

Come over... & bring a dish

Keep entertaining a crowd simple with this smart make-ahead buffet

PHOTOGRAPHS NOEL MURPHY

Green goddess salad 🍷

SERVES 10 • PREP 20 MINS • NO COOK

Easy     1 of 5-a-day

2 heads fennel, finely shaved
4 Baby Gems, cut into wedges
1 cucumber, cut in finger-size batons
1 bunch spring onions,
cut in finger-size batons

FOR THE DRESSING

1 tbsp Dijon mustard
2 tbsp red wine vinegar
6 tbsp olive oil

Tip the dressing ingredients into a jar with a splash of water and shake well. Tip the salad into a bowl and keep in the fridge for up to a day. Before serving, dress the salad.

PER SERVING 74 calories, protein 1g, carbohydrate 2g, fat 7g, saturated fat 1g, fibre 1g, sugar 2g, salt 0.13g

“I love really substantial salads and these are a celebration of all the wonderful veg that’s at its peak right now”

Barney Desmazery



“I always make this tasty bread in the summer, it’s irresistibly moreish”
Katy Greenwood
Cookery assistant

Artichoke focaccia

SERVES 10 • PREP 40 MINS PLUS RISING TIME • COOK 15 MINS **Moderately easy**  
Good for you

FOR THE DOUGH

500g/1lb 2oz strong flour
7g sachet fast-action yeast
1 heaped tsp salt

FOR THE FILLING

large bunch rosemary
285g jar artichoke antipasti in oil (we used Sacla)
50g/2oz freshly grated parmesan,
plus extra for grating

1 Tip the flour into a large bowl and make a well in the centre. Add the yeast and salt, then gradually pour in 350ml tepid water, stirring as you go. Bring the dough together with a spoon, then with your hands. It should be soft, but not too sticky or wet. If it won’t come together, pour in a little extra water; if the dough is too wet, add extra flour. Tip onto a floured work surface and knead for about 10 mins, or until it’s smooth, soft and springs back when pushed with a finger. Leave to rise in an oiled bowl covered with cling film in a warm place for 1 hr or until the

dough has doubled in size.

2 Strip leaves from half the rosemary and finely chop. Break the rest into smaller pieces. Drain the artichokes, reserving the oil, and chop into chunks.

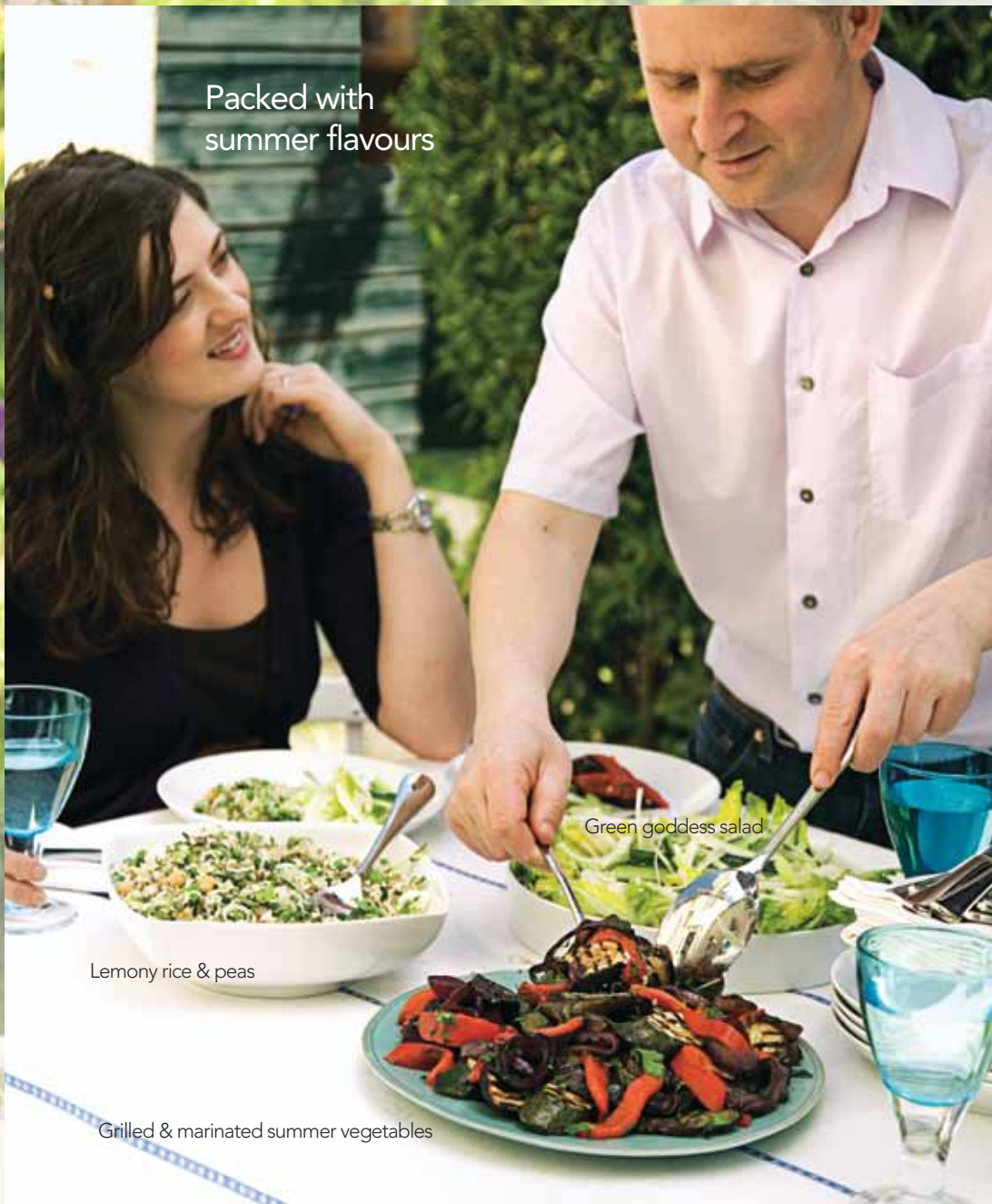
3 When risen, tip the dough onto an oiled work surface and roll out into a 35 x 45cm rectangle. Slip an oiled baking sheet under half of the dough. Top the half with artichokes, all the parmesan and rosemary. Grind over black pepper and drizzle with a little of the reserved oil. Fold over the other dough half, pressing the edges together and under to seal. Leave to rise in a warm place, covered with the oiled cling film, for 30 mins. Heat oven to 240C/fan 220C/gas 9.

4 Drizzle with a little more of the oil and make dents in the top with your fingers. Pop the rosemary sprigs into the dents and grate over a little more cheese. Bake for 15 mins, until golden and risen. Cool on a rack for 30 mins, cut into squares and serve.

PER SERVING 269 calories, protein 8g, carbohydrate 39g, fat 10g, saturated fat 2g, fibre 2g, sugar 1g, salt 1.38g

MAKE AND TAKE

Make the day before and wrap in foil. Eat it cold, or pop in a low oven for 10 mins to warm through.



Packed with
summer flavours

Green goddess salad

Lemony rice & peas

Grilled & marinated summer vegetables

Grilled & marinated summer vegetables 🍷

SERVES 10 • PREP 20 MINS • COOK 30 MINS **Easy** **V** **A** **✓** **✓** Good source of vit C, 2 of 5-a-day

4 red peppers
3 aubergines, cut into finger-thick rounds
3 courgettes, cut diagonally into finger-thick slices
4 red onions, cut into finger-thick slices
large bunch flat-leaf parsley, chopped
2 garlic cloves, crushed

FOR THE DRESSING
5 tbsp sherry vinegar
100ml/3½ fl oz olive oil

1 Whisk dressing ingredients and some seasoning in a large bowl. Heat a griddle pan. Blacken peppers on all sides. Put in a bowl and cover with a plate until cool to touch.
2 Griddle the other veg, without oiling, until charred on each side and softening. As they cook toss them straight into the dressing, separating onions into rings. Peel peppers, reserving the juice in the bowl, deseed and cut into strips. Toss in with the rest of the veg, then strain the juice over. Leave everything to cool, then season. The salad can be kept in the fridge for 2 days, but bring it out a few hrs before serving. Then stir through parsley and garlic.

PER SERVING 138 calories, protein 3g, carbohydrate 10g, fat 10g, saturated fat 1g, fibre 4g, sugar 8g, salt 0.02g

Lemony rice & peas

SERVES 10 • PREP 15 MINS • COOK 20 MINS **Easy** **V** **A** **✓** **✓**
Low fat, 1 of 5-a-day This salad is packed with pulses and should be enough of a carb hit that you don't need to serve potatoes as well.

300g/10oz brown basmati rice
75ml/2½fl oz olive oil
200g/8oz frozen peas
410g can lentils, rinsed and drained
410g chickpeas, rinsed and drained
juice 2 lemons
2 bunches spring onions, finely sliced
large bunch coriander, chopped

1 Cook the rice in a large pan of boiling water for about 15 mins, drain and drizzle with a little of the olive oil, then leave to cool.
2 Boil a kettle and pour the water over the peas in a small bowl. Leave them to defrost, then drain. In a large bowl, mix the rice with the peas, lentils, chickpeas, remaining olive oil, lemon juice and the spring onions. Season to taste. The rice salad can now be kept in the fridge for up to 2 days. Remove from the fridge about 30 mins before serving, then stir through the coriander.

PER SERVING 229 calories, protein 7g, carbohydrate 32g, fat 9g, saturated fat 1g, fibre 4g, sugar 2g, salt 0.61g

MAKE AND TAKE

Lemony rice & peas Take the salad in a large bowl, keeping coriander separate. Toss through before serving.

Green goddess salad Dress salad just before serving.

Grilled & marinated summer veg Take the salad in a large bowl, keeping garlic and parsley separate. Toss through before serving.



Strawberry & sweet wine savarin 🍷

SERVES 10 • PREP 2 HOURS • COOK 15 MINS **Moderately easy** ❄️ SAVARIN ONLY
A savarin is like a big rum baba, except this version is soaked with dessert wine for a light, summery feel. Don't be put off by the yeast – it's the easy-blend type, so you just make a sticky batter – no kneading required.

200g/8oz strong plain flour
 1 tbsp golden caster sugar
 1½ tsp easy-blend yeast
 125ml/4fl oz warm milk
 2 large eggs
 50g/2oz soft butter
 3-4 tbsp warm apricot jam
 575ml pot double cream, to serve
FOR THE WINE SYRUP
 200g/8oz golden caster sugar
 4 strips lemon zest (use a potato peeler)
 300ml/½pt dessert wine, such as Muscat de Beune de Venise or Orange Muscat
FOR THE STRAWBERRIES
 2 x 400g punnets strawberries, hulled and halved
 juice ½ lemon
 3 tbsp golden caster sugar

- 1 Mix the flour, sugar and yeast in a bowl with a pinch of salt. Mix the milk and eggs, then pour in and beat well to make a thick, sticky batter. Dot over the butter, then cover and leave in a warm place for about 30 mins until doubled in size.
- 2 Meanwhile, make the syrup. Heat sugar and zest with 125ml water until the sugar dissolves. Remove from heat and stir in wine.
- 3 Heat oven to 220C/fan 200C/gas 7. When the batter has risen, beat it with a wooden spoon for about 1 min to mix in the butter, then spoon into a buttered 25cm ring mould. Cover with oiled cling film and leave until it reaches three-quarters of the way up the tin.
- 4 Remove cling film and bake for 15 mins until well risen and golden, then pour over the wine syrup. Cover and leave until ready to serve. You can freeze this or leave it overnight in a cool place. To serve, turn the savarin onto a large serving plate and brush with the jam so it looks nice and sticky. Mix the strawberries with the lemon and sugar and pile into the middle. Decorate with strawberry leaves, if you have them, and serve with cream.

PER SERVING 294 calories, protein 5g, carbohydrate 53g, fat 6g, saturated fat 3g, fibre 2g, sugar 38g, salt 0.17g

Really easy apricot & amaretti cream 🍷

SERVES 10 • PREP 15 MINS • COOK 20 MINS **Easy** 🍷 A cross between a trifle and tiramisu, this really is simple to do. I've roasted apricots for the fruity layer, but you could use fresh raspberries to make it even faster and no-cook.

1kg/2lb 4oz fresh apricots, halved and stoned
 1 large orange, grated zest and juice
 85g/3oz golden caster sugar
 2 x 250g tubs mascarpone
 500g tub fresh vanilla custard
 140g/5oz amaretti biscuits
 about 50g/2oz grated dark chocolate

- 1 Heat oven to 220C/fan 200C/gas 7. Tip the apricots into a roasting tin, toss with the orange zest, juice and sugar and roast for 15-20 mins until soft. Remove the skins if you like. Tip into a bowl to cool.
- 2 Whisk the mascarpone and custard together until completely blended.
- 3 Tip the biscuits into a large glass bowl, then top with the apricots and custard. Scatter generously with the grated chocolate, then cover and chill until ready to serve.

PER SERVING 431 calories, protein 5g, carbohydrate 41g, fat 29g, saturated fat 18g, fibre 2g, sugar 32g, salt 0.34g

MAKE AND TAKE

The trifle can be made 2 days ahead and left to chill in the fridge. Just transport it carefully in the dish.

MAKE AND TAKE

Keep the savarin in its mould, then turn out onto the serving dish and brush with jam at the venue. The strawberries can be mixed beforehand ready to be piled in the middle.