HEARTY & GROUNDING

Herb-Stuffed Mushrooms with Crispy Breadcrumbs

PREP	COOK	SERVES
20 min	25 min	4

Vegan Vegetarian

Large mushrooms filled with garlic, parsley and golden breadcrumbs, roasted until juicy. Vegan and easy to prepare ahead.

Ingredients

- 12 large chestnut or portobello mushrooms
- 4 tbsp olive oil
- 3 garlic cloves, finely chopped
- 1 small onion, finely chopped
- 80 g fresh breadcrumbs
- 3 tbsp chopped flat-leaf parsley
- 1 tbsp chopped thyme leaves
- 1 tbsp lemon juice
- Salt and black pepper

To serve

- Lemon wedges
- A green salad

Method

1. Heat the oven to 200°C. Twist the stalks out of the mushrooms and chop the stalks finely. Keep the caps.
2. Heat 2 tbsp of the oil in a pan and cook the onion and mushroom stalks for 5 minutes. Add the garlic and cook for 1 minute more.
3. Take the pan off the heat and stir in the breadcrumbs, parsley, thyme, lemon juice, salt and pepper.

4. Place the caps hollow side up on a lined baking tray, brush with a little oil and season lightly.
5. Pile the filling into the caps, pressing it down gently, and drizzle with the remaining oil.
6. Bake for 20 to 25 minutes, until the mushrooms are tender and the tops are golden and crisp.
7. Serve hot with lemon wedges and a green salad.

HEARTY & GROUNDING

Sunday Roast Chicken with Root Vegetables and Gravy

PREP	COOK	SERVES
25 min	1 h 45 min	4 to 5

A golden roast chicken on a bed of carrots, parsnips and potatoes, with proper pan gravy.

Ingredients

For the chicken

- 1 whole chicken (about 1.8 kg)
- 50 g soft butter
- 1 lemon, halved
- 1 head garlic, halved crosswise
- A few sprigs thyme
- Salt and black pepper

For the vegetables

- 800 g potatoes, in large chunks
- 4 carrots, in thick batons
- 3 parsnips, in thick batons
- 2 red onions, in wedges
- 3 tbsp olive oil

For the gravy

- 1 tbsp plain flour
- 400 ml chicken stock
- 1 tsp soy sauce or Worcestershire sauce

Method

1. Take the chicken out of the fridge 30 minutes before cooking. Heat the oven to 200°C.
2. Pat the chicken very dry. Rub the butter all over, season generously inside and out, and put

the lemon, garlic and thyme in the cavity.

3. Toss the vegetables with the oil and a good pinch of salt in a large roasting tin. Set the chicken on top, breast side up.
4. Roast for 1 hour 30 minutes to 1 hour 45 minutes, stirring the vegetables once, until the skin is deep golden and the juices run clear when you pierce the thickest part of the thigh (75°C).
5. Lift the chicken onto a board and cover loosely with foil. Rest for 20 minutes. Keep the vegetables warm in the oven.
6. For the gravy, pour most of the fat out of the tin, leaving about 1 tablespoon and all the sticky bits. Stir in the flour over medium heat for 1 minute, then whisk in the stock and soy sauce. Simmer for 5 minutes and strain.
7. Carve the chicken and serve with the vegetables and hot gravy.

Cook's tip

Resting is not optional. Twenty minutes under foil keeps the meat juicy and gives you time to make the gravy.

HEARTY & GROUNDING

Crispy Smashed Potatoes with Rosemary and Sea Salt

PREP	COOK	SERVES
10 min	55 min	4

Vegan Vegetarian

Boiled, smashed and roasted until shatteringly crisp, with rosemary and flaky salt. Vegan and hard to stop eating.

Ingredients

- 800 g small waxy potatoes
- 5 tbsp olive oil
- 3 sprigs of rosemary, leaves picked and chopped
- 3 garlic cloves, lightly crushed
- Flaky sea salt
- Black pepper

Method

1. Heat the oven to 220°C. Boil the potatoes in salted water for 15 to 20 minutes, until a knife slides in easily. Drain and let them steam dry for 5 minutes.
2. Pour 3 tbsp of the oil onto a large baking tray and tip in the potatoes, spaced well apart.
3. Press down on each potato with the bottom of a glass or a potato masher until it splits and flattens to about 1.5 cm.
4. Drizzle with the remaining oil, scatter over the rosemary and garlic, and season with salt and pepper.
5. Roast for 30 to 35 minutes, turning once halfway, until deeply golden and crisp.
6. Finish with more flaky salt and serve straight from the oven.

Cook's tip

Let the boiled potatoes dry properly before smashing. The drier the surface, the crispier the result.

HEARTY & GROUNDING

Apple Crumble with Oats and Cinnamon

PREP	COOK	SERVES
20 min	40 min	6

Vegetarian

Soft cinnamon apples under a buttery oat crumble, baked until golden. Best with warm custard or cold cream.

Ingredients

For the filling

- 900 g cooking apples, peeled and sliced
- 2 tbsp caster sugar
- 1 tsp ground cinnamon
- Juice of half a lemon

For the crumble

- 150 g plain flour
- 80 g rolled oats
- 100 g cold butter, cubed
- 80 g soft brown sugar
- A pinch of salt

To serve

- Warm custard or cold cream

Method

1. Heat the oven to 190°C. Toss the apples with the sugar, cinnamon and lemon juice and tip them into a 1.5 litre baking dish.
2. Put the flour, oats, butter, brown sugar and salt in a bowl and rub the butter in with your fingertips until it looks like coarse crumbs with some larger lumps.

3. Scatter the crumble evenly over the apples without pressing it down.
4. Bake for 35 to 40 minutes, until the top is golden and the apple juices bubble at the edges.
5. Let it stand for 10 minutes and serve warm with custard or cream.

Cook's tip

A mix of tart and sweet apples gives the best flavour. Leave the crumble in a few larger clumps for extra crunch.

HEARTY & GROUNDING

Warm Spiced Apple Cider

PREP	COOK	SERVES
5 min	30 min	6 mugs

Vegan Vegetarian

Cloudy apple juice simmered with cinnamon, cloves, star anise and orange. Alcohol-free and lovely for a crowd.

Ingredients

- 1.5 litres cloudy apple juice
- 2 cinnamon sticks
- 5 cloves
- 2 star anise
- 1 orange, sliced
- 3 slices of fresh ginger
- 1 tbsp maple syrup (optional)

Method

1. Pour the apple juice into a large pan and add the cinnamon, cloves, star anise, orange and ginger.
2. Bring to a gentle simmer over medium heat. Do not let it boil.
3. Reduce the heat to low and let it infuse for 20 to 25 minutes.
4. Taste, and stir in the maple syrup only if you want it sweeter.
5. Strain into mugs and serve with a slice of the orange.

Cook's tip

Use cloudy apple juice, made from pressed apples. It has much more flavour than clear juice.