

IRELAND'S NUMBER ONE FOOD MAGAZINE

Easy Food

APRIL 2010

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180
TRIED & TESTED
RECIPES & TIPS

Saint Patrick's Day

but not as you know it



Potato cake with bacon and rocket pg 25

The Green Issue

PLUS
Eat your greens, kids!
When know how
with beef
your own tomato sauce

7 ways to
support your local
producers today

THE SWEETEST THING
essential
chocolate desserts



APRIL 2010

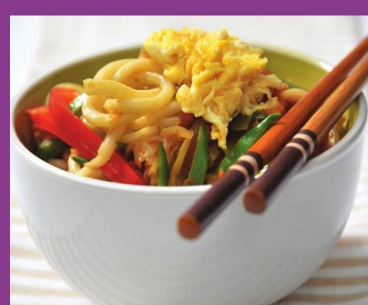
EXCLUSIVE



LOW GI BAKING



Meat meals



one pot wonders



seasonal baking



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Welcome...



...to The Green Issue of **Easy Food**! Over the last few years, 'going green' has taken on a whole new meaning. For some, it means buying organic produce as much as possible, while for others, living a green life involves time spent in the garden, coaxing vegetables from a much-loved patch. Here at **Easy Food** it means buying local produce, and supporting the producers who strive to stay true to their roots – despite the economic difficulties so prevalent at the moment. With this in mind, we take inspiration from cook Gizzi Erskine, who is passionate about supporting her local producers – read her stirring piece on page 12. The humble potato gets a makeover in stylist Sasha Sonnenberg's shoot on page 28, while new **Easy Food** staffer Maisha Lenehan celebrates our world-class seafood on page 26.

If like so many of us, you reject the traditional feast of boiled ham and cabbage, check out page 36, where Gina Mullins has given St Patrick's Day an ultra ladylike feel in a stunning feature, shot by Neil Hurley. We went searching for cakes and came up trumps at the McCann Erickson Annual Bake Off – check out the winners on page 32.

Meanwhile, Dianne Curtin has been busy coming up with five meals from dish, see the results on page 42. Kids are not forgotten in this issue of **Easy Food**, as we take the green theme one step further, by asking our panel of expert Mums to answer the time-honoured question: how *on earth* do you get children to eat vegetables?! Check out their hilarious tips on page 64.

Finally, remember that **Easy Food** is your magazine, and we love to hear from you. If you fancy meeting the whole team, we'll be setting up shop at The Ideal Homes Show from 16-18th April. See you there!

Fancy getting your teeth into more Special Diet recipes? Check out Easy Health & Living magazine, out now!

Ciara

Ciara McDonnell, Editor

Readers, please take note that the nutrition boxes that appear underneath recipes are only for one serving!

Fat	12g	Sat.Fat	2g	Carbs	68g	Energy	775kcal
Protein	103g	Sodium	.4g	Sugar	33g	Fibre	10g

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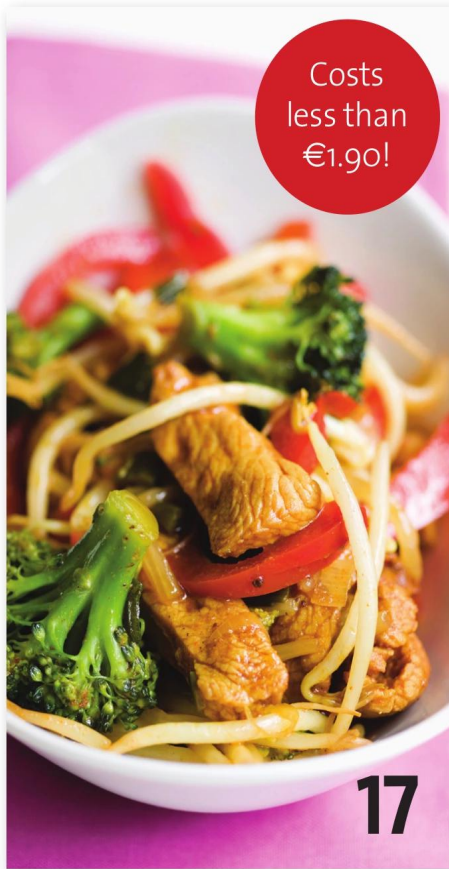
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your say



We're always really pleased to hear from our readers in the **Easy Food** office, so keep sending your letters in! Here's a selection from our post bag and inbox

Chocoholics Ahoy!

Dear Easy Food,
I am writing to share a recipe that I make for special occasions. It is an indulgent treat, and definitely not for dieters!

CHOCOLATE ORANGE LUXURY CAKE

300g dark chocolate (this works out as 3 bars – two plain and one orange flavoured)
500g cream cheese, at room temperature
250g crushed digestive biscuits
50g icing sugar
50g melted butter
juice of one orange
cream, to serve

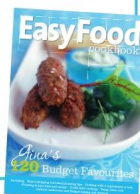
- 1 Grease an 25cm baking tin. Melt the chocolate in a bowl sitting over simmering water. Once melted, take off the heat, stir in the orange juice and stir.
- 2 Mix the melted butter with crushed biscuits and press into the bottom of the cake tin. Chill in the fridge for fifteen minutes.
- 3 In a large mixing bowl beat the cream cheese to loosen before beating in the chocolate mixture. Spread onto the biscuit base and leave to set in the fridge for at least two hours. Decorate the top with orange slices and grated chocolate and serve with cream.

Frances McDonagh

That sounds DELICIOUS Frances! We can't wait to try this one.

WRITE TO US AND WIN **Easy Food** COOKBOOK

Send your letters to Editor, **Easy Food**, Zahra Publishing, 1st Floor, 19 Railway Rd, Dalkey, Co. Dublin or email me at editoreasyfood@zahrapublishing.com. The Best reader recipe wins a copy of the **Easy Food** cookbook – *Gina's 120 Budget Favourites*, worth €9.95.



Reader Tip!

Never start cooking before you have read the recipe and prepped all the ingredients, placing them in small bowls, combining those that go together in the recipe. That way, everything is measured, thought out, and ready to go. Cooking is the easy part.
Sarah Ann, Drogheda

From the Facebook Files...

This month, our Facebook group baked most AMAZING peanut butter cupcakes – for the full recipe check out our discussion board!



What do Easy Fooders eat during the week?

My ultimate quick fix/comfort food is the cheat's spicy macaroni cheese – cook macaroni, drain it and chuck it back in the pan. Stir in some crème fraîche and lots of grated cheese, season to taste and then serve with a huge dollop of hot ketchup. I love it on its own as a guilty pleasure or served with pan-seared pork chops and a green salad. YUM!

Annie Streater

Congratulations to March's lucky winners:

Carton House: Margaret O'Sullivan, Co Kerry; Antony Makes It Easy: Eoghan Purcell, Dublin, Eimear Quinlan, Cork; Have Her Over For Dinner: Mark Mulligan, Dublin; Romanza: Andrea Carroll, Co Westmeath

Easy ways to increase your Omega 3 intake



We all know that eating healthily is good for us, but it's sometimes hard to find healthy, tasty food. Now it is even easier to get Omega 3 into your diet with John West Tuna Steak Rich in Omega 3 in Sunflower Oil, which contains 100% of your recommended daily intake of Omega 3 in just one can.



Tuna salad pita bread

Serves 4

- 1 small head butter lettuce, washed**
- ½ cucumber, chopped**
- 200g cherry tomatoes, halved**
- 100g olives, pitted**
- 1 tin of John West tuna steak, drained**
- 1 bunch spring onions, chopped**
- olive oil**
- 4 pitta breads**

To serve

Mayonnaise or dressing

Corn-on-the-cobs

- 1 Break the salad leaves into slightly smaller pieces and place them in a dish with the cucumber, tomatoes, olives, tuna, spring onions and olives. Season to taste and add a generous squirt of olive oil, then mix.
- 2 Heat a heavy-based frying pan and toast the pitta breads on both sides. Alternatively, you can bake the pittas in a hot oven for a few minutes.
- 3 Halve the pittas and cut a hollow in each. Fill it with a little dressing and the tuna mixture, and serve with corn-on-the-cobs.



For further recipe ideas check out www.john-west.ie

Food Bites

in your diary

3RD APRIL

If you like a) quick and easy meals and b) looking at good looking men cooking quick and easy meals, then we suggest you book a place on the One Pot Wonder cooking course at Andrew Rudd in Dublin this month. The best bit? It costs a mere €50 to watch your lunch being made while you enjoy a glass of delicious wine. We'll see you there! Call 085 713 6484 to book now.



OBJECT OF DESIRE

Add a touch of comedy to your kitchen with these ultra cutesy egg timers (€11.50 each) by Rice at www.tch.net.



PSST...

Fancy shooting the breeze with Team **Easy Food**? We're going to be taking up residence at the Spring Ideal Home Show from 16th-18th April this year. Stop by our stand where we'll be rustling up lots of easy to prepare snacks and meet the team – we're looking forward to meeting you! www.idealhome.ie



WIN A DINNER!

The lovely people at Odessa have hit the ground running this year, bombarding foodies with great new offers. They've just launched Soul Food, a new menu of comforting, fill you up main courses like Toulouse sausage casserole or lamb tagine with Moroccan couscous and pitta bread for only €10 each! To celebrate, Odessa are offering one lucky reader a dinner for two with a bottle of house wine. To be in with a chance to win, email editoreasyfood@zahrapublishing.com with your name, address and phone number. The winner will be chosen at random and the editor's decision is final. Odessa, 13/14 Dame Court, Dublin 2. Tel: 01 670 7634 www.odessa.ie

CUPCAKE US

We like feelgood stories here at **Easy Food** HQ, and none more so than that of Cupcake Me, a business started by Tara Nelson when she lost her insurance job in May of last year. Since then she's been making these AMAZING cupcakes for weddings, christenings and any kind of celebration. Do you like? Order some online at www.cupcakeme.org.



CLICK TO...

If like us, you are obsessed with fancy cakes that you may or may not be able to produce yourself, then log onto bakerella.com where cakes are turned into lollipop-shaped cake pops and smiling through sweetness is a requirement.



Market Focus

As the most scenic farmer's market of Dublin's north side, Howth's weekly market has proved one of the fishing village's greatest tourist draws, selling fresh produce to more than 7,000 each weekend. Selling a wide range of organic fruit and vegetables, breads and cured meats, we head to Howth every Sunday to get our weekly fix of fresh fish before stocking up on cheese and sausages at the market. Our top tip? Get there early to bag one of the freshly baked pear and almond tarts on sale; it will make the DART journey seem so much more worth while!





▶ Hogan's

Nestled in the lush pastures of Co. Meath, Hogan's Farm has been producing fresh turkey to generations of Irish consumers for the past 46 years. Why not try a packet of our delicious Hogan's Farm Extra turkey, ten slices of cooked & roasted tender slices of low fat turkey breast perfect for sandwiches, cooking with or as a stand alone snack.

▼ Green Giant

Green Giant sweet corn is the ultimate cupboard essential. Deliciously nutritious, just 3 heaped tablespoons counts towards one of your five portions of fruit and vegetables a day, and it's a vegetable kid's love! See www.greengiant.ie for the full Green Giant sweet corn range and great recipe ideas.



Shelf Stars

Easy Food finds out what's best in stores



◀ The National Organic Salmon Company

This wholesome organic range of delicious salmon from The Organic Salmon Co. are presented in easy to cook trays and are perfect for any occasion. They come in 3 delicious varieties: Natural Organic salmon dainties, Natural Organic salmon dainties with lemon and parsley crumb and Natural Organic salmon dainties with green pesto crumb. The Organic Salmon Co produces its salmon from select sites along the rugged west coast of Ireland, one of which is Clare Island, and has supplied many notable chefs including Richard Corrigan and Derry Clarke, and Jamie Oliver.

▶ Green, Sustainable, Economical Cooking

We're all trying to conserve energy and we're all trying to find easy to cook, healthy, cheap meals. The THERMAL-CHEF is the solution, perfect for preparing meals with cheaper staples such as seasonal vegetables, and cheaper cuts of meat as well as dried beans and pulses. It's very economical as you can use less expensive ingredients to provide a great variety of meals. To find out more or to place an order visit www.thermalchef.com.





▲ Knorr

Knorr chefs have carefully selected vegetables, meats, herbs and spices that are gently simmered into a concentrated little pot. Stock Pots melt easily into water to produce a full flavoured stock or they can be added straight into your dish to bring out its natural flavour.

▼ John West

Whatever you're doing in the afternoon, you'll be at your best with a John West Tuna Light Lunch. Our Tuna Light Lunches are made from only the tastiest Tuna, the finest vegetables and pulses, with rice or hearty pasta in a light dressing. They are naturally gorgeous, nutritionally balanced, packed with vitamins and high in protein.



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Of course I see the advantage of importing pineapples or other tropical lovelies that we couldn't possibly grow here and I'm not quite sure if I'm ready to give up tomatoes in the winter, but Argentinean Beef when we have Irish on our doorstep, New Zealand Lamb when our lamb is superior, Danish bacon, when the dry cured stuff we produce here in Ireland is full of flavour and not pumped full of water, it baffles me that we're unaware of what we do best as a country and that is produce some of the best, artisan foods in the world.

So what can we do? Going to local farmers markets is a lovely idea, but not always convenient. More supermarkets however are now clearly marking on their packaging where they're sourcing their produce from and over the past few months I have noticed more and more local foods being stocked. It's simply a matter of looking on the packaging to see where it comes from, asking the questions and thinking seasonally.

Not only will you be getting far tastier ingredients, your cooking will be better and your local farmers (and the environment) will thank you for it.

WIN THE BOOK!

We have one copy of *Gizzi's Kitchen Magic* to give away! To be in with a chance to win, just email your name and contact details to editoreasyfood@zahrapublishing.com with Gizzi in the subject line.



Village Mentality

Support your local stores, or you may not be able to enjoy them for much longer, says **Gizzi Erskine**

There is one thing in the world of food that drives me potty. Imagine the autumn hits and Ireland does what it does best and produces an overflow of the most glorious apples in the world. There are hundreds of varieties all in their prime, so why, oh why, are the majority of the apples that make it to the supermarket from New Zealand or Italy? Not only are we missing out on the best quality and freshest foods, (just think about how old these fruits are by the time they get from the farms, to the ships, to the warehouses to the supermarkets to your homes), but the effects that transporting these products across the world has on the environment is unimaginable.

The simple fact is that food tastes better if it's eaten closer to where it's grown and is eaten in season. Asparagus, peas and broad beans in the spring, salad leaves, cucumbers and radishes in the summer, apples, pears and potatoes in the autumn and cabbages, carrots and parsnips in the winter.



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YOUR WEEKLY budget menu >>



Stockfood.ie

MIDWEEK PASTA AND MEATBALLS

Serves 4

- 475g beef mince**
- 1 onion, finely chopped**
- 1 lemon, rind finely grated, juiced**
- 60g breadcrumbs**
- salt and pepper**
- 3tbsp basil leaves, finely chopped**
- 2 tins chopped tomatoes with herbs**
- 250ml chicken stock**
- 400g penne**

about
€2.30 per
serving

- 1** Combine the mince, onion, lemon rind, 1 tablespoon lemon juice, breadcrumbs, basil and salt and pepper in a large bowl. Roll tablespoons of mince mixture into balls. Place the meatballs on a tray lined with baking paper. Cover and refrigerate for fifteen minutes.
- 2** Combine the tomatoes and stock in a deep pan. Bring to a slow boil and drop the meatballs into the mixture. Reduce the heat to low and

simmer for 25-30 minutes or until meatballs are cooked through.

- 3** When the meatballs have been simmering for twenty minutes, cook the pasta according to the packet instructions and serve with the meatballs and sauce tossed through.

Fat	43g	Sat.Fat	18g	Carbs	72g	Energy	923kcal
Protein	65g	Sodium	.68g	Sugar	6.7g	Fibre	3g

ONE POT CHICKEN AND POTATOES

Serves 4

- 8 plump chicken thighs**
- 2 lemons**
- 2tbsp chopped tarragon**
- 2tbsp olive oil**
- salt and pepper**
- 2 red onions, roughly chopped**
- 4 cloves of garlic, skin on**
- 750g new potatoes**
- To serve
- green salad**
- mayonnaise**

about
€1.84 per
serving



Ciara's Tip

Chicken thighs are a fantastic alternative to breasts. They are super cheap, and because the meat is on the bone, they can withstand a long, hot cook without losing moisture.

- 1** Heat the oven to 220°C/gas mark 7. Finely grate the zest from one lemon and squeeze the juice from both. Mix in a shallow dish with the tarragon, 1 tablespoon of olive oil and salt and pepper. Turn the chicken in the marinade and leave for 15 minutes or longer if possible.
- 2** Toss the potatoes, onion and garlic in the

remaining oil and spread in a roasting dish. Pop in the chicken and the rest of the marinade and bake for 30-40 minutes, turning every so often, until the chicken is sticky and crispy and the potatoes are cooked through.

- 3** Serve with a crisp green salad and mayonnaise on the side.

Fat	28g	Sat.Fat	7g	Carbs	34g	Energy	500kcal
Protein	30g	Sodium	1.6g	Sugar	1.3g	Fibre	3.7g

Serve with
onion gravy

about
€.94 per
serving



TOAD IN THE HOLE

Serves 4

- 100g plain flour**
- pinch of salt**
- 2 eggs, beaten**
- 300mls milk**
- 2tbsp sunflower oil**
- 8 good quality pork sausages**
- 1 sprig fresh rosemary**

- 1** Preheat the oven to 200°C/gas mark 6. Sift the flour and salt into a bowl and make a well in the centre. Add the eggs, bringing the flour in with a whisk and incorporating it gradually. Whisk in the milk, to make the batter smooth.
- 2** Arrange the sausages in a roasting tray and pour in 2 tablespoons oil. Cook for 25 minutes before carefully removing the tin from the oven. Pour in the batter mix, scatter with rosemary, then return to the oven and cook for 25 minutes, or until the batter is golden, risen and crisp, and sausages are well browned. Our tip? Serve with onion gravy.

Fat	29g	Sat.Fat	7g	Carbs	24g	Energy	385kcal
Protein	10g	Sodium	2.7g	Sugar	.42g	Fibre	.85g

TARKA DAL

Serves 4

- 250g yellow dried split peas**
- 1 litre water**
- 3tbsp vegetable oil**
- 1tbsp cumin seeds**
- 1 small onion, chopped**
- 3-4 whole red chillies, pricked with a knife**
- 2cm piece fresh ginger, peeled and cut into thin strips**
- 3 garlic cloves, peeled and left whole**
- 3 tomatoes**
- ¾tsp ground turmeric**
- ¾tsp garam masala**
- 1½tsp ground coriander**
- salt and freshly ground black pepper**

To serve

naan bread

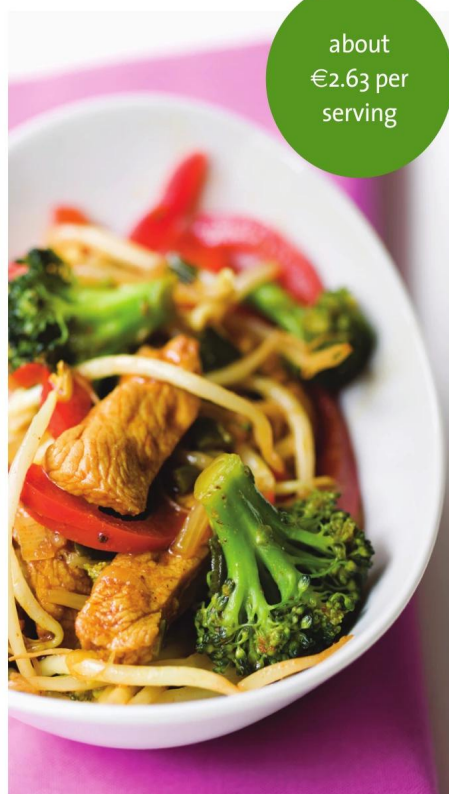
- 1** Place the lentils and 900ml of the water into a pan, stir well and bring to the boil. Skim off any froth that forms on the surface of the water with a spoon. Cover the pan with a lid and reduce the heat to a simmer. Simmer, stirring regularly, for 35-40 minutes, or until the lentils are just tender, adding more water as necessary.
- 2** When the lentils have cooked through, remove the pan from the heat and use a whisk to break down the lentils. Set the mixture aside to thicken and cool.
- 3** Meanwhile, heat the oil in a pan over a medium heat. Add the cumin seeds and fry for



- 20-30 seconds, or until fragrant.
- 4** Add the onion, chillies and ginger and fry for 4-5 minutes, or until golden-brown.
- 5** Blend the garlic and tomatoes to a purée in a food processor. Add the purée to the pan and stir well to combine.
- 6** Add the ground spices and 100ml of water to the pan and stir well to combine. Season, to taste, with salt and simmer over a medium heat for 15-20 minutes, or until the oil from the sauce

- has risen to the surface of the sauce.
- 7** Add the cooked lentils to the sauce and stir well, adding more water as necessary to loosen the mixture. Bring the dal to the boil and season, to taste, with salt and freshly ground black pepper. Serve with naan bread.

Fat	23g	Sat.Fat	.24g	Carbs	36g	Energy	400kcal
Protein	14g	Sodium	2.4g	Sugar	1.5g	Fibre	.76g



TURKEY STIR-FRY

Serves 2

- 2tsp cornflour**
 - 80ml soy sauce**
 - 80ml rice vinegar**
 - 80ml water**
 - 2 garlic cloves, crushed**
 - 2tsp honey**
 - 500g turkey breast, cut into strips**
 - 60ml vegetable oil**
 - 50g cashew nuts**
 - 1 onion, thinly sliced**
 - thumb-sized piece ginger, freshly grated**
 - 1 red pepper thinly sliced**
 - 100g broccoli, cut into florettes**
 - handful of beansprouts**
- To Serve
- rice or noodles**

- 1** Mix together the cornflour, soy sauce, rice vinegar, garlic, honey and 80ml water.
- 2** Heat the oil in a wok or frying pan over a high heat. Fry the turkey until cooked through.

- Remove the turkey and set aside.
- 3** Add the cashews and stir-fry for 1 minute or until golden. Remove and drain on kitchen paper. Add the onion to the wok and stir-fry for 1 minute, then add the ginger, pepper and broccoli, and continue to stir over a high heat for 1-2 minutes.
 - 4** Add the turkey, nuts and reserved sauce, and cook for 1-2 minutes or until the mixture has thickened slightly. Stir in bean sprouts, and serve with rice or noodles.

Fat	20g	Sat.Fat	6.5g	Carbs	25g	Energy	406kcal
Protein	32g	Sodium	0.9g	Sugar	12g	Fibre	.9g

Ciara's Tip

For a super quick meal, chop a turkey breast into thick strips, toss in a mixture of cornflour and a shaking of garlic salt and fry until golden and juicy. Serve with steamed rice – simple and delicious!



We all like to live the good life, and when it comes to our tableware, here at **Easy Food** that means looking for sustainable materials that aren't causing harm to our environment. So, we were beside ourselves when we found out about these Lifestyle Recycled Paper Placemats (€4.75) from Debenhams.

WHAT TO DO WITH...

Leftover Easter eggs?

- Make an indulgent brunch muesli by mixing jumbo oats, your favourite nuts and dried fruit and chopped up leftover Easter eggs.
- Boil some milk and pop some crumbled up Easter egg in a cup. Top with hot milk, stir and hey presto, luxurious hot chocolate in an instant.
- Grab the kids, sandwich some chocolate between rich tea biscuits and pop in the microwave for 30 seconds and introduce yourself to Micro-s'mores!



EasyFood BOOK CLUB

As we all know, eating in is the new eating out, and fancy London-based chef Adam Byatt has put together a whole book packed with restaurant-worthy dishes that are easy to make and achievable in minimum time. We love the easy-to-follow aspect of *How To Eat In*, and think you will too!

English Cherry Pavlova

Serves 6

600g fresh cherries, pitted
300g icing sugar, plus extra for dusting
8g leaf gelatine
6 egg whites
200ml double cream

- 1** Preheat the oven to 170°C/gas mark 3 and line a 30cm x 20cm baking tray with grease proof paper. Place the cherries in a baking tray, sprinkle over half of the icing sugar and bake for 40 minutes until the cherries are soft. Remove from the oven and strain the juice from the cherries into a bowl.
- 2** Turn the oven up to 220°C/gas mark 7. Soak the gelatine leaves in a bowl of cold water until they are soft, about 10 minutes. Lift out and squeeze the leaves, then add them to the warm cherry juice and stir until dissolved. Refrigerate until set.



- 3** Tip the baked cherries into a blender and blend to a smooth purée. Transfer to a bowl and chill in the fridge until serving time.
- 4** Put the egg whites into a bowl and whisk until thickened. Add the remaining icing sugar and continue whisking to a meringue that is firm enough to hold a ribbon trail when the mixture is lifted.
- 5** Using a palette knife or spatula, spread the meringue evenly over the lined tray to a thickness of about 3cm, keeping it textured on top. Place the tray in the oven, close the door and immediately turn the oven off. Leave the meringue in the oven for 6-8 hours.
- 6** To serve, lightly whisk the cream. Spoon the crisp but chewy meringue onto individual plates and layer with cream, cherry jelly and cherry purée. Decorate with the reserved cherries and dust with icing sugar.

WIN THE BOOK!

We have three copies of *How To Eat In* to give away. To be in with a chance to win, email your name, address and phone number to editoreasyfood@zahrapublishing.com and *How To Eat In* in the subject line. The winner will be picked at random and the editor's decision is final.

It's important to eat at home in a effort to sustain family values. Taking time to enjoy cooking together as a family can be a bonding and fun experience, and eating together is precious grounding for young children and essential family time"
Adam Byatt



**A great little
help in cleaning
the Easy Food
test kitchen**



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BLUEBERRY FOOL

Serves 4

250g fresh blueberries

50g caster sugar

200ml crème fraîche

140ml double cream

icing sugar, to taste

about
€1.09 per
serving

1. Reserve a few blueberries for decoration and place the remainder in a small pan with the sugar and 1 tablespoon cold water. Heat gently for 4-5 minutes, or until the sugar has melted and the juice begins to run. Cook for a further 4-5 minutes or until the fruit is soft. Crush with the back of a spoon and leave to cool.

2. Whisk the crème fraîche and double cream together until thick and form soft peaks. Stir in about $\frac{3}{4}$ of the blueberries. Taste and add icing sugar for sweetness, if needed.

3. Lightly fold in the remaining purée and divide the fool between individual serving classes. Chill for about an hour and top with the reserved blueberries before serving.

Fat	17g	Sat.Fat	5g	Carbs	32g	Energy	329kcal
Protein	15g	Sodium	0.4g	Sugar	3g	Fibre	3g

YOUR WEEKLY budget shopping list >>

MEAT AND FISH

- 475g beef mince
- 500g turkey breast
- 8 chicken thighs
- 8 good quality pork sausages

DAIRY AND EGGS

- 300mls milk
- 200ml crème fraîche
- 140ml double cream
- 2 eggs, beaten

FRUIT AND VEGETABLES/ HERBS

- 9 cloves garlic
- 3tbsp basil leaves
- 2tbsp chopped tarragon
- 1 sprig fresh rosemary
- 750g new potatoes
- 3 tomatoes
- 3-4 whole red chillies
- 9cm piece fresh ginger
- 2 onions
- 2 red onions
- 1 red pepper
- 100g broccoli

- handful beansprouts
- 3 lemons
- 250g fresh blueberries

STORE CUPBOARD/FRIDGE/ FREEZER

- 400g penne
- 60g breadcrumbs
- 2 tins chopped tomatoes with herbs
- 250ml chicken stock
- 2tbsp olive oil
- 135ml vegetable oil
- 50g cashew nuts

- 100g plain flour
- 50g caster sugar
- Icing sugar
- 250g yellow dried split peas
- 1tbsp cumin seeds
- $\frac{3}{4}$ tsp ground turmeric
- $\frac{3}{4}$ tsp garam masala
- 1½tsp ground coriander
- salt and ground black pepper
- 2tsp honey
- 2tsp cornflour
- 80ml soy sauce
- 80ml rice vinegar

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MEET THIS MONTH'S TASTE TEAM!

Every month, a new panel of reader testers will be sharing their top tips and tricks

Avital Dines

Avital is 31 years old and is Mum to newborn Otis. Originally from Glasgow, Avital now lives in Galway and runs www.kidzbooks.net, an online store specialising in children's story books. Avital loves to cook, but finds herself tight on time, "I can't cook anything fancy, but I like cooking quick recipes in between nappy changes and feeding!" This month, Avital tried out Baked Cod with Pesto Crust – see her comments on page 26



Katie Fallon

Two years ago Katie was made redundant from her position as a food and beverage manager of a local bar and since then has fostered her love of baking. "I'm very nostalgic when it comes to baking; one of my greatest loves is buying old cookbooks. I am a firm believer in cooking at home and lately I have been roping in the help of my little boy Lochlann (3). Check out Katie's tips to achieving the perfect Spanish Rice on page 24.



MAKE IT TODAY >>

PLANNING YOUR WEEKLY MENU?
CHECK OUT OUR COLLECTION
OF QUICK AND EASY
MEAL OPTIONS...

IN THIS SECTION...

22 30 Minute Meals
One pot meals, ready in
half an hour

PLUS!

Your cover recipe in four easy
steps

26 Take Four Ingredients...
Fish fillets made easy with
the help of store cupboard
ingredients

28 5 Ways With Potatoes...
A new wave of dishes,
starring the humble spud

Simple recipes to tempt the tastebuds over the month ahead
– all developed with desktop dining in mind

Salad with
spice



The EasyFood Lunch Club

MEXICAN CHICKEN SALAD

Serves 1

- 2tbsp extra virgin olive oil
- 1tbsp fresh lime juice
- pinch chilli powder
- pinch ground cumin
- 1 cooked chicken breast, shredded
- ½ green pepper, sliced thinly
- ½ yellow pepper, sliced thinly
- 50g kidney beans
- 50g sweet corn
- ¼ Spanish onion, thinly sliced

- 1 Whisk together the oil, lime juice, chilli powder and cumin and set aside.
- 2 In a bowl, toss together the chicken, peppers, kidney beans, sweet corn and onion and stir through the dressing. Cover and refrigerate until served. This salad is best made the night before to allow the flavours to combine.

Fat	33g	Sat. Fat	4.7g	Carbs	34g	Energy	540kcal
Protein	29g	Sodium	.48g	Sugar	2g	Fibre	14g

PASTA, PESTO AND ROCKET SALAD

Serves 1

- 100g penne pasta
- 1tbsp pesto
- 5 cherry tomatoes
- handful rocket leaves, roughly torn
- 1tbsp Parnesan shavings

- 1 Cook the pasta according to the packet instructions, drain and douse with cold water to cool down. Once the pasta is cold, toss through the pesto to stop it from sticking.
- 2 Halve the cherry tomatoes and toss into the pasta. Stir through the rocket leaves and Parnesan, place in a sealable container and refrigerate until ready to serve.
- 3 Before eating, give the salad a good stir through and bring to room temperature.

Fat	26g	Sat. Fat	9.1g	Carbs	56g	Energy	551kcal
Protein	28g	Sodium	.4g	Sugar	2g	Fibre	2g

Ciara's Tip

Mix leftover kidney beans and sweet corn with some homemade vinaigrette (see page 72) and keep in the fridge to add to salads over the coming week!

A taste of the Mediterranean



ROAST VEGETABLE AND MOZZARELLA WRAP

Serves 1

- ½ jar roasted peppers in oil
- ½ red onion, sliced
- handful rocket
- ½ ball mozzarella, torn up
- 2 flour tortillas

- 1 Tear the roasted peppers roughly and toss with red onion and rocket so that the mixture becomes coated in the pepper's oil.
- 2 Top the salad mixture with the cheese and place in a sealable container. Before you eat, stuff the salad and cheese into each tortilla wrap, fold over and enjoy!

Fat	11g	Sat. Fat	6g	Carbs	37g	Energy	310kcal
Protein	17g	Sodium	.5g	Sugar	7.2g	Fibre	3.5g



Great hot or cold!

LEEK AND POTATO SOUP

Serves 4

- 1tbsp vegetable oil
- 1 onion, sliced
- 225g potatoes, cubed
- 2 medium leeks, sliced
- 1.2 litres vegetable stock
- 150ml crème fraîche
- salt and freshly ground black pepper

Infinitely better than shop bought!

- 1 Heat the oil in a large pan and add the onions, potatoes and leeks. Cook for 3-4 minutes until starting to soften.
- 2 Add the vegetable stock and bring to the boil. Season well and simmer until the vegetables are tender.
- 3 Whizz with a hand blender or in a blender until smooth. Stir through the crème fraîche, season and store in the fridge or freezer until ready to serve.

Fat	23g	Sat. Fat	10g	Carbs	15g	Energy	271kcal
Protein	3g	Sodium	15g	Sugar	2.6g	Fibre	3g



PSST Make a batch and freeze in single portions

facebook

We got lots of great feedback from you after the launch of Lunch Club in the last issue. You had plenty of suggestions, some of which we've managed to include in this issue, but please remember to share with your fellow **Easy Fooders** on our Facebook group!

No matter how organised you are, sometimes staring into the bottom of a lunchbox can be a boring business. Team **EASY FOOD** has combatted this by bringing different dishes to work, and sharing them meze-style over a gossip in the kitchen.

Find yourself tight on time when it comes to week-night cooking? Take a leaf out of **Sasha Sonnenberg's** book and cut down on time and washing up with these one-pot meals, ready in less than thirty minutes. Photographs by **Mikasa Sonnenberg**

Kids favourite!

VEGETABLE NOODLE STIR FRY

Serves 4

3tbsp vegetable oil
2 large eggs, beaten
2 small Chinese cabbage, thinly sliced
1 red pepper, thinly sliced
1 bunch scallions, sliced
3 carrots, grated
handful sugarsnap peas, thinly sliced on an angle
thumb-sized piece of ginger, grated
2 cloves garlic, finely chopped
4tbsp soy sauce
3tbsp black bean sauce
1 lime, juiced
1tbsp chilli sauce
1tbsp honey
1tbsp sesame oil
600g ready cooked noodles

- 1 In a wok or deep frying pan heat one tablespoon of vegetable oil on a high heat. Add the eggs and scramble until firm. Transfer to a plate and set aside.
- 2 Add the remaining oil and heat until smoking. Add the cabbage, pepper, scallions and peas and stir-fry for two minutes. Add the ginger and garlic and stir-fry for one more minute.
- 3 In a small bowl, stir together the soy sauce, black bean sauce, lime juice, chilli sauce, honey and sesame oil.
- 4 Toss the noodles into the pan and stir until heated through. Stir through the sauce and stir-fry for one more minute. Serve in bowls topped with the egg.

Fat	21g	Sat. Fat	4g	Carbs	31g	Energy	360kcal
Protein	11g	Sodium	.9g	Sugar	6.7g	Fibre	2.5g

30 Minute Meals

Ciara's Tip

Add leftover meat from the Sunday roast to this dish instead of the egg.

SUPERFAST BEEF AND BROCCOLI

Serves 4

- 1tsp olive oil
 - 50g cashew nuts
 - 400g steak, cut into strips
 - 1tsp five spice powder
 - 1 large head broccoli, broken into florets
 - 3 carrots, finely sliced
 - 150ml beef stock (from a cube is fine)
 - 2tbsp soy sauce
- To serve,
- basmati rice

- 1 Heat the oil in a pan or wok, add the nuts and toss for a few seconds until lightly toasted. Set aside.
- 2 Season the steak slices with the five spice powder and fry over a high heat for 1-2 minutes until brown. Add the broccoli and carrots to the pan, pour in the stock and simmer for 2 minutes.
- 3 Return the steak to the pan, add the soy sauce and serve with basmati rice and topped with the nuts.

Fat	21g	Sat. Fat	7g	Carbs	7g	Energy	301kcal
Protein	24g	Sodium	.1g	Sugar	2g	Fibre	1.9g



Classic French one pot

SAUSAGES COOKED WITH LENTILS

Serves 4

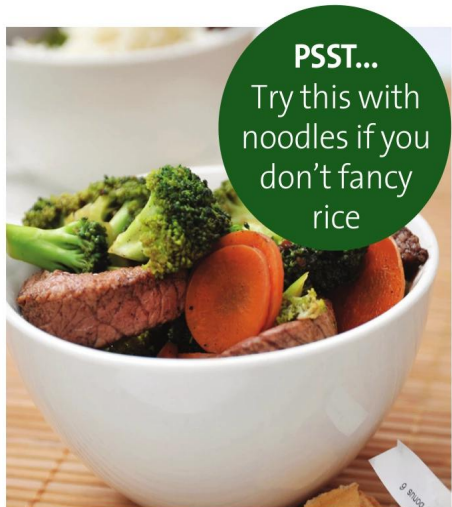
- 3tbsp olive oil
- 8 Italian-style sausages
- 1 onion, chopped
- 3 garlic cloves, thinly sliced
- 2tbsp rosemary, finely chopped
- 2 tins tomatoes
- 1tsp freshly grated nutmeg
- 1 bay leaf
- 1tsp dried chilli
- 1 glass red wine
- 400ml water
- 100g puy lentils

- 1 Heat the olive oil in a large saucepan and cook the sausages for 5-10 minutes, browning

well all over. Remove and set aside.

- 2 Reduce the heat to low, add the onion and garlic to the pan and cook until the onion is soft and translucent, but not browned. Stir in the rosemary, then add the tomatoes and cook gently until the sauce has thickened.
- 3 Add the nutmeg, bay leaf, chilli, red wine and 400ml water. Bring to the boil then add the lentils and the cooked sausages. Stir well, cover the saucepan and simmer gently for about 40 minutes, or until the lentils are soft.
- 4 Stir the lentils a few times to prevent them sticking to the base of the pan and add a little more water if you need to cook them for a bit longer. Remove the bay leaf before serving.

Fat	50g	Sat. Fat	18g	Carbs	38g	Energy	700kcal
Protein	20g	Sodium	1.3g	Sugar	5g	Fibre	1.9g



PSST...
Try this with noodles if you don't fancy rice

RAISE A FINGER TO SOPHISTICATION

Fig I. Clasp Glass Carefully

Fig II. Elevate Digit

Fig III. Consume Port

Enjoy SANDEMAN Sensibly. Visit drinkaware.ie

ASPARAGUS RISOTTO

Serves 2

200g risotto rice

850ml hot vegetable stock

1 bunch asparagus, cut into spears

50g Parmesan, grated, plus extra

to serve

freshly ground pepper

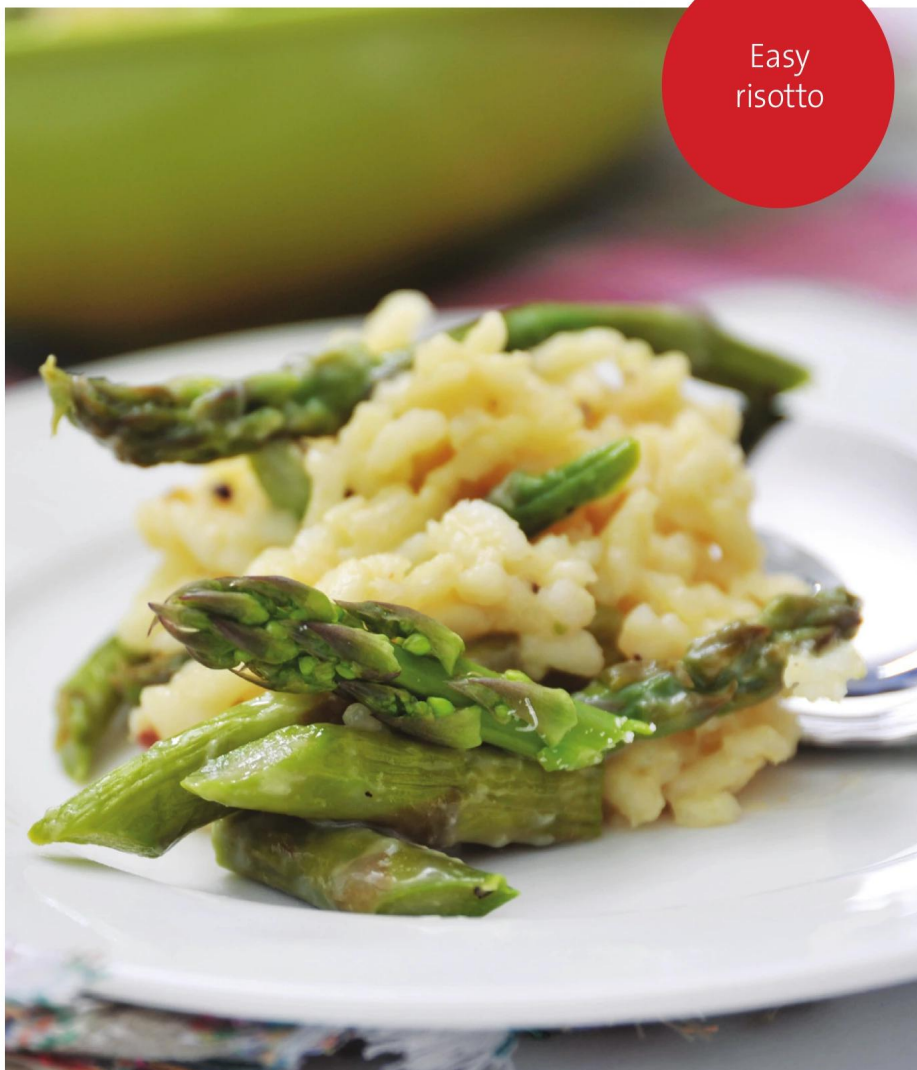
1 Heat a large saucepan over a medium heat, then toast the rice, stirring all the time, for one minute. Add the stock, one ladle at a time, and stir until it is absorbed. Keep adding the stock until the rice is cooked and the stock is completely absorbed – this should take about twenty minutes.

2 Stir in the asparagus, cooking for 3-5 minutes, then remove the pan from the heat. Add the cheese and season with black pepper. Serve immediately, with extra Parmesan.

Fat	14g	Sat. Fat	5g	Carbs	20g	Energy	266kcal
Protein	15g	Sodium	.6g	Sugar	4g	Fibre	5g

Ciara's Tip

Try this with any spring vegetables – I add frozen peas when in a pinch.



TASTE TEAM COMMENT

This was a great recipe in that most of the ingredients were all ready in my cupboard and fridge and as I hate washing up, only used one saucepan, which I loved! It was lovely and light, and inexpensive. My verdict? This is a one pot wonder – I'll definitely make it again!

Katie Fallon

SPANISH RICE WITH CHORIZO

Serves 4

1 onion, sliced

1 red pepper, sliced

1 green pepper, sliced

50g chorizo, sliced

2 garlic cloves, crushed

250g basmati rice

400g chopped tomatoes

500ml water

1 glass red wine

To serve

lemon wedges

1 In a nonstick frying pan with a lid, fry the onion, peppers, chorizo and garlic in the oil over a high heat for 4 minutes. Stir in the rice and chopped tomatoes with 500ml boiling water, cover and cook over a high heat for 12 minutes.

2 Uncover, then stir – the rice should be almost tender. Sit for one minute until cooked through and serve with lemon wedges.

Fat	5.6g	Sat. Fat	2.5g	Carbs	57g	Energy	357kcal
Protein	11g	Sodium	1.8g	Sugar	5.6g	Fibre	1.7g

On the cover...

A modern twist on a quintessentially Irish dish

- rocket 2 large handfuls
- streaky bacon rashers 8
- potatoes 250g
- salt and black pepper
- milk 90ml
- scallions 1 bunch, finely chopped
- butter 50g plus extra for frying
- flour 125g



POTATO CAKE TOPPED WITH CRISPY SMOKED BACON AND ROCKET

Serves 4

- 1** Boil the potatoes in salted water until cooked. Drain, mash and leave to cool.
- 2** Place the milk in a saucepan, add the butter and bring to the boil. Add the potato and scallions and blend together while the mixture heats through. Fold in the flour until the mixture comes away from the saucepan.

- 3** Turn onto a cold surface and shape into cakes of about 5cm in diameter and 3cm thick. Grill the bacon until crispy and set aside.
- 4** Fry the potato cakes in a little butter until brown and crispy, top with bacon and a tumbling of rocket and serve immediately!

 We Irish love our spuds – we eat over 500 each a year!

Take 4 Ingredients...

fish

When we require great food in minutes it doesn't get better than stylist **Maisha Lenehan's** fish-based feasts. Photography by **Neil Hurley**

Serve with
a green
salad

BAKED COD WITH PESTO CRUST

Serves 4

4 cod fillets

190g jar pesto

100g Parmesan cheese, grated

Juice of 1 lemon

- 1 Preheat the oven to 180°C/gas mark 4. Sear the cod steaks for two minutes, skin side down.
- 2 Combine ½ jar pesto and all the cheese. Spread the mixture over the fish and squeeze the lemon juice over the top.
- 3 Bake for 15 minutes, and serve with extra pesto if needed.

Fat	30g	Sat. Fat	10g	Carbs	.95g	Energy	423kcal
Protein	36g	Sodium	.5g	Sugar	.71g	Fibre	.2g

TASTE TEAM COMMENT

"I had this for dinner and it came out perfectly! I only used half a fillet per portion because the fillets looked huge and there was plenty. The cooking time was perfect for halved fillets."

Avital Dines

FISH WITH LEMON HERB BUTTER

Serves 2

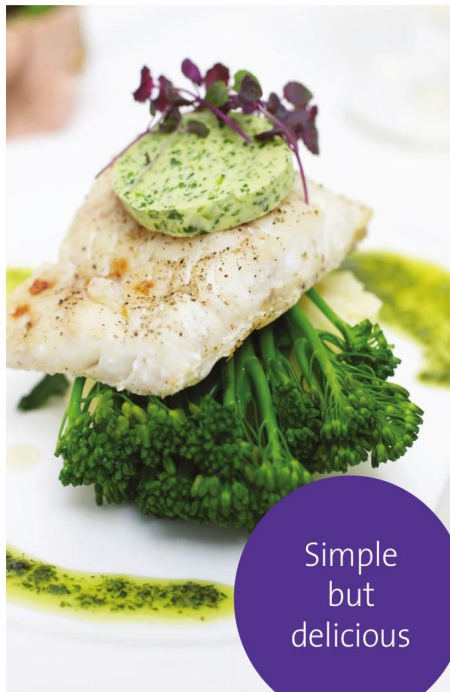
75g butter

1 lemon, half juiced and other half to serve
handful chopped fresh herbs (we like parsley and chives)

2 white fish fillets

- 1 Preheat the grill to high. In a food processor or mixing bowl blend the butter with the lemon juice and herbs.
- 2 Place the fish on a baking tray skin side down and dot the white side with the butter. Place the pan under the grill for four minutes, then turn, basting with the melted butter and cook for a further four minutes.

Fat	31g	Sat. Fat	19g	Carbs	.9g	Energy	354kcal
Protein	18g	Sodium	.4g	Sugar	0g	Fibre	0g



Simple but delicious

FISH PARCELS

Serves 4

190g red pesto

100g breadcrumbs

2 large tomatoes

4 white fish fillets

- 1 Preheat the oven to 180°C/gas mark 4. Cut out four large squares of baking parchment.
- 2 Mix together the pesto and breadcrumbs and slice the tomatoes. Divide the tomatoes amongst the parchment, top with the fish and finish with the breadcrumbs. Fold over the parchment and tie to make parcels.

Ideal for entertaining

- 3 Place on a baking tray and place in the oven for twenty minutes. Serve the parcels on the plate, waiting to be opened at the table!

Fat	24g	Sat. Fat	6g	Carbs	20g	Energy	412kcal
Protein	30g	Sodium	.4g	Sugar	2g	Fibre	1.6g



SALMON AND SPINACH PASTRIES

Serves 2

2 salmon fillets

250g frozen spinach, defrosted
with excess water squeezed out
salt and pepper

1 sheet puff pastry

1 beaten egg

- 1 Preheat the oven to 180°C/gas mark 4. Place the spinach in a bowl and season with salt and pepper. Place the sheet of pastry on a flat surface and divide into two.
- 2 Place the salmon in the centre of each sheet and top with spinach. Fold over the pastry and seal. Cut two slits in the pastries and place on an oiled baking sheet.
- 3 Brush the pastry with egg and bake for 25 minutes until the pastry is golden and the salmon is cooked through.

Fat	43g	Sat. Fat	3g	Carbs	47g	Energy	690kcal
Protein	31g	Sodium	1g	Sugar	2g	Fibre	6g

Ciara's Tip

Not sure whether your family will eat fish tonight? Bring your children to the fishmongers and ask them to choose what they would like to eat for their dinner – that way we predict a table of cleared plates!



PSST
Want to go that extra mile? Stir a handful of chopped dill through two tablespoons of shop-bought mayonnaise. Drizzle with lemon juice, give a final stir and serve.

Who says the humble spud is boring? Not us – check out these global-inspired dishes where potatoes take a starring role, styled and photographed by **Sasha and Mikasa Sonnenberg**

5 ways with... potatoes



Spanish
Coddle!

RIOJA-STYLE POTATOES

Serves 4

- 2tbsp extra virgin olive oil**
- 1 onion, finely chopped**
- 700g firm potatoes cut into chunks**
- 1 green pepper, thinly sliced**
- 1 bay leaf**
- ½tsp smoked paprika**
- pinch crushed chilli**
- 1 glass of wine**
- 1 glass water**
- 180g chorizo sausage**
- salt**

1 In a large pan, heat the oil. Add the onion and cook over a moderate heat until softened, for about five minutes. Add the potatoes and stir to coat in the oil. Add the green pepper, bay leaf, paprika, crushed chilli, wine and water and bring to a boil.

2 Cook the potatoes over a low heat for ten minutes. Add the chorizo and simmer until the potatoes are tender (this will take about twenty minutes). Season with salt, discard the bay leaf and serve.

SERVE WITH...
Lots and lots of crusty bread

Fat	18g	Sat. Fat	5g	Carbs	41g	Energy	385kcal
Protein	12g	Sodium	.27g	Sugar	5g	Fibre	4.5g

ALOO GOBI

Serves 4

- 2tbsp vegetable oil**
- 3tbsp cumin seeds**
- 2 onions, cut into large chunks**
- 2tbsp curry powder**
- 1 green chilli, sliced thinly**
- 1 head cauliflower, cut into florets**
- 6 potatoes, washed and cut into chunks**
- salt**

1 Heat a large pot over a medium heat and add the vegetable oil. When it is hot, add the cumin seeds and toast for a few minutes, until it is aromatic. Add the onions, curry powder, chilli and stir well.

2 Continue to cook and stir until the onions are soft. Add cauliflower and begin to brown slightly. Layer potatoes on top of the cauliflower and season with salt. Cover with a tight fitting lid and cook until the potatoes are tender – this should take about twenty minutes.

Fat	8g	Sat. Fat	1g	Carbs	10g	Energy	115kcal
Protein	1.6g	Sodium	.5g	Sugar	1g	Fibre	1.4g



Ciara's Tip

If you want to add more bulk to this dish, cut down on the cauliflower and add more potatoes to the pot.

BOULANGÈRE POTATOES

Serves 8

- 2 onions, thinly sliced**
- 2 thyme sprigs**
- 2tbsp olive oil**
- 1½ kg floury potatoes, peeled and sliced thinly, by hand or using a food processor**
- 425ml chicken or vegetable stock**

1 Heat the oven to 200°C/ gas mark 6. Fry the onions and thyme sprigs in the oil until softened and lightly coloured – this will take about five minutes.

2 Spread a layer of potatoes over the base of a 1.5 litre oiled oven dish. Sprinkle over a few onions and continue layering, finishing with a layer of potatoes. Pour over the stock and bake for 50-60 minutes until the potatoes are cooked and the top is golden and crispy.

Fat	23g	Sat. Fat	.5g	Carbs	53g	Energy	500kcal
Protein	23g	Sodium	.31g	Sugar	5g	Fibre	4g



Ciara's Tip

This is a lighter take on dauphinoise and is amazing when paired with rich meat.

COLCANNON

Serves 6

1kg potatoes, well scrubbed

100g butter

150g bacon rashers, finely chopped

1 small savoy cabbage, finely shredded

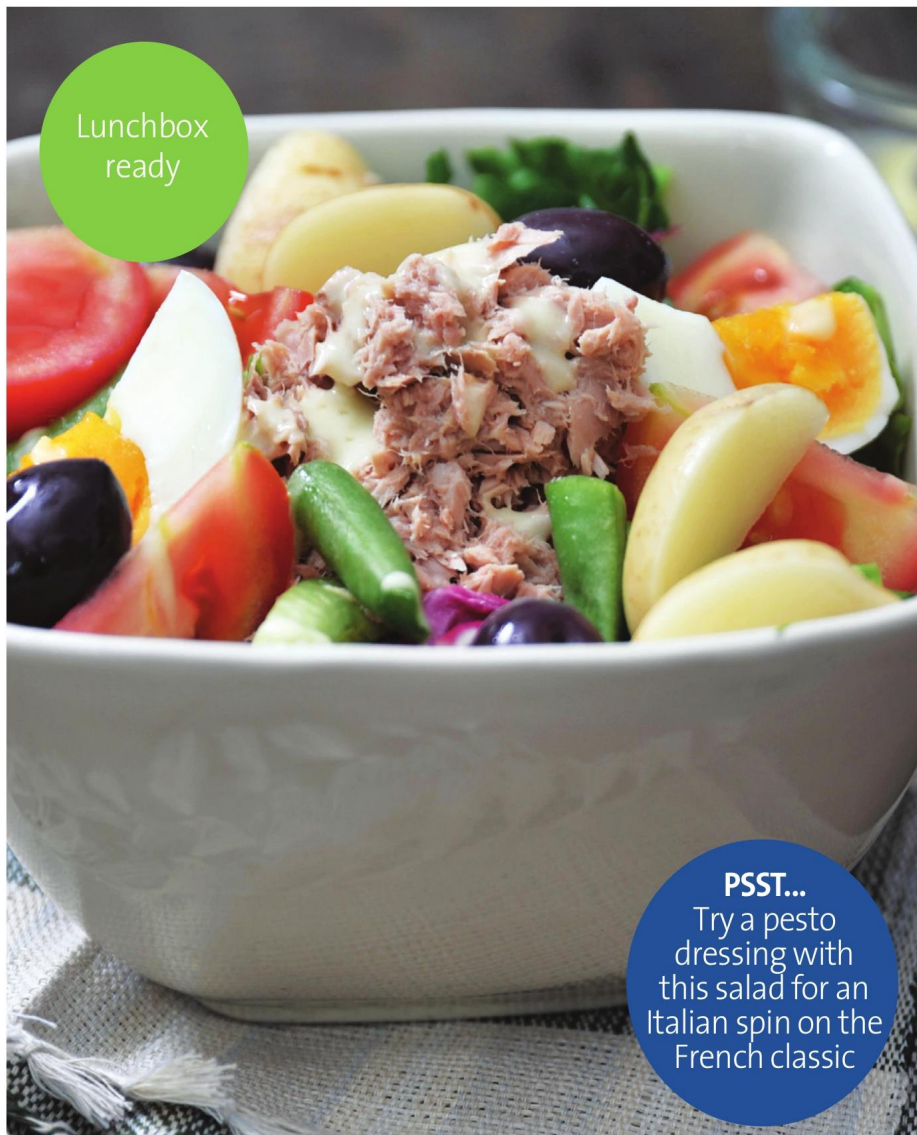
150ml cream

1 Tip the potatoes into a large saucepan of water. Bring to the boil, then simmer for 15-20 minutes, or until the flesh is tender when pierced.

2 Meanwhile, heat a quarter of the butter in a saucepan, then fry the bacon and half the cabbage for five minutes. Turn off the heat and set aside. Drain potatoes in a colander and peel while still hot.

3 Mash potato until smooth. Heat cream with remaining butter and, when almost boiling, beat into the potato. Add bacon and cabbage to potato and mix. Season to taste.

Fat	15g	Sat. Fat	8g	Carbs	35g	Energy	307kcal
Protein	9g	Sodium	6g	Sugar	1g	Fibre	4g



SALAD NIÇOISE

Serves 4

110g mixed salad leaves

2 small Little Gem lettuces

2 185g tins of tuna in oil

110g French beans, cooked until just done

4 tomatoes, each cut into 8

4 hard boiled eggs, quartered

10-12 cooked new potatoes, cut into quarters

handful black olives

small tin anchovies in oil

For the dressing:

6tbsp olive oil

1tsp Dijon mustard

2tbsp white wine vinegar

salt and pepper

1 Tear the salad leaves and Little Gems, if using, into bite-sized pieces and place in a large serving bowl.

2 Drain the tins of tuna and flake onto the salad leaves.

3 Add the beans, tomatoes, eggs, potatoes, olives and anchovies.

4 Place all the dressing ingredients into a bowl, season and whisk well.

5 Pour over the salad and serve immediately.

Fat	35g	Sat. Fat	6g	Carbs	5g	Energy	416kcal
Protein	21g	Sodium	0.9g	Sugar	0.5g	Fibre	1.9g

WEEKEND COOKING»

TAKE TIME OUT IN THE KITCHEN THIS WEEKEND WITH DISHES THAT EMBRACE THE GOOD LIFE

IN THIS SECTION

- 32 **In Cake, We Trust**
Easter baking with an indulgent twist
- 34 **Love Cake**
Winning recipes from this month's bake off
- 36 **Country Pursuits**
St Patrick's Day, with a ladylike spin
- 41 **Take One...**
daube of beef and create five delicious meals

IMAGE FILE



Simple but
AMAZING!

In cake we trust

As Easter and the season of indulgence is upon us, here at **Easy Food HQ** we find ourselves thinking of one thing and one thing only... cake!

THE ULTIMATE CHOCOLATE FUDGE CAKE

Serves 10

100g softened butter, plus extra for greasing
250ml milk
1tbsp red wine vinegar
100g plain chocolate, melted
15g cocoa powder, sifted
300g self-raising flour, sifted
1tsp bicarbonate of soda, sifted
225g golden caster sugar
2 eggs

For the icing:

225g plain chocolate, broken up
100g butter
142ml carton double cream
rose petals, for decoration (optional)

1 Preheat the oven to 180°C/gas mark 4. Grease a 20cm round, deep cake tin and line with baking paper. Mix the milk and vinegar. Place all the other cake ingredients in a large mixing bowl. Pour in the milk mixture and beat with an electric hand whisk, until smooth. Spread into the cake tin and bake for 1 hour, until firm in the centre. Cool for 10 minutes, then turn out on a rack to cool completely.

2 Meanwhile, make the icing. Melt the chocolate and butter together in the microwave for three minutes on medium, stirring halfway through. Alternatively, melt the chocolate and butter in a bowl over a pan of just simmering water. Stir until smooth, then beat in the cream. Cool slightly.

3 Halve the cake through the middle. Spread a quarter of the icing on one half and sandwich together. Spread the rest over the top and sides. Decorate with rose petals, if desired.

Fat	33g	Sat. Fat	20g	Carbs	69g	Energy	587kcal
Protein	6g	Sodium	0.2g	Sugar	42g	Fibre	1g

Ciara's Tip

Don't be afraid of the vinegar in this recipe! Vinegar reacts with bicarbonate of soda to give a cake an extra lift. Including it means that your cake will be light, fluffy and most importantly, delicious!

EASTER CUPCAKES*Makes 12 cupcakes*

- 120g plain flour**
- 140g caster sugar**
- 1½tsp baking powder**
- pinch of salt**
- 40g softened butter**
- 120ml milk**
- 1 egg**
- ¼tsp vanilla extract**

For the icing

- 250g icing sugar, sifted**
- 80g softened butter**
- 25ml milk**
- 2 drops vanilla extract**
- chocolate eggs, to decorate**

1 Preheat the oven to 170°C/gas mark 3 and line a cupcake tin with paper cases. Put the flour, sugar, baking powder, salt and butter into a bowl and beat over a slow speed until it has a sandy consistency and everything is combined.

2 Gradually pour in half the milk and beat until it is incorporated. Whisk the egg, vanilla extract and remaining milk together in a separate bowl for a few seconds, then pour into the flour mixture and continue beating until it comes together and the mixture is smooth.

3 Spoon the mixture into paper cases until two thirds full and bake in the preheated oven for 20-25 minutes, or until light golden and the sponge bounces back when touched. Leave to cool slightly before turning out onto a wire cooling rack to cool completely.

4 While the cakes are cooling, make the icing. Beat the icing sugar and butter together on

a medium speed until the mixture comes together and is well mixed.

5 Combine the milk and vanilla extract in a separate bowl, then add the butter mixture a couple of tablespoons at a time. Once all the milk has been incorporated, beat on a high speed until it is light and

fluffy, for at least five minutes.

6 When the cupcakes are completely cold, spread liberally with the icing and decorate with mini chocolate eggs.

Fat	9g	Sat. Fat	5.3g	Carbs	43g	Energy	251kcal
Protein	2g	Sodium	0.2g	Sugar	35g	Fibre	0.3g



Decadence
in a tiny
cupcake



Make with
the kids!

EASTER NEST CAKES*makes 12-15 cakes*

- 50g butter**
- 100g dark chocolate, broken into small pieces**
- 5tbsp golden syrup**
- 80g cornflakes**
- chocolate eggs, to decorate**

1 Place the butter and chocolate pieces in a saucepan with the golden syrup. Slowly melt over a low heat, stirring. When the mixture is well blended, stir in the cornflakes.

2 Place some paper cake cases on a tray. Fill each one with a heaped tablespoon of the mixture and top with chocolate eggs. Put in the fridge to set.

Fat	4.8g	Sat. Fat	2.8g	Carbs	13g	Energy	94kcal
Protein	.8g	Sodium	0.05g	Sugar	8.3g	Fibre	0.6g

Love CAKE!

This month we dropped by the offices of über advertising agency, **McCann Erickson** to judge their annual Bake Off competition

HEALTHY WHITE DOUGHNUT-SHAPED MAN CAKE

Serves 12

- | | |
|---|--|
| 113g unsalted butter, melted | 170g raisins |
| 226g finely grated carrot, plus extra for decoration | 57g chopped nuts, plus extra for decoration |
| 170g wholemeal flour | 85g white flour |
| 170g brown sugar | <i>For the icing:</i> |
| 1tsp baking powder | 300g cream cheese at room temperature |
| 1tsp bread soda | 220g unsalted butter at room temperature |
| ½tsp salt | 1tsp vanilla extract |
| ¼tsp mixed spice | 450g icing sugar, sieved |
| 1tsp cinnamon | |
| 2 eggs | |
| 250ml buttermilk | |

- 1 Preheat the oven to 180°C/gas mark 4 and grease a ring-shaped cake tin.
- 2 Place all the dry ingredients in the bowl and beat in the buttermilk and eggs. Add the carrots and melted butter.
- 3 Pour into the tin and bake for 40 minutes, until a skewer comes out clean when inserted into the cake. Cool on a wire tray.
- 4 To make the icing, beat together all of the ingredients until smooth and pliable. Spread over the cooled cake and serve.



THE WINNER!

"A bit of extra buttermilk in this cake is what makes it delicious and moist. My other tip is to be careful with the vanilla in the icing – too much and it overpowers the cream cheese."

Shane Doyle

SPECIAL MENTION

ROASTED VEGETABLE AND MOZZARELLA LOAF

For the roasted vegetables:

- 1 red pepper**
- 1 medium red onion**
- 5 cherry tomatoes, halved**
- 1 courgette**
- 300g strong flour**
- ½tsp sea salt**
- 2tbsp extra virgin olive oil**
- 1 sachet dried yeast**
- 1tsp sundried tomatoes**
- 230ml warm water**
- 55g grated mozzarella**
- egg wash**

- 1 Mix the flour, salt, yeast, and sun dried tomatoes in a bowl. Combine the water and olive oil and pour into the bowl with the other ingredients. Mix thoroughly.
- 2 Knead on a well floured smooth surface for a minimum of 10 minutes. Place in a clean floured large bowl and seal the top with clingfilm. Leave to rest for a minimum of an hour in a warm place. Remove from the bowl and knock back. Divide into four equal sized pieces and hand roll into little balls. Brush on egg wash and decorate each with a small basil leaf on top.
- 3 Place on a tray into a preheated oven (190°C/gas mark 5) for 20-25mins or until golden brown.



"Love is a very important ingredient. I mean obviously the yeast and the flour and the water and the herbs and stuff are more important... but love's up there!"

Ray Swan

SECOND PLACE!



“My main baking rule is never bake the same cake twice – the first one will always be a winner... or runner up as the case may be!” *Ciara Gallogly*

MINI VICTORIA SPONGES WITH HOMEMADE STRAWBERRY JAM AND FRESHLY WHIPPED CREAM

Serves 4

For the strawberry jam:

450g strawberries, hulled

500g preserving sugar

juice of 1 lemon

170g unsalted butter, softened, plus extra

for greasing

170g caster sugar

3 medium eggs

1tsp vanilla extract

170g self-raising flour

284ml carton whipping cream

Icing sugar, for dusting

1 First, make the jam. Freeze two saucers. Put the strawberries, sugar and lemon juice in a preserving pan or wide, deep pan over a medium-low heat, stirring until the sugar has dissolved. Bring to the boil for 6 minutes. Remove from the heat. Put a spoonful onto a chilled saucer and push your finger through it – if it wrinkles, it's ready. If not, boil for another 2 minutes and repeat. Discard any scum from the surface and stand for 15 minutes.

2 Spoon into sterilised jars. Cool, cover with waxed discs and store in a cool place for up to 3 months.

3 Preheat the oven to 180°C/gas mark 4. Grease and base line two Yorkshire pudding trays with four 8-9cm straight-sided holes, or 8 round plain cutters sat on two lined trays.

4 Put the butter and sugar in a large bowl and, using an electric hand whisk, beat until fluffy. Lightly beat the eggs with the vanilla, then gradually beat into the creamed mixture, adding a little of the flour. Sift over the remaining flour and gently fold in until just combined.

5 Divide evenly between the holes or rings, smoothing the surface. Bake for 12 minutes, swap the trays around and bake for a further 10 minutes or until risen and golden. Cool in the tin for 10 minutes, then turn out onto a wire rack and cool.

6 Lightly whip the cream to soft peaks. Spread onto the four sponge bases, top with some of the jam and sandwich with the remaining sponge discs. To serve, dust each cake with icing sugar.

SPECIAL MENTION

COFFEE AND ALMOND LOVE CAKE

Serves 8-10

225g butter

225g caster sugar

4 eggs

225g self-raising flour

4-5tbsp coffee essence

For the buttercream:

280g butter

350g icing sugar

1-2tbsp coffee essence

pink food colouring

flaked almonds

1 Preheat the oven to 180°C/gas mark 4. Brush 2 x 8 inch sandwich tins with melted butter, dust with flour and line the base of each tin with a disc of greaseproof paper. Brush with melted butter.

2 Cream the butter until soft, add the caster sugar and beat until pale and light. Whisk the eggs. Add to the mixture, bit by bit, beating well between each addition. Sieve the flour and stir gently into the mixture, finally adding the coffee essence and mixing thoroughly.

3 Spoon the mixture into the tins and bake for 30 minutes in the oven or until firm and springy to the touch. Allow to rest before turning onto a wire rack and cooling.

4 To make the icing beat the butter with the icing sugar and coffee essence. Use a cup of boiling water and a metal knife to apply the buttercream to the sides of the cake. Using the knife to gently lift the cake, dab the sides into a plate of flaked almonds. Carefully lay the cake down and continue to apply the icing to the top of the cake, saving a little to make your heart design!

5 Cut out a heart shape with grease-proof paper and lay onto the centre of the cake. Sprinkle the rest of the almonds over the paper shape and peel off.

6 Add a drop of pink food colouring to the saved icing. Mix it well, adding more icing sugar if it becomes loose in texture. Empty the mixture into a plastic sandwich bag and cut a small hole in the corner. Carefully trace the heart shaped area on the cake, using a knife dipped in hot water to smooth.



“The trick is to get as much air into the cake mixture as you can, so mixing by hand is always better than using a food processor” *Matt Whitby*

Who says St Patrick's Day has to be all about lurid green milkshakes and over-priced beer? This year, **Gina Mullins** chooses to celebrate in an altogether more ladylike fashion. Photographed by **Neil Hurley**



country pursuits

PEA SOUP

Serves 12 as canapés

1tbsp olive oil
1 clove garlic, chopped
2 scallions, chopped
200g frozen peas
750ml hot chicken stock
50ml double cream
salt and freshly ground black pepper

- 1 Heat the oil in a saucepan over a medium heat. Add the garlic and scallions fry for 3-4 minutes, until softened.
- 2 Add the frozen peas and chicken stock and bring to the boil. Reduce the heat and simmer for ten minutes.
- 3 Add the cream and use a hand blender to liquidise the soup.
- 4 Season to taste and serve in tiny glasses or cups.

Fat	3g	Sat. Fat	1g	Carbs	1g	Energy	37kcal
Protein	0.5g	Sodium	0.1g	Sugar	0.5g	Fibre	1g

Ciara's Tip

Be brave and use your judgement with the liquid level in this soup. You want to achieve a pouring consistency, so if needs be, add a little more water after the initial blending stage of the dish.

HERBY SODA BREAD BITES

Makes 24 bites

225g wholemeal flour, sieved
115g plain flour, sieved
½tsp salt
1tsp bicarbonate of soda
3tbsp chopped parsley and chives
300ml buttermilk
1 beaten egg or milk, to glaze

- 1 Preheat the oven to 220°C/gas mark 7 and grease two mini muffin tins.
- 2 In a bowl, combine the flours, salt, baking soda and herbs. Then stir in sufficient buttermilk to make a soft dough.
- 3 Turn the dough out onto a lightly floured surface and knead very lightly. Take small handfuls of the mixture and shape into small golf ball-sized pieces and press into mini muffin tins.
- 4 Use a pastry brush or teaspoon to brush each soda bite with a little egg or milk. Cut a shallow cross on the top of each bite and bake in the oven for 15 minutes.
- 5 Cool on a wire rack before serving.

Fat	0.33g	Sat. Fat	0.7g	Carbs	11.6g	Energy	55kcal
Protein	2g	Sodium	7.5g	Sugar	0.9g	Fibre	0.94g

Ciara's Tip

Soda bread lends itself to most herbs and comes into its own when 50g of Parmesan cheese is added to the mixture.



Super easy!

GUACAMOLE

Serves 4

1 large ripe tomato
3 very ripe avocados
1 large lime, juiced
handful coriander, leaves and stalks chopped, plus a few leaves for garnish
3 scallions, finely chopped
1 red chilli, de-seeded and finely chopped
sea salt
To serve
oat cakes

- 1 Chop the tomato finely and tip into a bowl. Halve and stone the avocados and scoop the flesh into the bowl along with the tomato.
- 2 Pop the other ingredients into a bowl and season with sea salt. Use a fork or a whisk to mash everything together and serve with oatcakes.

Fat	11g	Sat. Fat	1g	Carbs	1g	Energy	112kcal
Protein	2g	Sodium	1g	Sugar	1g	Fibre	1g

Ciara's Tip

If not serving straight away, sit a stone in the guacamole, cover with cling film and refrigerate.





GREEN THAI CURRY

Serves 4

For the paste:

4 medium green chillies, de-seeded and roughly chopped

2 shallots, roughly chopped

5cm piece of fresh ginger, peeled and grated

2 garlic cloves, crushed

small bunch of fresh coriander, stalks and roots attached if possible

2 lemongrass stalks, chopped (if unavailable, use 2tbsp dried)

1 lime, grated zest and juice

8 kaffir lime leaves, torn into pieces (if unavailable, use the grated zest of 1 extra lime)

1 extra lime)

1tbsp coriander seeds, crushed

1tsp ground cumin

1tsp black peppercorns, crushed

2tsp Thai fish sauce or light soy sauce

3tbsp olive oil

1tbsp vegetable oil

4 small, skinless chicken breasts, thinly sliced

400ml coconut milk

100g green beans, trimmed

1 small courgette, halved lengthways and thinly sliced on the diagonal

1 lime, juiced

a handful of coriander leaves

1 To make the paste, place all of the ingredients in a food processor and blitz to a paste. Use straight away or store in a jar in the fridge for up to 3 weeks. This quantity is enough for a curry for 8 people.

2 Heat a large saucepan and add the oil. Cook the chicken for 3 minutes until it starts to brown. Add 1-2 tablespoons curry paste and cook, stirring, for 1 minute until fragrant. Then add the coconut milk, stir and reduce the heat to a gentle simmer.

3 Cook for 10 minutes, then add the beans and courgette. Cook for 3 minutes until the vegetables are just tender. Remove from heat and season to taste with lime juice and stir through the coriander. Serve with boiled rice.

Ciara's Tip

When you have made the paste, fry a teaspoon of it in a dry frying pan for two minutes and taste to check the spice level. If you need more spice, blend in another chilli, and if it is too spicy, pop in half a teaspoon of sugar.

Fat	21.3g	Sat. Fat	14.7g	Carbs	4.1g	Energy	337kcal
Protein	32.5g	Sodium	0.62g	Sugar	2g	Fibre	0.7g

ROCKET PESTO PASTA

Serves 4

100g rocket
1 clove garlic
25g pine nuts
4tbsp extra virgin olive oil
25g Parmesan
400g pasta shapes

- Put the rocket, garlic and pine nuts in a food processor and whizz, pouring the olive oil as you go – add extra oil if you prefer a runnier texture. Stir in the Parmesan and season.
- Cook the pasta according to pack instructions then drain, reserving 2 tablespoons of the cooking liquid. Toss the pesto, pasta and liquid together and serve with extra Parmesan if you like.

Fat	29g	Sat. Fat	4g	Carbs	6g	Energy	406kcal
Protein	29g	Sodium	1.7g	Sugar	4g	Fibre	1g

PSST....

Pesto can be made from most herbs. Stylist Gina makes a pesto from parsley and pine nuts during the summer time, saying "it's so delicious – it goes with everything!"

**MERINGUE KISSES**

150g caster sugar
2 large egg whites
pinch cream of tartar

- Preheat the oven to 140°C/gas mark 1. Line 2 baking sheets with parchment paper.
- Using an electric mixer, beat the egg whites and cream of tartar on medium-high speed until soft peaks form. Slowly add the sugar and continue beating until the whites form stiff glossy peaks. Drop the mixture by teaspoonfuls about 1 inch apart onto the baking sheets.
- Bake the kisses for 25 minutes. Reduce the oven temperature to 130°C/gas mark ½ and bake for 25 minutes longer. Let cool completely on a wire rack.

Fat	0g	Sat. Fat	0g	Carbs	6g	Energy	24kcal
Protein	18g	Sodium	3.8g	Sugar	6g	Fibre	0g

Cutest
dessert
option!



MINT BAILEYS ICE CREAM

Serves 4-6

**500ml (one tub) good quality
vanilla ice cream**

100ml Baileys

25ml Crème de Menthe

To serve

mini chocolate cups

sweets and grated chocolate

1 Whisk into the ice cream, followed by the Mint Baileys and the Crème de Menthe; stir until combined.

2 Place in the freezer to firm up for about one hour before serving in mini chocolate cups decorated with sweets and grated chocolate.

Fat	8.9g	Sat. Fat	3.5g	Carbs	25g	Energy	206kcal
Protein	3g	Sodium	0.8g	Sugar	24g	Fibre	0g

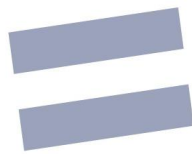
Ciara's Tip

Can't get your hands on chocolate cups? Serve this ice-cream on little spoons or mini ice-cream cones – whatever adds maximum visual effect!

Take one.....

daube of beef

We're all about making dinner as stress-free as possible, so the idea of one long slow cook becoming a whole week of delicious meals makes us feel all warm and fuzzy inside. Here, stylist **Dianne Curtin** and photographer **Phillip Curtin** take some braising steak and create five dishes that are guaranteed to impress the whole family



SLOW-COOKED BEEF

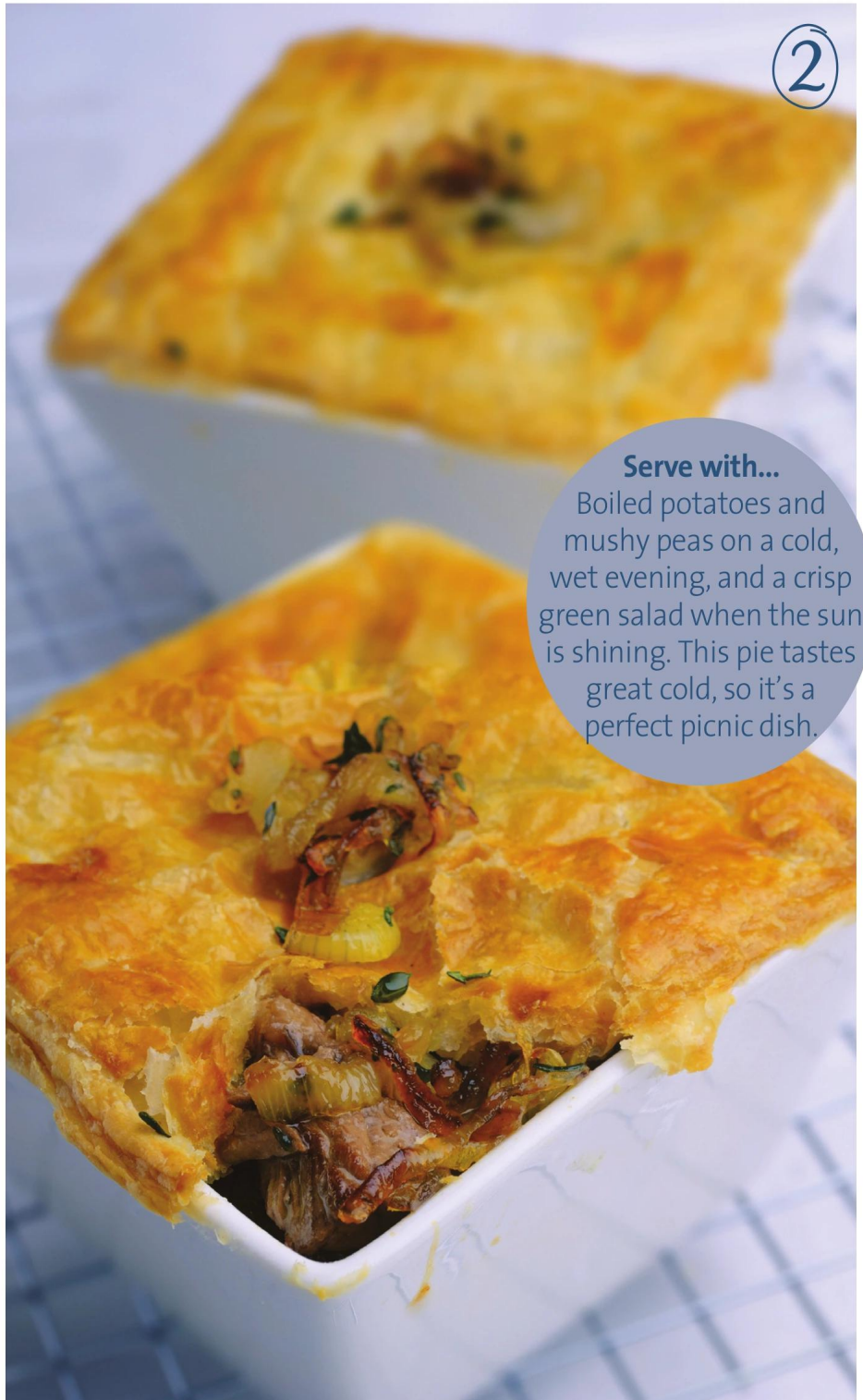
3tbsp olive oil
5 onions, peeled and roughly chopped
3 bay leaves
350g bacon rashers, cut into strips
handful fresh thyme sprigs
6 garlic cloves, peeled and roughly chopped
750ml red wine
2.5kg chuck steak or braising steak, cut into 4cm cubes
salt and freshly ground black pepper
2 litres beef stock

- 1 Preheat the oven to 170°C/gas mark 3. Heat the oil in a large roasting pan over a medium heat. Add the onions, bay leaves, bacon, thyme and garlic and fry for 10-15 minutes until the onions are soft and caramelised and the bacon has started to crisp up.
- 2 Add the wine and scrape the sediment from the bottom of the pan using a wooden spoon. Bring the liquid to a simmer and cook for about ten minutes, until it has reduced.
- 3 Season the meat with salt and pepper and lay it on top of the onion, bacon and wine mixture. Pour over the beef stock so that the meat is well covered.
- 4 Bring the contents of the pan to a simmer, then cover the tray and place in the oven for 3 hours. Test the meat for tenderness after 1½ hours by squeezing a piece between your thumb and forefinger. If it gives, remove the tray's cover and cook uncovered for the remaining cooking time, until the sauce has thickened and the beef is melt in the mouth tender.

Fat	9.7g	Sat. Fat	1.9g	Carbs	1.27g	Energy	158kcal
Protein	6.2g	Sodium	5.7g	Sugar	1.2g	Fibre	.27g

Ciara's Tip

Cook this dish on a Saturday or Sunday afternoon, when you have the time to give it attention. It's really worth investing time into getting this stage right, because once you do, you have a whole week's worth of meals!



Serve with...
 Boiled potatoes and mushy peas on a cold, wet evening, and a crisp green salad when the sun is shining. This pie tastes great cold, so it's a perfect picnic dish.

CARAMELISED ONION AND BEEF PIES

Serves 4

1tbsp olive oil
4 large onions, finely sliced
pinch sugar
pinch salt
500g slow-cooked beef
1 sheet ready rolled puff pastry
1 egg, beaten

- 1 Preheat the oven to 180°C/gas mark 4.
- 2 Gently fry the onions in the olive oil with

the sugar and salt on a low heat for 20 minutes or until golden and soft. Add the slow-cooked beef mixture to the onions and fold in until fully incorporated.

3 Line four individual greased casserole dishes with pastry and fill with the beef mixture. Top with puff pastry and glaze with the beaten egg.

4 Bake for 25 minutes or until the pastry is crisp and golden brown.

Fat	46g	Sat. Fat	4g	Carbs	46g	Energy	378kcal
Protein	48g	Sodium	.47g	Sugar	1.6g	Fibre	2.8g

TAGLIATELLE WITH RAGÙ*Serves 4*

- 1tsp olive oil**
- 2 cloves garlic, chopped finely**
- ½tsp dried oregano**
- 500g slow-cooked beef**
- 1 tin chopped tomatoes**
- 400g tagliatelle**

*To serve***Parmesan shavings**

1 Fry the garlic and oregano in olive oil until the garlic has become translucent. Add the slow cooked beef and stir through before adding the chopped tomatoes. Bring to a simmer and cook for twenty minutes.

2 Meanwhile, cook the pasta according to the packet instructions and serve with the ragù and topped with Parmesan shavings.

Fat	18g	Sat. Fat	4g	Carbs	63g	Energy	523kcal
Protein	31g	Sodium	0.3g	Sugar	7g	Fibre	0.9g



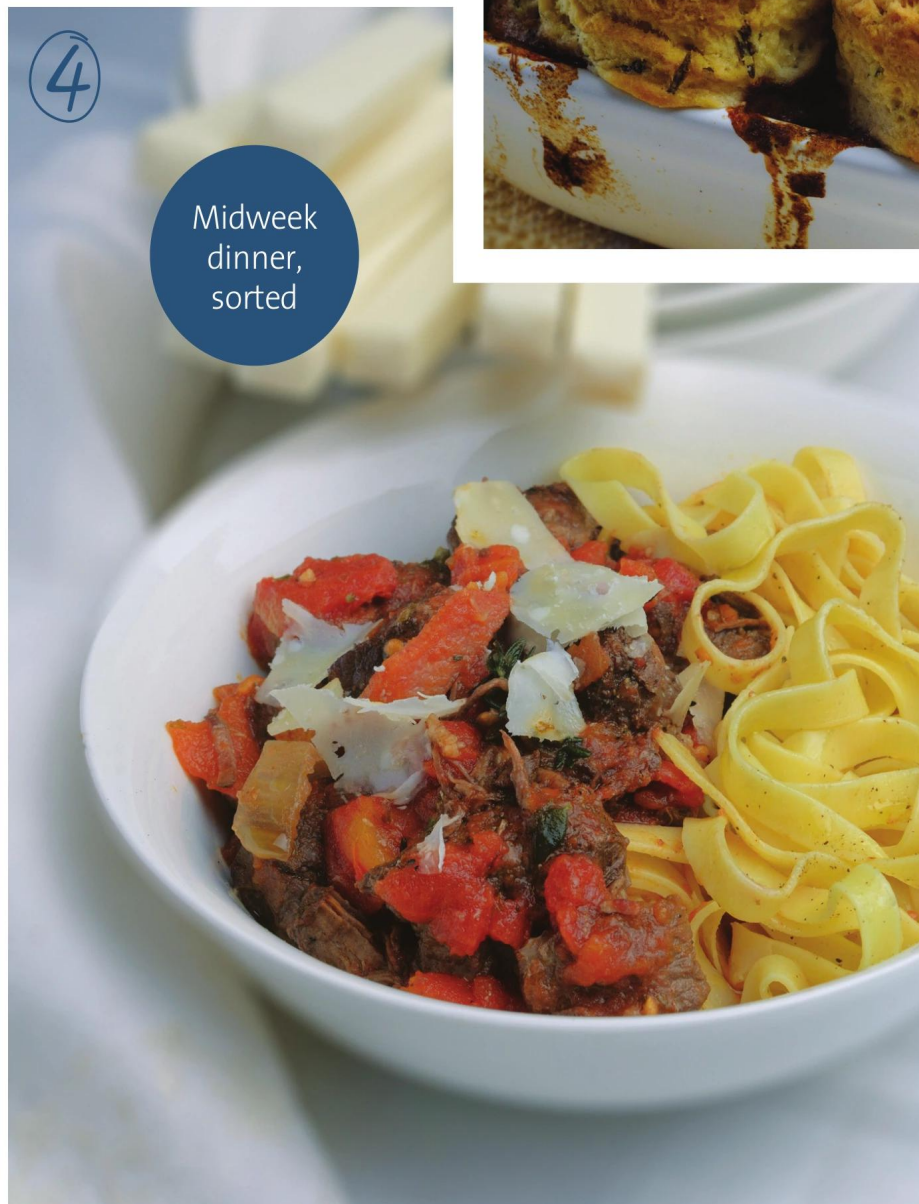
New take
on the
traditional

Ciara's Tip

Rope the kids into the preparation of this dish by asking them to make and shape the scones.

4

Midweek
dinner,
sorted

**SCONE-TOPPED BEEF STEW***Serves 6*

- 350g self raising flour**
- 4tbsp mixed fresh herbs (we like thyme and rosemary)**
- 200g cold butter, grated**
- juice of 1 lemon**
- beaten egg, to glaze**
- 900g slow-cooked beef**

1 Preheat the oven to 180°C/gas mark 4. Tip the flour into a large bowl, then season with salt and pepper. Add the butter and mix, using a fork. Make a well, then season with salt and pepper.

2 Add the butter and mix using a fork. Make a well, then add the lemon juice and 3 tablespoons of water. Bring together to make a soft dough.

3 Roll out on a lightly floured surface to about 5cm thick, then cut into rounds using a pastry cutter. Re-roll the trimmings then cut out more rounds until the dough is used up.

4 Place the beef in a large casserole and top with scones. Brush the rounds with egg and place the dish in the oven for 45 minutes until golden.

Fat	44g	Sat. Fat	23g	Carbs	43g	Energy	775kcal
Protein	53g	Sodium	8.3g	Sugar	088g	Fibre	1.75g

5



Bet you haven't tried this before!

PAPRIKA BEEF

Serves 4

- 500g slow cooked beef**
- 1tbsp olive oil**
- 1 onion, halved and sliced**
- 2 garlic cloves, crushed**
- 250g chestnut mushrooms, halved**
- 1 red pepper, sliced**
- 1tbsp paprika**
- 2tsp caraway seeds (if available)**
- 1 tin chopped tomatoes**

To serve

- small bunch parsley, chopped**
- basmati rice, to serve**
- soured cream, to serve**

1 Fry the onion and garlic in the olive oil until soft. Add the mushrooms and pepper and cook slowly on a low heat until soft.

2 Stir the slow-cooked beef into the mixture, add a tin of tomatoes and bring to the boil. Cook on a simmering heat for 30 minutes or until the sauce has reduced and thickened.

3 Before serving, stir in the parsley, drizzle with soured cream and serve with rice.

Fat	4.9g	Sat. Fat	1.2g	Carbs	8.25g	Energy	146kcal
Protein	18g	Sodium	5.3g	Sugar	4.6g	Fibre	3g

PSST...
Serve with a shot of iced vodka on the side

LARDER LUCK»



HOME COOKING, WITH
INGREDIENTS THAT YOU
KNOW AND LOVE



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Brought to you by...



Perk up weeknight meals with condiments and mustards, straight from your store cupboard

Cooking with condiments and mustard



Party Food!

Easy Food recommends

Colman's mustard is a brand synonymous with quality. Whether served on the side or to add tang to your evening meal, look to Colman's to spice up your life.



HONEY MUSTARD CHICKEN WINGS

Serves 5

- 450g chicken wings
- 4tbsp Colman's English Mustard
- 4tbsp honey
- 25g butter
- 1tbsp lemon juice
- pinch turmeric
- For the dip
- 5tbsp mayonnaise
- 1tbsp Colman's English Mustard
- 1tsp lemon juice

- 1 Line two baking tins with foil and preheat the oven to 200°C/gas mark 6. Cut the chicken wings into pieces and place in the prepared tins.
- 2 In a small saucepan, combine the Colman's English Mustard, honey, butter, lemon juice and turmeric. Bring to a boil, pour over the chicken wings and toss to coat.
- 3 Bake for 1 - 1¼ hours or until the chicken juices run clear and the wings are crispy. While the wings are baking, combine the mayonnaise, Colman's English Mustard and lemon juice and set aside. Serve the wings with the dip and lots of napkins.

Fat	19g	Sat. Fat	6.6g	Carbs	3.7g	Energy	284kcal
Protein	25g	Sodium	0.4g	Sugar	3.2g	Fibre	0g

Easy Food recommends

Colman's condiments are the ultimate midweek ingredient, offering flavour sensations in an instant. Whatever your weekly menu, make Colman's condiments your dinner table essential, every night of the week.



SMOKED SALMON AND HORSERADISH PASTA

Serves 2

- 200g spaghetti
- 100-150g smoked salmon, cut into strips
- 1 lemon, zested and juiced
- 4 handfuls flatleaf parsley, roughly chopped
- 2 tbsp Coleman's Horseradish Sauce
- 2 tbsp half-fat crème fraiche

- 1 Cook the spaghetti according to the packet instructions. Drain and then tip into a bowl with the rest of the ingredients, reserving a small amount of the parsley.
- 2 Toss together, season with black pepper and serve.

Fat	8g	Sat. Fat	2.3g	Carbs	79g	Energy	477kcal
Protein	26.8g	Sodium	0g	Sugar	0g	Fibre	0g

LAMB CUTLETS AND MINT SAUCE

Serves 2

- 50g breadcrumbs
- 1tbsp Colman's Mint Sauce
- 4 lamb cutlets
- 1tbsp olive oil

To serve

Colman's Mint Sauce

- 1 Heat the oven to 200°C/gas mark 6. Mix the breadcrumbs and Colman's Mint Sauce together and press the meat into the mix to coat the edges.
- 2 Heat the oil in an ovenproof frying pan

or heavy baking tray and fry the cutlets for two minutes on each side to brown.
3 Transfer to the oven for five minutes for medium, or longer for well done. Serve with Colman's Mint Sauce.

Fat	52g	Sat. Fat	20g	Carbs	19g	Energy	609kcal
Protein	18g	Sodium	2.5g	Sugar	.65g	Fibre	1.4g



PSST...

For an accompaniment with a little zing, blitz some cooked frozen peas with half a teaspoon of Colman's Mint Sauce – minted pea purée in an instant!

Meal in minutes!

SERVE WITH
 A green salad and a glass of crisp white wine.

APPLE SAUCE CAKE

Serves 8 - 10

115g butter
200g sugar
2 eggs
1tsp vanilla extract
300g plain flour
2tsp baking powder
¾tsp salt
pinch nutmeg
475ml Colman's Apple Sauce
80g raisins
50g chopped walnuts
Icing sugar, to dust

- 1 Preheat the oven to 190°C/gas mark 5. Cream the butter and sugar for five minutes or until light and fluffy. Add the eggs, one at a time along with the vanilla and mix until blended together. The mixture may curdle at this stage, but it will come back together, so don't worry.
- 2 In a separate bowl, sift together the dry ingredients. Add to the creamed mixture followed by the Colman's Apple Sauce. Fold in the raisins and walnuts.
- 3 Pour the batter into a greased and floured ring-shaped pan and bake until firm to the touch. This should take between 40 and 45 minutes. Allow to cool in the pan, turn it out and dust with icing sugar.

Fat	10g	Sat. Fat	6g	Carbs	54g	Energy	311kcal
Protein	4g	Sodium	0.1g	Sugar	3.5g	Fibre	1.7g



Ciara's Tip

This is an amazing cake to have on standby as it keeps well in an airtight container for up to a week.

Better than a
takeaway



SPICED FISH GOUJONS WITH TARTARE SAUCE

Serves 4

100g fresh breadcrumbs
½tsp cayenne pepper
4 skinless fillets white fish, cut into 1cm-thick long strips
50g plain flour
2 eggs, beaten
To serve
salad leaves
tartare sauce

- 1 Mix the breadcrumbs with the cayenne pepper. Season the fish then coat a few pieces at a time in the flour, then the beaten egg and finally the breadcrumbs.
- 2 Lightly oil a non-stick baking tray. Spread the goujons out on the tray and grill for 2-3 minutes each side, until crisp, golden and cooked through.
- 3 Serve with salad leaves and tartare sauce.

Fat	4g	Sat. Fat	1g	Carbs	29g	Energy	245kcal
Protein	25g	Sodium	0.3g	Sugar	0.86g	Fibre	1.8g





Brought to you by...

Casting a wider net

Far from tuna and sweet corn sandwiches, here at **Easy Food**, when we cook with tuna we add a touch of glamour to proceedings

Canapé ready

THAI TUNA FISHCAKES

Serves 2

- 2 x 185g tin John West Tuna Chunks in Spring Water, drained**
- 1 large bunch fresh coriander**
- 2 red chilli's, de-seeded and roughly chopped**
- 4-5 tbsp fresh breadcrumbs**
- 1tbsp fish sauce**
- 1 egg**
- flour for dusting**
- sunflower oil for frying**
- extra chilli and coriander leaves for garnish**
- salt and pepper**

1 Put the tuna, coriander, chilli, breadcrumbs and fish sauce into a food processor and pulse on and off until it is all well chopped, mixed, and quite firm. Add a few extra breadcrumbs if the mixture looks too loose. Check the seasoning add salt and pepper if necessary.

2 Make the mixture into balls about the size of a large walnut, then just squash them into mini burger shapes. Chill for 15 minutes.

3 Dust the tuna cakes with a little flour. Then fry them in a little sunflower oil for one or two minutes on each side or until lightly browned and nice and hot.

4 Serve with salad leaves.

Fat	20g	Sat. Fat	3g	Carb	46g	Energy	560
Protein	52g	Sodium	1g	Sugar	1g	Fibre	3.3

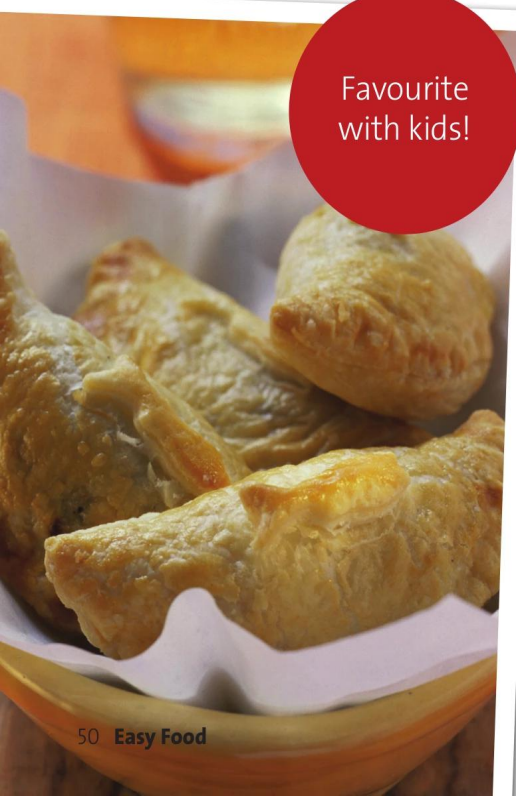
TUNA EMPAÑADAS

Serves 6-8

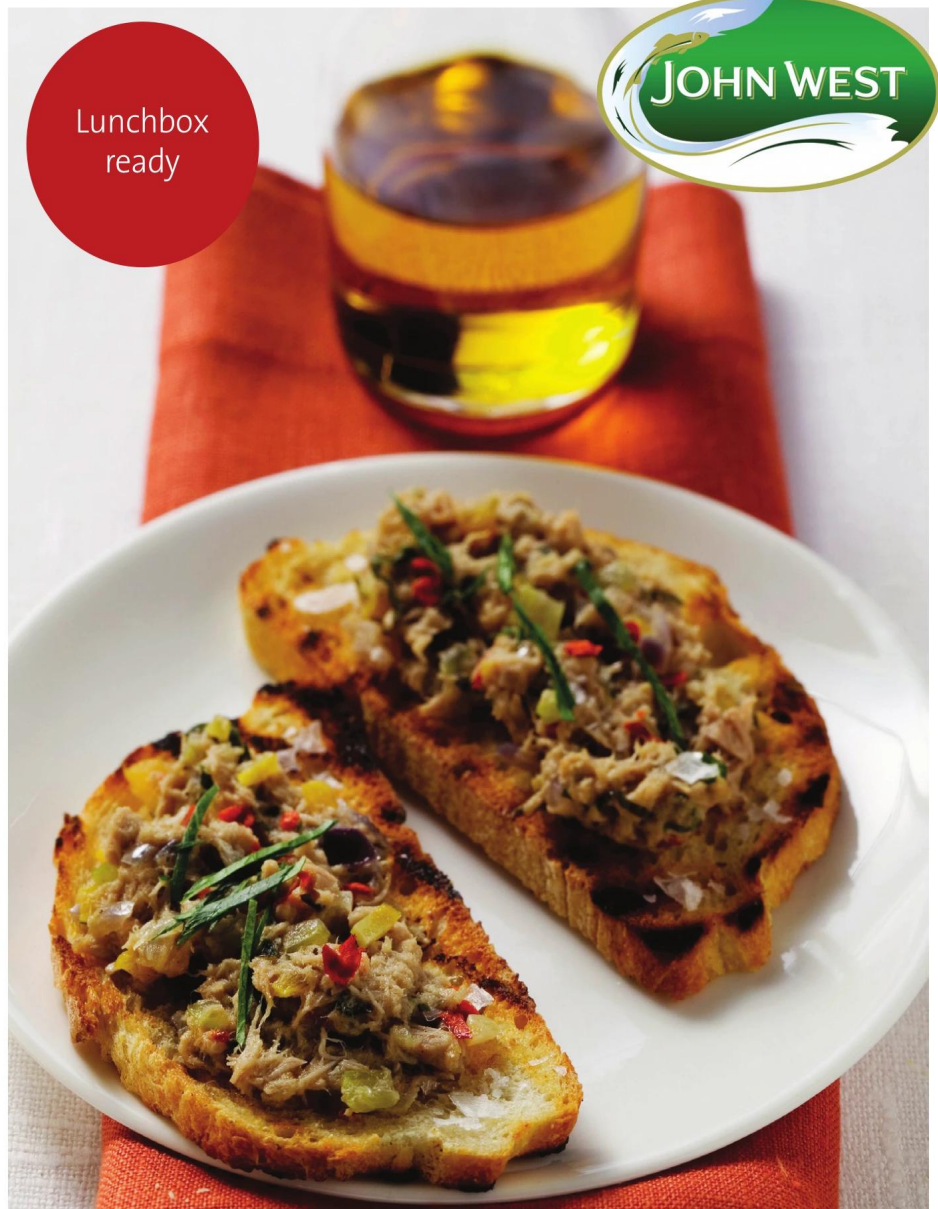
- 500g shortcrust pastry**
- 2tbsp olive oil**
- 900g onions, sliced**
- 2 cloves garlic, crushed**
- 2tbsp sun-dried tomato purée**
- 400g tinned tuna, in oil, drained**
- 3tbsp crème fraîche**
- 55g strong cheddar cheese**
- black pepper**
- 1 small bunch basil**
- 1 egg, beaten**

- 1** Preheat the oven to 200°C/gas mark 6.
- 2** On a floured surface, roll out the pastry and divide into squares.
- 3** Heat the olive oil in a heavy-based frying pan. Add the onion and gently fry for 20 minutes until softened.
- 4** Increase the heat, add the garlic, and fry quickly until the onions turn golden brown. Spoon into a large bowl and allow to cool.
- 5** In a large bowl, mix together the sun-dried tomato paste, flaked tuna, crème fraîche and grated cheddar and season well with salt and freshly ground pepper.
- 6** Pile the tuna mixture into the middle of each pastry square and top with cooked onions and basil leaves, leaving 1cm clear round the edge. Fold up, pinch all around the sides to seal and brush with beaten egg.
- 7** Bake for approximately 20 minutes until crisp and golden brown. Serve hot or cold with a crisp green salad.

Fat	31g	Sat.Fat	12g	Carbs	31g	Energy	480kcal
Protein	20g	Sodium	4.7g	Sugar	1.2g	Fibre	1.25g



Favourite with kids!



TUNA CROSTINI

Serves 2

- 1 185g can of John West Tuna Chunks in Sunflower Oil, drained and oil reserved**
- 1 tomato, de-seeded and finely chopped**
- 2 scallions, finely chopped**
- salt and pepper**
- 4 slices of ciabatta bread**
- 1tsp olive oil**
- 2 whole cloves garlic**

- 1** Preheat oven to 190°C/gas mark 5. Brush one side of each baguette with olive oil. Place on the baking sheet and bake for 10 minutes. Remove from the oven, cut the garlic cloves in half and rub each half over the bread.
- 2** In a small bowl, combine tuna, oil, tomato, scallions and season. Spoon onto the toasted ciabatta and serve.

Fat	29g	Sat.Fat	4.9g	Carbs	20g	Energy	439kcal
Protein	25g	Sodium	0.5g	Sugar	1.8g	Fibre	0.38g

Easy Food Recommends

Omega-3 contributes to the healthy development and function of the brain, eye and heart. There is also a belief it could boost your immune system, improve the appearance of your hair and skin, increase flexibility and circulation – even enhance your memory! John West tinned fish and related products give you quick, simple, tasty ways to increase the amount of Omega-3 in your diet.



TUNA AND SPINACH BAKE

Serves 2

4 lasagne sheets

50g butter

50g plain flour

600ml milk

2 160g tins tuna in spring water, drained

large handful baby spinach leaves

50g cheddar cheese, grated

1 Heat oven to 180°C/gas mark 4. Soften the pasta in boiling water for 2 minutes. To make the sauce, melt the butter in a saucepan and stir in the flour. Cook for 1 minute, then stir in the milk to make a thick white sauce. Remove from the heat and stir in all but a handful of cheese.

2 Mix the tuna and spinach into the white sauce and layer with pasta in a small baking dish. Top with grated cheese. Bake for 15-20 minutes until the cheese is golden and starting to brown.

Fat	52g	Sat.Fat	29g	Carbs	42g	Energy	880kcal
Protein	65g	Sodium	1.3g	Sugar	2.9g	Fibre	1.5g



Easy Food Recommends

The reason why you hear so much about the essential nutrient Omega-3 is because you can only get it from the food you eat – the body cannot manufacture it for itself. It is found in relatively few foods, so many people simply don't get enough. Tinned fish like John West Salmon, Tuna Steak with Omega 3 in Sunflower Oil, Sardines and Mackerel are naturally high in Omega-3.



SPAGHETTI WITH TUNA

Serves 2

115g butter

1tbsp extra-virgin olive oil

4 large garlic cloves, chopped

1 large lemon, zested

4tbsp fresh lemon juice

2 tablespoons capers, drained

200g spaghetti

10 olives, pitted and chopped

1 185g tin tuna

2tbsp fresh parsley, minced

freshly ground black pepper

1 Melt butter and oil in a pan. Add garlic and fry for 2 minutes, until lightly coloured but not brown.

2 Add lemon zest, lemon juice, capers and olives and fry for an additional 2 minutes.

3 Meanwhile, cook the pasta according to package directions.

4 Turn heat to low, and add tuna. With a fork separate tuna into large pieces, do not flake. Stirring gently, heat mixture thoroughly.

5 Grind in pepper to taste. Combine pasta and sauce in a serving dish.

6 Add parsley and toss again before serving with lemon wedges.

Fat	33g	Sat.Fat	15g	Carbs	37g	Energy	507kcal
Protein	18g	Sodium	0.6g	Sugar	1.3g	Fibre	3g

TUNA PÂTE

Serves 2

185g tin John West Tuna Chunks in Spring Water, drained

125g soft cheese

1 garlic clove, finely chopped

1tsp finely chopped fresh dill

1tbsp lemon juice

3tbsp mayonnaise

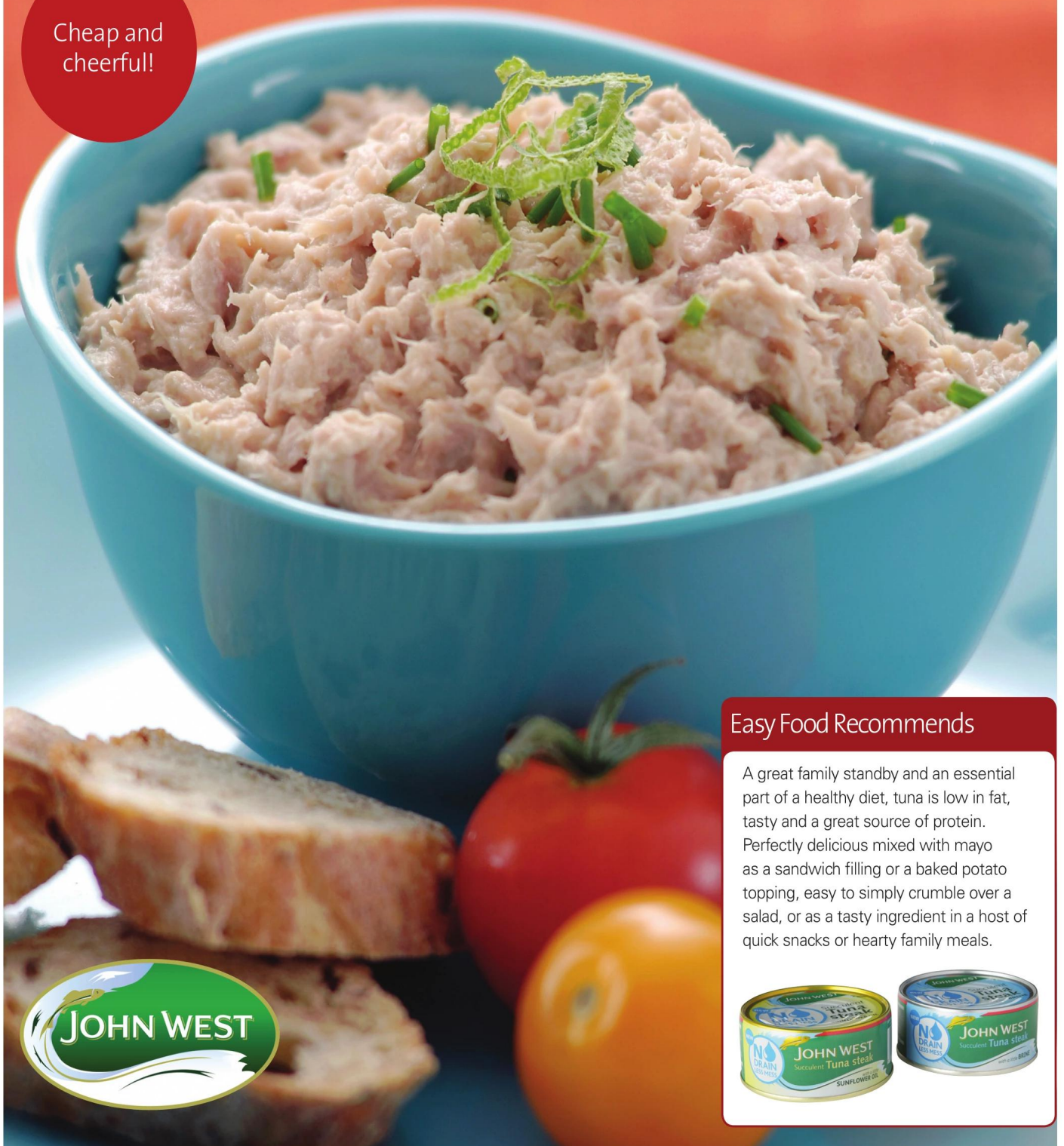
Salt and freshly ground black pepper

1 Put the tuna in a food processor with the cheese, garlic, dill, lemon juice and mayonnaise and blend until combined.

2 Season to taste and serve with toasted bread and cherry tomatoes.

Fat	13g	Sat.Fat	3g	Carbs	9g	Energy	305kcal
Protein	21g	Sodium	0.0g	Sugar	2g	Fibre	1g

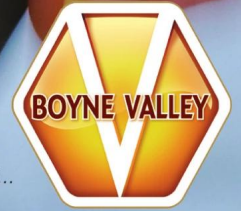
Cheap and cheerful!



Easy Food Recommends

A great family standby and an essential part of a healthy diet, tuna is low in fat, tasty and a great source of protein. Perfectly delicious mixed with mayo as a sandwich filling or a baked potato topping, easy to simply crumble over a salad, or as a tasty ingredient in a host of quick snacks or hearty family meals.





Brought to you by...

Luscious meals with a honeyed edge that quite simply beg to be devoured

Sweet dreams *are made of this*

HONEY-GLAZED PORK RIBS

Serves 4

- 12 pork ribs**
- 2tbsp hoisin sauce**
- 2tbsp soy sauce**
- 2tbsp Boyne Valley Honey**
- 1tbsp cider vinegar**
- 1tsp Chinese five-spice powder**
- 1tbsp sweet chilli sauce**

To serve

boiled rice

- 1** Put the ribs in a large pan and cover with water. Bring to the boil and simmer for fifteen minutes. In the meantime, pour the hoisin sauce, soy sauce, Boyne Valley Honey, vinegar, five-spice powder and sweet chilli sauce into a bowl and stir well.
- 2** Drain the ribs very well, then brush with the glaze. Heat the grill, and grill on high for 15-20 minutes, turning from time to time until shiny, sticky and slightly charred in places. Serve with boiled rice.

Fat	19g	Sat. Fat	7g	Carbs	20g	Energy	490kcal
Protein	33g	Sodium	0.16g	Sugar	19g	Fibre	0.15g

HONEY AND GINGER CHICKEN

Serves 4

thumb-sized piece of ginger, grated

3 garlic cloves, crushed

6tbsp soy sauce

6tbsp Boyne Valley Honey

juice of 1 lemon

4 chicken breasts, cut into strips

1tbsp vegetable oil

To serve

crunchy green vegetables

1 In a large bowl, mix together the ginger, garlic, soy sauce, Boyne Valley Honey and lemon juice. Take 4 tablespoons of the marinade and set aside. Add the chicken to the bowl and mix well. Set aside for 20 minutes.

2 Heat the oil in a wok or deep pan and fry the chicken in batches, until golden brown and slightly sticky. Serve with crunchy green vegetables.

Fat	2g	Sat. Fat	0.4g	Carbs	34g	Energy	200kcal
Protein	12g	Sodium	0.4g	Sugar	28g	Fibre	1.5g

HONEY ROASTED VEGETABLES WITH A POPPY SEED DRESSING

Serves 4

1 red pepper

2 courgettes

2 carrots

1 aubergine

2tbsp olive oil

2tbsp honey

1tsp poppy seeds

1 Preheat the oven to 180°C/gas mark 4. Slice all the vegetables into strips and place onto an oven tray.

2 Drizzle the oil, honey and poppy seeds over the vegetable and use your hands to toss through thoroughly. Bake for 20 minutes, glazing occasionally.

Fat	12g	Sat. Fat	1.7g	Carbs	3g	Energy	127kcal
Protein	0.7g	Sodium	0.4g	Sugar	0.6g	Fibre	0.42g



Easy Food recommends

Organic Beekeepers sustain the natural life cycle of bees by safeguarding their natural habitat and nourishing them as nature intended. Organic Acacia honey from Boyne Valley has a deliciously mellow flavour with natural 'vanilla' notes. It is the perfect honey to use to add natural sweetness to teas and in home baking.



well combined and forms a sticky paste.

3 Gradually whisk in a little of the remaining beaten egg. When the egg is fully incorporated into the mixture, add 1-2 butter cubes and whisk in until fully incorporated into the mixture.

4 Whisk the remaining beaten egg and remaining butter cubes into the mixture in alternate turns, until the mixture comes together as a soft dough. Using a wooden spoon, beat the dough until smooth.

5 Divide the dough mixture equally among the wells in the prepared muffin tray. Set aside in a warm place for about an hour, or until the portions of dough have doubled in size and filled the wells in the tray.

6 Meanwhile, preheat the oven to 220°C/gas mark 7.

7 When the dough has proved, bake the buns in the oven for 12-15 minutes, or until well risen and pale golden-brown. Set aside to cool on a wire rack.

8 Meanwhile, for the syrup, heat the sugar and cold water in a pan over a low heat, stirring well. When the sugar has dissolved, bring the mixture to the boil and continue to boil for three minutes, or until the mixture has thickened and resembles syrup.

9 Remove the pan from the heat and stir in the Boyne Valley Honey until well combined. Set aside until cooled slightly.

10 Dip the buns in the syrup and serve drizzled with extra syrup.

Fat	6.6g	Sat. Fat	3.4g	Carbs	71g	Energy	335kcal
Protein	2.8g	Sodium	7g	Sugar	60g	Fibre	42g

HONEY BUNS WITH SYRUP

makes 12 buns

4tsp caster sugar

150g plain flour

½tsp sea salt flakes

1 7g sachet easy-blend dried yeast

3 large free-range eggs, lightly beaten

75g butter, slightly softened, cut into cubes, plus extra for greasing

For the syrup

500g caster sugar

500ml cold water

100ml Boyne Valley Honey

1 Grease the wells of a 12-hole muffin tray with butter.

2 Mix together the sugar, flour, salt and yeast in a large bowl until well combined. Add half of the beaten eggs, then whisk using an electric whisk until the mixture is





ROCKY ROAD FRIDGE CAKE

Makes 20 small squares

400g of plain chocolate

50g unsalted butter

1tbsp honey

110g mixed nuts – chopped roughly into small pieces

250g mixed dried fruits/berries like raisins, apricots, cherries, blueberries, cranberries

75g digestive biscuits

- 1 Line a small roasting/baking dish about 20cm square with baking parchment (greaseproof paper). Toast the nuts under the grill or in a dry frying pan until golden brown
- 2 Chop the dried fruits/berries into small similarly sized pieces. Break chocolate into chunks and melt in a bowl set over a pan of simmering water, making sure the base of the bowl doesn't touch the water. Remove from the heat and stir until smooth.
- 3 Add the butter and honey and stir until melted and combined completely. Add the nuts and fruit mixture to the bowl and stir in well; spoon into the baking dish and spread out, cover lightly with cling film and leave in the refrigerator to set.

Fat	11g	Sat. Fat	5.4g	Carbs	26g	Energy	213kcal
Protein	3g	Sodium	63g	Sugar	22g	Fibre	1.3g

PINEAPPLE HONEY CAKE

serves 8-10

For the topping

120g honey

200g soft brown sugar

1tsp ground cinnamon

1tsp vanilla extract

6 pineapple rings, (a 430g tin with juice)

For the cake

170g softened butter

150g caster sugar

1tsp vanilla extract

2 eggs

150g self-raising flour

1tsp baking powder

¼tsp salt

- 1 To make the cake melt the butter in a saucepan and stir in the brown sugar, cinnamon and vanilla. Cook for a few minutes to melt the sugar then add 50ml of the juice from the pineapple tin and gently simmer over the lowest possible heat for about 5 minutes.
- 2 Arrange the pineapple rings in a square or round 23cm cake tin. Pour most of the sweetened pineapple syrup over the pineapple (reserving the rest for glazing the cake) and leave to stand while you make the cake mixture.
- 3 To make the cake preheat the oven to

180°C/gas mark 4.

Cream together the butter and sugar until pale, then add the vanilla. Beat in the eggs, one at a time, and finally sift in the flour, baking powder and salt. Fold in until well incorporated.

4 Spoon the cake mixture on top of the pineapple and bake in the oven for 40 minutes or until a skewer inserted into the centre comes out clean.

Fat	15g	Sat. Fat	8.6g	Carbs	66g	Energy	392kcal
Protein	3g	Sodium	0.17g	Sugar	54g	Fibre	0.9g



Easy Food recommends

Yummy Honey from Boyne Valley is specially for children to enjoy. Featuring Bizzy Bee, Yummy Honey is ideal for little hands to squeeze their own honey into porridge or onto a slice of toast. Honey is a natural source of energy for all your busy little bees!



The sweetest thing

Brought to you by...

Homecook
HOMECOOKED FOR BETTER TASTE



Rich, gooey recipes, created for those days when nothing but chocolate will do. Every day, then!

Comfort
food

MISSISSIPPI MUD PIE

Serves 8-10

1 sheet shortcrust pastry
175g bitter
4 eggs, beaten
4tbsp cocoa powder
350g dark muscovado sugar
150g Homecook Milk Chocolate
Cake Covering
300ml cream

To serve:

425ml double cream, whipped
45g Homecook Milk Chocolate Cake Covering, grated

1 Preheat the oven to 190°C/gas mark 4. Line a 23cm loose bottomed tart tin with baking paper and fit the dough, trimming any excess. Cover with baking beans and bake blind for 15 minutes, remove and cook for a further 10 minutes.

2 Beat the butter and sugar in a bowl and gradually beat in the eggs and cocoa powder. Melt the Homecook Milk

Chocolate Cake Covering and beat into the mixture with the single cream. Pour the mixture into the pastry case and bake at 160°C/gas mark 3 for 25 minutes or until the filling is set.

3 Leave to cool completely before covering with whipped cream and Homecook Milk Chocolate Cake Covering.

Fat	71g	Sat. Fat	41g	Carb	72g	Energy	kcal
Protein	7g	Sodium	4.4g	Sugar	47g	Fibre	2g

CHOCOLATE PISTACHIO BROWNIES

Makes 16 brownies

- 200g unsalted butter, chopped**
 - 200g dark chocolate, broken into pieces**
 - 220g brown sugar**
 - 3 eggs, lightly beaten**
 - 1tsp vanilla extract**
 - 90g plain flour**
 - 2tbsp cocoa powder**
 - 50g chopped pistachios**
- To serve
- whipped cream**

- 1** Preheat the oven to 190°C/gas mark 5. Line an 18cm square cake tin with grease-proof paper.
- 2** Heat butter, chocolate and sugar in a saucepan over a low heat, stirring constantly, until melted and smooth. Transfer to a heatproof bowl. Set aside to cool slightly.
- 3** Add eggs and vanilla to the chocolate mixture. Mix well. Sift the flour and cocoa over the mixture and stir to combine. Stir through the nuts.
- 4** Pour the mixture into the baking tin. Bake for 20 minutes or until just set. Cool in the tin and cut into squares. Serve with a dollop of whipped cream for extra decadence.

Fat	16g	Sat.Fat	8.6g	Carbs	27g	Energy	260kcal
Protein	3g	Sodium	1.27g	Sugar	21g	Fibre	0.19g

Eat warm!



CHERRY CHOCOLATE CHIP COOKIES

Makes 12

- 200g plain flour**
- ¾tsp baking soda**
- pinch salt**
- 110g unsalted butter, at room temperature**
- 100g granulated sugar**
- 65g brown sugar**
- 1 large egg**
- 1tsp vanilla extract**
- 125g dark chocolate, broken into small pieces**
- 75g dried cherries, coarsely chopped**

Easy Food recommends

Homecook Belgian Dark Chocolate Cake Covering has a minimum cocoa content of 72%. This gives it a wonderfully rich flavour and is ideal for all recipes where only the best quality will do. It can also be used to make wonderful homemade chocolate truffles and chocolate dip.



- 1** Preheat the oven to 190°C/gas mark 5. Line two large baking sheets with baking paper. Sift the flour, baking soda, and salt in a medium bowl. Set aside.
- 2** In a large bowl, cream together the butter and sugars until fluffy (about 2 minutes). Add the eggs one at a time, then the vanilla extract. Blend until incorporated.
- 3** Add the sifted dry ingredients, the chocolate chunks, and cherries and mix in slow speed just until incorporated. Make balls with tablespoons of dough and place on prepared sheets, 5cm apart. Slightly flatten the balls and bake for 12-14 minutes, or until golden in the bottoms. Transfer to wire racks to cool.

Fat	11g	Sat.Fat	6g	Carbs	35g	Energy	242kcal
Protein	3g	Sodium	0.9g	Sugar	21g	Fibre	0.67g

Use any nuts you like



CHOCOLATE BISCUIT CAKE

Serves 8-10

- 275g butter**
 - 150ml golden syrup**
 - 225g Homecook Milk Chocolate Cake Covering**
 - 400g digestive biscuits (roughly crushed)**
- To decorate
- Mixed peel (optional)**

- 1** Line a 2lb loaf tin with greaseproof paper.
- 2** Melt the butter, syrup and Homecook Milk Chocolate Cake Covering in a pan over a low heat. Stir until mixed together.
- 3** Add the biscuits and stir well. Transfer to the tin, pressing down hard to avoid any gaps in the cake. Leave to set in the fridge for 4 hours, but preferably overnight.
- 4** Before serving, sprinkle with mixed peel, if desired.

Fat	48g	Sat.Fat	28g	Carbs	64g	Energy	700kcal
Protein	6g	Sodium	6.6g	Sugar	39g	Fibre	3g

Make with the kids



CHOCOLATE AND STRAWBERRY TART

Serves 8

200g Homecook Dark Chocolate Cake Covering
50g plain flour
500g shortcrust pastry pack, rolled out to the thickness of a 50c piece and used to line a large tart case
4 eggs
cocoa, for dusting
75g butter, melted
100g golden caster sugar
1 punnet strawberries, hulled and sliced

1 Heat the oven to 160°C/gas 4. Bake the pastry blind for 12 minutes.

2 Melt the melted Homecook Dark Chocolate Cake Covering and mix with the eggs, butter, sugar and flour. Pour into the pastry cases. Bake for 6-8 minutes until just set. Leave to cool and decorate with the sliced strawberries.

Fat	33g	Sat.Fat	18g	Carbs	63g	Energy	562kcal
Protein	5g	Sodium	3.6g	Sugar	29g	Fibre	1.8g



Easy Food recommends

Homecook Belgian Milk Chocolate Cake Covering has a minimum cocoa content of 30%. The high cocoa content makes it a wonderful ingredient for chocolate recipes. It has a wonderfully smooth, creamy texture.



Homecook
 HOMECOOKED FOR BETTER TASTE



Serve with coffee

EASY PEASY FLORENTINES

Makes about 20 florentines

150g dark chocolate
75g butter, plus a little melted butter for greasing
75g caster sugar
10g plain flour, plus extra for dusting
65ml double cream
50g whole almonds
50g ready flaked almonds

1 Preheat the oven to 190°C/gas mark 5. Start by melting 25g of the butter with the sugar and flour over a low heat, and keep stirring until the mixture has melted. Now gradually add the cream, stirring continuously to keep smooth.

2 Add the almonds and flaked almonds, stir thoroughly again and put the mixture on one side to cool. Brush a baking sheet with a little butter and lightly dust with flour.

3 Place heaped teaspoons of the mixture onto the baking sheet, spacing them out about two thumb distances apart to allow them to expand while cooking. Flatten each spoonful with the back of a spoon, then bake for 12-15 minutes.

4 Leave the biscuits to harden for 2-3 minutes before removing to a wire rack to cool. Melt the chocolate and with a brush, coat the underside of each florentine with a coating of chocolate. Leave to cool and store in an airtight container.

Fat	9.5g	Sat.Fat	4g	Carbs	9.5g	Energy	126kcal
Protein	1.3g	Sodium	0.3g	Sugar	9g	Fibre	.73g

Super-fast meals made easy

Brought to you by...



French classic
made easy!

Achieve maximum flavour when
planning your weekly menu by
incorporating stock into your recipes

FRENCH ONION SOUP

Serves 2

- 4 onions, thinly sliced**
- 1tbsp rosemary, chopped**
- 1tbsp olive oil**
- a pinch of sugar**
- 1 Knorr Beef Stock Pot**
- 500ml boiling water**
- 2 slices of baguette, toasted**
- 2tbsp mature cheddar cheese, grated**

1 Put the onions, rosemary and 1 tablespoon of oil in a large pot with a pinch of sugar and some seasoning. Cook for 20 minutes on a medium heat until caramelised. Add the Knorr Beef Stock Pot and water and cook for another 10 minutes.
2 Grill the bread topped with the cheese. Serve the soup in large bowls with the warm croutons.

Fat	23g	Sat. Fat	7g	Carbs	9g	Energy	280kcal
Protein	9g	Sodium	0.7g	Sugar	2g	Fibre	1g

ASIAN SALMON BROTH

Serves 2

- 200g instant egg noodles**
- 1 Knorr Chicken or Vegetable Stock Pot, melted in 750ml water**
- 2 pieces skinless salmon fillet**
- 1 red chilli, sliced**
- 2 spring onions, sliced**
- 1tbsp soy sauce**
- ½ bunch coriander, chopped**
- 1 lime, quartered**

1 Cook the noodles according to the pack instructions and divide between two bowls. Heat the stock in a deep frying pan and when it is simmering, pop in the salmon. Cook for two minutes then add the chilli and spring onions and soy sauce and cook for three minutes or until the salmon is firm to the touch.

2 Flake the salmon into each bowl and divide the broth between them. Add some coriander to each and squeeze over some lime or lemon juice.

Fat	4g	Sat. Fat	0.16g	Carbs	9g	Energy	280kcal
Protein	9g	Sodium	0.7g	Sugar	2g	Fibre	1g

Easy Food recommends

Knorr Stock Pot is a rich, concentrated stock which comes in three delicious flavours: Chicken, Beef and Vegetable. It contains no artificial colours, no added MSG and is suitable for coeliacs.



PSST...

This dish tastes even better the next day, so if you have time, double up on cooking one evening to allow a night of relaxation the next!



Guilt free meal!

SUPER QUICK CHILLI CON CARNE

Serves 4

- 2tbsp olive oil**
- 1 large onion, finely chopped**
- 2 carrots, chopped finely**
- 1 rib of celery, chopped finely**
- 2 garlic cloves, crushed**
- 500g lean beef mince**
- 1 Knorr Beef Stock Pot**
- 500ml boiling water**
- 200ml tinned tomatoes**
- 800g canned kidney beans, rinsed, drained**
- 2-3tbsp chilli sauce**
- 1 red chilli, seeds removed, sliced**
- 200g basmati rice, cooked according to packet instructions**
- To serve*
- 4tbsp light sour cream**

1 Heat oil in a large heavy-based saucepan over medium heat. Add onion and garlic and cook for 5 minutes or until softened slightly. Add the mince and brown for a further 3-4 minutes.

2 Stir in tomatoes, stock, beans and chilli sauce, then season with salt and pepper. Bring to the boil over medium-high heat, then reduce the heat to medium and simmer for 15 minutes or until the beef is cooked through and the mixture thickens slightly.

3 Divide the chilli con carne among bowls, and serve with rice and sour cream.

Fat	28g	Sat. Fat	8g	Carbs	76g	Energy	746kcal
Protein	49g	Sodium	3.9g	Sugar	3.4g	Fibre	1.8g

Family favourite



MEDITERRANEAN ONE PAN CHICKEN

Serves 4

- 1 onion, cut into wedges**
- 2 red pepper, seeded and cut into chunks**
- 1 courgette, cut into chunks**
- 1 small aubergine, cut into chunks**
- 4 tomatoes, halved**
- 4tbsp olive oil, plus extra for drizzling**
- 4 chicken legs, skin on**
- 250ml chicken stock**
- 2 bay leaves**

1 Heat oven to 200°C/gas mark 6. Lay all the vegetables and the tomatoes in a shallow roasting tin. Pour over the olive oil and give everything a good mix round until well coated (hands are easiest for this).

2 Put the chicken legs, skin side up, on top of the vegetables and tuck in the bay leaves. Season everything with salt and black pepper and pour the stock over the chicken and vegetables, being careful not to cover completely. Roast for 30 minutes until the vegetables are soft and the chicken is golden.

Fat	26g	Sat. Fat	4g	Carbs	3g	Energy	312kcal
Protein	16g	Sodium	0.3g	Sugar	2g	Fibre	0.9g

MOROCCAN CHICKEN AND COUSCOUS

Serves 4

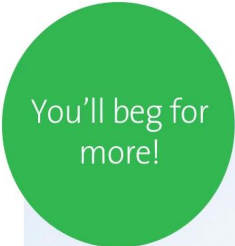
- 1 Knorr Chicken Stock Pot**
- 500ml boiling water**
- 200g couscous**
- 1 tin tomatoes**
- seasoning and a little oil**
- 4 chicken breasts**
- ½tsp ground cinnamon**
- ½tsp ground cumin**
- 2tsp lemon juice**
- 1 tsp clear honey**
- 2tbsp freshly chopped parsley**
- 25g flaked almonds, toasted**
- 25g pine nuts, toasted**

1 Make the stock by stirring together the Knorr Chicken Stock Pot and water. Place the couscous in a bowl and stir in 300ml stock, reserving remaining stock for the sauce, add 200ml boiling water. Season well and leave to stand.

2 Cut the chicken into large bite sized chunks. Sprinkle the chicken with the spices, heat the oil in a large frying pan and fry for 4-5 minutes, until cooked through. Remove from the pan and set aside. Pour the remaining stock into the pan with the lemon juice and honey. Bring to the boil and simmer for 3-4 minutes or until the sauce has been reduced.

3 Return the chicken to the pan and heat through then slice. Mix the chopped parsley with the couscous and serve with the chicken and the sauce, sprinkle with nuts and serve.

Fat	9.5g	Sat. Fat	0.85g	Carbs	31g	Energy	293kcal
Protein	22g	Sodium	0.34g	Sugar	5g	Fibre	2g



You'll beg for more!



Easy Food recommends

Knorr chefs have carefully selected vegetables, meats, herbs and spices that are gently simmered into a concentrated little pot. Stock Pots melt easily into water to produce a full flavoured stock or they can be added straight into your dish to bring out its natural flavour.



Mild nod to the Middle East

Artisan Ireland 2010

INTRODUCING ARTISAN IRELAND – THE BEST OF IRISH PRODUCERS

Following on from the success of **Artisan Ireland 2009**, this year **Easy Food** plans to make the competition much bigger and better. We are determined to give a voice to the many small Irish food producers throughout the country, and **Artisan Ireland 2010** promises to change the life of one producer forever...

THE BIG PRIZE

- €10,000 worth of advertising in **Easy Food** magazine.
- A listing in one of Ireland's most prestigious supermarket chains.
- One-to-one mentoring from some of the country's most influential food experts.

HOW IT WORKS...

Any food producer who would like to enter the competition will receive a free advert in **Easy Food** magazine, and the most successful company, as voted by the readers of **Easy Food**, will win this life-changing prize.

FANCY ENTERING?

Entering the competition is **FREE** and **EASY**.

All you need to do is:

- Send us a high resolution picture of your product.
- Send us a high resolution picture of the team that works on your product.
- 30-50 words about your product.
- Contact details for consumers and retailers to order your product directly.

To enter, just email all this information to editoreasyfood@zahrapublishing.com with *Artisan Ireland Entry* in the subject line

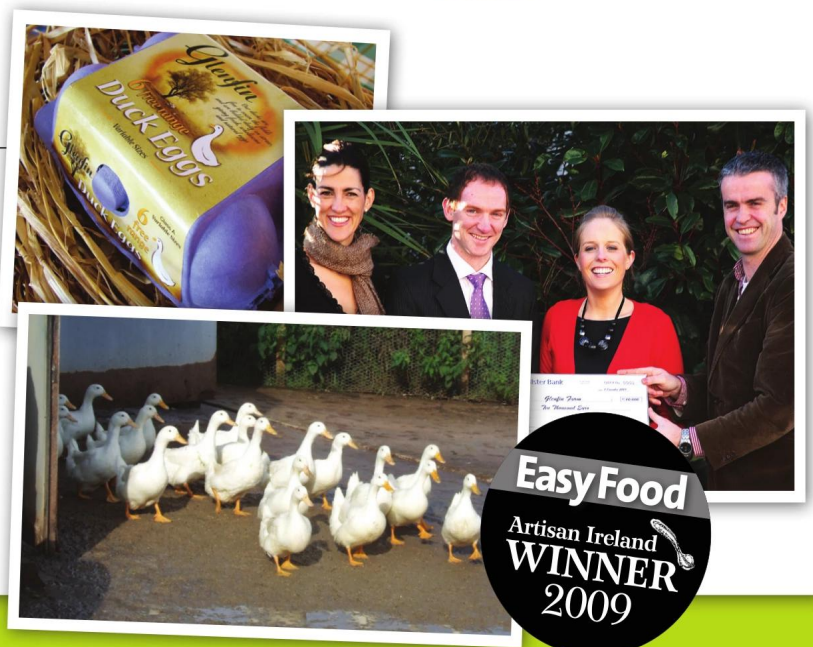
WHO QUALIFIES?

Small Irish food producers who employ 1-25 people in Ireland.

STILL NOT CONVINCED?

Well, **Artisan Ireland 2009** winners 2009 Brian Phelan and Margaret Delaney of **Glenfin Duck Eggs** have gone from strength to strength since winning the award last year.

"We were thrilled to win the Easyfood Artisan Ireland award for 2009. It was a boost to **Glenfin duck eggs** as a brand and to the sales. The advertising budget will come in useful in the coming months in raising awareness of the benefits of **Glenfin duck eggs** and how they can be used in any meal or recipe with great results."

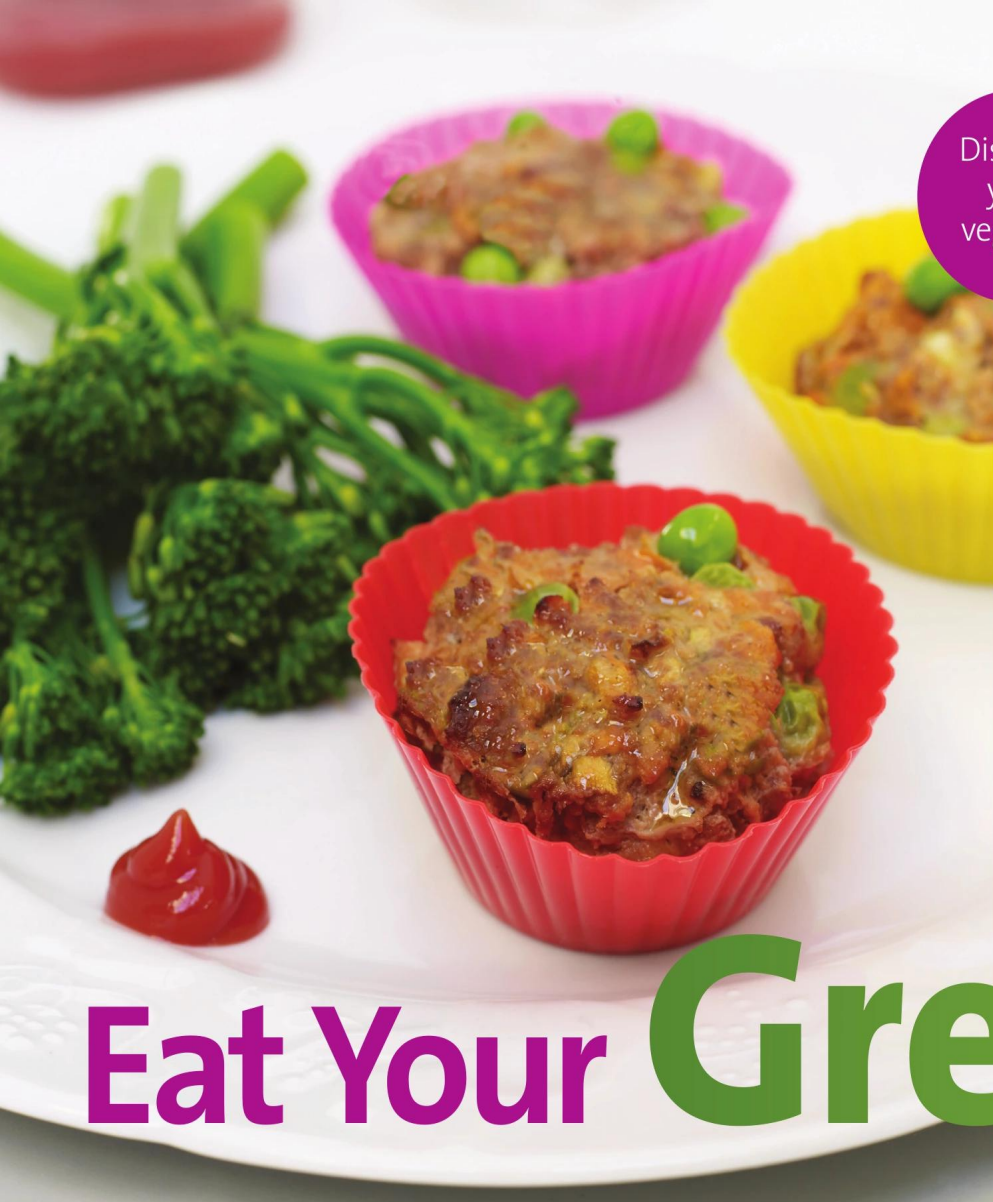


FAMILY COOKING»

GETTING KIDS TO EAT THEIR
VEGETABLES HAS NEVER
BEEN SO EASY

IN THIS SECTION

- 64 **Eat Your Greens!**
Veggie rich meals for kids
- 66 **Little Chefs**
Cook books to enjoy with the
little ones in your life



Disguise your veggies!

Constantly trying to convince your little people that green vegetables are not the enemy? Stylist **Maisha Lenehan** creates meals to tempt even the most green-phobic, while our expert Mums offer sage advice about making veggies fun. Photographs by **Neil Hurley**

Eat Your Greens!

MINI MEATLOAVES

Makes 12

- 2 small carrots, peeled**
- 1 courgette**
- 550g lean mince**
- 70g breadcrumbs**
- ½ small onion, grated**
- 50g frozen peas**
- 2½tbsp tomato ketchup**
- 1 egg, lightly whisked**

To serve

- mashed potato**
- steamed broccoli**

- 1** Preheat the oven to 220°C/gas mark 7.
- 2** Grate the carrots and courgette. Use your hands to squeeze out as much liquid as possible and place in a large bowl. Add the mince, breadcrumbs, onion, peas, ketchup and egg, and use your hands to mix until well combined.
- 3** Divide the mixture among 12 medium muffin pans, pressing it firmly into each pan and smoothing the tops.
- 4** Bake in a preheated oven for 20 minutes or until golden, crispy and cooked

through. Remove from the pans and serve with mashed potato and broccoli.

Fat	8g	Sat.Fat	3.2g	Carbs	6.35g	Energy	137kcal
Protein	10g	Sodium	0.15g	Sugar	1.79g	Fibre	0.77g



"I dip veggies in chocolate! Just kidding. I don't think theres a trick to it but I just start small and give them a small bit at every meal that they have to it and gradually increase the portions as they get older. It worked for me, my kids love broccoli now" **Tammy Darcy**

- 60g frozen peas**
- 2tbsp Parmesan, grated**

- 1** In a saucepan, soften to onion and cook the bacon in the butter and oil. Add the rice and stir for a moment or so.
- 2** Turn up the heat and add the stock and passata. Bring to the boil. Stir once, then turn down the heat to low and leave with a lid on for 15-20 minutes. Stir through the peas, and leave for a further five minutes. Sprinkle over the Parmesan and serve!

Fat	19g	Sat.Fat	8.5g	Carbs	14g	Energy	267kcal
Protein	106g	Sodium	0.57g	Sugar	4.2g	Fibre	3.2g

TOMATO AND BACON RICE

Serves 4

- 1 onion, finely chopped**
- 50g streaky bacon, chopped**
- 25g butter**
- 1tsp olive oil**
- 250g risotto rice**
- 850ml chicken stock**
- 250ml tomato passata**



Store-cupboard meal!

“My tips for getting small people to eat greens are:

- Chop them up really small – they seem to be less intimidating.
- Grate them into sauces like adding grated courgettes to Bolognese sauce for hidden goodness.
- Promise super powers if they eat them... I’m not sure if this works with girls!”

Gina Miltiadou



Bin the take-away!



Pork chow mein

Serves 4

- 1tbsp vegetable oil**
- 500g lean pork mince**
- 1 onion, chopped finely**
- 2 cloves garlic, crushed**
- 1tbsp curry powder**
- 1 large carrot, chopped finely**
- 2 trimmed celery ribs, sliced thinly**
- 150g button mushrooms, sliced thinly**
- 250ml chicken stock**
- 80ml oyster sauce**
- 2tbsp soy sauce**
- 450g ready-to-wok egg noodles**
- 60g frozen peas**
- 55g frozen sliced green beans**
- ½ Chinese cabbage, shredded**

- 1 Heat oil in a wok or large frying pan and stir-fry the mince until browned. Add the curry powder and stir-fry for one minute, or until fragrant. Add the carrot, celery and mushrooms and stir-fry until the vegetables soften.
- 2 Add the stock, sauces and noodles, stir-fry gently until combined; bring to a boil. Add the peas, beans and cabbage, reduce heat and simmer uncovered, tossing occasionally for about five minutes or until the vegetables are just soft.

Fat	34g	Sat.Fat	4.8g	Carbs	86g	Energy	790kcal
Protein	39g	Sodium	1.4g	Sugar	0.68g	Fibre	6.35g

Fruit skewers with honey yoghurt

Serves 4

- 600g tinned pineapple, drained**
- 2 large oranges**
- 250g strawberries**
- 2 large bananas**
- 30g butter**
- 55g brown sugar**
- 1tbsp lemon juice**
- 280g Greek-style yoghurt**
- 1tbsp honey**

- 1 Soak 12 wooden skewers in cold water to prevent scorching.
- 2 Cut the pineapple into chunks, peel oranges and separate into segments and hull the strawberries, cutting in half crossways. Peel the bananas and cut them into 3cm slices.
- 3 Thread fruit, alternating varieties, onto the skewers; place on oven tray.
- 4 Combine butter, sugar and lemon juice in a small saucepan over a low heat, stirring until butter melts and the sugar dissolves. Pour the butter mixture over skewers, making sure that all fruits are coated in the mixture.
- 5 Mix together the yoghurt and honey, place in a small bowl and set aside.
- 5 Cook the skewers in batches underneath a grill, turning until browned lightly and serve with the yoghurt.

Fat	12g	Sat.Fat	7g	Carbs	53g	Energy	335kcal
Protein	5.5g	Sodium	0.17g	Sugar	52g	Fibre	3.32g



EMERGENCY PASTA BAKE

Serves 4

- 260g fusilli**
- 100g frozen sweet corn**
- 75g frozen spinach**
- 2 large leeks, washed and chopped**
- 1tbsp olive oil**
- 200g tinned tuna**
- 150g cheddar cheese**
- freshly ground black pepper**
- 200g tub crème fraîche**
- 2tbsp grated Parmesan**

- 1 Pre-heat the oven to 220°C/gas mark 7. Cook the pasta according to the packet instructions, and five minutes before it's done put the frozen vegetables in the pot.
- 2 Meanwhile, fry the leeks in the olive oil for about ten minutes, until soft.
- 3 Put the pasta, vegetables and tuna into an oven proof dish. Add the cheddar, grind over some pepper and mix in the crème fraîche.
- 4 When it's just ready, sprinkle the Parmesan on top and cook in the oven for 15-20 minutes until crispy on top.

Fat	52g	Sat.Fat	26g	Carbs	43g	Energy	776kcal
Protein	37g	Sodium	0.62g	Sugar	5.4g	Fibre	2.6g

A hit with adults or kids!



“We don’t beg and plead and promise dessert if they eat their veggies – *no one* – including me – wants broccoli when they are thinking of chocolate cake, so we don’t even mention it. But we try to make eating veggies fun, pretending to be a dinosaur eating ‘little trees’ (broccoli) and ‘monster skin’ (radicchio lettuce). It sounds gross, but I find ‘gross’ in the right amount is magic for kids. Also – dips! Ranch dressing is a favourite in our house.” Susan Bell Flavin



“Whenever I make an omelette now, I cut up broccoli into smallish pieces and add it to the egg mixture along with onions and green and red peppers. He absolutely loves this dish as it’s tasty and has lots of texture. He prefers it to a more simple omelette, which is great as he gets his greens without even realising.” Michele Grimson



Little Chefs

The books that will bring you and your children together in the kitchen



WHAT?

Cool Cakes & Cupcakes by Pam Price, published by Checkerboard Library.

WHY?

Because everybody loves sweet things, right? Teach children how to master the basics of baking, from cupcakes to muffins to delicious, intricately iced tray bakes.

WE LOVED...

The fact that *Cool Cakes & Cupcakes* contains recipes that have been tested by children themselves, meaning that this book is filled with cakes that have been created with kids in mind.



WHAT?

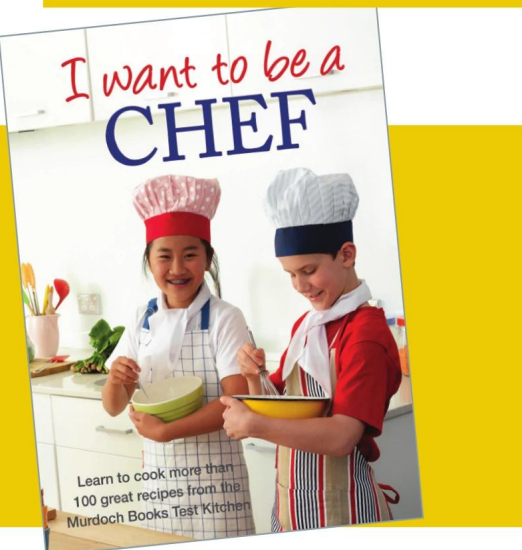
Cooking with Kids by Erin and Tatum Quon, published by Apple Press.

WHY?

Filled with easy-to-prepare recipes, this is a great book to have open on the counter while cooking with your little ones. Each recipe features step-by-step instructions written with children in mind, making it as kiddie-friendly as possible.

WE LOVED...

The Idea Spreads that followed some of the recipes. Showcasing easy ways to make food more fun, like turning French toast into alphabet sandwiches, *Cooking with Kids* not only introduces children to cooking, but encourages them to try new flavour combinations and cuisines.



WHAT?

I Want to Be a Chef by Murdoch Books.

WHY?

Encouraging family cooking, this book enables children to take charge in the kitchen. With beautifully photographed steps, this is the perfect gift for any would-be Junior Masterchef.

WE LOVED...

The fact that the book is divided into breakfast, lunch and dinner, with plenty of healthy snack options interspersed throughout. For anyone looking to teach their children the basics, *I Want To Be A Chef* is, quite simply, a must-buy.



THE INSIDE TRACK»»

THE ESSENTIAL GUIDE TO MAKING THE MOST OF YOUR KITCHEN

IN THIS SECTION

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know, now
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Planet Wine

Make your own TOMATO SAUCE

Save money and maximise on flavour by making this incredibly versatile tomato sauce

BASIC TOMATO SAUCE

3tbsp extra virgin olive oil
1 large onion, chopped
2 garlic cloves, crushed
3 400g cans of chopped tomatoes
¼-½tsp dried chilli flakes
2tsp balsamic vinegar
2tsp sugar
1 large handful basil leaves, torn into small pieces
salt and freshly ground black pepper

1 Heat the oil in a saucepan and gently cook the onion and garlic until softened. Stir in the tomatoes, chilli flakes, balsamic vinegar and sugar, turning the heat to medium.

2 Bring to a simmer and cook slowly for between 45 minutes and 1 hour. Stir in the basil and season with salt and pepper.

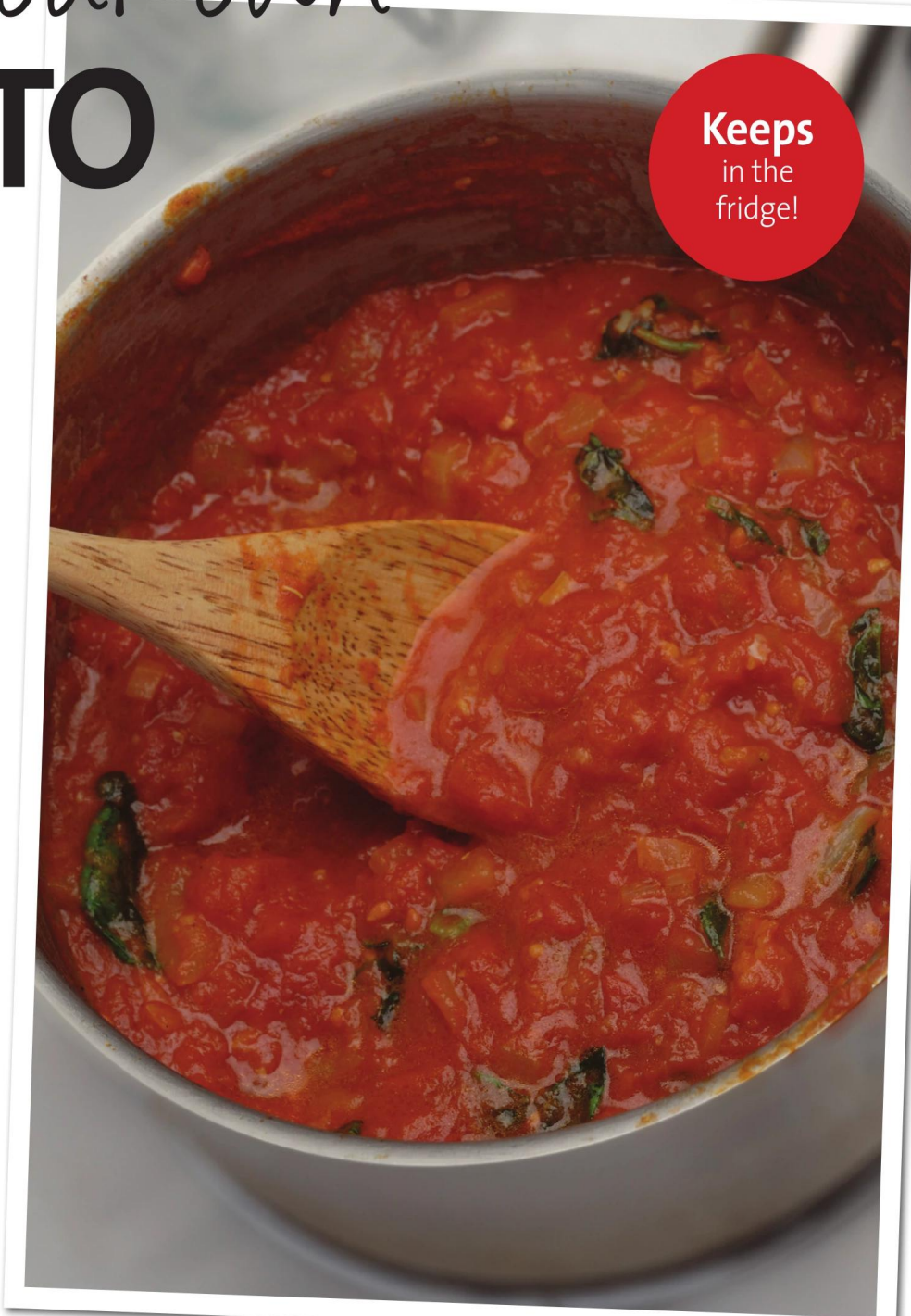
3 This sauce can be left chunky, but we love to take half and blend it until smooth. Kids love a small pot of this on the dinner table to dip into at their own will!

NOW YOU'RE COMFORTABLE WITH THE BASIC RECIPE, CHECK OUT THESE VARIATIONS:

Amatriciana

SPICY BACON-Y GOODNESS

Chop eight streaky bacon rashers and fry until golden before adding the garlic, as above. Add a splash of red wine and a pinch of dried oregano with the tomatoes if you want to, follow the recipe as above and finish with a good grating of Parmesan.



Keeps
in the
fridge!

Puttanesca

SALTY, BUT NOT AS YOU KNOW IT

Add four chopped, drained anchovy fillets to the onion and garlic and fry for about five minutes before adding the tomatoes. Just before serving add a handful of chopped black olives.

Tomato and mascarpone

YOUR KIDS WILL THANK YOU

Stir two tablespoons of mascarpone cheese into the sauce at the end of the cooking time – try pouring this over shop-bought tortellini and baking for ten minutes.

Chorizo and paprika

THE SPANISH INVASION

Crumble half a chorizo sausage and ½ teaspoon smoked paprika to the onion and garlic, follow the recipe omitting the balsamic vinegar and basil leaves.

Arrabiata

PUTTING THE ZING IN VEGGIE PASTA

Add an extra clove of garlic and double the dried chilli flakes to the sauce. When simmering stir in a glug of extra virgin olive oil.

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Grow Your Own

Getting Started in the Vegetable Garden

by Heidi Lammiman,
Irish Seedsavers staff

Planning the garden is your first step to great growing: determine the size of your beds and the rotation of the sun from east to west. Start by drawing the outline of your garden on a blank sheet of paper. Mark which direction is north and what areas of the garden might be shaded by trees. A good size beginner's garden to start with is 1.5m x 1.5m – you can always expand the garden in future years as time and space allows. Remember that staking and growing crops up poles can save room for other plants; be sure to leave space for sprawling plants and for you to walk between the rows.

In these few months of spring if you start with a good foundation it will make the season less labour-intensive. Remember to keep the grass around your beds cut short, as the slugs and snails can easily hide in the long grass and devour whole rows of seedlings within one evening.

Record your sowings, especially with the succession types like lettuce and perpetual spinach, then you won't be overloaded with one type of vegetable at any one time. You can add well-rotted manure to your beds now, and fork it through the soil thoroughly, allowing all the microbes to do the work for you. Another way to increase fertility in the garden is to cut back all your unwanted nettles and place them in a big bucket of water; in four weeks you will have a potent-smelling liquid tea to supplement your soil fertility throughout the growing season.

www.irishseedsavers.ie



Irish Seed Savers
Association



IRISH SEEDSAVERS TIP OF THE MONTH:

You don't need to have your own land or an allotment to start gardening. Container gardening is a great way for beginners or those with limited space to start producing some of their own fruits and veggies. Small plants like mixed salad leaves and culinary herbs like sage, thyme, and oregano grow well in small to medium size pots. Large plants like tomatoes and fruit bushes can be grown individually in large pots, such as those used by nurseries and garden centres to pot up trees. Climbing plants such as peas and runner beans should be supported by teepees of cane and twine. Be sure your containers have drainage holes, and use a good quality potting compost mixed with something to feed the plants while they grow, such as aged horse manure or bagged farmyard manure from the garden centre. Most of these plants need plenty of light, so set containers on a sunny balcony, patio, courtyard, or in front of a south-facing wall. Keep an eye on moisture levels as container gardens can dry out more quickly than plants in the ground.

VEGGIES AND FRUITS FOR SPRING SOWING



▲ Be the most organised planter on the block by filing seeds month by month. We like this expandable garden storage file folder (€16) from www.objects-of-design.com.

▲ Mark out your must do's on a Garden Planner. €30 @ www.ecoutlet.co.uk



IN SEASON

Aubergine comes into its own this month and forms the basis of this unctuous Italian-inspired stew

CAPONATA

Serves 4

4 medium aubergines, chopped
salt and freshly ground black pepper
3-4tbsp extra virgin olive oil, plus extra for drizzling
1 onion, chopped
2 celery sticks, chopped
1 tin chopped tomatoes
100g green olives, pitted and sliced

www.easyfood.ie

1 Mixed Salad Leaves

Who doesn't love a vibrant mix of lettuce, rocket, mizuna, mustard and herbs as a side salad or a healthy addition to sandwiches? These plants all thrive in Ireland's cool, moist climate and are very easy to grow. Sprinkle the tiny seeds onto potting compost in small pots or modules and cover with a fine layer of potting compost. Keep moist and in a bright location until the seedlings are a few inches tall, then transplant to a prepared garden bed or into larger pots for a salad garden in containers.

2 Peas

Whether you like them shelled or mange-tout, peas are another crop that like cool, moist conditions in spring. They are climbing plants that need something for support, such as a trellis made of sturdy posts and string, or traditional 'pea sticks' – twigs and branches stuck in a row for a rustic look. Pea seeds are large and should be sown directly into the garden bed. They can be grown in large pots as well – make a teepee with canes and string and sow 8-10 pea seeds in a circle at the base of the teepee.

3 Brassicas

This family of plants includes broccoli, cabbage, cauliflower, kale and Brussels sprouts, and are known for their anti-oxidant qualities. Sow individual seeds in modules and grow on until the seedlings are about six inches tall with several sets of leaves, then transplant into prepared garden soil.

4 Early Potatoes

Our head gardener at Seedsavers has found that early sowings of potatoes are less likely to get blight because they form their tubers well before the blight spores are really rampant in mid-summer. Start with healthy seed potatoes and sow in well-drained ridges about 12" apart in the row.

5 Broad Beans

Another crop that is well-acclimatised to Ireland's climate, and a real treat because they are only available when fresh and in season. The large seeds are planted directly in prepared soil, about 8-10" apart. The plants get tall and bushy and will need support – I use sticks and string to make a grid-like structure. Harvest in summer when the pods are long and you can feel that the beans are filled out in the pods.

6 Currants

Amazingly tolerant of moist soils, unlike many other fruits. Currants and cousins, gooseberries, worcesterberries and jostaberries can be purchased as small bushes in spring and will start producing fruit a year after planting. Use bird netting when the fruits are ripening, and freeze or make into jam for winter treats. Fruit bushes can also be grown outdoors in large containers.

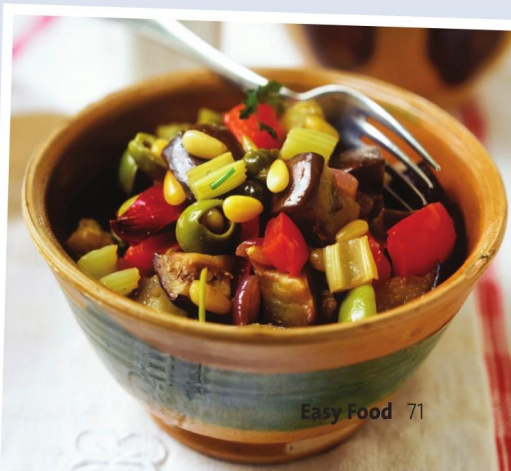
3tbsp capers, drained and chopped
30ml red wine vinegar
1½tbsp sugar, or to taste
handful flatleaf parsley, chopped
extra virgin olive oil, for drizzling
pine nuts, to serve

- 1 Sprinkle the aubergines with salt and leave to drain in a colander for 30 minutes.
- 2 Heat some of the olive oil in a saucepan and brown the aubergine on a moderate heat for 10 minutes. When cooked, set aside and allow to cool to room temperature.
- 4 In a separate saucepan, heat the remaining olive oil and sauté the onion along with the celery and tomatoes. Season with salt and freshly ground black pepper. Add the olives and cook for 20 minutes.
- 5 Add the cooled aubergine and the capers.

6 In a separate bowl, mix together the red wine vinegar and sugar. Add this to the pan and cook for 10 minutes. It is ready when the red wine vinegar has been absorbed.

7 Transfer to a large bowl, add the chopped parsley and mix well.

8 Drizzle with extra virgin olive oil and pine nuts to serve. Serve hot or cold.



ASK EASYFOOD

I really hate buying salad dressings, and want to make one that I can keep in the fridge for the week and dip into whenever I need it. The trouble is, with so many kinds of dressings out there, I don't know which one to make!

Well, we reckon you can't get much better than a classic vinaigrette. It can be used on all kinds of salads, and takes on flavours from herbs and garlic like nobody's business. We dissolve a good pinch of salt and a teaspoon of Dijon mustard in 1 tablespoon of white wine vinegar and whisk in 3 tablespoons of olive oil. This keeps in a jar in the fridge for up to a week.



Want something with a bit more bite? Try:

- Adding a clove of crushed garlic to the salt and mustard mixture.
- Whisking the juice of half a lemon instead of the vinegar for a lemon vinaigrette.
- Stirring in some chopped tarragon to the finished dressing.

THE ULTIMATE...

CROQUE MONSIEUR

Serves 2

40g butter, softened

4 slices white bread

1tbsp plain flour

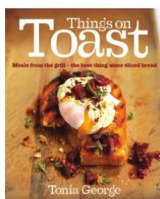
6tbsp milk

1 egg yolk

2tsp Dijon mustard

75g Gruyère cheese, grated

4 thick slices ham



sides of the bread. Place two slices of ham on top of each and sandwich them together, pressing down lightly. Flip over the sandwiches so that they are buttered side up, place on a baking sheet and grill until golden. Remove from the oven and flip over again. Pour over the remaining sauce and slide back under the grill and cook until golden, bubbling and delicious!

From *Things On Toast* by Tonia George.

We have three copies to give away, so be in with a chance win this book by emailing editoreasyfood@zahrublishing.com with your contact details!



Ingredient of the month

This month we are loving Nature's Best Meal Pots – lunch sized pots packed with vegetables and all kinds of goodness. Team **EASY FOOD** tried the whole range this month, and are firmly on the fence about which one is the most delicious. Currently we are fighting to the death over the Spanish Vegetable & Chorizo and Thai Vegetable Curry. €2.99 at your local supermarket.



Gadget of the month

We can't always afford good wine, and sometimes, we even drink wine out of boxes. When we do, we still want it to look nice, so we invested in this, a wine box tidy – it has changed our lives! €41.20 @ www.berryred.co.uk.



THE ESSENTIAL ITALIAN STORE CUPBOARD

Risotto rice

You need this in order to be a bonafide Italian cook. The most obvious use for risotto rice is in – you guessed it! – risotto, but it also bulks up soups and stews! You can find risotto rice in any supermarket, but we love M&S's version.



Basil

Always fresh, never EVER dried. Grow some on your window sill or buy a tub of freshly picked basil from your local supermarket.

Extra Virgin Olive oil

When it comes to everyday cooking, this is your staple in the Italian kitchen. We love Giovanni di Firenze's depth of flavour.



Parma Ham

The amazing, AMAZING Italian ham that is required on every level of our being. We suggest looking to Lidl for some great value Parma ham.

Dried Pasta

For every day use we love Superquinn's own brand fusilli – find yours and stock up on it!



Balsamic Vinegar

Invest in a good balsamic vinegar – the longer it ages the more delicious it becomes. Use to add bite to your pasta sauces or to whip up a salad dressing in an instant, but the Italians have a more purist approach to their balsamic. They like to douse bread in it and nibble with a glass of wine before dinner. We like to do this too.



Pesto

Most of us have a jar of pesto in the cupboard; put yours to good use by adding a teaspoon of it to sauces for an authentic feel to your Italian dishes.

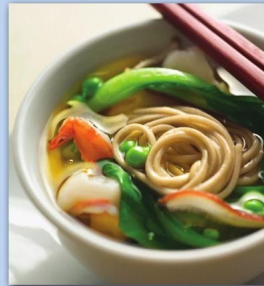


MAGNET MENU

Not sure what to cook for dinner tonight? Stick this recipe on your fridge for inspiration in an instant!

Noodle soup in seconds

Boil 300ml of stock in a pan. Add a squeeze of sweet chilli sauce and soy sauce, and a sheet of straight to wok noodles. Simmer for a minute until the noodles are coming apart. Fling in a handful of ready cut stir-fry vegetables and simmer for a minute until the vegetables heat up. Serve in a bowl with a dash of sesame oil.



EASYFOOD LOVES...



...SMEG fridges

Everyone wants a Smeg fridge, and if they say they don't, they're lying. These stunning appliances sit like a work of art in a kitchen, lending a retro feel that can't be equalled with a bright shiny toaster or a 1950s style kettle. We can't afford one yet (they retail at about €1,500) but we plan to... one day. The best bit about a Smeg? You can get one to match your kitchen, no matter how out there your personal style is.



fact:

Wine is grown in Ireland – despite our unpredictable weather! White wine, from German varieties, and some red wine is produced near Mallow in Cork and Lusk, Co Dublin.



glass half full

Greenspot Irish Whiskey

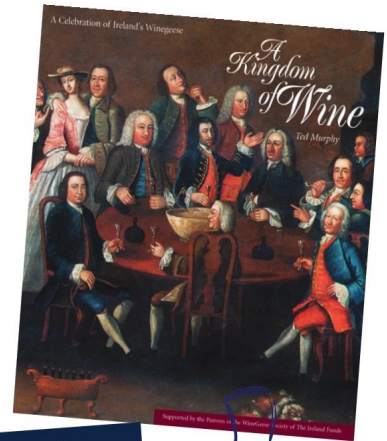
One of a handful of Pure Pot Still whiskeys in Ireland, produced in The Old Midleton Distillery in Cork. Mouth-watering and fresh on one level, honey and menthol on the other. According to guru Jim Murray 'Unquestionably one of the world's greatest branded whiskeys'. Available from Mitchell & Son, Celtic Whiskey Shop and Redmonds of Ranelagh at €42.25.



weeknight tipple

Undurruga McKenna Collection Sauvignon Blanc & Cabernet Sauvignon 2009, Chile

The Irish can be found all over the world! McKenna wines celebrate the heroism of General McKenna (born 1771) during the Chilean War of Independence. Both are fruit driven and perfect for spring. Widely available at €12.49 – reduced to €9.49. A real bargain!



Irish Vines

A Kingdom of Wine – A Celebration of Ireland's Wine Geese

Wonderfully illustrated, this book charts the drinking traditions, wine-making and wine trading history of the Irish. €60.00 @ www.onstream.ie

cocktail hour

Irish Café Crème

A modern take Irish Coffee
2 shots Baileys
1 shot Kaluha or Tia Maria
1 shot Espresso

- 1 Place all ingredients in a blender and whizz until creamy.
- 2 Serve in a Margarita glass and garnish with some chocolate shavings.



Wine Traveller

Enjoy a visit to the Old Bushmills Distillery – the oldest in Ireland – in County Antrim where you can watch the whole whiskey making process take place and maybe enjoy a wee taster too! The Giants Causeway isn't too far away either! www.bushmills.com

p.25



Maria's food and wine matches

Potato cake with crispy bacon and rocket. I love a spicy red wine with a hint of black fruit like Guigal Côtes du Rhône Red 2005 from France. Superquinn and SuperValu at €12.95.

Sausages with lentils. A richer style of white wine like Rizzardi 'Costeggiola' Soave Classico from Italy is perfect balance for this rich dish. O' Brien's Wines at €13.95

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SPECIAL DIETS »

THIS MONTH, BAKE TREATS THAT ARE ACTUALLY GOOD FOR YOU, AND LOOK TO THE EAST FOR DISHES THAT LIFT THE MOOD

IN THIS SECTION

- 76 **Baking, GI Style**
Easy to follow recipes that are will make you feel great!
- 79 **Eastern Promise**
Ayurvedic food with an emphasis on a happier state of mind

IMAGE FILE

How to bake, GI style

Forget starvation diets, the GI eating plan is perfect for diabetics or people who are simply trying to shed a few pounds. Emma Parkin, editor of *Easy Health & Living* introduces us to some tasty baking recipes that all contain low GI ingredients



Emma Parkin

"That doesn't mean that you can start stuffing yourself with lots of chocolate!"

The GI diet took the nutrition world by storm when it first emerged onto the scene a few years ago. In fact, you won't find a nutritionist who'll say a bad word about low GI style eating. And the best thing about it is that it's not a fad diet and you'll rarely feel hungry on it.

Eating low-GI is a key nutrition message that goes hand-in-hand with other healthy eating guidelines such as eat less saturated fats and eat more fruit and vegetables. The Glycemic Index (GI) was devised about 20 years ago when researchers looked closer at the dietary recommendations for diabetics; which was to eat more complex carbohydrates (starch) because they took longer to process and digest than simple carbohydrates (sugar).

What the researchers discovered was that the effect of a carbohydrate on blood-glucose levels was not determined by the sugar or starch. For example, we now know that the effect chocolate has on blood-glucose is actually lower than potatoes. That doesn't mean you can start stuffing yourself with lots of chocolate! Stick to the dark high cocoa type and eat it in moderation.

How does low-GI promote better health?

Research has shown that very high glucose levels after meals, called glucose spikes, are damaging to our arteries and various blood vessels, and they promote far too much insulin. Eating low-GI foods means you avoid those spikes and dramatic falls in blood-glucose so you get a much steadier stream of energy. You, therefore, reduce your risk of heart disease and other chronic diseases that are implicated by those blood-glucose fluctuations.

How does low-GI contribute to weight control?

High GI foods are bad for weight control for two reasons. Firstly, the glucose spikes stimulate hunger because you are getting that dramatic drop in glucose, 90 minutes to two hours after eating. By eating low GI foods you feel fuller for longer and are,

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therefore, not as likely to go searching for snacks every two hours. Secondly, insulin is a storage hormone that stockpiles nutrients for later use by the body. A high-GI diet causes a lot of insulin to be produced and when you have too much insulin in your body, it makes it easier to store fat and harder to burn it.

Applying the low-GI concept to your diet

Nutritionists recommend that at least two meals a day should be accompanied by a low-GI food. You can still eat tons of delicious healthy food such as whole grains including whole grain breads and rice. You can have new potatoes and sweet potatoes, lean meats and proteins as well as low fat dairy products, most fruits and vegetables, seeds and nuts.

There are a few exceptions, which at first may not make sense but the idea is that vegetables such as corn and carrots can rapidly raise your blood sugar levels and so are considered high GI. Fruits like bananas and pineapples also have a high GI score, so you're better off opting for apples or berries. And there are also a few non-expected foods you can have such as avocado, nuts and red wine.

The diet plan is easy to follow and the one huge benefit aside from feeling very energetic is that you won't major hunger pangs as you would on another diet. There are also some added extra benefits such as younger looking skin, reduced facial hair in some women and clearer skin.

One important thing to note is that in order to lose weight on this plan you will still need to restrict your calories. If you eat healthily throughout the day but are having one or two avocados along with a couple of pieces of dark chocolate you will not lose weight. Although these foods are healthy for you they are still very calorific.

Having three sensible low GI meals a day along with two snacks and adequate portion sizes are paramount on the Low GI weight loss plan.

Low GI Foods

- > Un-salted nuts (not the ones that have been roasted in oil)
- > Barley
- > Extra lean minced meat
- > Skinless chicken breasts
- > New potatoes
- > Basmati rice
- > Pasta apart from filled varieties
- > Lentils and pulses
- > Fruit – blackberries, blueberries, cherries, cranberries, peaches, raspberries, rhubarb, strawberries

BANANA NUT BREAD

Serves 8

- 375g whole wheat flour**
- 135g ground flaxseed**
- 2tsp baking powder**
- 1tsp baking soda**
- 2 tsp cinnamon**
- 4tbsp SPLENDA brown sugar blend**
- 4 egg whites**
- 4 ripe bananas**
- 1½tsp vanilla extract**
- 65ml buttermilk**
- 3tbsp walnuts (chopped)**

1. Preheat oven to 180°C/gas mark 4.
2. Combine wholewheat flour, flaxseed, baking powder, baking soda and cinnamon in a large bowl.
3. In a separate bowl, beat the SPLENDA and egg whites together. Add in the mashed bananas, vanilla and buttermilk. Beat lightly.
4. Pour liquid mixture into dry ingredients and combine. Add walnuts and stir until well combined.
5. Spray loaf pan with cooking spray. Pour the mixture into pan and bake 45 minutes until a toothpick inserted into centre comes out clean.

Fat	4g	Sat. Fat	0.52g	Carbs	47g	Energy	246kcal
Protein	8g	Sodium	0.18g	Sugar	16g	Fibre	5.4g





FLAPJACKS

Makes 12

- 40g butter
- 60g margarine
- 80g brown sugar
- 250g oats
- pinch of salt
- 1 banana
- 2tbsp honey

- 1 Melt the butter and the margarine in a deep saucepan over a low heat.
- 2 Add the brown sugar and 2 tablespoons of honey and stir in until you have a brown paste
- 3 Mix in the oats, if you find it easier add them in gradually stirring and covering the oats with the mixture.
- 4 Add a pinch of salt and continue to stir. If you really need to be healthy you can ignore the salt!
- 5 Mash up the banana and stir in to the mixture, it may take a few minutes to make sure the banana is properly mixed in.
- 6 Spread the mixture evenly over a non stick baking tray or a greased baking tray. Smooth over with a knife until the mixture is even.
- 7 Place the baking tray onto the middle shelf in a preheated oven (220°C/gas mark 5,) and bake for 15 minutes, checking the progress regularly. Take out when the mixture starts turning a darker colour.
- 8 Stand for a minute or two, then score the mixture with a knife into you portions.
- 9 Cover the tray with something light such as a few pieces of kitchen roll and leave for up to 6 hours.

Fat	7g	Sat. Fat	3g	Carbs	4g	Energy	81kcal
Protein	0.47g	Sodium	0.19g	Sugar	2g	Fibre	0.63g



BUTTERMILK PANCAKES WITH BLUEBERRY YOGHURT

Serves 4

- 100g one-minute oats or unprocessed oat bran
- 500ml buttermilk
- 75g dried fruit medley, chopped
- 75g plain flour, sifted
- 2tsp sugar
- 1tsp bicarbonate of soda
- 1 egg, lightly beaten
- 2tsp mono or polyunsaturated margarine, melted
- 3tbsp low-fat natural yoghurt
- 3tbsp blueberries

- 1 Combine the oats and buttermilk in a bowl and let stand for 10 minutes.
- 2 Stir in the dried fruit, flour, sugar, bicarbonate of soda, egg and margarine and mix thoroughly. Let stand for up to 1 hour.
- 3 After standing, add a little low-fat milk if the mixture is too thick.
- 4 Heat a non-stick frying pan and spray with cooking spray or grease lightly with margarine. Pour in about 3 tablespoons of batter, cook over moderate to high heat until bubbly on top and lightly browned underneath.
- 5 Turn pancake to brown on other side. Repeat with remaining batter. Set pancakes aside to keep warm.
- 7 Mix yoghurt and blueberries together and serve drizzled on the pancakes.

Fat	16g	Sat. Fat	5.9g	Carbs	65g	Energy	437kcal
Protein	11g	Sodium	38g	Sugar	38g	Fibre	1.6g



LOW-GI MUFFINS

Makes 12

- 125g All-Bran cereal
- 200ml skimmed milk
- 75g whole wheat flour
- 2tsp baking powder
- 1tsp allspice
- 1tsp cinnamon
- 1 green apple
- 20g cup unprocessed oat bran
- 75g raisins
- 1 egg
- 3tbsp honey
- 1tsp vanilla

- 1 Preheat oven to 190°C/gas mark 5.
- 2 Pour All-Bran into the milk and allow to stand for 10-15 minutes.
- 3 Sift flour, baking powder, allspice and cinnamon into a large bowl.
- 5 Peel and dice apple.
- 6 Add apple, oat bran and raisins to flour mixture and stir to combine.
- 7 Combine slightly beaten egg, honey and vanilla in a small bowl. Pour into flour mixture and stir with wooden spoon.
- 8 Pour All-Bran mixture into the rest of the ingredients and continue stirring until well combined.
- 9 Lightly grease 12-hole muffin tin and spoon in the mixture.
- 10 Bake for 15-18 minutes until lightly brown. Serve warm.

Fat	2g	Sat. Fat	0.41g	Carbs	34g	Energy	173kcal
Protein	6g	Sodium	0.34g	Sugar	14g	Fibre	3.8g

In season april

Peak Season

- Cooking apples
- Rhubarb
- Strawberries



Vegetables Coming into season

- Celery
- Spring onions



Peak season

- Asparagus
- Aubergines
- Butterhead Lettuce
- Cabbage
- Cucumbers
- Leeks
- Mushrooms
- Parsnips
- Tomatoes



Going out of season

- Potatoes
- Spinach
- Onions
- Swedes



Herbs Peak season

- Mint



Coming into season

- Basil
- Parsley
- Sage
- Thyme



Measures



7g	¼oz
15g	½oz
20g	¾oz
25g	1oz
50g	2oz
115g	4oz
225g	8oz
350g	12oz
450g	16oz/1lb
5ml	1 teaspoon (tsp)
10ml	1 dessertspoon (dsp)
15ml	1 tablespoon (tbsp)
250ml	1 cup*
30ml	2 tablespoon (tbsp)
60ml	4 tablespoon (tbsp)
180ml	¼ pint
300ml	½ pint
600ml	1 pint

* Remember that these are liquid measures, not weights, ie. a cupful of flour weighs less than a cupful of sugar.

Oven temperatures

Gas mark	°C	°F
¼	110°C	225°F
½	130°C	250°F
1	140°C	275°F
2	150°C	300°F
3	170°C	325°F
4	180°C	350°F
5	190°C	375°F
6	200°C	400°F
7	220°C	425°F
8	230°C	450°F
9	240°C	475°F

Oven temperatures often vary, so check your instructions. As a basic rule bear in mind that fan ovens should be set at a slightly lower temperature to non-fan ovens.

conversion chart

Volume to Weight Converter



One cup of Metric equivalent

Beans, dried, cooked	200g
Bran	40g
Breadcrumbs, fresh	60g
Breadcrumbs, dried	20g
Butter/margarine	230g
Plain flour, sifted	140g
Plain flour, unsifted	120g
Cheddar cheese, grated	100g
Parmesan, grated	160g
Feta, diced	190g
Chickpeas, dried, cooked	170g
Icing sugar	130g
Lentils, cooked	160g
Mayonnaise	250g
Oatmeal	60g
Rice, cooked	200g
Sugar, white/brown	200g
Caster sugar	220g
Icing sugar	130g
Tomatoes, chopped	200g
Whole-kernel corn, canned	190g

Note: 1 cup has the following international equivalents: US=237ml, IRL/UK=284ml, South Africa and Australia=250ml

Reader profile



Nicola Moran, 23, is a nurse from Blanchardstown. She believes that she was born in the wrong era because she likes nothing more than “pandering around in the kitchen listening to Dean Martin and baking”

What did you have for breakfast this morning?

Porridge with lashings of golden syrup – it was delicious!

What is your favourite recipe and why?

Muffins, any type, any time, anywhere. They're so easy to make you can make a million different kinds without changing the basic recipe too much, and decorating them is the really fun part.

What is your earliest memory of food?

Rolling pastry with my mother in the kitchen, I'm a serious chatterbox so she gave me my little bit of work to keep me quiet for 5 minutes!

If you were a dish what would you be and why?

A chocolate hazelnut fondant, I'm a little bit nutty, but surprisingly have a nice soft centre.

What five foods can you not live without?

Chocolate, chicken, cheese, bread, and rice.

What food would you put in room 101?

Turnip – I'll never manage to force myself to like it!

What's your favourite cuisine?

Italian. I like that it's simple fresh food but made with love.

What is your quick fix evening meal?

Rice cooked in chicken stock with sweet corn and mixed with tiger prawns, diced peppers, and a dollop of balti curry paste.

What's your best cooking tip?

Always measure your ingredients for baking carefully, using one unit of weight (meaning don't swap between imperial and metric)...and DON'T be tempted to open the oven door too early, your masterpiece might end up with a big dip in the middle.

Who would you like to cook for you most and why?

Delia Smith – I just love to watch her cooking, and then with the added bonus of eating her food, with her would be amazing.

Who would come to your fantasy dinner party?

Mary Berry, she could give me more of her recipes and tips for

Assorted buttercream muffins

Makes 17 muffins

350g self-raising flour

350g caster sugar

350g butter

1tsp baking powder

6 large eggs

For the icing:

225g butter

350g icing sugar

strawberry essence and pink food colouring

lemon essence and yellow food colouring

Amaretto and silver sugar balls

1. Preheat the oven to 180°C/gas mark 4 and prepare 17 muffin cases. Cream the butter and sugar in a large bowl until light and fluffy. Add the eggs, one at a time, beating well.
2. Sieve the flour and baking powder into the mixture and fold in until combined.
3. Spoon with a dessertspoon into the prepared muffin tins and bake for 20-30 minutes.
4. Leave to cool completely before icing. To make the icing, whisk the butter and add the icing sugar, one dessertspoon at a time. Beat well after each spoonful.
5. Divide the icing into three parts. To one part, add two drops each of strawberry essence and pink food colouring and spread over one third of the muffins.
6. To another part, add 1 tablespoon of Amaretto and spread this over one third of the cupcakes, finishing with silver sugar balls.
7. To the final third add a few drops of lemon essence and yellow food colouring and spread this over the remaining third of the muffins.



delicious cakes and Dean Martin because he could sing for his food!

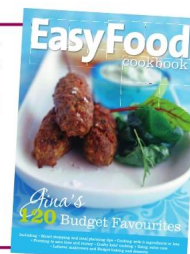
What's the key to a successful dinner party?

Preparation (fail to prepare then prepare to fail) and a great atmosphere.

WRITE TO US AND WIN **Easy Food** COOKBOOK

Want to tell us what your favourite foods are? Then email your details to editoreasyfood@zahrapublishing.com.

The Best reader recipe wins a copy of the **Easy Food** cookbook – *Gina's 120 Budget Favourites*, worth €9.95



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(serving suggestion)

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Marco Pierre White