

# Recipes That REALLY Work!



*Uma Wylde*



## DELICIOUS Meals From **DAY ONE!**

**Precise recipes for novice cooks who want  
to make delicious meals INSTANTLY**

*healthy*  
**How to cook delicious meals!**

## **"Cook Like A Pro Right From The Word Go!"**

I don't care how inexperienced you are, or how rubbish you think your cooking is, I can make you a better cook within the next **24 hours. And that's a *promise!***

In fact I'm willing to guarantee the very first meal you cook from my book **will taste stunning**. If it doesn't, I'll happily give you all your money back (my share of what you pay Amazon anyway.)

How can I be so confident? Because, unlike all the other cookery books out there, this one is specifically designed for novice cooks - **my recipes never leave you wondering what you should do next.**

**Every second** is accounted for from the start to the finish of every recipe. (I even tell you when to warm the plates!) I tell you *exactly* what to do and the order to do it in. And I tell you *exactly* how long everything takes to cook, **so the WHOLE MEAL is timed to perfection and comes together perfectly**. No more over/under cooked food, dried out/too runny sauces or inedible vegetables!

**You won't find any useless directions like** 'cook until golden' or 'roast until tender' in this book. What use are instructions like that if everything else is ruined, while you're waiting?

And these recipes aren't just your average boring, bland, bog standard recipes. **They show you how to inject tons of FLAVOUR into your cooking**. I promise you, your friends and family will be astonished when they taste them.

Even though you may be a novice cook I show you how to cook tasty **French, Italian, Spanish, Moroccan, Indian, Thai and Chinese dishes right from the get-go**. On top of main courses I also show you how to make lovely snacks, starters, salads, salsas and dips as well – in other words everything a well-rounded cook should know how to do! (Apart from deserts, sorry, I don't eat them because they make you fat!)

**And so you don't get overwhelmed**, I break up everything I'm going to teach you into separate weeks – the shopping, the meal planning and the cooking. Of course you can cook the recipes in any order you like, but if you follow the **'28 Day Meal Plan'** you'll save money, time and effort.

**One more thing**. There are no pretty pictures of me or the recipes in this book. I'm not vain and although food pictures look lovely, **they're irrelevant when it comes to creating mind blowing TASTES**. Photos do nothing to improve your cooking and are very disheartening when your dish doesn't look anything like the one in the book. That's why I don't include any. This book is about cooking not photography!

If you want to know more about me click [here](#). Or [here](#) for a **FREE sample recipe**. An example of a [weekly shopping](#) list is [here](#). And here's the [28 day meal plan](#). Oh, and a few [testimonials](#) from delighted customers...

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## US Conversions & Equivalents

Below are the conversions to help you work more easily with my recipes, in the event you don't have the metric and imperial weighing scales that we use over here. **N.B:** Some are slightly rounded up making them easier to convert.

### Fluid Measures

1 teaspoon = 5 ml  
1 tablespoon = 15ml = 3 tsp  
1 fluid ounce = 30ml  
1/4 cup = 60ml  
1/3 cup = 80ml  
1/2 cup = 120ml  
1 cup = 240ml  
2 cups = 480ml  
1 quart = 2 pints = 4 cups = 1000ml

### Weight

1 ounce = 25g  
1 pound = 16 ounces = 454g

### Dairy

1 tbsp butter = 15g  
1/2 cup Butter = 1 stick = 100g  
1 cup milk = 240ml  
1 cup grated hard cheese = 110g  
1 cup grated parmesan = 110g  
1 cup crème fraîche, yogurt or ricotta = 250g

### Baking

1 cup all purpose flour = 125g  
1 cup cocoa powder = 125g  
1 cup honey = 300g  
1 cup brown sugar (packed) = 225g  
1 cup confectioners sugar = 125g  
1 cup granulated sugar = 200g

### Cooking Pans

10" cake pan = 25cm cake tin  
9" cake pan = 22cm cake tin  
4" tartlet mold = 10cm tartlet mold  
9" x 13" baking dish = 22cm x 33cm oven dish  
8"x 8" baking dish = 20cm x 20cm oven dish

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## American & English Terminology

### ENGLISH

Aubergine  
Caster Sugar  
Cornflour  
Coriander  
Double Cream  
French Bean  
Ginger Root  
Golden Syrup  
Groundnut Oil  
Ham  
Iceberg Lettuce  
Icing Sugar  
Minced Beef  
Pak Choy  
Peppers  
Plain Flour  
Prawns  
Soda Water  
Spring Onion  
Spring Roll  
Tiger Prawn  
Wonton Wrappers

### AMERICAN

Eggplant  
Superfine Sugar  
Cornstarch  
Cilantro  
Heavy Cream  
Green Bean  
Green Ginger  
Corn Syrup  
Peanut Oil  
Cured Pork  
Crisphead Lettuce  
Confectioners  
Sugar  
Ground Beef  
Bok Choy  
Bell or Sweet  
Peppers  
All Purpose Flour  
Shrimp  
Club Soda  
Scallion  
Egg Roll  
Jumbo Prawn  
Wonton Skins

### KITCHEN EQUIPMENT

Baking Tins  
Baking Tray  
Cling Film  
Frying Pan  
Greaseproof Paper  
Kitchen Towel

Cooking Pans  
Cookie Sheet  
Plastic Wrap  
Skillet  
Waxed Paper  
Paper Towel

## Crucial To Your Success...

I wish there was a universal measurement everyone could use instead of all the different sized measures giving pounds and ounces, cups and grams.

I don't know about you, but I find it confusing when recipes list both imperial and metric because it's so easy to mix the two measurements up. So to play safe I've listed all measurements in metric and spoon sizes only.

### Measurements

All spoon measurements are level unless stated otherwise.

1 teaspoon = 5ml

1 tablespoon = 15ml

2 teaspoons = 1 dessertspoon

3 teaspoons = 1 tablespoon

### Abbreviations

Teaspoon = tsp

Tablespoon = tbsp

Milliliter = ml

Gram = g

### Eggs

All my recipes use medium size eggs at room temperature.

### Oven Temperatures

Always preheat the oven to the temperature stated in the recipe before you start. Oven temperatures vary from oven to oven so it's worth investing in an oven thermometer for accuracy and peace of mind.

**N.B.:** It's always worth checking the dish 5 minutes or so before it's due to come out the oven just to be on the safe side.

Description	Fahrenheit	Centigrade	Gas Mark
Very Very Hot	475F	245C	Gas 9
Very Hot	450F	230C	Gas 8
Hot	425F	220C	Gas 7
Quick/Fairly Hot	400F	205C	Gas 6
Moderately Hot	375F	190C	Gas 5
Moderate/Medium	350F	180C	Gas 4
Warm	325F	170C	Gas 3
Slow/Low	300F	150C	Gas 2
Very Slow	275F	140C	Gas 1
Very Slow/Very Low	250F	130C	Gas 1/2
Very Slow/Very Cool	225F	110C	Gas 1/4



## Key Ingredients

You can buy virtually all the store cupboard ingredients you'll need from a large supermarket or online. Here's my secret arsenal for zipping up everyday meals...

I use **extra virgin olive oil** for its smooth fruity flavour. Check the label reads '*mechanically cold pressed*' because the taste is superior. For general cooking purposes blended olive oil is fine.

I keep a few tins of **anchovy fillets** handy, a jar or two of **baby capers**, plus a jar each of **Crespo green and black pitted olives**. Cans of **chopped tomatoes** are a must, as are cartons of **tomato passata**.

I'm never without **fresh garlic, lemons or limes**. On the herb front, I always keep **dried thyme** and **oregano** – essential for Mediterranean dishes. I grow lots of fresh herbs but as I can't produce enough **Coriander** and **Parsley** I buy extra.

We love Asian and Oriental food so I keep a stock of **fresh ginger** and **chillies**. **Maggi Powdered Coconut Milk** is brilliant. It's cost effective, versatile, (I use it to make coconut milk and cream) it tastes nicer than canned and doesn't take up as much space.

**Squid Brand Fish Sauce** is essential in Asian cooking. You can buy it online or in Asian supermarkets and a bottle lasts forever. **Blue Dragon** sell fish sauce and it's available in most supermarkets but isn't anywhere near as intense so you'll need to add more.

**Conimex Ketjap Manis**, is a sweet soy sauce from Indonesia and is an essential ingredient for creating authentic dipping sauces, satays and marinades. It's also good for zipping up salad dressings. Don't confuse it with **Kikkoman soy sauce** which is good in cooking and marries well with **ginger, star anise** and **cinnamon**

Another must have is **Natco Tamarind Concentrate Paste** it has a citrusy/sour taste and is a brilliant addition for curries, dressings and sauces.

If you can't find the recommended products I suggest here, visit '**Wai Yee Hong**' an Asian online supermarket. They sell authentic brands of tamarind paste, coconut milk and ketjap manis (see overleaf for details). Generally, the brands available in the supermarket are rubbish and not worth the money.

I swear by **Knorr Touch of Taste Concentrated Liquid Stock** and won't use anything else, because all other brands taste salty and synthetic by comparison.

In my fridge are tubes of **chilli, ginger, garlic** and **lemongrass** by '**Gourmet Garden Herbs & Spices**'. They really score in marinades and sauces, and are a useful back up if I've run out of fresh or can't be bothered to do anything more than squeeze a tube.

**Dried chilli flakes** are excellent for giving heat to a dish as is **cayenne pepper**. And I couldn't make a curry without **garam masala, cumin powder, ground coriander, cardamom pods, turmeric** and **nigella seeds**.

I mainly use **Yutaka rice vinegar**; it has a mild, sweet flavour, perfect for dipping sauces, marinades and salad dressings. Plus it's available everywhere.

Generally speaking I prefer homemade mayonnaise, it's quick, easy and cheap to make (see page 97). But if you're buying fresh, ready-made, go for **Delouis fils**.



## Where To Find The Ingredients (in the UK)

1. **Conimex Ketjap Manis** - available from Waitrose and online  
[www.waitrose.com](http://www.waitrose.com)  
**ABC ketjap manis** & **Lucullus brand ketjap manis** – available online  
[www.waiyeehong.com](http://www.waiyeehong.com)
2. **Delouis Fils Fresh Mayonnaise** - available from Waitrose and Budgen.  
Look for the tub rather than the glass jar variety in the chiller compartment  
[www.waitrose.com](http://www.waitrose.com)
3. **Gourmet Garden Herbs & Spices** - available from Sainsbury's and online  
[www.ocado.com](http://www.ocado.com)  
[www.sainsburys.com](http://www.sainsburys.com)
4. **Knorr Touch of Taste Concentrated Liquid Stock** - available from  
Waitrose, Sainsbury's, Tesco, and online  
[www.ocado.com](http://www.ocado.com)  
[www.sainsburys.com](http://www.sainsburys.com)  
[www.tesco.com](http://www.tesco.com)  
[www.asda.com](http://www.asda.com)
5. **Maggi Powdered Coconut Milk** - available from large branches of Asda  
and Tesco and online  
[www.asda.com](http://www.asda.com)  
[www.tesco.com](http://www.tesco.com)  
[www.spicesofindia.co.uk/acatalog/Indian-Food-Maggi-Coconut-Milk-Powder.html](http://www.spicesofindia.co.uk/acatalog/Indian-Food-Maggi-Coconut-Milk-Powder.html)  
[www.waiyeehong.com](http://www.waiyeehong.com) - sell **Cocomi** and **Chao Thai** coconut milk powder
6. **Natco Tamarind Concentrate** available in Asian stores and online  
[www.natco-online.com](http://www.natco-online.com)  
[www.spicesofindia.co.uk/acatalog/Indian-Food-Natco-Tamarind-Concentrate.html](http://www.spicesofindia.co.uk/acatalog/Indian-Food-Natco-Tamarind-Concentrate.html)  
[www.waiyeehong.com](http://www.waiyeehong.com) - sell **Queen Garden** & **Cock Brand** tamarind concentrate
7. **Squid Brand Fish Sauce** - available in Asian stores and online  
[www.waiyeehong.com](http://www.waiyeehong.com)
8. **Shaohsing Rice Wine For Cooking** - available in Asian stores and online  
[www.waiyeehong.com](http://www.waiyeehong.com)
9. If you do your food shopping online and like making price comparisons  
between the supermarkets check out the following website  
[www.mySupermarket.co.uk](http://www.mySupermarket.co.uk)

## This Is What They Look Like



**Pitted Black Olives**



**Pitted Green Olives**



**Baby Capers**



**Squid Brand Fish Sauce**



**Yutaka Rice Vinegar**



**Maggi Powdered Coconut Milk**



**Knorr Touch of Taste Concentrated Liquid Stocks**

[www.umawylde.com/recipes/reallywork/EXTRA](http://www.umawylde.com/recipes/reallywork/EXTRA)



**Star Anise**



**Cinnamon Sticks**



**Fresh Ginger Root**



**Bird Eye Chillies**



**Saffron Strands**



**Fresh Garlic**



**Smoked Paprika**



**Crushed Chilli Flakes**



**Tamarind Concentrate**

[www.umawylde.com/recipesthatreallywork/EXTRA](http://www.umawylde.com/recipesthatreallywork/EXTRA)



**Tuscan Style Herb Blend**



**Fresh Coriander**



**Porcini Mushrooms**



**Selection of Gourmet Garden Tubes**



**Dry Vermouth**



**Sweet Chilli Sauce**



**Ketjap Manis**

[www.umawylde.com/recipesthatreallywork/EXTRA](http://www.umawylde.com/recipesthatreallywork/EXTRA)

## Do's & Don'ts

**Do Note: Most of my recipes produce two very generous portions** but many will easily stretch to three people, especially if the vegetables are increased. The same applies to the soups. One big bowl provides 400mls, so three bowls will easily stretch to four and still provide 300ml of soup per person. Portions are purposely big so there's always enough for 'seconds' or a lunchtime snack. All the recipes can easily be doubled up when cooking for larger numbers.

**Do Read The Recipe Through Beforehand.** This is really important as you need to understand and visualise the process.

**Do Get Everything Prepped Before You Start.** The success of any recipe lies in the preparation. I'll say it again because it's really important **"SUCCESS LIES IN THE PREP!"**. So unless you have a window of time during cooking (i.e. during a casserole) it's vital to get out all the ingredients you'll need, plus have everything peeled, chopped, washed and weighed beforehand to prevent last minute panics.

**Do Use Specific Brands.** Where possible I've listed specific brands for their quality and reliability. Be aware that different brands vary enormously and this will effect the taste of your resulting dish – sometimes *catastrophically*.

**Do Be Generous With Garlic, Herbs & Spices .** Remember my motto **"Maximum Flavour For Minimum Effort"** so be abundant when using them.

**Do Use The Pre-fried Onion & Pre-chopped Garlic Shortcut.** If you're time short this simple task will shave off a couple of hours normally spent prepping during the course of a week (see page 18).

**Don't Over Cook!** This includes meat, chicken, fish and vegetables. Obviously, no one wants salmonella, but we have a dreadful tendency to overcook meat and fish in this country and completely massacre it. Far better to *slightly undercook* produce, that way you can '*flash cook it*' over high heat right at the end of cooking time if you need to.

**Do Follow The 4 Weekly Shopping Lists.** The first week is the most expensive as you are stocking up on commodities for the *entire month*. But the good news is 75% of these items only need purchasing once (they're marked in blue on the shopping list) and some will last 12 months or more.

**Do Stick To The 28 Day Recipe Plan.** When rice and mashed potato appear on the menu try and make double the quantity as these staples feature more than once during the course of a week and making extra will save you time.

**Do Use Mascarpone Within 3-4 Days Of Opening.** Week One features two recipes containing it; Mushroom & Herb Risotto and Spaghetti with Artichoke, Parmesan & Rocket. If you don't follow the recipe plan, try to make these dishes within a couple of days of one another and that way you won't have any wastage.

**Do Make Extra Portions Of Rice And Mash Where Suggested.** It saves time.



**Don't Refrigerate Basil.** It doesn't like it. Keep in a cool dark cupboard instead.

**Do Buy Large Bunches Of Parsley And Coriander.** It costs a fraction more than the small 25g packets but provides *four times* the amount.

**Do Rinse Parsley And Coriander Thoroughly When You Get It Home.**

Shake it dry and store in a plastic bag in the salad compartment of the fridge. You can then forget about it until you're ready to add it to your meal. If you don't wash these herbs beforehand, you risk getting grit in your food, ruining all your hard work.

**Do Stock Up On Plastic Containers.** You will need them for freezing portions and storing leftovers. Containers of all sizes are available from most of the larger supermarkets plus Lakeland, John Lewis and Ikea keep good selections.

[www.lakeland.co.uk](http://www.lakeland.co.uk) / [www.johnlewis.com](http://www.johnlewis.com) / [www.ikea.com](http://www.ikea.com)

**Do Wear An Apron With Ties Long Enough To Tie In Front Of You.** That way you can attach a cloth, plus secure a tablespoon within it. The cloth is invaluable for mopping up, grabbing something hot and wiping your hands, whilst the spoon is essential for stirring and tasting.

**Do Use An Anti-Slip Mat Under Your Chopping Board** Silicone baking mats are perfect for this. [www.infusions4chefs.co.uk/acatalog/3.html](http://www.infusions4chefs.co.uk/acatalog/3.html)

## Shelf Life

An approximation of how long the shopping list of ingredients will last two people:

### 6 -12 months

*Coleman's* English powdered mustard  
*Maille* Dijon mustard  
Dried herbs and spices  
*Kikkoman* soy sauce  
*Conimex* Ketjap manis  
*Squid Brand* fish sauce  
*Blue Dragon* sweet chilli dipping sauce  
*Natco* tamarind paste  
All vinegars  
Capers

### 1 month

*Gourmet Garden* spice tubes  
1 bottle *Knorr* liquid stock  
*Maggi* coconut milk powder  
Porcini mushrooms  
Basmati rice  
Spaghetti  
Couscous  
Olive oil  
Potatoes  
Parmesan  
Butter

### 2-3 months

Arborio rice  
Rice noodles  
Egg noodles  
Tomato purée  
Olives

### 1 week or less

Green vegetables and salads  
Crème fraîche (2 weeks)  
Mascarpone  
Cream  
Fish  
Meat

## Time Saving Prep

Once a week, do yourself a HUGE favour and prep some or all of the items below. I promise it takes no time but will **SAVE YOU HOURS** during the course of a week. So what are you waiting for? Pour yourself a glass of wine and get cracking!

This simple prep couldn't be easier. All you need is a liquidiser and food processor. And if you make everything in the correct order you will only have to wash up once! **TOP TIP:** Once you've finished, fill the liquidiser with steaming hot, soapy water and leave to soak for 10 minutes. That way any oil adhering to the sides of the goblet will come away easily.

### Look What You Can Prep In 30 Minutes Or LESS...

- ✓ Pre-fried onions (1 week's supply) – **10 minutes**
- ✓ Chopped garlic (1 week's supply) – **7 minutes**
- ✓ Basil oil (1 week's supply) – **30 seconds**
- ✓ Slow roasted cherry tomatoes – **3 minutes**
- ✓ Tomato sauce – **5 minutes**
- ✓ Clarified butter - **30 seconds**

### Pre-fried Onions & Pre-chopped Garlic - Shelf Life One Week

Pre-fried onions and pre-chopped garlic are incredibly convenient because so many recipes require them. So when I have a bit of spare time I prep enough to last me a week.

Take onions for example, apart from making your eyes water and hands smell, prepping is a time consuming business. Just peeling, chopping and gently frying them until transparent can clock up **1½ hours** during the course of a week.

One of my least favourite chores is peeling and chopping garlic, so I get it out of the way by prepping two heads of garlic at a time, blitzing them in the food processor then storing the chopped up garlic in a glass jar in the fridge. Believe me, you will be so glad you made the effort especially on days when you hit the ground running.

If you prep the onions and garlic in advance, as I suggest, the whole task will only take you 17 minutes! Admittedly you will need to gently roast the onions for 1½ hours, but this requires no effort from you other than taking off the tin foil at the end of cooking time. And the result is perfect, lightly caramelised onions.



### Here's what I mainly use pre-fried onions for:

- Add a spoonful or two to zip up stews, curries, gravies and soups.
- A perfect French onion soup in minutes. Just measure **2 heaped tbsp pre-fried onions** into a small saucepan, pour on **300ml boiling water**, add **1 tbsp Knorr concentrated liquid beef stock**. Boil for a couple of minutes, then pour into a bowl and serve with a sprinkling of grated parmesan and a little chopped parsley. Voila!
- For a home made stuffing to go with roast chicken, I mix pre-fried onion with breadcrumbs and a dash of dried herbs. It's tasty, cheap and quick to make and has a wonderful homemade quality that's so often lacking in our food today.
- If you're a fan of hot dogs, try adding a topping of pre-fried onion just before serving for a really authentic taste.
- Mix with some creme fraîche and grated cheddar cheese for a jacket potato filling.
- Add to sandwiches; I mix it with a finely chopped gherkin and use it as a spread over cold meat. It's delicious.
- Spread over melted cheese on toast with a few drops of *Worcestershire* sauce.
- Use as a filling for omelettes. Fry off some diced bacon or sliced button mushrooms, mix with a spoonful of pre-fried onion and spoon over the eggs as they cook.

The list is endless. Once you realise how useful pre-fried onions are, I guarantee you will make them again and again because their versatility, not to mention their taste, far exceeds the effort it takes to prep and cook fresh onions every time.

This time saving option is included in all the recipes containing onion and garlic. For easy recognition they are printed in a different colour like this: **pre-fried onion** or **pre-chopped garlic**.

### Pre-fried Onions – 10 minutes prep!

1. Preheat the oven to **130C/250F/Gas ½**.
2. Peel and quarter 5 onions and tip into a food processor.
3. Pulse briefly 8-9 times (do not over-process!)
4. Add **8 tbsp olive oil, 2 level tsp sugar** and pulse twice to combine.
5. Tip into a 25cm x 35cm roasting tin, dab small knobs of butter over the top, cover with **tin foil** and place on the middle oven shelf for **1½ HOURS**.
6. After 1½ hours remove the **tin foil** and return to the oven for **15 MINUTES** to lightly caramelize.
7. Now turn the oven off and leave the onions to cool down inside.
8. Once cold, store in an airtight container in the fridge.

**(1 onion = 2 heaped tbsp pre-fried onion)**

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### **Pre-Chopped Garlic – 7 minutes prep!**

1. Take **2 garlic bulbs**, push the knife tip into the centre of each to prise them apart and loosen the cloves.
2. **Press down hard** on each clove using the flat blade of a knife or the heel of your hand and the garlic will pop out effortlessly from its papery case.
3. **Pulse 8-10 times** in a food processor until finely chopped.
4. Transfer to an airtight jar, cover with **sunflower oil** and store in the fridge.

**(2 cloves garlic = 1 tsp pre-chopped garlic)**

### **Slow Roasted Cherry Tomatoes – Shelf Life One Week**

If you haven't slow roasted tomatoes before you're in for a treat. Cooking them in a low oven for a couple of hours releases the water content and removes their acidity, the end result is an intense, sweet, concentrated flavour. Make the most of the oven and cook them in with the pre-fried onion, they both cook at the same temperature and for the same amount of time.

### **Slow Roasted Cherry Tomatoes – 3 minutes prep!**

1. Pre-heat the oven to **130C/250F/Gas ½**.
2. Halve **250g cherry tomatoes** and place on a baking tray **cut side up**.
3. **Drizzle** with a little **olive oil**.
4. **Sprinkle** on a little **salt, sugar, dried thyme** or **oregano**.
5. Place on the top oven shelf and cook for **2 HOURS**.
6. When cold, pack into a sterilised airtight jar and cover with olive oil.

### **Basil Oil – Shelf Life Two Weeks**

I guarantee you will love basil oil and make it again and again. Apart from having a great taste it's incredibly useful. Best of all it's a cinch to make – 30 seconds in the liquidiser and is a stunning addition to so many meals.

### **Here's what you can use basil oil for:**

- Add a spoonful over soups – it looks sensational swirled over tomato soup.
- Add to salad dressings.
- Add to couscous.
- Drizzle over chicken, fish and vegetables.
- Use in place of fresh basil in recipes.
- Drizzle over sun dried tomatoes.
- Pour over pasta for an instant meal that tastes every bit as good as pesto but without the effort.

### **Basil Oil – 30 seconds prep!**

1. Pour **150ml carapelli extra virgin olive oil** into the liquidiser jug and add **25g basil leaves**, a **small pinch of salt** and **1 clove garlic** (optional).
2. Turn power to **low** and increase **slowly** to full power, scraping down the sides when needed and once smooth, pour into a screw top jar.

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## **Tomato Sauce - Shelf Life Four Days**

Again, this is another useful standby that is simplicity itself to make. This sauce is ready in minutes and will keep for several days in the fridge. It freezes well too, so why not make up a large batch? After all it takes exactly the same amount of time whether you make one batch or two.

### **Various uses for tomato sauce:**

- Pour over pasta with shavings of parmesan, mozzarella and basil.
- Mixed with minced beef for making lasagne and bolognese.
- Served over meatballs.
- Use as a spread for pizza.
- Layered with aubergines for a 'melanzane parmigiana.'
- Use as a base for ratatouille.
- Mix with cooked pulses and chopped herbs for a vegetarian option.
- Add chopped basil or parsley for a Provencal sauce.
- Mix with cooked, diced chicken and chopped rosemary for a 'chicken cacciatora.'

### **Tomato Sauce – 5 minutes prep!**

1. Finely chop **4 cloves garlic** or **2 tsp pre-chopped garlic**.
2. Place in a cold saucepan with **2 tbsp olive oil**.
3. Cook over a **medium heat** for **1 MINUTE**.
4. Add **400g can chopped tomatoes, 500ml tomato passata, 1 tsp oregano, 2 tsp sugar, 1 tsp salt** and simmer for **5 MINUTES**.
5. Take off the heat and season with **freshly milled black pepper**.

## **Clarified Butter - Shelf Life Four Weeks**

This is a good medium to fry with because it has a high smoke point. Plus it can go in the oven with the pre-fried onions and slow roasted cherry tomatoes.

### **Clarified Butter – 30 seconds prep!**

1. Put **250g unsalted butter** into an ovenproof dish, place on the bottom shelf of a low oven and leave to melt gently for **15 MINUTES**.
2. Once the milk solids have settled to the bottom of the dish, carefully strain off the clear butter by pouring it through a tea strainer into an airtight container and leaving the sediment behind.
3. Allow the clarified butter to cool at room temperature, then refrigerate until ready to use. It will last up to a month in the fridge.

## **Garlic Croutons – Shelf Life Two Weeks**

The secret to lighter, crispier and altogether superior croutons is to **cook them in butter**. Forget recipes that recommend using olive oil, they don't compare to these babies!

It's worth making a large batch whilst you're about it as they're great for perking up soups and salads. The quantities I've given here will make two batches. If you don't want to make a large quantity, just halve the recipe. Croutons keep 2 weeks in an air tight container.

## Best Ever Garlic Croutons

### Ingredients:

- ✓ 1 large white loaf slightly stale bread ( approx 350g with crusts removed )
- ✓ 10 fat cloves garlic OR Gourmet Garden Garlic tube
- ✓ 250g block of unsalted butter
- ✓ 1 tsp herbs de Provence
- ✓ Pinch salt

### You Will Need The Following Equipment

- ✓ 1 large baking tin
- ✓ Chopping board and sharp knife
- ✓ Bread knife
- ✓ Food processor or microplane

**TOPTIP:** Always use unsalted butter in place of regular butter which has a tendency to make the croutons too salty. They taste far nicer if you add a pinch of salt instead

## Let's Cook!

1. Pre-heat the oven to 200C/400F/Gas 6
2. Cut the butter block into 8 even slices and place in a large baking tin and leave to melt on the bottom shelf of the oven.
3. Whilst the butter is melting, remove all the crusts from the loaf. Cut the bread into 5 equal strips lengthways and then 8 equal strips widthways resulting in small cubes of bread.
4. Take the baking tin of melted butter out the oven
5. Very finely chop **10 garlic cloves**, or blitz to a smooth paste in the food processor. You can also rub them through a microplane but it's a bit time consuming. Alternatively, squeeze **6cm of Gourmet Garden garlic paste** into the melted butter. Now add **1 tsp Herbs de Provence** and a good pinch of salt and mix well to combine.
6. Coat the bread cubes thoroughly in the garlic butter, being careful not to break them up then spread them out evenly over the baking tin.
7. Place on the top shelf of the oven and bake for **10 MINUTES**.
8. Check the croutons after 10 minutes, they should be a nice golden colour. Shake the tin and bake for a further 5 – 10 minutes if necessary.
9. When the croutons are golden brown, turn off the oven but leave them inside with the door open so they continue crisping as they cool down.
10. Once cold, store in an airtight container and keep in the store cupboard.

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## Guide To Vegetable Cooking Times

Poor old vegetables are often an afterthought to the main course and are rarely cooked to perfection. So if you like your vegetables with a bit of bite, be sure to only cook them for a minute or two.

People are often surprised to discover that most vegetables will cook in the same time it takes to get the meal dished up and onto the table, so long as they are added to rapidly boiling water.

You have two choices when it comes to cooking vegetables. You can either blanch them in boiling water and refresh them in chilled, then just before serving, 'flash cook' them over a high heat. Do this by adding a splash of water and a knob of butter to the pan and place over a high heat, when the butter has melted add the vegetables and toss about in the pan until they've heated through.

**N.B** Don't forget to re-season as the refreshing process removes all the salt.

Alternatively, you can put them on to boil for a minute or two at the end of cooking time whilst you gather together the other components of the meal for dishing up. By the time you have everything else on the plate your vegetables will be perfectly crisp and ready to eat. (I've cooked the vegetables this way throughout the book).

The thing to remember is not to panic. More often than not you can slow the meal down to suit you. So long as you have a pan of boiling water sitting on the stove in readiness that's all that matters. Far better to have boiling water bubbling away *without* anything in it, than one full of overcooked vegetables because you put them on to cook too soon.

***The whole point is to keep in control.*** If you feel the situation is getting away from you - slow down – let the vegetables wait whilst you catch up with yourself. Nothing takes more than 3 minutes to cook anyway, so you'll never have long to wait.

The cooking times below are for pre-prepared vegetables, add another ½ minute if you plan to cook them just before serving.

### **These timings apply to boiled pre-prepared vegetables only**

Whole baby corn .....	2½ minutes
Carrot sliced ½ cm thick .....	2½ minutes
Baby leeks .....	2 minutes
Savoy Cabbage (thinly shredded) .....	2 minutes
Fine green beans .....	1½ minutes
Tenderstem broccoli .....	1½ minutes
Courgettes sliced 1 cm thick.....	1 minute
Sugar snap peas .....	1 minute
Mange Tout .....	1 minute

# The 28 Day Meal Planner

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK ONE</b>						
mushroom & herb risotto	chunky cod in piquant tomato sauce with sugar snap peas & rice <b>make double quantities of rice</b>	spaghetti with artichoke parmesan & rocket with tomato cucumber & onion salad	creamy peanut chilli chicken with rice & Asian slaw <b>(use the extra rice)</b>	lazy fish pie & petit pois <b>make double quantities of mash</b>	squid noodle salad	very lazy coq au vin with mash & steamed cabbage <b>(use the extra mash)</b>
<b>WEEK TWO</b>						
lazy chilli wraps	mushroom stroganoff with green beans & rice <b>make double quantities of rice</b>	ghurka chicken with rice & wilted spinach infused with garlic <b>(use the extra rice)</b>	spaghetti puttanesca with dressed salad leaves	easy peasy paella	Moroccan meatballs in spicy tomato sauce with mint & cinnamon scented couscous	chicken Romana with steamed courgettes & couscous
<b>WEEK THREE</b>						
Jamaican jerk chicken with crème fraîche jacket potatoes mango & avocado salsa	spaghetti carbonara	sausages & mash with tasty lazy onion gravy & petit pois <b>make double quantities of mash</b>	salmon & dill fishcakes with dressed salad leaves <b>(use the extra mash)</b>	prawns provençal with rice & a crisp green salad <b>make double quantities of rice</b>	Thai green chicken curry & rice <b>(use the extra rice)</b>	lamb dalaman couscous with pinenuts carrot & orange salad
<b>WEEK FOUR</b>						
braised sausages and potato wedges Italian style	spaghetti infused with basil oil served with tomato coriander & onion salad	lemon tarragon chicken with steamed couscous carrots & mange tout	creamy coconut vegetable curry & basmati rice	oriental salmon & stir-steamed vegetables with spicy noodles	veal escalope in a Dijon cream sauce French fries and fine green beans	Vietnamese pork with sugar snap peas baby corn & cardamom scented rice

**TIME SAVER:** Follow the instructions highlighted in red to 'make extra rice or mash' and use this extra portion as shown on the menu plan. If you aren't doubling up, just follow the recipe instructions as normal.

# Your Shopping List - Week One

This list contains all the grocery items you'll need for week one. Some of these you may already have. **Those printed in blue** will last for several months.

DAIRY	Quantity	GROCERY (packets/jars/bottles)	Quantity
butter unsalted	250g	<i>Knorr</i> touch taste beef	one
crème fraîche	200ml	<i>Knorr</i> touch taste vegetable	one
double cream	250ml	<i>Knorr</i> touch taste chicken	one
<i>Castelli</i> mascarpone	250ml	<i>Knorr</i> touch taste fish	one
<i>Gran Padano</i> parmesan	100g	tomato puree tube	one
<b>FISH</b>		chopped tinned tomatoes 400g	six
salmon fillets skinless/boneless	400g	tomato passata carton 500g	one
cod loin fillets	400g	artichoke hearts in brine 400g	one
squid	500g	anchovy fillets in oil 50g	one
<b>MEAT</b>		<i>Delicia</i> baby capers 75g	one
chicken legs 4 in pack	one pack	<i>Crespo</i> green pitted olives 198g	one
chicken breasts 2 in pack	one pack	<i>Crespo</i> black pitted olives 397g	one
<b>VEG / HERBS / SALAD</b>		<i>Maggi</i> coconut powder 350g	one
<i>Desiree</i> potatoes	1.5kg	<i>Kikkoman</i> soy sauce 250ml	one
garlic bulbs	two	<i>Conimex</i> ketjap manis soy sauce 125ml	one
onions	one	<i>Blue Dragon</i> sweet chilli dipping sauce 150ml	one
green cabbage	300g	<i>Squid brand</i> or <i>Blue Dragon</i> fish sauce 725ml	one
carrots	100g	<i>Natco</i> tamarind concentrate 300g	one
sugar snap peas	100g	<i>Sunpat</i> smooth peanut butter 227g	one
chestnut mushrooms	250g	Porcini mushrooms 40g	one
bunch spring onions	one	<i>Lee &amp; Perrins</i> Worcestershire sauce 150ml	one
tomatoes medium/large	two	<i>English Provender</i> caramelised onions 200g	optional
cucumber	half	<i>Colemans</i> English powdered mustard 113g	one
bag rocket leaves	one	<i>Maille</i> Dijon mustard 215g	one
lemons	one	Quality mayonnaise - <i>Delouis Fils is good</i>	one
limes (large)	two	cornflour 250g	one
basil	50g	soft brown sugar 500g	one
coriander (large bunch)	one	caster sugar 500g	one
Parsley (large bunch)	one	<b>DRIED HERBS &amp; SPICES (jars)</b>	
ginger	35g	<i>Fregata</i> green peppercorns in brine 117ml	one
red bird eye chillies 20g pack	one	black peppercorns	one
<b>FROZEN</b>		regular table salt	one
<i>Birds Eye</i> petit pois 640g	one	dried thyme	one
<b>ALCOHOL</b>		dried oregano	one
bottle Martini extra dry vermouth	one	turmeric	one
bottle full bodied red wine	one	cloves	one
bottle pale dry sherry or <i>Shaoxing</i> rice wine	one	coriander seeds	one
<b>VINEGAR / OIL</b>		ground coriander	one
sunflower oil 2 litre	one	ground cumin	one
basic olive oil 1 litre	one	garam marsala	one
<i>Carapelli</i> extra virgin olive oil 500ml	one	onion seeds (kalonji /nigella seeds)	one
<i>Yutaka</i> rice vinegar 150ml	one	crushed chilli flakes	one
<b>DRY GOODS (packets/tubs)</b>		juniper berries	one
Old El Paso tortilla wraps 6	one	cayenne pepper	one
couscous 500g	one	star anise	one
Arborio rice 500g	one	allspice	one
<i>Tilda</i> basmati rice 1 kg	one	paprika	one
<i>Sharwood</i> egg noodles 375g	one	saffron strands	one
<i>Sharwood</i> rice noodles 250g	one	ground cinnamon	one
spaghetti 10 minute cook variety 1 kg	one	cinnamon sticks	one
500g semolina	optional	whole cardamom pods	one
<b>MISCELLANEOUS</b>		<i>Tesco Finest</i> Italian seasoning rub	one
plastic container packs	many	<i>Gourmet Garden</i> chilli	one
tin foil roll	one	<i>Gourmet Garden</i> ginger	one
cling film roll	one	<i>Gourmet Garden</i> lemongrass	one
kitchen towel	one	<i>Gourmet Garden</i> garlic	one
		<b>ESTIMATED TOTAL COST</b>	<b>£160.00</b>



## Menu Plan For Week One

### MONDAY:

Mushroom & herb risotto

### TUESDAY:

Chunky cod in a piquant tomato sauce with sugar snap peas and basmati rice

### WEDNESDAY:

Spaghetti with artichoke, parmesan and rocket with a tomato, cucumber and onion salad

### THURSDAY:

Creamy peanut chilli chicken with basmati rice and Asian slaw

### FRIDAY:

Lazy fish pie & petit pois

### SATURDAY:

Squid noodle salad

### SUNDAY:

Very lazy coq au vin with creamy mashed potato and steamed cabbage

## Important Recipe Notes

1. If you're not doubling up on portions of rice, mash and couscous, just follow the recipe quantities and instructions as usual. Otherwise, make extra rice Tuesday to have on Thursday. Plus, double up on the mashed potato when making the fish pie on Friday and have on Sunday.
2. You only need to buy 1 lemon during week one, but you will use it for two different supper recipes. Wrap the lemon in cling film after removing the zest to stop it from drying out and store in the fridge.
  - The **lemon zest** is added to the piquant tomato sauce
  - The **lemon juice** is added to the fish pie
3. If you choose to make the fish pie first, be sure to grate the zest and wrap it in cling film before juicing the lemon.
4. Use part of the cabbage for the Asian Slaw and keep the remainder for the Coq Au Vin later in the week. Wrap well and store in the fridge.
5. SUBSTITUTES: For ease and speed I use tubes of Gourmet Garden ginger, chili and garlic, but if you can't get them, substitute with the following quantities:

1 tbsp Gourmet Garden ginger = 25g fresh ginger  
1 tbsp Gourmet Garden garlic = 2 large garlic cloves  
1 tbsp Gourmet Garden chili = ½ tsp crushed chili flakes

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## Mushroom & Herb Risotto

Comfort on a plate! The basil provides vibrant freshness whilst the mascarpone finishes off the risotto perfectly, giving it a rich creamy finish.  
Delicious!

**Serving Size:** 2 generous portions + leftovers

**Preparation & Cooking Time:** 25 minutes

**Effort Level:** Dead easy

**Shelf Life:** 2 days in the fridge. Doesn't freeze

### Ingredients:

- ✓ 175g arborio rice
- ✓ 1 onion
- ✓ 4 cloves garlic OR 2 tsp pre-chopped garlic
- ✓ 250g chestnut mushrooms
- ✓ 2 tbsp 'Knorr Touch Of Taste' concentrated liquid vegetable stock
- ✓ 1 tsp dried thyme
- ✓ pinch cayenne pepper
- ✓ 2 tbsp olive oil
- ✓ 25g fresh basil or use ready made up basil oil (see page 20)
- ✓ 1 tbsp mascarpone
- ✓ 25g parmesan
- ✓ Freshly ground black pepper

### You Will Need The Following Equipment:

- ✓ Measuring jug
- ✓ 2 litre saucepan
- ✓ Chopping board and sharp knife
- ✓ Wooden spoon, tablespoon and teaspoon
- ✓ Fine microplane
- ✓ Saucer/small dish
- ✓ Sieve

**N.B.:** The mascarpone is the magic ingredient here and is vital to the success of this creamy risotto

### **Step One:    Let's Prep & Cook At The Same Time!**

1. Boil **550ml water** in the kettle then pour into the saucepan and place over a **high heat**.
2. Finely chop **1 onion** and add to the boiling water.
3. Rinse **175g arborio rice** under cold water and tip into the boiling water.
4. Now add **2 tbsp Knorr liquid vegetable stock** and **1 tbsp olive oil** and leave to boil for **20 MINUTES** stirring occasionally.

### **Step Two:**

1. Place **2 large bowls** in a low oven to warm through
2. Finely chop **4 cloves garlic** (if using fresh) and put aside.
3. Now chop into smallish dice **250g mushrooms** and fold them into the rice until they're fully incorporated. (Don't worry they'll cook down).
4. Add the **garlic** or add **2 tsp pre-chopped garlic** plus **1 tsp dried thyme** and a **pinch of cayenne pepper**, stir well and continue to boil.
5. Grate **25g parmesan** and put aside in a saucer or small dish.
6. Stir the rice and add more water if it starts to dry out and if necessary reduce to a **medium heat**.
7. Slice **25g basil** (if using instead of basil oil) and put aside.

### **Step Three:**

1. Check the risotto, the texture should be slightly sloppy still and the rice just cooked through, when it reaches this point take the pan **off the heat**.
2. Now add **1 tbsp mascarpone**, **25g grated parmesan** and either the **sliced basil** plus a splash of **olive oil**, or **1½ tbsp basil oil**.
3. Season with freshly ground **black pepper** and leave to infuse for **1 MINUTE**.
4. Take out the **2 warmed bowls** from the oven and serve.

**"Magnifico!"**

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## Chunky Cod In A Piquant Tomato Sauce With Basmati Rice & Sugar Snap Peas

It's the lemon zest, garlic and ginger that make this dish so special. It's light, fragrant and fresh with a long 'tomatoey' after taste. Sensational!

**Serving Size:** 2 generous portions

**Preparation & Cooking Time:** 25 minutes

**Effort Level:** Dead easy

**Shelf Life:** 2 days in fridge. 3 months in the freezer

### Ingredients:

- ✓ 400g cod loin fillets approx 4 cm thick
- ✓ 400g can chopped tomatoes
- ✓ 4 fat garlic cloves OR 2 heaped tsp pre-chopped garlic
- ✓ 20g fresh ginger or 1 tbsp *Gourmet Garden* ginger
- ✓ ½ tsp cayenne pepper
- ✓ 1 tsp sugar
- ✓ 1 lemon zest only
- ✓ 2 tbsp sunflower oil
- ✓ 25g parsley
- ✓ 1 tbsp *Squid Brand* fish sauce
- ✓ 125g *Tilda* basmati rice
- ✓ 100g sugar snap peas
- ✓ Salt

### You Will Need The Following Equipment:

- ✓ 2 medium and 1 small saucepan + lids (or use tin foil / plates to cover)
- ✓ Wooden spoon, tablespoon and teaspoon
- ✓ Chopping board and sharp knife
- ✓ Fine microplane
- ✓ Colander

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### **Step One:     Let's Prep & Let's Cook At The Same Time!**

1. Fill a kettle with **1.5 litres water** and bring to the boil, then pour **1 litre** into a medium saucepan with **1 tsp salt** and place over a **high heat**. **Cover** with a lid and bring to a rapid boil.
2. Put **2 large bowls** into a low oven to warm.
3. Rinse **125g basmati rice** under cold running water and add to the boiling water, and leave to cook uncovered for **12 MINUTES** stirring occasionally.
4. Top and tail **100g sugar snap peas**, rinse and put aside
5. Peel **4 garlic cloves** and **20g fresh ginger** (if using fresh) and either press through a **microplane** or chop very finely. Alternatively, use **1 tbsp Gourmet Garden ginger** and **2 heaped tsp pre-chopped garlic**. Tip into a **medium saucepan** with **2 tbsp sunflower oil** and **½ tsp cayenne pepper**. Place over a **low heat** and fry gently for **2 MINUTES**.

### **Step Two:**

1. Add **400g chopped tomatoes**, **1 tsp sugar** and **1 tbsp fish sauce** and increase to a **high heat**.
2. Now grate the **lemon zest** directly onto the bubbling tomato sauce using a microplane.
3. Slice the cod into **4cm wide chunks** and submerge them in the tomato sauce. Reduce to a **medium/high heat** and cover with a lid and let it boil very gently for **4 MINUTES**.
4. Re-boil the kettle then pour **250ml water** into a small saucepan, place over a **high heat** and add **½ tsp salt**, **cover** with a lid and bring to a rapid boil.
5. Check the **rice**, when it's cooked drain and return to the pan and **cover** to keep hot.
6. Check the **fish**, it should be just cooked so take it **off the heat**.

### **Step Three:**

1. Add the **sugar snap peas** to the rapidly boiling water for **1½ MINUTES**.
2. Meanwhile, finely chop **25g parsley** and sprinkle over the fish. **Taste** and add a little salt if needed then replace the lid and leave to infuse whilst you finish off.
3. **Drain** the sugar snap peas
4. Take the **2 warmed bowls** out the oven.
5. Add a portion of rice, sugar snap peas and cod with plenty of sauce to each plate.

**"Ta Da" Job Done!**

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## Spaghetti with Artichoke, Parmesan & Rocket With Tomato, Cucumber & Onion Salad

It's the artichoke hearts combined with the rocket and crème fraîche that give this dish a refreshing twang. Simple yet satisfying.

**Serving Size:** 2 generous portions

**Preparation Time:** 15 minutes

**Cooking Time:** 10 minutes

**Effort Level:** Dead easy

**Shelf Life:** 2 days in fridge. Doesn't freeze.

### Ingredients:

- ✓ 200g spaghetti
- ✓ 1 tbsp cooking salt
- ✓ 2 tbsp olive oil
- ✓ 400g artichoke hearts in brine
- ✓ 50g parmesan
- ✓ 200ml tub crème fraîche
- ✓ 2 tbsp (heaped) mascarpone
- ✓ 60ml Martini extra dry
- ✓ 80g bag rocket leaves
- ✓ 4 fat cloves garlic OR 2 heaped tsp pre-chopped garlic
- ✓ Freshly ground black pepper
- Salad**
- ✓ 2 spring onions
- ✓ 2 medium large tomatoes
- ✓ ¼ cucumber
- ✓ 15g parsley
- Classic Dressing**
- ✓ ½ tsp *Maille* Dijon mustard
- ✓ 1 tbsp *Yutaka* rice vinegar
- ✓ 2 tbsp *Carapelli* extra virgin olive oil
- ✓ 1 tbsp sunflower oil
- ✓ Salt and freshly milled pepper

### You Will Need The Following Equipment:

- ✓ 3 litre saucepan with lid
- ✓ Colander
- ✓ Chopping board and sharp knife
- ✓ Fine microplane or fine cheese grater
- ✓ Shallow dish
- ✓ 2 small bowls
- ✓ Small whisk for salad dressing
- ✓ Measuring jug
- ✓ Wooden spoon, tablespoon and teaspoon

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### **Step One:    Let's Prep!**

1. Start by making the salad dressing. Pour **1 tbsp rice vinegar** into a small bowl with **½ tsp Dijon mustard**. Slowly whisk in **1 tbsp sunflower oil** and **2 tbsp extra virgin olive oil**. Season with a dash of **salt** and freshly ground black **pepper**.
2. Thinly slice **2 spring onions**
3. Cut into chunks the **2 tomatoes** and a **¼ cucumber**
4. Finely chop **15g parsley**.
5. Tip the **tomatoes** and **cucumber chunks** into a shallow dish, drizzle over the **dressing** followed by the **onion** and **parsley**. Toss well and **season** with **salt** and freshly ground **pepper** then put aside.

### **Step Two:    Let's Cook!**

1. Boil a kettle with **1.5 litres water** then pour into a **3 litre saucepan** and place over a **high heat**. Add **1 tbsp salt** and **cover** with a tight fitting lid.
2. When the lid starts to **rattle**, snap **200g spaghetti** in half and add to the pan. Give it a **good stir** then replace the lid for **30 SECONDS** to get the water bubbling again. When it does, remove the lid and give the spaghetti another **good stir**, then leave to boil **uncovered** for **10 MINUTES** stirring occasionally.
3. Meanwhile grate **50g parmesan** into a small dish. Finely chop **4 garlic cloves** or **2 heaped tsp pre-chopped garlic**. Drain and roughly chop into quarters **400g artichoke hearts**.

### **Step Three:**

1. Hook out a spaghetti strand and check if it's cooked. When it's 'al dente' (firm to the bite) pour off **50ml spaghetti water** and **reserve** for later, then drain the spaghetti and leave in the colander whilst you make the sauce.
2. Return the spaghetti pan to a **medium heat**. Add **2 tbsp olive oil** and the **garlic** or **2 heaped tsp pre-chopped garlic** and stir for **30 SECONDS**.
3. Add **60ml dry martini** increase to a **high heat** and boil *rapidly* for **30 SECONDS**.
4. Add **200ml crème fraîche**, **2 heaped tbsp mascarpone**, **400g artichoke hearts** and **50ml reserved spaghetti water**. Boil for **2 MINUTES**.
5. Take the sauce **off the heat** and add **80g rocket** and the **grated parmesan**. Season with **salt** and **black pepper** and stir well.
6. Tip the **spaghetti** onto the **sauce** and stir well until combined.
7. Serve the spaghetti with the salad on the side.

**"Multo Bene!"**



## **Creamy Peanut Chilli Chicken With Rice & Asian Slaw**

This is hot, spicy and creamy. The refreshing, clean, sharp, taste of Asian slaw balances well with the creamy peanut sauce making it the perfect partner. Delish!

**Serving Size:** 2 generous portions

**Preparation & Cooking Time:** 30 minutes

**Effort Level:** Easy

**Shelf Life:** 2 days in fridge. 3 months in freezer

### **Ingredients:**

- ✓ 2 x 200g chicken breasts
- ✓ 1 tbsp sunflower oil
- ✓ 2-4 red bird eye chillies
- ✓ 4 fat cloves garlic OR 2 heaped tsp pre-chopped garlic
- ✓ 4 heaped tbsp *Maggi* powdered coconut milk
- ✓ 2 tbsp smooth peanut butter
- ✓ 3 spring onions
- ✓ 2 tbsp *Squid Brand* fish sauce
- ✓ 1 lime
- ✓ 2 tsp ketjap manis
- ✓ 1 tbsp *Blue Dragon* sweet chilli dipping sauce
- ✓ 125g *Tilda* basmati rice

### **Asian Slaw:**

- ✓ 100g cabbage
- ✓ 100g carrot
- ✓ 15g coriander leaves
- ✓ 2 tbsp rice vinegar
- ✓ 1 tsp *Squid Brand* fish sauce
- ✓ 1 garlic clove
- ✓ 10g fresh ginger
- ✓ 1½ tbsp caster sugar
- ✓ ½ lime

### **You Will Need The Following Equipment:**

- ✓ 2 medium saucepans (one with lid)
- ✓ Chopping board and sharp knife
- ✓ Wooden spoon, tablespoon and teaspoon
- ✓ Fine microplane
- ✓ Small whisk or fork
- ✓ Small bowl
- ✓ Salad bowl
- ✓ Pestle (optional)
- ✓ Sieve

**N.B.:** If the ginger isn't super fresh you may need to add extra to the Asian slaw dressing as ginger loses strength with age.

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### **Step One:    Let's Prep & Cook At The Same Time!**

1. Boil **1½ litres water** in the kettle then pour **1 litre** into a medium saucepan. Place over a **high heat** and add **1 tsp salt**. **Cover** and bring to a **rapid boil**.
2. Rinse **125g rice** under cold running water and add to the boiling water. Leave to cook uncovered for **12 MINUTES** stirring occasionally.
3. Peel and grate **1 carrot** and tip into a salad bowl. Finely shred **100g cabbage** and add to the grated carrot. Finely chop **15g coriander leaves** and add to the bowl. Cut **3 spring onions** in half and finely chop the **white part** (reserve the green stems for later) and add to the bowl.
4. Peel **10g ginger** and **1 clove garlic** and rub them through a microplane into the **small bowl**. Add the **juice of half a lime**, **2 tbsp rice vinegar**, **1 tsp fish sauce**, and **1½ tbsp caster sugar**. Mix well to dissolve the sugar then stir into the coleslaw.

### **Step Two:**

1. Finely chop **4 cloves garlic** or use **2 heaped tsp pre-chopped garlic** and tip into medium sized saucepan. Thinly slice **2-4 chillies** (depending on how much heat you like, plus the seeds if you like it really hot) and add to the saucepan. Add **1 tbsp sunflower oil** and place on a **high heat** for **1 MINUTE**.
2. Now add **350ml boiling water**, **4 heaped tbsp Maggi coconut milk**, **2 tbsp smooth peanut butter** and mix with a whisk or fork until smooth.
3. Add the **juice from 1 lime**, **2 tbsp fish sauce**, **1 tbsp sweet chilli dipping sauce** and **2 tsp ketjap manis** and reduce to a **low heat**.
4. Place **2 large bowls** in a low oven to warm through.

### **Step three:**

1. Drain the **rice** and return to the pan and **cover** with a lid to keep warm.
2. Now flatten the **chicken breasts** with the heel of your hand or use a pestal until they have an **even thickness of 1 cm**. Cut each breast into long thin strips approximately **1½ cm-wide**.
3. Bring the peanut sauce to a gentle rolling boil by increasing to a **medium heat**. Add the **chicken strips** and cook for **3½ MINUTES**.
4. Whilst the chicken cooks finely chop the reserved **green spring onion stems** and tip into the sauce. **Taste** the sauce and adjust seasoning if necessary.
5. Take the **2 warmed bowls** out the oven.
6. Check the **chicken**. It should be just cooked through so **take off the heat**.
7. Add a portion of rice to each bowl along with the peanut chilli chicken and a serving of Asian slaw on the side. Serve.

**Voila!**

## Lazy Fish Pie

Absolute comfort food. This is quick and easy to make and tastes so good you're bound to want seconds. Bet you didn't know a fish pie could be on the table so fast!

**Serving Size:** 2 generous portions

**Preparation & Cooking Time:** 20 minutes

**Effort Level:** Easy

**Shelf Life:** 2 days in fridge. 3 months in the freezer

### Ingredients:

- ✓ 2 x 200g skinless/boneless salmon fillets (approximately 2cm thick)
- ✓ 250ml double cream
- ✓ 1 tbsp *Knorr Touch of Taste* concentrated liquid fish stock
- ✓ 500g *Desirée* potatoes
- ✓ 50g butter
- ✓ 2 tbsp milk
- ✓ ½ lemon
- ✓ 100g frozen petit pois
- ✓ Salt and freshly milled pepper

### You Will Need The Following Equipment:

- ✓ Wide frying pan
- ✓ 1 medium and 1 small saucepan
- ✓ Chopping board and sharp knife
- ✓ Potato masher / hand held mixer
- ✓ 1 litre capacity oven proof gratin dish
- ✓ Wooden spoon and teaspoon
- ✓ Fork
- ✓ Measuring jug
- ✓ Spatula
- ✓ Sieve

**N.B:** The trick here is to slice the potatoes very thinly so they cook quickly!

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### **Step One:    Let's Prep & Cook At The Same Time!**

1. Start by making the mash, boil the kettle with **1 litre** water then pour into a medium saucepan, add **1 tsp salt** and place over a **high heat**.
2. Peel **500g potatoes** and cut into **thin ¼ cm slices**. Add to the rapidly boiling water and cook for **10 MINUTES**.
3. Meanwhile put the salmon fillets in the frying pan with **125ml cold water** and **1 tbsp Knorr liquid fish stock**. Place over a **high heat** and cook the fillets for **2 MINUTES** each side.
4. Keeping the pan **on the heat**, carefully transfer the salmon fillets to the gratin dish.
5. Continue boiling the fish stock until it has reduced by almost half then add **250ml double cream**.
6. Stir the cream from time to time to prevent it from scalding. Once it's thick enough to coat the back of a wooden spoon take off the heat.
7. **Taste** and season with a little **salt, black pepper** and a squeeze of **lemon juice** and put aside.

### **Step Two:**

1. Drain the potatoes in the colander, then return the saucepan to the stove and place over a **low heat**. Add **2 tbsp milk** and **50g butter**.
2. Tip the potatoes back into the pan with the melted butter. For best results use a masher and beat hard. Alternatively whip the potatoes using a hand held mixer, start slowly breaking up the potatoes as you go then increase the speed and whip until they're smooth and creamy white. **Season** with **pepper**.
3. Flick the **kettle** back on. Turn the **grill to high**.
4. Break the **salmon** into large chunks (don't worry they're not fully cooked at this stage). Cover with the creamy sauce and top with mashed potato taking it right to the edges. Score with a fork and place under the hot grill to brown. Place the **2 dinner plates** on the bottom shelf to warm.
5. Pour the boiled water into a small pan, place over a **high heat** with a little **salt**. Add **100g petit pois** and boil for **1 MINUTE**. Drain and return to the pan with a knob of **butter**.
6. Check the **fish pie**, when it's golden brown remove from under the grill.
7. Take out the warmed **dinner plates** and arrange the peas and fish pie onto each plate and serve.

**Seriously Good!**

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## Squid Salad

This is my kind of supper. It has a clean, sharp taste and is quick and easy to make. Plus it's stylish enough to have as a first course for a supper party.

**Serving Size:** 2 portions

**Preparation and Cooking Time:** 10 minutes

**Effort Level:** Dead Easy

**Shelf Life:** 1 day in fridge. Doesn't freeze

### Ingredients:

- ✓ 500g squid
- ✓ 1 or 2 portions *Sharwood* rice noodles
- ✓ 1 fat clove garlic
- ✓ 1 red bird eye chilli
- ✓ ½ lime
- ✓ 1½ tbsp *Squid* fish sauce
- ✓ 10g coriander leaves
- Basil Oil Ingredients** (if you don't have any pre-made)
  - ✓ 150ml *Carapelli* extra virgin olive oil
  - ✓ 25g fresh basil
  - ✓ Salt

### You Will Need The Following Equipment:

- ✓ Medium saucepan
- ✓ Fine microplane
- ✓ Measuring jug
- ✓ Tablespoon and teaspoon
- ✓ Chopping board and sharp knife
- ✓ Small bowl
- ✓ Rectangular dish (approx 22 cm long)
- ✓ Liquidiser
- ✓ Small screw top glass jar
- ✓ Scissors

**N.B.:** I find one portion of rice noodles is enough, but if you want something more substantial use two. In which case, double up on dressing in step two.

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### **Step One:    Let's Prep & Cook At The Same Time!**

1. Boil **1.5 litres water** in the kettle. Place 1 or 2 portions of glass noodles in a rectangular dish so they lie out flat and pour on enough **boiling water** to cover them. Leave to soften for **5 MINUTES** (see packet instructions), but if like me, you find they are still too "al dente", microwave them on high for 30 seconds or so then leave to cool.
2. Pour the remaining water from the kettle into a medium saucepan with **1 tbsp Squid fish sauce**, place over a **high heat** and bring to the boil. Add the squid to the \_ boiling water and cook for **2 MINUTES**.
3. Drain the squid (keep the liquid the squid cooked in and use for something else) then run the squid under the cold tap to prevent further cooking. Cut into rings and place in the freezer to chill whilst you make the dressing.
4. Make up the basil oil if you don't have any on hand. Into the liquidiser add: **150ml olive oil, a small pinch of salt, 25g basil leaves**. Turn power to low and increase slowly to full power, stopping to scrape down the sides. When smooth, pour into a screw top jar.

### **Step Two:**

1. Deseed the **chilli** and slice finely into a small bowl.
2. Rub **1 fat garlic clove** through the microplane then scrape the garlic paste into the bowl with the chilli.
3. Add **1 tbsp basil oil, juice of ½ a lime** plus **½ tbsp Squid fish sauce** and mix well to combine.
4. Thoroughly drain the **noodles** and wipe dry the dish they were soaking in before returning them to it. Pour the dressing over, add the squid rings and toss well.
5. Snip into shreds or thinly slice **10g coriander leaves** over the salad.
6. Serve.

**"Voila!"**

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## Very Lazy Coq Au Vin With Creamy Mashed Potatoes & Steamed Cabbage

My take on the classic coq au vin has all the flavour but none of the hassle. There isn't any chopping involved or adding anything last minute, yet it's every bit as tasty as the original version and perfect for a lazy Sunday lunch.

**Serving Size:** 2 generous portions

**Preparation & Cooking Time:** 2 hours

**Effort Level:** Dead easy

**Shelf Life:** 2 days in fridge. 3 months in freezer

### Ingredients:

- ✓ 4 chicken legs
- ✓ 50g soft brown sugar
- ✓ 3 star anise
- ✓ ½ tbsp juniper berries
- ✓ 1 bottle full bodied red wine
- ✓ 2 tbsp *Knorr Touch of Taste* concentrated chicken stock
- ✓ 1 (*heaped*) tbsp cornflour
- ✓ 150g green cabbage
- ✓ 500g *Desirée* potatoes
- ✓ 50g butter
- ✓ 2 tbsp milk
- ✓ Salt

### You Will Need The Following Equipment:

- ✓ Potato masher or hand held electric whisk
- ✓ 2.75 litre flame proof casserole dish
- ✓ Chopping board and sharp knife
- ✓ Medium pan and small saucepan with lids
- ✓ Tablespoon and teaspoon
- ✓ Baking tray or large plate
- ✓ Teacup
- ✓ Colander
- ✓ J-Cloth



### **Step One:    Let's Prep & Cook At The Same Time!**

1. Pre- heat the oven to **130C/250F/Gas ½**
2. Remove the chicken skin from the legs, by pulling the skin downwards then yanking it off with a J-cloth. Arrange them in a single layer in the casserole dish and place over a **high heat**.
3. Pour over **1 bottle full bodied red wine**, and if needed, enough **cold water** to cover the chicken. Add **2 tbsp Knorr liquid chicken stock**, **½ tbsp juniper berries**, **3 star anise** and **50g brown sugar**. Bring up to the boil then place the casserole on the middle oven shelf and leave to cook for **1¾ HOURS**.

### **Step Two:**

1. After 1½ hours, pour **1 litre water** into a medium saucepan with **1 tsp salt**. **Cover** and place over a **high heat**.
2. Now peel **500g potatoes** and cut them into **thin ½ cm slices**. Tip them into the rapidly boiling water, **replace the lid** and leave to cook for **15 MINUTES**.
3. Meanwhile, chop **150g cabbage** into small even pieces. Tip into a small saucepan with **75ml cold water** and **¼ tsp salt**. **Cover** with a lid and place on the stove ready to cook last minute.
4. Place **2 large bowls** in the oven and turn the oven off. Take out the casserole and place over a **high heat**. Then transfer the chicken onto a baking tray or plate.
5. Now measure **1 heaped tbsp cornflour** into a teacup, add **2 tbsp cold water** and mix to a **smooth paste**, then pour into the casserole stirring well. Leave to boil rapidly until it has reduced by nearly half, approximately **10-15 MINUTES**.
6. Check the potatoes and drain into a colander when tender. Return the saucepan to the stove and place over a **low heat**. Add **2 tbsp milk** and **50g butter** to the pan.
7. Whilst the butter melts put the **cabbage** on a **medium/high** hotplate for **3 MINUTES** with the **lid on**.
8. Now, tip the **potatoes** back into the pan with the **melted butter**. For best results use a masher and beat hard. Alternatively whip the potatoes using a hand held mixer, start slowly breaking up the potatoes as you go, then increase the speed and whip until they're smooth and creamy white. **Season** with **pepper** and **cover**.
9. Return the chicken to the casserole and turn **off the heat**.
10. Take the cabbage **off the heat**.
11. Take the **2 warmed bowls** out the oven, dish up and serve.

**"Ta Da!"**

## Your Shopping List - Week Two

DAIRY	Quantity
crème fraîche	500ml
mature cheddar cheese	50g
MEAT	
chicken thighs 6-8 in pack	one pack
chicken breasts 4 in pack	one pack
minced lamb 500g	one pack
mince beef 400g	one pack
VEG / HERBS / SALAD	
garlic bulbs	four
onions	five
courgettes	250g
red pepper (large)	one
washed spinach leaves 300g bag	one
fine beans	100g
mushrooms closed cup	250g
mixed salad bag	one
avocados	one
lemons	two
limes	one
fresh mint leaves	25g
basil	25g
coriander	100g
parsley	40g
FROZEN	
assorted seafood selection 400g	one
GROCERY	
half dozen free range eggs medium size	one
<b>ESTIMATED TOTAL COST</b>	<b>£38.00</b>

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## Menu Plan For Week Two

**MONDAY:**

Lazy chilli wraps

**TUESDAY:**

Mushroom stroganoff with crunchy green beans and basmati rice

**WEDNESDAY:**

Ghurka chicken with basmati rice and wilted spinach leaves infused with garlic

**THURSDAY:**

Spaghetti puttanesca with dressed salad leaves

**FRIDAY:**

Easy peasy paella

**SATURDAY:**

Moroccan meatballs in a spicy tomato sauce with mint and cinnamon couscous

**SUNDAY:**

Chicken Romana with steamed courgettes and couscous

## Important Recipe Notes

1. If you're not doubling up on portions of rice and mash, follow the recipe instructions as usual. Otherwise make double the quantity of rice on Tuesday to have on Wednesday.
2. Both the Ghurka Chicken and Moroccan Meatballs contain tomato passata, therefore divide a 500g carton between the two recipes.
3. Make double the quantity of couscous on Saturday and have the extra on Sunday.

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## Lazy Chilli Wraps

The coriander gives this chilli a light refreshing bite which is followed by a deep, lingering heat. I like mine with a bit of kick, but if you like your chilli on the mild side, just add 1 or 2 tsp of chilli flakes instead.

**Serving Size:** 4 portions

**Preparation & Cooking Time:** 35 minutes

**Effort Level:** Dead easy

**Shelf Life:** 3 days in fridge. 3 months in the freezer

### Ingredients:

- ✓ 400g lean minced beef
- ✓ *Gourmet Garden* garlic OR 2 tsp pre-chopped garlic
- ✓ 400g can chopped tomatoes
- ✓ 1 – 3 tsp crushed chilli flakes (according to taste)
- ✓ 2 tsp ground cumin
- ✓ 2 tsp ground coriander
- ✓ 1 tbsp *Knorr Touch Of Taste* concentrated liquid beef stock
- ✓ 50g coriander leaves
- ✓ 2-3 tbsp crème fraîche
- ✓ 50g mild cheddar
- ✓ Old El Paso Tortilla Wraps
- Guacamole**
- ✓ 1 ripe avocado
- ✓ 2 tsp lime juice
- ✓ *Gourmet Garden* chilli
- ✓ *Gourmet Garden* garlic
- ✓ Salt

### You Will Need The Following Equipment:

- ✓ Large frying pan
- ✓ Chopping board and sharp knife
- ✓ Potato masher
- ✓ Wooden spoon, tablespoon and teaspoon
- ✓ Small bowl for guacamole
- ✓ Lemon squeezer or reamer
- ✓ Fine microplane (optional)
- ✓ Cheese grater
- ✓ Tin foil
- ✓ Fork

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## **Step One:    Let's Prep & Cook At The Same Time!**

1. Preheat the oven to **150C/300F/Gas 2**
2. Tip **400g minced beef** into a frying pan and add **400g chopped tomatoes, 1 tbsp Knorr liquid beef stock, 4 cm squeeze Gourmet Garden garlic**, or use **2 tsp pre-chopped garlic, 2 tsp ground cumin, 2 tsp ground coriander, 1-3 tsp crushed chilli flakes** (according to preference). Stir well to combine and leave to simmer over a **medium heat** for **20 MINUTES** (adding more water if needed).

## **Step Two:**

1. Meanwhile, **stack the tortillas** one on top of each other, wrap them in tin foil and place on the middle oven shelf.
2. Grate **50g cheddar cheese**.
3. Finely chop **50g coriander**.
4. *Guacamole*: Halve the **avocado** and scoop the flesh into a small bowl. Add **2 tsp lime juice**, a pinch **salt**, plus a **2cm squeeze each** of **Gourmet Garden chilli** and **garlic** or use **1 tsp pre-chopped garlic** instead, then mash to a creamy consistency using a fork. **Taste** and adjust seasoning.
5. Take the chilli **off the heat**, stir in the **chopped coriander** and let the flavours infuse for **1 MINUTE**. **Taste** and adjust seasoning if necessary.
6. Take the **tortillas** out of the oven, place on the table with the chilli, guacamole, grated cheese and crème fraîche for everyone to help themselves.

**Hasta La Vista Baby!"**

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## Mushroom Stroganoff With Basmati Rice & Crunchy Green Beans

Earthy, satisfying and verging on the addictive. Mushroom stroganoff also goes well over spaghetti, jacket potatoes, or spread over toasted ciabatta for a great tasting snack. Perfect!

**Serving Size:** 2 generous portions

**Preparation Time:** 15 minutes

**Cooking Time:** 25 minutes

**Effort Level:** A little effort

**Shelf Life:** 2 days in fridge. Doesn't freeze

### Ingredients:

- ✓ 1 onion OR 2 heaped tbsp pre-fried onion
- ✓ 4 cloves garlic OR 2 heaped tsp pre-chopped garlic
- ✓ 2 tbsp olive oil
- ✓ 40g dried porcini mushrooms
- ✓ 250g chestnut or closed cap mushrooms
- ✓ 4 heaped tbsp crème fraîche
- ✓ 3 tbsp vermouth (dry martini)
- ✓ 1 (heaped) tsp *Maille* Dijon mustard
- ✓ 1 tsp dried thyme
- ✓ 125g *Tilda* basmati rice
- ✓ 100g fine green beans
- ✓ Butter

### You Will Need The Following Equipment:

- ✓ 1 small bowl
- ✓ Small saucer to fit inside small bowl
- ✓ Cling film & kitchen towel
- ✓ Large frying pan
- ✓ Chopping board & sharp knife
- ✓ 2 medium saucepans with lids
- ✓ Wooden spoon, tablespoon and teaspoon
- ✓ Fork
- ✓ Sieve

### **Step One:    Let's Prep!**

1. Boil **1.5 litres water** in the kettle. Tip **40g dried porcini mushrooms** into a small bowl, cover with **250ml boiling water**. Position a small saucer or similar over the mushrooms so they are fully submerged and leave to soak for **20 MINUTES**.
2. Meanwhile place **2 dinner plates** in a low oven to warm and gather together all the ingredients needed.
3. Slice **250g mushrooms** to approx **½ cm thick**.
4. Top and tail **100g fine green beans**.
5. Finely chop **1 onion** and **4 cloves garlic** (if using fresh).

### **Step Two:    Let's Cook!**

1. Flick the kettle back on then pour **1 litre** into a medium saucepan. Place over a **high heat** and add **1 tsp salt**. Cover with a lid and bring to a *rapid* boil.
2. Rinse **125g rice** under cold running water and add to the boiling water. Leave to cook uncovered for **12 MINUTES** stirring occasionally.
3. Gently fry the **chopped onion** and **garlic** (if using fresh) in **2 tbsp olive oil** for **5 MINUTES**. Otherwise use **2 heaped tbsp pre-fried onion** and **2 heaped tsp pre-chopped garlic** and fry over a **medium heat** for **1 MINUTE**.
4. Now add **1 tsp dried thyme** and the **sliced mushrooms** and continue frying until softened, adding a tablespoon or two of water if needed.
5. Now add **3 tbsp vermouth** and stir over a **high heat** for **1 MINUTE**.
6. Using a fork, scoop out the soaked **porcini mushrooms** into a sieve but keep the mushroom liquid. Rinse them under a cold tap to remove any remaining grit and slice any larger pieces before adding to the frying pan.
7. Wet a sheet of **kitchen towel**, squeeze dry then line the sieve with it and position over the frying pan. **Strain** the mushroom liquid through the sieve to catch any gritty dregs then boil for **5 MINUTES**.

### **Step Three:**

1. Meanwhile, re-boil the kettle then pour **500ml** into a medium saucepan, add **1 tsp salt** and place over a **high heat**. When the water is boiling *rapidly* add the **green beans** and **cover**.
2. Stir **1 heaped tsp Dijon mustard** and **4 heaped tbsp crème fraîche** into the mushroom stroganoff and continue boiling.

Continued overleaf



3. Drain the **rice**, return to the pan and **cover**.
4. Take the stroganoff **off the heat** and season with **10 grinds black pepper** and a **pinch of salt**. **Taste** and adjust seasoning if necessary.
5. Take the **2 dinner plates** out the oven.
6. Drain the **beans** and return them to the pan with a knob of butter.
7. Arrange a portion of rice on each plate, top with the mushroom stroganoff and serve the beans on the side.

**"Voila!"**

## **Ghurka Chicken** **With Basmati Rice & Wilted Spinach** **Infused With Garlic**

Hot, sweet and sour all at the same time this spicy, aromatic curry stays in the memory long after the meal is over. Who said curries were time consuming?

**Serving size:** 2 generous portions

**Preparation & Cooking Time:** 50 minutes

**Effort Level:** Easy

**Shelf Life:** 2 days in fridge. 3 months in freezer

### **Ingredients:**

- ✓ 6-8 chicken thighs
- ✓ 1 onion OR 2 tbsp pre-fried onion
- ✓ 8 fat cloves garlic OR 4 tsp pre-chopped garlic
- ✓ 1 (heaped) tbsp *Gourmet Garden* ginger
- ✓ 2 tsp garam masala
- ✓ 1 tsp cayenne pepper
- ✓ 1 tsp ground coriander
- ✓ 1 tsp ground cumin
- ✓ 1 tsp turmeric
- ✓ 1 (heaped) tsp *Natco* tamarind paste
- ✓ 3 tbsp sunflower oil
- ✓ 250ml tomato passata
- ✓ 3 tbsp crème fraîche
- ✓ 25g fresh coriander leaves
- ✓ 300g bag pre-washed spinach
- ✓ 125g *Tilda* basmati rice
- ✓ Butter
- ✓ 1 tbsp olive oil
- ✓ Salt

### **You Will Need The Following Equipment:**

- ✓ 1 large frying pan with lid
- ✓ 1 large and 1 medium saucepan plus lids
- ✓ Chopping board and sharp knife
- ✓ Measuring jug
- ✓ Knife and fork
- ✓ Wooden spoon, tablespoon and teaspoon
- ✓ Sieve

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### **Step One:    Let's Prep & Cook At The Same Time!**

1. Quarter **1 onion** (if using instead of pre-fried) and place in a food processor with **6 garlic cloves** (if using instead of pre-chopped) and pulse fairly fine.
2. Add **2 tbsp sunflower oil** to the frying pan and place over a **low heat** and tip in the onion mixture (if using) and fry gently fry for **5 MINUTES**. Or use **2 tbsp pre-fried onion** and **3 heaped tsp pre-chopped garlic** and fry for **1 MINUTE**.
3. Now add **1 tsp ground cumin, 1 tsp cayenne pepper, 1 tsp turmeric, 1 tsp ground coriander, 2 tsp garam masala** add a little more **sunflower oil** if needed and fry for **2 MINUTES**.
4. Strip the skin off the **chicken thighs** and add them to the pan. Now add **250ml tomato passata, 100ml water, 1 heaped tbsp Gourmet Garden ginger, 1 heaped tsp tamarind paste** and increase to a **high heat**.
5. Once the sauce is bubbling, reduce to a **medium heat, cover** then leave the chicken to simmer for **40 MINUTES**.

### **Step Two:**

1. Meanwhile, smear the sides of a large saucepan with olive oil (it stops the spinach from sticking). Add **2 tbsp water** plus **300g spinach leaves**. **Cover** and place over a **high heat** for **1½ MINUTES**. Then toss the leaves about in the pan until they are wilted. Leave to **drain** in the colander.
2. Roughly chop **25g fresh coriander** and put aside.
3. Finely chop **2 cloves garlic** (if using fresh) and put aside.

### **Step Three:**

1. When the chicken has been simmering for 30 minutes, put the rice on to cook. Boil **1 litre water** in the kettle and pour into a medium saucepan. Place over a **high heat** and add **1 tsp salt**. **Cover** and bring to a **rapid boil**.
2. Rinse **125g rice** under cold running water and add to the boiling water. Leave to cook uncovered for **12 MINUTES** stirring occasionally.
3. Put **2 large bowls** in a low oven to warm.
4. After 12 minutes drain the **rice**, return to the pan and **cover**.

### **Step Four:**

1. Now add **3 tbsp crème fraîche** and the **chopped coriander** to the chicken and continue to let it simmer whilst you finish off the spinach.

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2. Add **1 tbsp olive oil**, a knob of **butter** and the reserved **garlic** or add **1 tsp pre-chopped garlic** to the large spinach saucepan, place over a **low heat** for **1 MINUTE**.
3. Return the drained **spinach** to the pan and stir into the garlic butter until heated through. **Cover** with a lid and take **off the heat**.
4. **Taste** the curry, adjust the seasoning if needed and take **off the heat**.
5. Take the **2 dinner bowls** out the oven, arrange the rice in the middle of each bowl, top with the curry and add the spinach on the side.
6. Serve.

**"Ta Da!"**

## Spaghetti Puttanesca With Dressed Salad Leaves

My all time favourite spaghetti dish - it's robust and brimming with flavour and transports me back to the Mediterranean whenever I eat it. Deeelicious!

**Serving Size:** 2 generous portions

**Preparation & Cooking Time:** 20 minutes

**Effort Level:** Dead easy

**Shelf Life:** 2 days in fridge. Doesn't freeze

### Ingredients:

- ✓ 200g spaghetti
- ✓ 1 tbsp olive oil
- ✓ 400g chopped tomatoes
- ✓ 50g anchovy fillets in oil
- ✓ Chilli flakes
- ✓ 4 fat garlic cloves OR 2 heaped tsp pre-chopped garlic
- ✓ 12 *Crespo* black pitted olives
- ✓ 1 tbsp *Delicias* baby capers
- ✓ 40g parsley
- ✓ Mixed salad leaves

### Classic Dressing

- ✓ ½ tsp *Maille* Dijon mustard
- ✓ 1 tbsp *Yutaka* rice vinegar
- ✓ 2 tbsp *Carapelli* extra virgin olive oil
- ✓ 1 tbsp sunflower oil
- ✓ Salt and freshly milled pepper

### You Will Need The Following Equipment:

- ✓ 3 litre saucepan with lid
- ✓ Frying pan
- ✓ Colander
- ✓ Chopping board and sharp knife
- ✓ Tablespoon and teaspoon
- ✓ 1 small bowl for salad dressing
- ✓ Small whisk for salad dressing
- ✓ Salad bowl
- ✓ Fork

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### **Step One:    Lets Prep & Cook At The Same Time!**

1. Begin by making the salad dressing: Start by mixing together in a small bowl **1 tbsp rice vinegar** with **½ tsp Dijon mustard**. Slowly whisk in **1 tbsp sunflower oil** and **2 tbsp extra virgin olive oil**. Season with a little **salt** and **8 grinds** of fresh black **pepper**.
2. Boil a kettle with **1.5 litres water**, once boiled pour into 3 litre saucepan and place over a **high heat**. Add **1 tbsp salt** and cover with a tight fitting lid.
3. When the lid starts to **rattle**, snap **200g spaghetti** in half and add to the pan. Give it a **good stir** then replace the lid for **30 SECONDS** or so to get the water bubbling again. As soon as it boils remove the lid, give the spaghetti another **good stir** and boil **uncovered** for **10 MINUTES** stirring occasionally.

### **Step Two:**

1. Meanwhile, roughly chop **4 cloves garlic** (if using fresh) or use **2 heaped tsp pre-chopped garlic** and tip into a cold frying pan with **1 tbsp olive oil** and a pinch of **chilli flakes**. Open the anchovies and pour the oil into the frying pan with the garlic then roughly chop the **anchovies** and add to the frying pan. Cook over a **medium heat** for **2 MINUTES** stirring occasionally.
2. Squash the softened **anchovies** into the garlic oil so they **dissolve**. Add **400g chopped tomatoes** increase to a **high heat** and cook for **5 MINUTES**.
3. Meanwhile, drain **12 black olives** and cut into quarters then add to the pan with **1 tbsp capers**.

### **Step Three:**

1. Check the **spaghetti**, when it's 'al dente' leave to drain in the colander.
2. Finely chop **40g parsley** and add **half** to the frying pan. **Taste** the sauce and adjust the seasoning if necessary.
3. Stir the spaghetti into the sauce and coat well. Sprinkle on the remaining **parsley**.
4. Tip the **salad leaves** into a salad bowl and coat with some classic dressing.
5. Serve.

**"Delicioso!"**

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## Easy Peasy Paella

Without wishing to blow my own trumpet, this paella is perfect. The seafood is sweet and succulent, the vegetables, clean and crisp. This recipe has huge appeal because it cooks in quarter of the time of a traditional paella and is astoundingly easy to make.

**Serving Size:** 4 portions

**Preparation & Cooking Time:** 20 minutes

**Effort Level:** Dead easy

**Shelf Life:** 2 days in fridge. Doesn't freeze

### Ingredients:

- ✓ 225g arborio rice
- ✓ 400g mixed seafood (mussels prawns & squid) \*\*
- ✓ Saffron strands
- ✓ 1 level tsp turmeric
- ✓ 6 cloves garlic OR 3 heaped tsp pre-chopped garlic
- ✓ 1 onion
- ✓ 100g frozen peas
- ✓ 1 large red pepper
- ✓ 3 tbsp *Knorr Touch Of Taste* concentrated fish stock
- ✓ 2 tbsp *Squid Brand* fish sauce
- ✓ Freshly ground black pepper
- ✓ ½ lemon

### You Will Need The Following Equipment:

- ✓ Wooden spoon, tablespoon and teaspoon
- ✓ Chopping board and sharp knife
- ✓ High sided frying pan with lid (or use a large plate)
- ✓ Slotted spoon
- ✓ Bowl
- ✓ Sieve

**N.B.:** You can use either frozen or fresh seafood in this recipe.



### **Step One:    Let's Prep & Cook At The Same Time!**

1. Boil the kettle with **1 litre water** then pour into a wok or high sided frying pan with **3 tbsps Knorr liquid fish stock** and place over a **high heat**.
2. If using frozen seafood, give it a good bash against the work top to separate the pieces inside, then tip into the boiling water and **cover** with a lid or plate. Cook for **4 MINUTES** if using raw seafood and **45-60 SECONDS** if it's pre-cooked. If you're using fresh seafood, add it at the end of cooking time.
3. Keeping the frying pan on the heat, carefully lift out the seafood with a slotted spoon and put aside in a bowl. Replace the lid and return to the boil.

### **Step Two:**

1. Rinse **225g rice** in a sieve under the tap then tip into the boiling water and stir well.
2. Roughly chop **1 onion** and add to the boiling rice with a pinch of **saffron** and **1 level tsp turmeric**. Boil for **15 MINUTES** stirring occasionally.
3. Put **4 dinner plates** in a low oven to warm.

### **Step Three:**

1. Now roughly chop **6 cloves garlic** (if using fresh) and add to the pan otherwise use **3 heaped tsp pre-chopped garlic**..
2. Dice **1 red pepper** and add to the pan.
3. Add **100g peas** plus a tablespoon or so of water if needed. If the rice starts to stick reduce to a **medium heat** and continue cooking for **3 MINUTES**.
4. Cut **half a lemon** into quarters.
5. Now add the **seafood** plus **2 tbsps Squid fish sauce** and stir into the rice. **Taste** and adjust seasoning if needed, then take **off the heat** and leave to stand for **1 MINUTE**.
6. Take the **dinner plates** out the oven, spoon over the paella and garnish each plate with a lemon wedge.
7. Serve.

**"Muy Bueno!"**

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## Moroccan Meatballs In Spicy Tomato Sauce With Mint & Cinnamon Scented Couscous

One taste and you'll be hooked. The sweet, spicy tomato sauce works perfectly with the aromatic meat balls and fragrant couscous. Together they make a great combination. Unforgettable!

**Serving Size:** 4 generous portions

**Preparation Cooking Time:** 35 minutes

**Effort Level:** A little effort

**Shelf Life:** 2 days in the fridge. 3 months in freezer

### Ingredients:

- ✓ 500g minced lamb
- ✓ 1 egg
- ✓ 1 large onion
- ✓ 8 cloves garlic
- ✓ 2 tsp ground coriander
- ✓ 2 tsp ground cumin
- ✓ 1 tsp ground cinnamon
- ✓ 10 whole cloves
- ✓ 25g mint leaves
- ✓ 25g coriander leaves
- ✓ A little flour for dusting
- ✓ 400g can chopped tomatoes
- ✓ 250ml tomato passata
- ✓ Pinch cayenne pepper
- ✓ 1 tsp *La Chinata* smoked paprika
- ✓ 1½ tsp sugar
- ✓ Zest of 1 lemon
- ✓ 200g couscous
- ✓ Salt and freshly milled black pepper
- ✓ Sunflower oil for frying
- ✓ Olive oil

### You Will Need The Following Equipment:

- ✓ Wooden spoon, tablespoon, teaspoon, slotted spoon
- ✓ Chopping board and sharp knife
- ✓ Measuring jug
- ✓ 1 large mixing bowl
- ✓ 1 ovenproof dish
- ✓ Food processor
- ✓ Medium saucepan
- ✓ Frying pan
- ✓ Potato masher or blender stick
- ✓ Baking tray lined with kitchen towel
- ✓ Pestle (optional)
- ✓ Tin foil
- ✓ 2 forks

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### **Step One:    Let's Prep & Cook At The Same Time!**

1. Boil **500ml water** in the kettle and put the **dinner plates** in a low oven to warm.
2. Strip **25g mint leaves** and chop finely then place **half** in the large mixing bowl and put the other **half** aside for later.
3. Finely chop **25g coriander** and put **half** in the large mixing bowl with the mint and the other half put aside for later.
4. Tip **200g couscous** into the oven proof dish with the mint and pour on **300ml boiling water**. Season with **½ tsp salt** and a good splash of **olive oil** and stir well. **Cover** with **tin foil** and place on the bottom oven shelf and leave to steam for the remaining cooking time.

### **Step Two:**

1. Quarter the **onion** and pop in the food processor with **8 garlic cloves**. **Pulse 8-10 times** (don't over process). You will use half this mixture for the meat balls and the other half for the sauce.
2. Spicy Tomato Sauce: Measure **2 tbsp olive oil** into a medium saucepan and add **half** the contents from the food processor. Now add **1 tsp cumin** and **1 tsp paprika** and fry gently over a low heat for **2 MINUTES**.
3. Now add **400g chopped tomatoes** and **250ml tomato passata**. Stir well then simmer gently on a low heat for the remaining cooking time.

### **Step Three:**

1. Meatball Mixture: Lay **10 cloves** on a chopping board, press down on the **round buds** with the back of a spoon or use a pestle and crumble to a powder. Discard the stems and tip the **clove powder** into the large mixing bowl containing the chopped mint and coriander leaves.
2. Now add the **zest** from **1 lemon**, **1 tbsp coriander leaves** (keep the remainder for later), **2 tsp ground coriander**, **1 tsp ground cumin**, **½ tsp ground cinnamon**, **1 tsp salt**, **10 grinds black pepper** and the remaining **onion mixture** from the food processor and **1 egg**. Stir well.
3. Lastly, tip **500g minced lamb** into the bowl and mix thoroughly with a fork.
4. Clear a space on the work surface and dust generously with flour. Tip the meatball mixture onto the floured surface and shape into small, walnut sized balls.
5. Pour enough **sunflower oil** into the frying pan so it measures **1½ cm deep** and place over a high heat.
6. Whilst the oil heats, squash the tomato sauce down with a potato masher or use a blender stick until smooth. Add **1½ tsp sugar**, a pinch of **cayenne pepper** and a dash of **salt**. Dilute with **125ml water** then add the reserved **chopped coriander**.

7. When the oil is hot, reduce to a **low/medium heat** and using a slotted spoon, carefully lower the meatballs into the oil in a clockwise motion. (So that when you turn them, you know where the first meatball is in the pan). Gently fry each side for **3 MINUTES** then turn them over using the two forks. (Don't overcrowd the pan, cook the meatballs in small batches then transfer to a baking tray and keep warm in the oven.)
8. Remove the **couscous** from the oven and fluff well with a fork. (if making extra couscous for tomorrow divide the quantities now ). For this meals couscous stir in the **reserved mint** and **½ tsp cinnamon**.
9. Take the **warmed dinner plates** out the oven and spoon a portion of couscous into each, followed by spoonfuls of spicy tomato sauce on the side and arrange the meatballs on top.

**"Job Done!"**

## Chicken "Romana" With Steamed Couscous & Courgettes

A robust Italian dish that's quick and easy to make, yet sophisticated enough for a supper party. A great tasting meal for very little effort!

**Serving Size:** 2 portions

**Preparation Time:** 10 minutes

**Cooking Time:** 25 minutes

**Effort Level:** Easy

**Shelf Life:** 2 days in fridge. 3 months in freezer

### Ingredients:

- ✓ 2 x 200g skinless chicken breasts
- ✓ 75 ml dry vermouth
- ✓ 400g can chopped tomatoes
- ✓ 4 cloves garlic OR 2 tsp pre-chopped
- ✓ 1 onion OR 2 heaped tbsp pre-fried onion
- ✓ 2 tbsp *Delicias* baby capers
- ✓ 8 *Crespo* green pitted olives
- ✓ 8 *Crespo* black pitted olives
- ✓ 1 tsp sugar
- ✓ 1 tsp dried oregano
- ✓ 2 tbsp olive oil
- ✓ 25g fresh basil or use pre-made basil oil (for recipe see page 20)
- ✓ 100g couscous
- ✓ 250g courgette

### You Will Need The Following Equipment:

- ✓ Chopping board and vegetable knife
- ✓ 2 Large frying pans with lids or cover with tin foil
- ✓ Wooden spoon, tablespoon and teaspoon
- ✓ Measuring jug
- ✓ 1 small plate
- ✓ Oven proof dish
- ✓ Tin foil
- ✓ Fork

**N.B.:** Remember the chicken breasts will continue cooking in the heat of the sauce so don't overcook them!

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### **Step One:    Let's Prep!**

1. Finely chop **1 onion** and **4 garlic cloves** (if using fresh).
2. Flatten the **chicken breasts** with the heel of your hand so they have an even thickness of **1½ cm** and season with freshly ground black pepper. **Don't add salt** as the capers and olives will provide enough.
3. Place **2 dinner plates** in a low oven to warm.
4. Boil the kettle with **500ml water**.
5. Tip **100g couscous** into an oven proof dish, pour on **150ml boiling water** add a pinch of **salt**, a splash of **olive oil** and stir well. **Cover** with **tin foil** and place on the bottom oven shelf and leave to gently steam and swell for the remaining cooking time.

### **Step Two:    Let's Cook!**

1. Place the frying pan over a **high heat** and allow it get hot then reduce to a **medium heat**.
2. Add **1 tbsp olive oil** and the **seasoned chicken breasts** and sear for **2 MINUTES each side** then remove them to a plate.
3. Add the chopped **onion** (if using instead of pre-fried) plus a splash more **olive oil** to moisten and fry gently for **5 MINUTES**.
4. Meanwhile, slice in half **8 green** and **8 black olives**. Measure out **2 tbsp capers** (scoop out with a small teaspoon then onto a tablespoon) and put aside with the olives.
5. Tip the chopped **garlic** into the pan or add **2 heaped tsp pre-chopped garlic** and **2 heaped tbsp pre-fried onion** (if using instead of fresh) and continue frying for **1 MINUTE**.
6. Pour on **75ml dry vermouth** and increase to a **high heat** and boil hard for **2 MINUTES** until the alcohol has reduced right down.
7. Add **400g chopped tomatoes**, **1 tsp dried oregano** and **1 tsp sugar** plus the **olives** and **capers** and return the **chicken breasts** to the pan. When the sauce is boiling, reduce the temperature to a **medium heat**. **Cover** the pan with a lid and leave to simmer gently for **8 MINUTES**.

### **Step Three:**

1. Meanwhile slice **25g basil leaves** into thin ribbons (if using instead of basil oil) and put aside.
2. Cut the **courgettes** into **½ cm slices**.
3. Pour **250ml water** into the 2<sup>nd</sup> frying pan with a dash of **salt** and place over a **high heat**.

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4. Take the **couscous** out the oven and fluff up well with a fork then replace the tin foil lid and return to the oven to keep warm.
5. Tip the **courgettes** into the rapidly boiling water. **Cover** and steam for **1½ MINUTES**.
6. Drain the **courgettes** and return them to the pan with a knob of butter.
7. Check the chicken, it should be cooked through, if not, increase the temperature to a **high heat** for a further minute or so. When the breasts are just cooked through add a drizzle of **basil oil** (if using) otherwise, add the fresh **basil ribbons** plus a drizzle of **olive oil** and take **off the heat**.
8. Take the couscous and the **warmed dinner plates** out the oven. Arrange the couscous, courgettes and chicken on each plate and serve.

**"Bellissimo!"**



## Your Shopping List - Week Three

DAIRY	Quantity
crème fraîche	500ml
FISH	
salmon fillets skinless/boneless	300g
large raw peeled prawns	300g
MEAT	
top quality pork chipolatas	one pack
smoked streaky bacon 250g	one pack
chicken thighs 6-8 in pack	one pack
chicken breasts 2 in pack	one pack
diced shoulder lamb	400g
VEG / HERBS / SALAD	
<i>Desirée</i> potatoes	1.5kg
garlic bulbs	two
onions	one
courgette	one
carrots	one
extra fine beans	100g
bunch spring onions	two
small punnet cherry tomatoes	one
Bag of crisp green salad leaves (romaine)	one
Bag of mixed salad leaves	one
avocado (large)	one
mango (medium)	one
oranges	two
lemons	three
limes	three
fresh dill	15g
coriander	75g
parsley	90g
ginger	25g
green bird eye or finger chilli pack	one
DRY GOODS (packets)	
apricots ready to eat 100g	one
pine nuts 100g bag	one
<b>ESTIMATED TOTAL COST</b>	<b>£44.00</b>

## Menu Plan For Week Three

**MONDAY:**

Jamaican jerk chicken with jacket potatoes and crème fraîche and a mango and avocado salsa

**TUESDAY:**

Spaghetti carbonara

**WEDNESDAY:**

Chipolata sausages with tasty lazy onion gravy, creamy mash and peas

**THURSDAY:**

Salmon and dill fishcakes with tartar sauce and dressed salad leaves

**FRIDAY:**

Prawns Provençal with basmati rice and a crisp green salad

**SATURDAY:**

Thai green chicken curry with basmati rice and fine green beans

**SUNDAY:**

Lamb Dalaman with couscous and pine nuts, carrot and orange salad

## Important Recipe Notes

1. If you're not doubling up on portions of rice, mash and couscous, just follow the recipe instructions as usual. Otherwise make extra rice on Friday to have on Saturday.
2. Make double the mash on Wednesday and use half for the sausages & mash and the remaining half (450g) for the salmon and dill fishcakes. The mash needs to be firm for the fishcakes
3. To coat the salmon fishcakes, either blitz a few slices of bread in the food processor to make breadcrumbs, or coat the fishcakes in semolina, listed as an optional item on your shopping list.

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## **Jamaican Jerk Chicken With Crème Fraîche Jacket Potatoes, Mango & Avocado Salsa**

This fiery little number is a treat to eat any time.  
The lingering hotness of the chicken is perfectly  
complemented by the sweet tangy salsa.  
A real reviver!

**Serving Size:** 2 generous portions

**Preparation Time:** 15 minutes

**Cooking Time:** 55 minutes

**Effort Level:** Dead easy

**Shelf Life:** 2 days in the fridge. 3 months in the freezer

### **Ingredients:**

- ✓ 50ml *Yutaka* rice vinegar
- ✓ 4 spring onions
- ✓ 4 garlic cloves OR 2 tsp pre-chopped garlic
- ✓ 1 lime
- ✓ 2 tbsp *Gourmet Garden* chilli
- ✓ 1 tbsp *Gourmet Garden* ginger
- ✓ 1 tbsp heaped ground allspice
- ✓ 1 tbsp cinnamon
- ✓ 1 tbsp soft brown sugar
- ✓ ½ tsp chilli flakes
- ✓ 1 tsp salt
- ✓ 6-8 chicken thighs
- ✓ Olive oil
- ✓ 2 potatoes
- ✓ 2 heaped tbsp crème fraîche

### **For The Mango & Avocado Salsa:**

- ✓ 1 ripe mango
- ✓ 1 ripe avocado
- ✓ 6 cherry tomatoes (use more if they're tiny)
- ✓ 2 spring onions
- ✓ Small handful parsley
- ✓ Caster sugar
- ✓ 1 lime

### **You Will Need The Following Equipment:**

- ✓ Liquidiser
- ✓ Chopping board and sharp knife
- ✓ 2 small bowls
- ✓ Baking tray with rack
- ✓ Large plastic bag
- ✓ Cling film
- ✓ Lemon squeezer or reamer
- ✓ Measuring jug
- ✓ Tablespoon and teaspoon
- ✓ Fork

### **Step One:    Let's Prep!**

1. Preheat the oven to **180C/350F/Gas 4**
2. Squeeze the **juice** from **1 lime** and tip into the liquidiser along with **50ml rice vinegar**.
3. Roughly chop **4 spring onion green tops** (reserve the white part for later) and **4 garlic cloves** or add **2 tsp pre-chopped garlic** and place in the liquidiser.
4. Now add **2 tbsp Gourmet Garden chilli, 1 tbsp Gourmet Garden ginger, 1 heaped tbsp ground allspice, 1 tbsp ground cinnamon, 1 tbsp soft brown sugar, ½ tsp chilli flakes** and **1 tsp salt**. Blend until smooth.
5. Pull off the **chicken skins** and trim off any fat then place the chicken thighs in a large plastic bag. Pour the marinade into the bag and thoroughly coat the chicken then place in the fridge for **20 MINUTES**.
6. Wash and dry the potatoes. Prick their skins with a fork then coat them in a little olive oil followed by a sprinkling of salt. Place on the middle shelf of the oven for **55 MINUTES**.

### **Step Two:**

1. Mango & Avocado Salsa: Finely chop **2 spring onions** plus a small handful **parsley** and tip into a small bowl.
2. Slice the **cherry tomatoes** and dice the **avocado** and **mango** then add to the bowl.
3. Now squeeze over the **juice** of **1 lime** and season with **salt, black pepper** and a little **caster sugar**. **Taste** and adjust the seasoning if needed. Coat the salad with the dressing especially the avocado to prevent it browning, then cover with **cling film** and chill in the fridge.

### **Step Three:    Let's Cook!**

1. Arrange the **chicken thighs** on a rack over a baking tray. Place on the top shelf of the oven and bake for **40 MINUTES** **turning the chicken over after 20 minutes.**
2. Finely chop the white part from the reserved **spring onions** and mix in a small bowl with **2 heaped tbsp crème fraîche** and season with **salt** and **pepper**.
3. Take the chicken and jacket potatoes out the oven. Cut a large crisscross on each potato and squeeze before filling the well with crème fraîche.
4. Arrange the jacket potatoes on the plates with the jerk chicken and a generous helping of avocado and mango salsa.

**"Finger Lickin Good!"**

## Spaghetti Carbonara

Perfect when you need a little sustenance and requiring very little effort from you. I prefer using crème fraîche rather than cream because it's lighter and not so rich. Let's see if you agree...

**Serving Size:** 2 generous portions

**Preparation & Cooking Time:** 12 minutes

**Effort Level:** Dead easy

**Shelf Life:** 1 day in fridge. Doesn't freeze

### Ingredients:

- ✓ 200g spaghetti
- ✓ 1 tbsp salt
- ✓ 120g streaky bacon
- ✓ 2 egg yolks at room temperature
- ✓ 4 heaped tbsp crème fraîche
- ✓ 25g parmesan
- ✓ Salt and freshly milled pepper

### You Will Need The Following Equipment:

- ✓ 3 litre saucepan with lid
- ✓ Large frying pan
- ✓ Fine microplane
- ✓ Tablespoon and fork
- ✓ Measuring jug
- ✓ Small bowl
- ✓ Scissors
- ✓ Colander

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### **Step One:    Let's Prep & Cook At The Same Time!**

1. Warm **2 large bowls** in a low oven to warm.
2. Boil a kettle with **1.5 litres water** then pour it into **3 litre saucepan** and place over a **high heat**. Add **1 tbsp salt** and cover with a tight fitting lid.
3. When the lid starts to **rattle**, snap **200g spaghetti** in half and add to the pan. Give it a **good stir** then replace the lid for **30 SECONDS** or so to get the water bubbling again. When it boils remove the lid and give the spaghetti another **good stir**, then leave the pan to boil **uncovered** for **10 MINUTES** stirring occasionally.

### **Step Two:**

1. Separate **2 egg yolks** and tip into a bowl with **4 heaped tbsp crème fraîche**, season with **freshly milled black pepper** and a little **salt**. Stir with a fork until blended and put aside.
2. Grate **25g parmesan** and leave aside.
3. Using a pair of scissors, snip the **bacon** into thin strips directly into the dry frying pan and dry fry over a low/medium heat for **3 MINUTES** (it will cook in its own fat).
4. Pour the egg/crème mixture onto the bacon and stir until thickened then take off the heat.
5. Pour off **100ml of spaghetti water** before draining the spaghetti into the colander.
6. Tip the drained spaghetti into the carbonara sauce. Add the **reserved spaghetti water**. Place over a high heat and stir to combine.
7. Add the **grated parmesan**. Taste and adjust seasoning if necessary.
8. Take the **2 warmed bowls** out the oven.
9. Serve.

**"Splendido!"**

## Sausages & Mash With Tasty, Lazy, Onion Gravy!

It seems you can't beat the old favourites. This reassuringly simple supper is like putting on a comfy pair of slippers. It's quick to make and just about everybody loves it.

**Serving Size:** 2 generous portions

**Preparation & Cooking Time** 25 minutes

**Effort Level:** Dead easy

**Shelf Life:** 1 day in fridge. Doesn't freeze

### Ingredients:

- ✓ 500g Desirée potatoes
- ✓ Top quality chipolatas
- ✓ 1 tbsp sunflower oil
- ✓ 2 tsp *Knorr* concentrated liquid beef stock
- ✓ 2 heaped tbsp pre-fried onion OR caramelised onion relish\*
- ✓ 1 heaped tsp cornflour
- ✓ *Worcestershire* sauce
- ✓ 100g petit pois
- ✓ 50g butter
- ✓ Salt and freshly milled pepper

### You Will Need The Following Equipment:

- ✓ Heavy based frying pan with lid
- ✓ Medium saucepan with lid
- ✓ Small saucepan
- ✓ Potato masher / hand-held mixer
- ✓ Colander
- ✓ Chopping board and sharp knife
- ✓ Tablespoon and teaspoon
- ✓ Measuring jug

**N.B.:** If you're doubling up on extra mash for tomorrow's fishcakes, you will need to keep it firm. In which case add a total of 2 tbsp milk and 100g butter.

### **Step One:    Let's Cook!**

1. Boil **1.5 litres water** in the kettle, then pour **1 litre** into a saucepan with **1 tsp salt**. **Cover** and place over a **high heat**.
2. Peel **500g potatoes** and cut into **thin ½ cm slices**. Add to the boiling water. **Cover** with a lid and boil for **15 MINUTES**.
3. Meanwhile pour **1 tbsp sunflower oil** into the frying pan, prick the **chipolatas** and brown them all over on a **medium heat** for **3 MINUTES**.
4. Add **150ml boiling water**, **2 tsp Knorr liquid beef stock**, **2 heaped tbsp pre-fried onion** **OR** add **1 tbsp caramelised onion relish**, now add a dash of **Worcestershire sauce** plus several grinds of **black pepper**.
5. Mix **1 heaped tsp cornflour** with **2 tbsp cold water** and stir into the **sausages** and **onion gravy**. Reduce to a **low heat**, **cover** and leave to simmer gently for **10 MINUTES**.
6. Meanwhile, put **2 dinner plates** in a low oven to warm.

### **Step Two:**

1. Tip **100g petit pois** into a small saucepan, add **1 tsp salt** and cover with the remaining water from the kettle and place over a **high heat**.
2. Check the potatoes, when cooked drain into the colander. Melt **50g butter** in the saucepan, then return the **potatoes** to the pan. For best results use a masher and beat hard. Alternatively, whip the potatoes using a hand held mixer, start slowly breaking up the potatoes as you go then increase the speed and whip until they're smooth and creamy white. **Season** with **pepper**.
3. **Drain** the peas.
4. Take the **dinner plates** out the oven and place a mound of mashed potato in the middle of each. Top with the chipolatas. Pour over the onion gravy and add the peas on the side.
5. Serve.

**"Yummy!"**



## **Salmon & Dill Fishcakes**

### **Served On A Bed Of Dressed Salad Leaves**

These fish cakes are simplicity itself but taste sooo good. The crisp exterior contrasts beautifully with the soft salmony centre. Yummy!

**Serving size:** 2 portions

**Preparation & Cooking Time:** 25 minutes

**Effort Level:** Easy

**Shelf Life:** 1 day in fridge. 3 months in freezer

#### **Ingredients:**

- ✓ 450g prepared mashed potato
- ✓ 300g skinless / boneless salmon fillets
- ✓ 15g dill
- ✓ ½ lemon
- ✓ Sunflower oil
- ✓ 50g breadcrumbs, semolina or plain flour for dusting
- ✓ 2 tbsp mayonnaise
- ✓ 4 tsp baby capers
- ✓ Mixed salad leaves

#### **Sweet & Sour Salad Dressing**

- ✓ 1 tbsp *Yutaka* rice vinegar
- ✓ 1 tbsp *Conimex* ketjap manis
- ✓ 2 tbsp *Carapelli* extra virgin olive oil
- ✓ 2 tbsp sunflower oil
- ✓ Salt and freshly milled pepper
- ✓ Mixed salad leaves

#### **You Will Need The Following Equipment:**

- ✓ Small glass jar or suitable container for salad dressing
- ✓ Large frying pan
- ✓ Small saucepan with lid
- ✓ Chopping board and sharp knife
- ✓ 1 large bowl and 2 small bowls
- ✓ Small whisk for salad dressing
- ✓ Tablespoon and teaspoon
- ✓ Fine microplane
- ✓ Fish slice
- ✓ Scissors
- ✓ 1 fork
- ✓ 1 plate

**N.B.:** I prefer using fresh salmon to tinned. Both taste equally good but tinned is trickier to manoeuvre and needs 30 minutes chilling in the fridge, otherwise they're liable to break up during frying.

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### **Step One:    Let's Prep & Cook At the Same Time!**

1. In a snug fitting saucepan, gently poach the **salmon** in lightly salted water. **Cover** with a lid and place over a **medium/high** heat for **3 MINUTES**.
2. Meanwhile, make the salad dressing, start by mixing together in a small bowl **1 tbsp rice vinegar** with **1 tbsp ketjap manis**. Slowly whisk in **2 tbsp sunflower oil** along with **2 tbsp extra virgin olive oil**. Season with **4 grinds of freshly milled pepper** and a **pinch of salt**. Pour into a small glass jar and put aside.
3. *Tartar Sauce:* In a small bowl mix together **2 heaped tbsp mayonnaise** with **4 tsp baby capers**.
4. Drain the salmon fillets and leave to cool on a plate.

### **Step Two:**

1. Place **450g prepared mashed potato** in a large mixing bowl.
2. Finely snip the **dill fronds** into the bowl with the mashed potato.
3. Grate the **zest ½ lemon** and add to the potato and dill.
4. Flake the **salmon fillets** with a fork then mix into the mashed potato, lemon zest and dill. Season with **salt** and **pepper**. **Taste** and adjust seasoning if necessary.
5. Divide the mixture into four then shape into **2.5cm deep patties**. Coat both sides in **breadcrumbs** or **semolina** pressing gently but firmly so they stick to the surface, or dust with **flour**.

### **Step Three:**

1. Pour enough **sunflower oil** into a frying pan to measure **½ cm** up deep in the frying pan and place over a **high heat**. When the oil is hot, reduce to a **low/medium** temperature and add the fishcakes, you want them to just sizzle gently. Fry for **4 MINUTES** **each side** until crisp and golden.
2. Coat the salad leaves with a little **salad dressing**.
3. Position the salad in the middle of each dinner plate. Top with the fishcakes and serve with a generous spoonful of tartar sauce on the side.
4. Serve.

**"Bon Appétit!"**

## **Prawns Provencal** **With Basmati Rice & Crisp Green Salad** **With Tamarind Dressing**

I've given this classic Mediterranean dish a fresh zingy twist. Sit back and savour plump, juicy prawns in a seriously zesty tomato sauce.  
It's outstandingly good!

**Serving Size:** 2 portions

**Preparation & Cooking Time:** 20 minutes

**Effort Level:** Easy

**Shelf Life:** Eat immediately. 3 months in the freezer *for Provencal sauce only*

### **Ingredients:**

- ✓ 400g large raw peeled prawns (fresh or defrosted)
- ✓ 400g can chopped tomatoes
- ✓ 1 onion OR 2 heaped tbsp pre-fried onion
- ✓ 4 fat garlic cloves OR 2 heaped tsp pre-chopped garlic
- ✓ 2 tbsp olive oil
- ✓ 100ml dry vermouth
- ✓ 1 lemon
- ✓ 1 tbsp *Squid Brand* fish sauce
- ✓ 25g parsley
- ✓ 2 tsp sugar
- ✓ 1 heaped tsp dried oregano
- ✓ 125g *Tilda* basmati rice
- ✓ Crisp green salad leaves

### **Tamarind Dressing**

- ✓ 1 tsp *Natco* tamarind concentrate paste
- ✓ 2 tbsp *Carapelli* extra virgin olive oil
- ✓ 2 tbsp sunflower oil
- ✓ 1 tsp rice vinegar
- ✓ Salt and freshly milled pepper

### **You Will Need The Following Equipment:**

- ✓ 1 medium saucepan with lid
- ✓ 1 shallow pan or frying pan
- ✓ Lemon squeezer or reamer
- ✓ Fine microplane
- ✓ Small dish and whisk for salad dressing
- ✓ Salad bowl
- ✓ Wooden spoon, tablespoon and teaspoon
- ✓ Measuring jug
- ✓ Sieve

### **Step One:    Let's Prep & Cook At The Same Time!**

1. Start by making up the salad dressing. Whisk together **1 tsp tamarind paste** with **1 tsp rice vinegar** until smooth. Slowly add **2 tbsp Carapelli extra virgin olive oil** and **2 tbsp sunflower oil**, season with a **pinch of salt** and **4 grinds of black pepper**.
2. Finely chop **25g parsley** and put aside.
3. Finely chop **1 onion** and **4 fat garlic cloves** (if using fresh) and tip into a frying pan with **2 tbsp olive oil**. Place over a **low heat** and fry very gently for **4 MINUTES**. (alternatively use pre-fried onion and pre-chopped garlic and add them to the frying pan at step two)
4. Boil **1 litre water** in the kettle then pour into a medium saucepan and place over a **high heat** and **cover** with a lid.
5. Rinse **125g rice** and add to the boiling water. Stir well and leave to cook uncovered for **12 MINUTES** stirring occasionally.
6. Place **2 dinner plates** in a low oven to warm through.

### **Step Two:**

1. Measure **2 heaped tbsp pre-fried onion** and **2 heaped tsp pre-chopped garlic** (if using) into the frying pan and place over a **medium heat** for **1 MINUTE**.
2. Now add **100ml dry vermouth** and increase to a **high heat** and let it boil for **2-3 MINUTES** until reduced by nearly half.
3. Meanwhile, grate the **zest of 1 lemon** and add to the reduced vermouth along with **400g chopped tomatoes**, **1 heaped tsp dried oregano** and **2 tsp sugar**. Boil for **3 MINUTES**.

### **Step Three:**

1. Now add **1 tbsp Squid fish sauce** and **300g raw prawns** to the bubbling tomato sauce, be sure to submerge the prawns in the sauce so they are all fully covered. **Cover** with a lid and cook for **3 MINUTES** on a **high heat**.
2. Meanwhile, coat the salad leaves with a little **tamarind dressing**. Drain the **rice**, return it to the pan and **cover** to keep hot.
3. Take the prawns **off the heat**, squeeze the **juice of ½ lemon** into the pan and add the **chopped parsley**. **Taste** and adjust the seasoning if necessary.
4. Take the **dinner plates** out the oven. Arrange a portion of rice onto each plate, top with spoonfuls of prawns Provençal and serve with the crisp green salad on the side.

**"Bon Appétit!"**

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## Thai Green Chicken Curry

If you're a fan of Thai green curry you'll love this. It's fragrant with a warm, lingering aftertaste.

**Serving Size:** 2 generous portions

**Preparation & Cooking Time:** 15 minutes

**Effort Level:** Easy

**Shelf Life:** 2 days in fridge. 3 months in the freezer

### Ingredients:

- ✓ 500ml Thai green sauce (see page 76)
- ✓ 2 x 200g chicken breasts
- ✓ 125g *Tilda* basmati rice
- ✓ 100g extra fine green beans
- ✓ 25g fresh coriander leaves
- ✓ Salt

### You Will Need The Following Equipment:

- ✓ 2 medium saucepans
- ✓ Chopping board and sharp knife
- ✓ 1 small saucepan with lid
- ✓ Measuring jug
- ✓ Wooden spoon
- ✓ Pestle (optional)
- ✓ Sieve

### **Step One:    Let's Prep & Cook At The Same Time!**

1. Fill a kettle with **1.5ml water** and bring to the boil then pour **1 litre** into a medium saucepan. Place over a **high heat** and add **1 tsp salt**. **Cover** with a lid and bring to a rapid boil.
2. Rinse **125g rice** under cold running water, add to the boiling water and leave to cook uncovered for **12 MINUTES** stirring occasionally.

### **Step Two:**

1. Meanwhile, top and tail **100g extra fine beans** slice into thirds so they're approx 3cm long and put aside.
2. Flatten the **chicken breasts** with the heel of your hand or use the base of a pestle until they have an **even thickness of 1 cm**. Cut each breast in half widthways then cut both halves lengthways into **1½ cm wide strips**.
3. Flick the kettle on then pour **300ml boiling water** into a small saucepan, add a little **salt**, **cover** with a lid and place over a **high heat**.
4. Place **2 large bowls** in the bottom of a low oven to warm.
5. Tip the beans into the rapidly boiling water and cook for **2½ MINUTES**.
6. Drain the **beans** into the sieve and run them under the **cold tap** to prevent further cooking.

### **Step Three:**

1. Pour **500ml Thai green sauce** into a medium saucepan, place over a **medium heat** and bring to a gently rolling boil.
2. When the sauce is bubbling add the **chicken strips**, submerging them into the sauce and cook for **3½ MINUTES**.
3. Meanwhile finely chop **25g coriander**.
4. Drain the **rice** and return to the saucepan.
5. After **3½ MINUTES** take the chicken **off the heat**.
6. Tip the **green beans** and **chopped coriander** in with the chicken.
7. Take the **warmed bowls** out the oven. Add a portion of rice to each bowl plus a couple of ladles of Thai green chicken curry and serve.

**"Voila!"**

## Thai Green Curry Sauce

I have yet to find a readymade Thai curry paste that doesn't taste synthetic. This sauce comes pretty close to the real thing using every day ingredients from the supermarket.

**Serving Size:** 1.25 litres – approx 6 servings

**Preparation Time:** 12 minutes

**Cooking Time:** 11 minutes

**Effort Level:** Easy

**Shelf Life:** 2 days in fridge. 3 months in the freezer

### Ingredients:

- ✓ 2 tbsp *Gourmet Garden* lemongrass
- ✓ 25g fresh ginger OR 1 tbsp *Gourmet Garden* ginger
- ✓ 3 tsp *Fregata* fresh green peppercorns
- ✓ 2 tsp coriander seeds
- ✓ 5 spring onions
- ✓ 50g fresh coriander leaves
- ✓ 8 kaffir lime leaves
- ✓ 4 fat cloves garlic OR 2 heaped tsp pre-chopped garlic
- ✓ 5 bird eye green chillies
- ✓ 150g *Maggi* coconut milk powder
- ✓ 1 tbsp *Knorr* concentrated liquid chicken stock
- ✓ 2½ tbsp Squid fish sauce
- ✓ 3 tbsp sunflower oil
- ✓ 1 lime

### You Will Need The Following Equipment:

- ✓ 1 medium saucepan
- ✓ Chopping board and sharp knife
- ✓ Food processor
- ✓ Pestle and mortar or liquidiser
- ✓ Fine microplane
- ✓ Lemon squeezer or reamer
- ✓ Tablespoon and teaspoon
- ✓ Whisk or fork

**N.B.:** This sauce can be frozen

### **Step One:    Let's Prep!**

1. Measure **2 tsp coriander seeds** and **3 tsp green peppercorns** into a pestle and mortar and grind to a powder. Alternatively tip into a liquidiser and blitz until fine. NB A food processor won't grind small enough.
2. Peel and roughly slice **25g ginger** (if using fresh instead of *Gourmet Garden* ginger) then tip into the food processor.
3. Roughly chop **5 spring onions** and **5 green chillies** (including their seeds) and add them with **4 garlic cloves** or **2 heaped tsp pre-chopped garlic**.
4. Lastly, add **50g roughly torn coriander** (including stems) plus the **crushed coriander** and **green peppercorns** and blitz to a smooth paste.

### **Step Two:    Let's Cook!**

1. Boil **1.25 litres water** in the kettle.
2. Pour **3 tbsp sunflower oil** into a medium saucepan and add the paste, cook over a medium heat stirring continuously for **3 MINUTES**.
3. Add **1.25 litres boiling water, 1 tbsp Knorr liquid chicken stock, 8 kaffir lime leaves, 2 tbsp Gourmet Garden lemongrass, 1 tbsp Gourmet Garden ginger** (if substituting for fresh) and **150g Maggi coconut powder**. Whisk until smooth.
4. Finely grate the **zest of 1 lime**, stir into the sauce and leave to simmer gently for **8 MINUTES**.
5. After 8 minutes, squeeze the juice from **1 lime** and add to the sauce along with **2½ tbsp fish sauce**.
6. Take the sauce off the heat and either use or freeze.

**"Sauce To Go!"**



## **Lamb Dalaman** **With Steamed Couscous & Pinenuts,** **Carrot & Orange Salad**

Deliciously warm and soothing, the sweetly flavoured lamb is complimented by the zesty citrus salad. It's a taste sensation!

**Serving Size:** 2 generous portions

**Preparation Time & Cooking Time:** 1½ hours

**Effort Level:** Dead easy

**Shelf Life:** 3 days in the fridge. 3 months in the freezer

### **Ingredients:**

- ✓ 400g diced shoulder of lamb
- ✓ 400g can chopped tomatoes
- ✓ 100g no-soak ready to eat apricots
- ✓ 1 tbsp *Gourmet Garden* ginger
- ✓ 1 tbsp ground coriander
- ✓ 2 tsp ground cinnamon
- ✓ 1 tsp ground cumin
- ✓ 2 tbsp *Yutaka* vinegar
- ✓ 2 tsp sugar
- ✓ 4 garlic cloves OR 2 tsp pre-chopped garlic
- ✓ 1 lemon
- ✓ 50g parsley
- ✓ 100g couscous
- ✓ 1 tbsp pine nuts
- ✓ Olive oil
- ✓ Butter
- ✓ Salt

### **Carrot & Orange Salad:**

- ✓ 1 medium carrot
- ✓ 1 small courgette
- ✓ 2 oranges
- ✓ ½ lemon
- ✓ 1 spring onion

### **You Will Need The Following Equipment:**

- ✓ Flameproof casserole dish
- ✓ Chopping board and sharp knife
- ✓ Lemon squeezer or reamer
- ✓ Measuring jug
- ✓ Cheese grater
- ✓ Oven proof dish
- ✓ Small salad bowl
- ✓ Tablespoon and teaspoon
- ✓ Tin foil
- ✓ Fork

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### **Step One: Let's Prep & Cook At The Same Time!**

1. Pre-heat the oven to **180C/350F/Gas 4**
2. Measure directly into the flameproof casserole **1 tbsp ground coriander, 2 tsp ground cinnamon, 1 tsp ground cumin**. Toss **400g cubed lamb** in the spice mixture coating it thoroughly.
3. Add **2 tbsp vinegar, 1 tbsp Gourmet Garden ginger, 400g chopped tomatoes** plus enough water to just cover the meat then bring to the boil over a **high heat**.
4. Meanwhile, roughly chop **4 garlic cloves** before adding them to the casserole, alternatively, add **2 heaped tsp pre-chopped garlic**.
5. Pull off enough **tin foil** to fold over double and cover the top of the casserole, then cover with the casserole lid and place on the middle oven shelf for **1 HOUR**.
6. After an hour has passed, add **100g apricots, the juice of 1 lemon, 2 tsp sugar, ½ tsp salt** plus a little water if needed, then replace the tin foil once more and return to the oven for **30 MINUTES**.

### **Step Two:**

1. Meanwhile make the carrot and orange salad. Coarsely grate **1 medium carrot** and **1 small courgette** into a salad bowl. **Finely chop 1 spring onion** and add to the bowl. Top and tail **2 oranges** then remove the rind and pith. Cut the orange into **thin slices** then tip into the salad bowl. Squeeze the **juice from ½ lemon** and pour over the salad then season with **salt** and several grinds of **black pepper**.
2. Boil the kettle. Tip **100g couscous** into an oven proof dish with a pinch of **salt**. Pour on **150ml boiling water**, a splash of **olive oil** and a small **knob of butter**. Stir well then cover with **tin foil** and place on the bottom oven shelf.
3. **Turn off the oven** and leave the door open for a moment allowing the oven to cool. Take out the casserole and place **2 dinner plates** inside to warm through.
4. Finely chop **50g parsley** and sprinkle over the casserole. **Taste** and adjust the seasoning if necessary and **cover** the casserole to keep warm.
5. Now take the **couscous** out of the oven and fluff it well with a fork then stir in **1 tbsp pine nuts**.
6. Take the **warmed plates** out the oven, add a portion of couscous and top with the lamb Dalaman.
7. Serve with the salad.

**"Voila!"**

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## Your Shopping List - Week Four

<b>DAIRY</b>	<b>Quantity</b>
crème fraîche	500ml
<b>FISH</b>	
salmon fillets skinless/boneless	400g
<b>MEAT</b>	
2 veal escalopes 200g each & 5mm thick	one pack
diced pork belly, shoulder or spare rib	2 kg
premium pork & herb sausages 450g	one pack
chicken breasts 2 in pack	one pack
<b>VEG / HERBS / SALAD</b>	
garlic bulbs	one
red onion	one
pak choi	200g
carrots	three
sugar snap peas	50g
red pepper	one
extra fine beans	100g
mange tout	150g
baby corn	50g
bunch spring onions	one
plum tomatoes (small punnet)	one
butternut squash	100g
lemons	two
limes	one
ginger	10g
parsley	25g
basil	25g
coriander	75g
tarragon	25g
<b>FROZEN</b>	
<i>Mc Cain</i> Southern fries 907g	one
Pair of pop sox or muslin sheets	one
<b>ESTIMATED TOTAL COST</b>	<b>£38.00</b>

### RECOMMENDED SUPERMARKET SAUSAGES

- \* Duchy Selections Old Fashioned Pork Sausages
- \* The Black Farmer Premium Pork Sausages
- \* Waitrose Free Range Pork Sausages
- \* Tesco Finest Traditionally Made Pork Sausage

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## Menu Plan For Week Four

**MONDAY:**

Braised sausages and potato wedges Italian style

**TUESDAY:**

Spaghetti infused with basil oil with a tomato, coriander and spring onion salad

**WEDNESDAY:**

Lemon tarragon chicken with steamed couscous, carrots and mange tout

**THURSDAY:**

Creamy coconut vegetable curry with basmati rice

**FRIDAY:**

Oriental salmon with stir- steamed vegetables and spicy noodles

**SATURDAY:**

Veal escalope in a cream sauce with French fries and fine green beans

**SUNDAY:**

Vietnamese pork with sugar snap peas, baby corn and cardamom scented rice

## Important Recipe Notes

- 1 If you're doubling up on the rice for Creamy Coconut Vegetable Curry and the Vietnamese Pork, you can still add the cardamom pods as it works well in both dishes or serve them both with plain rice.

## Braised Sausages & Potato Wedges Italian Style

The Italian version of bangers and mash with a sophisticated twist. Prego!

**Serving Size:** 2 generous portions

**Preparation Time:** 10 minutes

**Cooking Time:** 30 minutes

**Effort Level:** Dead easy

**Shelf Life:** 2 days in the fridge. Doesn't freeze

### Ingredients:

- ✓ 6 premium pork and herb sausages
- ✓ 2 medium potatoes
- ✓ 3 tbsp olive oil
- ✓ 1 red onion
- ✓ 4 fat garlic cloves OR 2 tsp pre-chopped garlic
- ✓ 25g parsley
- ✓ 1 lemon
- ✓ M&S Tuscan Herb & Lemon Mill
- ✓ Salt and freshly milled pepper

### You Will Need The Following Equipment:

- ✓ Flameproof casserole dish
- ✓ Chopping board and sharp knife
- ✓ Lemon squeezer or reamer
- ✓ Fine microplane
- ✓ Measuring jug

**N.B If you can't find Italian seasoning rub make your own and store in an airtight jar:**

- ✓ 1 tbsp fennel seeds
- ✓ 1 tbsp (heaped) dried oregano
- ✓ 1 tbsp (heaped) dried thyme
- ✓ 1 tbsp (heaped) dried sage
- ✓ 10 grinds black pepper
- ✓ 1 tsp caster sugar

### **Step One:    Let's Prep!**

1. Pre-heat the oven to **220C/425F/Gas 7**
2. Thinly slice **1 onion**.
3. Roughly chop **4 cloves garlic** (if using fresh).
4. Scrub **2 potatoes** and cut in half lengthways. Then cut each half into quarters (lengthways again) and then again into eighths, so you end up with wedges approx  $\frac{3}{4}$  - **1 cm thick**.
5. Grate the **zest** and squeeze the **juice of 1 lemon**.

### **Step Two:    Let's Cook!**

1. Heat **1 tbsp olive oil** in the casserole dish. Prick the sausages then fry them in the hot oil for **2 MINUTES** over a **medium heat**.
2. Turn the **sausages** over and fry for a further **2 MINUTES**.
3. Now add **2 tbsp olive oil**, the **sliced onion**, **lemon juice** and **zest**, **garlic** OR **2 tsp pre-chopped garlic**, the **potato wedges** and sprinkle with a healthy grinding of *M&S Tuscan Herb & Lemon Mill*
4. Shake the casserole well, coating the contents thoroughly and arrange the **sausages** on top of the potato wedges.
5. Pour **200ml water** over the sausages and **cover** the casserole with a tight fitting lid. Place on the middle oven shelf for **30 MINUTES**.
6. Meanwhile, finely chop **25g parsley**.
7. After 25 minutes, turn off the oven. Take out the casserole and place **2 dinner plates** inside to warm through.
8. Sprinkle the **parsley** over the sausages and season with **salt** and freshly ground **black pepper** stirring well to combine the flavours. **Taste** and adjust the seasoning if necessary, then **cover** and rest for **5 MINUTES** before serving.

**N.B: This dish is quite lemony. If the sauce is too sharp for your taste, just add a generous splash of olive oil and stir well.**

**"Bellissimo!"**

## Spaghetti Infused With Basil Oil & Plum Tomato, Coriander & Spring Onion Salad

No wonder this is a No 1 hit with just about everyone. It's wonderfully fresh and full of flavour and so easy to make it's embarrassing!

**Serving Size:** 2 portions

**Preparation Time:** 6 minutes

**Cooking Time:** 10 minutes

**Effort Level:** Dead easy

**Shelf Life:** 2 days in fridge. Doesn't freeze

### Ingredients:

- ✓ 200g spaghetti
- ✓ 1 tbsp salt
- ✓ 25g fresh basil
- ✓ 1 garlic clove (optional)
- ✓ 150ml *Carapelli* extra virgin olive oil.
- ✓ 25g parmesan (*optional*)
- ✓ 1 small punnet plum tomatoes
- ✓ 3 spring onions
- ✓ 25g coriander leaves

### Classic Dressing

- ✓ ½ tsp *Maille* Dijon mustard
- ✓ 1 tbsp *Yutaka* rice vinegar
- ✓ 2 tbsp *Carapelli* extra virgin olive oil
- ✓ 1 tbsp sunflower oil
- ✓ Salt and freshly milled pepper

### You Will Need The Following Equipment:

- ✓ 3 litre saucepan with lid
- ✓ Tablespoon and teaspoon
- ✓ Colander
- ✓ Liquidiser
- ✓ 1 screw top glass jar
- ✓ 1 small bowl and whisk for salad dressing
- ✓ Salad plate

### **Step One:    Let's Prep!**

1. Basil Oil: Pour **150ml extra virgin olive oil** into the liquidiser add **a small pinch of salt, 25g basil leaves** and **1 garlic clove** (optional).
2. Turn power to low and increase slowly to full power, scraping down the sides when needed. When smooth, pour into a screw top jar.

### **Step Two:**

1. Mix in a small bowl **1 tbsp rice vinegar** with **½ tsp Dijon Mustard**. Slowly whisk in **1 tbsp sunflower oil** and **2 tbsp extra virgin olive oil**. Season with freshly milled black **pepper** and a pinch of **salt**.

### **Step Three:    Let's Cook!**

1. Boil a kettle with **1.5 litres water**, once boiled pour into a 3 litre saucepan and place over a **high heat**. Add **1 tbsp salt** and cover with a tight fitting lid.
2. When the lid starts to **rattle**, snap **200g spaghetti** in half and add to the pan. Give it a **good stir** then replace the lid for **30 SECONDS** or so to get the water bubbling again. As soon as it does, remove the lid and give the spaghetti another **good stir** and leave to **boil uncovered** for **10 MINUTES** stirring occasionally.
3. Meanwhile make the salad. Halve or quarter the **plum tomatoes**. Finely chop **3 spring onions** and **25g coriander leaves**. Mix with the tomatoes and arrange on a salad plate then drizzle over some **classic dressing**.
4. Hook out a spaghetti strand to check if it's cooked. When it's 'al dente' (firm to the bite) drain into the colander, shake well and return to the saucepan but keep **off the heat**.
5. Spoon half the **basil oil** over the spaghetti, adding more if needed.
6. Serve with grated parmesan if desired and the tomato and spring onion salad.

**"Delicioso!"**



## **Lemon Tarragon Chicken With Steamed Couscous Carrots & Mange Tout**

Tarragon and lemon make a great pairing and compliment chicken brilliantly. This version has a fresh, zippy sauce that will have everyone back for more.

**Serving Size:** 2 portions

**Preparation Time:** 15 minutes

**Cooking Time:** 4 minutes

**Effort Level:** Easy

**Shelf Life:** 3 days in fridge. 3 months freezer

### **Ingredients:**

- ✓ 2 x 200g skinless chicken breasts
- ✓ 1 lemon
- ✓ 15g fresh tarragon
- ✓ 15g unsalted butter
- ✓ 4 (heaped) tbsp crème fraîche
- ✓ 2 tsp *Knorr Touch of Taste* concentrated liquid chicken stock
- ✓ 100g couscous
- ✓ Cayenne pepper
- ✓ Olive oil
- ✓ 1 carrot
- ✓ 100g mange tout
- ✓ Butter
- ✓ Nigella seeds

### **You Will Need The Following Equipment:**

- ✓ Frying pan
- ✓ Chopping board and sharp knife
- ✓ 2 litre saucepan
- ✓ Sieve or colander
- ✓ Fine microplane
- ✓ Oven proof bowl
- ✓ Tablespoon and teaspoon
- ✓ Measuring jug
- ✓ Lemon squeezer or reamer
- ✓ Pestle (optional)
- ✓ Tin foil

### **Step One:    Let's Prep!**

1. Fill a kettle with **500ml water** and bring to the boil.
2. Put **2 dinner plates** in a low oven to warm.
3. Tip **100g couscous** into an oven proof dish, pour on **150ml boiling water**, plus a splash of **olive oil**, add a pinch of **salt**, a dash of **cayenne** and stir well. **Cover** with **tin foil** and place on the bottom oven shelf and leave to steam and swell until you're ready to serve.
4. Peel and halve **1 carrot** lengthways. Take both halves and slice lengthways again into **4 or 5 long thin strips**.
5. Top and tail **100g mange tout**.
6. Strip the **tarragon leaves** off their stems, chop finely and put aside.
7. Flatten the **chicken breasts** with the heel of your hand or use the base of a pestle until they have an **even thickness of 1 cm** then cut each breast into **4-5 slices**.

### **Step Two:    Let's Cook!**

1. Pour the remaining water from the kettle into a small saucepan, place over a **high heat** and add **1 tsp salt**.
2. Measure **4 heaped tbsp crème fraîche** into the frying pan. Finely grate the **zest** of **1 lemon** and squeeze the juice from **half** and add to the pan with **2 tsp Knorr liquid chicken stock**, **2 tbsp water** and **15g butter**. Place the frying pan over a **medium heat** and bring the sauce up to the boil.
3. Meanwhile, take the **couscous** out the oven, fluff well with a fork then return to the oven to keep warm.
4. Lay the **chicken slices** in the bubbling sauce and cook for **2 MINUTES**.
5. Add the **carrots** and **mange tout** to the rapidly boiling water and boil for **1½ MINUTES**.
6. Turn the **chicken slices** over and cook for a further **2 MINUTES**. Thin down with a little water if needed then take the frying pan **off the heat**. **Taste** and adjust seasoning if needed and sprinkle with chopped **tarragon**.
7. Take the vegetables **off the heat**. Drain into a colander and return to the pan. Add a **knob of butter**, sprinkle with **nigella seeds** and **cover** to keep hot.
8. Take the **2 dinner plates** out the oven, add the vegetables, couscous and lemon tarragon chicken.
9. Serve.

**"Ooh La La!"**

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## Creamy Coconut Vegetable Curry

This fragrant, aromatic curry is divine. Even hardened meat eater's love it! I'm serving it here with rice, but naan bread works just as well and is perfect for mopping up all the dreamy sauce.

**Serving Size:** 4 portions

**Preparation Time:** 20 minutes

**Cooking Time:** 20 minutes

**Effort Level:** A little effort

**Shelf Life:** 2 days in fridge. 3 months in freezer

### Ingredients:

- ✓ 6 tbsp sunflower oil
- ✓ 1 large onion
- ✓ 6 cloves garlic
- ✓ 2 Thai red chillies
- ✓ 30g fresh ginger
- ✓ 2 tsp turmeric
- ✓ 2 tsp nigella seeds
- ✓ 1 tbsp garam marsala
- ✓ 1 tbsp ground cumin
- ✓ 6 cardamom pods
- ✓ 150g *Maggi* powdered coconut milk
- ✓ 75g coriander leaves
- ✓ 2 large carrots
- ✓ 2 large potatoes
- ✓ 350g butternut squash
- ✓ 150g frozen peas
- ✓ 150g extra fine green beans
- ✓ 250g *Tilda* basmati rice
- ✓ 1 tsp sugar
- ✓ 1 tsp salt

### You Will Need The Following Equipment:

- ✓ Food processor
- ✓ Large frying pan with lid (or cover with tin foil)
- ✓ Chopping board and sharp knife
- ✓ Vegetable peeler
- ✓ Wooden spoon, tablespoon and teaspoon
- ✓ Measuring jug
- ✓ Medium saucepan with lid
- ✓ Pestle (optional)
- ✓ Sieve

**N.B.:** This sauce has a soupy consistency, so serve it in large bowls.

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### **Step One:    Let's Prep!**

1. Fill a kettle and bring to the boil.
2. **Split 6 cardamom pods** by pressing down on their shells with the back of a spoon or use a pestle, scrape out the seeds then tip into the food processor. Now add **1 tbsp ground cumin, 1 tbsp garam marsala, 2 tsp turmeric, 2 tsp nigella seeds.**
3. Roughly chop **1 onion** and **30g fresh ginger, 6 cloves garlic and 2 chillies** (including seeds if you like your curry hot) and tip them into the processor with the spices and blitz to a smooth paste.
4. Peel and dice into **bite size chunks** the **potatoes, carrots and squash** (discard squash seeds). Trim the **green beans** and put aside for later.

### **Step Two:    Let's Cook!**

1. Heat **6 tbsp sunflower oil** in the frying pan and add the contents from the food processor. Fry over a **low/medium heat** for **5 MINUTES** stirring occasionally.
2. Tip the **vegetables excluding the beans** into the frying pan and pour over **500ml boiling water** or enough to just cover the vegetables. Increase to a **medium heat** **cover** with a lid and simmer for **10 MINUTES**.
3. Now cook the rice. Re-boil the kettle then pour **1 litre water** into a saucepan with **1 tsp salt** and place over a **high heat** and **cover** with a lid.
4. Rinse **250g rice** and add to the rapidly boiling water. Stir well then **reduce the heat** and leave to simmer for **10 MINUTES** with the pan uncovered.
5. Whilst the rice cooks, warm **4 large bowls** in a low oven.
6. **Finely chop 75g coriander leaves** and put aside.

### **Step Three:**

1. Back to the curry: After 10 minutes have passed **remove the lid** and increase to a **high heat**. Add the green beans and cook for a couple of minutes. Next, sprinkle on **150g Maggi coconut powder** and stir well until dissolved. Now add **150g frozen peas, 1tsp sugar** and **1 tsp salt** and leave the sauce to bubble and thicken whilst you finish off.
2. Drain the **rice**, return to the saucepan and **cover** to keep hot.
3. Add the **chopped coriander** to the curry. **Taste** and season if needed.
4. Take the **4 warmed bowls** out the oven and serve.

**"Ta Da" Dinner's Ready!**

## **Oriental Salmon**

### **With Stir- Steamed Vegetables & Spicy Noodles**

Even if you're not wild about salmon you'll love this. It has a clean sharp taste that cuts through the richness of the salmon perfectly.

**Serving Size:** 2 portions

**Preparation Time:** 25 minutes

**Cooking Time:** 5 minutes

**Effort Level:** A little effort

**Shelf Life:** 1 day in fridge. Doesn't freeze

#### **Ingredients:**

- ✓ 2 x 200g skinless/boneless salmon fillets (approximately 2cm thick)
- ✓ *Gourmet Garden* ginger
- ✓ *Gourmet Garden* chilli
- ✓ *Gourmet Garden* garlic
- ✓ 2 tbsp *Kikkoman* soy sauce
- ✓ ½ tbsp *Squid Brand* fish sauce
- ✓ 1 tbsp sunflower oil
- ✓ 1 tbsp sweet chilli sauce
- ✓ *Sharwoods* medium egg noodles
- ✓ 200g Pak Choi
- ✓ 3 spring onions
- ✓ 25g coriander leaves
- ✓ 1 red pepper
- ✓ ½ lime

#### **You Will Need The Following Equipment:**

- ✓ Large frying pan with lid
- ✓ 1.5 litre saucepan with lid
- ✓ Chopping board and sharp knife
- ✓ Lemon squeezer or reamer
- ✓ Tablespoon and teaspoon
- ✓ Fish slice or spatula
- ✓ 3 plates
- ✓ Sieve

**N.B.:** For best results allow 2 minutes cooking time per 1cm depth of salmon

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### **Step One:    Let's Prep!**

1. The marinade: Squeeze onto a plate **6 cm each Gourmet Garden chilli** and **garlic** plus **10cm ginger**, add **1 tbsp soy sauce** and **½ tbsp Squid fish sauce**. Blend well together then add the **salmon fillets** turning them in the marinade to coat both sides.
2. Place **2 dinner plates** in a low oven to warm through.
3. Thinly slice the **pak choi** widthways. Separate the green leaves onto a small plate and the white stem part onto another.
4. Finely chop **25g coriander** and add to the plate of **green pak choi leaves**.
5. Turn the **salmon fillets** over in the **marinade**.
6. Thinly slice **3 spring onions** and **1 red pepper** and add to the plate containing the **white pak choi**.

### **Step Two:    Let's Cook!**

1. Place an empty frying pan over a **medium heat** to heat through. Meanwhile, boil **1 litre water** in the kettle then pour into a medium saucepan with **1 tsp salt**. Place over a **high heat** and **cover** with a lid.
2. Pour **1 tbsp sunflower oil** into the hot frying pan, turn the temperature down to **medium/low heat** and add the **marinated salmon fillets** (reserve the marinade)
3. Add the **egg noodles** to the rapidly boiling water.
4. **Turn the salmon fillets** over after **2 MINUTES** and cook the other side for a further **2 MINUTES** then remove to a plate.
5. Increase to a **high heat** and add a **splash more oil** to the pan, followed by the **white pak choi**, **red pepper** and **spring onions** and stir fry around the pan. Add the **marinade** and the juice of **½ lime** and stir fry for **1 MINUTE**.
6. Stir in the **green pak choi leaves** and **chopped coriander** then lay the reserved **salmon fillets** over the top. **Cover** with a lid then take the pan **off the heat** and leave to infuse whilst you finish off.
7. Drain the **noodles** and return to the pan with a dash each of **soy sauce** and **sweet chilli sauce**, toss well to coat.
8. Take the **warmed dinner plates** out the oven and arrange the noodles in the centre. Heap the vegetables over and top each plate with a salmon fillet.

**"Bon Appétit!"**

## **Veal Escalopes In A Crème Fraiche & Dijon Sauce With French Fries & Fine Green Beans**

This elegant supper dish is also tasty, quick and easy to make. Enjoy!

**Serving size:** 2 portions

**Preparation & Cooking Time:** 17 minutes

**Effort Level:** Dead easy

**Shelf Life:** 3 days in fridge. 3 months in freezer

### **Ingredients:**

- ✓ 2 x 200g veal escalopes ½ cm thick
- ✓ 15g unsalted butter
- ✓ 1 dessertspoon olive oil
- ✓ 2 tsp *Maille* Dijon mustard
- ✓ ½ tsp '*Knorr Touch of Taste*' concentrated liquid chicken stock
- ✓ 3 tbsp crème fraîche
- ✓ 250g *McCains* southern fries
- ✓ 100g extra fine green beans
- ✓ Salt and freshly milled pepper
- ✓ Butter

### **You Will Need The Following Equipment:**

- ✓ 1 medium and 1 small plate
- ✓ Chopping board and sharp knife
- ✓ Tablespoon, dessertspoon and teaspoon
- ✓ Spatula
- ✓ Frying pan
- ✓ Small saucepan
- ✓ Baking sheet
- ✓ Sieve

### **Step One:    Let's Prep & Cook At The Same Time!**

1. Pre-heat the oven to **220C/425F/Gas 7**
2. Place the **baking sheet** on the top oven shelf to get hot.
3. Top and tail **100g green beans**.
4. Season the **escalopes** on both sides with freshly ground black **pepper** and **salt**.
5. Arrange **250g Southern Fries** on the hot baking sheet, sprinkle with a little **salt** and return to the top shelf of the oven for **15 MINUTES**.

### **Step Two:**

1. When the fries have been in the oven for **10 MINUTES** place the frying pan over a **medium/high heat** add **15g butter** and **½ tablespoon olive oil**.
2. Boil **300ml water** in the kettle, pour into a small saucepan with **1 tsp salt** and place over a **high heat**.
3. Add the **escalopes** to the sizzling pan and fry for **45 SECONDS** each side then transfer to a small plate.
4. Tip the **green beans** into the rapidly boiling water and cook for **3 MINUTES**.
5. Now add to the frying pan **3 tbsp crème fraîche, 2 tsp Dijon mustard, 2 tbsp water** and **½ tsp Knorr liquid chicken stock**. Stir well and leave to bubble and thicken over a **medium heat** for **2 MINUTES**.
6. Meanwhile, place **2 dinner plates** on the bottom oven shelf and then **turn off the oven**

### **Step Three:**

1. **Taste** the creamy Dijon sauce and adjust the seasoning if necessary. Then return the **escalopes** to the pan and take **off the heat**.
2. Drain the **green beans** and return to the saucepan.
3. Take the **warmed dinner plates** and the **French fries** out of the oven. Arrange the French fries and green beans onto each plate, add the veal escalope and spoon over the creamy Dijon sauce.
4. Serve.

**"Ooh La La!"**

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## **Vietnamese Pork With Cardamom Scented Rice, Sugar Snap Peas & Baby Corn**

This slow cooked, aromatic and fragrantly spiced dish works beautifully in creating meltingly tender pork. Delicious!

**Serving Size:** 2 generous portions + leftovers

**Preparation & Cooking Time:** 1¾ hours

**Effort Level:** Dead easy

**Shelf Life:** 2 days in fridge. 3 months in freezer

### **Ingredients:**

- ✓ 2 kg spare rib chops, belly pork or shoulder
- ✓ 80g fresh ginger root or 2 tbsp *Gourmet Garden* ginger
- ✓ 4 cinnamon sticks or 2tsp ground cinnamon
- ✓ 4 tbsp soft brown sugar
- ✓ 8 star anise
- ✓ 150ml soy sauce
- ✓ 100ml pale dry sherry or Shaoxing rice wine (not sake)
- ✓ 1 heaped tbsp cornflour
- ✓ 50g baby corn
- ✓ 50g sugar snap peas
- ✓ 125g *Tilda* basmati rice
- ✓ 2 cardamom pods
- ✓ *Gourmet Garden* Ginger
- ✓ Butter

### **You Will Need The Following Equipment:**

- ✓ Chopping board and sharp knife
- ✓ 2.75 litre flameproof casserole dish
- ✓ Wooden spoon, tablespoon and slotted spoon
- ✓ 1 medium saucepan
- ✓ 1 small saucepan
- ✓ 1 teacup
- ✓ Sieve
- ✓ Tin foil
- ✓ Pop sock

**N.B:** Recipe ingredients for the pork can be halved if preferred

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## **Step One     Let's Prep & Cook At The Same Time!**

1. Preheat the oven to **130C/250F/Gas ½**
2. Remove the fat and any rind then dice the pork into **4cm cubes** (the cubes may appear large but they shrink during cooking). Tip the cubed pork into a large ovenproof casserole and add **4 tbsp soft brown sugar**.
3. Pour on **150ml soy sauce, 100ml dry sherry or rice wine** and add **550ml water**. Place over a **high heat** and bring up to the boil.
4. Peel and roughly slice **80g fresh ginger** and place in a pop sock with **8 star anise** and **4 cinnamon sticks** and submerge into the liquid. (alternatively add 2 tsp ground cinnamon and 2 tbsp Gourmet Garden ginger directly into the liquid) .
5. Pull off enough **tin foil** to **fold double** and cover the top of the casserole, then replace the lid and place the casserole on the middle oven shelf for **1½ HOURS**.

## **Step Two:**

1. After 1½ hours boil **1.5 litres water** then pour **1 litre** into a saucepan with **1 tsp salt** and place over a **high heat**.
2. Rinse **125g basmati rice** and tip into the saucepan and leave to cook uncovered for **12 MINUTES**.
3. Place **2 large bowls** in the oven to warm and **take out the casserole**, place it over a **high heat** and boil *rapidly* for **10 MINUTES**.
4. While the casserole is boiling, split **2 cardamom pods** (by pressing down hard on their shells with the back of a spoon or use a pestal), scrape out the seeds and crush to a powder then stir them into the **rice**.
5. Now top and tail **50g sugar snap peas** and slice **50g baby corn** in half lengthways.
6. Measure **1 heaped tbsp cornflour** into a teacup with **3 tbsp cold water** and mix to a smooth paste and stir into the casserole until the sauce thickens, then return the **casserole to the oven** until you're ready to serve.

## **Step Three :**

1. Flick the kettle back on then pour the remaining **½ litre boiling water** into the small saucepan, add a pinch of salt and place over a **high heat**.
2. Tip the **baby corn** and **sugar snap peas** into the pan of rapidly boiling water and cook for **1½ MINUTES**.

Continued overleaf

3. Drain the **rice** and return to the saucepan.
4. Take the **2 warmed bowls** and the **casserole** out the oven.
5. Strain the vegetables then return them to the pan. Add a knob of **butter** and a squeeze of **Gourmet Garden ginger** and swirl around the pan coating the vegetables in the gingery butter.
6. Serve.

**"Bon Appétit!"**

## Blend it Baby!

Homemade mayonnaise is far nicer than the commercial, ready made brands and infinitely cheaper. So it's surprising more people don't make it especially as most of us have liquidisers and food processors to do all the hard work for us.

I prefer using a liquidiser to a food processor as it gives me the flexibility of making smaller quantities. I find the best ratio to use is two thirds groundnut or sunflower oil to one third olive oil. Olive oil on its own is too strong and overpowering.

### **Homemade Mayonnaise** – keeps 7 days in the fridge

1. Place **1 whole egg** and **1 egg yolk** into the liquidiser with **1 tsp salt, 10 grinds pepper, ½ tsp Coleman's English powdered mustard, 1 tbsp lemon juice, 1 tsp vinegar** and blend for a few seconds to combine.
2. With the motor still running, very *gradually* pour through the lid cavity **250ml oil**. Once all the oil has been incorporated add **2 tbsp cold water** to stabilise.

## Variations...

### **Aioli**

4 cloves of chopped garlic  
½ teaspoon Dijon mustard

### **Cucumber with Mint**

3 inch piece of cucumber peeled, de-seeded and finely chopped  
25g mint finely chopped (chop before adding)

### **Herb**

1 tbsp each of tarragon, chives and dill

### **Basil & Pimento**

2 red peppers skinned, deseeded and chopped  
Large handful of fresh basil chopped

### **Lime and Coriander**

Juice and zest of 1 lime  
25g fresh coriander finely chopped (chop it before adding)  
*Replace the vinegar and lemon juice with the lime juice.*

### **Lemon and Tarragon**

Juice and zest of 1 lemon  
Zest of 1 lemon  
1 tbsp fresh tarragon (finely chopped before adding)  
*Replace the vinegar with the lemon juice.*

Continued overleaf

**Watercress**

30g watercress sprigs

1 clove garlic finely chopped

1 tablespoon water

Chop the garlic. Plunge the watercress into boiling water for 30 seconds, shake vigorously, roughly chop and add to the finished mayonnaise with the garlic.

**Tartare Sauce**

1 tablespoon chopped chives

1 tablespoon chopped capers

1 tablespoon chopped gherkins

**Anchovy & Caper**

1½ tbsp capers rinsed and finely chopped

6 anchovy fillets finely chopped

1 tbsp flat leaf parsley

**NB:** Omit the salt from the basic recipe!

## Seven Super Soups Super Fast

Nothing conjures up home cooking more than a steaming bowl of wholesome soup. It's warming, satisfying, restorative food and hard to beat on a cold winters day.

Soup is healthy fast food at its best. It's simple to make, tastes delicious and is good for you.

Great tasting soup is all about using good ingredients and having a decent stock base, but this doesn't mean having to spend hours in the kitchen.

I use *Knorr Touch of Taste Concentrated Liquid Stock*. As commercial stocks go, this one is brilliant because it doesn't taste salty or synthetic and in my experience no one can tell the difference. Amazing!

You can make all seven super soups in an hour and a half! Start with the spicy lentil because it takes the longest to cook, then follow the order below.

By the time you've finished making the other six soups, washed up and cleared away, your spicy lentil soup will be ready. It couldn't be simpler.

**N.B:** All these soups can be frozen.

## Here's What You Can Make ...

Seven Super Soups	Preparation Time In Minutes	Cooking Time In Minutes
Spicy Lentil	One	Forty Five
Leek & Potato	Twelve	Ten
Coconut Prawn & Pumpkin	Ten	Eight
Roasted Red Pepper	Two	Fifteen
Carrot Ginger Cardamom	Five	Ten
Spicy Tomato	One	Five
Mint, Pea & Courgette	One	Three

Soup is versatile so be spontaneous and make up your own versions too. You can make it from almost anything but be cautious if using turnips, swede, parsnip, parsley and rosemary. They all impart a strong taste, so use sparingly to prevent them overpowering everything else.

## Spicy Lentil Soup

A delicious, hearty soup that's simple to make.

**Serving Size:** 4 big bowls

**Preparation Time:** 1 minute

**Cooking Time:** 45 minutes

**Effort Level:** Dead easy

**Shelf Life:** 3 days in fridge. 6 months in freezer

### Ingredients:

- ✓ 300g Puy lentils
- ✓ 3 tbsp *Knorr Touch of Taste* concentrated liquid vegetable stock
- ✓ 2 tsp *La chinata* smoked paprika
- ✓ 2 tsp ground cumin
- ✓ 2 tsp ground coriander
- ✓ 1 tsp coriander seeds (optional)
- ✓ small pinch chilli flakes
- ✓ 2 tbsp fresh herbs – such as parsley or coriander

### You Will Need The Following Equipment:

- ✓ Large saucepan
- ✓ Chopping board and sharp knife
- ✓ Tablespoon
- ✓ Sieve

**N.B:** A few spoonfuls of this soup can be added to meat, fish or vegetable dishes to give them extra zip.

## Let's Cook!

1. Fill the kettle with **2 litres water** and bring to the boil. (depending on the capacity of your kettle you may have to refill twice)
2. Whilst the kettle boils add **2 tsp smoked paprika, 2 tsp ground cumin, 2 tsp ground coriander, 1 tsp coriander seeds** (if using) and a **small pinch of chilli flakes** into a large saucepan.
3. Pour **300g lentils** into the sieve and rinse under the cold tap then tip into the saucepan with the spices. Add **3 tbsp Knorr liquid stock** and stir well.
4. Add the **2 litres boiling water** and place over a **high heat**. Bring up to the boil then reduce the heat slightly and leave to cook uncovered on a gentle boil for **45 MINUTES**.
5. At the end of cooking time, dilute down with a little water if necessary, chop the herbs and add to the pan and serve.

**"Bon Appétit!"**

## Leek & Potato Soup

A creamy, comforting soup that soothes and satisfies.

**Serving Size:** 2 big bowls

**Preparation:** 12 minutes

**Cooking Time:** 10 minutes

**Effort Level:** Easy

**Shelf Life:** 3 days in fridge. 3 months in freezer

### Ingredients:

- ✓ 3 medium leeks
- ✓ 1 medium sized potato
- ✓ 2 tbsp *Knorr Touch of Taste* concentrated liquid vegetable stock
- ✓ 50g unsalted butter

### You Will Need The Following Equipment:

- ✓ Chopping board and sharp knife
- ✓ Wide based pan approx 10" with lid
- ✓ Liquidiser / blender stick
- ✓ Food processor (optional)
- ✓ Box grater
- ✓ Tablespoon

**N.B:** The trick here is to chop the vegetables very finely and cook them super fast to produce a lovely appetising pale green soup that looks as good as it tastes.

## Let's Cook!

1. Gently melt **50g butter** in a wide based pan over a **low heat**. Whilst it melts peel the **potato** then carefully run it over the 3 slicing grooves on the side of your box grater. Tip the slices into the pan and thoroughly coat them in butter. Now take the pan **off the heat** whilst you prep the leeks.
2. Trim the roots and coarse outer leaves from **3 leeks**, then rinse under the tap to remove any dirt. Slice, then pulse in the processor until fairly fine. Or cut lengthways into four long strips then slice widthways into thin strips, to produce finely diced leeks. Add to the potatoes and cook for **3 MINUTES** stirring constantly on a **medium heat**.
3. Boil **800ml water** in the kettle then add to the pan with **2 tbsp Knorr liquid vegetable stock**. Increase to a high heat and boil rapidly for **7 MINUTES** and the vegetables are soft.
4. Take the pan **off the heat**. **Season** with salt and pepper and puree with a blender stick or in a liquidiser until smooth.
5. Serve hot or cold.

"Bon Appétit!"



## Coconut, Prawn & Pumpkin Soup

Amazingly intense and refreshing fish broth  
I guarantee you'll make it again and again!

**Serving Size:** 2 big bowls

**Preparation Time:** 10 minutes

**Cooking Time:** 8 minutes

**Effort Level:** Easy

**Shelf Life:** 3 days in fridge. 3 months in freezer

### Ingredients:

- ✓ 200g pumpkin or butternut squash
- ✓ 200g small frozen prawns
- ✓ 2 medium heat chillies
- ✓ 4 spring onions
- ✓ 4 garlic cloves OR 2 tsp pre-chopped garlic
- ✓ 1 tbsp sunflower oil
- ✓ 1 tbsp *Knorr Touch of Taste* concentrated liquid fish stock
- ✓ 75g *Maggi* coconut powder
- ✓ 2 tbsp *Squid Brand* fish sauce
- ✓ 25g coriander leaves

### You Will Need The Following Equipment:

- ✓ Medium saucepan
- ✓ Chopping board and sharp knife
- ✓ Tablespoon and teaspoon
- ✓ Fork or small whisk

## Let's Cook!

1. Boil **800ml water** in the kettle.
2. Finely chop **2 chillies** (removing their seeds if you prefer less heat) and **4 cloves garlic** or use **2 tsp pre-chopped garlic**, tip them into the saucepan and add **1 tbsp sunflower oil** then put the saucepan aside.
3. Peel and chop **200g pumpkin** into small dice approx ½ cm squares.
4. Now place the saucepan with the chillies and garlic over a **high heat** and stir continuously for **45 SECONDS**.
5. Add **800ml boiling water** plus **1 tbsp Knorr liquid fish stock**. Tip in the diced **pumpkin** and boil for **6 MINUTES**.
6. Whilst it cooks, thinly slice **4 spring onions** and finely chop **25g coriander**
7. Now add **75g Maggi coconut powder** to the pan stirring well until the coconut dissolves.
8. Add the **spring onions** and **2 tbsp fish sauce** and continue boiling the soup for **2 MINUTES**.
9. Now add **200g frozen prawns** plus the **coriander** and stir well.
10. Take the pan **off the heat** and leave to infuse for **1 MINUTE**.
11. Serve.

"Bon Appétit!"

## Roasted Red Pepper Soup

Delicious, light and creamy and perfect during summer or as a first course.

**Serving Size:** 2 big bowls

**Preparation Time:** 2 minutes

**Cooking Time:** 15 minutes

**Effort Level:** A little effort

**Shelf Life:** 3 days in fridge. 6 months in freezer

### Ingredients:

- ✓ 2 tbsp *Knorr Touch of Taste* concentrated liquid vegetable stock
- ✓ 4 large red peppers
- ✓ 4 cloves garlic OR 2 tsp pre-chopped garlic
- ✓ 1 onion
- ✓ 2 tbsp olive oil
- ✓ Handful of basil leaves

### You Will Need The following Equipment:

- ✓ Medium saucepan
- ✓ Chopping board and knife
- ✓ Clingfilm and plate
- ✓ Liquidiser or blender stick

## Let's Cook!

1. Pre-heat the grill to highest setting.
2. Halve the peppers lengthways and remove the seeds. Flatten them out with the heel of your hand and arrange them skin side up on the grill tray. Position the tray directly under the heat for **6-8 MINUTES** and the skins are blackened.
3. Meanwhile slice **1 onion** and **4 garlic cloves** or **2 tsp pre-chopped garlic** and tip into the saucepan with **2 tbsp olive oil**. Place over a low heat and fry gently for **6 MINUTES** stirring occasionally.
4. Now transfer the charred peppers to a plate and cover tightly with cling film.
5. Boil **800ml water** in the kettle then add to the saucepan with **2 tbsp Knorr liquid vegetable stock** and leave to simmer gently.
6. Once the peppers are cool enough to handle, strip off their charred skins and chop into rough dice then add to the pan. Increase to a medium heat and leave to simmer for **5 MINUTES**
7. Meanwhile, stack the basil leaves on top of one another then starting at the tip roll them into a cylinder and slice widthways into narrow ribbons.
8. Puree the pepper soup until smooth and serve topped with the basil ribbons

"Bon Appétit!"

## Carrot, Ginger & Cardamom Soup

Cardamom and ginger combine brilliantly with carrots and coriander. Enjoy!

**Serving Size:** 3 big bowls

**Preparation Time:** 5 minutes

**Cooking Time:** 10 minutes

**Effort Level:** Easy

**Shelf life:** 3 days in fridge. 6 months in freezer

### Ingredients:

- ✓ 6 medium carrots
- ✓ 2 cardamom pods
- ✓ 1 bay leaf
- ✓ 15g coriander leaves
- ✓ 1 tbsp *Gourmet Garden* ginger
- ✓ 2 tbsp *Knorr Touch of Taste* concentrated liquid vegetable stock

### You Will Need The Following Ingredients:

- ✓ Medium saucepan
- ✓ Chopping board and knife
- ✓ Liquidiser / blender stick
- ✓ Tablespoon

## Let's Cook!

1. Boil **1 litre water** in the kettle.
2. Peel and thinly slice **6 carrots** and tip them into the saucepan. Add **1 litre boiling water, 1 bay leaf, 2 tbsp Knorr liquid vegetable stock, 1 tbsp Gourmet Garden ginger** and bring to the boil over a high heat.
3. Split **2 cardamom pods** with the back of a spoon, remove the seeds and add them to the saucepan with the carrots.
4. Reduce the carrots to a medium heat and simmer for **10 MINUTES**.
5. Meanwhile, finely chop **15g coriander leaves**.
6. When the carrots are soft, puree with a blender stick or liquidise until smooth and thin down with a little water if needed.
7. Stir in the chopped coriander just before serving.

"Bon Appétit!"

## Spicy Tomato Soup

This punchy little soup is BIG on flavour,  
quick to make and cheap as chips!

**Serving Size** 3 big bowls

**Preparation Time:** 1 minute

**Cooking Time:** 5 minutes

**Effort Level:** Dead easy

**Shelf Life:** 3 days in fridge. 6 months in freezer

### Ingredients:

- ✓ 400g chopped tomatoes
- ✓ 500ml carton sieved passata
- ✓ 4 fat cloves garlic OR 2 tsp pre-chopped garlic
- ✓ 1 tbsp olive oil
- ✓ 2 tsp sugar
- ✓ pinch chilli flakes
- ✓ ½ tsp *La Chinata* smoked paprika
- ✓ 1 tsp salt
- ✓ Basil oil (optional)

### You Will Need The Following Equipment:

- ✓ Medium saucepan
- ✓ Chopping board and sharp knife
- ✓ Liquidiser or blender stick
- ✓ Tablespoon and teaspoon

**N.B:** Always a useful standby, this versatile soup can be used as a base for lasagne, bolognaise or zipping up vegetable dishes.

## Let's Cook!

1. Roughly chop **4 cloves garlic** or use **2 tsp pre-chopped garlic** and tip them into a COLD saucepan with **1 tbsp olive oil**. Place the pan over a **medium heat** for **45 SECONDS**.
2. Then add **400g chopped tomatoes, 500ml passata, ½ tsp smoked paprika, 2 tsp sugar, a small pinch of chilli flakes** and **1 tsp salt** and simmer for **5 MINUTES**.
3. Take **off the heat** and blend until smooth.
4. Return to the pan and thin down with **300ml water**.
5. Reheat and serve. ***NB:*** *Delicious with a spoonful of basil oil swirled on top.*

"Bon Appétit!"

## Mint Pea & Courgette Soup

An uplifting soup with a clean fresh taste.  
You can almost feel it doing you good!

**Serving Size:** 3 big bowls

**Preparation Time:** 1 minute

**Cooking Time:** 3 minutes

**Effort Level:** Dead easy

**Shelf Life:** 1 day in fridge. 3 months in freezer

### Ingredients:

- ✓ 4 medium courgettes
- ✓ 150g frozen peas
- ✓ 25g fresh mint
- ✓ 2 tbsp *Knorr Touch of Taste* concentrated liquid vegetable stock

### You Will Need The Following Equipment:

- ✓ Medium saucepan with lid
- ✓ Chopping board and sharp knife
- ✓ Liquidiser / blender stick
- ✓ Tablespoon

## Let's Cook!

1. Boil **750ml water** in the kettle then pour into the saucepan, now add **2 tbsp Knorr liquid vegetable stock** and place over a **high heat**.
2. Thinly slice **4 courgettes** and tip them into the boiling water. **Cover** with a lid and boil rapidly for **3 MINUTES**.
3. While the courgettes are cooking, strip the **mint leaves** off their stems.
4. Now tip **150g frozen peas** and the mint leaves in with the courgettes.
5. Take the pan **off the heat** and leave to infuse for **10 MINUTES**.
6. Blend the soup until smooth.
7. Serve hot or chilled.

"Bon Appétit!"

## Kitchen Equipment & Useful Gadgets

If money was no object and neither was space I expect we'd all have no end of gadgets and electrical equipment. But as this isn't the case for most of us, I've put together a basic list of items that are in regular use in my own kitchen.

1. Electrical: Liquidiser, blender stick
2. 3 kitchen knives: cooks, vegetable and bread
3. 5 various sized heavy based, long handled saucepans with lids
4. Le Creuset oven proof casserole approx 2.75 litre
5. Deep frying pan with lid
6. Granite pestle and Mortar
7. Kitchen scales
8. Oven thermometer
9. Kitchen timer
10. Large measuring jug and *Oxo Good Grips* mini angled measure
11. Mixing Bowls: large medium and small
12. 3 sieves: large medium and small
13. Colander
14. 3 chopping boards + 1 wooden
15. Silicone baking mat (use as an anti-slip mat for chopping boards)
16. *Oxo Good Grips* vegetable peeler
17. Measuring spoon set: ranging from ¼ tsp – 1 tbsp
18. Wooden spoons
19. Slotted spoon
20. Silicone spatulas (heat resistant so you can cook with them too)
21. Fish slice
22. Kitchen tongs
23. Kitchen scissors
24. Wonder whisk or other small whisk
25. Lemon reamer or squeezer
26. Fine *Microplane* grater
27. Box grater – (with 3 slicers on the side)
28. Baking trays
29. Salt and pepper mills
30. Plastic food containers – invaluable for leftovers!



**Liquidiser & Blender Sticks** are invaluable. They blend everything from soups to mayonnaise. Generally speaking, a free standing liquidiser is more powerful than one that fits onto a food mixer or processor. Blender sticks are useful too, but they aren't 'hands free' and you do need to angle the container to reach every thing. The **Braun Multi Quick** hand blender is cheap and cheerful and effective. For more information visit: [http://www.ethicaljuicers.co.uk/blenders\\_guide.php](http://www.ethicaljuicers.co.uk/blenders_guide.php)



**Food Processors** take the chore out of chopping, slicing and mixing. I love my dinky **Kenwood CH180 mini chopper!** It's brilliant for chopping up herbs and garlic and doesn't take up any space. For large quantities the **Cuisinart DLC-2014** is a good workhorse. Before purchasing, take into consideration how much workspace you have available, the quantity of food you're processing and how often you will use it. Invariably, equipment kept in a cupboard out of view rarely gets used. Before you buy, get advice from a good kitchen shop and check out the following review: <http://www.comparestoreprices.co.uk/food-processors-reviews.asp>



**Food Mixers** are useful for making cakes, bread, desserts etc with **Kitchen Aid** being a firm favourite with professionals and home cooks. If you only need it for occasional use, opt for an electric hand held whisk instead. They take up hardly any space and won't bust your budget. Be sure to buy one with a powerful motor. If you're in the market for a food mixer, read this review before buying: <http://www.independent.co.uk/life-style/food-and-drink/news/the-ten-best-food-mixers-559741.html>



**Knives** are very personal. It's all down to the weight and how they feel in your hand. I love **Global** knives but they don't suit everyone. A good knife is a long term investment so look for quality not quantity - 3 knives are sufficient: a chef's knife, a vegetable knife and bread knife. A steel will help keep their edges sharp but it's worth having them professionally sharpened annually. Do your homework before you buy and check out the following website: <http://www.cookingforengineers.com/article/129/Chefs-Knives-Rated>





**Pots, Pans and Casseroles.** My **Le Creuset** casserole dish has been in service now for over 20 years! Expensive yes, but worth every penny and it will probably last me a life time. Another good long term investment is a decent set of pans. Don't stint! it will cost you more in the long run. Look for thick based, long handled pans – they will save you from scorched food and burnt hands! 1 small pan, 2 medium, 2 large, 1 wide shallow pan plus a frying pan and all with lids should suffice. **SKK** non stick titanium pans are top of the range and have a matching price tag. **Marco Pierre White** has a range of heavy gauge aluminium non stick pans that sound just the job. The following review may be helpful.  
[http://findarticles.com/p/articles/mi\\_qn4158/is\\_20070125/ai\\_n17152124](http://findarticles.com/p/articles/mi_qn4158/is_20070125/ai_n17152124)  
<http://www.ukhomeideas.co.uk/ideas/kitchen/kitchen-accessories/marco-pierre-white-russell-hobbs-launch-greenpan>



**Kitchen Scales.** If you want a recipe to work every time you can't afford to be without kitchen scales. There are three types to choose from; those with a spring mechanism and needle, digital scales or the old fashioned balanced scales with weights. Again it very much comes down to personal preference. Visit a reputable shop stocking a wide variety.  
<http://www.reviewcentre.com/products758.html>



**Timers And Oven Thermometers.** Ovens aren't always accurate so a thermometer is a good way of ensuring the temperature is correct and timers are great for alerting you when something is cooked. Neither cost a fortune and they'll give you peace of mind. The best timer not surprisingly, is Swiss, made by Bengt Ek. They also make kitchen scales.  
[http://www.blueshoots.com/pp/Kitchen\\_Gadgets/Gadgets/Bengt\\_Ek\\_Wireless\\_Oven\\_Thermometer.html](http://www.blueshoots.com/pp/Kitchen_Gadgets/Gadgets/Bengt_Ek_Wireless_Oven_Thermometer.html)



**Useful Gadgets.** My **Silicone baking mat** is brilliant at keeping my chopping board in place. My **mini angled measure** by '**Oxo**' **Good Grips** is invaluable. A box cheese grater with 3 side blades is perfect for wafer thin slicing. I can't do without my **fine Microplane grater** or **Kenwood flexible spatulas**. **Wonder Whisks** are brilliant for emulsifying sauces, removing lumps and whisking salad dressings. I love my **Good Grips Y peeler**, it's quick and effective, the **Zyliss soft fruit peeler** is invaluable for peeling fruit **AND** tomato skins - no more plunging them into water! **Peugeot salt and pepper grinders** are the best in the business. A **wooden lemon reamer** makes juicing a cinch. **Measuring spoons** are a must have item. I'd be lost without my **granite pestle and mortar** and a pair of **Kitchen Tongs** are very useful too. A good kitchen shop will stock all of these items. If you want to buy online, visit Lakeland. [www.lakeland.co.uk](http://www.lakeland.co.uk)

## Who the heck am I and why should you trust me anyway?

The first thing you should know is I'm a self-taught cook and the only qualification I have is a cordon bleu diploma I got when I was eighteen, but don't let that put you off!

I learnt cooking from the ground up starting as an assistant cook to a wealthy family living in Beverly Hills – they entertained on a lavish scale.

That led to me being the cook on board a private yacht. I had to cook gourmet food for 8 guests and hearty full-flavoured food for 8 crew every day, often using very few ingredients – there aren't many supermarkets on Greek islands!

After 2 years cruising around the Med I came back to the UK and cooked for billionaire businessman Lord Hanson and his directors. As you might imagine they were quite fussy.

Then I worked as a 'taster' for a society catering company specialising in government hospitality. They laid on cocktail parties and banquets for visiting heads of state. It was my job to make sure the food and wine tasted just right.

In between all that, I was (and still am) a busy housewife with kids and a hungry husband to feed, so I know what it's like to be short of time and still have to come up with tasty food every day.

I can show you shortcuts to great tastes you won't find in any other cook book. The sort of cooking 'know-how' you only discover from decades of cooking at all levels. **MAXIMUM FLAVOUR FOR MINIMUM EFFORT** is my motto, and hopefully it will become yours too once you've tried out a few of my recipes.

Here's what Michael Caines had to say about them when I met him one day...



*I love Uma's approach for her unique recipe book "Recipes That Really Work" which sets out everything from menu planning, shopping lists and larder items to practical and tasty menus, recipes and dishes. It's a fantastic, easy to follow book and I wish her all the best with it!*

**MICHAEL CAINES, MBE (2\* Michelin Chef)**

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**Uma Wylde is an exceptional cook  
with 30 years experience both as a  
professional and as a home cook.**

*Uma Wylde<sub>x</sub>*