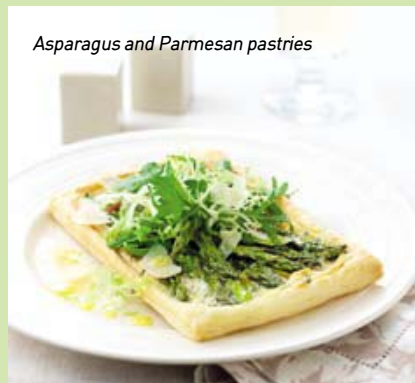
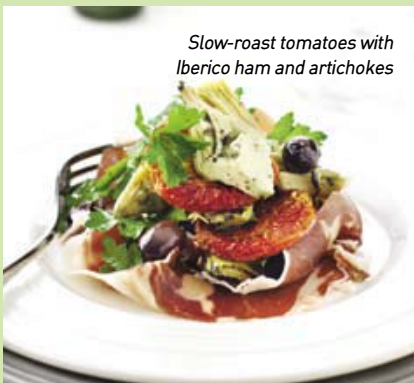
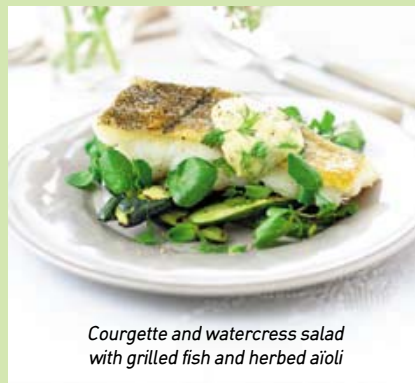


Mix & match

Simply choose from these starters, mains and desserts – all devised by the Good Food team
photographs LIS PARSONS

summer menus



First choose a starter



'A drizzle of truffle oil turns mushrooms on toast into an elegant starter' Barney Desmazery

Summery mushroom and truffled herb salad

SERVES 4 • PREP 20 mins • COOK 20 mins

Easy **Good source of folic acid**

1 tbsp white wine vinegar
4 eggs
4 tbsp olive oil
4 thin slices sourdough bread
2 garlic cloves, **1** whole, **1** finely chopped
300g/10oz oyster and shiitake mushrooms
200g/8oz podded broad beans, shelled
juice 1 lemon
large handful mixed soft herbs, such as chervil, parsley, basil, chives and tarragon
2 tbsp truffle oil

1 Tip the vinegar into a shallow pan of boiling water, poach the eggs, then set aside in a bowl of iced water. Heat half the oil in a frying pan, fry the bread until golden on each side, then rub with the whole garlic clove.

2 Reheat the pan until really hot, add the rest of the oil, throw in the mushrooms, then fry for 2-3 mins. Add the chopped garlic, broad beans and lemon juice, then set aside. Reheat the eggs briefly in the cooking water, then toss most of the herbs through the mushrooms.

3 To serve, put a slice of toast on each plate, spoon over mushrooms and top with an egg. Drizzle with truffle oil, scatter with the rest of the herbs, then finish with black pepper.

PER SERVING 343 calories, protein 14g, carbohydrate 18g, fat 24g, saturated fat 4g, fibre 5g, sugar 1g, salt 0.53g



'All seafood loves lemon and chilli; scallops especially so. They need a short time cooking last minute, but this won't stress you out as every other element can be made ahead' Jane Hornby

Seared scallops with leeks and lemon chilli butter

SERVES 4 • PREP 10 mins plus chilling for the butter • COOK 10 mins **Easy**

4 young, but not baby, leeks, trimmed
12 scallops, roes on or off
1 tbsp light olive oil
lemon wedges, to serve

FOR THE BUTTER

250g pack butter, softened
1 red chilli, deseeded and finely chopped
2 garlic cloves, crushed
zest 2 lemons
bunch parsley, leaves chopped, plus extra to serve

1 For the butter, mix all of the ingredients together in a large bowl, then beat well with a wooden spoon until there are no lumps of butter left. Spoon onto a large sheet of cling film, then wrap tightly in a sausage shape. Chill until firm (or put in the freezer if you're short of time).

2 Set up a pan with a steamer or suspend a heatproof colander over the top of a pan. Cut the leeks in half lengthways, then slice into long strips, about the thickness of tagliatelle. Cover, then steam for 6 mins until tender, with no signs of squeakiness. Season, then set aside.

3 Dry the scallops on kitchen paper and season. Heat a heavy-based pan, then add the oil. Once hot, add the scallops, keeping them close

together – this helps the sides to stay straight and tall rather than sagging. Sizzle for 2 mins until caramelised and you can see the heat creeping up the outside. Turn over with a palette knife, then fry for 1 min more. Take off the heat, then add a few good slices of the butter to the pan, spooning over the scallops as it melts.

4 To serve, wind a nest of warm leeks in the centre of 4 plates, top each with 3 scallops, spoon over the buttery sauce (it looks smart trickled around the plate), then sprinkle with the remaining parsley. Squeeze over a little lemon juice before you tuck in.

PER SERVING 588 calories, protein 19g, carbohydrate 3g, fat 56g, saturated fat 33g, fibre 2g, sugar 2g, salt 1.47g

KNOW-HOW

The leftover butter will keep in the fridge for up to a week, or can be frozen in portions for up to a month. Try it tossed though pasta with crabmeat or prawns, or stirred through steamed green veg.

Slow-roast tomatoes with Iberico ham and artichokes

SERVES 4 • PREP 20 mins • COOK 3 hrs

Easy

100g/4oz sea salt flakes
4-6 plum tomatoes, halved
8 slices Iberico ham or prosciutto
jar griddled artichokes
handful black olives, Spanish or kalamata
handful small-leaved flat-leaf parsley
olive oil, to serve

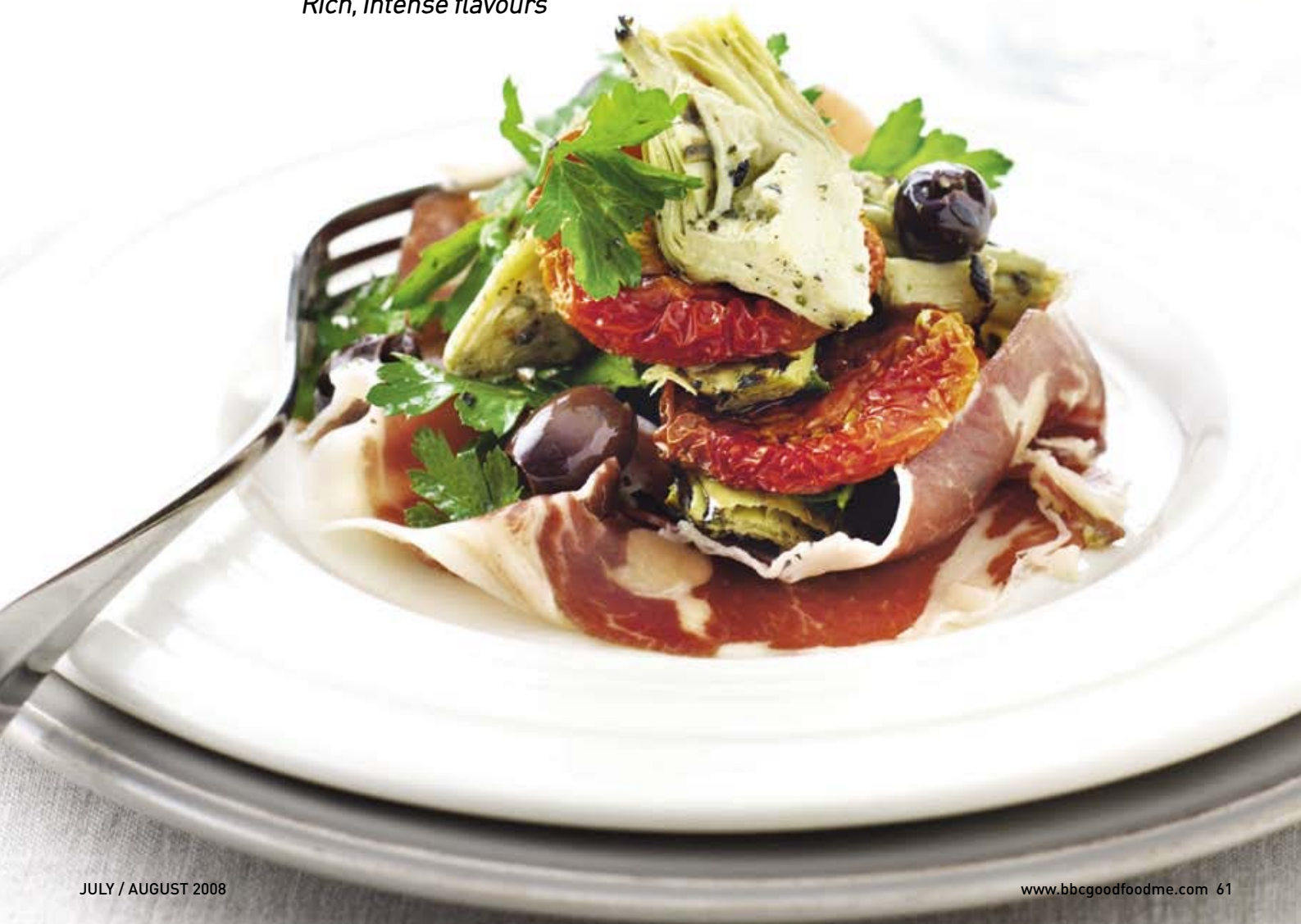
1 Heat oven to 140C/fan 120C/gas 1. Make a thick layer of salt on a baking tray, top with the tomatoes, cut-side up, then slowly roast for 3 hrs until they are semi-dried. Remove from the salt and, if keeping for longer than a day, store in a sterilised jar completely submerged in olive oil.

2 To serve, arrange two slices of ham on each serving plate. Toss the tomatoes, artichokes, olives and parsley in a little oil, then arrange in the centre. Serve with some breadsticks.

PER SERVING 185 calories, protein 6g, carbohydrate 5g, fat 16g, saturated fat 3g, fibre 3g, sugar 4g, salt 3g

🍷 Semi-dried tomatoes are easy to find, but there's nothing quite like slow-roasting your own and serving them in salads and starters like this. The salt in this recipe helps the tomatoes to dry out in the oven, but you don't taste it in the finished result 🍷 SARA BUENFELD

Rich, intense flavours



Then select a main course



'These look special, but are incredibly simple, especially as the pastry is ready-rolled for you' Sara Buenfeld

Asparagus and Parmesan pastries

SERVES 4 • PREP 10 mins • COOK 20-25 mins

Easy  

- 6 tbsp mascarpone
- 40g/1½oz grated Parmesan, plus extra shavings to serve
- 3 tbsp finely chopped basil
- zest ½ lemon
- 375g pack ready-rolled puff pastry, quartered (then cut to the length of the asparagus)
- 350g pack asparagus spears
- 1 tbsp olive oil

TO SERVE

good handful pretty salad leaves, such as rocket, basil, frisée and little red chard leaves, tossed in vinaigrette

- 1 Heat oven to 200C/fan 180C/gas 6. Mix the mascarpone with the Parmesan, basil and lemon zest, then season.
- 2 Lift the pastry onto 2 trays, then score around the edges of each piece to make a thin border. Spread the cheese mixture within the borders.
- 3 Toss the asparagus in the oil, then arrange the bundles on top of the pastry (these can be stacked a bit for height). Bake the pastries for 20-25 mins until golden, then serve warm topped with the dressed salad leaves and a few shavings of Parmesan.

PER SERVING 535 kcalories, protein 12g, carbohydrate 37g, fat 39g, saturated fat 18g, fibre 1g, sugar 4g, salt 0.99g



'Rather than cooking a full-on hot course in the summer, combine cooked fish (or meat) with a dressed salad. Making aioli takes no time the Good Food way; but if you'd rather, buy a pot of fresh from the chiller cabinet and add crushed garlic and herbs' Jane Hornby

Courgette and watercress salad with grilled fish and herbed aioli

SERVES 4 • PREP 10 mins • COOK 10 mins

Easy 

- about 12 baby courgettes
- olive oil
- 4 fillets sustainable white fish, skin on
- juice ½ lemon
- bunch mint, leaves picked
- 100g bag watercress (or use rocket)

FOR THE HERBED AIOLI

- 2 egg yolks
- 1 tsp Dijon mustard
- 1 fat garlic clove
- 200ml/7fl oz mild olive oil (see Know-how, above right)
- lemon juice, to taste
- handful mixed soft herbs (such as chives, parsley, mint and dill) chopped, plus extra picked leaves, to serve

1 Heat a griddle pan. Rub courgettes in 1 tsp oil, season, then griddle until just soft. Set aside while you make the aioli. Whizz egg yolks in a processor with the mustard, garlic and plenty of salt. Gradually add the oil until thick, then season with lemon juice. You can make this with a stick blender [see Know-how, above right]. It will keep for a day in the fridge.

2 Season the fish. Heat a non-stick frying pan until very hot, add 1 tsp oil, then fry the fish, skin-side down, for 3 mins until crisp. Turn and fry

the fish for just 30 secs-1 min more until it is cooked all the way through.

3 To serve, fold the herbs into the aioli. Whisk 1 tbsp oil with the lemon juice, season, then use to very lightly dress the courgettes, mint and watercress. Pile onto plates, top with fish plus a dollop of aioli, then scatter with herbs.

PER SERVING 605 kcalories, protein 32g, carbohydrate 2g, fat 52g, saturated fat 8g, fibre 1g, sugar 2g, salt 0.37g

KNOW-HOW

- For a stronger tasting aioli, mix 150ml light olive oil with 50ml extra virgin.
- For instant aioli, put all the ingredients into a tall jug and push a stick blender to the bottom. Whizz, then slowly pull up the blender until thick. Season with lemon juice.

One-pan duck with Savoy cabbage

SERVES 4 • PREP 10 mins • COOK 30 mins

Easy  

2 duck breasts

- 1 tsp black peppercorns, crushed
- 600g/1lb 5oz cooked new potatoes, thickly sliced
- bunch flat-leaf parsley, roughly chopped
- 1 garlic clove, finely chopped
- 6 rashers smoked streaky bacon, chopped
- 1 Savoy cabbage, trimmed, quartered, cored and finely sliced
- 1 tbsp balsamic vinegar
- 2 tbsp olive oil

1 Lightly score the skin of the duck breasts, then generously season with the peppercorns and a sprinkling of salt. Lay the duck breasts, skin-side down, in a non-stick sauté pan, then place over a low heat. Leave the duck for 15 mins to brown and release its fat, then flip over onto the flesh side for 5 mins.

2 Remove the duck from the pan, then turn up the heat. Add the potatoes to the pan, fry until brown and crisp, then scatter over the parsley and garlic. Scoop out with a slotted spoon onto a plate, then season with salt.

3 Keep the pan on the heat. Fry the bacon until crisp, then add the cabbage. Cook for 1 min, add a splash of water, then fry for 2 mins, just until the cabbage is wilted. While the cabbage is cooking, whisk any juices from the duck with the vinegar and olive oil. To serve, carve the duck breast into slices. Fan out on large dinner plates, spoon a neat bundle of cabbage on one side, then pile a serving of potatoes on the other. Drizzle over the dressing and serve.

PER SERVING 504 kcalories, protein 25g, carbohydrate 33g, fat 31g, saturated fat 8g, fibre 6g, sugar 7g, salt 1.16g



6 Duck breast is perfect for entertaining – it's easy to cook, readily available, yet not something you eat every day 9
BARNEY DESMAZERY

Clever one-pan entertaining

And finish with a sumptuous dessert



'These meringues aren't quite the same as the classic, but they take seconds to make, then just a few seconds more to cook' Barney Desmazery

Eton mess stacks

SERVES 4 • PREP 15 mins
COOK staggered 6 mins Easy

1 egg white
350g/12oz icing sugar
1 tsp crushed cardamom seeds
a little oil, for greasing
142ml pot double cream
juice ½ lemon
250g punnet raspberries

1 Lightly whisk the egg white, then stir in the icing sugar and cardamom to make a firm fondant icing. Roll the icing into 8 golfball-size balls (you probably won't need all of it). Two at a time, place the balls at opposite ends of a greased piece of baking paper, then microwave for 30-40 secs on High until quadrupled in size. Leave to cool for a few mins, then lift off the paper and repeat until all the balls are cooked.

2 Whip the cream with half the lemon juice. Crush half the raspberries, then fold through the cream. To serve, place a little splodge of raspberry cream onto each plate. Stack a meringue with some more cream, then place another meringue on top. Spoon over more cream, then top with a few whole raspberries. Dust with icing sugar and serve.

PER SERVING 550 calories, protein 2g, carbohydrate 96g, fat 20g, saturated fat 11g, fibre 2g, sugar 94g, salt 0.10g



'Chocolate roulade is back in fashion and in my experience always goes down well at a dinner party. However, the biggest selling point for the cook is that it can be filled and rolled the day before you want to eat it, then left in the fridge' Sara Buenfeld

Amaretti mocha roulade

MAKES 6 slices • PREP 45 mins
COOK 18 mins Moderately easy

2 x 100g bars dark chocolate with coffee (we used Bournville), broken into squares
6 large eggs, separated
175g/6oz dark soft brown sugar, plus 1 tbsp
2 tbsp cocoa
85g/3oz amaretti biscuits, finely crushed
285ml pot double cream
3 tbsp Tia Maria, plus extra to serve (optional)

1 Heat oven to 180C/fan 160C/gas 4, then line a greased 23 x 33cm Swiss roll tin with baking paper. Melt 175g of the chocolate in the microwave on High for 1½mins or in a bowl over a pan of just simmering water, then finely chop the rest and reserve. Whisk the egg yolks and sugar until thick and creamy and it leaves a trail. Using clean whisks, whisk the egg whites in a separate bowl until stiff.

2 Fold the melted chocolate into the egg yolk mixture, then carefully fold in the egg whites, followed by the cocoa. Pour into the tin and bake for 18 mins until firm to the touch.

3 Meanwhile, arrange a sheet of baking paper on a tea towel and sprinkle the paper with the crushed biscuits. Turn the cooked roulade onto the paper, then strip off the lining paper. Trim the

edges, then roll up like a Swiss roll. Allow to cool.
4 To serve, whip the cream with the 1 tbsp sugar and Tia Maria until stiff. Carefully unroll the cooled roulade, then spread with the cream. Scatter with the rest of the chocolate and roll up. Serve in thick slices, drizzled with extra Tia Maria, if you like.

PER SERVING 710 calories, protein 11g, carbohydrate 71g, fat 44g, saturated fat 22g, fibre 1g, sugar 62g, salt 0.41g

Honeyed fruit sundaes

SERVES 4 • PREP 10 mins • COOK 2 mins
Easy

50g/2oz butter
1 vanilla pod, seeds scraped out
3 tbsp runny honey
200g punnet blueberries
2 or 3 ripe peaches, cut into wedges
8 Belgian waffle biscuits
real vanilla ice cream

1 Heat a frying pan, then add the butter. Once it foams, add the vanilla seeds and honey. Stir in the blueberries and peach wedges, then gently warm through. Don't boil them or the peach flesh will turn fluffy.

2 Put a couple of biscuits onto each plate, overlapping by about half. Top with some of the fruit and spoonfuls of the syrup, then add a scoop of ice cream.

PER SERVING 411 calories, protein 5g, carbohydrate 48g, fat 24g, saturated fat 14g, fibre 2g, sugar 35g, salt 0.46g

KNOW-HOW

To get ahead, scoop as many ice-cream scoops as you need onto a baking tray, then put in the freezer until ready to use.

