

Get together for brunch

Start the day with *Anna Helm's* brunch – a festive treat to enjoy with family or friends PHOTOGRAPHS MYLES NEW



Delicious with cheese

Apple muffins with pecan topping

MAKES 12 • PREP 10 mins • COOK 20 mins

Easy  

These muffins aren't too sweet – I like mine warm with a slice of cheese. For a variation, try replacing the apple with a chopped banana and play around with the spices.

350g/12oz plain flour
25g/1oz butter
50g/2oz dark muscovado sugar, plus
1 tbsp extra for the topping
50g/2oz pecans, chopped
2 tsp baking powder
½ tsp bicarbonate of soda
1 tsp cinnamon
284ml tub soured cream
1 egg, beaten
3 eating apples (about 140g/5oz each),
peeled and cored
2-3 tbsp milk

1 Heat oven to 200C/fan 180C/gas 6. Line a muffin tin with muffin cases. In a small bowl, use your fingertips to rub 50g of the flour together with the butter to make breadcrumbs. Stir through 1 tbsp sugar and the chopped pecans, then set aside.
2 In a large bowl, sift together the remaining flour, baking powder, bicarbonate of soda and a pinch of salt, then stir in the sugar and cinnamon and set aside. Coarsely grate two of the apples, then beat together with the soured cream, egg and 2 tbsp milk. Make a well in the dry ingredients and quickly fold through the wet ingredients, adding an extra tbsp milk if really dry. Don't over-mix or your muffins will be tough. It doesn't matter if there are lumps of flour.
3 Spoon the mixture into the muffin cases – they should be about two-thirds full – then sprinkle over the pecan topping. Thinly slice the final apple, then poke slices into the tops of the muffins. Bake for 20 mins or until risen, golden and a skewer inserted in the centre comes out clean.

PER SERVING 226 calories, protein 5g, carbohydrate 32g, fat 9g, saturated fat 5g, fibre 2g, sugar 9g, salt 0.56g

One of the best things about being on holiday is having time to enjoy a lie-in and a leisurely breakfast. Over the festive season, treat yourself – and everyone else – to something a bit special

Hash browns with mustard & smoked salmon

SERVES 4 • PREP 10 mins • COOK 10 mins **Easy**

Low fat

These hash browns also work well topped with a poached egg. For a healthier version, use a spray of oil to fry them.

1 large potato (about 350g/12oz), washed
1 tbsp plain flour
1 tbsp wholegrain mustard or horseradish sauce
knob of butter
1 tbsp sunflower oil
4 slices smoked salmon
soured cream or crème fraîche, to serve
chives, to serve

1 Grate the unpeeled potato onto a clean tea towel. Bring up the edges of the towel, then squeeze over the sink to remove any excess water in the potatoes. Tip into a bowl and add the flour and mustard or horseradish. Season well and mix together.

2 Divide the mixture into 8 balls and flatten between your hands. Heat a large frying pan with the butter and oil, then add the potatoes to the pan. Cook for 2-3 mins on each side, over a medium heat, until golden.

3 Stack a couple of hash browns on each serving plate and top with a slice of smoked salmon, a dollop of soured cream or crème fraîche and some chives to serve.

PER SERVING 153 kcalories, protein 9g, carbohydrate 18g, fat 6g, saturated fat 2g, fibre 1g, sugar 1g, salt 1.61g



Sophisticated, but simple