

A top-down photograph of a light purple plate with two cinnamon rolls. One roll is whole, and the other is broken in half. A hand with pink nail polish holds an orange-handled fork with a piece of the broken roll. A cup of coffee is in the background. The text 'R&A' is overlaid in a large, white, serif font.

R&A

RECIPES 2026



www.roundandabout.co.uk/recipes

WELCOME



Hello fellow hungry people! We've pulled together some wonderful recipes for you to enjoy from all corners of our patch & more

Food is never just food... It is memory, identity, generosity and belonging – a way of telling stories, passing traditions down, and gathering people together around something that matters. Here at *Round & About*, we believe the most memorable meals are rooted in heart as much as skill, and this recipes compendium is a celebration of the cooks, chefs and creators who understand that truth instinctively.

A perfect example is *The Lebni Cookbook*, a deeply personal project that captures the soul of Lebanese home cooking. More than a collection of recipes, it's a love letter to family kitchens, shared plates and food made to be passed around. Rich with warmth and generosity, *Lebni* reminds us that cooking is about connection – about taking time, honouring heritage, and finding joy in simple, well-loved dishes. It's the kind of food that feeds more than appetite, and we're proud to showcase it as a cornerstone of this collection.





Alongside this, we celebrate the growing confidence and creativity of modern plant-based cooking. Veg-led food is no longer an afterthought – it's bold, satisfying and full of flavour. Squeaky Bean's smoky fajita-style picnic wraps prove just that: easy to make, vibrant and perfect for outdoor feasts, they show how vegetables can take centre stage without compromise. It's food that's generous, practical and deeply enjoyable.

We also share a taste of *A Very Vegan Christmas – The Complete Mini Cookbook for a Magical Festive Feast*. From comforting classics to celebratory centrepieces, it proves vegan cooking can be joyful, abundant and satisfying all year round!

That philosophy continues with *Cooking With Veg* by Jesse Jenkins, a joyful, no-nonsense celebration of vegetables in all their glory. Packed with big flavours and approachable ideas, it champions cooking that's accessible, exciting and rooted in everyday life.

Together, these recipes and voices form a collection that reflects how we cook now: thoughtfully, seasonally and with care for both people and planet. The kitchen remains where memories are made – where creativity thrives and simple ingredients become something extraordinary. So take your time, cook with confidence, and remember: the best food is always made to be shared.



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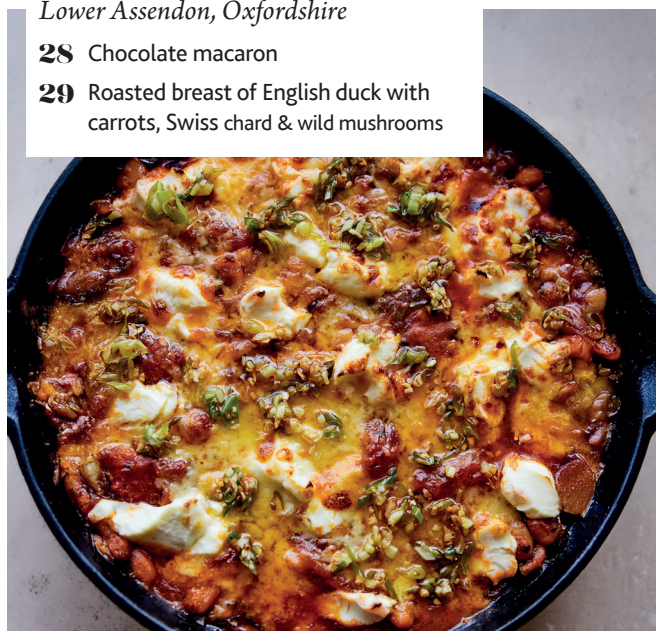
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LUSCIOUS

We're sharing
two recipes from
award-winning
Lebanese restaurant
Lebnani in Reigate,
Surrey

LEBNANI

► Fire-grilled baby chicken with pepper paste, za'atar & garlic

Served on khobez, with cucumber pickles & *batata harra* (spicy garlic potatoes with coriander & halabi pepper) this delightful dish is sure to have you coming back for seconds!

Method:

Take your butterflied baby chickens, lay them in a big tray, and make the marinade in the same bowl with crushed garlic, red pepper paste, lemon juice, vinegar, olive oil, salt, black pepper, baharat, paprika, coriander, and za'atar. Mix it all by hand until it becomes a thick, fiery paste. Rub it all over the chickens, making sure to work it under the skin and into every corner. Don't be shy – the messier, the better! Cover and marinate in the fridge at least four hours

Light your charcoal and wait until it burns down to a glowing bed of coals. Lay the chickens skin-side down, away from the strongest heat. Let them sizzle slowly, turning every 10–15 minutes. Baste them as they cook using the mix of olive oil, lemon, garlic, and sea salt that garlic will crisp up right on to the skin and give it bite.

After about 30 to 45 minutes the chickens should be golden, sticky, and cooked through juices running clear and bones

Ingredients:

For the chicken marinade

- Two whole baby chickens (600–700g each), butterflied (spatchcocked)
- Eight garlic cloves, crushed or finely grated
- 2tbsp Lebanese red pepper paste
- 4tbsp lemon juice (60ml)
- 2tbsp apple cider vinegar (30ml)
- 4tbsp olive oil (60ml)
- 1½ tsp sea salt
- 1½ tsp baharat
- 1 tsp ground coriander
- 1 tsp sweet paprika
- 1 tsp za'atar
- ½ tsp freshly ground black pepper
- Optional: pinch of chili flakes or Aleppo pepper for more heat

For basting while grilling

- 2 tbsp olive oil
- 2 tbsp lemon juice
- 2 garlic cloves, crushed
- Pinch of sea salt

To serve

- Two large Lebanese flatbreads (khobez), warmed
- One large jar of Lebanese cucumber pickles
- Big bowl of crispy batata harra



Serves: Four or five people as a side dish

loosening at the joints. Rest them for five minutes before cutting into halves or quarters. Lay hot Lebanese bread across a serving tray let it catch all those spicy juices. Stack the chicken right on top, pile on pickled cucumbers and serve it with a big dish of batata harra on the side.

- Visit lebnani.co.uk



Ingredients:

- Six to eight pickled tomatoes, plus a splash of pickling liquid
- 200g frozen garden peas
- 3 tbsp extra virgin olive oil
- ½ green chilli, diced
- Six to 8 chives, thinly sliced
- Handful of basil leaves, thinly sliced
- Handful of mint leaves
- 250g burrata
- Salt

For the seasoned breadcrumbs

- 50g panko breadcrumbs extra virgin olive oil
- pared peel of ½ lemon
- One garlic clove, smashed (skin on)
- Sprig of rosemary or thyme



Serves: Three to four

► Grilled fish with tarator, raheb, and lemon



was a patch of charcoal we'd light wherever we could, often near the shore. The smoky aubergines, the sharp tarator, squeezing lemons over everything, it was more than food. It was freedom, laughter, and a break from all the noise and fear. Those nights by the fire, eating with dirty hands and salty air, that's what we lived for."

To make the tarator sauce:

In a bowl, whisk tahini with the lemon juice, garlic, and salt. Slowly add the cold water while stirring until the sauce is smooth and pourable but thick, like yoghurt. Adjust with more lemon and garlic to taste. It should be tangy, bold, and creamy.

Salatet Raheb (smokey aubergine dip): two large aubergines, two spring onions, finely sliced, 2tbsp chopped parsley, 1 tbsp chopped mint, ½ pomegranate seeded, 1 tbsp pomegranate molasses, 1 tsp sumac, juice of one lemon, 2tbsp extra virgin olive oil, ½ tsp fine sea salt or to taste.

- Please visit kickstarter.com/projects/lebnani-cookbook/the-lebnani-cookbook

Chef Jad Youssef, founder of Lebni (and previously behind Soho's Yalla Yalla), is bringing his first cookbook to life via Kickstarter. *The Lebni Cookbook* celebrates soulful, simple Lebanese home cooking with about 80 authentic family recipes, intimate stories and beautiful photography that reflect the warmth of Lebanese food culture. The book is set for spring publication. Backers of the campaign can secure signed first editions, chef's-table and mezze experiences with Jad, exclusive digital cooking classes, behind-the-scenes content and more.

Of this dish, Jad says: "During the war, things were hard and rare, going to the seaside wasn't just hanging out, it was a small rebellion. Me and my friends would pile into an old car, stop by the fish market, pick whatever fresh fish was left. The grill

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PLANTIFUL PICNIC

Plant-based,
protein-packed
picnic recipes from
Squeaky Bean

Ingredients:

- 1/2 lime, juiced
- 1 small garlic clove, crushed
- 1 avocado, mashed with fork
- 1 pepper or three or four mini peppers, sliced into fine strips
- 1/2 red onion, finely sliced
- 1/2 tsp oregano
- 1/4 tsp ground cumin
- 1 fresh green chilli, finely sliced (or to taste)
- 5g fresh coriander, stems and leaves finely chopped
- 1 tsp olive oil
- Two large flour tortilla wraps
- One little gem or cosberg lettuce, thick spines cut away
- One pack Squeaky Bean Sweet Smokey BBQ Chicken Style Pieces
- Salt and freshly ground black pepper, to taste



Serves: four (as a snack/canapés)

► Fajita-style Tex-Mex picnic wraps

A fantastic, flavourful, and easy-to-make option for outdoor meals, these picnic wraps combine the bold, smoky spices of fajitas with the convenience of a wrap.

Method:

1. Put the garlic in a small bowl and pour over the lime juice; set aside for 20 minutes to "cure" the garlic and reduce its harsh bite. Mix with the avocado and season to taste.
2. Meanwhile, in a medium bowl, mix together the sliced

pepper, onion, oregano, cumin, chilli, chopped coriander and olive oil; season to taste.

3. Layer half of one tortilla with half the lettuce leaves and the spread the other half with half the guacamole. Arrange the sliced peppers in a strip on the guacamole, followed by the Squeaky Bean chicken-style pieces.
4. Roll up the tortilla tightly, starting with the guacamole end and finishing with the lettuce end. Wrap in tin foil to hold together and keep closed. Repeat with the remaining tortilla. Slice each tortilla into between six and eight rounds when ready to serve.

- Visit [squeakybean.co.uk](https://www.squeakybean.co.uk)

► Visit [roundandabout.co.uk](https://www.roundandabout.co.uk) for more articles



Ingredients:

Olive salad

- 170g green pitted olives
- 170g black pitted olives
- One stick fresh celery, finely diced
- Five pickled silverskin onions, finely diced
- Five pieces artichoke antipasti in oil, finely diced
- 50g pickled chillies, finely chopped
- 1 clove garlic, crushed
- 1 tbsp wine vinegar or apple cider vinegar
- 2 tbsp olive oil
- 1 tsp dried oregano
- 15g parsley, leaves only, roughly chopped

Sandwich assembly

- One loaf sourdough, large focaccia or large ciabatta
- 200g roasted red peppers, well drained
- Two packs Squeaky Bean NYC Deli Pastrami Style Slices
- Salt and freshly ground black pepper, to taste



Serves: Four to eight
(as a meal or snack)

► Muffuletta

New Orleans-style make-ahead sandwich



the rest of the olive salad ingredients.

2. Cut the loaf in half widthways and spread both sides thickly with the olive salad, pressing down with the back of a spoon to adhere the mixture to the bread.
3. Layer the roasted peppers and Squeaky Bean Squeaky Bean NYC Deli Pastrami Style Slices on the bottom half of the loaf, then quickly flip the other half of the loaf onto the pastrami layer to close.
4. Wrap the sandwich in tinfoil and set aside for two hours to allow the olive juices to be absorbed. When ready to serve, slice into 4-8 wedges/squares (depending on shape of the loaf).

This muffuletta is a Sicilian-American style sandwich that originated in New Orleans, Louisiana. It delivers bold flavours, distinct layers and is made with bold, smoky Pastrami Style Slices and a spicy tangy olive salad — all packed into a large focaccia.

Method:

1. Pulse the olives in a food processor until roughly chopped, then stir in



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PURPLE

*We're sharing
a flavourful
slice of Cooking
With Veg by Jesse
Jenkins*

REIGN

Ingredients:

- 250g raw beetroot, peeled and cut into cubes
- 200g unsalted butter, cubed, plus extra for greasing
- 200g dark chocolate, broken into pieces
- 250g coconut sugar
- Five eggs
- 1 tsp vanilla extract
- 240g ground almonds
- 1 tsp baking powder
- A pinch of salt
- Creme fraiche, to serve (optional, but nice)



Serves: Eight to ten

Method:

Preheat the oven to 170°C fan and grease and line a 23cm round cake tin with baking parchment.

Steam the cubed beetroot for about 30 minutes, then allow to cool a little.

Melt the butter and chocolate together gently in a saucepan, turning off the heat when everything is liquid. Leave to cool a bit before mixing with anything else, so the eggs don't start to cook when they go together.

Blitz the steamed and cooled beetroot in a food processor until smooth, then add the coconut sugar and blitz again. Add the eggs one at a time, blitzing between additions, then transfer the mix to a bowl and stir through the cooled melted chocolate and butter. Add the vanilla, then add the ground almonds, baking powder and salt, fold through and pour into your lined cake tin.

Bake for 20 minutes, then turn the oven temperature down to 160°C fan and bake for a further 20 minutes, until a knife inserted into the middle of the cake comes out clean.

Remove from the oven and leave to cool in the tin before slicing.

► Chocolate beetroot cake

My great pal Anna Greenland is an organic vegetable grower who lives in Suffolk in a converted threshing barn with her awesome husband Hugo and two girls. They are the sort of people you would want to be hunkered down with for the apocalypse – they built their house basically themselves and live as much as possible off their land.

From a distance, Anna might appear whimsical as she wears floaty clothes and speaks gently, but she's tough as a pirate and much funnier. Her depth of knowledge about veg and growing is wild (she's been the head grower for several famous chefs and restaurants). Cooking with Anna at her house means going outside and digging something up or cutting it off a stalk to prepare, or often eating it immediately, which makes me happier than I can say.

This is a beautiful rich chocolate beetroot cake Anna made us all last time we were there and so I asked if I could put it in this book for you all.





Ingredients:

- 6-8 pickled tomatoes, plus a splash of the pickling liquid
- 200g frozen garden peas
- 3 tbsp extra virgin olive oil
- ½ green chilli, diced
- 6-8 chives, thinly sliced
- A handful of basil leaves, thinly sliced
- A handful of mint leaves
- 250g burrata
- Salt

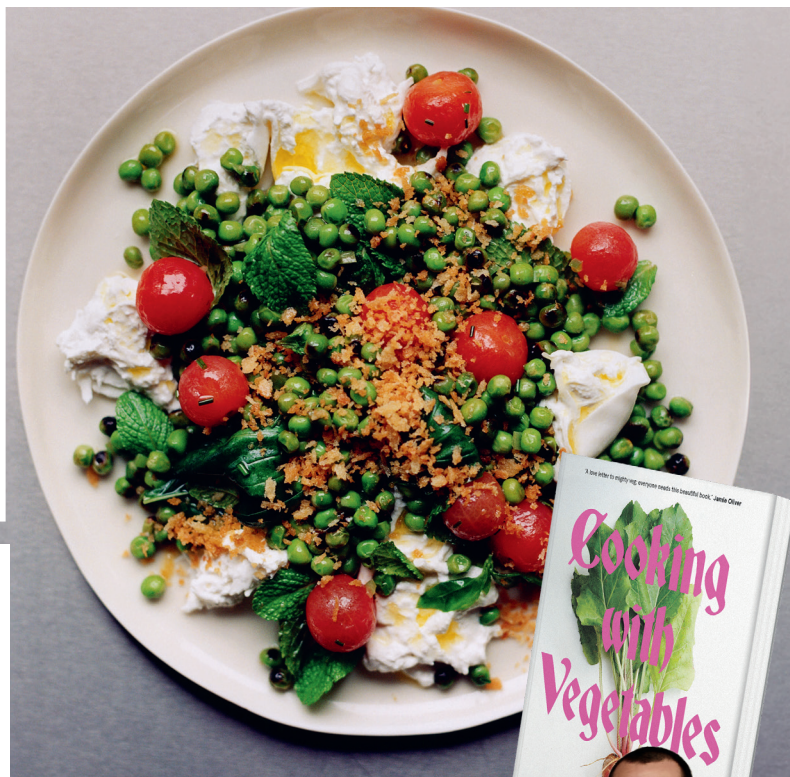
For the seasoned breadcrumbs

- 50g panko breadcrumbs extra virgin olive oil
- pared peel of ½ lemon
- 1 garlic clove, smashed (skin on)
- 1 sprig of rosemary or thyme



Serves: Three to four

► Grilled peas, pickled tomato & burrata



Getting some fire under peas adds a subtle smoky flavour and tightens their skin, giving them a little extra pop when you bite into them. If you don't have a gas hob, you can try grilling them at your next barbecue or cooking them in a smoking-hot cast-iron pan with no fat. This method tastes more charred than smoky but it is delicious nonetheless.

Method:

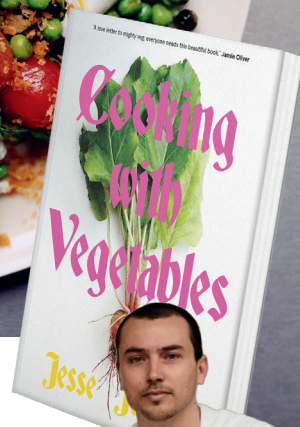
First, pickle the tomatoes following the method on page 31 and toast the breadcrumbs. You need to do this a little ahead (about 30 minutes).

To toast the breadcrumbs, heat a generous amount of olive oil in a frying pan over a medium heat along with the lemon peel, smashed garlic and rosemary or thyme. Add

the breadcrumbs and toast for a few minutes till golden brown, then season with salt.

Grill the peas from frozen in a fine-mesh sieve over an open flame. Try to avoid getting the mesh too hot and keep them moving – they will be ready in 3-4 minutes.

Put the peas into a bowl with a pinch of salt and the olive oil, chilli, chives, basil and mint. Add the pickled tomatoes and a splash of their pickling liquid just before serving (if you let the peas sit in the vinegar for too long, it will start to dull their vibrant colour). Mix well and spoon over some broken burrata, adding 2-3 tablespoons of the toasted breadcrumbs at the very last second, so they stay crunchy.



Jesse Jenkins

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MIDDLE WAY!

We share a
taste of Lugma,
Abundant Dishes
& Stories from my
Middle East by
Noor Murad



► Arabic baked beans

Quick dinners as a kid were often beans on toast, smothered in cheddar and stuck under a hot grill until all melty... It's not uncommon to find some kind of white bean at a Middle Eastern breakfast table, stewed in a tomato sauce. This recipe is a happy amalgamation of the two.

Cut around and remove the tomato stems and cut a small 'X' on the opposite end. Place in a medium heatproof bowl and pour over boiling water to cover by an inch. Leave for two or three minutes, or just until the tomato skins visibly start to peel off. Drain, then carefully remove and discard the skins.

Cut the tomatoes into quarters and set aside.

Preheat the oven to high, with a rack on top shelf.

In a large, cast-iron ovenproof pan, heat the oil over a medium-high heat. Add onion and some salt, reduce heat to medium and cook for 10 minutes, stirring occasionally, until softened and very lightly coloured. Add garlic, ginger, green chilli, spices and tomato paste and cook for 2–3 minutes more, stirring, until deep red. Pour in 450ml of water, then the sugar, beans, tomatoes, salt and pepper. Simmer and cook for about 12 minutes, or until the tomatoes start to lose their shape and the sauce thickens slightly.

Stir in coriander and remove from heat. Top

Ingredients:

- 3 plum tomatoes (350g/12oz)
- 3 tbsp olive oil
- One onion, very finely chopped (180g/6¼oz)
- 4 garlic cloves, finely grated
- 25g (1oz) fresh ginger, peeled and finely grated
- Green chilli, finely chopped, seeds and all
- 2 tsp cumin seeds, crushed in a pestle and mortar
- 2 tsp coriander seeds, crushed in pestle & mortar
- 1 tsp paprika
- 3 tbsp tomato paste (purée)
- 1 tsp sugar
- Two 400g (14oz) cans cannellini beans, rinsed and drained (480g/1lb 1oz)
- 25g (1oz) chopped coriander, finely chopped
- 120g labneh/ cream cheese
- 120g mature cheddar, roughly grated (shredded)
- Fine sea salt and freshly ground black pepper

For the topping

- 3 tbsp olive oil
- 3 garlic cloves, finely chopped
- 15g (½oz) fresh ginger, peeled and finely chopped
- Three spring onions, green parts only, finely chopped



Serves: Four

evenly with spoonfuls of the labneh/ cream cheese, sprinkle with the cheddar. Bake for 12–15 minutes, or until browned and bubbling.

Meanwhile, make the topping. Add the ingredients plus a little salt to a small frying pan over a medium-low heat. Cook gently for 12–15 minutes, until soft and fragrant, not coloured at all, so if it starts to bubble too much, turn down the heat. Transfer to a bowl.

When ready, spoon the topping all over the beans and serve warm.

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Ingredients:

For the mathrooba

- 4 tbsp olive oil
- 2 red onions, finely chopped
- 1kg chicken legs (about four large), skin on, bone in
- Six garlic cloves, finely grated
- 40g (1½oz) fresh ginger, peeled and finely grated
- 1 tsp ground turmeric
- 1 tbsp cumin seeds, finely ground using a pestle and mortar
- 1 tbsp coriander seeds, finely ground using a pestle and mortar
- 1 tsp garam masala
- ½ tsp chilli flakes
- ¾ tsp ground cinnamon
- A dried lime (black or regular), pierced a couple of times with a sharp knife
- 600g (1lb 5oz) plum tomatoes, roughly grated (shredded) and skins discarded (500g/1lb 3oz)
- 3 tbsp tomato purée (paste)
- 40g (1½oz) coriander (cilantro), roughly chopped, plus an extra 1 tbsp, to serve
- 20g (¾oz) dill fronds, roughly chopped, plus an extra 1 tbsp, to serve
- 200g (7oz) basmati rice, washed until the water runs clear, then drained
- 3 tbsp lemon juice
- Fine sea salt and black pepper

For the topping

- 3 tbsp olive oil
- 3 onions, halved and thinly sliced
- 3 mild fresh chillies, a mixture of green and red, left whole
- 40g (1½oz) unsalted butter



Serves: Six

► Mathrooba: Beaten chicken & rice



Heat oil in a large, lidded, deep heavy-based pan over medium-high. Add onions. Cook for three minutes, stirring occasionally, to soften. Add chicken and cook for 6 minutes, turning to seal on both sides (they won't be totally browned).

Stir in the garlic, ginger, spices & dried lime and cook for 2 minutes, until fragrant. Add tomatoes, purée & herbs & cook for 2 minutes. Pour in 1 litre of water, then stir in the rice, 2 teaspoons of salt and a generous grind of pepper. Bring to a simmer, cover, turn heat to lowest setting & leave to cook for 80 minutes, stirring every 20 minutes or so to prevent the bottom from catching. Meanwhile, make the topping. Add the oil to a large frying pan over a medium-high heat. Add onions, chillies and ¼ teaspoon salt, stirring to coat, then reduce heat to medium and cook, stirring occasionally, until the onions are deeply caramelised and the chillies have softened (about 30 minutes). Transfer to a bowl, return the pan to a medium heat with the butter. Cook for about 7 minutes, stirring occasionally, until browned and smelling nutty. Empty into a small heatproof bowl to stop further cooking.

Once the mathrooba is ready, turn off the heat and use tongs to remove the chicken legs and transfer them into a bowl. When cool enough to handle, discard the skin and bones (or save to make stock) then use two forks to roughly shred the meat. Stir the chicken and lemon juice back into the pan. Using a whisk or a potato masher, beat for 5-10 minutes, until the rice grains are no longer discernible and the mix resembles a spoonable porridge. If you'd like it a little looser, add 100ml of hot water or so until you get your desired consistency. Taste & adjust salt and lemon. When ready to serve, spread out in a large shallow bowl, and top with the onions & chillies. Pour over the browned butter, sprinkle over the extra herbs and serve warm.



ZEST FOR LIFE

We're
sharing an
easy peasy taste
of For the Love
of Lemons by
Letitia Clark

► Saffron tagliatelle with fresh tomato and lemon

This is a zingier, fresher take on the beloved and classic pasta al sugo. It's important to use the sweetest tomatoes (Datterini) to counteract the sharpness of the lemon.

A few anchovies melted in at the beginning are also welcome, if you're an anchovy addict like me. Olives are a good addition, as are capers, parsley, tuna, rocket... I could go on. Otherwise, keep it simple and relish the sweet-sour of those classic cornerstones of Mediterranean cookery: lemon and tomato.

Making your own tagliatelle is easy and satisfying, and allows you to flavour and colour it with saffron, but if you're short on time, add a pinch of saffron to the sauce and use ready-made tagliatelle. Grating an onion provokes stinging tears, but it's quick and effective at extracting all of its sweetness once gently sautéed in olive oil. I grate it directly into the pan.

Method:

First, make the pasta. Using either a stand mixer with a dough hook or your hands, mix eggs into the semola, then add the saffron & knead it into the dough until smooth. Leave to rest wrapped in cling film for about 20 minutes. Roll out the dough until just thin enough to see through (about the thickness of a penny). Cut into 1cm (1/2 in) wide

Ingredients:

For the tagliatelle:

- Two eggs
- 200 g (7oz/11/3 cups) semola or 00 flour, plus extra for dusting
- 1/2 teaspoon ground saffron

For the sauce:

- Two tablespoons best-quality extra virgin olive oil
- 1/2 small white onion
- 200 g (7oz) Datterini tomatoes
- One lemon, a few strips of peeled zest & squeeze of juice
- A good pinch of sea salt
- One teaspoon of sugar or light honey
- Marjoram, basil or parsley leaves, to serve



Serves: Two

strips by hand or using your pasta machine and set aside, well dusted with extra semola to stop it sticking.

To make the sauce, heat the oil in a deep frying pan (skillet) over a low heat and grate the onion into it. Sauté until soft and translucent. Halve the tomatoes, throw in and turn the heat up (it will spit and hiss a bit, but not to worry). Cook until the tomatoes begin to collapse, then add the strips of lemon zest and continue cooking for a few minutes. Add the salt, sugar or honey and taste for seasoning. Add a squeeze of lemon juice.

Cook the pasta in a large saucepan of well-salted boiling water until al dente. Drain the pasta and stir through the sauce, adjust the seasoning and serve with plenty of marjoram, basil or parsley scattered over, an extra drizzle of oil and a grating of fresh lemon zest.



Ingredients:

- 90 ml (3 fl oz/generous 1/3 cup) lemon juice (I use 2 large lemons)
- 400 ml (14 fl oz/generous 1 1/2 cups) double (heavy) cream
- 90 g (3 oz/1/2 cup minus 1 tablespoon) sugar
- 8 hollowed-out lemon halves, to serve



Serves: Eight

► Lemon possets in lemon boats

When you are lucky enough to have beautiful, leafy lemons, there is no nicer thing than halving them, scooping out the flesh (to squeeze) and filling them with lemon posset. The flavour of the rind perfumes the posset and provides a perfect picturesque vessel.

You will need to scoop out four whole lemons, to create the “boats” this is served in, but you only use the juice of two, so the pulp from the others can be used in another recipe.

Method:

Combine the cream and sugar in a saucepan and bring to a low boil. Stir gently (the cream will expand a lot) and continue to cook for a minute or two, making sure the sugar has dissolved.

Remove from the heat, and allow to cool for a few minutes.

Add the lemon juice to the cream mixture, then decant into your lemon boats. (Note: the boats need to be on a flat surface so the liquid doesn't spill.)

Chill in the refrigerator for at least two hours, or overnight.



Book: Quadrille, £28
Photography by Charlotte Bland

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BUDGET BANGERS

We're sharing a taste of *The Skint Cook*, by Jamie Oliver's Cookbook Challenge TV finalist Ian Bursnall

» Five spice duck legs with a sesame salad & crispy seaweed

Such a nice dish – you have the crispy duck skin and tender meat. The sesame salad cuts through the fattiness of the duck so perfectly, contrasting flavour at the highest level. I love it. Adding the crispy seaweed gives it a restaurant vibe!

Method:

Preheat the oven to 160°C fan/180°C/gas mark 4.

Take your duck legs and prick them all over with a cocktail stick. This helps to release the fat and get a crispy skin. Now mix together the five spice powder and half a teaspoon each of the salt and pepper. Rub this all over the duck legs, top and bottom. Now place them into an ovenproof dish and cook in the oven for half an hour. Check and baste them from time to time. The skin should be nice and crisp when done.

Meanwhile, put your cabbage and spring onions into a bowl and set aside. Bring a saucepan of water to the boil, then add the beansprouts. Bring back to the boil, then drain

Ingredients:

- Two duck legs
- 1 tsp five spice powder
- 3/4 tsp salt
- 3/4 tsp pepper
- 150g red cabbage, shredded
- 4 large spring onions, sliced
- 120g beansprouts
- 2 tbsp olive oil
- 2 tbsp cider vinegar
- 2 tbsp soy sauce
- 2 tbsp honey
- 2 tsp sesame oil
- 1/2 tsp chilli flakes
- 1/2 tsp caster sugar
- 1 tbsp sesame seeds
- Crispy "seaweed" – also featured in the book



Prep: 15 minutes



Cooking:
90 minutes



Serves: Two

and cool under cold running water for 30 seconds. Drain and add to the cabbage mixture and mix well.

In a separate bowl, add all the other ingredients, minus the sesame seeds and crispy seaweed. Give them a good mix to emulsify. Set aside.

Put a frying pan over a low heat, add the sesame seeds and toast for a minute or two. Tip the toasted seeds into the dressing, give it a mix, then pour over the salad veg. Stir well to coat.

When the duck is ready, spoon the salad onto the middle of two plates. Take the duck out of the oven and shred the meat off the bone. Place on top of the salad and sprinkle over the crispy "seaweed". Enjoy.



Ingredients:

- 250ml double cream
- 3 tbsp icing sugar
- 1 tsp vanilla extract
- 150g cream cheese
- 100g Greek yogurt
- 200g fresh blackberries
- 2 tsp caster sugar
- Four crunchy ginger biscuits (I use Ginger Nuts)



Prep: 20 minutes



Serves: Four

► Blackberry fool

& ginger biscuit topping

Now spoon some of the mashed berries into the bottom of four clear glass ramekins or wine glasses, then spoon some cream mixture on top. Repeat three or so times, ending with a layer of the cream mixture.

Take your biscuits, put them into a food bag and smash into crumbs with a rolling pin, but leave them quite chunky. Decorate the desserts with the reserved blackberries, then sprinkle each dessert with the biscuit crumbs and serve.

- ★ You could make these ahead and chill in the fridge, then add the biscuit crumbs just before serving. I might try this again adding a splash of balsamic vinegar to the blackberries before mashing them up.



The cream cheese gives this such a silky smooth feeling. Ginger biscuits add texture to the top. Spot on.

Method:

Take the cream cheese out of the fridge 30 minutes in advance to let it soften.

Add the double cream to a large bowl with the icing sugar and vanilla. Whip together until the cream starts to stiffen (soft peak stage), but don't over-whip it. Now add the cream cheese and whisk until combined, then add the yogurt and fold it through. Set aside.

Place the blackberries in a separate bowl, putting a few aside to decorate. Sprinkle the caster sugar over the blackberries, then mush them up a bit with a fork, leaving some chunky.



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HARD & FAST

Ingredients:

- One small onion, peeled and roughly chopped, 40g fresh root ginger, roughly chopped (no need to peel)
- One and half tbsp oil
- One head of broccoli, roughly chopped
- 1x 400ml tin coconut milk
- Vegetable stock cube
- 15g fresh coriander
- 40g flaked almonds, toasted, to garnish



Prep: 5-7 minutes



Cooking:
15-20 minutes



Serves: Four

We're sharing a taste of *The Fast 800 Keto Recipe Book*, as seen on Channel 4's *Lose A Stone In 21 Days*, by Dr Clare Bailey and her beloved late husband Dr Michael Mosley

► Creamy broccoli, ginger and coriander soup

A light soup with the warming qualities of coconut, ginger and coriander running through it. This recipe makes enough for four but it keeps well in the fridge or freezer.

Method:

1. Place the onion, ginger and olive oil in a large saucepan over a medium heat and saute for three or four minutes until softened.
2. Add the broccoli, coconut milk, stock cube and 800ml water (simply refill the empty tin twice). Bring to the

boil, reduce the heat and simmer for 10 minutes.

3. Remove from the heat, add the coriander and blitz with a stick blender until completely smooth. Season with salt and freshly ground black pepper and serve, topped with flaked almonds.

Cook's tip: Add a protein top-up if you like. Fried diced bacon or feta cheese would go well.

Ingredients:

- 100g dried figs, finely chopped
- 60g coconut oil or butter
- Two medium free-range eggs
- 60g shelled pistachio nuts, roughly chopped
- Two medium oranges, zested and juiced
- 100g almonds
- 1tsp ground cinnamon
- 1tsp bicarbonate of soda
- 2 tbsp free-dried raspberries
- 1 tbsp cider vinegar

For the icing

- 60g cream cheese
- 1tsp honey
- 1tsp lemon zest



Prep: 30 minutes



Cooking:
30 minutes



Serves: Eight

►► Persian love cake

Method:

1. Preheat the oven to 180C / Fan 160C / gas 4. Line the base of a 20cm x 10cm loaf tin with parchment paper.
2. Place the figs, coconut oil and eggs in a bowl and blitz with a stick blender for about a minute, until creamy but retaining some texture.
3. Stir in 40g of the pistachios, the orange juice, half the orange zest, the ground almonds, cinnamon, cardamom, bicarbonate of soda, half the dried raspberries and a generous pinch of salt. Mix well, then add the cider vinegar and mix again.
4. Pour the mixture into the loaf tin and bake for about 30 minutes until cooked through and a skewer inserted into the centre comes out clean. Turn out of the tin and leave to cool on a wire rack.
5. To make the topping, mix the remaining orange zest with the cream cheese, honey and lemon zest in a small bowl. Spread it on to the cooled cake, then sprinkle on the remaining chopped pistachios and dried raspberries.



Loosely based on a Persian Love Cake, this enchantingly exotic concoction lives up to its name. Not sure I do it justice, but it certainly goes down well, with its tangy, orange-flavoured topping, and rich, nutty base. High in protein and nutrients, it has no added sugar, is low-carb and feels like a real treat... Enjoy!

Cook's tip: This freezes well (so you don't need to eat it all at once, as Michael is frequently tempted to do). You could use a loaf tin liner if you have one.

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SWEET SOMETHINGS

We're sharing a taste of *The Sweet Polish Kitchen: A celebration of home baking & nostalgic treats* by Ren Behan.



►► Wuzetka – chocolate cream sponge

Wuzetka cake is said to have first been baked in a bakery along Warsaw's W-Z Route shortly after WWII.

1. Preheat oven to 180°C/160°C fan/Gas Mark 4. Grease and line two 20 x 20cm/8 x 8in square baking tins.
2. In a stand mixer, beat the oil and sugar until it starts to thicken. Add the eggs and vanilla bean extract. Stir in the sour cream. Sift in the flour, cocoa, baking powder and bicarbonate of soda and stir until there are no lumps. Finally, pour in the hot tea and mix again thoroughly.
3. Divide between the tins and tap gently on a work surface. Bake for 30–35 minutes. Cool slightly, then turn out on to a wire rack to cool completely.
4. Place one sponge into the bottom of a tin and brush

Ingredients:

- 120ml vegetable oil or mild olive oil & extra for greasing
- 200g soft light brown sugar
- Two eggs
- 1 tsp vanilla bean extract
- 240g sour cream
- 200g self-raising flour
- 75g cocoa powder
- 1 tsp baking powder
- 1 tsp bicarbonate of soda
- 240ml fresh hot black tea

For the soak:

- 50ml cherry vodka or fruit tea

Optional jam layer:

- 250g cherry jam or plum jam

For the cream filling:

- 250g mascarpone cheese, at room temperature
- 800ml double cream
- 3 tbsp icing sugar

For the chocolate glaze:

- 2 tbsp butter
- 100g quality dark chocolate
- 100g icing sugar
- 1 tbsp runny honey
- 2 tbsp boiling water

To serve:

- Whipped cream for piping
- Fresh or canned cherries

liberally with the soak or jam. Whisk mascarpone, then add the cream and icing sugar and whisk until firm. Spread over the base and flatten with a spatula. Place the second sponge on top and the tin in the fridge, ideally overnight.

5. Make the glaze ingredients in a non-stick pan over a medium heat until thick and glossy, then leave to cool slightly.
6. Carefully take cake from tin to plate. Pour glaze over and smooth. Cut cake into squares. Serve with piped cream and a cherry on top.



Ingredients:

- 350g plain flour, plus extra
- 14g fresh yeast, crumbled (or 7g active dry yeast)
- 75g caster sugar
- 75ml lukewarm milk
- Two eggs, plus one egg yolk, beaten (save white for glaze)
- 1 tsp almond extract grated zest of one orange
- 1 tsp salt
- 75g butter, cubed, room temp
- Sunflower oil, for greasing

For the filling:

- 300g wild blueberry preserve or any jam of your choice
- 50g ground almonds
- 50g soft light brown sugar

For the streusel:

- 25g cold butter
- 40g plain flour
- 25g caster sugar or soft light brown sugar

►► Blueberry & almond Babka loaf

4. Stop the mixer and scrape down the bowl. If the dough is still sticky, add up to 2 tablespoons of extra flour.
5. Brush the inside of a clean bowl with a little oil. Transfer dough to this bowl and cover with a clean cloth. Leave somewhere warm for two to four hours.
6. Line a loaf tin, with a sheet of baking paper. Tip the dough out on to a floured board. Punch to get rid of any air pockets and knead for two minutes. Roll out, spread the jam, then sprinkle the ground almonds and brown sugar. Roll into a log, from one of the longest edges. Take a sharp knife and cut down the centre of the log.
7. Starting at the top, join the two pieces then cross them over to braid. Transfer into the lined tin. Cover with a clean cloth and chill in the fridge for up to two hours.
8. Place the streusel ingredients in a bowl and rub together with fingers into a crumble or a sandy texture.
9. Preheat oven to 180°C. Brush your loaf with egg white, then sprinkle over the streusel. Bake for 50 minutes, checking & covering with foil once golden. Leave the babka to cool in the tin. Serve warm, with butter.

The Sweet Polish Kitchen: A celebration of home baking & nostalgic treats by Ren Behan (Pavilion Books). Images by Nassima Rothacker.



Babka is said to have originated in the Jewish communities of Poland and Ukraine.

1. In a jug, combine a tablespoon of the flour with the yeast, a tablespoon of the sugar and half of the lukewarm milk. Stir with a whisk, then set aside in a warm place for 10–15 minutes.
2. In a stand mixer, combine the remaining flour with the rest of the caster sugar and mix well.
3. Pour in the yeast mix and keep mixing. Switch to a dough hook and add the eggs and yolk, the rest of the milk, almond extract and orange zest, and mix well for five minutes. Finally, add the salt, followed by the butter and keep mixing for at least 10 minutes. It should form a lump of dough.

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FRYER TUCK!

We share a taste of Healthy Air Fry Feasts:
Fast, Easy, High-Protein Recipes
in 30 Mins or Less by Christina
Kynigos, AKA @VeryHungryGreek

► Garlic butter bolognese crispy taco

My most viral recipe, levelled up. Tacos filled with Bolognese sauce and lashings of cheese, then brushed with garlic butter and air-fried until crispy. A firm family favourite. You can freeze the Bolognese, but the tacos are best eaten fresh.

Method:

1. Mix the garlic butter ingredients together in a small bowl and set aside.
2. Spray a pan with some oil spray, place over a low to medium heat, add the onion and mushrooms and fry for a

Ingredients:

- Non-stick cooking spray
- One onion, finely diced
- Six chestnut mushrooms, finely diced
- 500g lean beef mince
- Two beef stock cubes, dissolved in 250ml boiling water
- 500g passata
- 1 heaped tsp dried mixed herbs
- pinch of garlic granules
- 1 tsp ground black pepper
- pinch of sweetener (or sugar)
- Eight mini tortilla wraps
- 200g grated light mozzarella

Garlic butter

- 30g light butter, melted
- pinch of dried parsley
- ½ tsp garlic granules



Prep: Five minutes



Cooking: 20-25 mins



Serves: Four

few minutes to soften, then add the beef mince and fry for a further three or four minutes, stirring to brown it all over and break up any clumps.

3. Add the rest of the ingredients apart from the tortilla wraps and mozzarella, mix well and simmer for 8–10 minutes or until the liquid has evaporated.

4. Let the Bolognese cool slightly before using it to fill the tortillas.

Add the mozzarella, fold over, brush with the garlic butter and air fry at 200°C for three or four minutes. Flip them over and air fry for a further 3–4 mins, until golden and crispy.



Ingredients:

- 40g 0% fat Greek yogurt
- 40g self-raising flour, plus extra for dusting
- 2 tsp light butter, melted
- ½ tsp ground cinnamon
- 1 tsp granulated sweetener (or sugar)

Cream cheese icing

- 25g light cream cheese
- 1 tsp icing sugar



Prep: Five minutes



Cooking: 8 mins



Serves: One



► Cinnamon buns

flatten each piece slightly. Using the brush you used earlier for the butter, brush any remaining butter around a small baking dish, then place the cinnamon buns inside.

4. Air-fry at 170°C for 8 minutes until golden and cooked, then let them cool for a few minutes.

5. Mix the icing ingredients together in a small bowl. Spread the cream cheese icing over the buns and devour.



You just can't beat fluffy cinnamon buns with a cream cheese icing, so I've made a high-protein version using my trusty two-ingredient dough to add protein but still keep the amazing texture.

Method:

1. In a bowl, mix the yogurt and flour together to form a dough. Flour the work surface and a rolling pin and roll it out into a rectangle, around the thickness of a pound coin.
2. Brush over the melted butter, then evenly sprinkle over the cinnamon and sweetener. Roll up the dough into a log, then slice in half.
3. With the sliced side facing up, use your hand to gently press down and

Extract credit: Healthy Air Fry Feasts: Fast, Easy, High-Protein Recipes in 30 Mins or Less by Christina Kynigos (HQ, HarperCollins Publishers). Image credit Ellis Parrinder.

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HART & SOUL

We're sharing two lovely recipes from the White Hart in Fyfield, which was recently named one of the UK's top 50 gastropubs

» Sticky toffee pudding,

with poached date puree & toffee sauce

The White Hart is owned by Mark and Kay Chandler who have lovingly restored a 15th century former chantry house to its former glory since 2005, creating a fabulous foodie destination. This delightfully decadent pud is sure to impress your "date"!

First, line a baking tray (about 30cm x 20cm x 12cm) with greaseproof paper. Place the dates in a bowl. Add the bicarbonate of soda and cover with the boiling water. Let it stand to allow the dates to soften.

Cream the butter & both sugars until pale. Mix in the egg. Gradually add the flour and the baking powder until combined. Add the date/water mixture gradually and combine thoroughly. Pour the mixture into the lined baking tray and bake at 160C for 30-35 minutes, until cooked (insert a knife into the centre and when it comes out clean it is ready). Let the pudding cool and cut into squares.

Toffee sauce:

Bring the brown sugar and cream to the boil. Remove from the heat and stir in the butter.

Ingredients:

Pudding:

- 50g unsalted butter, softened
- 100g caster sugar
- 50g soft dark brown sugar
- One egg, beaten
- 200g self-raising flour
- 1 tsp baking powder
- 150g chopped pitted dates
- 1 tsp bicarbonate of soda
- 280ml boiling water

Toffee sauce:

- 250g brown sugar
- 250ml double cream
- 250g unsalted butter

Date purée:

- 150g chopped pitted dates
- 2 tbsp caster sugar
- 1 Earl Grey tea bag
- One vanilla pod
- Water

To garnish:

- Vanilla ice cream



Serves: Six

Date purée:

Place the dates, caster sugar, Earl Grey tea bag and vanilla pod into a pan and cover with water. Bring to the boil, then simmer for approximately 20 minutes, until the dates are soft. Remove the tea bag and vanilla pod and blend until smooth.

To serve:

Serve the pudding warm (microwave for 1 minute). Pour over the toffee sauce and top with a quenelle of puree. Garnish with a scoop of vanilla ice cream and enjoy!

Visit
whitehart-fyfield.com

Ingredients:

- 40ml salted caramel vodka
- 50ml apple juice
- 25ml lime juice
- Sprinkle of cinnamon
- Ginger beer
- Ice

Equipment needed

- Boston shaker
- Single strainer
- Spirit measure
- Rocks glass

*Serves: One*

► Winter cooler cocktail



Firstly, add ice to a rocks glass to chill. Then add all of your ingredients to the small side of a Boston shaker. 40ml salted caramel vodka, 50ml apple juice, 25ml lime juice and a sprinkle of cinnamon.

Half fill the tin with ice and shake for 8-10 seconds to slightly dilute and chill the mixture.

Pour any melted ice out of the glass and top up with fresh ice if required.

Single strain the mixture over the ice and top up with ginger beer. Garnish with fresh lime (we use a dehydrated lime wheel but fresh works well too).

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SWEET DREAMS

*James Graham at The Bell at
Ramsbury shares two recipes*

► Baked egg custard tart

Method:

For the sweet pastry

1. Lightly cream together the butter & sugar.
2. Gradually add the eggs, mixing well in between each addition.
3. Add the flour & salt until you have a dough
4. Wrap in cling film and rest in a fridge for at least 30 minutes.
5. Roll it on floured surface to 2mm thick
6. Line a tart case and blind bake at 170 degrees for 20 minutes.

Ingredients:

For the sweet pastry case:

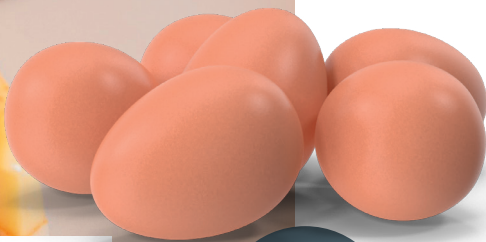
- 125g cold butter
- 85g icing sugar
- One egg
- 200g plain flour
- A pinch of salt

For the custard:

- Nine egg yolks
- 195g caster sugar
- 750g double cream
- Vanilla essence to taste
- Nutmeg



Makes: Eight portions



*Visit
[thebellrams
bury.com](http://thebellrams-bury.com)*

For the custard

7. Boil the cream.
8. Whisk eggs & sugar together.
9. Pour cream on to the egg & sugar mixture.
10. Seal the base of the tart case with egg wash.
11. Pour mixture into the case.
12. Finely grate nutmeg over the tart.
13. Bake at 110C until it sets.

*Ingredients:***For pure base:**

- 180g ripe bananas
- 50g set caramel (200g caster sugar + 80g water)

For meringue:

- Four egg whites
- 70g caster sugar
- The juice of half a lemon

*Serves: Six*

► *Banana caramel soufflé*

Method:

1. Steam the ripe bananas – in their skins – for about 40 minutes
2. Make your caramel: cook sugar until caramelised, put on heatproof tray, allow to cool, and then break into pieces.
3. Blitz the banana & caramel mix to form a pure base.
4. To make your meringue, whisk the egg whites, sugar & lemon juice until soft peaks.
5. Place 150g of pure mix in a bowl and add meringue in two stages folding between additions.
6. Line ramekins with softened butter using a brush (brushing upwards)
7. Coat the inside of the buttered ramekins with caster sugar (shake off any excess).
8. Place soufflé mix in a piping bag, pipe in circular motion until filled.
9. Scrape the top to flatten.
10. Score the edge of the bowl with the tip of your thumb.
11. Bake at 180C for five or six minutes. Enjoy!



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GO WITH THE

FLOW!

Ingredients:

- 80g watercress
- Two salmon fillets
- One lemon, quartered
- One avocado, sliced

For the hot honey:

- 50ml honey
- Two garlic cloves, halved
- 1-2 tsp chilli flakes

For the quick pickled red onions:

- ½ red onion, thinly sliced
- 2tbsp vinegar – white wine or apple cider
- ½ tsp salt
- 1tsp sugar



Prep: 15 minutes



Cooking: 20 minutes



Serves: Two

Two superfood recipes from The Watercress Company inspired by the acclaimed Alresford Watercress Festival

►► Hot honey salmon & watercress salad

Method:

1. For the hot honey, warm the honey gently in a small pan. Add the garlic and chilli flakes and allow to infuse. Once fragrant and spicy, remove from the heat.
2. For the red onions, in a bowl or jar with a lid, add the sliced onion. Pour over the vinegar before sprinkling in the salt and sugar. Give it a mix, or shake, to combine and let it sit while you prepare everything else.
3. Brush one side of the salmon with the hot honey. Lay it coated side down in a hot pan and cook for 5-6 minutes. Brush the topside with a little more of the honey, flip and repeat.
4. To assemble the salad, split the watercress between two plates. Add ½ the avocado to each plate. Top with the salmon fillets and a spoonful of the red onion. Drizzle everything with a little more of the hot honey.
5. Serve with the lemons, squeezing fresh lemon juice over everything.

Visit thewatercresscompany.com



Ingredients:

- 250g brown crab meat
- 200g boiled potatoes, peeled and roughly mashed
- 100g watercress, chopped finely
- One tablespoon mayonnaise
- Salt and pepper

For the crumb coating

- One egg
- 200g breadcrumbs



Prep: 30 minutes (plus one hour resting in the fridge)



Cooking: 15 minutes



Serves: Six

► Crab & watercress bakes



The joy of simple crab cakes is that they can be made at lightning speed then set in the fridge to firm up ready for cooking as needed.

Method:

1. Put all the ingredients for the crab cakes in a small bowl and mix well, adding salt and pepper to taste.
2. To prepare the crumb coating, beat the egg in a bowl. Put the breadcrumbs on a plate and season well with salt and pepper.
3. Take a generous tablespoon of the crab mixture and shape it into a small ball in your hand – do this gently as the mixture will be fairly soft at this stage. Dip it fully in the beaten egg and straight into the breadcrumbs, turning to ensure it is evenly

coated. Repeat with the remaining crab mixture.

4. Put the crab cakes in the fridge to firm up for at least an hour.
5. When ready to cook, heat the oven to Gas 6/200C. Put the crab cakes on a parchment-lined baking tray and bake for around 15 minutes. These will be ready when they are lightly browned.
6. Serve with mayonnaise and salad, or new potatoes. To make a watercress mayonnaise, stir 1 tablespoon of chopped watercress into 3 tablespoons of ready-made mayonnaise.

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VIVA

We're
sharing a
taste of A Very
Vegan Christmas -
The Complete Mini
Cookbook for a
Magical Festive
Feast

VEGANS!

► Chestnut, mushroom & red wine pithivier

This traditional French dish, with its sunbeam pastry, is a feast for the eyes, rich, tasty, easy to create and makes for the perfect Christmas centrepiece or any time you're feeling fancy! Pithivier is named after the French town of Pithiviers.

Fry the onion on a medium heat in a little vegan butter or oil until golden. Add the leeks and fry for a further 5 minutes. Add the mushrooms and fry for another 5 minutes. Stir in the garlic and the cayenne pepper and fry for 2 minutes. Stir through the flour until all the vegetables have been covered.

Stir through the tomato purée and add all of the other ingredients apart from the quinoa/lentils. Allow to simmer, stirring regularly, for 15-20 minutes or until the liquid has reduced down significantly (you don't want it too runny).

Add the quinoa or lentils and stir. The consistency should be thick but not too thick. Add a little more stock if necessary (you don't want it to be runny). Set aside until needed.

Pastry:

Preheat the oven to 190°C/375°F/Gas Mark 5. Line a large baking tray with greaseproof paper and set aside. On a floured surface, use a large dinner plate to cut one of the pastry sheets around the shape of the plate (this is your small pastry circle). Place the smaller circle on the lined baking tray and set aside.

Take the next sheet and again cut around the shape of the

Ingredients:

For the filling:

One red onion, finely diced; two leeks, ends removed and finely sliced, 400g/14 oz button mushrooms, halved; three cloves garlic, finely chopped, ½ tsp cayenne pepper; 50g/¼ cup plain flour; 2 tbsp tomato purée (or use harissa paste for a bit of spice); 200g/1½ cups vacuum-packed chestnuts, roughly chopped; two tomatoes, roughly chopped; 10 sundried tomatoes, finely chopped; 1 tbsp dried or fresh thyme, stalks removed and finely chopped; ½ tbsp dried or fresh rosemary or oregano, stalks removed and finely chopped; two tbsp balsamic vinegar; 175ml/¾ cup vegan red wine (use alcohol-free if preferred or mix 1 tbsp red miso paste with 175ml boiling water); 250ml/1 cup vegan stock; 1 tbsp soft brown sugar; 250g/1½ cups pre-cooked quinoa or lentils; salt and pepper, to taste

Pastry: 640g/22.5 oz vegan ready-to-use puff pastry sheets 2 tbsp unsweetened plant milk mixed with 1 tbsp syrup (eg maple or agave) for brushing.

plate but this time leave 2cm of pastry around the edge. Transfer the mixture onto the small pastry circle and heap the mixture as high as possible, leaving at least 5cm of pastry free around the edge. Cover the mixture with the large pastry circle and seal the edges with your fingers. Brush the edges with some oil.

To create the sun pattern, make a tiny hole in the top centre and then score wavy lines deeply (but not all the way through!) from the centre to the outer edge of the pastry using a sharp knife.

Brush the outside with the plant milk/syrup mix until fully coated. Place in the oven and bake for 25-30 minutes or until crisp and golden.



Ingredients:

250ml Irish whiskey
 250ml vegan double/whippable cream (you don't need to whip it)
 130ml unsweetened plant milk
 370g vegan condensed milk (use gluten-free if needed)
 1 tbsp instant coffee mixed with 1 tbsp boiling water, left to cool
 2 tsp vanilla extract
 2 tbsp vegan chocolate syrup or 2 tsp cocoa powder (optional – use gluten-free syrup if needed)



Makes: One litre

► Vegan Irish cream liqueur



This is a delectable dairy-free homemade version of the very popular creamy alcoholic drink – we challenge you to tell the difference...

Method:

Combine the cream and sugar in a saucepan and bring to a low boil. Stir gently (the cream will expand a lot) and continue to cook for a minute or two, making sure the sugar has dissolved.

Remove from the heat, and allow to cool for a few minutes.

Add the lemon juice to the cream mixture, then decant into your lemon boats. (Note: the boats need to be on a flat surface so the liquid doesn't spill.)

Chill in the refrigerator for at least two hours, or overnight.

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