Blanch the parsnips in boiling water for 4-5 mins until slightly soft, drain, leave to steam-dry, then tip into a large bowl. Drizzle over the oil and toss to coat all the parsnips.
- 2 Mix the polenta, 2 tsp sea salt, 1 tsp ground black pepper and the paprika, and sprinkle over the parsnips. Toss well, then lay the parsnips out on one large baking tray (or two small ones), with lots of space between them. Roast for 15 mins, turn them over, then roast for another 20-25 mins until golden and crunchy.

GOOD TO KNOW vegan • folate • fibre • vit c • 1 of 5-a-day • gluten free
PER SERVING 297 kcals • fat 14g • saturates 1g • carbs 36g • sugars 11g • fibre 8g • protein 4g • salt 1.3g

gi tip

You can peel and chop root veg the day before cooking. Store in cold water in a cool place.

Cider-braised cabbage wedges

SERVES 8 PREP 15 mins
COOK 1 hr 10 mins
EASY V 🌿

1 tbsp olive oil
50g butter
2 red onions, cut into thin wedges
1 red cabbage (about 800g)
3 bay leaves
3 thyme sprigs
1 small cinnamon stick
150ml dry cider
50ml balsamic vinegar
50ml cider vinegar
400ml hot vegetable stock
50g dark brown soft sugar

- 1 Heat the oil and butter in a large shallow flameproof casserole dish or frying pan over a medium heat. Add the onion wedges and a pinch of salt and fry for 15 mins or until softened and caramelised.

- 2 Cut the cabbage into 8-10 thin wedges, slicing through the stem but keeping a bit of it in each wedge so they remain intact. Nestle the wedges into the dish and add the bay leaves, thyme and cinnamon. Pour over the cider and vinegars and bring to the boil, then combine the stock and sugar in a jug before pouring this over. Season to taste. Bring to the boil, then reduce to a simmer and cook, uncovered, for 40-50 mins until the cabbage is tender with a slight bite and you have a glossy sauce.

GOOD TO KNOW vit c • 2 of 5-a-day
PER SERVING 138 kcals • fat 7g • saturates 4g • carbs 14g • sugars 13g • fibre 4g • protein 2g • salt 0.3g

gi tip

Make up to three days ahead, then cover and chill. Reheat in the pan, or in the microwave in a heatproof serving dish.

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SAVE HOB
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Herb-battered baby carrots



Sage & onion Yorkshire puddings



Cheesy sprout gratin



Crushed roots with
walnut & mace butter

Sage & onion Yorkshire puddings

SERVES 8-10 PREP 10 mins
plus resting **COOK 25 mins**
EASY V

2 red onions, peeled
4 large eggs
140g plain flour
200ml milk
½ small bunch of sage, leaves
picked and finely sliced
sunflower oil, for cooking

1 Cut the onions into thin wedges, keeping the root intact so they hold together, to make about 12-16 thin wedges.
2 Whisk the eggs and flour in a large bowl to make a smooth paste, then whisk in the milk to make a smooth batter. Season, then stir in the sage. Leave to rest for 10 mins at room temperature. *Will keep chilled for up to 24 hrs (then bring up to room temperature before using).* Heat the oven to 230C/210C fan/gas 8.

3 Pour a drizzle of oil evenly into 10 holes of a 12-hole muffin tin, or in all of two four-hole Yorkshire pudding tins to coat the bases. Add a wedge of onion to each hole and put in the oven for 10 mins to heat up.

4 Transfer the batter to a jug, carefully remove the tins from the oven and pour the batter over the onions, dividing it evenly between the holes. The batter should sizzle as soon as it hits the oil. Put back in the oven and turn the temperature down to 220C/200C fan/gas 7. Cook for 15 mins until golden and risen. Don't open the door until the time is up, or they may sink.

PER SERVING 174 kcals • fat 11g • saturates 2g • carbs 14g • sugars 2g • fibre 1g • protein 6g • salt 0.1g

Crushed roots with walnut & mace butter

SERVES 8 PREP 20 mins
COOK 35 mins EASY V*

1 celeriac (about 350g)
1 swede (about 550g)
3 carrots
3 sweet potatoes
(about 550g)
250ml vegetable stock
40g butter, cubed
1 tsp ground mace
25g walnut pieces
½ small bunch of parsley,
finely chopped

1 Wash, peel and dice the vegetables into 1cm cubes. Tip the celeriac, swede and carrots (but not the sweet potato) into a microwave-proof container or large heatproof glass bowl, add the stock and cover with a microwaveable plate or lid. Heat on high for 10 mins. Carefully remove from the microwave and stir

everything around. Cook for another 10 mins, until the swede is softening.
2 Stir through the sweet potato cubes, adding a splash of water if you need to. Cover and cook again on high for 10-15 mins until everything is soft. Drain off any of the water in the dish, reserving it, then add 20g butter to the veg. Leave to stand, covered, for 5 mins, before mashing with a potato masher to make a coarse mash – you don't want it completely smooth. Add some of the reserved cooking liquid, if needed. Season.
3 Put the remaining 20g butter and the mace in a microwave-proof dish and heat for 1-2 mins until melted and foaming. Season, then stir in the walnuts. Pour this over the mash, scatter with the parsley and serve straightaway.

GOOD TO KNOW healthy • fibre • 2 of 5-a-day
PER SERVING 166 kcals • fat 7g • saturates 3g • carbs 18g • sugars 10g • fibre 6g • protein 2g • salt 0.4g

Herb-battered baby carrots

A microwave side can be a blessing when your hob is full of pots and pans and your oven is full to the brim. Simply make the herby, mustard butter a few days ahead, then microwave your carrots for a veggie side in no time.

SERVES 8 PREP 10 mins
COOK 10 mins EASY V

80g butter, softened
1 tbsp finely chopped tarragon
1½ tbsp finely chopped parsley
½ tbsp wholegrain mustard
1kg baby carrots

1 Mash the butter in a bowl with the tarragon, parsley and mustard, as well as some seasoning. Cover and chill until needed. *Can be made up to three days ahead.*

2 Trim the long green tops off the carrots and wash under cold running water, scrubbing them with a clean scourer to get rid of any dirt. Halve the carrots lengthways so they are all the same size and put in a large, microwave-proof bowl with 3 tbsp water. Cover the carrots with a microwaveable plate or lid and heat on full power for 8-10 mins until they are just tender. Drain, then toss with the herby butter and serve straightaway.

GOOD TO KNOW 1 of 5-a-day • gluten free
PER SERVING 115 kcals • fat 9g • saturates 5g • carbs 7g • sugars 7g • fibre 3g • protein 1g • salt 0.3g

g! tip

If you don't have a microwave, steam the carrots for 10-12 mins until tender, then toss with the butter in a warm serving bowl.

Cheesy sprout gratin

SERVES 8-10 PREP 10 mins
COOK 40 mins EASY V

600g Brussels sprouts,
trimmed and halved if large
1 tbsp olive oil
50g unsalted butter
2 banana shallots,
finely chopped
50g plain flour
750ml semi-skimmed milk
100ml double cream
1 tbsp English mustard
150g mature vegetarian
cheddar, grated
40g dried breadcrumbs
(panko work well)
2 thyme sprigs, leaves picked
60g blanched hazelnuts,
roughly chopped

1 Bring a large pan of lightly salted water to the boil. Tip in the sprouts and cook for 3 mins, then drain and set aside to steam-dry.
2 Heat the oil and butter in a medium saucepan until the butter is foaming, add the

shallots and cook over a low heat for 7 mins or until softened. Stir in the flour and cook for 2 mins. Remove from the heat and whisk in the milk in several pours, continuously whisking until you get a smooth sauce. Return to the heat and simmer for 2 mins, whisking all the time. Whisk through the cream, mustard and cheddar. Season to taste. Heat the oven to 220C/200C fan/gas 7.
3 Toss together the dried breadcrumbs, thyme leaves and hazelnuts. Tip the sprouts into a deep 30 x 20cm ovenproof dish and pour over the sauce. Top with the nutty breadcrumbs. *Will keep in the fridge for up to 24 hrs.* Bake in the centre of the oven for 20-25 mins or until golden brown and bubbling. Leave to rest for at least 10 mins before serving.

GOOD TO KNOW calcium • vit c • 1 of 5-a-day
PER SERVING 299 kcals • fat 22g • saturates 11g • carbs 13g • sugars 6g • fibre 3g • protein 11g • salt 0.6g

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Make-ahead sauces

This trio of traditional sauces is the perfect finishing touch to your Christmas meal. Make them a couple of days in advance to keep things simpler on the day

Mulled cranberry & apple sauce, p48



Wild mushroom & madeira gravy, p48



Creamy brioche bread sauce, p48



Wild mushroom & madeira gravy

SERVES 6-8 **PREP** 10 mins
COOK 1 hr **EASY** V ❄️

2 tbsp olive oil
6 whole shallots, peeled
1 large carrot, peeled and chopped
3 thyme sprigs
2 bay leaves
30g dried wild mushrooms
½ tbsp light brown soft sugar
2 tbsp plain flour
4 tbsp brown miso
1 tbsp balsamic vinegar
1 tbsp tomato purée
100ml madeira
700ml fresh vegetable stock

1 Heat the oil in a frying pan. Add the shallots, carrot, thyme, bay leaves and dried mushrooms and fry over a medium heat for 5-7 mins or until deep golden brown. Scatter over the sugar and cook until beginning to caramelize. Stir in the flour and combine well, then add the miso, balsamic vinegar, tomato purée and madeira and cook for 2 mins. Pour over the stock a little at a time, stirring as you go.

2 Simmer everything together, uncovered, for 30 mins or until you have a fairly thick gravy. Sieve into a clean saucepan. Season to taste and warm through when ready to serve. *Leave to cool completely, then freeze for up to three months or chill for up to three days. Reheat thoroughly in a pan to serve.*

GOOD TO KNOW low fat

PER SERVING 88 kcals • fat 4g • saturates 1g • carbs 9g • sugars 5g • fibre 1g • protein 2g • salt 1.2g

gf tip

Take two jugs of gravy to the table – keep one veggie and whisk the carving juices from whatever meat you've roasted into the other.

Creamy brioche bread sauce

SERVES 8 **PREP** 10 mins plus infusing
COOK 10 mins **EASY** V

220g brioche, torn into pieces
1 onion, peeled and halved
10 cloves
600ml whole milk
2 bay leaves
½ tsp black peppercorns
2 thyme sprigs
2 large garlic cloves, lightly bashed
30g butter
3 tbsp extra-thick double cream
grating of nutmeg

1 Put the brioche into a food processor and blitz to fine breadcrumbs. Set aside.

2 Stud the onion with the cloves and put in a saucepan with the milk, bay, peppercorns, thyme and garlic. Bring to the boil, then quickly remove from the heat and set aside for 30 mins-1 hr to infuse. Strain and return the liquid to the pan.

3 Add the breadcrumbs and butter to the milk and simmer for 5 mins, stirring continuously until thickened and creamy. Stir through the cream and finely grate in a generous amount of nutmeg, then season. *Make up to three days in advance and keep chilled in a covered bowl. Reheat on the hob or for 3 mins, or covered, in the microwave.*

PER SERVING 243 kcals • fat 18g • saturates 11g • carbs 15g • sugars 6g • fibre 1g • protein 6g • salt 0.5g

Mulled cranberry & apple sauce

SERVES 8 **PREP** 5 mins plus infusing
COOK 20 mins **EASY** V ❄️

200ml red wine
1 cinnamon stick
½ orange, rind peeled, then juiced
5 cloves
1 tsp ground ginger
2 star anise
1 small cooking apple, peeled, cored and cut into 1cm pieces
200g fresh or frozen cranberries
150g light brown soft sugar

1 Bring the wine to a gentle simmer with the cinnamon, orange juice and rind, cloves, ginger and star anise. Once steaming, remove from the heat and leave to infuse for 30 mins.

2 Strain the wine into another pan, discarding the aromatics, and add the apple, cranberries and sugar. Bring to a simmer. Bubble for 10-15 mins until the berries start to burst, and the apple is soft. The sauce will thicken as it cools – you can add a splash more orange juice or water to loosen, if you like. *Make ahead and freeze, or keep in the fridge for up to four days. Bring to room temperature to serve.*

GOOD TO KNOW low fat • gluten free

PER SERVING 104 kcals • fat 0g • saturates none • carbs 20g • sugars 20g • fibre 1g • protein 0.3g • salt 0.02g

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DESSERT DREAMS

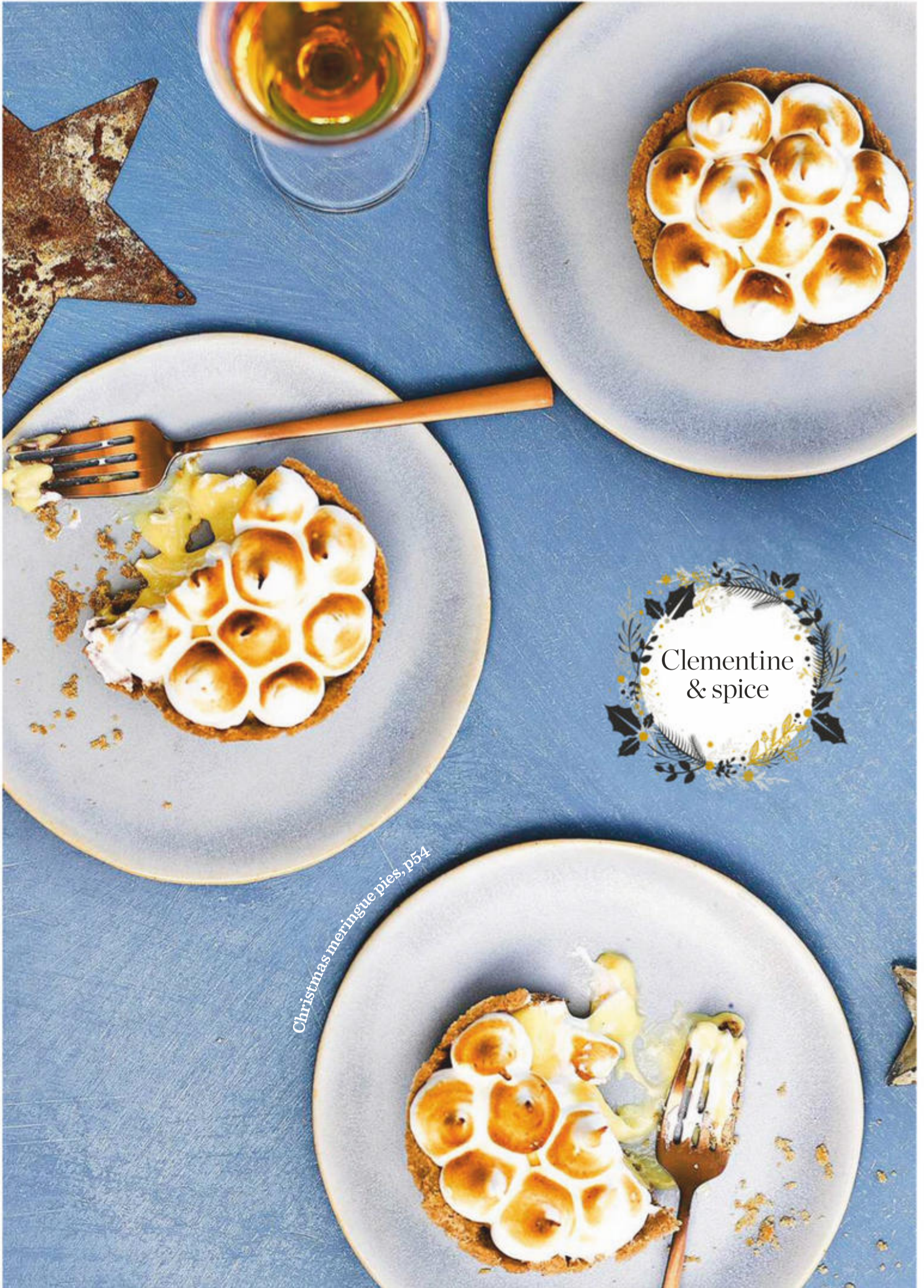
From decadent melt-in-the-middle brownies to spiced meringue pies, these wow-factor puds are the perfect finish to Christmas dinner

recipes BBC GOOD FOOD TEAM

photographs SAM STOWELL

Jamaican ginger sponge pudding, p54

Ginger, rum
& caramel



Clementine
& spice

Christmas meringue pies, p54

Jamaican ginger sponge pudding

Not everyone favours the traditional fruit-laden Christmas pudding. Make this dark and sticky alternative encapsulating all the rich spices of the Caribbean. Top with a luscious rum caramel sauce and serve with a dollop of extra-thick cream.

SERVES 8 PREP 25 mins
COOK 3 hrs MORE EFFORT V

150g frozen unsalted butter, plus extra at room temperature for the basin
120g self-raising flour
1 tsp baking powder
½ tsp bicarbonate of soda
120g fresh breadcrumbs
1½ tsp ground ginger
½ tsp ground allspice
1 tsp ground cinnamon
150g stem ginger in syrup, finely chopped, syrup reserved for the sauce
2 large eggs, lightly beaten

250g black treacle
100g light brown soft sugar
100ml milk
extra-thick double cream or vanilla ice cream, to serve
For the sauce
120ml syrup from a 350g jar of stem ginger
70ml spiced rum
30g salted butter
4 tbsp double cream

1 Butter a 1.2-litre pudding basin, then press a disc of baking parchment into the base. Heat 4cm water in a heavy-based pan and add a trivet or upturned bowl or saucer to the base.
2 Sieve the flour, baking powder and bicarb into a large bowl. Add the breadcrumbs, ginger, allspice, cinnamon and ½ tsp fine salt and stir everything together. Wrap the end of the frozen butter in foil and, holding it by the foil end, coarsely grate the butter into the dry ingredients. Unwrap and discard the foil to grate the last piece. Fold

everything together so the butter is evenly distributed. Mix in the stem ginger, eggs, treacle, sugar and milk. Spoon into the pudding basin, leaving a small gap for the sponge to rise, and cover with a disc of parchment. Seal the pudding basin with a tight-fitting lid or a double layer of foil, sealed tightly around the basin and tied with cook's string (see page 104 for how to do it). Set on top of the trivet, cover with a lid and steam for 3 hrs, topping up with water so it doesn't boil dry.
3 Pour the syrup into a shallow frying pan, bring to the boil and cook until the syrup is turning a deep golden brown. Quickly whisk in the rum and butter, then whisk in the cream and bubble for 2 mins. Gently tip the sponge pudding out of its basin and onto a serving plate. Pour over the rum sauce and serve with thick cream or vanilla ice cream, if you like.

GOOD TO KNOW calcium • iron
PER SERVING 618 kcals • fat 29g • saturates 17g • carbs 77g • sugars 58g • fibre 2g • protein 6g • salt 1.2g

gf tip
MAKE AHEAD
Cook the pudding according to the method up to one week ahead. Steam for 40 minutes to reheat.

Christmas meringue pies

With spiced pastry and clementine curd, who can resist a Christmas-inspired meringue pie? Make one 20cm tart rather than individuals using the same method, if you like.

MAKES 8 PREP 1 hr plus chilling and infusing COOK 35 mins
MORE EFFORT V

175g plain flour
1 tbsp golden icing sugar
1 tsp ground cinnamon
¼ tsp ground cloves
100g cold butter, chopped
1 egg yolk
For the clementine curd
2 tbsp cornflour
8 clementines, zested and juiced (you need 125ml juice)
3 oranges, juiced
½ lemon, juiced
100g golden caster sugar
90g butter, cut into small pieces
4 egg yolks
For the meringue
200g caster sugar
4 egg whites

1 Make the pastry by pulsing the flour, icing sugar, spices and ½ tsp fine salt together in a food processor, then add the butter and pulse again until it looks like breadcrumbs. Add the egg yolk and 1-2 tbsp cold water, and pulse until it forms a ball. Wrap and chill for 30 mins.
2 For the curd, mix the cornflour with a splash of clementine juice to dissolve, then tip into a pan with the remaining juice, orange juice, clementine zest, lemon juice and sugar. Bring to a simmer briefly, then remove from the heat and whisk in the butter, a few pieces at a time, then whisk in the egg yolks thoroughly. Put back on a low heat, stirring constantly until thickened, then transfer to a bowl. Cover and leave to cool at room temperature.
3 Roll the pastry out (in two halves if you need to) to a few millimetres thick, and line eight individual tart tins about 8-9 cm wide. Trim the edges and chill for 10 mins. Heat the oven to 200C/180C fan/gas 6.
4 Line the pastry cases with a piece of parchment and some baking

beans, and blind-bake on a large tray for 10 mins until golden brown.
5 Remove the beans and bake for a further 5-8 mins until the pastry is completely cooked, and looks dry and crisp. Leave to cool in the tins.
6 For the meringue, put the sugar in a pan with 50ml water. Bring to the boil and simmer until it reaches 116C on a sugar thermometer. At around 110C, whip the egg whites in a stand mixer to soft peaks. With the motor still running, slowly drizzle in the sugar syrup in a thin stream, then keep whisking until the meringue cools. Spoon into a piping bag with a round nozzle about 1cm wide.
8 Spoon the curd into another piping bag, and pipe an even layer into the base of the pastry cases, or spoon it in, smoothing over with the back of teaspoon.
9 Pipe blobs of meringue over the whole curd to form peaks. Use a blowtorch to briefly cook the meringue, or grill for 30 secs-1 min until golden. Serve straightaway.

PER SERVING 486 kcals • fat 23g • saturates 13g • carbs 62g • sugars 41g • fibre 2g • protein 6g • salt 0.8g

gf tip
MAKE AHEAD
The day before you want to serve the tarts, make the curd and chill, blind-bake the pastry cases and keep at room temperature. Make the meringue, cover and chill. Bring everything up to room temperature to assemble.

Melt-in-the-middle espresso martini brownies

MAKES 16 PREP 20 mins

COOK 30 mins EASY V

185g unsalted butter, cubed

185g dark chocolate, roughly chopped

3 large eggs

275g golden caster sugar

85g plain flour

40g cocoa powder

1 tsp espresso powder mixed with 1 tbsp water

16 chocolate balls or truffles with soft centres, dark, white or milk chocolate or coffee-flavoured

For the espresso martini sauce

60ml freshly brewed very strong coffee or 2 shots espresso

3 tbsp golden caster sugar (more if you'd like the sauce sweeter)

150ml double cream

½ tbsp cornflour

30ml vodka

1 Tip the butter into a heatproof bowl with the dark chocolate. Fill a small pan about a quarter full with boiling water, then sit the bowl on top, not touching the water. Put over a low heat until the butter and chocolate have melted, stirring occasionally. Remove the bowl from the pan and leave the melted mixture to cool to room temperature.

2 Heat the oven to 180C/160C fan/gas 4. Line a shallow 20cm square brownie tin. Using an electric whisk, whisk the eggs and sugar until they are thick and creamy and doubled in volume. This can take 3-8 mins, depending on how powerful your whisk is. Pour the cooled chocolate mixture over the eggy mousse, then gently fold together with a spatula, moving the bowl round after each folding so you can get at it

from all sides, until the two mixtures are one and the colour is a dark brown. Try not to knock the air out.

3 Sieve the flour and cocoa over the eggy chocolate mixture along with a good pinch of salt. Gently fold in this powder as well as the espresso mixture using the same figure-of-eight action as before. The mixture will look dry and dusty at first; keep going until it looks fudgy, but don't overdo this mixing. Pour the mixture into the tin and gently ease the mixture into the corners of the tin and paddle the spatula from side to side across the top to level it. Push the chocolate balls into the brownie at regular intervals.

4 Bake for 30 mins or until the top has a shiny, papery crust and the sides are just beginning to come

away from the tin. Remove from the oven. If you are serving these as a dessert, leave to cool a little.

5 To make the sauce, heat the coffee and sugar together until the sugar dissolves. Mix a little of the cream with the cornflour, then add to the pan with the remaining cream. Bring to a simmer and stir over a medium heat until thickened. Add the vodka and turn off the heat. Serve each square of brownie with the sauce poured over.

PER SERVING 392 kals • fat 24g • saturates 14g • carbs 38g • sugars 32g • fibre 2g • protein 4g • salt 0.07g



Coffee & chocolate



Berries & white chocolate

Winter berry & white chocolate pots

A make-ahead dessert is essential over the festive season. Whether you have friends coming round or you want a big day prepare-ahead pudding, these little layered possets are perfect. They sit happily in the fridge for up to three days before serving.

SERVES 6 PREP 40 mins plus 8 hrs chilling COOK 30 mins MORE EFFORT V

pomegranate seeds, to serve
For the white chocolate layer
 100ml double cream
 200g white chocolate, chopped
 2 large lemons, zested
For the berry layer
 300g mixed frozen berries, defrosted
 150g frozen raspberries
 2 tbsp lemon juice
 600ml double cream
 160g golden caster sugar
For the pistachio shortbread
 100g unsalted butter, softened

50g golden caster sugar
 135g plain flour
 50g pistachios, finely chopped, plus extra to serve

1 For the white chocolate layer, heat the cream in a saucepan until steaming and bubbles appear around the edge. Add the chocolate and lemon zest and stir until melted. Set six short tumblers tilted on their sides in a muffin tin (this is how you get a slanted layer). Pour the mixture into the glasses, then chill for 4 hrs, or until set.

2 For the berry layer, put all the frozen berries in a food processor and whizz until puréed. Push through a sieve using a wooden spoon directly into a jug, then stir through the lemon juice. Put the cream and sugar in a saucepan and warm gently until the sugar melts. Increase the heat and boil for 3 mins, stirring continuously. Remove from the heat and stir through the purée. Cool for 15 mins before sitting the glasses upright and pouring over the white

chocolate layer. Chill for 4 hrs or until set.

3 Heat the oven to 170C/150C fan/gas 3. Line a baking sheet with non-stick parchment. To make the shortbread, put the butter and sugar in a bowl and beat with an electric whisk until pale and fluffy. Mix in $\frac{1}{4}$ tsp fine sea salt, the flour and pistachios to get a stiff dough, then bring together with your hands into a smooth ball. Put between two sheets of baking parchment and roll out to around $\frac{1}{2}$ cm. Chill for 20 mins. Cut into 20 rounds about 4cm and place on the baking sheet. Bake for 20-25 mins, then slide off the sheet onto a wire rack and leave to cool. *Can be made two days ahead and kept in an airtight container.*

4 When ready to serve, top the possets with the chopped pistachios and pomegranate seeds, and serve with the pistachio biscuits.

GOOD TO KNOW vit c • 1 of 5-a-day
PER SERVING 1,069 kials • fat 84g • saturates 51g • carbs 67g • sugars 56g • fibre 5g • protein 8g • salt 0.3g

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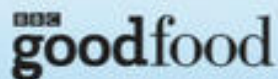


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CHOOSE YOUR TRIFLE

BBC Good Food's **Esther Clark** and **Miriam Nice** go head-to-head to prove which trifle is best: a fruity classic or a choc-orange twist? You decide, then tell us @bbcgoodfood

photographs SAM STOWELL



Miriam's rich & citrusy boozy trifle

Miriam's chocolate orange-tini trifle, p60



Esther's family-friendly retro trifle



Miriam's chocolate orange-tini trifle

SERVES 14 **PREP** 1 hr plus cooling and at least 4 hrs chilling
COOK 15 mins **MORE EFFORT** **V**

'Mississippi mud pie meets a marmalade martini – this grown-up trifle takes a little extra time to prepare, but the individual elements are pretty easy. Use candied fruit, chocolate or leftover festive cake to decorate the top, if you like.'

300g madeira cake (shop-bought or find a recipe on bbcgoodfood.com), cut into 3cm pieces

For the orange posset

600ml double cream
200g golden caster sugar
1 large orange and 1 lemon, zested and juiced (you'll need 100ml juice combined)

For the fruit layer

50g marmalade
75ml vodka
400g can peaches or apricots, drained and finely chopped
1 orange or 3 clementines, peeled and chopped

For the milk chocolate custard

100g milk chocolate
500ml ready-made vanilla custard

For the dark chocolate mousse

500ml double cream
3 large eggs, separated
1 tbsp golden caster sugar

200g natural yogurt
200g dark chocolate
To decorate (optional)
chocolate buttons, pared orange zest, crushed biscotti or gold sprinkles

1 To make the posset, put the cream, sugar and both zests in a pan and bring to a simmer. Turn up the heat and bubble for 3 mins exactly, then remove from the heat and stir in the citrus juice. Sieve the mixture into a large trifle bowl and chill for at least 4 hrs, or overnight until set.

2 Scatter the madeira cake pieces over the posset layer.

3 To make the fruit layer, stir the marmalade and vodka together, pour over the chopped fruit and mix. Tip the mixture over the cake pieces and return to the fridge to chill.

4 Meanwhile, make the custard. Put the chocolate and custard in a pan stirring over a low heat and gently warm until the mixture is piping hot and the chocolate has melted. Leave to cool, stirring occasionally to stop a skin forming. Once cooled, pour over the fruit layer.

5 To make the mousse, put the cream and egg whites in separate bowls, adding a pinch of salt to the egg whites. Using a very clean electric whisk, beat the egg whites to stiff peaks, add the sugar and briefly whisk again. Whisk the cream until it just holds its shape, then fold in the yogurt.

6 Chop the chocolate, put it in a bowl set over a pan of simmering water and stir until melted, or melt in the microwave in short bursts. Leave to cool for 3-5 mins, then stir in the egg yolks.

7 Add a large spoonful of the egg whites to the chocolate mixture and stir to loosen. Add the remaining egg whites and the whipped cream. Fold everything together with a large metal spoon, keeping as much air in as possible. When there are no more visible streaks, dollop the mousse on top of the trifle. Decorate with your chosen toppings. *Will keep in the fridge for up to three days without toppings.*

PER SERVING 754 kcals • fat 56g • saturates 34g • carbs 49g • sugars 42g • fibre 2g • protein 8g • salt 0.4g



Esther's retro trifle

SERVES 14 **PREP** 30 mins plus cooling and at least 5 hrs chilling
COOK 10 mins **MORE EFFORT**

'Take this classic dessert to the next level for the festive season by making the jelly with raspberries and enriching the custard with clotted cream – it's a delicious, fun pudding that will put a smile on everyone's faces.'

150g frozen raspberries
4 tbsp raspberry jam
600ml double cream
3 tbsp icing sugar
300g madeira cake, cut into 3cm pieces
120g custard cream biscuits sprinkles and maraschino cherries, to decorate (optional)

For the jelly

6 gelatine leaves
150g golden caster sugar
1 lemon, zest pared and juiced
500g frozen raspberries

For the custard

800ml whole milk
1 vanilla pod, split
100g golden caster sugar
6 tbsp cornflour
5 large egg yolks
150g clotted cream

1 To make the jelly, put the gelatine in a small bowl and cover with water. Leave to soak. Meanwhile, tip the sugar, lemon zest and juice and 400ml water into a pan and simmer, stirring occasionally, until the sugar has dissolved. Add the raspberries and bring to the boil. Reduce to a gentle simmer and cook for 5 mins, or until the raspberries have broken down. Pour the mixture through a sieve into a jug. Squeeze any excess water out of the gelatine and stir through the raspberry mixture. Pour into the base of a large trifle bowl and chill for at least 5 hrs, or overnight.

2 To make the custard, heat the milk in a pan with the vanilla pod until steaming, then remove from the heat and set aside. Whisk the sugar, cornflour and egg yolks together in a bowl. Remove the vanilla and gradually pour the hot milk into the egg mixture, whisking constantly until well combined. Return to the pan and gently stir over a low heat until the custard has thickened. Stir in the clotted cream, pour into a

bowl and cover the surface with a piece of baking parchment to prevent a skin forming. Leave to cool, then put in the fridge to chill until cold.

3 Put the frozen raspberries and jam in a small pan and cook for 5 mins until the raspberries have softened a little but are still holding their shape. Leave to cool. Whisk the cream with the icing sugar in a large bowl until it reaches a soft dropping consistency.

4 Arrange the cake pieces over the set jelly. Crush most of the biscuits, reserving some whole, and scatter over the cake layer. Whisk the custard to loosen, then pour over the biscuit layer. Top with the raspberry compote, pushing the whole biscuits into it around the edges of the bowl. Spoon over the whipped cream, then decorate with the sprinkles and cherries, if you like. *Will keep in the fridge for up to three days.*

PER SERVING 595 kcals • fat 39g • saturates 23g • carbs 53g • sugars 39g • fibre 2g • protein 7g • salt 0.4g



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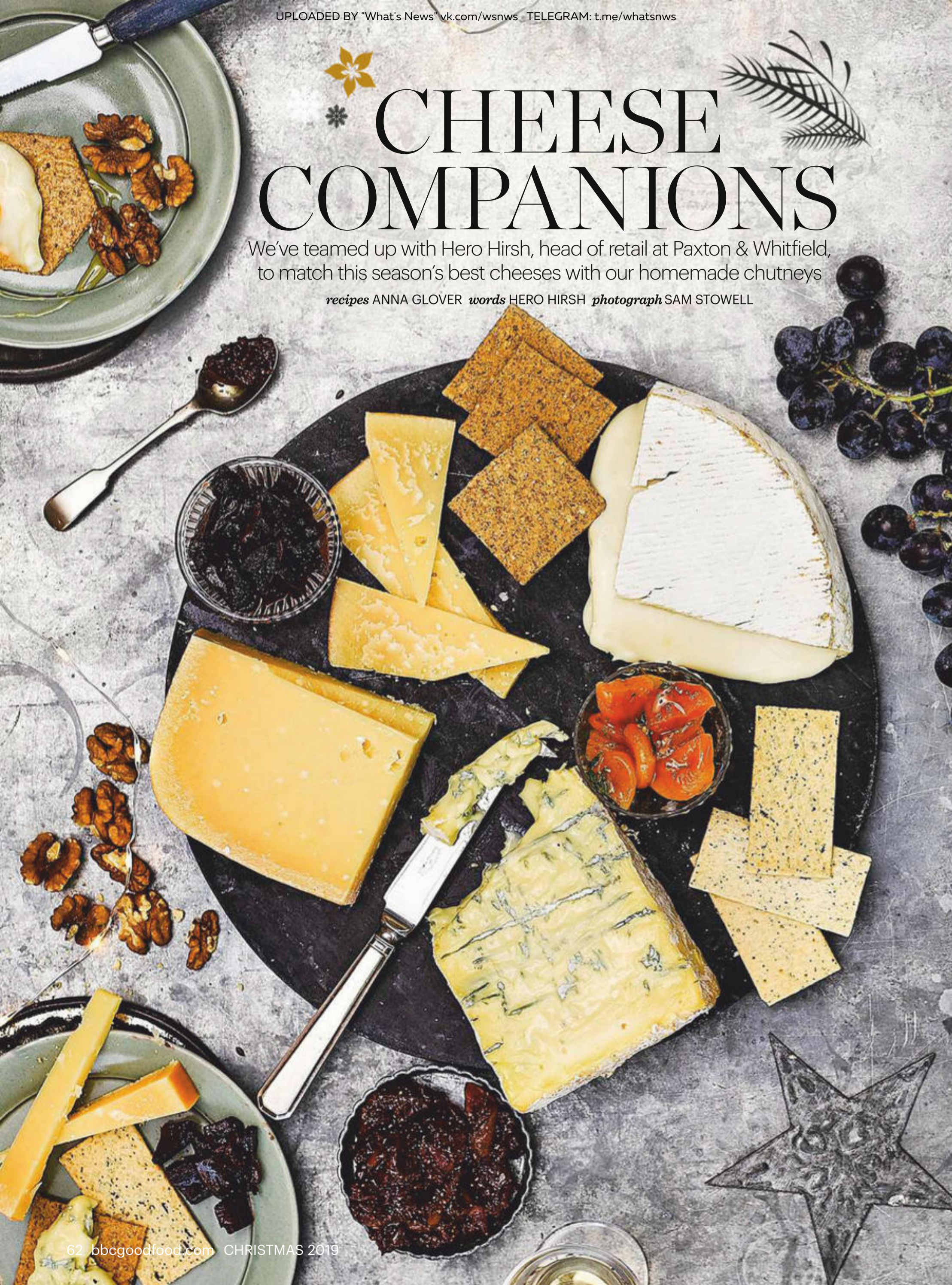
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recipes ANNA GLOVER *words* HERO HIRSH *photograph* SAM STOWELL



A LUXURY CHUTNEY
Sticky fig & port chutney

MAKES 1 x 300g jar **PREP** 10 mins
COOK 30 mins **EASY V**

Put **150g chopped figs** (about 4), **the leaves from 1 rosemary sprig, chopped, 50g light brown soft sugar, 1 finely chopped small red onion, 2 tbsp ruby port and 3 tbsp red wine vinegar** in a pan. Simmer over a medium heat for 25-30 mins until sticky and jammy, adding 50ml water if it begins to stick. Leave to cool. *Will keep in a sterilised jar for up to four months.*

GOOD TO KNOW low fat • gluten free
PER TBSP 31 kcals • fat 0.1g • saturates none • carbs 6g • sugars 6g • fibre 1g • protein 0.3g • salt 0.01g

Try it with: blue cheese

'Both figs and port are classic matches for blue cheese,' says Hero. 'Beauvale is rich and savoury, and will contrast beautifully with this sweet and sticky chutney.' It was developed as a British substitute for the soft blue cheeses from Europe, and develops a runny centre as it ages.

SOMETHING FRUITY
Honeyed apricots with thyme

MAKES 1 x 300g jar **PREP** 10 mins plus overnight soaking **NO COOK EASY V**

Put **100g halved dried apricots** in a small, clean jar. Add **3 tbsp honey, 3 tbsp sweet dessert wine and the leaves from 5 thyme sprigs**, then top with the lid. Shake to combine, then leave overnight at room temperature to soak. *Will keep for up to two weeks in the fridge.*

GOOD TO KNOW gluten free
PER 30g 114 kcals • fat 6g • saturates 1g • carbs 10g • sugars 10g • fibre 2g • protein 2g • salt 0.02g

Try it with: soft cheese

'The mixture of apricots, thyme and walnuts makes a great partner to a range of goat's and soft cheeses,' says Hero. 'But it's hard to beat a wigmore. As this cheese ripens, it develops a little saltiness, a subtle but complex fruitiness and a yielding texture.' It has a slightly sweet yet flowery taste, and a firm texture that gets slightly runny as it ages.

SWEET & TANGY
Beetroot, grape & apple relish

MAKES 1 x 300g jar **PREP** 10 mins
COOK 35 mins **EASY V**

Simmer **4 small cooked and chopped beetroots, 1 medium peeled and finely chopped apple, 50g halved red grapes, 1 finely chopped red chilli, 50g light brown soft sugar and 3 tbsp balsamic vinegar** for 30-35 mins until jammy, adding a little water if needed. Leave to cool. *Will keep for up to two weeks in the fridge.*

GOOD TO KNOW vegan • gluten free
PER TBSP 20 kcals • fat none • saturates none • carbs 5g • sugars 5g • fibre 0.3g • protein 0.3g • salt 0.02g

Try it with: hard cheese

'Beetroot, grape and apple work well with hard cheeses,' says Hero. 'I've chosen the 24-month aged gouda, as it has a crumbly texture and rich, sweet-savoury flavour. It stands up to the sweet-sour fruits and balsamic vinegar.' A third of the whey is drained during production and replaced with hot water to shrink the curd for a sweeter final product.

More great partners for cheese

Mør rye and buttermilk snap crackers (115g)

These are some of our favourite crackers – they have a deep rye taste and are perfectly crisp. £2.65, finecheese.co.uk



Rosebud Preserves pear, orange & ginger chutney (198g)

Sweet and spiked with festive ginger, this warming chutney is delicious with a cheddar or wensleydale. £3.95, rosebudpreserves.co.uk



Mother of pearl cheese knives set

Serve in style with these opulent cheese knives with pearl handles. £29.50, Oliver Bonas



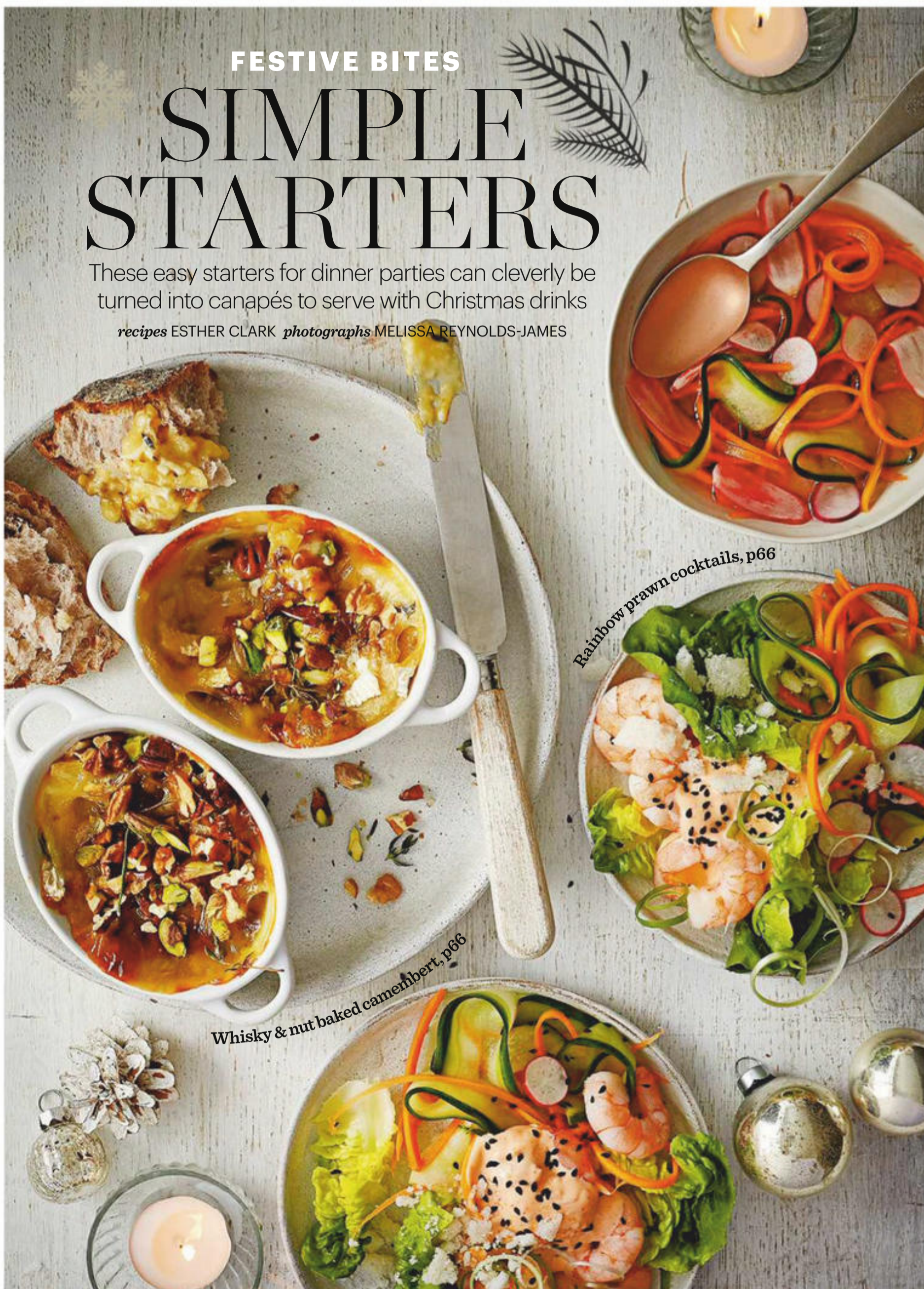
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FESTIVE BITES

SIMPLE STARTERS

These easy starters for dinner parties can cleverly be turned into canapés to serve with Christmas drinks

recipes ESTHER CLARK *photographs* MELISSA REYNOLDS-JAMES



Rainbow prawn cocktails, p66

Whisky & nut baked camembert, p66

Truffled mushroom pâté, p66

Spiced honey-glazed halloumi & fig salad, p69



Truffled mushroom pâté

SERVES 6 as a starter or 15-20 canapés **PREP** 25 mins plus soaking, cooling and 5 hrs chilling **COOK** 30 mins **EASY V**

50g dried porcini mushrooms
2 tbsp butter
3 shallots, finely chopped
250g chestnut mushrooms, finely chopped
2 garlic cloves, crushed
250g mascarpone
½ tsp white wine vinegar
30g parmesan or vegetarian alternative, finely grated
3 tbsp truffle oil
cornichons and toast, to serve

For the topping

100g salted butter
2 tbsp truffle oil
3 thyme sprigs, leaves picked
½ tsp green peppercorns, crushed
½ tsp pink peppercorns, crushed

- Put the porcini mushrooms in a bowl and pour boiling water over them. Leave to soak for 10 mins.
- Melt the butter in a frying pan until foaming and fry the shallots over a low heat for 10 mins or until softened and translucent. Add the chestnut mushrooms and fry for 8 mins. Drain (freeze the liquid for stock or risotto) and finely chop the porcini mushrooms, then add to the pan, frying for another 5 mins. Add the garlic and cook for 1 min. Set aside to cool for 20 mins.
- Tip the mushroom mixture into a food processor, along with the mascarpone, vinegar, parmesan and seasoning. Blitz until smooth while drizzling in the truffle oil. Divide between six ramekins.
- For the topping, melt the butter in a small pan. When the milk solids separate and sink to the bottom, pour the clarified butter into a jug. Mix with the truffle oil and pour over each ramekin. Sprinkle with the thyme and peppercorns. Chill for at least 5 hrs. Serve with cornichons and toast, if you like.

GOOD TO KNOW gluten free
PER SERVING (6) 483 kcals • fat 47g • saturates 26g • carbs 8g • sugars 3g • fibre 1g • protein 6g • salt 0.5g

As a canapé

Make half the quantity of the pâté and set in a bowl. Spread 1 tsp of the pâté over mini crispbreads and top with slices of cornichon, if you like.

Spiced honey-glazed halloumi & fig salad

SERVES 8 as a starter or 20 canapés **PREP** 20 mins **COOK** 10 mins **EASY**

10 fresh figs, halved
60g honey
2 tsp ras el hanout
100ml olive oil
2 x 250g blocks halloumi, thickly sliced, then halved
2 tbsp sherry vinegar
150g rocket
2 x 80g packs prosciutto
2 tbsp flaked almonds, toasted

- Heat the grill to its highest setting. Put the fig halves on one half of a baking sheet and drizzle with half the honey. Dry-fry the ras el hanout in a hot pan for 1 min. Mix the remaining honey with the toasted ras el hanout and 2 tbsp of the olive oil. Toss the slices of halloumi in the mixture and spread out on the other half of the baking sheet. Grill everything for 3 mins, flip the halloumi over and put back under the grill for a further 3 mins or until the halloumi is golden and the figs are softened.
- Whisk the remaining oil with the sherry vinegar and season to taste. Arrange handfuls of the rocket on six plates and drizzle with the dressing. Top with the figs, halloumi and prosciutto, then finish with the toasted almonds.

GOOD TO KNOW calcium • fibre • 1 of 5-a-day • gluten free
PER SERVING (8) 569 kcals • fat 34g • saturates 14g • carbs 39g • sugars 39g • fibre 7g • protein 24g • salt 2.9g

As a canapé

Chop the grilled halloumi into 3cm pieces and cut the figs in half again. Wrap strips of prosciutto around a piece of halloumi and fig, then drizzle with a little honey.



Whisky & nut baked camembert

SERVES 8 as a starter or as part of a buffet **PREP** 5 mins **COOK** 15 mins **EASY V**

2 x 250g vegetarian camembert
4 rosemary sprigs, torn
4 thyme sprigs, torn
50g mixed nuts, chopped
2 tbsp Scotch whisky
3 tbsp maple syrup
soda bread or sourdough, to serve (optional)

Heat the oven to 220C/200C fan/gas 7. Chop the cheese into chunks and divide between eight ramekins. Mix the herbs with the nuts. Splash the whisky over the cheese, then top with nuts and drizzle over the maple syrup. Put on a baking sheet and bake for 15-20 mins or until soft. Serve with soda bread or toasted sourdough, if you like.

GOOD TO KNOW folate • gluten free
PER SERVING 248 kcals • fat 17g • saturates 9g • carbs 6g • sugars 5g • fibre 0.1g • protein 15g • salt 0.9g

As a canapé

Make slits in the whole cheeses, then put each one in an ovenproof dish. Mix the herbs with the nuts. Splash the whisky over the cheese and leave to soak in for 5 mins. Top with the nuts and maple syrup. Bake for 20 mins or until gooey. Serve with bread or crackers to dunk.

Rainbow prawn cocktails

SERVES 6 as a starter or canapé **PREP** 15 mins plus at least 1 hr pickling **COOK** 5 mins **EASY**

7 heaped tbsp mayonnaise
1 lime, juiced
3 tsp sriracha or other chilli sauce
15g pickled ginger, finely chopped
3 Little Gem lettuces, leaves separated
300g cooked king prawns
3 spring onions, shredded
2 tsp black sesame seeds
handful prawn crackers, crushed
For the pickles
100ml rice wine vinegar
1 tbsp caster sugar
1 large carrot, peeled and julienned
½ large cucumber, peeled into ribbons
6 radishes, thinly sliced

- For the pickles, put the vinegar, 50ml water, the sugar and 2 tsp sea salt in a pan and simmer for 5 mins over a medium heat, stirring until the sugar and salt have dissolved. Leave to cool a little. Put the vegetables in a bowl and pour over the pickling liquid. Leave in the fridge for at least 1 hr.
- Mix together the mayonnaise, lime juice, sriracha and pickled ginger. Arrange the lettuce leaves in six bowls, then top with the pickled veg, prawns and sauce. Finish with spring onions, sesame seeds and prawn crackers.

GOOD TO KNOW folate • fibre • 1 of 5-a-day
PER SERVING 386 kcals • fat 33g • saturates 3g • carbs 11g • sugars 7g • fibre 3g • protein 11g • salt 3.0g

As a canapé

Fill each lettuce leaf with some pickled veg, prawns, sauce and top with the sesame seeds, spring onions and prawn crackers.



DIANA HENRY

SALMON CENTREPIECES

Diana shares her favourite salmon recipes with three impressive dishes for the festive season

photographs NASSIMA ROTHACKER

Whole salmon, caught by a family friend, used to arrive at our house wrapped in wet newspaper when I was a child. It was a big event. The paper was carefully removed to reveal this big glistening body. You could see its muscularity even as it lay there, a fish that had the strength to leap; we used to watch them in the River Bann on the outskirts of our hometown, moving from clear water, where they were born, towards the sea, from where they would eventually return to create the next generation in the river. We had this life cycle explained every time we ate salmon. It was our favourite fish and we were in no doubt about its nobility. It was eaten in the summer with mayonnaise or hollandaise sauce, the celebration dish par excellence. At Christmas we didn't serve salmon hot but made it into gravadlax to serve alongside Irish smoked salmon and coarse wheaten bread. Salmon was as important a part of Christmas as goose or turkey and ham. I suppose times of feasting – Christmas or Easter – are the occasions on which we prepare big statement pieces, joints of meat, birds and whole fish. I still make gravadlax every Christmas as it's great to have in the fridge to provide impromptu but glamorous meals.

Visits to Scandinavia as an adult made me see salmon even more as part of the Christmas feast, as gravadlax is always on the festive table there. There's also something Christmassy about a piece of roasted

or poached salmon, a dollop of soured cream, some keta (salmon roe) and sprigs of dill (see recipe, p71). The dill has the freshness of pine trees; the soured cream is like soft snow. Although this is a summery meal, it seems perfect at this time of year, too.

I prefer to bake whole salmon in the oven, rather than poach it – finding a fish kettle is such a palaver and the oven temperature seems to stay more steady. The flesh of the salmon cooked in pastry (p70) stays beautifully moist. This is such a celebratory dish you can serve it on Boxing Day, at a special dinner before the big day or on New Year's Eve.

The fish gratin recipe (p72) – which mixes fresh and smoked salmon – is rich and old-fashioned. I first ate it at the Stockholm food market, Östermalms Saluhall, at Christmas and only recreated it for the first time when working on this piece.

Of course, the problem is which salmon to buy. Farmed salmon is available all year round, but then you have to really consider how and where it was produced. You can also opt to buy wild Pacific salmon from Alaska. It doesn't have the same flavour as Atlantic salmon – and there are several different varieties available here – so try some fillets before Christmas to see whether you like it. It isn't just non-meat eaters who welcome salmon at Christmas. For those of us who get tired of all the turkey and stuffing, salmon brings lightness.



Good Food contributing editor Diana Henry is an award-winning food writer. Her latest book is *From the Oven to the Table* (£25, Mitchell Beazley). For more of Diana's recipes, go to bbcgoodfood.com.
 @dianahenryfood



Hole in the Wall
salmon stuffed with
ginger & raisins, p70

Hole in the Wall salmon stuffed with ginger & raisins

This is a classic recipe cooked by George Perry-Smith at the Hole in the Wall in Bath many years ago. It's usually served with sauce messine, rich with cream and fragrant with herbs. I don't think it has dated as it's very Middle Eastern in its flavours. This is one of my favourite dishes. I have cooked it so many times over the years – it's a truly celebratory dish.

SERVES 8 PREP 40 mins plus chilling and cooling COOK 40 mins MORE EFFORT

100g butter, softened
 40g blanched almonds, chopped
 40g currants
 4 balls stem ginger in syrup, very finely chopped
 grating of nutmeg
 500g block puff pastry
 1½ tsp semolina
 2 salmon side portions (about 500g each) cut from the middle, boneless and skin removed (or see tip)
 ½ lemon, juiced
 1 egg yolk
 2 tbsp milk

For the sauce
 15g butter
 1 shallot, very finely chopped
 1½ tsp plain flour, plus extra for dusting
 350ml double cream
 1½ tsp Dijon mustard
 1 tbsp each finely chopped parsley and chervil (or 2 tbsp chopped parsley)
 2 tarragon sprigs, leaves picked and chopped
 ½ lemon, juiced

1 Mash the butter, almonds, currants, ginger and nutmeg together with a fork. Divide the pastry in two, making one piece slightly larger – this will be the top.

2 Roll out the smaller piece of pastry, for the base, on a lightly floured surface until it is large enough to fit the fish with a 2.5cm border all the way around it. Put this onto baking parchment or a non-stick metal baking sheet. Sprinkle the semolina over the pastry base.

3 Place one piece of the salmon on the pastry. Sprinkle over some lemon juice, season and spread the butter mixture over the top of it. Place the other half of the salmon, with the side that had the skin on it facing upwards, on top of the butter.

Brush any excess semolina off the edges of the pastry. Mix the egg yolk and milk together and use to brush the pastry around the salmon. Roll out the rest of the pastry to fit the top and, once you've laid it over, pinch the pastry edges together to seal. Use the excess pastry to make shapes to decorate the top. Chill for 30 mins and heat the oven to 200C/180C fan/gas 6.

4 Brush the salmon parcel with more egg wash and put in the oven for 40 mins. While it's cooking, make the sauce. Melt the butter in a small pan and fry the shallot until it softens. Add the flour and stir for 1 min. Take the pan off the heat and gradually pour in the cream. Put it back on the heat and gently bring to the boil. Turn the heat down, add the rest of the ingredients and simmer for a couple of minutes until the flavours of the herbs come through. Check for seasoning.
5 Leave the salmon to cool for about 10 mins, then move it onto a warm serving platter and serve with the sauce. I serve it with a watercress salad and little waxy potatoes.

GOOD TO KNOW omega-3
PER SERVING 893 kcals • fat 71g • saturates 33g • carbs 30g • sugars 8g • fibre 2g • protein 33g • salt 1.0g

gf tip

Use one large salmon side, and cut in half, so the pieces sandwich together, if you like.



Lightly smoked salmon fillets with dill-pickled vegetables, crème fraîche & salmon roe

The recipe for the vegetables actually fills a one-litre jar, so you won't use all of them, but keep them in the fridge to have with smoked salmon and cold cuts over the Christmas period. Serve with little boiled potatoes tossed in butter as a main or lighter festive lunch.

SERVES 6 as a starter **PREP** 20 mins plus draining and 2 days pickling
COOK 20 mins **EASY**

6 lightly smoked salmon fillets
15g unsalted butter, melted
200ml crème fraîche
50g salmon roe

For the vegetables

100g cucumber
3 tsp sea salt flakes
350ml white wine vinegar
2½ tbsp granulated sugar

2 tsp celery seeds
1 tsp black peppercorns, bruised
150g carrots
100g radishes
150g cauliflower, cut into small florets
½ red onion, finely sliced
½ small bunch dill, torn into little sprigs

1 First, for the pickles, cut the cucumber into rounds and layer it in a sieve, sprinkling with 2 tsp salt as you go. Set over a bowl and leave for a couple of hours – the salt will draw out the moisture.

2 Bring 200ml water to the boil in a pan with the white wine vinegar, sugar, 1 tsp salt, celery seeds and black peppercorns. Leave to cool.

3 Peel the carrots and cut them into batons. Clean the radishes really well, then cut them in half lengthways. Squeeze the drained cucumbers of excess moisture.

4 Put all the vegetables in a 1-litre sterilised jar with the dill and pour the cooled vinegar over them, then seal with a lid. Leave to sit at room temperature for two days before serving, or keep chilled.

Will keep in the fridge for four weeks.

5 Heat the oven to 190C/170C fan/gas 5 and put the salmon fillets on a baking sheet. Brush the fillets with the melted butter and scatter with black pepper. Cook for 14 mins.

6 Serve the salmon with some of the pickled vegetables, a generous tablespoon of crème fraîche on each fillet, finished with a spoonful of salmon roe on top.

GOOD TO KNOW omega-3 • gluten free

PER SERVING 444 kcals • fat 34g • saturates 14g • carbs 6g • sugars 5g • fibre 1g • protein 27g • salt 2.1g



Swedish smoked salmon & spinach gratin

This is a popular dish around Christmastime in Sweden. I first ate it 18 years ago in the covered market in Stockholm on Christmas Eve and it has stayed with me, but I never cooked it until now. You need smoked salmon fillets that are raw (just as you can buy haddock that's smoked but needs cooking, you can buy salmon too). It's a rich dish, so you don't need large portions. Serve with small waxy potatoes and roasted beets.

SERVES 6 **PREP 5 mins** plus cooling
COOK 45 mins **EASY**

1.2kg spinach
15g butter
6 lightly smoked raw salmon fillets, skin removed (about 140g each)
300ml double cream

1 Put the spinach in a really big saucepan (or two saucepans) and add a few tablespoons of water. Cover, set over a medium heat and cook for about 5-8 mins, turning the spinach over every so often, until wilted. Tip it into a colander to

drain and allow it to cool (spread it out on a plate to cool it quicker). Take big handfuls of it in your fists and squeeze out the excess water. It's really important that you do this, otherwise the water will leach out and make the cream watery and green.

2 Chop the spinach. Melt the butter in a saucepan and gently toss the spinach in it. Season with pepper and a tiny bit of salt (there's so much salt in the salmon). Heat the oven to 160C/140C fan/gas 3. Lay the spinach in the bottom of a gratin dish (about 30cm x 20cm), then arrange the salmon fillets on top.

3 Heat the double cream in a small pan, then pour it all over the salmon and spinach. Bake for 35 mins, or until the top is golden and the cream is bubbling.

GOOD TO KNOW calcium • folate • iron • omega-3 • 1 of 5-a-day • gluten free

PER SERVING 495 kcals • fat 40g • saturates 21g • carbs 4g • sugars 1g • fibre 2g • protein 28g • salt 1.1g

gf tip

The kind of fish you should be eating changes frequently, so visit mcsuk.org/goodfishguide to check before you shop.





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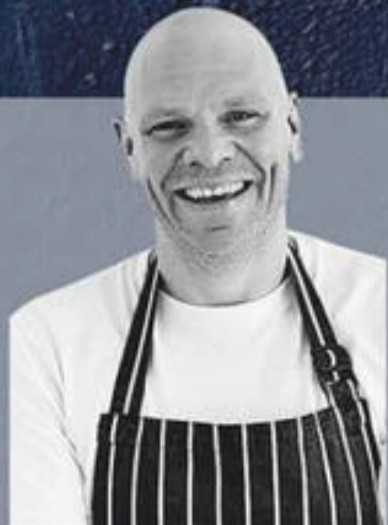
TOM KERRIDGE

TOM'S FESTIVE FEAST

BBC chef **Tom Kerridge's** Christmas porchetta is ideal for feeding a crowd on Boxing Day or if you want an alternative to turkey on the big day
photographs NASSIMA ROTHACKER

Other Michelin-starred chefs might go for goose or rib of beef to feed friends over the Christmas holidays, but for me, it's this rolled pork belly, stuffed with lots of festive flavours and roasted so the skin has crackled but the meat is still succulent. To serve with it, I'm making some smoky beans as I think pulses are often overlooked in the UK, and then I'm doing a dessert that's totally made ahead. There is something modern yet traditional, special yet informal about this menu, which is exactly how the perfect Christmas celebrations should be.

Tom x



Tom Kerridge is a BBC presenter and chef-owner of The Hand and Flowers, The Coach and The Butcher's Tap in Marlow, and Kerridge's Bar & Grill at The Corinthia Hotel, London. Tune in to his podcast every Wednesday. See Tom live at the BBC Good Food Show Winter (turn to page 96).

🐦 @ChefTomKerridge

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MENU FOR 8-10

Festive porchetta

One-pan pigs-in-blanket beans

Roasted hispi cabbage
with garlic & chilli crumb

Caramelised apple parfait
with cinnamon toffee sauce



Festive porchetta

I've left the skin unscored on this so you get one big sheet of crackling. When it comes to stuffing and tying meat, if you're not confident, give your butcher a bit of warning, make the stuffing, take it along and get them to stuff, roll and tie the meat for you. By supporting your local butcher, they should support you by doing jobs like this.

SERVES 8-10 PREP 30 mins plus 30 mins resting COOK 2 hrs 20 mins MORE EFFORT

3kg skin-on boneless pork belly, unscored
 1 tbsp sunflower oil
For the spice mix
 3 star anise
 ½ tsp black peppercorns
 8 clementines, zested
 5 bay leaves, finely chopped or crumbled
 1 chicken stock cube, crumbled
 50g dried breadcrumbs

1 To make the spice mix, toast the star anise and peppercorns in a frying pan until fragrant, then grind them to a powder with 1 tbsp flaky sea salt using a pestle and mortar. Tip into a bowl and mix through the zest, bay leaves, stock cube and breadcrumbs, then set aside.

2 Lay the belly, skin-side, down on a board with a longer edge facing you and cut eight-10 deep slashes in the flesh. Massage the spice mix into the flesh, getting deep into the cuts. Roll the belly tightly to form a roulade-style joint, then tie evenly with butchers' string. Set aside until ready to cook. *Can be prepared up to one day ahead and chilled.*

3 Heat the oven to 240C/220C fan/gas 9. Lay the pork on a shallow roasting tray, rub the oil over the skin and season with salt. Roast for 20 mins, then turn the oven down to 180C/160C fan/gas 6 and roast for another 1 hr 40 mins, basting with the fat in the pan a few times. If the crackling hasn't crackled by this point, turn the oven back up to 240C/220C fan/gas 9 and check every few minutes until crackled. Rest for 30 mins, then use a serrated knife to carve into thick slices.

PER SERVING (10) 594 kcals • fat 42g • saturates 14g • carbs 4g • sugars 0.2g • fibre 0.2g • protein 0.2g • salt 2.2g

One-pan pigs-in-blanket beans

Remember when you got baked beans with mini sausages in? Well, here I've combined the bacon and sausage flavours of pigs in blankets to take this little trip down food memory lane.

SERVES 8-10 PREP 20 mins COOK 40 mins EASY

1 tbsp sunflower oil
 6 chipolatas or 12 cocktail sausages
 200g diced pancetta or bacon lardons
 2 onions, chopped
 2 garlic cloves, finely chopped
 1 tbsp tomato purée
 75g dark brown soft sugar
 150ml red wine vinegar
 2 x 400g cans chopped tomatoes
 2 x 400g cans cooked white beans, drained
 6 sage leaves, finely chopped

1 Heat the oil in a flameproof casserole dish. Sizzle the sausages in the pan until brown on all sides, then lift onto a plate and leave to cool. If you're using chipolatas, cut them into shorter pieces. In the same pan, sizzle the pancetta for 5-8 mins until starting to brown. Scatter the onions over the pancetta and cook until soft, then add the garlic and cook for 1 min longer.

2 Add the tomato purée and sugar, then pour over the vinegar and chopped tomatoes and use about 100ml water to rinse out the cans and add that as well. Stir through the beans and sausages, then simmer everything for 20 mins. When the sauce is nice and thick, stir through the sage, simmer for a few minutes more and serve. *The beans can be made up to three days ahead, chilled and reheated.*

GOOD TO KNOW 2 of 5-a-day
PER SERVING (10) 278 kcals • fat 14g • saturates 6g • carbs 23g • sugars 12g • fibre 4g • protein 12g • salt 1.0g

Roasted hispi cabbage with garlic & chilli crumb

I cook this at the same temperature as the pork, so they can be in the oven at the same time.

SERVES 8-10 PREP 25 mins COOK 15 mins EASY

4 tbsp duck fat or sunflower oil
 2 medium hispi cabbages, outer leaves trimmed, then quartered lengthways
 50g butter, diced
For the crumb
 75g dried breadcrumbs
 3 tbsp dried onion flakes
 ½ tsp garlic powder
 1 tsp dried chilli flakes
 70g toasted hazelnuts, chopped
 2 tbsp chopped sage

1 Mix all the crumb ingredients together in a bowl with a pinch of salt and set aside.

2 Heat oven to 180C/160C fan/gas 4. Heat the duck fat in a large flameproof roasting tin. Sear the cabbage wedges in the tin until the cut sides are crisp and slightly burnt, then turn them so they are cut-side up and scatter over the crumb mix. Dot over the diced butter and bake for 15 mins until the crumb is golden.

GOOD TO KNOW 1 of 5-a-day
PER SERVING (10) 191 kcals • fat 14g • saturates 5g • carbs 11g • sugars 4g • fibre 2g • protein 3g • salt 0.1g



Tune in to Tom on our new podcast

Listen to the BBC Good Food Podcast to hear Tom chatting with Good Food's Rosie Birkett and Orlando Murrin about their top tips for a perfect Christmas. Listen via iTunes, Spotify, or wherever you listen to podcasts.





Caramelised apple parfait with cinnamon toffee sauce

This takes a bit of work, but all of it is done ahead and the payoff is a light, frozen parfait that has all the flavour of a tarte tatin. It goes well with a glass of cider, for a really grown-up get-together.

SERVES 8-10 PREP 40 mins plus freezing
COOK 10 mins A CHALLENGE V *

For the parfait

6 Granny Smith apples,
peeled, cored and cut
into eighths
150g demerara sugar
100ml brandy
3 eggs
125g caster sugar
150ml double cream
10 digestive biscuits,
crushed, to serve

For the cinnamon toffee sauce

200g dark brown soft
sugar
25g butter, diced
50ml double cream
50ml cloudy apple juice
½ tsp ground cinnamon

1 Tip the apples, demerara sugar and brandy into a pan, bring to the boil and simmer for 12-15 mins until caramelised and sticky, then leave to cool. Scoop about a third of the wedges out of the sauce and set aside, then use a blender or food processor to purée the rest of the apples and sauce, then set aside.

2 Separate the eggs and tip the yolks into a large metal bowl. Set aside the whites for later. Dissolve 100g of the caster sugar in a medium saucepan with 120ml boiling

water. When clear, bring to the boil and put a sugar thermometer in the pan. Meanwhile, whisk the yolks in a bowl with an electric mixer until creamy. When the sugar syrup reaches 120C, remove from the heat at once. With the mixer running, drizzle the syrup onto the yolks and beat on full speed for 3-5 mins until you have a firm yellow foam. Leave to cool, whisking occasionally.

3 Whisk the egg whites in a clean bowl with a clean whisk until they form stiff peaks, then whisk in half of the remaining caster sugar and continue to whisk for 30 seconds, then add the rest of the sugar and continue whisking until stiff peaks have formed again. In a third bowl, whisk the cream until soft peaks form. Gently fold the apple purée through the egg yolk mixture, then fold that through the egg whites and lastly fold that mixture through the whipped cream. Keep on folding until everything is fully combined. Pour into a 900g loaf tin lined with cling film and freeze overnight. *Can be made two weeks in advance and kept frozen.*

4 To make the sauce, tip the sugar and butter into a saucepan and heat until it starts to melt. Once the sugar begins to bubble, add the cream, water, apple juice and cinnamon, cook out for a minute, then cool to room temperature. When ready to serve, turn out the parfait, top with the reserved apple wedges and the digestive crumbs, then drizzle over the toffee sauce.

PER SERVING (10) 445 kcal • fat 17g • saturates 9g • carbs 62g • sugars 56g • fibre 1g • protein 4g • salt 0.3g

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Direct heat

A warming, hearty dish is the perfect addition to a chilly Bonfire Night, and with Hotpoint, you can be sure it will be cooked to perfection

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Visit hotpoint.co.uk/Innovation/Built-in-Gas-Hobs to read all about the Hotpoint Direct Flame gas hobs, or use one to make this Bonfire Night bean stew recipe – the perfect way to celebrate World Vegan month, too.





Smoky bonfire beans

SERVES 6 ● PREP 10 mins ● COOK 40 mins

2 tbsp olive oil
 4 banana shallots, sliced into rings
 2 garlic cloves
 2 celery sticks, chopped
 1 red pepper, cut into thin slices
 1 bay leaf
 2 tbsp smoked paprika
 1 tbsp English mustard
 600ml passata
 few dashes of hot sauce (optional)
 2 tbsp maple syrup
 2 tbsp mushroom ketchup
 1 tbsp red wine vinegar
 1 400g can each of butter, flageolet and black beans, drained but not rinsed

For the garlic bread

1 large ciabatta, cut in half through the middle
 2 tbsp olive oil
 2 garlic cloves
 small bunch rosemary, leaves roughly chopped
 small bunch parsley, roughly chopped

1 Heat the oil in a large pan, then fry the shallots, garlic, celery and red pepper for 5 mins until they start to soften. Add the bay leaf, paprika and mustard, and cook for 2 mins. Add the passata, hot sauce (if using), maple syrup, mushroom ketchup and vinegar, along with the drained beans. Give everything a good stir and cook over a medium heat for about 30 mins.

2 While the beans are cooking, make the garlic bread. Heat the oven to 180C/160C fan/gas 4. Line a baking tray with baking parchment and place the ciabatta slices cut-side-up on it.

3 Mix the oil, garlic and herbs, plus a pinch of salt, then spread over the bread. Bake for 10 mins in the centre of the oven. Once cooked, cut into slices and serve with a bowl of the beans.



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Hotpoint

TOMMY'S TWIST

CHRISTMAS BEEF

BBC chef **Tommy Banks** cooks a quick Christmas centrepiece that doesn't compromise on impact or luxury

photograph ROB STREETER

There is no doubt that fillet is the most tender cut of beef, but what you gain in texture you lose in flavour, so I've cranked things up on this quick and easy roast, giving the fillet a deep, umami-rich glaze and crust of crispy onions to turn it into a real showstopper.

Ale-glazed beef fillet with a crispy onion crust

Ask for the middle of the fillet, sometimes called the barrel cut, for this recipe. It's of a uniform thickness throughout, which not only looks neat but guarantees even cooking. Malt extract adds a deep, almost nutty flavour to the glaze. You can find it in health food shops, or at a stretch, you can swap it for a tablespoon of treacle.

SERVES 5 PREP 30 mins

COOK 1 hr EASY

For the beef

100g crispy fried onions (available in some supermarkets or online)

1 tbsp sunflower oil

800g beef fillet, cut from the centre

For the glaze

500ml pale ale

180g malt extract

50g yeast extract

1 tbsp soy sauce

1 tbsp sherry vinegar

For the carrots

400g Chantenay carrots

50g unsalted butter

2 tbsp fennel seeds

200g baby spinach

1 To make the glaze, whisk all the ingredients together in a saucepan. Bring to the boil and simmer for 25-30 mins to reduce until sticky. Meanwhile, crush the onions with a pestle and mortar, or blitz in a food processor until you get a fine crumb.

2 Heat the oven to 180C/160C fan/gas 4. Generously season the beef all over. Heat the oil in a frying pan over a high heat and spend 10 mins searing the beef well on all sides. Remove from the pan (setting the pan aside to cook the carrots later), then sit the beef on a wire rack in a roasting tin. Brush all over with some of the glaze, roast for 10 mins, then turn it over and do the same again, reserving some of the glaze for brushing over at the end. If you want the beef rare and you have a meat thermometer, the core temperature should be 52C. For medium-rare, roast for another

10-15 mins – the core temperature should be 55-60C. Cover the beef and let it rest for 15-20 mins.

3 Meanwhile, boil the carrots in salted water for 5-7 mins until just tender, then drain. Tip the carrots into the frying pan you used to sear the beef along with the butter and fennel seeds. Fry over a medium heat until golden, then add the spinach, any resting juices from the meat and 1 tsp of the beef glaze. Cook until the spinach has wilted.

4 To serve, scatter the crispy onions on a tray or plate. Brush the beef again with the glaze and roll it in the onions. Sit on a board, carve into thick slices and serve with the carrots and spinach.

GOOD TO KNOW folate • iron • 1 of 5-a-day

PER SERVING 596 kcals • fat 24g •

saturates 11g • carbs 44g • sugars 26g •

fibre 3g • protein 44g • salt 3.4g

gf tip

To make a gravy, bring 400ml beef stock to the boil along with 1 tsp of the glaze and cook until the glaze has dissolved. Mix 1 tbsp cornflour with 1 tbsp water to make a paste and stir into the enriched stock. Simmer for a few minutes until thickened.

Shoot director RACHEL BAYLY | Food stylist MYLES WILLIAMSON | Stylist OLIVIA WARDLE



Tommy Banks is chef-owner at The Black Swan in Oldstead (blackswanoldstead.co.uk) and Roots in York (rootsyork.co.uk). His book, *Roots* (£25, Seven Dials), is out now. For more recipes from Tommy, visit bbcgoodfood.com. [@tommybanks8](https://twitter.com/tommybanks8)







Best of the brunch

What better way to start the festivities than with an indulgent sharing brunch? Gather the family round on Christmas morning and dig in to these extra special recipes – you just need to decide whether to go sweet or savoury



recipes ESTHER CLARK & BARNEY DESMAZERY *photographs* DAVID MUNNS



Twisted spiced bread with honey & tahini butter, p86



Cured salmon
build-your-own
bagel board, p86



Cured salmon build-your-own bagel board

SERVES 8-10 **PREP** 25 mins plus
at least 2 days curing and pickling
NO COOK EASY

1 tbsp cracked black pepper
75g muscovado sugar
60g sea salt flakes
1 filleted side of very fresh
salmon (about 800g), skin on
For the dill & lemon cream cheese
200g full-fat cream cheese,
at room temperature
small bunch of dill, finely chopped
½ unwaxed lemon, zested and
juiced, plus extra wedges to serve
For the pickle
1 small cucumber
1 small red onion, finely sliced
pinch of caster sugar
3 tbsp white wine vinegar

To serve
selection of toasted bagels
sliced rye bread
small pot of salmon caviar
caper berries or capers, drained

1 Up to four days but at least two days before serving the salmon, mix the pepper, sugar and salt together. Pat the salmon dry with kitchen paper and run your hands over the flesh to find any stray bones – use tweezers to pull these out, if needed. Lay the salmon in a dish, skin-side down, and pack the salt mix over the flesh. Cover the fish with a board or tray weighed down with a few heavy cans or jars. Transfer to the fridge for at least two days or up to four, turning the fillet about every 12 hrs.
2 To make the dill cream cheese, beat all of the ingredients together and set aside. *This can be made up to a day ahead and chilled.*

3 To make the pickle, cut the cucumber in half lengthways, scoop out the seeds using a spoon, and slice into thin half-moons. Toss the cucumber with the red onion and a generous pinch of salt in a colander, then set aside for 30 mins to soften. Transfer the vegetables to a bowl or jar and top up with the sugar and vinegar. *Can be eaten immediately or made up to two days ahead and chilled.*
4 Lift the salmon out of the curing mixture and wipe off any excess seasoning using kitchen paper. Put the fish on a large serving board and carve into thin slices. Serve with the bagels and rye bread, dill & lemon cream cheese, the pickle, salmon caviar, capers and lemon wedges.

GOOD TO KNOW omega-3 • gluten free
PER SERVING (10) 207 kcals • fat 14g • saturates 5g •
carbs 5g • sugars 5g • fibre 1g • protein 15g • salt 2.6g



Twisted spiced bread with honey & tahini butter

A warm, richly spiced loaf is sure to start Christmas morning off right. Try this Middle Eastern-inspired version laced with sesame. Serve warm spread with a moreish honey and tahini butter.

SERVES 10-12 **PREP** 35 mins
plus up to 2 hrs 30 mins proving
COOK 40 mins **MORE EFFORT**

120-140ml whole milk
50g unsalted butter, cubed
300g strong white bread flour,
plus extra for dusting
50g golden caster sugar
½ tsp fine sea salt
7g sachet fast-action dried yeast
1 medium egg, lightly beaten
oil, for the bowl
For the filling
50g unsalted butter, softened
2 tbsp sesame seeds, toasted
50g light brown soft sugar
3 tsp cinnamon
¼ tsp ground cardamom
For the honey & tahini butter
70g salted butter, softened
2 tbsp runny honey
2 tbsp tahini
For the icing
75g golden icing sugar
sesame seeds, for
sprinkling (optional)

1 Warm 120ml milk and the butter in a small saucepan until melted. Leave to cool to lukewarm.
2 Combine the flour, sugar, salt and yeast in the bowl of a stand mixer. Make a well in the centre and pour in the egg and warmed milk, then mix until just combined. If it seems a little dry, add an extra 20ml milk. Knead the mixture on a gentle speed using a dough hook for 5-8 mins, or until the dough is smooth and springs back when pressed. If you don't have a stand mixer, combine everything in a bowl, then knead on a lightly floured surface for 8-10 mins. Shape the dough into a ball and leave to prove in a large, lightly oiled bowl covered with a tea towel for 1 hr-1 hr 30 mins, or until doubled in size.
3 To make the filling, combine the ingredients and set aside.
4 Line a large baking sheet with baking parchment. Roll the proved dough out on a lightly floured surface to a 40cm square. Spread the filling evenly over the dough using a palette knife, leaving a 2cm border around the edge. Roll the dough up into a tight log, starting with the end furthest from you – it should measure roughly 40cm in length. Cut the dough log in half lengthways down the middle so you have two long pieces laying

beside each other, horizontally, cut-side up. Pinch together at both ends, then pick up the ends and twist the pieces around each other, as though you're making a rope.
5 Transfer the loaf to the prepared sheet. Loosely cover and let it prove in a warm place until doubled in size again, about 45 mins-1 hr. Heat the oven to 180C/160C fan/gas 4.
6 Put the sheet in the centre of the oven and bake for 35-40 mins, covering loosely with foil if it starts to become too dark during baking. When ready, the loaf should be golden and sound hollow when tapped on the bottom. Leave to cool slightly for 15 mins if you're serving it warm, or leave to cool completely on a wire rack.
7 To make the tahini butter, mix the ingredients with a pinch of salt using a wooden spoon until combined. To make the icing, mix the sugar with 1 tbsp warm water until smooth, adding more if it's too thick. Drizzle over the loaf and sprinkle with the sesame seeds, if using. Slice the loaf and serve with the honey & tahini butter. *Best eaten the day it's made.*

PER SERVING (12) 304 kcals • fat 15g • saturates 8g •
carbs 36g • sugars 18g • fibre 2g • protein 5g •
salt 0.4g

gf tip

Any sliced leftovers can be turned into an indulgent French toast. Simply dip in lightly beaten egg, then fry in salted butter until golden and crisp. Serve dusted with icing sugar.





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family

HOMEMADE GIFTS

Get the kids involved in making presents for friends and family with these great make-ahead sweet treats

recipes LULU GRIMES *photographs* MIKE ENGLISH





Christmas rocky road

Adapt the recipe for this however you like – candy cane pieces add a minty flavour, for example. It's great for using up leftover Christmas sweets and biscuits.

MAKES 20 squares **PREP** 20 mins plus at least 3 hrs chilling

COOK 5 mins **EASY**

100g butter, cut into cubes, plus extra for the tin

250g Christmas biscuits, such as shortbread or chocolate biscuits

75g shelled nuts (use up a bag of whole nuts, or bits and bobs from the baking cupboard)

100g mixed dried fruit (such as raisins, cherries or glacé ginger)

75g Christmas sweets (candy canes,

marshmallows or jelly sweets)

400g milk or plain chocolate (or a mixture of both), chopped
140g golden syrup (weigh this straight into the pan you will use for melting)

2 tbsp sprinkles, or more sweets, to decorate

1 Butter and line a 20cm square tin, or use a 20cm square silicone mould. Break the biscuits into pieces – they need to be no smaller than a pea, but not too chunky or your rocky road won't hold together.

2 Halve any larger nuts either by snapping them or carefully cutting with a knife, then combine them with the biscuits. Halve any large pieces of dried fruit and chop or snap sweets into smaller pieces, then add these to the bowl.

3 Melt 300g of the chocolate, the butter and the golden syrup carefully in a pan set over a low heat, stirring occasionally, then pour this over the biscuit and nut mixture and mix together so the chocolate covers everything.

4 Tip the mixture into the tin, then level the top – it doesn't need to be completely smooth. Melt the remaining chocolate in the microwave in short blasts, or in a heatproof bowl over a small pan of simmering water, then drizzle this over the top and sprinkle with the decorations. Chill for at least 3 hrs or overnight before cutting into squares. *Will keep in the fridge for three to four days.*

PER SERVING 286 kcal • fat 16g • saturates 9g • carbs 32g • sugars 25g • fibre 1g • protein 3g • salt 0.3g

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SHOW WINTER
Sponsored by: **LEDOLIS**

Learn how to decorate these cupcakes in a masterclass at the BBC Good Food Show Winter (28 Nov-1 Dec). See page 96 and bbcgoodfoodshow.com for details.



Elf & Santa cupcakes

MAKES 16 **PREP 40** mins plus drying
COOK 18 mins **EASY V**

For the cupcakes

175g butter, softened
175g golden caster sugar
3 eggs
200g self-raising flour
1 orange, zested and 1/2 juiced
pinch of cinnamon
1 tsp vanilla extract

For the icing

100g unsalted butter, softened
2 tsp vanilla extract
250g icing sugar, sifted

For the legs

fondant icing sugar
candy canes
strawberry pencil sweets

black, green and white fondant icing
gold and silver balls

1 Heat the oven to 190C/170C fan/gas 5. Line bun tins with paper cake cases. Put all the ingredients for the cupcakes in a large bowl using 4 tbsp of the orange juice, then beat together for 1-2 mins until smooth.

2 Spoon the cake mix into the cases, so they are three-quarters full. Bake for 15-18 mins or until golden and firm to the touch. Cool in the tin for 5 mins, then transfer to a wire rack.

3 For the icing, beat the butter, vanilla and icing sugar until pale and creamy, adding 1-2 tbsp warm water to loosen, if needed. Ice the cakes with a palette knife or use a piping bag to create swirls deep enough to hold the Santa and elf legs.

4 For the legs, make a batch of fondant icing following the pack instructions. Cut the candy canes and pencil sweets into 4cm lengths. Use green fondant icing to mould elf boots around the candy cane legs and black fondant icing to mould Santa boots around the strawberry pencil legs. Add some white fondant around the top of Santa boots. Use the made-up fondant icing to stick a silver or gold ball onto each toe of the elf boots. Let the boots dry completely. Use our online chimney template (see tip, right), to make paper sleeves to wrap around the cupcake cases. Push the legs into the cupcakes just before serving.

PER CUPCAKE 338 kcals • fat 15g • saturates 9g • carbs 47g • sugars 36g • fibre 1g • protein 3g • salt 0.4g

gf tip

Get the kids to colour in their own paper cases. Download the template at bbcgoodfood.com/chimney-template.

Chocolate orange cookies

MAKES 25 **PREP** 15 mins plus 2 hrs chilling **COOK** 15 mins **EASY** **V**

225g butter, softened
 60g icing sugar
 1 orange, zested and 1/2 juiced
 300g self-raising flour
 40g cocoa powder
 175g dark chocolate, chopped
 40g chopped candied orange peel
 5 strips sugared candied orange peel, each cut into 5 pieces

1 Beat the butter with an electric whisk until it is light and fluffy, then beat in the icing sugar a little at a time, adding the orange zest and 1 tbsp orange juice. Beat in the flour and cocoa a little at a time, then mix in the chocolate and orange peel.

2 Divide the mixture into two, pat each into a rough log shape on a piece of non-stick wrap or baking parchment, then use the wrap to help you shape each piece into a log around 15cm long. Chill until firm, about 2 hrs (see tip, right).

3 Heat the oven to 180C/160C fan/gas 4. Line two baking sheets. Cut 1/2cm-thick cookies from the dough and lay them on the baking sheets, leaving space so they can puff up and spread. Put a piece of sugared candied orange on top of each. Bake for 10-15 mins or until the cookies are puffed. Cool on the sheets for a couple of mins before sliding them onto a wire rack. *Will keep for two to three days in an airtight container.*

PER SERVING 172 kcals • fat 11g • saturates 7g • carbs 16g • sugars 5g • fibre 2g • protein 2g • salt 0.3g



gf tip

The cookie dough logs keep for five days in the fridge or freezer. Cut and bake in batches as needed.



Jammy star cookies

MAKES 15-20 **PREP 1 hr plus chilling**
COOK 15-30 mins **EASY V**

175g cold unsalted butter, cubed
250g plain flour, plus extra
for dusting

100g golden icing sugar
1 tsp vanilla extract
1 egg yolk

For the filling

50g unsalted butter, softened
160g icing sugar
120g seedless raspberry or
strawberry jam

You will need

2 star cutters, around 6cm and 3cm

1 Blitz the butter, flour and a pinch of salt in a food processor until the mixture resembles fine breadcrumbs. Add the sugar and blitz again. Add

the vanilla and egg yolk and blend until balls of dough have formed. Tip the dough onto a work surface and knead briefly to make a smooth ball. Cut into two equal pieces, pat them into discs, then wrap and chill for at least 30 mins. Line two baking sheets with baking parchment.

2 Remove the dough from the fridge 15 mins before you roll it out. Lightly flour your work surface and rolling pin. Unwrap 1 piece of dough and roll it out to the thickness of a 50p coin. Use a 6cm star cutter to stamp out stars (you should get about 15) and transfer to a baking sheet.

3 Unwrap and roll out the other piece of dough. Stamp out 15 more stars and transfer to the second baking sheet. Stamp holes from the middle of 15 of the biscuits using the smaller cutter. Cover and chill for 15 mins. Heat the oven to

180C/ 160C fan/gas 4. Bake for 10-15 mins (the stars with a hole need less time), cool for 5 mins, then transfer to a wire rack to cool completely.

4 Meanwhile, make the filling. Whisk the butter, sugar and 50g of the jam with an electric whisk. Transfer to a piping bag with a small round nozzle, or snip off the end to make a 1/2cm opening. Put the remaining jam in another piping bag and snip off the end to make a slightly smaller hole.

5 Pipe blobs of the filling around the edge of each whole biscuit, leaving a space in the centre. Fill the space with jam, then sandwich a biscuit with a hole cut out on top of each one. *Will keep in an airtight container for up to three days.*

PER SERVING (20) 198 kcals • fat 9g • saturates 6g • carbs 27g • sugars 17g • fibre 1g • protein 1g • salt 0.01g



Snowflake pretzels

MAKES 8 **PREP** 25 mins plus setting
COOK 5 mins **EASY** **V**

200g white chocolate chips for cooking or white candy melts, plus 50g extra to make lollies (optional)
 32 mini pretzels (about 45g)
 white or silver sprinkles

You will need

8 paper lolly sticks (optional)

1 Put a sheet of baking parchment or a non-stick tray liner on a baking tray. Melt the chocolate or candy melts carefully in a microwave or in a bowl set over a pan of simmering water – don't let any water get into the bowl or allow the base of it to touch the water. Turn off the heat but leave the bowl on the pan. Add the pretzels and stir well.

2 Lift the pretzels out of the chocolate with a fork, shaking them a little so the excess chocolate drips off, then put them on the tray and in the freezer for 5 mins to set. Dip the pretzels in the chocolate again, then lay four at a time together on the tray and push them together, with the pointy ends in the centre, to make a snowflake shape. Add a blob more chocolate with the end of a teaspoon in the middle of each snowflake so they hold together when set. Before they set, decorate with the sprinkles. Leave somewhere cold to set completely – you can use the freezer if you want to speed up the process.

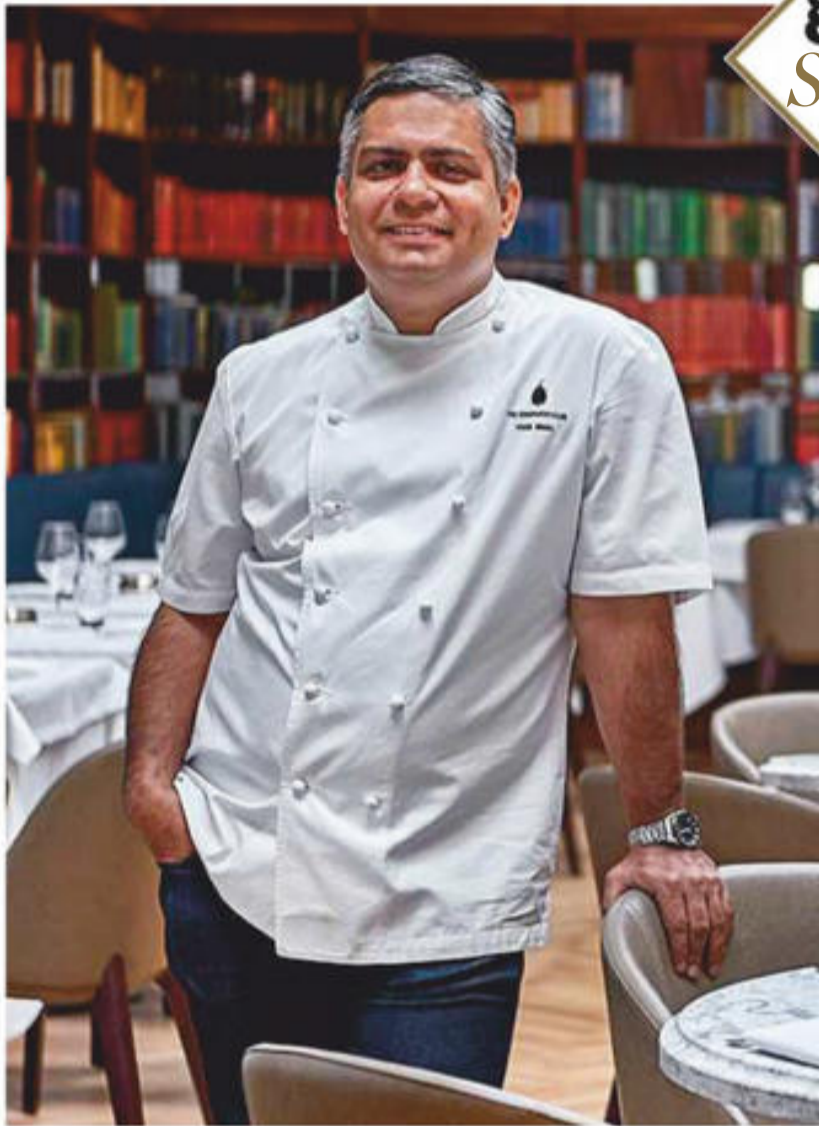
3 If you want to make the pretzel snowflakes into lollipops, melt the extra 50g chocolate as before and make eight well-spaced blobs, the size of a 1p coin, on some non-stick liner. Put a paper lolly stick on each blob so one end is in the chocolate, then press a pretzel snowflake gently on top and leave somewhere cold to set. *Will keep for one to two days in a cool place.*

PER SERVING 162 kcals • fat 8g • saturates 5g • carbs 19g • sugars 15g • fibre none • protein 3g • salt 0.3g



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[@CinnamonClub](#) [@ChefVivekSingh](#)

DATE Thursday 30 January 2020

TIME 6.30-9.30pm

PLACE The Cinnamon Club, The Old Westminster Library, Great Smith St, Westminster, London SW1P 3BU

PRICE £100 per person, for subscribers only

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SAMPLE MENU

Colombo spiced king scallop & Spencer Gulf wild prawn, tomato lemon sauce

Green spiced partridge breast, beetroot raita & kachri crumble

Green apple & mint


Tandoori smoked saddle of lamb, Rajasthani corn sauce

Steamed garam masala pudding, cinnamon ice cream

Coffee and petits fours

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Make your own OLAF CAKE

Invite the beloved snowman sidekick from Disney's *Frozen* to your table with this magical cake – it's a perfect centrepiece for winter birthdays and celebrations

YOU WILL NEED

- 750g pale turquoise sugar paste
- 2 x 5g sachets egg white powder
- 270g icing sugar
- white and blue edible glitter
- brown, black and orange food colouring powders
- icing smoother
- pastry scraper
- electric whisk
- piping bags and a plain round nozzle
- waxed paper or baking parchment sheets
- Olaf and snowflake templates (download at bbcgoodfood.com/frozen)
- angled palette knife
- fine artist's paintbrush
- 60cm narrow ribbon
- edible glue (available online)

Olaf's snowflake & sparkle madeira cake

SERVES 8 **PREP** 15 mins for the cake, 2 hrs for the decorations plus overnight drying **COOK** 1 hr

- 175g butter, softened
- 175g caster sugar
- 225g self-raising flour
- 50g ground almonds
- 3 eggs, beaten
- a few drops of vanilla extract
- For the buttercream
- 150g unsalted butter, softened
- 300g icing sugar
- You'll also need
- 18cm round cake tin or silicone cake pan, buttered and lined

- 1 Heat the oven to 180C/160C fan/gas 4, and, if using a silicone cake pan, put it on a baking tray.
- 2 Combine all of the ingredients in a bowl and whisk thoroughly for 1 min, or until the mixture is smooth and creamy.
- 3 Pour the mixture into the prepared cake tin or pan and level the top using a palette knife.
- 4 Bake in the centre of the oven for 1 hr, or until the cake is golden and risen. Leave to cool in the tin or pan for 10 mins before turning it out onto a wire rack to cool completely.
- 5 To make the buttercream, beat the butter with an electric whisk until pale and fluffy, then beat in the sugar a little at a time. Add a few drops of boiling water if the mixture is too stiff to easily spread or pipe.



Extracted from *Disney Cakes & Sweets*. For even more Disney-themed cakes, bakes and treats, visit eagle-moss.com/disney-cakes.

g! tip

This cake contains nuts, so if you need to avoid these, use polenta or an extra 50g self-raising flour instead.

STEP-BY-STEP

COVERING THE CAKE

Shop-bought sugar paste, an icing smoother and a pastry scraper will make a clean, pretty blue base for your Olaf and snowflake decorations (p100)



1 Split the cake in half horizontally, then sandwich it back together with some of the buttercream. Cover the whole cake with a thin layer of buttercream, then roll out the sugarpaste until it's slightly larger than the cake and lift it up and over the top.



2 Carefully smooth the sugar paste down the side of the cake with your hands, then use the tip of a sharp knife to trim away the excess sugar paste around the base.



3 Use an icing smoother to smooth and polish the top and side of the cake. Hold a pastry scraper up against the side and push the smoother against it to create a sharper, cleaner edge around the top.



For more
**Frozen-inspired
recipes, find *Disney
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([eagle-moss.com/
disney-cakes](http://eagle-moss.com/disney-cakes)) from
24 Oct.**

PIPING OLAF AND THE SNOWFLAKES

4 Put 2 x 5g sachets egg white powder in a small bowl and mix with 4 tsp warm water to make a paste. Put another 4 tsp warm water in a separate large bowl and gradually beat in the paste.



5 Beat in 270g icing sugar, a little at a time, until the mixture has the consistency of toothpaste, to make thick royal icing.

6 Fit a piping bag with a plain round nozzle and fill with some of the royal icing. Put a waxed paper or baking parchment sheet over the Olaf template. Pipe onto the sheet, following the outlines of Olaf's body. Leave to dry for at least 1 hr (see tip, below). Make two Olafs in case of breakages.



7 Put a sheet over the snowflake template, then pipe over it to make snowflakes.

8 While the icing is wet, sprinkle some white edible glitter over the snowflakes. Leave to dry overnight.



9 Slide an angled palette knife under the snowflakes to loosen, then carefully transfer to a lined baking sheet and set aside. Continue to make more snowflakes until you have 24.

gf tip

Drying times will vary depending on the temperature and humidity in your kitchen.

FILLING OLAF

10 Thin some of the royal icing with a little warm water until it has the consistency of double cream.



11 Fill a piping bag fitted with a clean round nozzle with the thinned icing. Pipe it into the outlines of the heads and lower bodies. Smooth around the edges using a paintbrush, then leave to dry for several hours or overnight. Fill in the centres and the feet in the same way.



ADDING THE DETAILS TO OLAF

12 Stir some of the brown food colouring powder into a little of the thick royal icing until it is evenly coloured. Fill a piping bag fitted with a clean round nozzle with the icing.

13 Place a clean sheet over the Olaf template, then pipe brown icing over the arms and top-knots. Leave to dry for a couple of hours.

14 Use an angled palette knife to lift the set Olaf bodies off the waxed sheet. Use a small amount of black food colouring powder to colour a little of the thick royal icing grey. Pipe this onto Olaf's mouth. Add more black food colouring powder to the icing to make it darker, then pipe on the eyes, buttons and brows. Leave to dry for a couple of hrs.

15 Pipe a little plain icing onto the eyes, then pipe black dots on top. Colour a little of the thick icing orange, then use this to pipe on the noses.



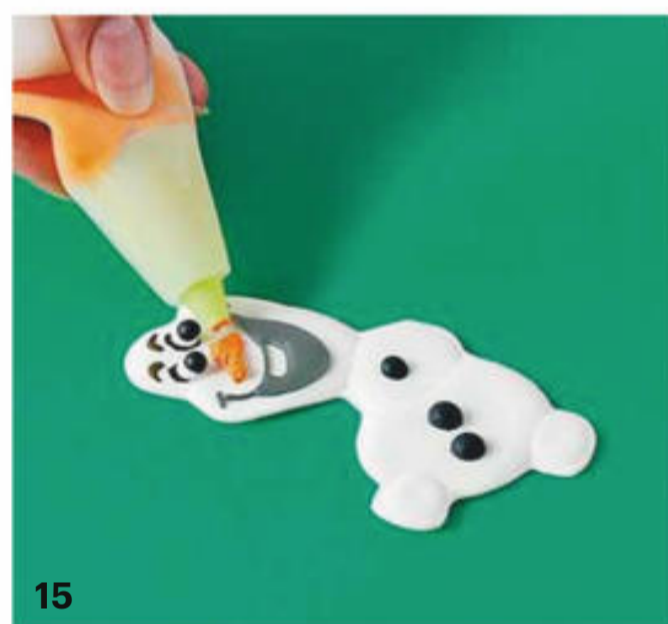
12



13



14



15

COMPLETING THE CAKE

16 Wrap a length of ribbon around the base of the cake and secure with the edible glue. Use dots of leftover royal icing to stick some snowflakes to the side of the cake.

17 Using a palette knife, spread a wide band of thick royal icing around half of the top edge of the cake and a small patch in front of it. Then, give the icing a rough texture with the palette knife so it looks like snow. Sprinkle some of the blue edible glitter over the top.

18 Before the icing dries, stand snowflakes in the wider band, gently pushing them in. Do the same with the Olaf figure in the patch at the front.

19 Use small dabs of leftover icing to stick the arms and top-knot onto the back of the Olaf figure to finish.



16



17



18



19

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Make a
Christmas
pudding as
a gift (p104)

THIS MONTH



4 inventive ways with shop-bought mincemeat, p106



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GET BAKING

Stir-up Sunday



On the last Sunday before Advent, Stir-up Sunday is traditionally the day when the Christmas pudding is made, but it's also the time to make mincemeat, or Christmas cake



Mincemeat Christmas pudding

SERVES 6-8 PREP 10 mins
COOK 25 mins in the microwave
or 3-4 hrs if steaming **EASY** ❄️

Butter and line the base of a 1.5-litre pudding basin. Put **300g mincemeat** in a bowl, stir in **140g fine-shred orange marmalade**, **200g molasses sugar** (or for a lighter flavour, dark demerara), **4 tbsp treacle**, **3 beaten eggs**, **4 tbsp whiskey**, **100g coarsely grated butter** (freezing it first

helps) and **200g self raising flour**. Tip into the basin, cover with a circle of parchment and microwave on medium for 20-25 mins until cooked and an inserted skewer comes out clean, or cover as described, right, and steam for 3-4 hrs until an inserted skewer comes out clean (test it after 3 hrs). Leave to stand for 5 mins, turn out and serve with **brandy butter** and **cream**. *Will keep for a month in the freezer. Defrost and reheat in the microwave for 5-10 mins.*

PER SERVING (6) 634 kcals • fat 20g • saturates 11g • carbs 108g • sugars 73g • fibre 2g • protein 7g • salt 1g



Preparing to steam a Christmas pudding

- 1** If you're steaming your pudding, you need to cover it well to stop it getting waterlogged. Make sure you get enough string to go around the circumference of the basin about five times, and then you'll have enough to make a sturdy handle, too.
- 2** Take a large sheet of foil and a piece of buttered baking parchment about the same size. Make a pleat by folding a crease in the centre of both the parchment and the foil.
- 3** Turn the buttered sheet over so the foil is on top and press it around the bowl with the fold on top. Tie the foil tightly around the bowl using a long piece of string.
- 4** Trim away the excess foil and parchment, leaving about 10cm of foil and paper around the sides of the bowl.
- 5** Tuck the parchment in and fold the foil around it to totally encase the parchment and give the pudding a water-tight seal.
- 6** Make a handle by threading a double length of string through the string already tied around the pudding. Pull it through to the other side and secure. The pudding is now ready to go in the pan.

Traditional mincemeat

MAKES 4 x 500ml jars **PREP 20 mins**
plus soaking
EASY

Soak **250g raisins** and **375g currants** in **100ml brandy** and the **juice of 1/2 lemon** for 1 hr, then drain and set the brandy aside. Mix together the soaked fruit, **zest of 1 lemon**, **300g shredded suet**, **250g dark brown sugar**, **85g chopped mixed peel**, **1/2 small nutmeg, grated**, and **1 large Bramley apple, peeled and grated**, in a large bowl, then pour in the brandy. Spoon and press into sterilised jars, cover and leave for at least two weeks. *Will keep in the fridge for up to six months.*

PER SERVING 70 kcals • fat 3g • saturates 2g • carbs 10g • sugars 9g • fibre none • protein none • salt 0.01g



For new ways to use up mincemeat, see p106.



Make & mature Christmas cake

CUTS INTO 12-15 slices PREP 25 mins plus cooling COOK 2 hrs 10 mins EASY V

Line a deep 20cm cake tin with a double layer of baking parchment, then wrap a double layer of newspaper around the outside higher than the rim of the tin (this stops the cake from burning), and tie with string to secure. Put **1kg mixed dried fruit**, the **zest and juice of 1 orange and 1 lemon**, **150ml brandy or other alcohol**, **250g softened butter** and **200g light brown soft sugar** in a large pan. Bring to the boil, then simmer

for 5 mins. Tip into a large bowl and leave to cool for 30 mins. Add **175g plain flour**, **100g ground almonds**, **1/2 tsp baking powder**, **2 tsp mixed spice**, **1 tsp ground cinnamon**, **1/4 tsp ground cloves**, **100g flaked almonds**, **4 large eggs** and **1 tsp vanilla extract** and stir well, making sure there are no pockets of flour. Tip into the tin, level the top and bake in the centre of the oven at 150C/130C fan/gas 2 for 2 hrs. Remove from the oven, poke holes in the cake with a skewer and spoon over 2 tbsp alcohol (see below). Leave the cake to cool completely in the tin. Peel off the parchment, then store (see below).

PER SERVING (12) 678 kcals • fat 29g • saturates 12g • carbs 88g • sugars 79g • fibre 3g • protein 9g • salt 0.6g

Feeding your fruitcake

Usually you'll feed your cake with whichever booze is already in the recipe, but don't feel wedded to that entirely, especially if you're coming to the end of a bottle. Any combination of brandy, whisky, sherry or rum will be wonderful as the base, then top up with the occasional splash of port, sloe gin or triple sec if you want to turn up the fruitiness. Amaretto or hazelnut liqueurs also work, although they are a lot sweeter so only add a little. Don't feed the cake for the final week as the surface needs to dry before icing.

Storing a fruitcake

Once baked, you'll want to keep your fruitcake somewhere airtight, in a container that allows you to feed it easily. Previously, we would have suggested wrapping it in a layer of baking parchment followed by foil, which works, but it's much more sustainable to invest in a plastic cake box. There's no need to wrap it and it's much easier to feed the cake by just lifting the lid. Looked after well, and boxed like this, it should last several years.

NEW FLAVOURS

Dried fruit decoder

A relatively risk-free way to give your traditional Christmas baking a refresh is to substitute a little of the regular dried fruit in your recipe for something a bit different. Try one of these options.



Candied bergamot

What is it? A type of citrus boiled in sugar like candied orange or lemon. But unlike those fruits, bergamot is inedible raw.

What does it taste like? The essential oil from bergamot is a key ingredient in Earl Grey tea, giving it that heady floral flavour. It's used in all kinds of products from cakes to candles.

Best use? Use sparingly as this is a really strong flavour. On its own, try it finely chopped in shortbread or use to add a perfumed complexity to your Christmas cake.



Candied angelica

What is it? The root of the angelica plant which is a bit like celery. The root is simmered and cooked in sugar syrup as you would candied peel. It's often

coloured a lurid green.

What does it taste like? Angelica has an aniseed flavour, like its fennel and celery relatives, with some leafy and earthy notes but it's more floral – not dissimilar to caraway seeds.

Best use?

Aside from adding a vibrant colour-pop to desserts and cakes, the flavour pairs well with citrus and dried soft fruits like raisins. Chop up and use to decorate a trifle.



Flame raisins

What are they? Raisins made by drying flame grapes, which are a seedless red variety that are particularly sweet.

What does it taste like? They have the same rich, jammy taste of classic white grape raisins but are sweeter and often juicier – think sultanas but with a hint of tannic bitterness.

Best use? These prime raisins are for the very best desserts, especially anything rum-based.



Lerida figs

What are they? Dried figs that have been carefully sorted and packed in columns. Dried figs will either be sold in the shape they form naturally when drying or they

will be shaped and packed in a specific way. Lerida refers to them being flattened slightly and packed in neat rows.

What does it taste like? The outer skin and flesh is somewhere between a cooked apple and a prune, with a concentrated toffee-like sweetness and tiny crunchy seeds within.

Best use? Use sparingly in fruitcakes and mincemeat as the seeds can dominate the overall texture.

4 WAYS marvellous mincemeat

Take a jar of shop-bought mincemeat and use it to revamp pies, cookies, pancakes and even cheese toasties

recipe ESTHER CLARK photograph DAVID MUNNS



Stuffed mince pie pancakes

SERVES 4 PREP 15 mins COOK 15 mins EASY V

Combine **200g self-raising flour**, **1½ tsp baking powder**, **1 tbsp caster sugar** and a pinch of salt in a bowl. Make a well in the centre and whisk in **3 large eggs**, **25g melted butter** and **200ml milk** until smooth, then pour into a jug. Heat a knob of butter and **a small drizzle of oil** in a large frying pan. Pour in 8cm rounds of batter and spoon **1 heaped tsp mincemeat** into the centre of each – you'll need to do this in batches. Use a little batter to cover the mincemeat, then cook for 2 mins until golden. Flip and cook for 2 mins more, keeping the pancakes warm in a low oven while you cook the rest. Mix **200ml double cream** with **2 tbsp icing sugar** and **2 tbsp brandy**. To serve, stack three pancakes on each plate and top with the brandy cream, **2 crumbled shortbread biscuits** and a dusting of icing sugar.

PER SERVING 516 kcals • fat 29g • saturates 16g • carbs 50g • sugars 23g • fibre 2g • protein 9g • salt 0.9g

Mincemeat cookies

MAKES 12 PREP 15 mins plus cooling
COOK 10 mins EASY V *

Heat the oven to 180C/160C fan/gas 4. Beat **125g softened butter** with **100g dark brown soft sugar**, **50g golden caster sugar** and **½ heaped tsp fine sea salt**. Beat in **1 medium egg**, **1 tsp vanilla extract** and **5 tbsp mincemeat**. Stir in **220g plain flour** and **½ tsp bicarbonate of soda**. Chill for 20 mins. Scoop tablespoons of the mixture onto two lined baking sheets, leaving a bit of space between each so they can spread. Bake for 10-12 mins, or until the cookies are just firm around the edges but still soft in the middle – they will firm up as they cool. Transfer to a wire rack and leave to cool.

PER COOKIE 224 kcals • fat 10g • saturates 6g • carbs 31g • sugars 17g • fibre 1g • protein 3g • salt 0.6g



Shoot director ANDREW JACKSON | Food stylist KATY GILHOOLY | Stylist VICTORIA ALLEN

Cinnamon swirl mince pies

MAKES 12 **PREP 30** mins plus chilling
COOK 20 mins **EASY V** ❄️

Heat the oven to 200C/180C fan/gas 6. Unroll a **320g sheet of all-butter puff pastry** on a lightly floured surface, then roll out to a 45 x 30cm rectangle. Combine **2 tbsp golden caster sugar** with **1½ tbsp ground cinnamon**, sprinkle over the pastry, then roll up lengthways to create a long log. Cut into 24 x 2cm-thick rounds, then lightly roll each one out until you have discs large enough to fit the holes of a 12-hole non-stick mini muffin tin (if the tin isn't non-stick, brush with **melted butter**). Put half the discs into the holes of the tin, pressing them into the bases and up the sides. Divide a **400g jar mincemeat** between the cases, then top each with one of the remaining discs. Chill for 30 mins. Brush with **1 beaten egg** and bake for 20-25 mins or until golden.

PER PIE 225 kcal • fat 10g • saturates 4g • carbs 32g • sugars 24g
• fibre 2g • protein 2g • salt 0.2g



g! tip

Vegetarian mincemeats are readily available in supermarkets, or make our 10-minute version. Find the recipe at bbcgoodfood.com/veggie-mincemeat.

Mincemeat & cheese toasties ❄️ ❄️

SERVES 2 **PREP 5** mins **COOK 10** mins **EASY V**

Mix **100g grated mature cheddar** with **2 heaped tbsp mincemeat** and **3 sliced spring onions**. Spread **4 slices sourdough** with **1 tsp mayonnaise** each. Put two of the slices mayo-side down on a board and spread the other side with the cheese mixture. Sandwich with the other slices so the mayonnaise is on the outside. Heat a large non-stick frying pan over a medium heat. When hot, fry the toasties for 3-4 mins on each side, weighing them down with a heavy-based pan, until crisp and golden and the cheese is melted. Cut in half and serve.

GOOD TO KNOW calcium
PER SERVING 743 kcal • fat 33g • saturates 12g • carbs 83g • sugars 17g •
fibre 4g • protein 28g • salt 2.6g





HOW MUCH DO YOU NEED TO BUY FOR CHRISTMAS DINNER?



Turkey

A 2.5kg crown feeds six, or a 3-4kg turkey feeds six-eight



Gravy

100ml per person is a good amount



Parsnips

One medium parsnip each



Carrots

One medium each will do



Roast potatoes

Two small or one large potato each is plenty, or increase if you want leftovers



Sprouts

Four-six per person – if they're sprout lovers!

Waste less

Be more mindful of food waste with tips from Alex Head of Social Pantry (socialpantry.co.uk). Just a little planning makes a big impact

Green up your table

'Embrace foliage – use leaves and plants with candles for a beautiful table setting. You could even handwrite place names on winter leaves using gold pen. Anything green can then be composted. Just make sure you don't use anything too prickly, or unsafe around food.'

Plan, and then plan some more

'Christmas is a time to embrace your shopping list and enjoy the planning process – this will stop you from buying things you don't need. Get organised and write a meal plan. Include your leftovers, overlap ingredients where you can and try recipes that use up what you already have in your cupboards and freezer.' (Find an easy time plan for Christmas Day on p116.)

Skip peeling

'Many foods we'd normally peel don't actually require it, and those peels equal a lot of food waste. Add plenty of herbs, garlic or seasoning and cook everything through properly and no one will notice.'

Really love your menu

'Choose items for your festive lunch menu that everyone really loves to eat, and dishes that can easily be transformed into something new if you have any leftovers. That way, everything will be eaten at some point and not just thrown out and wasted after the big day.'

HOW TO HAVE A green Christmas

Food waste, single-use plastic and recycling aren't particularly festive subjects, but Christmas can be a time of excess and expense, so it's worth pausing for thought and making a few tiny changes to your kitchen to save yourself some money and be more planet-friendly

8 IDEAS FOR A MORE sustainable Christmas



Beth Noy of zero-waste shop Plastic Freedom (plasticfreedom.co.uk) has plenty

of ideas on how to make your Christmas kitchen more sustainable, from repurposing items to replacing single-use plastics. You could also use some of these tips to make your own DIY gifts and stocking fillers.

1

Invest in reusable storage

'Stainless steel boxes, glass jars and silicone bags are brilliant ways to store food. The bags in particular are good for packing food flat and stacking in the freezer. Food stored properly will stay fresher for longer, too.'

2

Get to grips with wax wraps

'These can be used for so many things, from packing lunches and storing half-cut veg to making piping bags. Use them as gift wrap if you're making edible gifts this year – you'll essentially be giving two gifts in one package.'

3

Make your own basics

'Cut down on the amount of packaging you bring home by making basics such as bread, pizza dough, hummus, sauces and jams yourself.' Find out how at bbcgoodfood.com/basic.



Use up your leftovers



Potted ham

SERVES 8 PREP 20 mins plus chilling
COOK 5 mins EASY ✨

Gently melt **250g unsalted butter** in a small pan, then leave to settle. Slowly pour the clear yellow fat into a small bowl or jug, discarding the milky liquid left in the pan. Finely shred **500g cooked ham**. Mix with **a chopped bunch of parsley, a small pinch of ground cloves, a pinch of yellow mustard seeds, 1 tbsp cider vinegar**, two-thirds of the butter and a little sea salt. Divide between eight small ramekins. Press and flatten, then pour over the rest of the butter. Chill until the butter is solid. *Will keep, covered in the freezer, for up to three months. Defrost before serving.* Dip in a bowl of hot water, turn out onto plates and serve with **toast, cornichons** and **chutney**.

PER SERVING 316 kcals • fat 29g • saturates 17g • carbs 1g • sugars 5g • fibre none • protein 14g • salt 2.1g



Refried roast potatoes

SERVES 4-6 PREP 5 mins
COOK 10 mins EASY V

Heat **1 tbsp oil** in a large frying pan over a medium heat and fry **10 small halved pickled onions** for 3-4 mins until caramelised. Add **1/2 tsp cayenne** and **the leaves from a few thyme sprigs**, then tip in **500g leftover roast potatoes** and another 1 tbsp oil. Use the back of a wooden spoon to squash each potato slightly. Leave to fry for 3-4 mins, then toss. Add another 1 tbsp oil, toss and fry again until extra crispy. Season to taste and serve warm.

GOOD TO KNOW gluten free
PER SERVING (6) 194 kcals • fat 10g • saturates 5g • carbs 22g • sugars 1g • fibre 2g • protein 2g • salt 0.1g

CHECK YOUR FRIDGE

According to WRAP (The Waste and Resources Action Programme, wrap.org.uk), the easiest thing you can do to create less food waste is to set your fridge temperature between 0-5C. On average, fridges are set at 7C, but this lowering of the temperature can make your food last for up to three days longer.



Turkey rice pot

SERVES 4 PREP 15 mins
COOK 20 mins EASY

Pour **500ml hot chicken stock** into a large pan and bring to the boil. Add **250g long grain rice** and **300g chopped cooked turkey**. Return to the boil, then simmer for 12-15 mins. Cover and set aside. Put **250g spinach** in a colander and pour over hot water to wilt. Drain, squeeze out any liquid and put in a bowl. Put **2 carrots cut into matchsticks** in another bowl, then dress both with **1/2 tsp sesame oil** and **1/2 tsp sesame seeds**. Heat **2 tbsp vegetable oil** in a non-stick pan and fry **4 eggs**. To serve, top the turkey rice with the vegetables, eggs and **2 tbsp chilli sauce**.

GOOD TO KNOW healthy
PER SERVING 537 kcals • fat 17g • saturates 4g • carbs 60g • sugars 5g • fibre 3g • protein 39g • salt 1.3g

4

Choose wisely

'Items that we use every day can be swapped for sustainable options. Opt for recycled aluminium foil and FSC-certified baking parchment, roasting bags and paper cases – they reuse waste from other products in a more sustainable way.'

5

Start composting

'All produce scraps can be used on your garden if you compost them, as they break down into the soil. Plus, it's easy and saves a lot of waste from going in the bin.' Find our guide to composting by searching 'compost' on bbcgoodfood.com.

6

Switch your cuppa

'Tea and coffee are often sold in plastic – even teabags can contain it. Buy yours loose and brew in a teapot or reusable teabag. Loose tea is great for gifting in a pretty box, too.'



7

Ditch disposable kitchen paper

'Reusable "unpaper" towels can be cleaned in the washing machine when you're done, saving money and cutting down on waste.'



8

Scrub up better

'Washing-up sponges often contain and are packaged in plastic, but reusable sponges can be put in the wash when they're dirty, and natural dish brushes made from wood and coconut fibres can go in your compost bin to break down into earth.'



THE
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MILK
YOU BUY

IS THE
ORGANIC
MILK
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We only use organic British milk
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SEASON & SPICE

Christmas flavours

Every year products hit shelves to help you add a festive ping to familiar recipes. This year we advocate a DIY approach to bring the aromas of Christmas into your home – along with the joy of the season

Condiments

Festive spice

Use our spice mix to add a hint of Christmas to all manner of dishes, sweet and savoury. Try it dusted on fried chicken wings, stirred into a spiced latte or added to bakes, like cookies, and in buttercream. It even makes a great addition to cocktails and mixed into butter to serve with a Christmas morning croissant.

MAKES 100g PREP 5 mins EASY V

40g ground cinnamon	¼ tsp ground cloves
30g ground coriander	1 orange, zested
2 tsp freshly grated nutmeg	1 lemon, zested
1 tsp ground ginger	2 tsp light brown soft sugar
	1 tsp sea salt

Tip the ingredients in a bowl, stir well to combine, then store in a clean, airtight jar. *Will keep for up to two weeks. To store for up to two months, leave out the zest until you're ready to use the mix.*

GOOD TO KNOW vegan • gluten free
PER TSP 6 kcal • fat 0.2g • saturates 0.1g •
 carbs 0.3g • sugars 0.3g • fibre 1.1g •
 protein 0.2g • salt 0.1g

Chicken salt

This seasoning is great sprinkled on chips, scattered over a turkey or chicken before roasting, or dusted over macaroni cheese just as it comes out of the oven. You can also use it to season sprouts and roasted parsnips and carrots.

MAKES 120g PREP 5 mins EASY

Put **1 low-salt chicken stock cube** in a mini food processor along with **100g coarse sea salt** and **2 tsp dried thyme**. Pulse a few times to grind the stock cube and to disperse it through the salt. Tip into a clean, dry jar and seal. *Will keep for one month.*

GOOD TO KNOW low fat
PER TSP 1 kcal • fat none • saturates none • carbs 0.2g • sugars 0.1g • fibre 0.1g •
 protein 0.1g • salt 5g

TECHNICAL TALK

This is called a compound gin, which means ingredients are added to a neutral spirit, like vodka, to impart their flavour before being strained out.

&

MIX A GIN COCKTAIL

Find 10 easy tipples from a French 75 to a sloe gin fizz by visiting bbcgoodfood.com/gin-cocktails.

Gift idea

Christmas gin

Create your own bespoke gin to serve at a party, or give it as a gift. For more flavoured gin ideas, visit bbcgoodfood.com/flavoured-gin.

MAKES 700ml PREP 5 mins plus 12 hrs steeping EASY V

700ml bottle of vodka
 2 tbsp juniper berries
 strip of orange peel
 4 cloves
 1 cinnamon stick

1 Open the bottle of vodka and add the juniper berries, orange peel, cloves and cinnamon. (If you prefer a stronger flavour, bruise the juniper berries using a pestle and mortar first.) Put the lid back on the bottle and

leave in a cool, dark place for 12-24 hrs, but no more, or the flavours may become imbalanced.
2 Strain the infused vodka into a jug through a fine sieve (or a coffee filter works well), then pour back into a clean bottle. *Will keep for several months in a cool dark place.* Mix with tonic or in a martini.

GOOD TO KNOW vegan • gluten free
PER 25ML SERVING 60 kcal • fat none •
 saturates none • carbs 0.1g • sugars none •
 fibre 0.1g • protein none • salt none

BBC goodfood SHOW WINTER
 Sponsored by: 



Our drinks expert, Miriam Nice, is at the BBC Good Food Show (28 Nov-1 Dec) running workshops on making the perfect Christmas gin. Turn to page 96 for more information and book your tickets now at bbcgoodfoodshows.com.

TECHNICAL TALK

Salt and sugar mixes keep well as long as they're stored away from moisture. They attract water from the air, like in a steamy kitchen, then become damp and clumpy.

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NEXT LEVEL

Yule log

recipe BARNEY DESMAZERY photograph TOBY SCOTT

SERVES 8-10 **PREP** 1 hr plus chilling
COOK 20 mins **MORE EFFORT**

WHAT

This festive roulade is a classic Christmas bake, but too often it's all about the look rather than the flavour. It can also be overly sweet and lack the depth of a good-quality chocolate dessert.

HOW

We've upped the Christmas flavours, using festive spices, a brandy butter filling and chocolate truffle icing for extra indulgence.

WHAT TO BUY

For the sponge

- 5 eggs, separated
- 125g light brown soft sugar
- 40g cocoa powder (make sure it's pure cocoa)
- ½ tsp mixed spice
- ½ tsp ground ginger

white caster sugar, for sprinkling

For the brandy butter filling

- 100g soft butter
- 250g icing sugar, sifted
- 4 tbsp brandy
- 1 tsp vanilla extract

For the frosting

- 100g dark chocolate, chopped
- 100ml double cream
- 25g butter

For the decoration

- 75g white chocolate, chopped
- 10 fresh bay leaves, or organic rose leaves
- icing sugar, for dusting
- edible gold lustre, food spray or powder

FLOURLESS

Making the sponge without flour ensures that it is extra-light and airy, and if you use a natural cocoa powder (without additives), then the sponge becomes gluten-free.

BROWN SUGAR

We've gone with light brown soft sugar as our main source of sweetness to give the log a background toffee flavour.

NOT ALL COCOA IS EQUAL

Cocoa powders differ hugely in quality from those that are more like drinking chocolate, with the addition of icing sugar and cornflour, to pure cocoa powder which will give you the best flavour and colour.

WHITE CHOCOLATE LEAVES

These are really easy to make and evoke the winter woodland theme. Only use bay or organic rose leaves and, if you have time, a double coating of the white chocolate will guarantee it easily peels away from the leaves.



BRANDY BUTTER FILLING

In keeping with a Christmas tradition, we've based our buttercream filling on brandy butter. But rum or whisky works just as well in place of brandy.



THINNER BASE
We've made the sponge base thinner than the average roulade so you get more of a spiral shape running through the middle.

TRUFFLE COATING
For extra decadence, we've coated the log in the same rich chocolate mix used to make chocolate truffles.

CHRISTMAS SPICE
To give the log festive flavour and to stop the sponge from being one-dimensional, we've added a warming hit of mixed spice and powdered ginger.

A FESTIVE DUSTING
A light dusting of icing sugar is a must for a snowy effect. Add shimmer by using a sprinkling or light spray of edible gold lustre.

HOW TO MAKE IT

1 Line a 35 x 25cm Swiss roll tin with baking parchment and heat the oven to 180C/160C fan/gas 4. Beat the egg whites with an electric whisk until just holding peaks, then add half the sugar, 1 tbsp at a time, until the peaks hold. Set aside. Beat the yolks with the remaining sugar until pale and fluffy in a clean bowl. Sift in the cocoa, spices and a pinch of salt and gently fold them through. Beat in a third of the egg whites, then gently fold through the rest until you have an airy mousse. Pour into the tin and spread evenly. Bake for 12-15 mins until springy.

2 Sprinkle caster sugar over a large sheet of baking parchment. Turn the cake out onto the sugared parchment, then peel off the sheet you used to line the tin. Cover with a clean tea towel, then leave to cool completely. Trim the edges, then score along the inside edge of one of the short sides and roll it up from there, using the parchment to help.

3 To make the filling, beat the butter, icing sugar, brandy and vanilla together with an electric whisk for 10 mins until light and fluffy. Unroll the sponge, then turn it so that one long edge is facing you. Spread the buttercream over the sponge using a palette knife, keeping the end furthest from you clean. Using the parchment, roll the sponge up again into a roulade.

4 For the frosting, tip the chocolate into a large bowl. Put the cream and butter in a saucepan and heat gently until the butter melts and the cream reaches simmering point, then pour over the chocolate. Stir to create a smooth mixture, then leave to cool, stirring occasionally, until you can spread it over the sponge. Make bark lines using a fork, then chill in the fridge for at least 30 mins.

5 To decorate with chocolate leaves, melt the white chocolate in a bowl over simmering water and paint the underside of the bay leaves with it. Put in the fridge to set for 30 mins, then gently peel away the bay leaves. Arrange over the log, then lightly dust with the icing sugar and lustre.

GOOD TO KNOW gluten free
PER SERVING (10) 452 kJ • fat 25g • saturates 15g • carbs 47g • sugars 45g • fibre 2g • protein 6g • salt 0.4g

Shoot director PETER RÜPSCHL | Food stylist JENNIFER JOYCE | Stylist VICTORIA ELDRIDGE

WRAP IT UP

Pigs in blankets

Christmas dinner just wouldn't be the same without pigs in blankets served in some form or another. Here are five options, including one that also uses stuffing

ALL-IN-ONE

Pigs-in-blankets Christmas stuffing balls

SERVES 6 PREP 20 mins
COOK 30 mins EASY

Heat the oven to 200C/180C fan/gas 6. Put **85g sage & onion stuffing mix** in a bowl, add 150ml boiling water and leave to absorb and cool. Add **300g sausagemeat**, **90g cooked chopped chestnuts** and **50g dried cranberries** and mix well. Cut **12 rashers smoked streaky bacon** in half lengthways. Cross two bacon strips, then roll a walnut-sized ball of the stuffing mix and sit it on the cross. Wrap the stuffing in the bacon and put on a lightly oiled baking tray. Repeat to make 12 stuffing balls. Bake for 30 mins until the bacon is crisp and the stuffing is cooked through.

PER SERVING 275 kcals • fat 17g • saturates 6g • carbs 18g • sugars 6g • fibre 2g • protein 11g • salt 1.7g

MEAT-FREE

Veggie pigs in blankets

MAKES 18-20 PREP 15 mins
COOK 30 mins EASY V

Heat the oven to 150C/130C fan/gas 2. Whisk **3 tbsp olive oil** with **2 tbsp soy sauce**, **1 tbsp maple syrup**, **2 tsp smoked paprika**, **1/2 tsp smoked salt** and **2 tsp yeast extract**. Cut **1 large trimmed aubergine** into 3mm slices lengthways, then toss in the marinade. Put on a lined roasting tray, reserving the extra marinade, and roast for 20-25 mins, turning halfway, until crisp at the edges. Working quickly, wrap the slices around **18-20 vegan cocktail sausages** (about 250g) and secure with a cocktail stick. Return to the tray, brush with more marinade and bake at 190C/170C fan/gas 5 for 10-15 mins until crisp.

GOOD TO KNOW vegan

PER SERVING (20) 43 kcals • fat 3g • saturates 1g • carbs 2g • sugars 1g • fibre 1g • protein 2g • salt 0.6g

A NEW TWIST

Chipolata & sage pigs in blankets

SERVES 8 PREP 15 mins
COOK 35 mins EASY

Heat the oven to 190C/170C fan/gas 5. Wash and dry **16 sage leaves**. Take **16 chipolata sausages** and lay one sage leaf on each. Cut **8 rashers smoked streaky bacon** in half lengthways and wrap one strip around each chipolata. Brush with **1 tbsp honey**, then put the chipolatas on a baking tray and cook for 30-35 mins until golden.

PER SERVING 221 kcals • fat 17g • saturates 6g • carbs 7g • sugars 3g • fibre 1g • protein 9g • salt 1.2g

EXTRA FRUITY

Black pudding-stuffed dates

SERVES 8 PREP 10 mins
COOK 35 mins EASY

Heat the oven to 190C/170C fan/gas 5. Fill **16 pitted dates** with **50g black pudding**. Cut **8 rashers smoked streaky bacon** in half lengthways, wrap one strip around each date and secure with a cocktail stick. Mix **1 tsp wholegrain mustard** with **1 tsp brandy**, brush over the dates and put on a baking tray. Bake for 30-35 mins.

GOOD TO KNOW 1 of 5-a-day

PER SERVING 161 kcals • fat 6g • saturates 2g • carbs 20g • sugars 19g • fibre 2g • protein 5g • salt 0.8g

TRADITIONAL FAVOURITE

Classic pigs in blankets

SERVES 8 PREP 10 mins
COOK 35 mins EASY

Heat the oven to 190C/170C fan/gas 5. Cut **8 rashers smoked streaky bacon** in half lengthways, wrap around **16 chipolata sausages**, put on a baking tray and bake for 30-35 mins until golden.

PER SERVING 213 kcals • fat 17g • saturates 6g • carbs 5g • sugars 1g • fibre 1g • protein 9g • salt 1g



THE MAIN EVENT

Turkey alternatives

While roast turkey has become synonymous with Christmas, choosing a different type of poultry can make the occasion feel even more special



FOR TWO

Serve a small bird each – they look impressive and feel luxurious.



Partridge with drunken potatoes

SERVES 2 PREP 30 mins COOK 40 mins EASY

Season **2 partridges** inside and out. Divide **2 crushed juniper berries**, **2 thyme sprigs**, **2 bay leaves** and **2 bashed garlic cloves** between the cavities. Slice **1 large Maris Piper potato** lengthways into six slices. Heat the oven to **180C/160C fan/gas 4**. Heat **1 tbsp butter** in a flameproof casserole, then brown the birds. Remove and set aside. Add another 1 tbsp butter, fry the potatoes until crisp, add **4 chopped rashers smoked streaky bacon** and fry until just golden. Sit the birds on the potatoes and pour over **100ml red wine**. Roast for 15 mins. Remove the birds and rest for 10 mins. Baste the potatoes and roast until tender. Sit the birds back in the pan and scatter over **chopped parsley**.

PER SERVING 892 kcals • fat 36g • saturates 11g • carbs 26g • sugars 1g • fibre 3g • protein 104g • salt 1.5g

FOR FOUR

Duck is a great option for a group of four, as it's about the perfect size.



Roast spiced duck with plums

SERVES 4 PREP 35 mins COOK 2 hrs 25 mins MORE EFFORT

Heat the oven to **160C/140C fan/gas 3**. Toast **1 star anise** and **2 tbsp coriander seeds** in a dry pan until fragrant. Put in a spice grinder and crush to a fine powder with 2 tsp sea salt. Mix with **4 tbsp muscovado sugar**. Lightly score the skin of a **2.5kg whole duck** in a criss-cross pattern and heat **1 tsp olive oil** in a large casserole. Brown the duck well, pour off the excess fat, sit breast-side up and season with the spice mix. Pack **6 halved and stoned plums** around the duck, then add **3 bay leaves**, **75ml red wine vinegar** and **300ml chicken stock**. Roast for 2 hrs. Turn the oven up for 10 mins to crisp the skin. Remove the duck and leave to rest for 10 mins. Spoon the fat off the plums, carve and serve.

PER SERVING 762 kcals • fat 59g • saturates 17g • carbs 22g • sugars 22g • fibre 4g • protein 33g • salt 2.9g

FOR SIX

A 4-5kg goose will easily serve a group of six. Rest the bird while you use the fat from the roast to cook your potatoes.

Slow-cooked goose

SERVES 6-8 PREP 35 mins plus resting COOK 4 hrs EASY

Take a **6kg trimmed goose** (giblets removed) out of the fridge 1 hr before cooking. Heat the oven to **160C/140C fan/gas 3**. Put the goose in a high-sided roasting tin, score the skin all over with a sharp knife and rub in some seasoning (see below), pressing it into all the cut marks. Loosely cover the tin and roast for 2 hrs, then uncover and roast for a further 2 hrs. Once cooked, leave to rest for at least 20 mins loosely covered. Reserve the fat for roasting potatoes.

GOOD TO KNOW iron • gluten free
PER SERVING (8) 582 kcals • fat 41g • saturates 13g • carbs none • sugars none • fibre none • protein 53g • salt 0.4g



Find more roast goose recipes at bbcgoodfood.com/roast-geese-ideas.

gf tip

TURKEY TIMINGS

- To ensure your timings are accurate, take your bird out of the fridge and allow it to come to room temperature first. This takes 1 hr for a whole turkey or 30 mins for a crown or rolled joint. See our roasting timer at bbcgoodfood.com/roast-timer.
- Defrost a turkey in a fridge set to 4C or below – allow 8-12 hrs per kg. Push the tip of a knife into the thickest part of the flesh to check it's fully defrosted.
- If you're the slightest bit worried about cooking your turkey through, invest in a meat thermometer. A turkey should reach 65C before it comes out of the oven – the temperature will then rise to 70C as it rests.

TIME PLAN

Your Christmas planner

For one of our turkey recipes (p28-33), to serve at 2pm

TIME	WHOLE TURKEY	TURKEY KIEV CROWN	WELLINGTON
8.30AM	<ul style="list-style-type: none"> • Leave the turkey to come to room temperature 1 hr before cooking 	<ul style="list-style-type: none"> • <i>This recipe gives you an extra hour in the morning</i> 	<ul style="list-style-type: none"> • <i>This is the best recipe if you don't want to get up too early</i>
9.15AM	<ul style="list-style-type: none"> • Heat oven to 180C/160C fan/gas 4 	<ul style="list-style-type: none"> • Leave the kiev butter (p32) to come to room temperature 	 <p>Relax and enjoy the morning</p>
9.30AM	<ul style="list-style-type: none"> • Put the turkey in the oven to roast for 3 hrs 30 mins 		
10.45AM	 <p>Take a 1 hr break from cooking</p>	<ul style="list-style-type: none"> • Spread the butter over the turkey crown and heat the oven to 190C/170C fan/gas 5 	
11AM		<ul style="list-style-type: none"> • Roast the crown for 1 hr 30 mins, cover and rest 	
11.30AM		<ul style="list-style-type: none"> • Heat oven to 190C/170C fan/gas 5 	
11.45AM			<ul style="list-style-type: none"> • Cook the wellington (p30) for 1 hr 15 mins, cover and rest
12.30PM	<ul style="list-style-type: none"> • Boil the potatoes and parsnips (p40) • Leave the gratin (p44) and stuffing (p40) to come to room temperature • Prepare the batter and onions for the Yorkshire puds (p44) 	<ul style="list-style-type: none"> • Turn oven to 210C/190C fan/gas 7 and cook the kiev topping • Boil the potatoes and parsnips (p40) • Leave the gratin (p44) and stuffing (p40) to come to room temperature • Prepare the batter and onions for the Yorkshire puds (p44) 	<ul style="list-style-type: none"> • Boil the potatoes and parsnips (p40) • Leave the gratin (p44) and stuffing (p40) to come to room temperature • Prepare the batter and onions for the Yorkshire puds (p44)
1PM	<ul style="list-style-type: none"> • Leave the turkey to rest, covered • Turn oven to 220C/200C fan/gas 7 • Roast the potatoes and parsnips for 40 mins 	<ul style="list-style-type: none"> • Turn oven to 220C/200C fan/gas 7 • Roast the potatoes and parsnips for 40 mins 	<ul style="list-style-type: none"> • Turn oven to 220C/200C fan/gas 7 • Roast the potatoes and parsnips for 40 mins
1.25PM	<ul style="list-style-type: none"> • Put the gratin and stuffing in the oven under the potatoes, and roast for 25 mins (gratin) and 20 mins (stuffing). Cover to keep warm when the dishes finish cooking 		
1.40PM	<ul style="list-style-type: none"> • Turn the oven up to 230C/210C fan/gas 8 and make the Yorkshire puddings • Reheat the red cabbage (p40) in the microwave or on the hob • Reheat the gravy and bread sauce, and leave the cranberry sauce to come to room temp (p48) • Reheat the crushed roots and pour over the butter, then microwave the carrots until they're heated through (p44) 		

MAKE AHEAD

UP TO A MONTH AHEAD

- The gravy and cranberry sauce

THREE DAYS AHEAD

- The bread sauce
- The cabbage wedges

TWO DAYS AHEAD

- Prepare the turkey: make the turkey wellington or kiev butter, or make spice mix for the whole turkey and rub over the bird

CHRISTMAS EVE

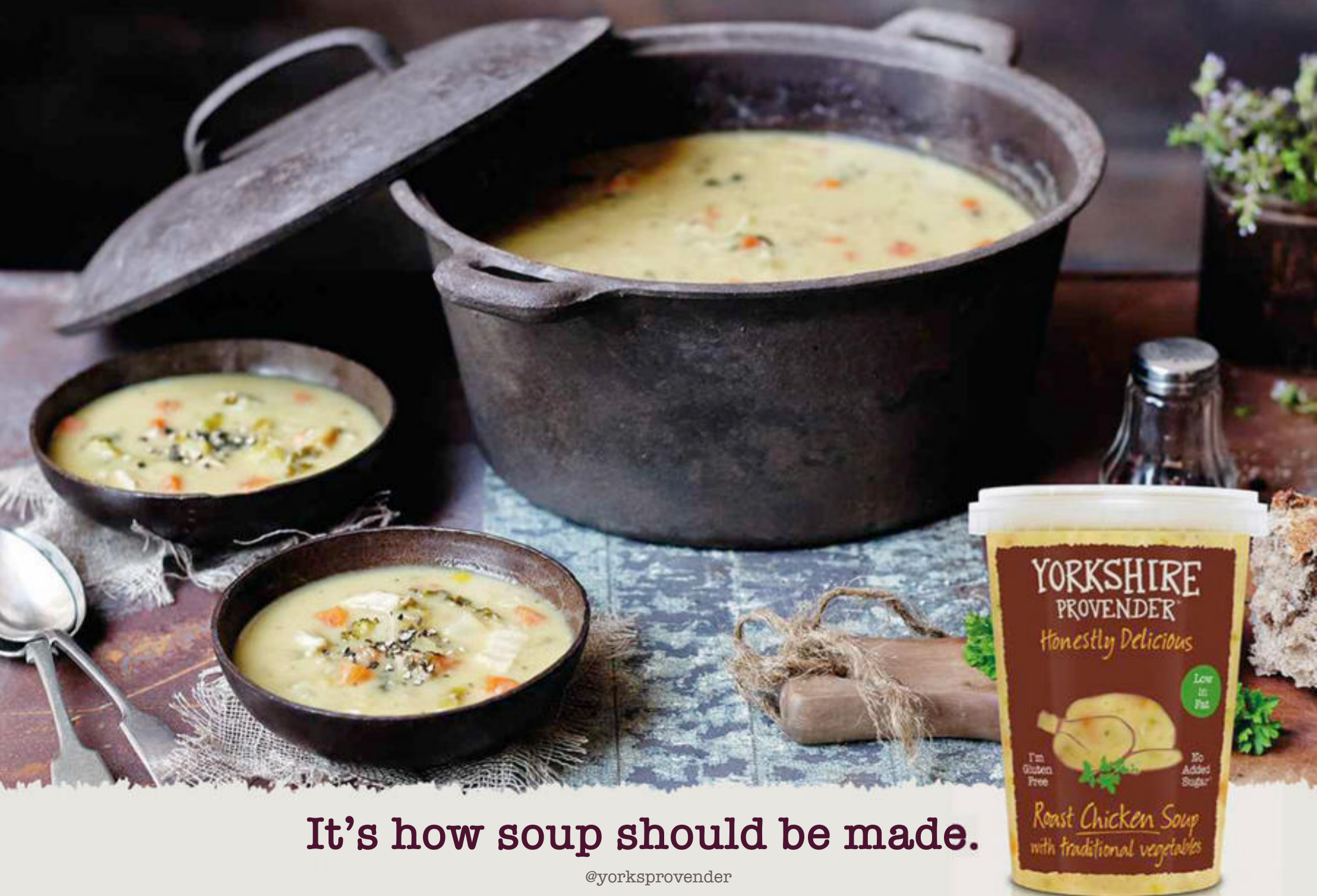
- Defrost the gravy and cranberry sauce
- Assemble the gratin and stuffing
- Prep the parsnips, potatoes, roots and carrots
- Cook the roots in the microwave, but don't pour over the butter at the end

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Cheers! Half-price wines for Christmas

Stock up on tipples for the festive season with a mixed case of expertly selected wines, from refreshing whites to velvety reds, plus a free bottle of celebratory prosecco



Wine expert Henry Jeffreys, along with the BBC Good Food team, tasted his way through over 100 wines to choose our Wine Club selection. Henry writes about wine for *The Guardian*

and *The Spectator*, and on his blog, worldofbooze.wordpress.com. He's also a judge in the Best Drinks Producer category for the BBC Food and Farming Awards. His first book, *Empire of Booze*, is out now.



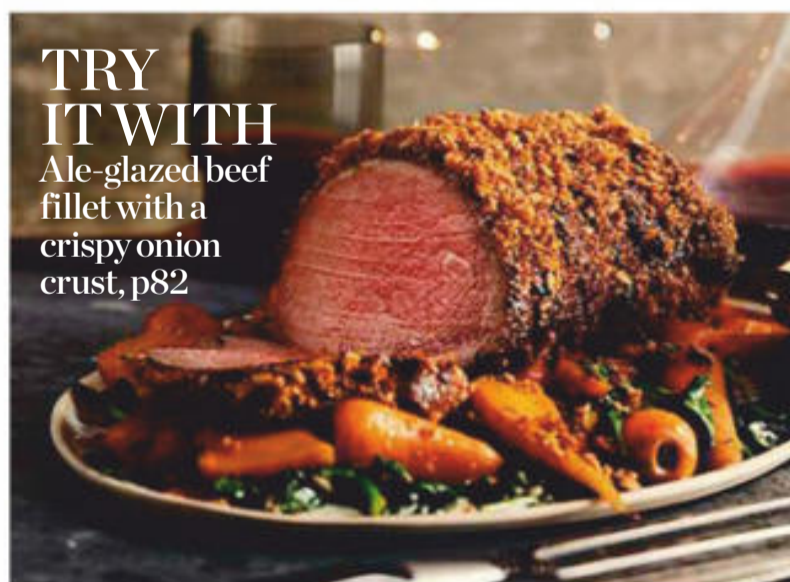
Find Henry's tasting notes, including food pairings, for all the selected wines at bbcgoodfood.com/wine-club.



THIS MONTH'S FAVOURITE COMTE GUILLAUME MERLOT

Wine type Languedoc Merlot
Characteristics to expect Menthol nose, plummy fruit with an elegant finish
Goes well with Daube of beef, slow-cooked pork shoulder, sausages and mash
Similar wine type Red Bordeaux

TRY
IT WITH
Ale-glazed beef
fillet with a
crispy onion
crust, p82



A wine for every dish

Ever wondered what white wine to match with your pasta? Or curious as to the best reds for steak night? Get clued-up with our handy guide to food and wine pairings, and impress your friends at the next dinner party. Go to bbcgoodfood.com/wine-club to find out more.



Better-than-half-price Christmas case

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It's what's inside that counts

Your gut looks after you, so show it some love with Activia*



It starts inside*

Activia is passionate about helping everyone to embrace looking after their gut*, so they can feel good from the inside out*. Indeed, the brand has 30 years of experience in yogurt-making, crafting tasty fermented foods with calcium – to help care for what's inside*.

Activia's 0% fat and 0% added sugar** yogurts are packed with billions of live cultures, and contain calcium, making it a delicious way to support your gut health*. There are so many easy and delectable ways to look after your gut with Activia*.

So why not get started by using this coupon (see below) to give Activia a try? Enjoy it as a mid-afternoon snack on its own or have a go at making this quick and simple recipe – made with Activia Vanilla 0% fat and 0% added sugar**. It's easy to make and a great snack for eating on-the-go.

Activia yogurts are available online and in supermarkets nationwide, including Tesco, Sainsbury's, Asda and Morrisons.

ACTIVIA

To discover the full Activia range, visit danoneactivia.co.uk and follow [@activiauk](https://www.instagram.com/activiauk) on Instagram

Autumnal apple & blackberry compote with granola & Activia Vanilla Yogurt

SERVES 1 ● PREP 10 mins ● COOK 10-15 mins
● EASY

1 apple, diced
150g blackberries
½ lemon, juiced
1 tbsp sugar
150ml water
Activia Vanilla 0% fat and 0% added sugar

For the granola

2 tbsp vegetable oil
3 tbsp honey
75g rolled oats
25g flaked almonds
50g hazelnuts, roughly chopped
15g pumpkin seeds
15g sunflower seeds

1 Heat the oven to 200C/180C fan/gas 6. Combine the granola ingredients and a pinch of salt, then spread the mixture evenly across a baking tray. Bake for 8 mins until golden, turning halfway through. Once cooked, remove from the oven and allow to cool.

2 To make the compote, combine all the ingredients, apart from the Activia Vanilla 0% fat and 0% added sugar, in a pan. Heat for 10 mins, stirring occasionally, until the fruit is soft and the mixture turns thick and jam-like. Remove from the heat and allow to cool.

3 When you're ready to serve, pour the compote into a bowl (or a jar or container, if you're taking it out with you), add the Activia yogurt, then top with some of the granola.

PER SERVING 270 kcals - fat 11g - saturates 1g - sugars 24g - salt 0.4g

50p OFF

ACTIVIA 4 X 120G PACK. VALID UNTIL 31/12/2019

TO THE CUSTOMER: 1. This coupon can be redeemed as part payment towards the purchase of any one Activia 4 x 120g pack in the following stores in the UK (excl. Northern Ireland): Tesco, Asda, Sainsbury's, Iceland, Waitrose, Co-op and Morrisons, subject to availability. 2. This coupon cannot be used online. 3. Only one coupon per transaction. Once redeemed, it cannot be used again under any circumstances. 4. This coupon cannot be redeemed against any other product and cannot be used in conjunction with any other offer. 5. This coupon cannot be exchanged for cash and cannot be transferred or sold. No change will be given. 6. Copied, damaged or defaced coupons will not be accepted. 7. This coupon is void where prohibited by law. Improper use of the coupon is prohibited and could be construed as fraud. The Promoter reserves the right to change or withdraw this offer at any time. 8. This coupon is governed by and construed in accordance with the laws of England and Wales. TO THE RETAILER: 1. This coupon will be redeemed at its face value PROVIDED ONLY it has been used as part payment towards the purchase of any one Activia 4 x 120g pack by 31/12/2019. 2. Only one coupon per transaction. 3. Coupons for redemption should be sent to Valassis Ltd, PO Box 6199, Nuneaton, CV11 9HQ and must be received by 31/03/2020. 5. The Promoter reserves the right to refuse payment if it believes this coupon has been redeemed other than in accordance with these conditions including but not limited to the retailer accepting a copied, damaged or defaced coupon. Promoter: Danone Limited, 6th Floor, Building 7 Chiswick Park, 566 Chiswick High Road, London, United Kingdom, W4 5YG. Please do not send coupons to this address. Coupon offer code: 0229 00258



*Activia contains calcium, which contributes to the normal function of digestive enzymes.

**Activia 0% contains naturally occurring sugars.

**SAVE
20%**

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good food
holidays**

Fantastic foodie escape

Enjoy a two-night stay in the Cotswolds

Widbrook Grange is an idyllic Grade II-listed Georgian country retreat ideally located amid 11 acres of beautiful gardens on the outskirts of Bradford-On-Avon, Wiltshire. Home to award-winning chef Sandor Szucs, menus in the hotel's restaurant – The Kitchen – are exquisitely executed and served with an impressive choice of wines and gins (there are 165 to choose from in the hotel's gin bar).

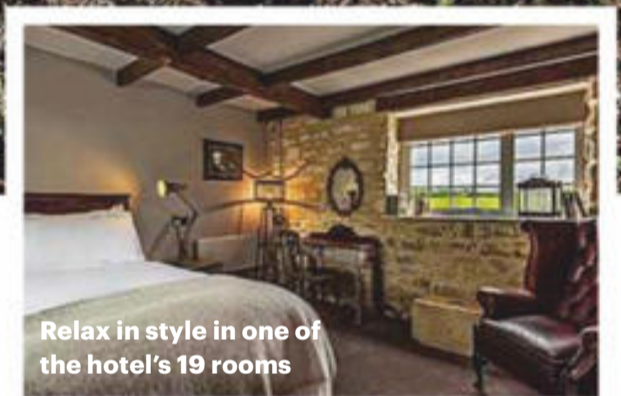
Now with our exclusive offer you can save 20% on a two-night foodie escape, paying just £350* per couple for accommodation in a classic room, full English breakfast each morning, a three-course dinner on the first evening and late check-out.

All of the 19 en-suite bedrooms have been individually designed in a rustic style with fabulous bathrooms, luxurious goose down feather duvets, sumptuous pillows, quirky vintage furnishings and original interiors that showcase the building's stunning character.

You can look forward to dining in The Kitchen, enjoying a three-course dinner featuring the finest, freshest ingredients – many lovingly harvested from the hotel's freshly planted herb garden, which boasts herb troughs, herb banks and herb wheels. Each morning, farmhouse breakfasts are served pantry-style, with eggs and soldiers, grilled kippers and a lovely, locally sourced full English all available.

Up to two dogs can stay free in one of the hotel's six dog-friendly rooms and a doggie welcome pack is provided to ensure your pet shares the enjoyment of your stay.

Widbrook Grange is ideal for a relaxing break with the delightful gardens, an indoor heated swimming pool and a mini gym. It makes an ideal base for exploring the area's many attractions, including the charming independent shops in the historic town of Bradford-On-Avon, nearby Bath (15 minutes' drive) and the Cotswolds.



Relax in style in one of the hotel's 19 rooms



Enjoy fine dining in The Kitchen

This great offer includes:

- Two night's accommodation in a Classic room
- Full English breakfast each morning
- Three-course dinner in The Kitchen on the first evening
- Late check-out

FOR MORE DETAILS OR TO BOOK

call **01225 864750** quoting BBC *Good Food* or visit widbrookgrange.co.uk/bbc

Exclusive offer for BBC Good Food readers



TERMS & CONDITIONS *Offer based on two people sharing a Classic double/twin bedroom, valid until 30 April 2020, excluding 23 December-2 January, 14-16 February, and Bank Holidays, subject to availability of allocated rooms. There is a £20 supplement for Friday and Saturday night stays, upgrades are available.

gf

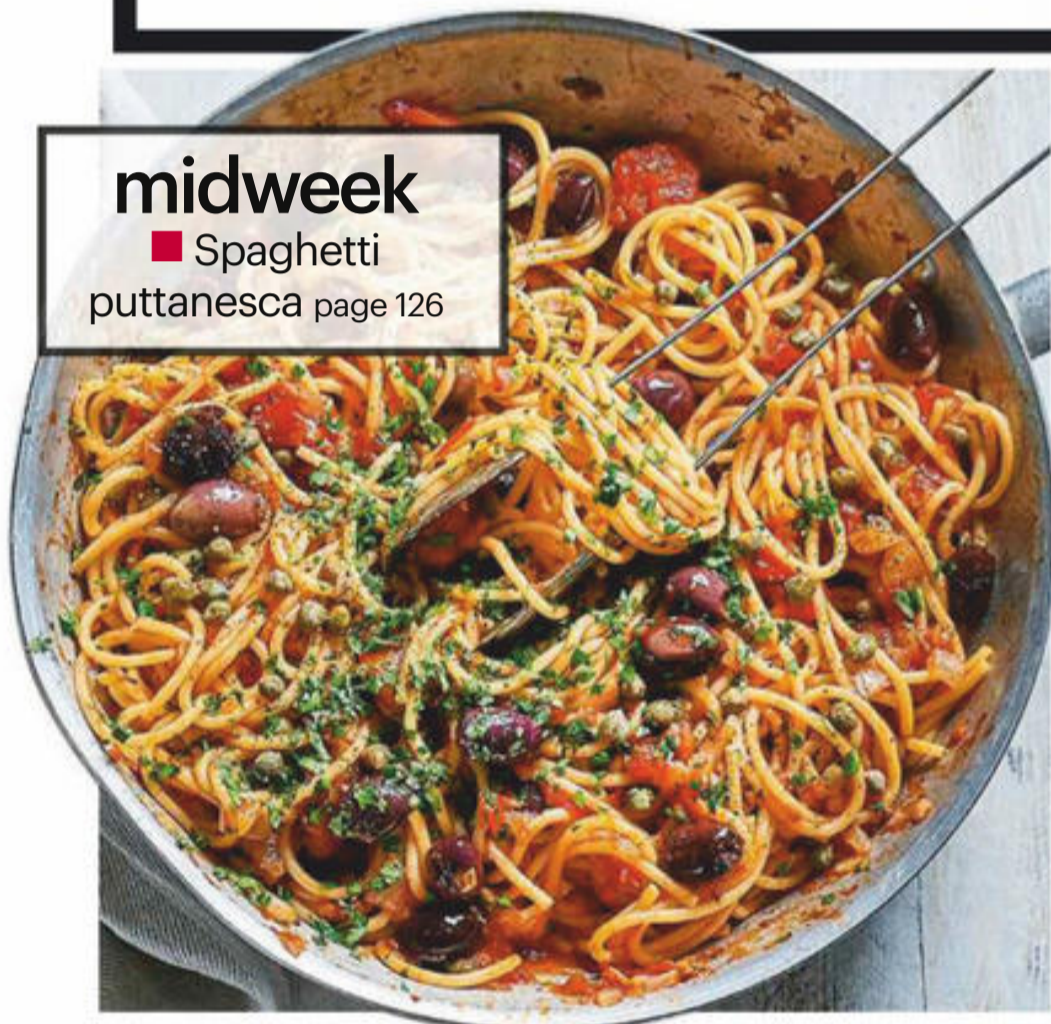
easy

24

simple recipes
for busy
weekdays

midweek

■ Spaghetti
puttanesca page 126



cook cards

■ Caesar pitta
page 138

health

■ Quinoa chilli with
avocado page 131



seasonal

■ Spiced walnut cake with
pomegranate molasses
page 142



shop-ahead dinner plan

easiest ever midweek meals

Use our shopping list, featuring some genius ingredients, and whip up seven simple, waste-free meals for cosy nights in

recipes ESTHER CLARK *photographs* FAITH MASON

Polenta with chorizo & poached eggs

SERVES 2 **PREP** 5 mins
COOK 25 mins **EASY**

- ¼ of a 250g chorizo sausage ring, thinly sliced
- 200g chard, sliced
- 2 large eggs
- 125g quick-cook polenta
- 30g parmesan, grated
- 2 tbsp olive oil
- ½ small bunch parsley, finely chopped

■ Heat a non-stick frying pan over a medium heat and add the chorizo. Cook for 5 mins or until starting to crisp. Stir through the chard and leave to wilt for 5-8 mins, then remove from the heat and set aside.

■ Bring a pan of water to the boil, reduce to a simmer, then quickly stir the water with a wooden spoon to create a whirlpool. Once the whirlpool has almost completely subsided, crack an egg into the centre of it. Gently simmer for 3 mins, then remove with a slotted spoon. Set aside on a plate while you poach the remaining egg.

■ Cook the polenta following pack instructions, then mix in the parmesan, oil, parsley and some seasoning. Divide between two plates, top with the chorizo, chard and a poached egg each.

GOOD TO KNOW calcium • folate • vit c • 1 of 5-a-day
PER SERVING 428 kcals • fat 31g • saturates 10g • carbs 13g • sugars 1g • fibre 2g • protein 23g • salt 2.8g

£2.19
per
serving

gf tip

MAKE IT VEGGIE Swap chorizo for meat-free sausages or mince, and use vegetarian cheese.

SHOPPING LIST

FRUIT, VEG & HERBS

- 2 red onions
- 3 onions
- 1 garlic bulb
- 1 bunch of spring onions
- 2 large peppers
- 3 fennel bulbs
- 1 small red cabbage
- 2 Little Gem lettuces
- 200g chard
- 1 small cucumber
- 1 ripe avocado
- 8 limes
- 2 lemons
- 1 small bunch of mint
- 1 small bunch of coriander
- 1 small bunch of parsley
- 1 small bunch of thyme

MEAT, FISH & DAIRY

- 6 pork sausages
- 1.5kg whole chicken
- 250g chorizo sausage ring
- 6 large eggs
- 170g block parmesan

DRY GOODS

- 500g risotto rice
- 300g spaghetti
- 3 x 400g cans chopped tomatoes
- 2 x 400g cans coconut milk
- 340g can sweetcorn
- 2 x 400g cans pinto beans
- 375g pack quick-cook polenta
- 100g pitted black olives
- 8 small soft corn tortillas

STOPECUPBOARD

- chilli flakes
- fennel seeds
- olive oil
- hot smoked paprika
- sesame oil
- chilli sauce
- fish sauce
- Thai red curry paste
- chicken stock cubes
- white wine
- anchovy fillets
- capers

gf tips

Most recipes serve four but we've added two recipes to serve two for when not everyone needs feeding.

Check use-by dates and plan your dinners accordingly. Store fresh herbs in a mug of water in the fridge to help them last longer.



Roast chicken with fennel & olives

SERVES 4 **PREP 15 mins**
COOK 1 hr 35 mins **EASY**

- 6 tbsp olive oil
- 2 large fennel bulbs, cut into thin wedges
- 4 large garlic cloves, peeled and bashed
- 1.5kg whole chicken
- 1 lemon, halved
- ½ small bunch of thyme
- 2 x 400g cans chopped tomatoes
- 100g pitted black olives
- 250g quick-cook polenta
- 70g grated parmesan

■ Heat the oven to 190C/170C fan/gas 5. Toss 2 tbsp of the oil with the fennel and garlic and spread out on a tray. Rub the chicken with a further 2 tbsp oil, push the lemon

halves and thyme into the carcass and season the skin generously. Sit the chicken in the tin and roast for 1 hr, then stir through the tomatoes and olives, season and return to the oven for 20-25 mins, or until the chicken is cooked through. To check, pierce the thigh with a skewer – the juices should run clear.

■ Cook the polenta following pack instructions, then stir through the remaining olive oil and parmesan and season to taste. Carve the chicken and serve with the tomato sauce and cheesy polenta.

GOOD TO KNOW calcium • fibre • vit c • 2 of 5-a-day • gluten free

PER SERVING 669 kcals • fat 44g • saturates 11g • carbs 25g • sugars 7g • fibre 7g • protein 41g • salt 1.9g

£3.10
per
servings



£1.96
per
serving

Creamy curried chicken & rice soup

SERVES 4 PREP 20 mins
COOK 35 mins EASY

- 2 tbsp olive oil
- 1 onion, finely chopped
- 3 tbsp Thai red curry paste
- 2 x 400g cans coconut milk
- 400ml chicken stock
- 100g risotto rice
- 4 large eggs
- about 200-300g leftover roast chicken (from p125), shredded
- 340g can sweetcorn, drained
- 2-3 limes, juiced
- 2 spring onions, sliced

■ Heat the oil in a saucepan over a medium heat. Add the onion and fry for 10 mins or until softened and turning translucent. Add the curry paste and cook for 1 min. Stir in the coconut milk, chicken stock and risotto rice and bring to a simmer. Cook for 15-20 mins or until the rice is tender.

■ Bring a pan of water to a simmer, add the eggs and cook for 7 mins. Stir the chicken and sweetcorn into

the soup and cook for 5 mins to warm everything through. Season to taste and add the lime juice. Gently peel the shells off the eggs and cut them in half. Top the soup with the eggs and spring onions.

GOOD TO KNOW 1 of 5-a-day
PER SERVING 679 kcals • fat 41g • saturates 18g •
carbs 38g • sugars 11g • fibre 5g • protein 38g •
salt 1.4g

gi reader offer

Cast iron skillet pans

A must for any cook, these skillet pans from Cooks Professional have been pre-seasoned with oil, giving them a naturally non-stick surface. The set contains 10-inch, eight-inch and six-inch skillets, all oven-safe up to 250C.

EXCLUSIVE PRICE Just £19.99 (was £24.99), plus £4.95 p&p

TO ORDER Call 0844 493 5654 quoting 95517 or visit clifford-james.co.uk/95517



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£1.11
per
serving

Spaghetti puttanesca

SERVES 4 PREP 15 mins
COOK 20 mins EASY

- 3 tbsp olive oil
- 1 onion, finely chopped
- 2 large garlic cloves, crushed
- ½ tsp chilli flakes (optional)
- 400g can chopped tomatoes
- 5 anchovy fillets, finely chopped
- 120g pitted black olives
- 2 tbsp capers, drained
- 300g dried spaghetti
- ½ small bunch of parsley, finely chopped

■ Heat the oil in a non-stick pan over a medium-low heat. Add the onion along with a generous pinch of salt and fry for 10 mins, or until soft. Add the garlic and chilli, if using, and cook for a further minute.

■ Stir the tomatoes, anchovies, olives and capers into the onion, bring to a gentle simmer and cook, uncovered, for 15 mins. Season to taste.

■ Meanwhile, bring a large pan of salted water to the boil. Cook the spaghetti following pack instructions, then drain and toss with the sauce and parsley.

GOOD TO KNOW low cal • fibre • 2 of 5-a-day
PER SERVING 495 kcals • fat 19g • saturates 3g •
carbs 66g • sugars 8g • fibre 6g • protein 13g • salt 1.8g

Chorizo & red cabbage tacos

SERVES 4 **PREP** 15 mins
COOK 15 mins **EASY**

1 small red cabbage, finely sliced
3 limes, juiced
1 small bunch of coriander, finely chopped
2 tbsp olive oil
¾ of a 250g chorizo ring, diced
2 red onions, finely sliced
2 large peppers, sliced
2 large garlic cloves, crushed
2 tsp hot smoked paprika
2 x 400g cans pinto beans, drained and rinsed
8 small soft corn tortillas
1 ripe avocado, cubed

■ Toss together the cabbage, lime juice, coriander and ½ tsp salt in a bowl, then set aside.

■ Heat the oil in a non-stick frying pan over a medium heat. Add the chorizo and fry for 5 mins, then tip in the onion and pepper along with a pinch of salt and fry for 7-10 mins, or until the onions are golden and the peppers are beginning to soften. Stir in the garlic and paprika and fry for a further minute. Add the pinto beans and roughly crush half of them in the pan with the back of a wooden spoon. Season well and stir everything together.

■ Warm the tortillas through in a dry frying pan over a medium heat for around 30 seconds on each side. Fill with the bean mixture, red cabbage and the avocado.

GOOD TO KNOW folate • fibre • vit c • 4 of 5-a-day
PER SERVING 771 kcal • fat 37g • saturates 10g • carbs 72g • sugars 16g • fibre 14g • protein 30g • salt 3.0g

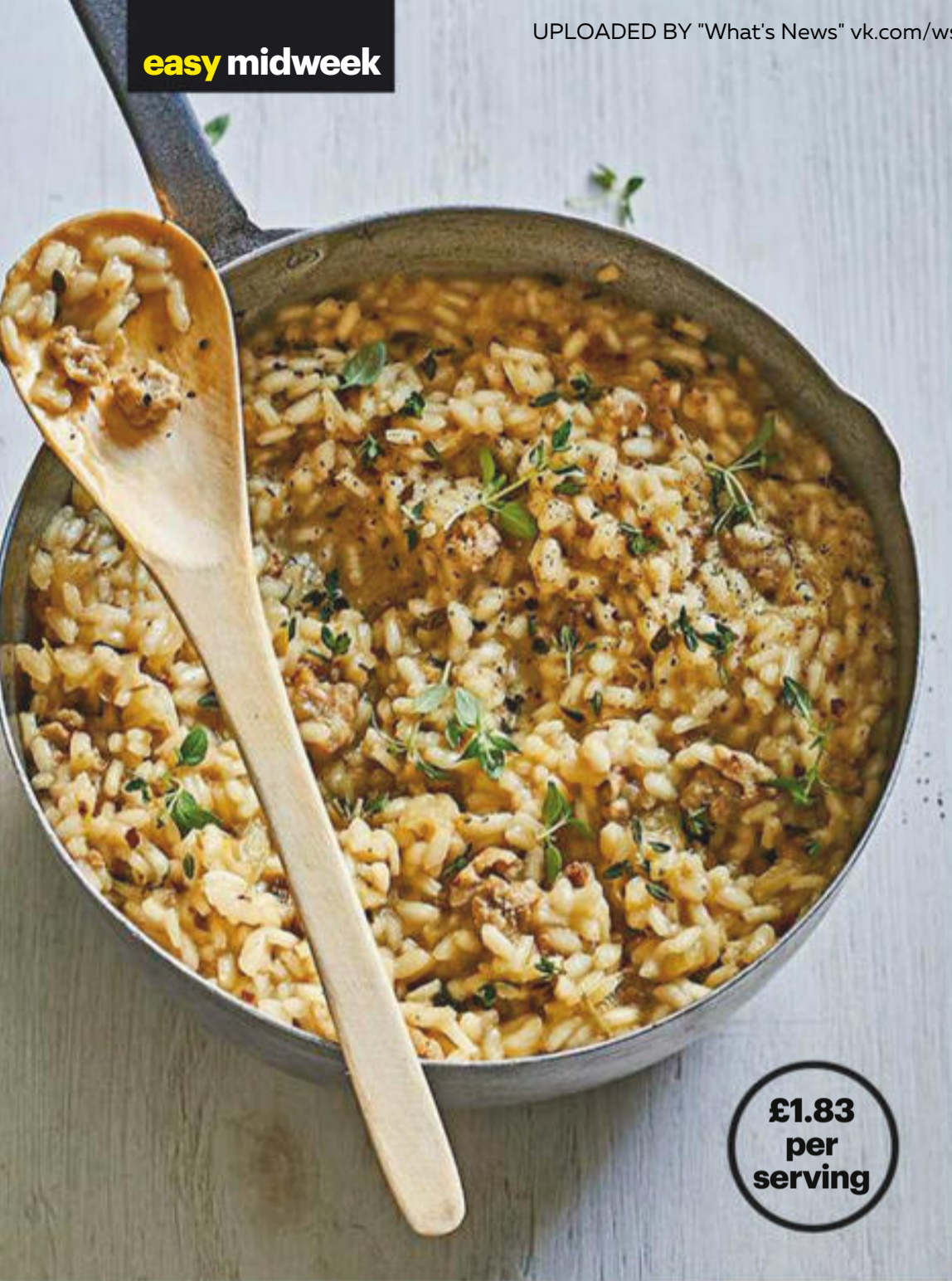
gf tip

MAKE IT VEGGIE Swap chorizo for diced halloumi or extra beans.

£2.56
per
serving



easy midweek



£1.83
per
serving

Sausage & fennel risotto

SERVES 4 PREP 15 mins
COOK 45 mins EASY

2 tbsp olive oil
1 onion, finely chopped
1 fennel bulb, finely sliced
3 pork sausages
½ tsp fennel seeds, crushed
2 large garlic cloves, crushed
3 thyme sprigs, leaves finely chopped, plus extra to serve
400g risotto rice
100ml white wine
1.4 litres hot chicken stock
70g parmesan, finely grated
1 lemon, zested and juiced

■ Heat the oil in a large saucepan, add the onion and fennel and fry for 10 mins or until softened. Raise the heat. Squeeze the sausagemeat out of the skins straight into the pan and fry for 5 mins, or until turning golden brown. Stir through the fennel seeds, garlic and thyme and fry for a further minute.

■ Tip in the rice and fry for 1 min. Pour the wine into the pan and boil the liquid until reduced by half. Add half the stock and cook until absorbed, stirring constantly. Add the remaining stock, a ladleful at a time, and cook until al dente and not too thick in consistency, stirring constantly for 20-25 mins. Season with black pepper.

■ Stir through the cheese and lemon, then spoon into four bowls and scatter over the extra thyme leaves to finish.

GOOD TO KNOW calcium • fibre • 1 of 5-a-day
PER SERVING 677 kcals • fat 20g • saturates 7g • carbs 91g • sugars 4g • fibre 6g • protein 26g • salt 2.6g

Cheat's sausage larb

SERVES 2 PREP 10 mins
COOK 10 mins EASY

3 tbsp sesame oil
2 limes, juiced
1 tbsp chilli sauce
½ tbsp fish sauce
3 pork sausages
1 tbsp red Thai curry paste
4 spring onions, sliced and shredded
½ bunch of coriander, chopped
small bunch of mint, leaves picked and torn
2 Little Gem lettuces, leaves separated
1 small cucumber, cut into matchsticks

■ Mix together 2 tbsp of the sesame oil, the lime juice, chilli sauce and fish sauce. Set aside.

■ Heat the remaining oil in a wok or non-stick frying pan over a medium heat. Squeeze the sausagemeat out of the skins and into the pan, breaking it up with a wooden spoon, and fry for 5-6 mins, or until golden brown. Stir through the curry paste and fry for 1 min. Mix through half the spring onions and half the herbs.

■ Fan out the lettuce leaves and arrange alongside the cucumber in two bowls, then tip in the sausage mixture and drizzle over the spicy dressing. Finish with the remaining herbs.

GOOD TO KNOW folate • fibre • vit c • iron • 2 of 5-a-day
PER SERVING 422 kcals • fat 34g • saturates 8g • carbs 13g • sugars 7g • fibre 7g • protein 12g • salt 2.0g

gf tip

Larb is a salad that originates from Laos in Thailand, often made from minced meat, chilli, fish sauce, lime and herbs and eaten with lettuce leaves.



£1.23
per
serving



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gf healthy diet plan

chilli non-carne

This low-fat, meat-free chilli adds up to a full house when it comes to eating your five-a-day

recipe SARA BUENFELD photograph ROB STREETER

Quinoa chilli with avocado & coriander

5 OF 5-A-DAY VITC IRON

SERVES 2 **PREP** 10 mins
COOK 45 mins **EASY V**

- 1 tbsp rapeseed oil
- 1 large onion, sliced
- 2 large garlic cloves, chopped
- 1 green pepper, chopped
- ½-1 tsp smoked paprika
- ½-1 tsp chilli powder
- 2 tsp each cumin and coriander
- 400g can chopped tomatoes
- ½ tsp dried oregano
- 2 tsp vegetable bouillon powder
- 80g quinoa, rinsed under cold water
- 400g can black beans, drained and rinsed
- generous handful of coriander, chopped
- 2 tbsp bio yogurt (optional)
- 1 small avocado, stoned, peeled and sliced

1 Heat the oil in a non-stick frying pan and fry the onion and garlic for 8 mins. Add the pepper and spices (use as much or as little as you like, depending how spicy you like it) and fry for 1 min more.

2 Tip in the tomatoes and a can of water, stir in the oregano, bouillon and quinoa, bring to the boil, then cover and simmer for 20 mins.

3 Stir in the black beans and cook, uncovered, for 5 mins more. Add most of the coriander, then serve topped with the yogurt (if using), the remaining coriander and the avocado slices.

GOOD TO KNOW healthy • low fat • low cal • calcium • fibre • vit c • iron • 5 of 5-a-day
PER SERVING 565 kcals • fat 21g • saturates 4g • carbs 63g • sugars 21g • fibre 20g • protein 22g • salt 0.4g



You'll find lots of other healthy recipes at bbcgoodfood.com

See the *Light*



Many of us are in the dark about how light can affect our food, which is why Noluma wants to shine a light on the problem

It's probably something that you've never even considered, but did you know that light can damage the food and drink we consume? It may surprise you to learn that no matter how carefully you choose high-quality, ethically sourced products, you might not be getting all the flavour and goodness that you expect. This is especially true when it comes to milk.

The problem starts with light. Milk is an excellent source of vitamins, sodium and protein – all important for your health. But, when it's exposed to lighting on the supermarket shelf, or even in your fridge, milk starts to degrade, losing some of its valuable nutrients – along with some of its taste!

Stand up for milk

The good news is, there's a simple solution to this problem. Noluma, the leader in light protection technology, has been working with supermarkets and dairies to find the best light-protecting packaging that can lock in all the freshness, goodness and taste in our milk for up to two weeks longer. As well as making it better for us, that's also better for the environment, as it means less waste.

Now Noluma wants you to get involved by contacting your local supermarket or favourite milk brand to ask what they're doing to prevent light damage. If we all take the time to do it, perhaps they'll see the light and make a change that will benefit everyone.



Did you know?

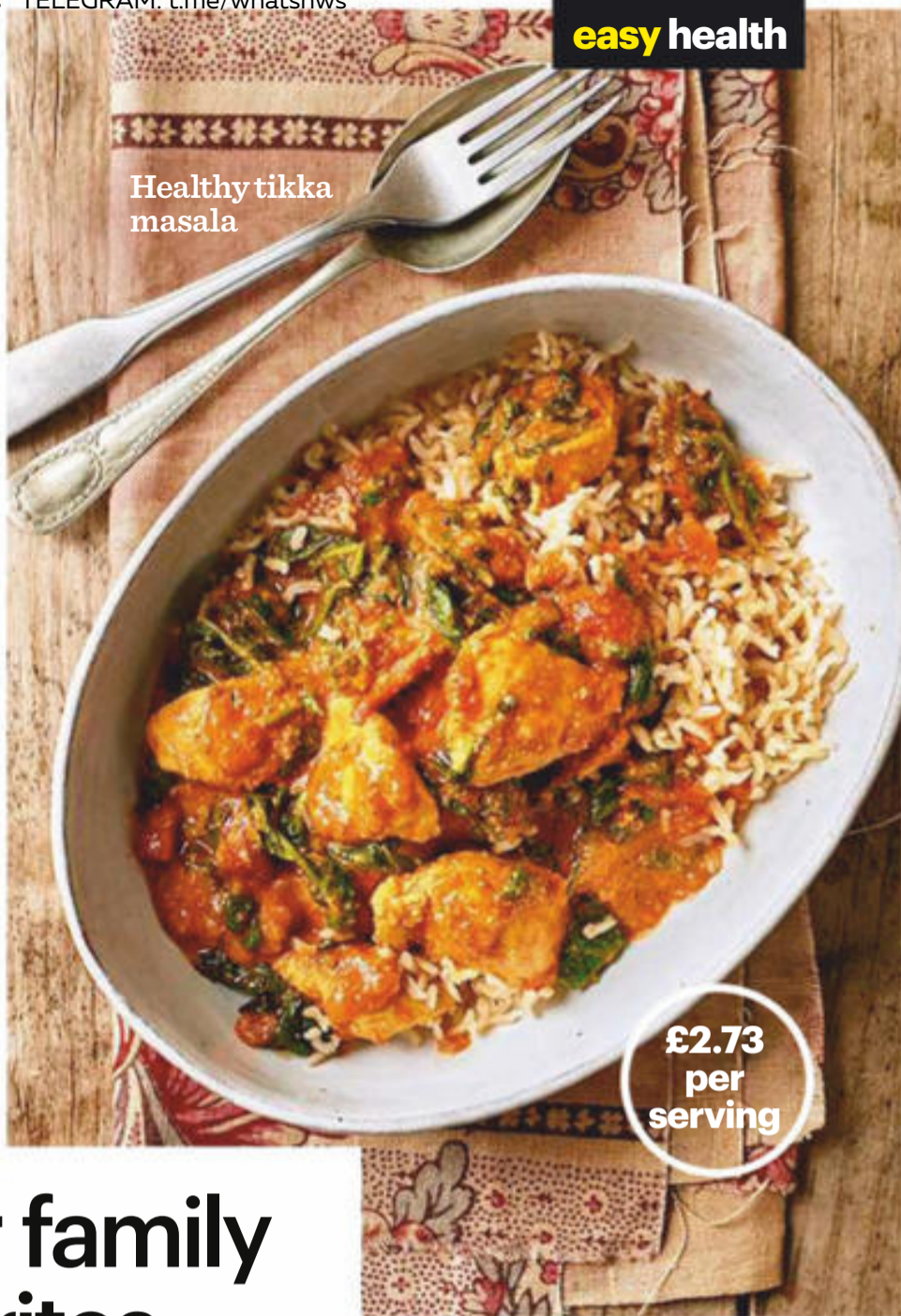
- After 15 minutes of light exposure, people can notice a change in the taste of milk
- After two hours of indoor light exposure, milk begins to lose Vitamin A
- After 16 hours of indoor light exposure, non-fat milk has lost 49% of its Vitamin A

Fight the light and learn more about what light damage is doing to your milk at lightdamageisreal.co.uk



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Swedish meatballs



Healthy tikka masala

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Classic crowd-pleasing dishes made a little lighter

recipes ESTHER CLARK photographs STUART OVENDEN



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Prawn fried rice



£1.15 per serving

Squash & pesto pasta

Healthy tikka masala

SERVES 4 PREP 10 mins COOK 55 mins EASY 🌟

1 large onion, chopped	400g can chopped tomatoes
4 large garlic cloves	40g ground almonds
thumb-sized piece of ginger	200g spinach
2 tbsp rapeseed oil	3 tbsp fat-free natural yogurt
4 small skinless chicken breasts, cut into chunks	½ small bunch of coriander, chopped
2 tbsp tikka spice powder	brown basmati rice, to serve
1 tsp cayenne pepper	

1 Put the onion, garlic and ginger in a food processor and whizz to a smooth paste.

2 Heat 1 tbsp of the oil in a flameproof casserole dish over a medium heat. Add the onion mixture and fry for 15 mins. Tip into a bowl and wipe out the pan.

3 Add the remaining oil and the chicken and fry for 5-7 mins, or until lightly brown. Stir in the tikka spice and cayenne and fry for a further minute. Tip the onion mixture back into the pan, along with the tomatoes and 1 can full of water. Bring to the boil, then reduce to a simmer and cook, uncovered, for 15 mins. Stir in the almonds and spinach and cook for a further 10 mins. Season, then stir through the yogurt and coriander. Serve with brown rice.

GOOD TO KNOW healthy • folate • iron • 2 of 5-a-day • gluten free

PER SERVING 365 kcals • fat 17g • saturates 1g • carbs 13g • sugars 10g • fibre 4g • protein 38g • salt 0.3g

Swedish meatballs

SERVES 4 PREP 10 mins plus cooling and chilling COOK 25 mins EASY 🌟 meatballs only

2 tbsp rapeseed oil	300ml hot low-salt beef stock
1 onion, finely chopped	½ tbsp Dijon mustard
1 small garlic clove, finely grated	2 tbsp fat-free natural yogurt
375g lean pork mince	400g spring greens, shredded
1 medium egg yolk	lingonberry or cranberry sauce, to serve
grating of nutmeg	
50g fine fresh breadcrumbs	

1 Put 1 tbsp rapeseed oil in a frying pan over a medium heat. Add the onion and fry for 10 mins or until soft and translucent. Add the garlic and cook for 1 min. Leave to cool.

2 Mix the cooled onions, pork mince, egg yolk, a good grating of nutmeg and the breadcrumbs in a bowl with your hands until well combined. Form into 12 balls and chill for 15 mins.

3 Heat the remaining oil in a frying pan and fry the meatballs for 5 mins over a medium heat, turning often until golden. Pour over the stock and bubble for 8-10 mins or until it has reduced a little. Stir through the mustard and yogurt.

4 Steam the greens for 5 mins or until tender. Serve the meatballs with the greens and a dollop of the sauce.

GOOD TO KNOW healthy • low cal • fibre • vit c • 1 of 5-a-day

PER SERVING 323 kcals • fat 18g • saturates 4g • carbs 13g • sugars 6g • fibre 6g • protein 24g • salt 1.04g

Squash & pesto pasta

SERVES 4 PREP 15 mins COOK 25 mins EASY V

1 small butternut squash (750g), peeled, deseeded and cut into 2cm cubes	1 garlic clove, crushed
3 tbsp rapeseed oil	1 lemon, zested and juiced
large bunch of parsley	1 tsp chilli flakes (optional)
large bunch of basil	350g pasta (casarecce or fusilli work well)
20g cashew nuts, toasted and chopped	30g parmesan or vegetarian alternative, shaved

1 Heat the oven to 200C/180C fan/gas 6. Toss the butternut cubes on a baking tray with ½ tbsp of the oil and some seasoning. Roast for 20-25 mins or until tender.

2 Put the parsley, basil, cashew nuts, garlic, lemon zest and juice and chilli (if using) in a food processor, along with the remaining oil and a splash of water, then whizz until very smooth. Season to taste.

3 Meanwhile, cook the pasta following pack instructions. Drain, reserving a little of the cooking water, then toss with the pesto and butternut squash and enough water to loosen the sauce. Finish with a little shaved parmesan, if you like.

GOOD TO KNOW healthy • calcium • folate • fibre • vit c • iron • 1 of 5-a-day

PER SERVING 540 kcals • fat 14g • saturates 3g • carbs 79g • sugars 10g • fibre 11g • protein 18g • salt 0.3g

Prawn fried rice

SERVES 4 PREP 5 mins COOK 25 mins EASY

250g long-grain brown rice	150g raw king prawns
150g frozen peas	3 medium eggs, beaten
100g mangetout	2 tsp sesame seeds
½ tbsp rapeseed oil	1 tbsp low-salt soy sauce
1 onion, finely chopped	½ tbsp rice or white wine vinegar
2 garlic cloves, crushed	4 spring onions, trimmed and sliced
thumb-sized piece of ginger, finely grated	

1 Cook the rice following pack instructions. Boil a separate pan of water and blanch the peas and mangetout for 1 min, then drain and set aside with the rice.

2 Meanwhile, heat the oil in a large non-stick frying pan or wok over a medium heat and fry the onion for 10 mins or until golden brown. Add the garlic and ginger and fry for a further minute. Tip in the blanched vegetables and fry for 5 mins, then the prawns and fry for a further 2 mins. Stir the rice into the pan then push everything to one side. Pour the beaten eggs into the empty side of the pan and stir to scramble them. Fold everything together with the sesame seeds, soy and vinegar, then finish with the spring onions scattered over.

GOOD TO KNOW healthy • low cal • fibre • 1 of 5-a-day

PER SERVING 418 kcals • fat 11g • saturates 2g • carbs 54g • sugars 7g • fibre 6g • protein 22g • salt 0.5g



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Feta, beetroot & pomegranate salad



Roasted roots & sage soup

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lighter lunches

Easy midweek lunches to counter the excesses of the festive season

recipes ANNA GLOVER *photographs* STUART OVENDEN



Caesar pitta

£3.48
per
serving



£1.67
per
serving

Charred veg & tuna niçoise with creamy kefir dressing

Roasted roots & sage soup

SERVES 2 PREP 15 mins COOK 45 mins EASY V *

- | | |
|---------------------------------------|--|
| 1 parsnip, peeled and diced | 1 tsp maple syrup |
| 2 carrots, peeled and diced | ¼ small bunch of sage, leaves picked, 4 whole, the rest finely chopped |
| 300g turnip, swede or celeriac, diced | 750ml vegetable stock |
| 4 garlic cloves, skin left on | grating of nutmeg |
| 1 tbsp rapeseed oil, plus ½ tsp | ½ tsp fat-free yogurt |

1 Heat the oven to 200C/180C fan/gas 6. Toss the root vegetables and garlic with 1 tbsp oil and season. Tip onto a baking tray and roast for 30 mins until tender. Toss with the maple syrup and the chopped sage, then roast for another 10 mins until golden and glazed. Brush the whole sage leaves with ½ tsp oil and add to the baking tray in the last 3-4 mins to crisp up, then remove and set aside.

2 Scrape the vegetables into a pan, squeeze the garlic out of the skins, discarding the papery shells, and add with the stock, then blend with a stick blender until very smooth and creamy. Bring to a simmer and season with salt, pepper and nutmeg.

3 Divide between bowls. Serve with a swirl of yogurt and the crispy sage leaves.

GOOD TO KNOW healthy • low fat • low cal • fibre • 3 of 5-a-day

PER SERVING 221 kcals • fat 9g • saturates 1g • carbs 26g • sugars 18g • fibre 10g • protein 5g • salt 0.2g

Feta, beetroot & pomegranate salad

SERVES 1 PREP 10 mins NO COOK EASY V

- | | |
|------------------------------------|--|
| 2 tsp rapeseed oil | handful of mint leaves, torn |
| 1 tbsp pomegranate molasses | 2 cooked beetroot, cut into thin wedges |
| pinch of ground cinnamon | 30g feta, crumbled |
| 1 tsp cumin seeds, toasted | handful of rocket leaves |
| squeeze of lemon juice | ½ romaine lettuce, torn into bite-sized pieces |
| handful of parsley, finely chopped | 20g pomegranate seeds |

1 Whisk the oil, pomegranate molasses, cinnamon, cumin seeds and lemon juice together in a bowl. Add 1 tbsp water to loosen, and season.

2 Toss in the herbs, beetroot, feta, rocket and lettuce, and toss to coat in the dressing. Sprinkle over the pomegranate seeds to serve.

GOOD TO KNOW healthy • low cal • calcium • folate • fibre • vit c • iron • 3 of 5-a-day • gluten free

PER SERVING 293 kcals • fat 14g • saturates 5g • carbs 26g • sugars 15g • fibre 9g • protein 12g • salt 1.1g

Charred veg & tuna niçoise with creamy kefir dressing

SERVES 2 PREP 10 mins COOK 15 mins EASY

- | | |
|--|---|
| 100g green beans, trimmed | 1 tsp red wine vinegar |
| 6 spring onions, trimmed | 2 Little Gem lettuce, leaves separated |
| 2 tsp rapeseed oil | 160g can tuna in spring water, drained |
| 100g cherry tomatoes, halved | 4 black olives, halved |
| 4 tsp kefir or fat-free natural yogurt | 2 medium eggs, softly boiled and halved |
| 1 tsp mustard powder | |

1 Heat the grill to high. Bring a small pan of water to the boil and blanch the green beans and spring onions for 4 mins. Drain and dry well. Toss with 1 tsp oil, and transfer to a baking tray with the tomatoes, cut-side up. Season everything with black pepper, then grill for 10 mins until starting to soften and char. Leave to cool slightly.

2 Meanwhile, whisk the kefir, 1 tsp oil, mustard powder, vinegar and some seasoning together until smooth. Arrange the lettuce leaves, tuna, olives and eggs in shallow bowls or on plates. Pile on the onions, green beans and tomatoes, then drizzle over the dressing to serve.

GOOD TO KNOW healthy • low fat • low cal • folate • fibre • vit c • 2 of 5-a-day • gluten free

PER SERVING 266 kcals • fat 12g • saturates 2g • carbs 9g • sugars 8g • fibre 7g • protein 26g • salt 0.9g

Caesar pitta

SERVES 1 PREP 10 mins NO COOK EASY

- | | |
|--|---|
| 1 tsp lemon juice | 1 small skinless cooked chicken breast, or 80g cooked chicken, shredded |
| ½ small garlic clove, crushed | ¼ small cucumber, cubed |
| 1 tbsp fat-free Greek yogurt | 3 cherry tomatoes, halved |
| 1 tbsp lighter mayonnaise | 4 Little Gem lettuce leaves, shredded |
| ¼ tsp mustard powder | 1 wholemeal pitta bread |
| 1 brown anchovy, rinsed and finely chopped | |
| ½ tbsp grated parmesan | |

Whisk the lemon juice, garlic, yogurt, mayonnaise, mustard powder, anchovy, parmesan and 2-3 tbsp water together with a good grinding of black pepper. Toss in the chicken, cucumber, tomatoes and lettuce, until everything is well coated. Toast the pitta and split, then stuff with the salad and chicken mixture.

GOOD TO KNOW healthy • fibre • 2 of 5-a-day

PER SERVING 461 kcals • fat 17g • saturates 3g • carbs 34g • sugars 7g • fibre 6g • protein 40g • salt 1.2g



This works well with leftover roast turkey, too.

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rosie's seasonal stars

walnuts

Rosie Birkett shares a festive cake filled with walnuts for an alternative Christmas bake, plus three other ways to prepare them

This is the season to be merry, and to eat all of the walnuts. New season walnuts are still around in their shells and being sold by the bagful, and they add an undeniable festive frisson to any winter table. I love to put them in bowls dotted about and leave out the nutcrackers, then sit my mates down with some good chilled sherry and a hard, nutty cheese like comté, some grapes, figs, and maybe – if I'm feeling fancy – some truffle honey to go with it. What could be more cheery than a nutcracking catch-up by candlelight, with some Christmas tunes to set the mood (the Beach Boys Christmas album, if you're wondering).

Aside from being delicious straight from their shells, the walnut's complex, earthy savouriness, slight astringency (because of the tannins in the skin) and buttery creaminess means it offers a fantastic spectrum of uses in cooking, too. Thanks to its oiliness and slight bitterness, it's balanced beautifully in sweet desserts like the cake I've shared overleaf, which is shot through with chopped walnuts and warm spice from cinnamon and cardamom, and slathered with a really easy sweet and sour pomegranate-molasses-spiked cream cheese frosting. You can use standard dried walnut halves or pieces for the flour element of the cake if you like, but try and get hold of some shell-on walnuts for the chopped walnuts that run through the sponge and those candied in caramel to go on top to make it a real winter showstopper.

In savoury dishes, I love the texture and meatiness brought by walnuts, and think they are perfect for beefing up meat-free meals. They are often paired with bitter

leaves and blue cheese in salads, which I've added my spin to in the recipe overleaf, with creamy shaved celeriac and a punchy dressing made with pickled walnuts. These are walnuts that have been harvested while still green, and then brined and pickled in a wonderfully sweet liquor. They have the most intense sweet, savoury, sour walnut flavour and are fantastic blitzed into a dressing for bitter leaves or chopped and tossed into a cottage or shepherd's pie for added flavour. It's a brilliant storecupboard saviour worth seeking out.

One of my favourite winter lasagne recipes (which you can find in my first cookbook, *A Lot on Her Plate*) pairs fresh walnuts with a blue cheese béchamel and the bitter tang of wilted bitter leaves, and I've adapted those flavours into a faster midweek meal (overleaf) by making a quick gorgonzola sauce with wilted radicchio and walnuts tangled

through luscious pasta. It's warming, filling and satisfying, and exactly what I want on a cold winter's night. Thanks to their high oil content, walnuts make for excellent nut butter when blended in a food processor. Add a bit of cacao or cocoa powder and some maple syrup, and you've got the most irresistible nutty chocolate spread – perfect for melting onto hot toast in the morning, or stuffing into medjool dates for a post-meal pick-me-up.

This recipe happens to be vegan, too, so could make a nice Christmas gift for the vegans in your life. All that's left for me to say is, get cracking!

“What could be more cheery than a nutcracking catch-up by candlelight?”

- ALSO IN SEASON**
- apples
 - beetroot
 - broccoli
 - celeriac
 - chestnuts
 - kale
 - leeks
 - parsnips
 - pears
 - sprouts
 - swede

Photograph OKSANA BRATANOVA/ALAMY STOCK PHOTO



Good Food contributing editor Rosie Birkett is a food writer and stylist, and a regular on BBC One's *Saturday Kitchen*. Her latest book, *The Joyful Home Cook*, is out now (£20, HarperCollins).

Twitter Instagram @rosiefoodie



Spiced walnut cake with pomegranate molasses frosting

SERVES 12 **PREP 30 mins** plus cooling **COOK 45 mins** **EASY V**

4 eggs
 150g golden caster sugar
 100ml light olive oil
 1 tbsp honey
 1 tsp vanilla extract
 150g self-raising flour
 ½ tsp baking powder
 1 tsp ground cinnamon
 6 green cardamom pods, seeds removed and crushed
 200g walnut flour (blitz walnuts in a food processor to a coarse flour – be aware that blitzing it too fine will turn it into paste)
 100g chopped walnuts
For the candied walnuts
 40g walnut halves
 50g golden caster sugar
 20g pomegranate molasses
For the frosting
 60g icing sugar

400g tub full-fat cream cheese
 2 tbsp pomegranate molasses
 50g pomegranate seeds

1 Line two 20cm springform cake tins with baking parchment. Whisk the eggs with the sugar in a bowl for 5 mins or so until thick and aerated. Slowly pour in the olive oil, whisking continuously, then pour in the honey and vanilla, and whisk again to combine.
2 Heat the oven to 180C/160C fan/gas 4. Combine the flour, baking powder, spices and a pinch of salt in another bowl and mix. Lightly sieve this into the wet mixture, fold in, then add the walnut flour, little by little, until combined. Fold through the chopped walnuts and divide between the tins.
3 Bake for 25-30 mins until a skewer inserted into the middle comes out clean. Remove and leave to cool in the tins.
4 To make the candied walnuts, tip the walnuts onto a baking tray and roast in the oven at 200C/180C fan/

gas 6 for 4-5 mins until crisp. Meanwhile, combine the sugar, molasses and 20ml water in a saucepan, and set over a medium heat until the mixture turns a deep caramel colour (around 3-4 mins). Turn the heat down low, then add the nuts, stirring constantly until completely coated. Remove from the heat and tip out onto a layer of baking parchment to cool.
5 To make the frosting, beat together the icing sugar and cream cheese until well combined and smooth (the icing will get thinner before it thickens, so continue to whisk for 2 mins), then briefly stir through the molasses to create a ripple effect. Spread half of the frosting on top of one of the cake layers, then sandwich with the other. Top with more icing, the pomegranate seeds and candied walnuts. Serve cut into slices. *Will keep chilled in an airtight container for up to three days.*

PER SERVING 540 kcals • fat 38g • saturates 9g • carbs 38g • sugars 28g • fibre 2g • protein 10g • salt 0.6g



Use dried walnuts for the flour and, if you can get them, fresh, new season ones for the batter and the topping.

3 more ways with walnuts

Shaved celeriac, apple & walnut salad

SERVES 2 **PREP 20 mins**
COOK 10 mins **EASY V**

Heat the oven to 200C/180C fan/gas 6 and tip **2 handfuls of shelled walnuts** on a baking tray and toast for 10-12 mins, then roughly chop. Using a vegetable peeler, shave the flesh of **1 cored, peeled sharp apple** into a bowl and toss with a **little lemon juice** to stop it browning. Shave in ¼ **peeled celeriac** and add in the leaves from **1 white chicory**. To make the dressing, blitz **1 pickled walnut** with 1 tbsp of its vinegar, half the walnuts, a pinch of salt, **1 garlic clove**, **1 tsp honey**, **2 tbsp walnut or groundnut oil** and 2 tbsp water and blitz to a dressing. Tear **60-80g stilton or roquefort** into the bowl and toss with the salad and the remaining chopped walnuts. Arrange in a bowl and serve with the dressing to drizzle over.

GOOD TO KNOW fibre • folate • 2 of 5-a-day • gluten free
PER SERVING 577 kcals • fat 50g • saturates 11g • carbs 13g • sugars 9g • fibre 6g • protein 16g • salt 0.8g

Walnut & chocolate spread

MAKES around 220g **PREP 10 mins**
COOK 10 mins **EASY V**

Heat the oven to 180C/160C fan/gas 4. Put **200g shelled walnuts** in a parchment-lined roasting tin and cook for 10-12 mins until golden and aromatic. Transfer to the bowl of a food processor with a pinch of sea salt and blitz for 3-4 mins until the oils have released and the mixture forms a coarse paste. Pour in **1 tbsp maple syrup** and **1 tbsp organic cacao or vegan cocoa powder** and blitz to combine until it loosens – this may take up to 4 mins. Scrape into a dish and spread on hot toast or spoon into yogurt. *Will keep at room temperature for up to one week.*

GOOD TO KNOW vegan • gluten free
PER SERVING 100 kcals • fat 9g • saturates 1g • carbs 1g • sugars 1g • fibre 1g • protein 2g • salt 0.04g

Gorgonzola, radicchio & walnut pasta

SERVES 2 **PREP 10 mins**
COOK 25 mins **EASY**

Heat the oven to 180C/160C fan/gas 4. Roast a **handful of shelled walnuts** for 10-12 mins until golden, then chop. Bring a pan of salted water to the boil and cook **200g penne** until al dente. Drain, reserving a cup of the cooking water. In a frying pan, heat **2 tbsp olive oil** over a medium heat, grind in some black pepper and add **1 tbsp chopped flat-leaf parsley stems**. Turn the heat up slightly and add ½ **cored, chopped head of radicchio**, stirring for a couple of mins until caramelised. Pour in ¾ cup of pasta water and bring to a simmer. Stir in **120g torn gorgonzola dolce**, **2 tbsp grated parmesan**, the walnuts and **2 handfuls of sliced, seedless grapes**. Toss the pasta into the sauce along with another splash of the water. Scatter over some **chopped flat-leaf parsley** to serve.

GOOD TO KNOW vit c • folate • calcium • fibre • 2 of 5-a-day
PER SERVING 887 kcals • fat 47g • saturates 17g • carbs 77g • sugars 9g • fibre 8g • protein 34g • salt 3g



“
A cake
studded
with
chopped
walnuts and
spiced with
warming
cinnamon
”



november highlights

grow it, cook it!

BBC *Good Food*'s **Miriam Nice** has teamed up with **Emma Crawford** of *Gardeners' World* to help you grow, cook and eat the best of the season



This is always a busy month, with preparations for the festive break starting to demand more of our time and attention. To lend a helping hand, there are some great things in season right now, such as leafy greens that can be wilted in a flash or more robust root veg that, once cooked, can be used as the base for quick meals when time is tight. Beetroot is particularly useful as it has a good long season and is packed with vitamins and minerals, plus the leaves can be cooked like spinach or chard. Here, I've picked a variety of recipes to help you through the season – a rich gratin for entertaining, warming soup, hearty pasties (ideal for a Bonfire Night supper) and a vibrant smoothie for when you need a bit of a boost to power you through your exciting plans.

- Miriam Nice is a published author and illustrator. She has written over 350 recipes for BBC *Good Food*.
  @miriamjsnice

- Emma Crawford is a qualified horticulturist, trained at the Royal Botanic Gardens, Kew, and is the gardening editor for BBC *Gardeners' World*.
 @emma_crawforth



chard

Also known as Swiss chard, it's available in a range of traffic-light colours and produces a constant supply of fresh leaves that can be cut off as needed. Leave the central crown in place so the plant produces foliage until it goes to seed in late spring. Select young, shiny leaves to eat and compost older ones. In warm parts of the country, chard can be picked throughout winter, but growth slows in cold weather and it won't survive if the temperature dips to around -15C. *Emma*

Cheesy chard gratin

Heat the oven to 200C/180C fan/gas 6. Strip the leaves from a **bunch of chard** (around 340g) then cut the stalks into sticks. Bring a pan of water to the boil and cook the stalks for 3-4 mins until starting to soften, then throw in the leaves for a few moments to wilt. Drain well. Mix **150g double cream** with **1 tbsp wholegrain mustard**, then toss through the chard with **120g coarsely grated gruyère**. Butter a medium gratin dish, spread the chard mix over, then scatter with another **20g gruyère** and **2 tbsp finely grated parmesan**. Bake for 30 mins until bubbling and golden and serve straight from the dish. *Serves 4*

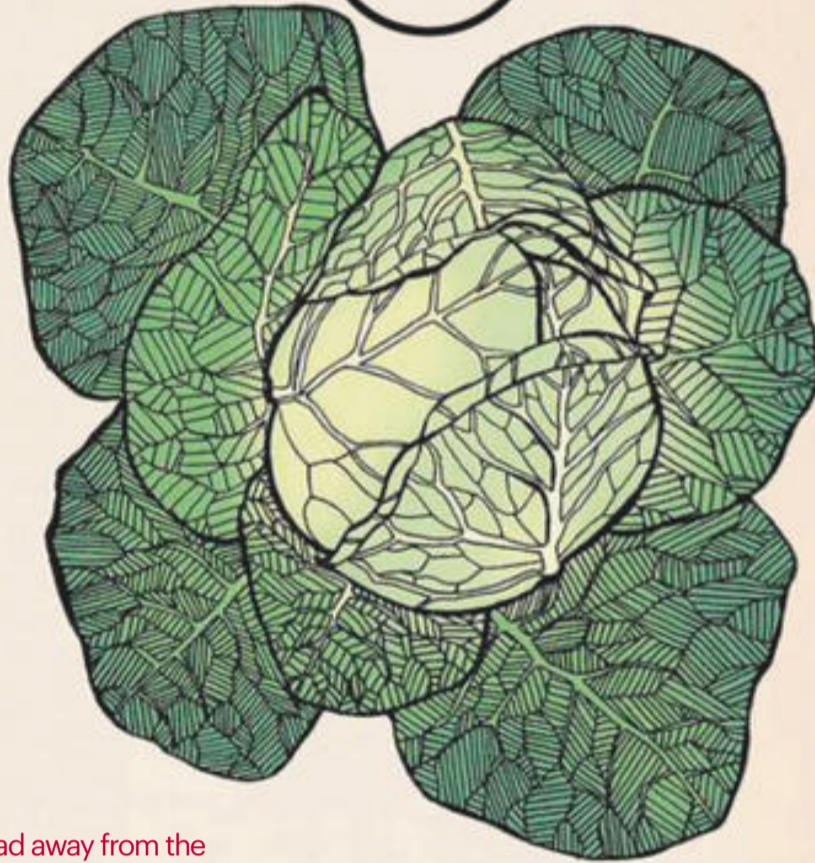
autumn cabbage

Cabbage is wonderful in soups, stocks or gently braised, and works particularly well with pork. Try it in this chorizo soup, or shredded then lightly cooked in stock and spiced with caraway seeds to serve alongside pork chops and potatoes. *Miriam*

Chorizo & chickpea soup

Put a medium pan on the heat and tip in a **400g can chopped tomatoes** and a can of water. While the tomatoes are heating, quickly chop **110g chorizo sausage** (the unsliced kind) into chunky pieces (removing any skin) and shred **140g cabbage**. Pile the chorizo and cabbage into the pan with a sprinkling of **dried chilli flakes** and a **410g can chickpeas**, drained and rinsed, then crumble in **1 chicken** or **vegetable stock cube**. Stir well, cover and leave to bubble over a high heat for 6 mins or until the cabbage is just tender. Ladle into bowls and eat with **crusty bread** or **garlic bread**. *Serves 2*

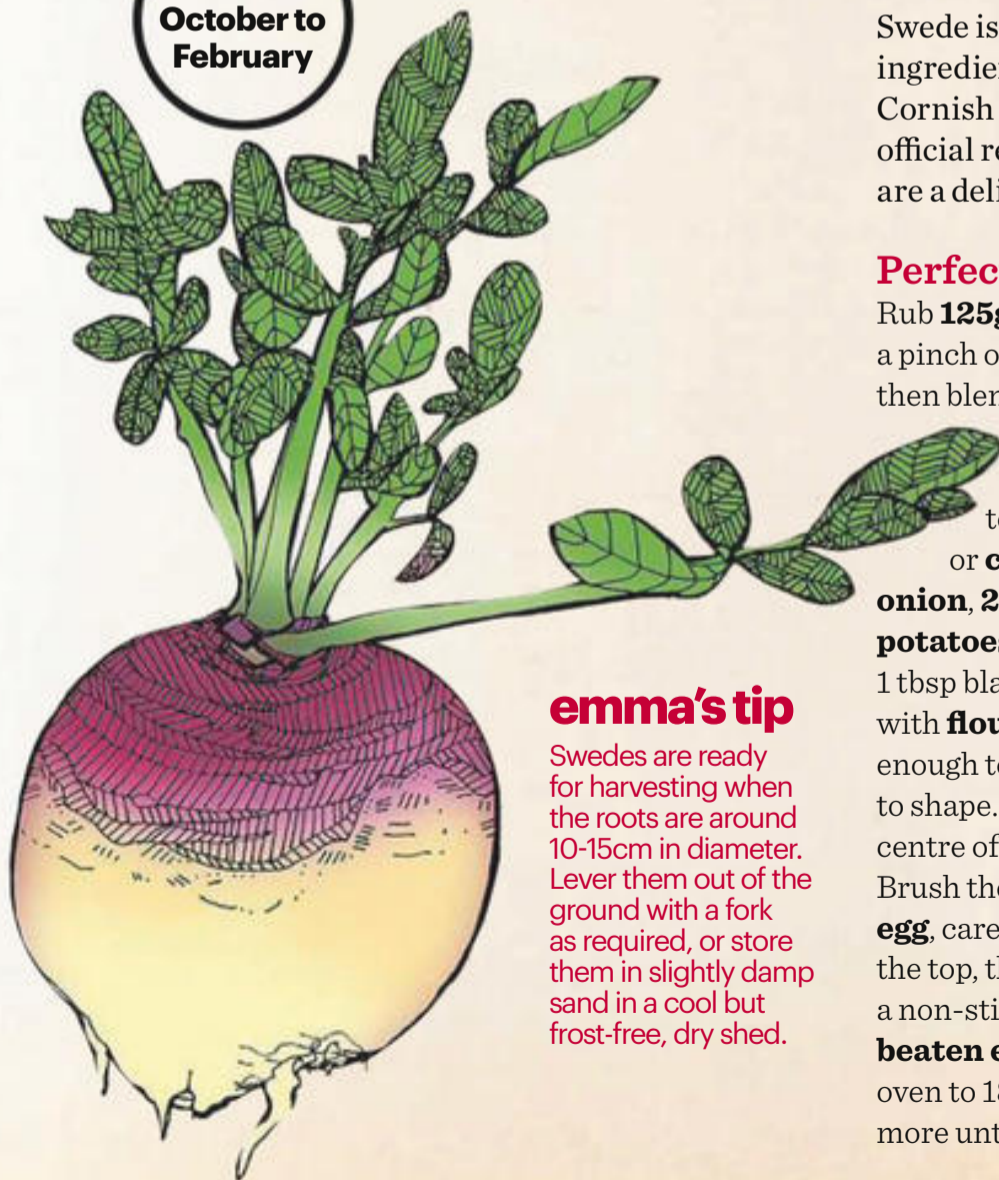
in season
August to
December



emma's tip

Use secateurs, loppers or a serrated knife to cut the cabbage head away from the stem, then peel away any old or damaged outer leaves to compost before bringing the rest into your kitchen. Reduce pest and disease by clearing all plant debris from your cabbage patch at the end of the season, ready to grow a different veg next year.

in season
October to
February



emma's tip

Swedes are ready for harvesting when the roots are around 10-15cm in diameter. Lever them out of the ground with a fork as required, or store them in slightly damp sand in a cool but frost-free, dry shed.

swede

Swede is often overlooked, but it's actually a key ingredient in one of our all-time favourite foods, the Cornish pasty. Only those made in Cornwall to an official recipe can be called Cornish, but these ones are a delight wherever you are. *Miriam*

Perfect pasties

Rub **125g butter** and **125g lard** into **500g flour** with a pinch of salt using your fingertips or a food processor, then blend in 6 tbsp cold water to make a firm dough.

Cut equally into four, then chill for 20 mins.

Heat oven to 220C/200C fan/gas 7. Mix together **350g finely chopped beef skirt** or **chuck steak** with **1 large finely chopped onion**, **2 peeled and thinly sliced medium potatoes**, **175g peeled and finely diced swede**, 1 tbsp black pepper and 1 tsp salt. Lightly dust a surface with **flour**, then roll out each piece of dough until large enough to make a 23cm round – use a plate to trim it to shape. Firmly pack a quarter of the filling along the centre of each round, leaving a margin at each end. Brush the pastry all the way round the edge with **beaten egg**, carefully draw up both sides so that they meet at the top, then pinch them together to seal. Lift onto a non-stick baking tray and brush with a little more **beaten egg** to glaze. Bake for 10 mins, then lower the oven to 180C/160C fan/gas 4 and cook for 45 mins more until golden. Great served warm. *Makes 4*



beetroot

You can buy beetroot ready cooked, but check the pack before you buy as some are dressed in vinegar, which can ruin your recipe, especially if you're baking a cake. To have more control or to use ones you've grown yourself, you can either bake them, wrapped in foil, in a low oven for around 2-3 hrs, or simmer in a pan of water for about an hour until tender. Wash the beetroots before cooking but don't peel them and keep the root and a few centimetres of stalk attached when cooking – this stops too much of the colour leaching out. *Miriam*

Beetroot & berry smoothie

Chop **100g cooked beetroot** and put it in a blender along with **200ml pear juice** or **cloudy apple juice**, **1 tbsp Greek yogurt** and **100g frozen black forest fruits**. Add a couple of slices of **fresh ginger**, a **pinch of cinnamon** and **2 tsp porridge oats**. Blitz until smooth, then divide between two glasses. *Serves 2*

emma's tip

Harvest beetroots when small (around 5cm in diameter) for the best flavour, but if you have too many to eat straightaway, you can leave them in the ground until later, with a straw blanket.

what to do in the garden

- **Plant** rhubarb crowns in soil enriched with well-rotted compost or manure
- **Plant** new fruit trees, bushes and raspberry canes – it's the ideal time of year to give them a good start
- **Sow** broad beans and plant garlic as they grow best in spring if started off in autumn or winter
- **Bring** pots of herbs into a porch or cool greenhouse where you can keep picking them
- **Collect** fallen leaves to make leaf mould, which can be used as a potting ingredient or to condition soil



Collect fallen leaves to make leaf mould and bring herb pots into a porch or greenhouse



Dates for your diary

World Vegan Day 1 November

For a comforting plant-based chilli, head to page 131, or try our mini nut roasts (p36).

Bonfire Night 5 November

If you're entertaining or want to pack up some treats for after the fireworks, get lots of ideas at bbcgoodfood.com/bonfire-night.

Stir-up Sunday 24 November

Turn to page 104 for top tips and recipe ideas to make ahead for Christmas.

BBC Good Food Show Winter

28 November-1 December

Join us at Birmingham's NEC, where we'll be making festive treats like Christmas gin and cake toppers. See page 96 for more.

St Andrew's Day 30 November

Try our whisky & nut baked camembert (p66) for a St Andrew's Day dinner party.



The November issue of BBC Gardeners' World magazine is on sale now.



For more seasonal recipes, visit bbcgoodfood.com/winter

On sale
5 December

BBC

goodfood

don't miss next month...

Showstopping centrepieces to share with family and friends

- *Indian-style spiced chicken*
- *Succulent pork rack*
- *Two-tray turkey dinner*



plus
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**FREE WINTER
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Find true north

Make the most of Princess Cruises' Scandinavian holiday with Food & Beverage Director Alexander Kantner's tips

It's a massive operation, but I never get bored.' That's how Alexander Kantner describes running a pass for 4,000 guests and managing a 750-strong crew for Princess Cruises. The spirited Food & Beverage Director hails from Vienna, and has travelled all over the world with the cruise line. 'It's not your usual Monday to Friday job. There's always something new to discover every day, and that's what I love about it.'

New Zealand is one of Alexander's all-time favourite Princess Cruises destinations – 'it's so remote', he explains, 'and you can really feel that distance when you're there.' – and he loves the food he's working with now on the Scandinavia & Russia cruise.

'All the food on-board is made from scratch using fresh, local ingredients wherever possible. Scandinavia and the Baltics offer us a great canvas.'

So, what ingredients and flavours can guests expect on-board? 'Smörgåsbord-inspired buffets, seasonal game, salmon gravlax and a German feast with lots of bratwurst!'

But it's not just about the on-board facilities. Having sailed the world for more than two decades, Alexander is all for stepping off-board in every port. 'Go beyond just wandering off the ship and taking a few pictures. There's so much to explore, including some of the world's best food and drink.'



Saint Petersburg, Russia



Helsinki, Finland



Alexander's top picks

Russian kebabs

Alexander first cruised to Saint Petersburg in 1999. He's loved watching the city change and grow since – as well as indulging in its delicious kebabs.

Sabatini's bread

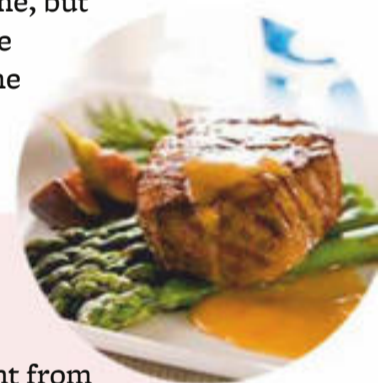
Alexander is obsessed with on-board Italian restaurant Sabatini's golden rosemary bread. 'Simple, fresh ingredients always make the best dishes.'

Small-batch vodka

Russia and Scandinavia are home to some of the best vodka distilleries. The Food & Beverage Director recommends a tour, especially in Helsinki or Saint Petersburg.

The best steak

'When I'm at sea, I miss home, but when I'm at home, I miss the steak,' Alexander laughs. The Crown Grill is his favourite on-board restaurant.



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BBC
goodfood
CHRISTMAS
TASTE
AWARDS
2019

Our annual taste test of supermarket festive food is back and bigger than ever

words and adjudication
 MYLES WILLIAMSON *and* ANNA LAWSON

This is the ultimate guide to your Christmas food shop – our expert panel of BBC *Good Food* judges blind-tasted over 200 products to find the very best festive buys available in supermarkets this season.



Also in this section



How to make Mary Berry's pavlova
Emma Freud, p158



Let's have a festive food rethink
Tony Naylor, p163



Celebrate eating together
Joanna Blythman, p165



The best wines to gift and share
Victoria Moore, p166



200+ entries tried & tasted

We invited 12 of the UK's top supermarkets to enter their best Christmas foods, and spent four days sampling their products

How we do it

All entries are prepared, cooked and presented according to pack instructions by independent home economists. Packaging is removed, and the dishes are blind-tasted and assessed by our team of experts. Judging takes place in silence to ensure the panel doesn't influence one another's decisions, and the entire process is overseen by an independent adjudicator. This year, the team sampled 208 different products to find their favourite across each of the 24 categories. As well as awarding a winner in each category, we also gave 'highly commended' status to high-scoring products that we felt deserved recognition. These can be found at bbcgoodfood.com.

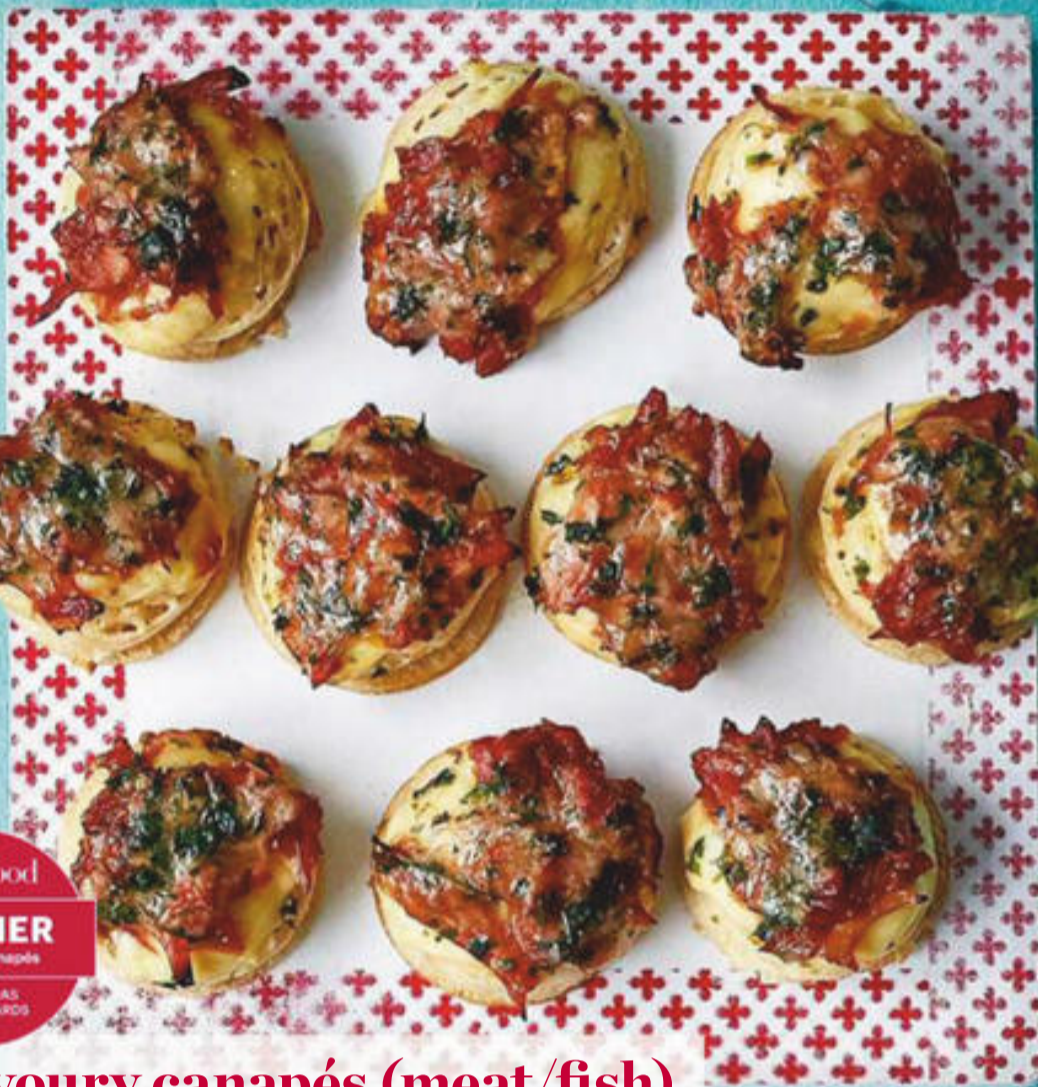


THE GF JUDGING TEAM

From left: **Anna Lawson** Food & reviews writer; **Keith Kendrick** Magazines editor; **Barney Desmazery** Skills & shows editor; **Laura Jenkins** Digital marketing manager; **Anna Glover** Acting senior food editor; **Myles Williamson** Adjudicator; **Liberty Mendez** Cookery assistant

Party canapés

Start the season off right with nibbles for a crowd



Savoury canapés (meat/fish)

Pulled ham & rarebit crumpets (10-pack, 236g), £7, M&S

The creamy, distinctly mustardy rarebit has subtle notes of bitter ale that work perfectly with the salty-sweet glazed ham-hock topping and light crumpet base. These crumpets feel modern yet festive – a real flavour bomb in just one mouthful. Perfect for a party.



Vegetarian canapés

Vegetable gyoza with soy & chilli dip (10-pack, 210g), £2, Asda

These crispy Japanese-style dumplings with a rich filling and soy-ginger dipping sauce were unanimously loved by our panel. A simple but excellent canapé, these look great, are easy to eat and are packed full of flavour.



Vegan canapés

No Bull burger sliders (275g), £4, Iceland

A crowd-pleaser, these taste just like fast-food burgers with an extra mustardy kick, plus fresh tomato chutney and a tender vegan patty that has a good level of bite and an umami hit. They're a little messy to eat, but they're a good size for a canapé.



Christmas lunch



All you need to make the big day special

Gravy

Taste the Difference Christmas gravy for chicken & turkey (450g), £3.15, Sainsbury's

This has a clean poultry flavour, pleasant vegetal base and fairly thick yet pourable consistency.



Pigs in blankets

Taste the Difference British pork chipolatas wrapped in bacon (6-pack, 260g), £3.50, Sainsbury's

Evenly crisped and tightly coiled streaky bacon encases these pleasantly peppery chipolatas. The sausagemeat has a subtle porky flavour that complements the salinity of the bacon.



Vegan main

Specially Selected Christmas wreath (550g), £3.99, Aldi

A proper centrepiece that we'd be proud to serve to vegans or veggies. This pretty wreath is made with golden, flaky pastry that encases a hearty filling of sweet butternut squash, dried fruit, earthy mushrooms and lentils. It's well-seasoned and has a pleasant flavour, and would go well with a wholegrain mustard, cranberry sauce or vegan gravy.

Alternative meat centrepiece

Specially Selected beef rib joint with salt & pepper seasoning (1.1-2.7kg), £12.99/kg, Aldi

This two-bone rib joint looks impressive on the table. The meat is tender and juicy, with good fat content and plenty of seasoning throughout, plus the heady, peppery crumb works wonders with the beef flavour.





goodfood
WINNER
Smoked salmon
CHRISTMAS TASTE AWARDS 2019

Smoked salmon

Irresistible beech & oak smoked salmon (100g), £4, Co-op

A combination of subtle smoke, buttery texture and natural colour makes this our clear winner. According to our judges it has an 'artisan smokehouse feel', giving it a sense of luxury – perfect for breakfast with scrambled eggs.

Stuffing

Extra Special pigs in blankets on a festive feast (694g), £5, Asda

This two-in-one stuffing and pigs-in-blankets centrepiece was a real hit with our judges. A loaf of 'old-school' stuffing is topped with moreish bacon-wrapped sausages and served in the ideal shape and size for sharing.



goodfood
WINNER
Stuffing
CHRISTMAS TASTE AWARDS 2019



goodfood
WINNER
Gammon
CHRISTMAS TASTE AWARDS 2019

Gammon

Deluxe gammon with a spiced rum glaze & pineapple topping (1.4kg), £11.99, Lidl

Making a welcome break from traditional Christmas flavours, this is cooked in a spiced rum glaze and topped with pineapple rings, which look attractive and provide a hit of sweetness to balance the salty meat.

Vegetarian main

The Best layered vegetable tart (500g), £4, Morrisons

This was commended by our judges for its homemade look and taste, thanks especially to its buttery, flaky pastry. The filling is festive and colourful, and balances tender beetroot with sweet chestnuts and a prominent thyme flavour.



goodfood
WINNER
Vegetarian main course
CHRISTMAS TASTE AWARDS 2019

Cranberry sauce

Extra Special cranberry sauce with port (230g), £1.39, Asda

A good balance of sweetness and bitterness, slightly jammy texture and evidence of whole, freshly cooked cranberries make this dark, sticky sauce stand out.



goodfood
WINNER
Cranberry sauce
CHRISTMAS TASTE AWARDS 2019



Puddings & desserts

End a festive gathering on a sweet note



Traditional centrepiece dessert

Heston from Waitrose 'The Fig & Port Cheese Cake' (675g), £12, Waitrose & Partners*

While this cheesecake doesn't look traditional (it resembles a wheel of cheese), it has all the flavours you'd expect. It combines creamy, light cheesecake with a fig-and-port 'chutney'-style filling and a 'board' made from crisp biscuit.



Gluten-free Christmas pudding

Free From Christmas pudding (454g), £3.75, Tesco

Filled with plump raisins and whole toasted nuts, this glossy, gluten-free pud offers a good level of juiciness without being too sweet. Praised for its balance of spice, booze and citrus flavours, good texture and appealing outer shine, it's also one of the larger puds we tried, so would cater well for a crowd.



Christmas pudding

Deluxe 24-month matured Christmas pudding (907g), £11.99, Lidl

This plump, juicy pud is packed with lots of whole fruit and nuts, and maintains a good balance of spice and peel, making it very moreish. Its ample size and pronounced but not-too-strong brandy flavour also makes it great for the whole family.



*Available from 13 December

Chocolate centrepiece dessert

The Giant Jaffa Cake Dessert (650g), £13, Waitrose & Partners*

This elegant layered dessert has a strong, natural chocolate-orange flavour that fully lives up to the nostalgic jaffa title. Its slender shape, distinct layers, and shiny, lustrous finish make this easy-to-portion pud look as if it's come from a fancy French patisserie – perfect for wowing friends and family.



goodfood
WINNER

Sweet canapés

CHRISTMAS
TASTE AWARDS
2019

Sweet canapés

Irresistible Belgian chocolate cups (214g), £3.50, Co-op

These attractive-looking mini morsels come in two distinct, punchy flavours to please all partygoers. Choose from sweet, tangy passionfruit with white chocolate or rich chocolate with salted caramel.

goodfood

WINNER

Vegan dessert

CHRISTMAS
TASTE AWARDS
2019

Vegan dessert

Vegan chocolate & cherry dessert (585g), £10, M&S

A standout winner, this is impressive thanks to its well-balanced flavours of rich chocolate and sharp, sour cherries. It tastes festive, feels indulgent, and 'you wouldn't ever know it's vegan' – high praise indeed.



Cakes & pastries

Classic bakes to please everyone



Stollen

Heston From Waitrose pistachio stollen loaf, £7, Waitrose & Partners

Golden, spice-laced, buttery brioche dough and a perfectly soft marzipan centre makes this stollen a real standout. Although the shape is traditional, an apricot glaze, flaked almonds, pistachios and dried cherries help elevate this above its rivals.



Gluten-free mince pies

Made Without Gluten mince pies (4-pack), £2.50, M&S

These star-topped pies have an appealing, homemade look. The pastry is short and crumbly with a sweet, buttery taste, while the filling is contrastingly sharp, with a good level of spice and chunky pieces of fruit.

Christmas cake

No 1 richly fruited Christmas cake (1.3kg), £16, Waitrose & Partners

This Christmas cake ticks all the boxes. It's nutty, boozy, packed with fruit, citrusy and nicely spiced, and also has, according to our judges, the perfect ratio of icing and marzipan to cake.



Prices correct at time of publication, but are subject to change.
Photographs MELISSA REYNOLDS-JAMES | Shoot director GARETH JONES | Food stylist KATY GILHOOLY | Stylist SARAH BIRKS

Mince pies

The Best all butter deep filled mince pies (6-pack), £2, Morrisons

A clear favourite, these taste like traditional, homemade mince pies. The mincemeat is nicely spiced, juicy and packed with whole, plump pieces of fruit, while the pastry is short and buttery.



Yule log

Woodland yule log (940g), £15, M&S

A showstopper through and through, the novel tree-stump design of this cake (with added 'toadstools' and 'acorns') makes it eye-catching, but it also wows in flavour and texture. The chocolate sponge – light, but certainly not dry – melds perfectly with sweet chocolate buttercream, rich ganache and a slightly bitter dusting of cocoa.



Panettone

The Best classic panettone (750g), £8, Morrisons

With a golden, buttery, light crumb and juicy, well-distributed fruit – plus a subtle alcohol kick – this panettone is a no-frills knockout, and it feels supremely well-made and special.



FESTIVE SPECIAL

Emma Freud cooks for **Mary Berry**

Our columnist makes a Christmassy pavlova with the queen of cakes and BBC Good Food Show star, Mary Berry, as they reflect on triumphs through adversity and the new series of *Britain's Best Home Cook*

photographs DAVID COTSWORTH



If there were a referendum for a new queen of Great Britain, it would be won, by a landslide, by Mary Berry. Her writing and broadcasting career has spanned six decades during which she has smashed all known TV statistics, and produced so many cookbooks that even Wikipedia has lost count. The queen of cakes, national treasure (and my hero) came to my kitchen where I cooked her stunning Christmas pavlova.

Emma I have developed a thesis about you, Mary. I'm not sure you'll like it.

Mary Oh, yes, just fire away. I shall be quite happy, whatever it is.

E Okay, you were four years old when the war started, do you remember it?

M You know, I do. I remember the noise of the planes. We had an Anderson shelter in the garden covered with a mound of earth, and when you heard the sirens you had to go into the bunk beds inside. Mine was on top so it was often wet as the shelter leaked. And my school was bombed, which I was thrilled about.

E Did it make you feel that the world wasn't safe?

M Good gracious, no.

E At 13, you contracted polio. What effect did that have on you?

M I didn't know I had polio. I just knew I was very, very ill because mum lit the fire in our bedroom which was rare. I was taken to the isolation hospital in Bath and put in a glass room where I couldn't move my head. My parents weren't allowed in to see me, and I still didn't know what was wrong. I asked a nurse who said, 'You've got infantile paralysis,' but I had no idea what that meant. But I was so lucky – I got better and better.



E Did you ever feel that it defined you, or changed you?

M No, no, I didn't. But I did used to enjoy games so much, and I couldn't do that any more after the polio, which meant I was no longer good at anything at school. I hated the work. I wasn't proud of myself then.

E Were your parents proud of you?

M No, not at all. Although they were pleased I did well at domestic science, and that I used to bring nice things home to eat. But it was a different era – we were almost 'seen and not heard'. My parents weren't involved with us, and I sensed their disappointment.

E Did you go to university?

M I always liked teaching, but I didn't have enough exams to study it at college, so I had to do catering. I wasn't very confident, so I also did a teaching qualification at City & Guilds.

E Did you want to be an actual teacher – or just have the skillset?

M I wanted qualifications because they do give you confidence. And I needed the communication skills that teaching gives you.

E Do you think that qualification helped later on teaching people to cook on TV?

M It's all linked. Whether it's on television, radio, through a book, it's the same technique.

E How did your parents feel about you moving to London?

M They weren't happy – I had to wait until I was 21. I answered an ad in *The Telegraph* and was interviewed in London to cook with the Dutch Dairy Bureau. I came back and said to my parents, 'I've got the job and it's £1,000 a year'. My father was so shocked, he got the train to London the next day to check out the man who offered me the job.

E Did that stop you?

M No – I knew I wanted to go to London, I didn't mind how hard I worked, and even though I didn't have the backing of my parents, it was great.



“
My spirit comes from my parents – my mother played bridge until she was 104
”



Turn over for Mary's pear & ginger pavlova recipe

E You had a brilliant career as a food writer, then a magazine editor, and in the 90s you opened a cookery school.

M The reason for that was because I lost my son William in a car crash and I didn't want to go to London every day and leave my husband. So I had to think of a solution, of something that I could do at home. I thought 'nobody knows more about the Aga than I do, I've got the qualifications', and wasn't I lucky – I knew lots of journalists because I'd been working in magazines. I invited eight of them to come to my house and have 'an Aga day'. They really enjoyed it, went back and put it in the papers. We were full to bursting and we never advertised once.

E What a great way of marketing! You were the original influencer. I was intrigued by a piece about you a few years ago where you said you aren't a feminist.

M No, no – I won't talk about it.

E Mary, I know it's not a subject you want to discuss, but the truth is, there aren't many women of your generation who have been as brave and defiant as you. You could have been frightened by the war, cowed by your polio, subdued by your parents lack of approval; when William died you could have packed it all in, but you never saw yourself as being 'less than' at any of the important junctions in your life, and that wasn't the way women usually behaved at that time. You actually embody feminism.

M If I'm an example, that's fine, but I don't want to lecture people about it. I hope other people would do the same, but I'm not going to shout about it.

E Okay – but not every woman would have made those choices. Where does your spirit come from?

M I think it comes from my parents. My mother played bridge until she was 104. My father was very positive and achieved far more than I've ever done. I've always felt that any decoration should have gone to him – there wouldn't be a university in Bath without him. That's far more than I've done in my life.



“
We celebrate Christmas in style then walk it off the next day... straight to the pub!
 ”

E But you're only approaching your prime! Next year, at 85, you'll be presenting the second series of BBC One's *Britain's Best Home Cook*.

M I'm very spoiled. Aren't I blessed to have this programme with Claudia [Winkleman] – she thinks she keeps order, but she doesn't really. And now we have Angela Hartnett who is so knowledgeable. Everybody is so honest, it just seems to flow, I love it.

E You still have such a mission to bring people together through food.

M The one thing I want to do is get people sitting down together at the kitchen table. That's when everything comes out – you can solve all sorts of problems once you're all together and the phones are off.

E You say that, but, in breaking news, you've just got rid of your dining room...

M Yup – we've put the table in the kitchen now.

E How the world's changed.

M Yes, the world's changed, but it needn't be scruffy.



Mary's perfect Christmas

What will you be doing this Christmas?

We have moved house and the whole family is coming to us for Christmas Day this year. I will be decorating the house with new excitement.

What will you be cooking this year?

My family love the classic turkey, and all the trimmings, including Brussels sprouts! Plus, a Christmas pudding and, naturally, sherry trifle.

What's your idea of a perfect Christmas?

To me it's all about family and the people you are sharing it with.

What Christmas rituals do you still do?

At 8am, we go to church, then it's home for breakfast, lunch at 1pm and we watch the Queen's Speech at 3pm. As soon as the speech is over, we go for a brisk dog walk, and in the evening, the games come out.

What would you like as a present this Christmas?

Peace and harmony in the world, and I really mean it.

What's your favourite moment of the Christmas period?

Our New Year's Eve party with the same 12 friends year after year is always a highlight. We all share the cooking and bring a course – we celebrate in style, then walk it off the next day... straight to the pub!



Good Food contributing editor Emma Freud is a journalist and broadcaster, director of Red Nose Day and a co-presenter of Radio Four's *Loose Ends*.



gf tip

MAKE AHEAD

You can make the meringue a day ahead, keeping it covered in a cool place, and also poach the pears, chilling them in their liquor. When you're ready to serve, just whip the cream and decorate.

Make it yourself

Pear & ginger pavlova

Pear and ginger is one of our all-time favourite combinations. This pavlova is sprinkled with pomegranate seeds just before serving – they look so pretty and glisten like little gems.

SERVES 6 PREP 20 mins
COOK 1 hr plus 1 hr cooling
MORE EFFORT V

3 egg whites
 175g caster sugar
 1 level tsp cornflour
 1 tsp white wine vinegar

For the topping

5 fairly ripe pears, peeled, cored, and chopped into chunky slices
 1/2 lemon, juiced
 50g caster sugar
 300ml double cream, whipped
 6 bulbs stem ginger (from a jar), drained and coarsely chopped
 1 small pomegranate
 icing sugar, to dust

1 Heat the oven to 160C/140C fan/gas 3. Whisk the egg whites with an electric whisk until they look like clouds. Gradually add the sugar, a little at a time, whisking on maximum speed until the whites are stiff and glossy. Mix the cornflour and vinegar in a cup until smooth, then stir into the meringue mixture.

2 Line a baking sheet with baking parchment and draw a 20 x 30cm rectangle on it. Spread the meringue mixture out into the rectangle with a knife, then create a well in the middle by building up the sides.

3 Slide the baking sheet into the oven, immediately reduce the temperature to 150C/130C fan/gas 2, and bake for 1 hr. Turn the oven off and leave the meringue in the oven for a further hour to dry out.

4 To make the topping, put the pears, lemon juice, and sugar in a small pan and barely cover with water. Simmer gently over a low heat for 10 mins or until the pears are just tender. Leave in the liquid

until needed again, then drain. Slice half of the pears into thinner slices and reserve for decoration. Chop the remaining pears and stir into the whipped cream with the ginger.

5 Arrange the pavlova on a serving plate, spoon the cream into the well, and decorate with the reserved pears. Cut the pomegranate in half, pick out the seeds, and sprinkle over the top. Serve at room temperature, dusted with icing sugar.

GOOD TO KNOW 1 of 5-a-day • gluten free
PER SERVING 502 kcals • fat 27g • saturates 17g • carbs 59g • sugars 58g • fibre 4g • protein 3g • salt 0.1g



&

Recipe adapted from *Mary Berry Cooks up a Feast* by Mary Berry with Lucy Young, out now (£25, DK). Photographs © Georgia Glynn Smith.

BBC goodfood SHOW WINTER
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28 Nov-1 Dec, Birmingham NEC
 See Mary Berry cooking live and being interviewed on stage at the Good Food Show Winter. Turn to page 96 for more info.

next month

Emma cooks for BBC TV favourite, Nigel Slater

2019 DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
25	26	27	28	29	30	1
2	3	4	5	6	7	8
Christmas Radio Times on sale			TV planning			
16	17	18	12	13	14	15
	CHRISTMAS EVE	CHRISTMAS DAY			Christmas shopping	
23	24	25	26	27	21	22
	NEW YEAR'S EVE					
30	31	1	2	3	4	5

Christmas

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Tony Naylor

Christmas food shouldn't be an endurance test



 @naylor_tony

Instead of stodgy plum pudding, why not indulge in the foods you actually love at Christmas?

don't get Christmas. I mean, I get the bit about the little baby Jesus and Bethlehem, Morecambe & Wise and the ancient British tradition of gathering to watch the *Strictly* Christmas special, but what I don't get is the food.

It all started with the Three Wise Men whose gold, frankincense and myrrh immediately characterised the season as one of OTT bling and heavily perfumed aromas. Interestingly, in 2007, on BBC Two's *Heston Blumenthal's Perfect Christmas Dinner*, Berkshire's tastiest boffin made a frankincense tea that guests stirred with a myrrh-wood spoon (frankincense is sometimes used as a food flavouring). Served Hezza's half-hot, half-cold mulled wine, Terry Wogan twinkled: 'I don't think I've ever drunk anything so ridiculous.'

That statement is applicable to most Christmas dining. The modern Christmas is a Victorian creation and, in many ways, we still eat like Dickens' characters, consuming a gut-busting slog of stodgy, spicy, sickly foods: cannonball puds, spiced hams, pork pies, eggnog, bread sauce. Our palate is increasingly given to zingy Asian or new Nordic flavours yet, every December, we start sharing plum pudding recipes. Why?

I am baffled that so many of us feel Christmas food should have a thematically Christmassy flavour, one that leaves us suffering novelty date and port versions of foods that ordinarily we would not touch. Why not simply indulge in the foods you love all year over Christmas? This is meant to be a holiday, not an endurance test.

In recent years, this seasonally affective eating disorder has become a mania, as, in a feverish bid to lure shoppers, brands avidly rework products with a festive spin. As if we can only appreciate food in the weeks prior to the 25th if Santa has given it the full ho-ho-ho overhaul.



Mulling everything from hot chocolate to gin (cloves and cinnamon being two of the least discreet spices in the rack) ruins fine drinks, and I avoid all dark, sticky, noxiously spicy Christmas ales. Do you know why breweries don't normally brew beers with nutmeg and dried fruit that taste like someone has laced them with brandy? Because they are awful.

A few years ago, I was tasked with taste-testing supermarket Christmas sandwiches for *The Guardian*. It was traumatic: endless cold turkey dinners or bacon-stuffing-cranberry combos on malted granary. But in 2013, the Christmas sandwich was a relatively benign British eccentricity, a silly seasonal idea quarantined from the rest of food.

Not now. Now no food is immune. Perfectly enjoyable chocolate is, suddenly, studded with seasonal white chocolate snowmen or stars.

Perfectly good burgers and pizzas are given tinsel-bedecked twists, from unsuitable dollops of cranberry chutney to full Christmas dinner toppings. For a month, sad, flavourless turkey becomes the meat du jour in pasties, pies and burritos. Last year, Morrisons released, I kid you not, a three-course Christmas dinner pasty. Pâté one end, pud at the other.

Crisps are the latest battleground in an arms race that peaked in 2018 when Walker's released a Brussels sprouts flavour, to 'get the nation talking'. Or, in my case, fulminating in a volley of language that displayed little goodwill to all men. And I like Brussels sprouts.

I used to laugh at brands: crackers, pastas, ketchups, that, wearily, would stick a few token snowflakes on their packaging at Christmas, in a half-hearted attempt to exploit our festive cheer. But in retrospect, by declining to release new-recipe Christmas versions of their products, those companies were heroes.

Eat! Drink! Be merry! But why not gorge on foods you truly love this Christmas? Do not succumb to this seasonally spiced nightmare.

Tony Naylor writes for *Restaurant* magazine and *The Guardian*.


The dos and don'ts of dining in food halls

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Joanna Blythman

Other cultures are better at eating together



Christmas dinner is one of the few occasions we have for a convivial, leisurely home-cooked meal



@JoannaBlythman

A vivid image from Peter Weir's 1985 film, *Witness*, sticks in my head. Harrison Ford, hiding amongst the Amish people of Lancaster County, Pennsylvania, takes part in the community's erection of a barn for newlyweds. The base structure built, the workers sit down at communal tables and feast on home-cooked food from their farms. It's a fabulous scene, a spirit-soaring vision of shared purpose and the cohesion that flows from breaking bread with others.

Yet in the UK we've been getting further away from such communal eating. Solitary grazing has taken hold and so many home meals are staggered, largely because of conflicting timescales and work demands. So religion apart, Christmas dinner is a big deal in the UK, if for no other reason than it presents an annual opportunity for a convivial, leisurely home-cooked meal.

Why should such a nurturing eating experience be reserved for one day a year? We only need to look beyond the contemporary confines of 'normal' Anglo-American eating patterns to see a world of possibilities. Back in May and June, for example, Istanbul's magnificent Sultanahmet Square hosted open-air Iftar dinners, the meal when Muslims break their daily fast throughout the holy month of Ramadan; 15,000 people gathered at temporary tables to enjoy a collective meal.

In numerous cultures, ritual is accompanied by the sharing of food, and charity is joined at the hip with communal eating in many religions. Sikh temples



(gurdwaras) in the UK and around the globe serve free meals cooked in the communal kitchen (langar) as a matter of routine, welcoming everyone from tourists to rough sleepers. Muslim humanitarian organisations cook up Iftar meals in difficult environments, such as refugee camps.

Last year around this time, I passed a greasy spoon café in my neighbourhood that had opened on its day off to serve a pre-Christmas hot meal to homeless citizens. It was a beautiful sight to see – a meal of dignity, safety, and companionship for people whose lives are often chaotic and frightening. I'm sure it uplifted the mental health of the people who took the bother to host it too.

Whether it's sweetmeats served for Diwali, the Hindu festival of lights, or a bowl of matzo ball soup at a Jewish Passover dinner, any religious or cultural ritual that

centres on the sharing of food wins my respect. When conducted in an open, inclusive way, it strengthens community relations. It's harder to hate people when you've looked in their eyes and they've passed you the rice.

Although I'll leap at any excuse for a one-off celebratory meal, surely a truncated version of this approach could be incorporated into ordinary life? Instead of that dreaded tray of sandwiches that turns up just before lunch at office meetings, what if there was a table set next door for attendees to eat a simple, decent meal on a plate? You can bet they would get through the morning session smartly and return more agreeable and better disposed to others in the afternoon. Some of the liveliest allotments organise food parties at the end of summer when produce is most abundant. Everyone with a patch brings a dish they've prepared, often a taste of diverse culinary traditions. Events of this nature help people bond and escape the stress of modern life. How sane. How civilized.

In the UK we spend so much time agonising over what to eat but perhaps Christmas should prompt us to focus more on how we eat. And that means putting the life-enhancing experience of collective eating at the very heart of our lives.

“ Perhaps Christmas should prompt us to focus more on how we eat ”

Good Food contributing editor Joanna is an award-winning journalist who has written about food for 25 years. She is also a regular contributor to BBC Radio 4.

Should we eat together as a community more often? Let us know on Facebook and Twitter #bbcfoodopinion

next month
The plant-based lifestyle compromise

Victoria Moore

My 20 best bottles for Christmas

Whether you want to treat yourself or impress family and friends, I've hunted out this year's olive oil – ranging from bargains to more indulgent buys. There are 10 bottles to keep for

10 FOR THE HOUSE

Niepoort The Senior Tawny Port NV Portugal (£20.95, slurp.co.uk)

Tawny port is aged for a long time in barrels so it's paler in colour, with rich flavours of raisins, caramel and roasted nuts. Just gorgeous with hard cheese or chocolate, or chilled on its own.

Villa Pani Pecorino Terre di Chieti 2018 Italy (£8, M&S)

This pecorino (the grape not the cheese) is from Abruzzo and all about the thick taste of white peach and preserved lemon. Smoked salmon here we come.



Bouvet Ladubay Saumur Brut NV France (£12.99 single bottle or £10.99 on mix six deal, Majestic)
One sip of this sparkling wine, made in the Loire, and you will never say prosecco again.



Valpolicella Valpantena 2018 Italy (£7, M&S)
A red that is as bright and juicy as a black cherry; the bittersweet flavours of valpolicella go beautifully with festive food. Pour with a turkey, cranberry and sausagemeat stuffing sandwich.



Araldica Piemonte Cortese 2018 Italy (£6.25, The Wine Society)
Crisp and light, all lemons, pine needles and a hint of stone, this is a great white for every occasion from quiet nights in to Christmas parties.





best value reds, whites, port and fizz – and even an entertaining, and 10 bottles that make fabulous gifts

Taste the Difference 12 Year Old Pedro Ximenez (£8, Sainsbury's)
This sherry is one of the sweetest wines in the world, tasting like molasses with liquidised raisins. Pour it over vanilla ice cream for an instant dessert.

Old Vine Garnacha 2018 Spain (£5.35, Co-op)
Some of the world's best value red wine is made in Spain from garnacha – this is exuberant and juicy, all red berry flavours. Great for large gatherings.

Robert Oatley Signature Series Chardonnay 2017 Australia (£12, Co-op)
White burgundy lovers ahoy – modern Australian chardonnay is great value and very satisfying. Think toasted hazelnut with hints of lemon curd.



Caronne Ste Gemme 2014 Haut-Médoc Bordeaux France (£16.99 single bottle or £14.99 on mix six deal, Majestic)
A rich, cabernet sauvignon-based claret, all cassis and cedar, that tastes even better the day after opening. A good Christmas Day option.

Les Pionniers Brut Champagne NV France (£18.99, Co-op)
An outstanding champagne – easily the best supermarket own-label. Based on pinot noir, it's savoury and structured. For a creamier, chardonnay-based champagne, try Tesco Finest Premier Cru NV (£20).

Turn over for great wines to give ▶

Photographs DAVID COTSWORTH

10 TO GIVE



THE VEGAN

Taste the Difference Touraine Sauvignon Blanc 2018 (£8, Sainsbury's)
This crisp breeze of a sauvignon blanc is suitable for plant-based eaters because it uses a clay called bentonite as part of the clarification process, rather than egg or milk-derived casein.

THE TRADITIONALIST

Cosme Palacio Vendimia Seleccionada 2016 Spain (£12, Sainsbury's)
A gloriously smooth and polished rioja that has been aged in oak but doesn't foreground the oak in the style. Beautiful.

THE HOLISTIC HEALER

Davida Navarra 2018 Spain (£8, Co-op)
My osteopath said he and his partner were seeking to cut down their consumption of sulphites – could I recommend a wine with none added? Yes! This juicy red from northern Spain.

THE CAREFUL DRINKER(S)

Baron de Ley Reserva Rioja 2015 Spain (50cl, £6.25, Morrisons)
Proper red wine in a two-thirds-sized bottle isn't easy to find, but this one's a gem.

THE COOK

Quinta da Romaneira extra virgin olive oil, Portugal (500ml, £15.95, leaandsandeman.co.uk)
Good olive oil is every cook's true luxury – and this one from a port (and wine) estate in Portugal's Douro Valley is excellent. The red wine made in the same place is very good too – Sino da Romaneira 2014 (£15.95).



For more fabulous festive wine recommendations, turn to page 118 for expert Henry

THE SWEET TOOTH

Les Jardiniers Muscat St Jean de Minervois France (37.5cl, £5.25, Sainsbury's) Refreshing as well as sweet, this vin doux naturel tastes of orange blossom, fresh grape juice, honey and white blossom. Great for dessert with chocolate cake.

THE CLASS ACT

Berry Bros & Rudd Blanc de Blancs Champagne by Le Mesnil Grand Cru Brut NV France (Berry Bros & Rudd, £33) A glorious champagne, made entirely from chardonnay, all creamy with Grace Kelly elegance and a lemon posset brightness.

THE SUSTAINABILITY PRINCESS

Cullen Mangan Vineyard Sauvignon Blanc Semillon 2017 Margaret River Australia (£26, bottleapostle.com) Vanya Cullen is something of an Earth mother. Her wine is biodynamic, she buys natural power through the state electricity grid and offsets carbon emissions. Oh, and the wine is beautiful.

THE BUBBLES QUEEN

Oeil de Perdrix Rosé NV Champagne (£27.99 single bottle, £20.99 in mix six deal 30 Oct-5 Nov, then £24.99 until 26 Nov, then £19.99 28 Nov-30 Dec) An elegant pink champagne that smells of crushed summer berries and brioche.

THE RED WINE DRINKER

Domaine du Grapillon d'Or Gigondas 2016 France (£20.99, Waitrose) This gorgeous, ripe gigondas from the southern Rhône is a sumptuous festive drink.



Jeffreys' top choices from the Good Food Wine Club in partnership with Laithwaite's



Spice up your CHRISTMAS

Create magical moments with your loved ones with these incredible festive dishes brought to life with a little help from Schwartz

It's the season to eat, drink and be merry – and you won't have to tell us twice! From the zingy crunch of gingerbread men to a warming sip of mulled wine by the fire, Christmas is a season that's bursting with flavour. Comforting cinnamon, fiery ginger, aromatic nutmeg... there's no mistaking the tastes of the festive period. And, with Schwartz, you can be sure all those flavours will pack a punch.

Schwartz has gone the extra mile to make sure you get the best quality herbs and spices for your festive dishes. Its ground cinnamon is matured for up to 20 years to give it a sweet, warm and aromatic flavour, its ginger is ground whole to preserve its warm and zesty flavours, and even its black peppercorns are ripened for six months

to develop a bold, warm flavour. So, whether you're cooking up a storm for your family on the big day or making delicious handmade gifts with the kids, Schwartz can help you to create meaningful moments with your loved ones.

The right spices can add a touch of magic to any meal. Why not try these amazing recipes and see for yourself?

It's early December, so get your presents sorted early!

With Christmas just around the corner, the countdown is on to find the perfect gifts for your loved ones. This year, why not do something different and make your own? Add a spin to a classic chutney by making this fiery pineapple version a few weeks before the big day.



Spicy pineapple chutney

Makes 4 x 300g jars

● Prep 20 mins ● Cook 40 mins

Heat **3 tbsp vegetable oil** in a large pan and add **1 tbsp Schwartz Mustard Seeds**. Stir to coat them with the oil. When they start to pop, add **2 finely chopped onions**, **½ tsp Schwartz Ground Turmeric**, **1 tsp Schwartz Ground Cinnamon** and a pinch of salt. Lower the heat and gently cook for 5 mins. Next, add **2 finely chopped red chillies** and **3 finely chopped garlic cloves**, and fry for 3 mins. Add **1 medium pineapple** cut into chunks, 500ml water and **50g caster sugar**. Bring to the boil, then simmer for 25-30 mins or until the pineapple chunks are soft.



There's a week before Santa arrives, so why not bake with the kids?

Sweet, crunchy and fun to decorate, these gingerbread mittens are the perfect way to entertain your kids the week before Christmas. Lovingly handmade, they also make great gifts!



Gingerbread mittens

Serves 8 ● Prep 5 mins plus chilling

● Cook 15 mins

Beat together **200g butter** and **150g dark brown soft sugar** in a food processor until fluffy. Add **2 egg yolks** and mix until combined. Add **400g plain flour**, **2 tsp Schwartz Ground Cinnamon**, **4 tsp Schwartz Ground Ginger** and whizz together until it becomes breadcrumb-like. Gradually add **5-6 tbsp milk** while mixing. Tip the mixture onto a lightly floured surface and bring it together into a ball. Wrap and chill in the fridge for 10 mins. Heat the oven to 180C/160C fan/gas 4 and line a baking sheet with baking parchment. Roll out the chilled dough to approx. 5mm thickness, then, using a cutter, cut out your mitten shapes and place on the baking sheet. Bake for 15-20 mins or until golden. Place on a rack to cool. Decorate with icing, if you like.

Entertain in style during the festive period

Christmas is the perfect time to reconnect with friends and family. If loved ones are staying over, why not serve up this delicious spiced marmalade glazed gammon? A mouthwatering showstopper, it'll keep them fed and happy for days. It's so tasty you could even serve it on the big day!



Spiced marmalade glazed gammon

Serves 20 ● Prep 20 mins ● Cook 6 hrs

Heat the oven to 160C/140C fan/gas 3. Put **1 whole unsmoked gammon leg** (with the slipper and bone removed and the meat rolled) in a large, deep-sided roasting tin. Pour in **200ml orange juice** and 350ml water. Add **1 tsp Schwartz Black Peppercorns**, **6 Whole Schwartz Cloves**, **2 Schwartz Cinnamon Sticks**, **2 Whole Schwartz Star Anise**, **2 Schwartz Bay Leaves** and **2 halved clementines**. Cover the ham tightly with foil. Cook for 5 hrs. Meanwhile, make the glaze by mixing together **150g orange marmalade**, **1 zested and juiced orange**, **1 tsp Schwartz Ground Ginger** and **1 tsp Schwartz Cinnamon Ground**. Put the glaze in a pan and cook over a low heat for a few mins. Bring to the boil, turn down slightly and cook for 8-10 mins. Remove the ham from the oven and turn up to 200C/180C fan/gas 6. Leave to cool, remove from the tin and discard cooking liquid. Use a knife to cut away the rind, leaving a thin layer of fat. Clean the roasting tin, line with foil and return the ham to it. Use a knife to lightly score the fat in a diamond pattern and press **2 tbsp Whole Schwartz Cloves** into the centre of the diamonds. Cook for 20-30 mins until the fat crisps. Brush over half the glaze and bake for another 10-15 mins, then baste and brush over the remaining glaze. Cook for another 10 mins. Serve warm or cold.



For more mouthwatering Christmas recipes visit bbcgoodfood.com/tasteofchristmas

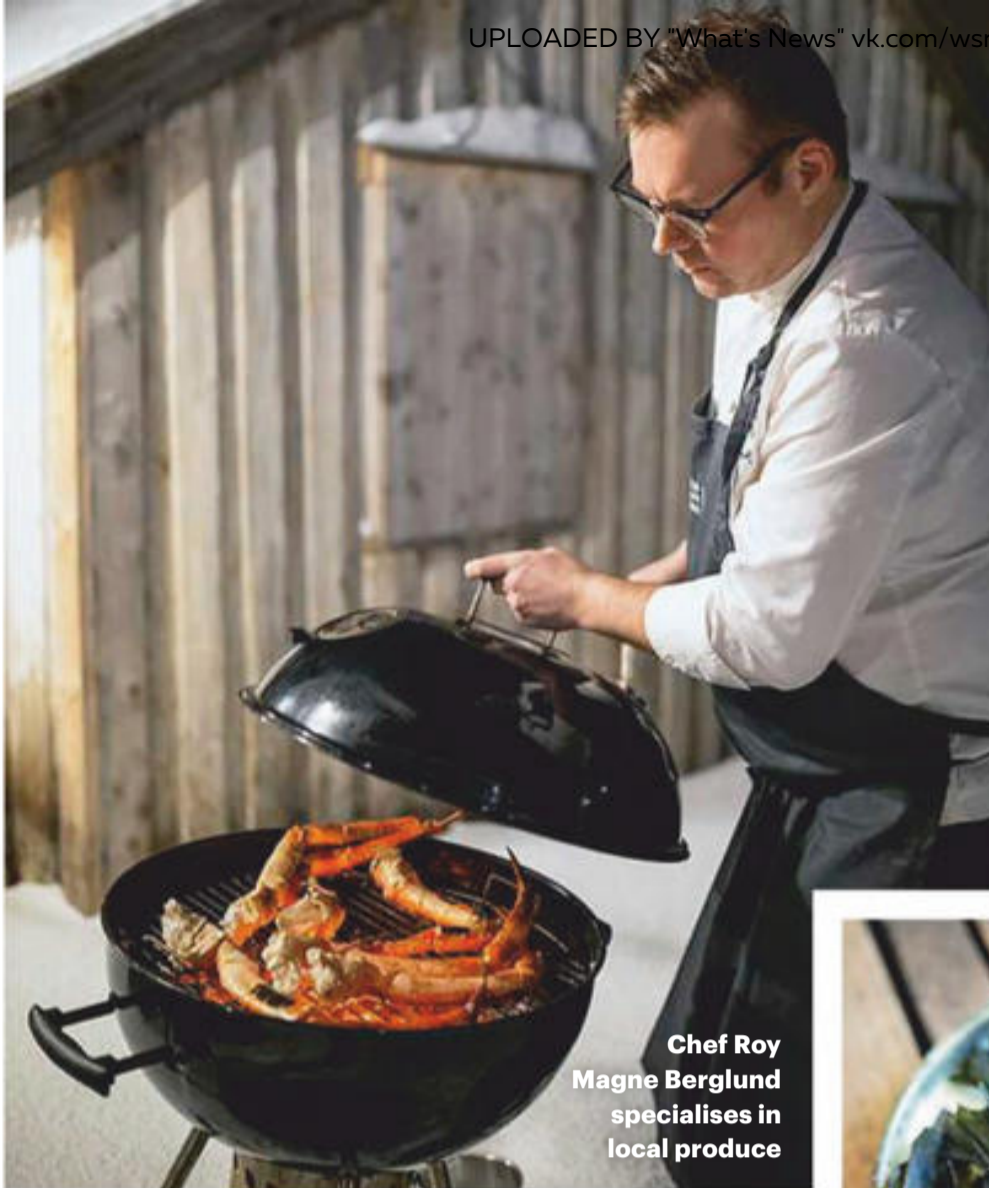
3 winter trips

Gourmet Arctic adventures

Light up your winter and escape to snow-shrouded Scandinavia and Iceland to seek out the aurora borealis, and dine under its magical ghostly glow on some of the region's best local produce



The Lofoten Islands



Chef Roy Magne Berglund specialises in local produce



Explore the coastline on a boat trip



Seaweed is loved by the locals



Skrei cod

Lofoten Islands

Clustered together in the Norwegian Sea, high above the Arctic Circle, lie the secluded islands of Lofoten. With their landscape dramatically changing through the seasons, in mid-winter you'll find these five main islands and their countless rocky outcrops thick with snow and, if you're lucky, magically lit by the aurora borealis. For a festive trip that reconnects you to nature and serves up a blissful dose of tranquility, Lofoten makes for a unique winter getaway.

Dramatic natural beauty is what draws visitors to these remote islands, best taken in on a winter hike or biking tour – waymarked paths criss-cross Lofoten's main isles, passing through colourful fishing villages. Temperatures can plummet quickly, so come equipped with warm, wind- and waterproof clothing. Most hotels can suggest circular routes from their doors or, to really get out into the wilds, join a guided snowshoeing trip (xxlofoten.no), departing from the harbour in Svolvær, Lofoten's largest town (three-four hour tours from £90 per person, depending on weather conditions). Or see the sights from the water, and join a RIB boat trip to speed through icy Trollfjord, looking out for flocks of incredible sea eagles and seals (two-hour tours from £80 per adult, £59 for children under 12; lofoten-explorer.no).

It's easy to work up an appetite here, and for an intimate experience showcasing fresh fish and locally foraged ingredients, arrange a dinner at Lofoten Food Studio (lofotenfoodstudio.no). Located in the village of Ballstad, chef-owner Roy Magne Berglund devises chef's table tasting menus featuring such local highlights as scallops with hazelnuts and soy, and dishes using seaweed, all served with wine pairings. Tasting menus from £113, plus £85 for wine pairing.

Also in Ballstad, Hattvika Lodge, a collection of self-catered, sleek Scandinavian fishing cottages, has cosy modern interiors and underfloor heating in

the bathrooms. Guests have use of a hot tub and a traditional Scandinavian outdoor sauna. Views from here are spectacular: watch fishing boats sail past your bedroom window, in the shadow of untamed mountains. The owners, long-time locals, offer plenty of advice on the best ways to see the islands.

If in season, ask Hattvika's owners where best to try skrei cod – the delicious, meaty strain of the white fish that migrates to the islands between January and April. Preserved versions can be found out of season: Lofoten is one of Norway's leading locations for the production of stockfish, the beloved dried, unsalted fish that features on most local menus, often used in rich stews and comforting soups. Another local love is seaweed. Lofoten's clean air and lack of pollution helps produce pristine varieties. Lofoten Seaweed Company (lofotenseaweed.no) hand-harvests its saltwater veg from March-June every year, which are dried in small batches and supplied to numerous island restaurants. Look out for the famed truffle version, along with smoked kelps, and delicious Japanese-inspired umami mixes. *Esther Clark*

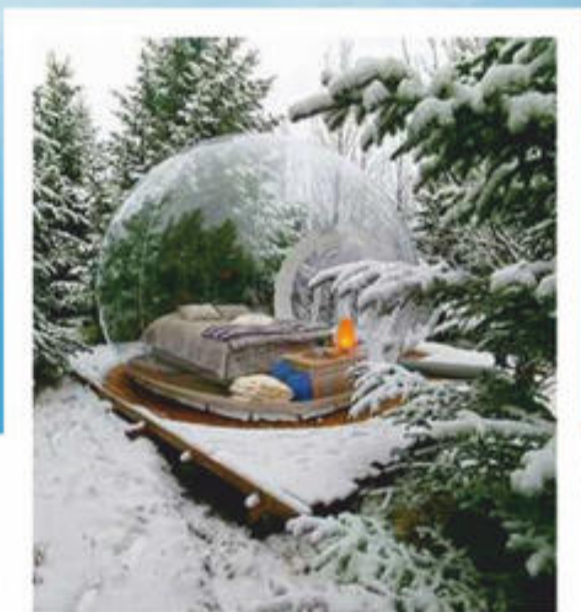
“ Watch fishing boats sail past your bedroom window, in the shadow of untamed mountains ”

How to do it

Hattvika Lodge (hattvikalodge.no) has apartments sleeping two from £163 per night. Lofoten's airports are in Svolvær and Leknes. Norwegian (norwegian.no) and SAS (flysas.com) fly from several Norwegian cities, including Oslo, to the small town of Bodø, from where Widerøe (wideroe.no) offers onwards connections to the islands. Widerøe also operates direct flights on select weekdays from Oslo.



See the impressive ice caves



Take a dip in the thermal pools of the Blue Lagoon



Sleep under the stars in a cosy bubble



Iceland

Land of fire and ice, home to active volcanoes, Europe's largest glacier, ice caves and a firm local faith in legends of trolls and elves; Iceland is a truly striking Nordic island. With a modest population of just under 340,000 who experience only a few hours of sunlight on winter days, arriving here can feel like you've travelled to the ends of the earth. Yet it's just a short flight from the UK to Reykjavik, and a cheap one, too, if booked early enough.

Eating well in Iceland, however, is expensive, but many restaurants champion quality and locally sourced ingredients. The family-run [Efstidalur](#) is a farm-to-table outfit with excellent homemade skyr (Icelandic-style yogurt) served as a sauce in their beef skyrburger with feta (mains from £13, [efstidalur.is](#)). The restaurant sits in the middle of the Golden Circle – so named because of its circular 140-mile-long route passing popular attractions, including Gullfoss waterfall, Strokkur geyser, hot springs and Kerid Crater – offering respite from winter treks.

Enjoy the Circle's wilderness from your very own transparent igloo-style 'bubble'. Set in secluded snowy woodland, these hotel rooms have spectacular views of the aurora-illuminated sky, and share sparkling clean bathroom facilities, and a kitchen.

Iceland offers countless sightseeing tours, but don't miss the chance to travel independently by car, stopping to take in the island's traditional turf-roofed houses and other photo opportunities. Reynisfjara, a black sand beach near Vik, is an idyllic place for posing with its tall basalt stacks – natural rock formations that look like giant square steps – and caves facing the sea (but keep an eye out for dangerous 'sneaker' waves). After a bracing puffin-spotting walk, [Restaurant Suður-Vík](#) is a welcoming

“ Float to the water bar before drying off and dining at Lava, serving fish from the nearby harbour ”

spot in the village. It has a varied menu, from lamb fillet with hasselback potatoes to spicy Panang curry, and proves popular with families, too (mains from around £10; [facebook.com/sudurvik](#)).

If you choose to venture further east to see the floating icebergs of Jökulsárlón Glacier Lagoon, Höfn, a small fishing town that hosts an annual lobster festival each June, is just a short drive away. An old, scrap-built warehouse overlooking the harbour is home to [Pakkhús Restaurant](#) ([pakkhus.is](#)). You may have to wait for a table, but the food and warm service are worth it. Try a substantial plate of fresh langoustine tails with spiced garlic butter (£45), and the 'skyr volcano': a sophisticated, Icelandic twist on Eton mess with black 'ash' meringue, vanilla skyr mousse and popping candy rocks (£11).

Soaking in the natural thermal pools at the Blue Lagoon ([bluelagoon.com](#)) with herbal face masks offers rejuvenation before the flight home. Float to the water bar for a drink before drying off and dining at [Lava](#), serving fish from nearby Grindavik harbour (mains from £30). [Moss](#), the lagoon's evening restaurant, also has a five-course vegan tasting menu. *Marianne Voyle*

How to do it

Bubbles cost from £385 per person, per night, including a guided Golden Circle tour taking in various national parks, geyser, Gullfoss, Secret Lagoon, and Reykjavik. [buubble.com](#)



Fish tapas at Kukkolaforseen Hotel's restaurant



The picturesque Torne river



Sample reindeer at Lapland Guesthouse



Stay in traditional tents at Sápmi Nature Camp

Swedish Lapland

Celebrated for its spectacular frozen landscapes and snowy activities, Swedish Lapland's best-kept secret is its cuisine. Delicious Arctic ingredients come from pristine rivers, forests and pastures where grass grows day and night under a summer sun that almost never sets. There's plenty of reindeer on the menu, but also moose, fresh fish and roe, wild foraged berries, mushrooms, herbs and more. Intrepid food lovers can feast on traditional dishes of the Sámi, the indigenous reindeer-herding people, between icy adventures.

Guesthouses, nature camps and hotels – there's accommodation to suit everyone. The [Kukkolaforseen Hotel](http://kukkolaforseen.se) (kukkolaforseen.se) in the Torne Valley has rooms and cabins overlooking the river, and a restaurant serving an array of local seasonal produce, from reindeer to lamprey (an eel-like prehistoric fish). Book an evening in the smokehouse and cook whole whitefish over a birch-wood fire, along with Sámi flatbread scented with fennel and anise, slathered in garlic butter (an hour's cooking with dinner costs around £30). Listen to local fishermen tell stories, then take to the sauna. The Swedish Sauna Academy is based in Kukkolaforseen, and the hotel has a whopping 16 places to work up a sweat.

The picturesque family-run [Lapland Guesthouse](http://laplandguesthouse.com) (laplandguesthouse.com) in Kangos is set 150km north of the Arctic Circle. When you're not snowmobiling, dogsledding, snowshoeing or watching for the Northern Lights in this remote, light-pollution-free wilderness, you can fuel up with home-cooked local produce. Dishes might include moose burgers with lingonberry relish, or desserts made from cloudberries, the highly prized golden fruit (two-course meal, £30, three courses, £38). [Sápmi Nature Camp](http://sapminature.com) (sapminature.com) in the Laponia

World Heritage Area offers an unbeatable back-to-nature experience. Glamping is in traditional Sámi lavvu tents, fitted with double beds and wood burners. Spend the day snowshoeing or ice fishing then gather around the fire to hear host and reindeer herder Lennart Pittja talk about growing up in the Sámi community. Authentic dishes include reindeer sausage, reindeer blood pancakes, and smoked Arctic char (a type of cold-water fish). *Sue Quinn*

How to do it

Double rooms at Lapland Guesthouse start at £260 including breakfast and use of the saunas. Double tents at Sapmi Nature Camp with breakfast, dinner and activities cost from £700. Luleå or Kiruna are the main gateways to Swedish Lapland, connected to the UK via Stockholm with the likes of SAS (flysas.com) and Norwegian (norwegian.com). More information: swedishlapland.com.

Assistance for this feature was provided by Buubble (buubble.com); Norwegian Seafood Company (norseaco.no); the Culinary Academy of Sweden, Visit Sweden (visitsweden.com), and SAS (flysas.com).

“ Authentic dishes include reindeer sausage and smoked Arctic char ”

Sail the fjords with The Hairy Bikers

TRIP OF A
LIFETIME

Enjoy a gourmet journey through Norway with TV chefs Si and Dave

**Nine days from £1,499pp*
(20–28 June 2020)**

Everyone wants to sail along the majestic Norwegian fjords once in their lifetime, and there's no finer way to do it than on this cruise from Amsterdam on Holland America Line's newest five-star ship, the Nieuw Statendam. What's more, you will be joined on board by Dave Myers and Si King, the TV cooks best known as The Hairy Bikers.

Your voyage begins and ends in the charming Dutch capital, where you will enjoy a one-night pre-cruise stay in a four-star hotel. You'll have time to explore the historic city centre, visit some of the world's best art galleries and museums, including the Rijksmuseum and the Van Gogh Museum, tour the Royal Palace, or explore by bike or canal boat.

You'll also witness the stunning scenery of the Norwegian coastline as you sail into the heart of the fjords, with towering cliffs, quaint fishing villages and waterfalls.

This amazing ship has 12 restaurants and cafés to choose from, including French brasserie-style dining at Sel de Mer, the Pinnacle Grill steakhouse, Asian cuisine at Tamarind, Italian at Canaletto's and New York Deli & Pizza. Extra fees may apply for certain restaurants.

The five-star ship offers luxurious staterooms, impressive design, service and facilities and first-class entertainment with a fantastic theatre, live music venues, spa, explorations centre with guest talks, outdoor cinema and a range of classes and experiences (fees may apply).

The Hairy Bikers

There are few more engaging duos in the world of cooking than Dave and Si. The pair have laughed their way around the globe, sharing their unique sense of humour and passion for good food with whoever they meet, and they will be taking time away from their bikes to join you for this fantastic cruise along the magnificent Norwegian fjords.

During this incredible journey down the Norwegian coastline, you will meet the cooks as they return to Norway where they filmed one of their much-loved series.

'The first time we discovered the wonders of Norway was when we filmed *Bakeation* back in 2012 and cooked on a ship going down one of the fjords,' they say. 'It was one of the most beautiful places we'd ever been to. We always promised to come back, and now we are. The food and people are amazing.'

The pair will host a private cooking demonstration of their favourite Scandinavian dishes on board and will also host a private cocktail party for you and your fellow guests, answer your culinary questions in an exclusive Q&A session and sign their latest cookbook for you.

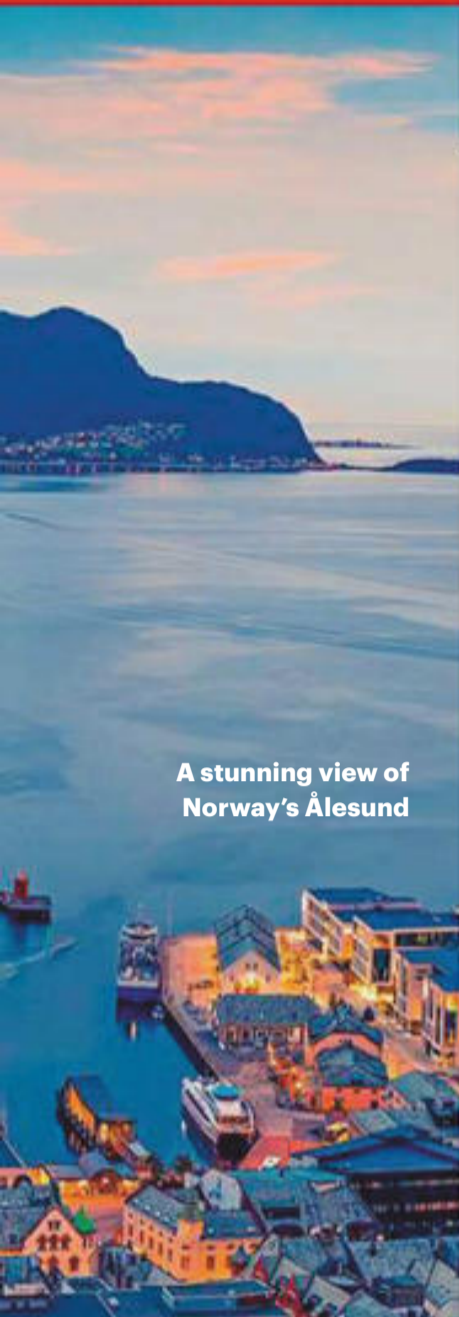


TO BOOK OR REQUEST A BROCHURE call **01462 323 428** quoting

Exclusive offer for BBC Good Food readers

Each booking will receive a copy of *The Hairy Bikers' British Classics* cookbook and their autobiography, *Blood, Sweat & Tyres*.





A stunning view of Norway's Ålesund



Explore the fjords on the Nieuw Statendam ship



Try the seafood platter at Rudi's Sel de Mer



One of the ship's Signature Suites

Price includes

- Return flights from a range of UK airports
- Private group transfers**
- One night's pre-cruise four-star hotel stay in Amsterdam, including breakfast
- Seven-night full-board cruise on Holland America Line's Nieuw Statendam
- Q&A and book signing with The Hairy Bikers.
- On-board cooking demonstration and privately hosted cocktail party with The Hairy Bikers
- Flights available from London Gatwick, London Heathrow, Birmingham, Manchester, Glasgow, Newcastle, or Eurostar from London St Pancras
- All shore excursions at all destinations are available to purchase at an extra cost. Please call for more details

Itinerary

- Day 1** Travel from the UK to Amsterdam
- Day 2** Set sail from Amsterdam
- Day 3** Day at sea
- Day 4** Visit Eidfjord, one of the most beautiful villages in Norway and Hardangerfjord, Europe's largest mountain plateau and Norway's largest national park
- Day 5** Bergen – step off the ship into medieval Bryggen Wharf area, a UNESCO World Heritage Site since 1979
- Day 6** See Geirangerfjord, one of the most beautiful spots in Scandinavia, and among the longest and deepest fjords in the world
- Day 7** Visit Ålesund, a quaint fishing town in western Norway with colourful buildings with castle-like turrets and spires, and Viking-inspired decorations
- Day 8** At sea
- Day 9** Disembark and return to UK

Good Food or visit gf.tripsmiths.com/tours 



TERMS & CONDITIONS *Based on two sharing an inside cabin, flying from Gatwick. Inside Stateroom from £1,499, Oceanview from £1,639pp, Veranda from £1,769pp, Vista Suite from £2,019pp, Signature Suite from £2,829. Flights available from Gatwick, Heathrow, Birmingham, Manchester, Glasgow and Newcastle, or travel by Eurostar from London St Pancras. Supplements for single occupancy, regional flight and rail departures apply. Subject to availability. **From airports only. Timings of The Hairy Bikers' events may be subject to change and there may be minor alterations to the itinerary due to operational restrictions. No experiences or meals in Amsterdam are included. Drinks aboard Nieuw Statendam are not included and speciality dining is at a supplement. This trip is ATOL-protected and operated by Cruise Direction.

5 ways with Yorkshire puddings

Your go-to festive ingredient? Enter Aunt Bessie's Yorkshire puddings. They're ideal for all your Christmas entertaining – from parties to Boxing Day lunch

When you use an ingredient that is tried, tested and much loved, you know you'll be onto a winner no matter what you make with it. Aunt Bessie's Yorkshire puddings are the perfect example. Available in all shapes, sizes and styles, from perfectly fluffy and golden Bake at Home Yorkshires to indulgent big and deep Homestyle Yorkshires, there's a quick

and delicious simple oven-cook variety that you and your family are sure to love.

Of course, Yorkshire puddings are the perfect accompaniment to any roast dinner, but the recipe possibilities are surprisingly endless, making them ideal for any family meal – whether it's a special occasion, a Sunday roast or even just a midweek meal. Feeling inspired? Give a few of these clever ideas a try.

MAKES 4 ● PREP 5 mins ● COOK 9 mins ● EASY

Heat the oven to 200C/180C fan/gas 6. Cook **4 Aunt Bessie's Yorkshire Bases** (alternatively you can use **4 Giant Yorkshires**) for 9 mins. Once cooked, dollop a little **cranberry sauce** onto each, then add some **Little Gem lettuce leaves**, and any leftover **slices of turkey, pigs in blankets** and **crumbled stuffing**. Top with a **little mustard mayo**, and freshly ground black pepper or **chilli flakes**. Roll up to serve.



CHRISTMAS LEFTOVER WRAP

MAKES 8 ● PREP 5 mins plus cooling ● COOK 4 mins ● EASY

Heat the oven to 200C/180C fan/gas 6. Cook all **8 Aunt Bessie's Golden Yorkshires** for 4 mins. In a bowl, mix together **150g crème fraîche**, a **handful of finely chopped dill**, **1 tbsp capers** and the **zest and juice of ½ a lemon**. Once cooked, remove the Yorkshires from the oven and allow to cool. Once cool, add a dollop of the crème fraîche mixture to each and top with a **small curl of smoked salmon**, a **sprig of dill** and a little **lemon zest**.



SMOKED SALMON YORKSHIRES





ASIAN-INSPIRED
BEEF YORKSHIRES

MAKES 8 ● PREP 15 mins plus cooling ● COOK 5 mins ● EASY

Heat the oven to 200C/180C fan/gas 6. Cook **8 Aunt Bessie's Homestyle Yorkshires** for 5 mins. Meanwhile, mix together **1 shredded carrot, 150g finely shredded sprouts, 3 finely sliced spring onions, 1 finely sliced red chilli, 1 tsp sesame oil, the juice of 1 lime, 1 tsp brown sugar, a pinch of salt, and a few shakes of fish sauce**, then set aside. Once the Yorkshires are cooked, allow to cool slightly, fill with the slaw and top with **slices of leftover roast beef** and garnish with **salad cress**.



HOISIN DUCK YORKSHIRES

MAKES 8 ● PREP 10 mins plus resting ● COOK 30 - 40 mins ● EASY

Heat the oven to 220C/200C fan/gas 7. Discard the fat from a **765g can of confit duck**, then place the duck legs on a roasting tray and cook for 20-30 mins until crisp. Once cooked, remove from the oven and leave to rest. Meanwhile, bake **8 Aunt Bessie's Yorkshire Bases** (or you can use **4 Giant Yorkshires** instead) for 9 mins. Once rested, shred the duck, and when the Yorkshires are cooked and not too hot to touch, add some of the duck to each one. Top with **cucumber cut into matchsticks, shredded spring onion** and a **drizzle of hoisin sauce**. Roll up to serve.



STEAK YORKSHIRES

MAKES 8 ● PREP 5 mins ● COOK 20-25 mins ● EASY

Heat the oven to 220C/200C fan/gas 7. Trim the fat off **2 sirloin steaks** then cut into thin strips. Put in a bowl and coat with salt and freshly ground black pepper. Place a strip of steak on top of each of **8 Aunt Bessie's Bake at Home Yorkshires**, place on a baking tray and cook for 20-25 mins. Meanwhile, mix together **50g crème fraîche, and 1 tbsp horseradish cream**. Once the Yorkshires are cooked, add a dollop of the cream mixture and sprinkle over some **watercress**.



Bring out the Bessie in you at auntbessies.co.uk



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THE FESTIVE 50

All the inspiration you need to find the perfect present

compiled by ANNA LAWSON





▲ **Isle of Raasay gin (70cl), £35, raasaydistillery.com**

This smooth, fresh-tasting, handcrafted gin comes in a gorgeous bottle, making it a great gift for any gin lover.

▶ **Muzzi panettone (1kg), £22.50 each, souschef.co.uk**

These beautifully wrapped treats come in three special flavours: classic, pear & chocolate and marrons glacés.



▲ **Dark hot chocolate drink (275g), £12.95, libertylondon.com**

One for the serious chocolate lovers, this powder makes proper thick, dark hot chocolate – not too sweet, but still indulgent and comforting.

▶ **Black truffle vintage organic cheddar truckle (200g), £7.50, godminster.com, Ocado and Waitrose & Partners**

This was a gold winner at the International Cheese Awards 2019 – an organic vintage cheddar flavoured with just enough truffle, it makes an ideal addition to a cheeseboard.



▶ **Rita Farhi cocoa-dusted caramelised pecans (290g), £14.99, selfridges.com**

The team was impressed by these crunchy, sweet (but not overly so) pecans encased in milk choc and dusted in cocoa powder.



FOOD & DRINK

◀ **The Norfolk quince whisky liqueur (50cl), £19.99, englishwhisky.co.uk**

A light, fruity tippie with a strong quince flavour and gentle whisky warmth that's sweet enough to be enjoyed on its own or paired with ginger beer for a longer drink.



◀ **Marsden's fudge (200g), £7, marsdensfudge.co.uk**

Classic and crumbly, we love the festive ginger-spiked variety and the deeply flavoured treacle one.



◀ **Pasture-fed tin (750g), £35, cannonandcannon.com**

Showcasing meat from grass-fed animals, this tin includes Scottish wild venison salami, Cornish seaweed & cider salami, Welsh lamb merguez salami and more – all have great texture and flavour.



▼ **Best of British 12-beer mixed case, £29.90, honestbrew.co.uk**

The ultimate gift for beer lovers, this case celebrates UK breweries such as Northern Monk, Pressure Drop and The Wild Beer Co.





▲ **El Bandarra vermut red (100cl), £21.95, masterofmalt.com**
A fruity, spiced red vermouth – enjoy with soda or use to add oomph to a negroni without upsetting the balance.

▼ **Vegan chocolate pralines (95g), £9.99, selfridges.com**
Handmade in Brighton by family-run Be Chocolat, you'd never guess these creamy pralines are vegan.



Star buy

▲ **Cremini al Pistacchio (150g), £8.95, carluccios.com**
These are seriously delicious – creamy Sicilian pistachio-and-white-chocolate squares that melt in the mouth.



▲ **Frantoio Muraglia aromatic olive oil selection, £22.95, souschef.co.uk**
We recommend drizzling the celery oil over fish, ginger oil on steamed veg, lemon oil on chicken and chilli oil over dumplings or pizza.



▼ **Herbaceous Blends teas (30g), £5.49 each, herbaceousblends.co.uk**
These punchy loose leaf teas are packaged beautifully. We love the earthy mint flavour.



▲ **El Rayo reposado tequila (70cl), £39.95, elrayotequila.com**
Smooth and loaded with complexity, this reposado – 'rested' – tequila has notes of raw almond skins on the nose. Plus, it looks fabulous, making it a special gift.



◀ **Chocolate baubles (150g), £11 each, chococo.co.uk**
These baubles look lovely and taste delicious. Our favourite is the 'gold' – caramelised white choc filled with four cocoa nib-studded gems.



▲ **Blood orange & clove negroni (70cl), £35, Harvey Nichols**
A seriously quaffable, ready-to-drink negroni, festively fruity and spiced – pour over ice and serve for an easy twist on the classic cocktail.



◀ **Merrilossus biscuits (600g), £17.50, Fortnum & Mason**
Crunchy, spiced, studded with dried fruits and enrobed in thick milk chocolate, this is the ultimate Christmas biscuit.



▲ **Fruit vinegar miniature set, £12, mightyfinethings.co.uk**
These vinegars are perfect for someone who prefers savoury over sweet. Try the raspberry or damson in soda water, or drizzle over salads, cheeses or bread to perk them up.



◀ **Peanut butter snowballs (150g), £3.99, montezumas.co.uk**
Peanut butter lovers will go mad for these white chocolate spheres filled with PB.



▲ **Veritable smart indoor garden kit, £159.99, Lakeland**
Grow four kinds of herbs or veg in as little as three weeks with this lit, self-watering garden.



▲ **Joie Fresh stretch lemon pod, £3.49, Lakeland**
Keep cut lemons fresh and cut down on food waste by storing in this stretchy silicone pod. It's dishwasher-friendly too!



▲ **Ninja Foodi multi-cooker, £199.99, ninjakitchen.eu/uk**
This can do it all, from air-frying to pressure-, slow cooking and more.



▲ **Cast iron Grillit, £125, lecreuset.co.uk**
From Le Creuset comes its newest colour range: gorgeous deep teal.



▶ **Granite pestle & mortar, £20, honeyandco.co.uk**
This rustic pestle & mortar makes light work of whole spices, and looks great in the kitchen.



▲ **Corral copper 8-cup French press, £49.95, baristaandco.com**
Sleek, stylish and sturdy, we love this copper cafetière!



◀ **Fridge magnet scissors, from £7.50, niwaki.com**
Perfect for snipping herbs, these come in a carrot or daikon design, and a magnet means they can be kept on the fridge for easy access.



◀ **Bowl covers, £35.50 (set of three), liveinthelight.co.uk**
Say no to cling film! These covers fit most plates and bowls, and can be chucked in the washing machine to be used again and again when you're finished.



▲ **GreenPan featherweight cast aluminium casserole, from £110, John Lewis & Partners**
Aluminium makes for a sturdy, lightweight dish that works both on the hob and in the oven.



▲ **BBC Good Food Magazine subscription, £39.99 for 12 issues, see page 50 for more info**
Give a gift subscription and you'll get a Cooks Professional food processor set worth £99.99.



▲ **Studio cross back apron (M-L), £65, risdonandrisdon.co.uk**

GADGETS & KIT



▲ **Javi round terrazzo serving board, £30, Habitat**

This board in trendy terrazzo print is ideal for cheese platters or canapés.



▲ **Head chef double oven glove, £23.50, redcandy.co.uk**

▶ **Discovery blue hug mug, £4, Wilko**
A seriously huggable mug in beautiful, dipped ceramic.



▶ **Tortoiseshell coasters (pack of four), £15, John Lewis & Partners**



▲ **Bamboo lunchbox, £9.99, oxfam.org.uk/shop/sourced-by-oxfam**
This recyclable lunchbox is made from sustainably sourced bamboo and has a silicone strap and seal to stop leaks.



▲ **Cobra 500ml thermal bottle, £18, wearthlondon.com**
This multi-layered bottle keeps drinks really cold for 24 hours and hot for 12, plus it looks gorgeous with its textured copper finish.

HOME & KITCHEN

▶ **Gemma Wightman Ceramics handmade porcelain cake stand, £38, notonthehighstreet.com**



▲ **Bloomingville cake server, £19.99, trouva.com**



▲ **Lina champagne saucers (set of four), £34, Oliver Bonas**
For those special occasions, only these opulent, vintage-style saucers will do!



◀ **Keeler & Sidaway shapes tea towel, £12, nottjustashop.arts.ac.uk**



▶ **Luxe round drinks trolley, £228, audenza.com**
Every budding mixologist needs this statement piece in their home.



VEGGIE HEAVEN

Veg by Jamie Oliver
(£26, Michael Joseph)

Jamie makes vegetarian cooking easy, fun and accessible with more than 100 recipes that can be whipped up after a long day at work. There are bags of flavour in every one, with ideas from around the globe – and they're all family-friendly, with plenty of satisfying stews, curries, pastas, pies, and traybakes, plus brunch recipes and a few quick sharing dishes, such as tacos or tortilla chips & dips for the weekend.

WILD COOKING

Hunter Gather Cook by Nick Weston
(£25, GMC Publications)

The ultimate guide to foraging and wild cooking, anyone aspiring to be a bit more like Bear Grylls will love this. Hunter, forager and chef Nick Weston lived off-grid in a treehouse to simplify his life and really get to know the wild ingredients he loved. In this book, he shows how to butcher, cook over fire and safely forage, and shares his recipes for dishes like rabbit quesadillas and venison carpaccio.

THERAPEUTIC READING

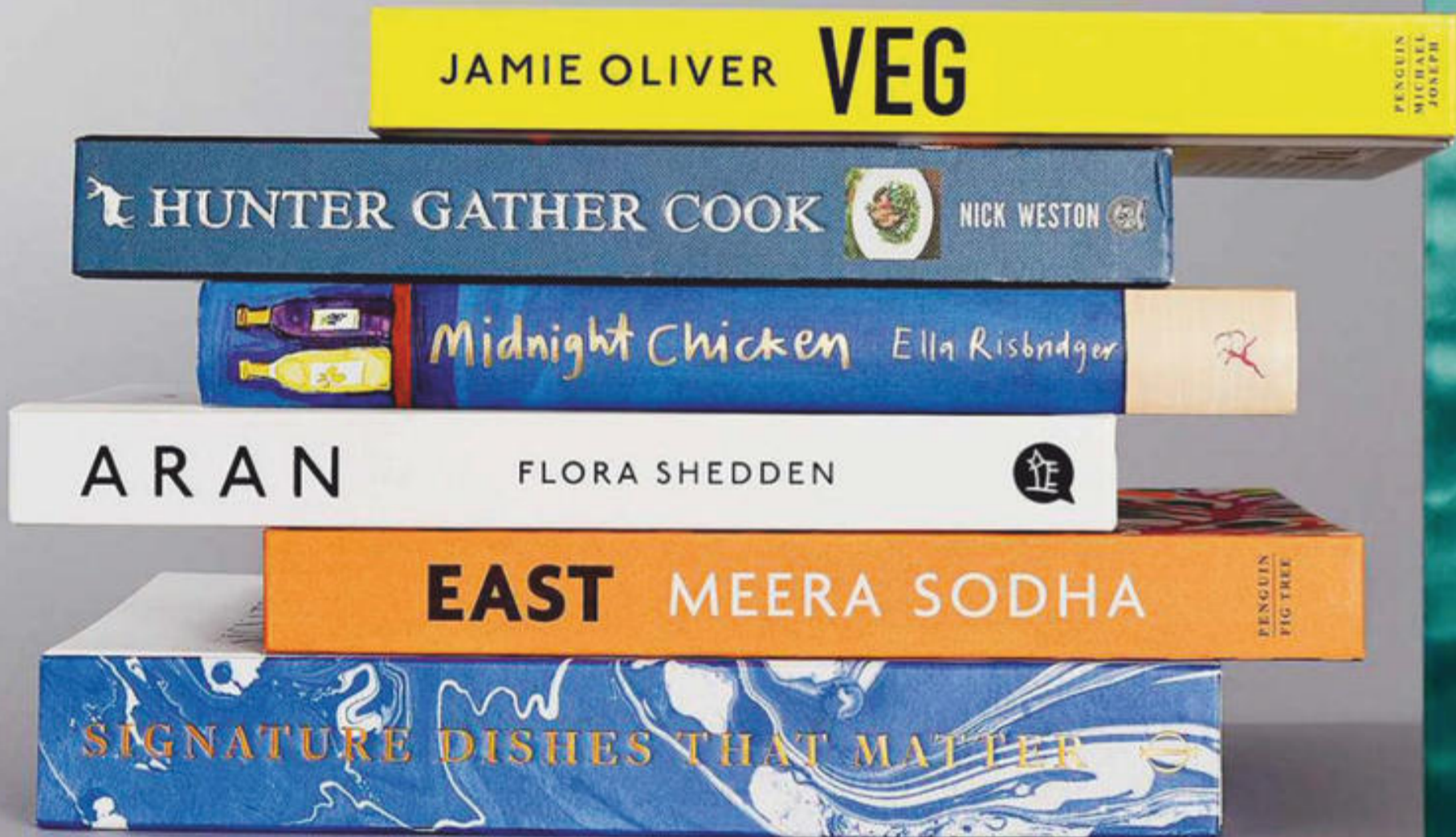
Midnight Chicken & Other Recipes Worth Living For by Ella Risbridger (£22, Bloomsbury Publishing)

This is so much more than a cookbook. After suffering crippling anxiety and trying to end her life at the age of 21, Ella began cooking, starting with a roast chicken, and discovered the healing powers of the kitchen. Beautifully written and restorative with comforting recipes and ways to find joy, you'll want to read this yourself before you give it as a gift – maybe buy two.

BOOKS for COOKS

Our top picks from 2019 – there's something for everyone

words FIONA FORMAN



BRILLIANT BAKING

Aran by Flora Shedden
(£22, Hardie Grant)

At 19, Flora was *Bake Off's* youngest-ever semi-finalist, and she now owns Aran Bakery in Perthshire, Scotland. This book makes a great gift for keen bakers, covering all the essentials and more – and there's no fancy equipment needed. On the savoury front, there are breads, quiches and salads, and on the sweet, there are plenty of cakes and bakes, including her gran's shortbread – a must for any Scot.

MODERN ASIAN

East by Meera Sodha
(£20, Fig Tree)

Meera's cookbooks have all been huge hits, and *East* looks set to follow suit. Vegetarian and vegan Indian, Asian and Southeast Asian cooking is given a new lease of life with her modern, authentic and vibrant recipes. From pistachio, pea & mint soba noodles and mushroom bao to Sri Lankan beetroot curry and roasted paneer aloo gobi, there's so much veg-packed inspiration here.

A FOODIE ENCYCLOPEDIA

Signature Dishes That Matter
(£35, Phaidon)

Part cookbook, part travel guide, part historical record, this fascinating book charts the most iconic dishes from the past three centuries, from Mark Hix's shepherd's pie in the 90s to Bill Granger's invention of now-legendary avocado toast in Australia. Read the stories at the front, then in the back, you'll find all the recipes. Each dish is printed alongside a hand-drawn illustration, making it a stylish coffee table book, too.

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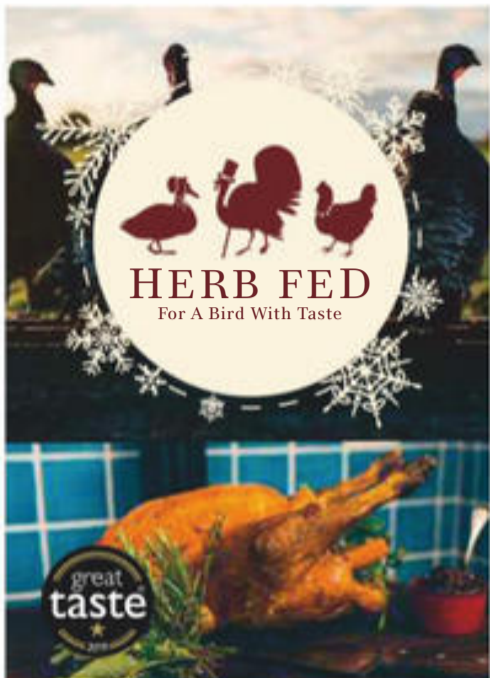
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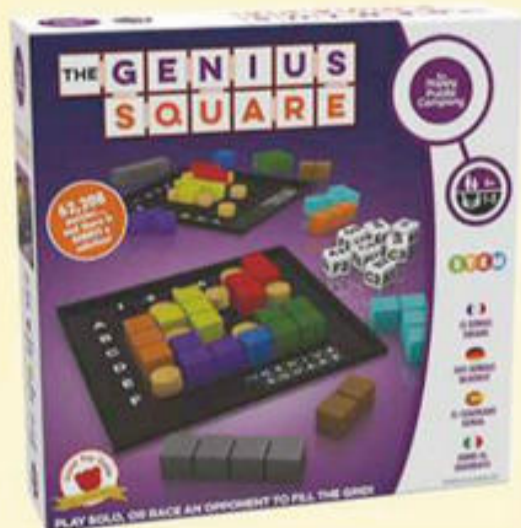
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AQUILA's rip-roaring Christmas issue celebrates some of the best-loved Children's Books of all time, including **Harry Potter** and **The Lord of the Rings**. Children can discover how fantasy languages like **Elvish** are created, make some iridescent **Dragon's Wings**, and try some incredible **Shrinking Science**.

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Get the best from our recipes

Our recipes are triple-tested: we cook them all three times to ensure they work for you

- Always read the recipe thoroughly before starting, and use standard measuring spoons for accuracy.
- Where possible, we use humanely reared British meats, high welfare chicken and eggs produced under the British Lion Code of Practice, and sustainably sourced fish.
- We avoid waste by using full packs, or suggesting how to use leftovers.
- If egg size is important, we'll state it in the recipe.

Helping you to eat well

Our BANT-registered nutritionist analyses our recipes on a per-serving basis, not including optional serving suggestions. You can compare these amounts with the Reference Intake (RI), the official amount an adult should consume daily: Energy 2,000 kJ, Protein 50g, Carbohydrates 260g, Fat 70g, Saturates 20g, Sugar 90g, Salt 6g (please note, RIs for total fat, saturates, sugar and salt are the maximum daily amounts).

How we label our recipes

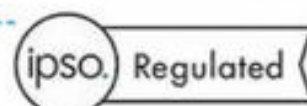
Our vegetarian (V) or vegan recipes are clearly labelled, but check pack ingredients to ensure they're suitable. If we say you can freeze a recipe (❄), freeze it for up to three months unless otherwise stated. Defrost thoroughly and heat until piping hot.

A low-fat recipe has 12g of fat or less per serving. A recipe is 'healthy' if it is low in saturated fat, with 5g or less per serving; low in salt, with 1.5g or less; and low in sugar, with 15g or less.

A low-calorie recipe has 500 calories or less per main course, 150 calories or less for a dessert.

We include the number of portions of fruit and/or veg in a serving, and highlight recipes that supply a third of our daily requirements of calcium, iron, folate and vitamin C, and a good source of fibre and omega-3 fats.

- Please note that recipes created for advertisement features are checked by our cookery team but not tested in the Good Food Test Kitchen.
- Our gluten-free recipes are free from gluten, but this may exclude serving suggestions. For more info, visit coeliac.org.uk.
- We regret that we are unable to answer individual medical/nutritional queries.



your good food

We love to hear from you, so get in touch

@ email | ✉ post | facebook | twitter | instagram

gf star letter

In response to Joanna Blythman's October column, her belief that old-fashioned food is not linked to modern disease is unhelpful. While Joanna is right that there is no clear association, the relationship between saturated fat and health is much more complex. Advice to eat less saturated fat has helped to reduce our risk of heart disease over time. I completely agree with Joanna that these cuts of meat have more flavour and produce some wonderfully restorative broths and meals (and it's great to encourage nose-to-tail eating), but it is likely that her and most peoples' grandparents led very different lifestyles than we do today – they probably ate smaller portions and were much more active. Today, portions sizes are larger, we tend to eat too much food that is high in fat or sugar, and we are less active, leading to more people than ever being overweight. Views such as Joanna's add to the confusion over what is a healthy diet, and while it is not necessary to avoid fatty cuts completely, moderation is required.

Ruth Stratford, Alton



what you've been cooking

You've been making our recipes... ✉ #bbcgoodfood



@LSpybey
How's this for the ultimate comfort dish? Lynn cooked our warming slow-cooked pork, cider & sage hotpot (October).



@archaeo_ro
Rosanna has been busy baking our epic rainbow zebra cake (September).



@slimbo02
Check out Sarah's perfect chocolate fudge crinkle biscuits (September) – they look very inviting cooling on the rack.



@emilymOrris
Emily made a picture-perfect version of our October cover recipe – stuffed pasta bolognese bake.

Ruth wins 12 bottles of Louis Jadot Saint-Véran 2017 (£16, Tesco). A poised, elegant drink that showcases the lovely wines Louis Jadot make in the Mâcon Crus, this chardonnay is dry and fine with a touch of soft, peachy fruit and delicate nutty notes. Enjoy a glass on its own, as an aperitif or with a Sunday roast chicken.



your local eats

This month Elizabeth Barton recommends Malt Café in Worthing. Situated in the up-and-coming West End, this is one of the best places in Worthing for coffee and brunch by day – but come Friday night, it transforms into a bustling wine bar offering delicious food options like charcuterie and cheeseboards. It caters for veggies too, serving

dishes such as tarragon mushrooms and rose harissa & caraway roasted potatoes. Malt Café offers a fantastic selection of wines at the bar, while still honouring local suppliers and producers.

Know a great place to eat in your area? Let us know on Facebook and Twitter using the hashtag #gfeatsout



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Email goodfoodmagazine@immediate.co.uk Find us on social media @bbcgoodfood and tag us #bbcgoodfood

Just 5 ingredients

You don't need a long list of ingredients to make an impressive Boxing Day ham – try our sweetly spiced easy version

recipe ANNA GLOVER photograph MELISSA REYNOLDS-JAMES

Spiced ginger-glazed ham

SERVES 8 PREP 10 mins
COOK 3 hrs 30 mins EASY

2kg unsmoked boneless gammon joint
2½ litres ginger ale (not sugar-free)
2 tsp allspice berries, plus 1 tsp, crushed
300g light brown soft sugar
3 tbsp finely grated ginger

1 Put the gammon in a large pan and cover with 2 litres of ginger ale. Top up with water to cover the joint, if you need to. Add the whole allspice berries and bring to a boil. Turn the heat down to low, and simmer gently, covered, for 2½ hrs. Top up with water, if you need to, while it's simmering.

2 Drain the ham and leave until it's cool enough to handle while you make the glaze. Put the remaining ginger ale in a pan with the sugar, grated ginger and crushed allspice. Simmer, uncovered, for 20-25 mins until syrupy.

3 Heat the oven to 190C/170C fan/gas 5. Remove the skin from the ham, leaving a layer of fat, then score the fat in a criss-cross pattern. Transfer the ham to a foil-lined roasting tin, and brush over half the glaze. Roast for 15 mins, then glaze

with the remaining syrup. Increase the temperature to 200C/180C fan/gas 6 and roast for a further 15-20 mins until you get a sticky golden crust. Leave to cool for 15 mins before carving. Drizzle over more glaze from the tin to serve, if you like. *Can be made ahead and chilled for up to four days.*

GOOD TO KNOW gluten free

PER SERVING 517 kcals • fat 21g • saturates 7g • carbs 39g • sugars 38g • fibre 1g • protein 41g • salt 4.3g



Shoot director GARETH JONES | Food stylist ESTHER CLARK | Stylist JENNY IGGLEDEN

IN NEXT MONTH'S ISSUE

Find the best recipes to ring in the new year with the December edition of *Good Food*, on sale 5 December.

Deluxe

Big on wishing upon a starter

Some might consider vol au vents the ghost of Christmas table past.

We don't. See, their deliciously flaky pastry nests and their decadent fillings make them an excellent choice for the most important meal of the year. Go retro with Lidl for just £3.49.

Big on a Christmas you can believe in

Deluxe 2 Vol au Vents
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Sauce 220g £1.59/100g
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87
Very Good



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 lidl.co.uk/christmas

Deluxe

Big on the roast with the most

Expectations are high for the star of the show.

A British, free-range, responsibly reared heritage breed with a crispy outside and a tender inside would steal the limelight. Surely, you could get this from a fancy butcher. Or, you could pop into Lidl from 19 December.

Big on a Christmas you can believe in



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87



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Posture.

The importance of good seated posture cannot be overestimated. Over time, poor posture can place a huge amount of strain on your muscles and soft tissues, leading to life-style issues such as back, neck and shoulder pain, as well as increased stress and fatigue.

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The Glenmore, shown in Solway Check Amber

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