

BBC

goodfood

August-September 2020
DHS15

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Middle East

Holiday *at home*

* Giant
Portuguese
pastel de nata

Back to school
lunchbox ideas

summer
BAKES

- Two ways with
Victoria sponge
- Perfect pies

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51

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Welcome!

We've reached the end of summer. Well, the holidays at least. Most of us haven't travelled this year and it seems like the longest break ever, which is why the August-September issue offers escapism to sate your wanderlust. Turn to page 33 for a holiday atmosphere that you can recreate at home.



Now that most restaurants have reopened, we've added our Tried & Tasted section back in (page 10). If you're still looking for weekend activities, experiment with homemade gherkins (44) or try an all-time favourite Victoria sponge cake (page 14).

Your children are probably keen to return to school, even though you might not be ready just yet. Whether you're continuing with distance learning or sending them back into the world, try setting a routine. Our selection on page 47 offers lunchbox ideas as well as after-school suppers. You may want to pack some for work lunch the next day too.

As usual, we also have easy midweek meals, one-pot dishes, effortless dinners and creative bakes, to offer plenty of inspiration until the next issue. In addition to the magazine, tune into bbcgoodfoodme.com for recipes, the latest in news and ways to support Lebanon during this heartbreaking period.

Stay safe!

Nicola Marteau

Editor

WHAT WE'RE LOVING!



"Spain has been on my travel list for a while. Since I can't travel just yet, I'll be making this authentic paella for friends."



"The textures of this savoury chicken and mushroom pie look absolutely delectable."



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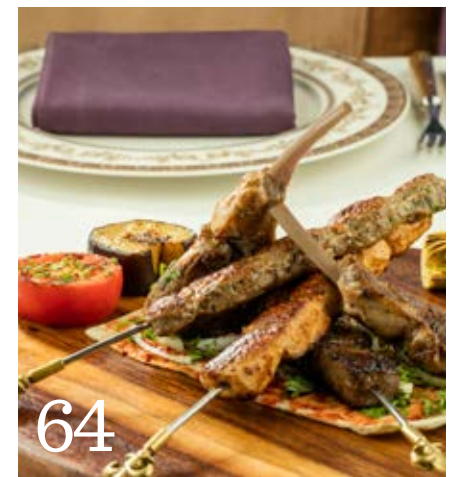
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67 Dining vouchers and a hamper up for grabs.



Our recipe descriptions

V Suitable for vegetarians.

❄️ You can freeze it.

❌ Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:

P Contains pork.

gf YOUR SAY

We love hearing from you!

BBC gf star letter



I always enjoy the Flavours of the month section in every issue and reading about UAEs hotspots. I'm looking forward to checking out Sacci at The Westin this week. I followed the recipe for the Smoky tomato soup, and it was delicious. I also really loved the Father's Day recipe section; I left the magazine open on the table in the hopes my wife would get the hint - she didn't!! And finally, I found reading about the post work-out power bowls really interesting and it has given me some great inspiration.

Shane Mullins



Lowering the trash level (Kitchen waste in particular) is challenging and is not discussed or spoken often about. I was very intrigued by the Fruit & Veg Scrap article in the June- July issue. This is something that we can all try and use everyday to reduce wastage. Thank you for sharing the article with us.

Rakshita Coutinho



Being the owner of a business and running a home by myself without any help, I absolutely love the recipes in all the BBC Good Food Middle East magazines. Sometimes, I'm not in the mood to cook, or just randomly looking for ideas or inspiration. The recipes are always my favourite part of each issue. That why I love the magazine and have been reading it for years, since living in Dubai. Thank you. It seriously keeps my cooking interesting and the family love it.

Adronette Meyer

WIN!

WMF IMPLUSE COFFEE FLASH FROM TAVOLA, WORTH AED575





One lucky star letter prize winner can get this WMF Impulse Coffee Flask, to ensure a cup of hot coffee is just a click away, no matter where you are. Once filled with your aromatic, freshly brewed coffee, the content of the 1 liter jug will easily last you a while. These stylish flasks not only impress with their modern design, but also with their ability to insulate and keep drinks at a pleasant temperature for drinking (which is 70°C even after 12 hours). The outstanding ThermoPro insulating performance will last up to 24 hours, while the double-walled hard glass thermal liner offers the best results. The drip-free spout and smooth surfaces make cleaning much easier too. It will surely become your reliable companion.

To send in your Star Letter and win this prize, visit the Competitions page on bbcgoodfoodme.com.



TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on:     @bbcgoodfoodme

Or, you could write to us at: The Editor, BBC Good Food Middle East, Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.



SATURDAY SENSATION

The Bagaeton Drunch showcases Bistrot Bagatelle's joie de vivre vibe with a new three-hour dining experience

It's been a while since Bistrot Bagatelle hosted the epic parties it has become synonymous with. Luckily, you don't have to wait any longer. Gather your friends and hotfoot to the newly launched Saturday Drunch, which boasts a buzzing atmosphere, the best of culinary offerings and infectious Reggaeton vibes.

The Latin-American ambience will be beautifully bolstered by a curated set menu from Head Chef Dave Fitzsimmons. Expect gourmet delights including sharing starters such as tuna tartare, burrata, veal carpaccio and a decadent truffle pizzetta.

Diners can enjoy a main course of their choosing, with flavoursome dishes on offer, such as steak frites, lobster linguine and truffle baby chicken. To polish off the meal on a sweet note, tuck into an assortment of delectable French desserts.

Who's ready to party?

BOOK NOW

Every Saturday from 2-5pm. The packages are priced from AED350 to AED490 (for the premium selection). Contact +9714 354 5035 or email reservation@bistrotbagatelledubai.com



NEWS nibbles

What's hot and happening in the UAE

DID SOMEONE SAY SPECIALTY COFFEE?



The Middle East's first instant specialty coffee product, Três Marias Coffee Company, offers a great brew for those in a hurry. The final cup is the perfect mix of high-quality whole roasted coffee beans from Três Marias proprietary brewing process, which consists of large-batch brewing, packed in a filter profile and then freeze-dried.

Each box includes five sachets of 300ml of coffee.

Those trying to lead a more eco-conscious lifestyle will be glad to know that all sachets are made from eco-friendly and compostable material. Take your pick from three brews, featuring the caramel sweetness of Colombian coffee, the citrusy and fruity notes from Rwanda coffee and the chocolate and nutty flavour of Brazilian coffee.

From AED75. Customers can also order the Discovery Box for AED225, which contains 15 sachets allowing them to explore the three flavours. Visit tresmariascoffee.com.



Up your lunchbox game with these nutritious snacks from Koala Picks. Available as single boxes or a subscription service, for convenience, the range features savoury and sweet treats with hidden veggies. All Koala Picks recipes are created in-house, approved by a certified nutritionist, and free from preservatives, refined sugars and artificial colours and flavouring. The snack boxes are customizable and available in three sizes to suit each family. Subscriptions are also flexible and commitment-free.

Koala Picks has also unveiled a breakfast and baking range, apt for a quick meal on busy mornings, or a leisurely weekend activity. Choose from the Koalified Pancake Mix, Cookie Mix, Choco Rice Puffs and/or Peanut Butter Granola. You can also buy all four in the Koalified Chef Starter Pack, which includes a branded apron and bowl to make cooking all the more fun.

From AED15 for breakfast & baking items, AED67 for single snack boxes and AED90 for the Chef Starter Pack. The brand currently delivers to Dubai, Sharjah and Abu Dhabi. Visit koalapicks.com for more information.



THE BEST BITES



Summer fun

Make the most out of your summer holidays with little ones, before the next academic year begins. Couqley French Bistro & Bar has expanded their range of DIY kits to now include the Magic Phil Kids Kits. It comprises fresh ingredients and a link to a step-by-step instruction video, created by well-loved children's magician and entertainer, Magic Phil.

Two options are available, the Kids Pasta and Pain Perdu for dessert, both from the Petit Couqley children's menu. Additionally, the kit also comes with a chance to win a family dinner at the restaurant and a signed copy of Magic Phil's book. All children have to do is colour in the placemat that comes with the kit and then, with the help of an adult, share the coloured placemat on Instagram.

Priced at AED29 for the pasta box and AED55 for the dessert kit. The limited-edition boxes can be ordered for takeaway or via Deliveroo.

FRESH & FRUITY

There's only one way to keep cool this summer. With a 100 per cent natural ice pop, free from nasties. The clean, healthy fruit-on-a-stick treats from House of Pops, are inspired by Mexico's paletas and available in a variety of tropical flavours, complemented with creamy ones (using organic coconut cream and milk). Try the Mighty Mango (made with Alphonso mango), Very Raspberry, Super Strawberry, Fancy Choco, and Pineapple Basil. Each ice pop clocks in at 41 calories (the lowest) and 167 calories (the highest). The brand has also pledged to only use plastic-free packaging, made up of materials that are biodegradable and compostable.

Available on Deliveroo, Zomato, and Talabat.



This month we love...

Zafi, a plant-based hot sauce, with the key ingredient being Scotch Bonnet peppers. It has three blends with varying heat levels, perfect as a condiment or to spice up just about any dish. AED40 at leading supermarkets.



Earth Goods, an all-natural and organic health food brand that's packed with vitamins, minerals and antioxidants. The range includes a delicious gluten-free granola fruits mix, oats, chia, flax, sunflower and pumpkin seeds, agave and coconut oil. All products are free from GMOs, preservatives, chemicals, processed foods, and added sugar and additives.

Available at Spinney's, Choitram's, Waitrose, Union Coop, Sharjah Coop, and online at amazon.ae, mumzworld.com, sprii.ae and noon.com.



Flavours of the *month*

Here is what's hot and happening
around town this month

↘ **OPA DUBAI**

Chef Timothy Newton has unveiled new menu offerings, giving you a taste of Greece. The next time you visit, make sure to try the Santorini salad with mixed leaves, poached prawns, confit tuna dressing, crispy capers and bottarga; Opa Manti (feta dumplings with garlic yogurt, coriander pesto and braised Wagyu short-rib); and the Souvlaki featuring grade 8 Australian Wagyu with capers and cauliflower puree. For the finale, tuck into the Greek yogurt panna cotta with caramelized oat and honey ice cream, figs and lemon honey sauce.

Contact +9714 357 0557.



↘ **Dhow & Anchor, Jumeirah Beach Hotel**

The city's much-loved British gastropub has reopened, offering classics including everything from fish and chips and roast with all the trimmings, to bangers and mash, and hand-cut chips with D&A curry sauce. Treat yourself to the moreish sticky toffee pudding and apple crumble for dessert. The children's menu features fish goujons with mushy peas, mini chicken curry and mac and cheese, all of which they will absolutely love.

Contact +9714 432 3232.



➤ **North 28 Restaurant**

Mirzam (the UAE's first bean-to-bar chocolate maker that specialises in hand-crafted artisan chocolate) has collaborated with this stunning restaurant at Mall of the Emirates, to bring you four hot chocolate creations to indulge in, while taking in the views at Ski Dubai. Try the signature hot chocolate; the vegan dark hot chocolate made with just cocoa beans, unrefined sugar and almond milk; white hot chocolate and the Arabic hot chocolate infused with cardamom and locally roasted coffee.

Contact +9714 409 4132.



➤ **BiCE Ristorante, Hilton Dubai Jumeirah**

The Il Italiano Friday brunch is back at this renowned Italian eatery. Head Chef Davide Gardini has been busy in the kitchen, creating fresh interpretations of northern Italian cuisine. Served to your table, the weekly brunch offerings include home-made Panzanella, bright salad mix, traditional Bresaola and classic mini arancini to start with. Mains showcase a selection of brunch classics, as well as signature dishes from the dinner menu such as Gnocchi di patate, Spezzatino di manzo, and roasted lamb leg. Furthermore, chefs will be serving the day's specials such as made to order risottos, pizzas and pasta. End on a sweet note with tiramisu, a refreshing fruit salad and multi-layered chocolate mousse.

Every Friday, from AED250-450 per person. AED125 for children between 6-11 years old, and free those below 5. Contact +971 4 318 2319.



ABU DHABI



➤ **Majlis Lobby Lounge, Rosewood Abu Dhabi**

Enjoy a plant-based dining experience at the newly launched Vegan and Vibe night, taking place every Wednesday. The seated-buffet theme menu is served course-by-course and includes sushi, crispy tacos, vegan nachos and a selection of decadent desserts. The menu rotates weekly, so there's always something new to try.

Every Wednesday for AED180 per person. Contact +9712 813 5550.



➤ **Cipriani Yas Island**

Head to Yas Marina for the capital's special themed culinary event, where a curated five-course menu of traditional Italian family recipes awaits diners. This year's theme is Travel Through Food and guests can sample simple Italian food, cooked to perfection. Diners can choose between two sublime dishes per course, with the menu featuring vegetable or spicy salmon maki, or Capaccio Alla Cipriani, inspired by Venetian painter Vittore Carpaccio for appetisers. For mains, savour the Parmigiana, or the Fillet of Branzino with rice pilaf (pan-seared fillet of Branzino dressed in Cipriani sauces). To end the meal, the Vanilla meringue is an absolute delight layered with chantilly cream, topped with a soft torched meringue.

The five-course menu is available until August 31st, priced at AED 350 per person. Contact +9712 657 5400.

Tried & tasted

Dining out seems like a distant memory, but now that restaurants have reopened, it's time to head out once again. Here are our top picks



Venue: OPA

What's it like? Through a private elevator ride to the first floor of Fairmont Dubai, you will find a charming slice of Greece known as OPA. An indoor patio complete with mosaic-tiled flooring, pink flowers and olive trees welcomes you in, with dim lighting prevalent throughout the restaurant for that intimate Mediterranean vibe. The dining area boasts a quaint, velour-upholstered corner booth, where we're seated, and we realize we are in for a treat as the server dressed in Greek wear greets us with a smile. Greek tunes play in the background and diners are kept entertained with plate smashing (Yes, plate smashing).

What are the food highlights? To whet our appetites, we ordered the OPA hummus with incredibly moreish crisp lamb pieces, topped with pine nuts for texture. In true Greek style, it's scooped with freshly baked Greek pita bread. The calamari is a great seafood option for starters, fried to perfection. One we also highly recommend is the authentic Greek meatballs (Keftedes) served atop mashed potato. The juicy meat pairs perfectly with the salted, creamy feta cheese.

Moving onto mains, we tuck into a succulent KLeftiko (braised lamb shoulder) accompanied by feta mash. But what tops our list this evening, is the pull-apart slow-cooked beef. It melts like butter when it hits the



tongue and truly is a carnivores' dream. Greek-style potato chips add the perfect crunch as a side.

We are more than full after entrées, but absolutely have to make space for what our serving attendant calls OPA's top dessert. The crispy filo cup filled with pistachio cream, Greek yogurt ice cream and flaky baklava is served with a heavenly caramel sauce and smashed pistachio. A delectable end to an absolutely lovely meal.

The bottom line: Perfect for both a couple's night out and family get-togethers. The vibe at OPA instantly puts you in a great mood.

Want to go? Contact +9714 357 0557 or visit opadubai.com



Venue: KHYBER – DUKES THE PALM

What's it like? Upon arrival at Khyber restaurant, it was evident to see that the interiors had a blend of contemporary design fused with that of traditional Indian architecture. We were seated overlooking the docked super-yachts in the harbour, which provided us with the perfect vantage point for stunning views when the sun began to set over The Palm.

What are the food highlights?

We were given the opportunity to try the newly launched summer menu which includes two dishes per course, perfect for sharing. We were afforded the luxury of tasting all six starters on offer and I can safely say, that each and every appetizer was delicious, which was illustrated further by the fact that we polished off all our dishes. However, if I were pressed to select my favourite two, I'd opt for the Punjabi samosa chaat, comprising crispy vegetable samosa, chickpea masala, yogurt and tamarind chutney; and the murg tikka abeer of juicy chicken cubes

marinated with Kashmir chilli, lemon juice, ginger and garlic.

We needed a bit of reprieve, but the attentive staff were on hand to serve us a palate-cleansing lime and mint sorbet. Just like the starters, we sampled all the main course options. The diversification of ingredients and flavours in the main courses was phenomenal, and we tasted everything from lamb and chicken to fish and cheese. The standout dish for me was the butter chicken, a Khyber speciality. The boneless tandoori chicken is served with mild spiced tomato and cream sauce. It would be remiss of me to not also mention the aloo gobi; cauliflower florets and potato tempered with cumin, ginger and



capsicum. We were beginning to display signs of fatigue by the time the final dessert came around but soldiered on with the matka kulfi, an Indian homemade ice-cream, saffron and falooda and the phirni.

The bottom line: Ideal for a casual dining experience with the family.

Want to go? AED99 per person, for three-courses. Contact +9714 455 1111.



art at the spacious open kitchen and sushi counters.

What are the food highlights? The exquisite menu showcases

Venue: HANAMI, PALM JUMEIRAH

What's it like? Nestled on the 15th floor of Andaz Dubai The Palm, is the city's newest Japanese restaurant that offers street-food dishes coupled with 360-degree skyline views. Striking Japanese art immediately caught our eyes as we entered, and further along, the use of bold colours and lighting fixtures, further impressed. The expansive restaurant boasts a bustling vibe, with a hint of Western flair noticeable in the menu offerings. We were seated at the main dining area, to watch chefs create culinary

Japanese street-food flavours served in Insta-worthy packaging. My dining partner and I decided to share a selection of small plates, as we would, if we were touring the street food markets in Tokyo.

For starters, we began with a bowl of spicy edamame cooked to perfection, followed by salmon carpaccio dressed in a citrus ponzu sauce, which cut through the richness of the fatty fish, balancing flavours impeccably well. The highlight, however, was the Takoyaki. The soft octopus dough balls were incredibly light, even though it had a filling. Served with a sweet and sour

sauce, it was the bonito flakes atop each piece that lent a smoky flavour to this outstanding dish.

When Japanese pizza is on a menu, it has to be put to the test. Here, the Maguro pizza comprises a thin crisp base topped with yellowfin tuna, red onion for crunch, and kimchi sauce for heat. The drizzle of creamy Japanese mayo brought together the various textures and flavours.

For the sushi course, we chose fresh seabass sashimi, and the delectable Pirikara Maguro, which is their take on the spicy tuna roll. Bursting at the seams, we decided to try just one main course and leave space for the finale. The Torimoro, charcoal-grilled skewers of chicken thighs with shredded leeks was perfect, with tender pieces coated in a lip-smacking marinade.

We couldn't leave without trying dessert. The green tea-ramisu was highly recommended; an airy matcha cream sponge cake with coffee shoshu syrup packing in just the right amount of depth and sweetness.

The bottom line: The sharing-style menu allows diners to try several dishes, making it a great dinner outing with friends.

Want to go? Contact +9714 581 4037.

Venue: O Lounge Dubai, Voco Hotel

What's it like? The contemporary, upmarket décor of the O Lounge has a very cosmopolitan Manhattan feel to it. Located on the 50th floor, the newly opened restaurant boasts magnificent views of the Dubai skyline with the Burj Khalifa glistening in the background. The restaurant along with its romantic lighting and upbeat music, has an extremely laid-back vibe and is the perfect place to watch the sun go down, whilst enjoying delicious food.

What are the food highlights? With a wide variety of hot and cold appetisers on offer, we opted for two hot appetisers, to begin with, the golden-fried calamari and the spinach cigar. The portion sizes were extremely generous. The calamari served with tartar and sweet chilli sauce, was delightfully light and almost too easy to eat. The Spinach Cigar of baby spinach with garlic, onion, parmesan and mozzarella cheese, had a distinct spinach flavour that was perfectly complemented by melted cheese.

For main course, my dining partner and I selected the salmon teriyaki and the crispy chicken cordon bleu. Once again, we were served lavish portions, superbly presented. The pan-fried salmon fillet was light and bursting with flavour, served with a mixed salad. Admittedly, we considered choosing an extra side order, however, the portion-sized proved it was not required. The succulent chicken breast wrapped in turkey ham with mushrooms, parsley and cheese, arrived on a bed of mashed potatoes and a side of broccoli. This dish had a diversity of flavours.

We greatly anticipated the final course of the evening. The hazelnut cheesecake and date brownie were heavenly and satisfied our desire for all things chocolate. The only downside is that we simply could not finish them.

The bottom line: The ultimate nightlife lounging and dining experience.

Want to go? Contact +97154 399 5030.



easy

Delicious, simple,
and easy-to-
make recipes



two ways
■ Victoria sponge page 14



one-pot dinners
■ easiest ever midweek meals
page 18

two ways

victoria sponge

Every month, two members of the *Good Food* team share a new take on an old favourite, and tell us what makes it so special. Here, **Esther Clark** and **Liberty Mendez** reinvent a classic bake

recipes LIBERTY MENDEZ *and* ESTHER CLARK

photographs, food and prop styling EDD KIMBER



esther

After an unfortunate episode at age seven that involved a trip to a fruit-picking farm and me eating about 300 strawberries, I suddenly became intolerant to them (my own fault, really).

Ever since, I've had to avoid strawberry jam, but that has never stopped me enjoying one of my favourite classic cakes.

I love apricots, so I use a sticky apricot compote in my Victoria sponge alongside some vanilla whipped cream. The lemon thyme in the compote adds freshness and gives the whole thing a real taste of summer.

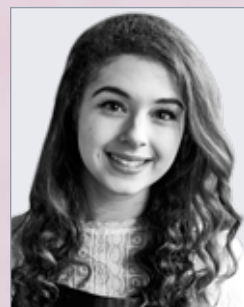
There's a reason why this is one of Britain's best-loved bakes. You can enjoy it even if you can't eat or don't like strawberries.



Compote flavoured with lemon (or regular) thyme adds a summery note to this cake.



Crème diplomat in place of standard whipped cream takes the filling to the next level.



liberty

Growing up, a Victoria sponge filled with strawberries and cream was brought to just about every family gathering. It was my grandfather's absolute favourite treat, and I have such fond memories of presenting him with one for every birthday.

After training and working as a pastry chef, I wanted to enhance this classic cake slightly, but at the same time, keep the traditional, nostalgic sponge recipe. So, I use pastry techniques such as maceration to amp up the berry flavour, and make a crème diplomat to fill the sponges. This, in my eyes, is a truly elevated Victoria sponge.



A traditional sponge recipe ensures this elevated version still has a familiar taste and texture.

Summer apricot Victoria sponge

SERVES 8-10 **PREP** 35 mins plus cooling and 1-2 hrs infusing

COOK 30 mins **EASY**

V * sponges only

225g unsalted butter, softened, plus extra for the tins
225g golden caster sugar
4 large eggs, at room temperature
225g self-raising flour
½ tsp baking powder
½ tsp fine sea salt
2 tbsp milk

For the filling

200g apricot conserve
3-4 canned apricot halves, drained and chopped
6 lemon or regular thyme sprigs, leaves picked from 1, the rest left whole
300ml double cream
2 tbsp icing sugar, plus extra for dusting
1 vanilla pod, split and seeds scraped, or 1 tsp vanilla bean paste

1 Heat the oven to 180C/160C fan/gas 4. Butter and line the base and sides of two 20cm sandwich tins.

2 Beat the butter and sugar together in a large bowl with an electric whisk for 8-10 mins, or until pale and fluffy. Add the eggs one at a time, beating well after each addition. Sift in the flour, baking powder and salt, and fold in using a large metal spoon. Add just enough of the milk to create a dropping consistency.

3 Divide the batter between the prepared tins and smooth the tops with a spatula. Bake on the middle shelf of the oven for 25-30 mins, or until golden and firm to the touch. Leave to cool slightly in the tins, then transfer to a wire rack to cool completely.

4 Meanwhile, make the filling. Spoon the conserve into a small pan and stir in the apricots and whole thyme sprigs. Warm over a low heat for 2 mins until loosened, then transfer to a heatproof bowl and leave to cool and infuse for 1-2 hrs.

5 Whip the cream with the icing sugar and vanilla until the mixture just holds its shape (be careful not to overwhip – see tip, below).

6 Remove and discard the whole thyme from the conserve mixture and stir in the thyme leaves. Spread the mixture over one of the sponges, then top with the vanilla whipped cream and sandwich with the remaining sponge. Dust the cake with some icing sugar. *Will keep in the fridge for up to three days.*

PER SERVING (10) 587 kcals • fat 37g • saturates 23g • carbs 55g • sugars 37g • fibre 2g • protein 6g • salt 0.7g



gf tip
Overwhipped cream can be hard to spread, and will have a mousse-like texture that will only become firmer as it chills in the fridge. The cream should be thick, but still be able to drop off the whisk when you raise it above the bowl.

Ultimate traditional Victoria sponge

SERVES 8-10 **PREP** 40 mins plus chilling and at least 30 mins macerating

COOK 30 mins

V * sponges only

225g unsalted butter, softened, plus extra for the tins
225g golden caster sugar
4 large eggs, at room temperature
225g self-raising flour
½ tsp baking powder
½ tsp fine sea salt
2 tbsp milk
icing sugar, for dusting

For the macerated berries

2 tbsp caster sugar
½ lemon, juiced
1 vanilla pod, split and seeds scraped (pod reserved, see below)
½ small bunch of mint, leaves picked and roughly bashed
200g strawberries, hulled and halved
125g raspberries

For the crème diplomat

500g fresh custard
1 vanilla pod, pod only
50g caster sugar
2 tbsp custard powder
300ml double cream

1 Heat the oven to 180C/160C fan/gas 4. Butter and line the base and sides of two 20cm sandwich tins.

2 Beat the butter and sugar together in a large bowl with an electric whisk for 8-10 mins, or until pale and fluffy. Add the eggs one at a time, beating well after each addition. Sift in the flour, baking powder and salt, and fold in using a large metal spoon. Add just enough of the milk to create a dropping consistency.

3 Divide the batter between the prepared tins and smooth the tops with a spatula. Bake on the middle shelf of the oven for 25-30 mins, or until golden and firm to the touch. Leave to cool slightly in the tins, then transfer to a wire rack to cool completely.

4 Meanwhile, make the macerated berries. Mix the sugar, lemon juice, vanilla and mint together until the sugar has dissolved. Gently stir in the strawberries until coated in the mixture. Transfer to the fridge and chill for 30-45 mins until softened.

5 To make the crème diplomat, put the custard, vanilla pod and sugar in a pan set over a medium heat and bring to the boil, stirring occasionally. Mix the custard

powder with 3 tbsp water to dilute and stir until smooth. Whisk into the boiling custard, then reduce the heat to a simmer and continue whisking for 2-3 mins until thick. Put in a heatproof bowl and leave to cool slightly, then chill until cooled completely. Whisk the double cream to soft peaks, and when the custard is cool, remove the vanilla pod and whisk in the cream until the mix is thick enough to pipe.

6 Drain the macerated berries, reserving the liquid. To assemble, spread half the crème diplomat over one of the sponges, then top with three-quarters of the berries. Invert the second sponge on top, so the flat base of the sponge is facing up, and dust with some icing sugar. Put the remaining crème diplomat in a piping bag fitted with a star nozzle and pipe rosettes around the edge of the cake. Dot the rest of the berries between the rosettes of cream, and serve with the reserved macerating liquid alongside – don't pour it over before serving as it will split the crème diplomat. *Will keep in the fridge for up to three days.*

PER SERVING (10) 633 kcals • fat 39g • saturates 23g • carbs 62g • sugars 40g • fibre 2g • protein 8g • salt 0.7g



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Ginger chicken & green bean noodles

SERVES 2 **PREP** 10 mins
COOK 15 mins **EASY**

½ tbsp vegetable oil
2 skinless chicken breasts, sliced
200g green beans, trimmed and halved crosswise
thumb-sized piece of ginger, peeled and cut into matchsticks
2 garlic cloves, sliced
1 ball of stem ginger, finely sliced, plus 1 tsp syrup from the jar
1 tsp cornflour, mixed with 1 tbsp water
1 tsp dark soy sauce, plus extra to serve (optional)
2 tsp rice vinegar
200g cooked egg noodles

1 Heat the oil in a wok over a high heat and stir-fry the chicken for 5 mins. Add the green beans and stir-fry for 4-5 mins more until the beans are just tender, and the chicken is just cooked through.

2 Stir in the fresh ginger and garlic, and stir-fry for 2 mins, then add the stem ginger and syrup, the cornflour mix, soy sauce and vinegar. Stir-fry for 1 min, then toss in the noodles. Cook until everything is hot and the sauce coats the noodles. Drizzle with more soy, if you like, and serve.

GOOD TO KNOW healthy • low fat • low cal
• 1 of 5-a-day

PER SERVING 213 kcal • fat 4g • saturates none
• carbs 24g • sugars 5g • fibre 3g • protein 19g • salt 0.4g

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recipes ANNA GLOVER



Frying pan fillo tart

SERVES 4 **PREP 20 mins**
COOK 40 mins **EASY** **V**

2 tbsp olive oil
4 spring onions, sliced
1 courgette, halved lengthways and sliced
100g frozen peas
100g sugar snap peas or mangetout, trimmed
400g can butter beans, drained
150ml reduced-fat crème fraîche
½ small bunch of mint, leaves picked and chopped
½ lemon, zested
3 sheets fillo pastry
1 egg, beaten
25g feta, crumbled
salad leaves, to serve (optional)

1 Heat ½ tbsp oil in a 20cm-wide skillet or ovenproof frying pan, and fry the spring onions and courgette for 5 mins until lightly golden. Stir in the frozen peas and sugar snap peas, and cook for a few minutes until the peas have defrosted. Tip in the butter beans, crème fraîche and 50ml water. Stir, then bubble for 2-3 mins until the sauce coats the greens. Transfer to a bowl, then stir in the mint and lemon zest. Season.
2 Clean the pan and heat the oven to 200C/180C fan/gas 6. Use 1 tbsp oil to brush the fillo sheets all over, then stack them up. Add the fillo stack to the pan, pressing it into the base and leaving plenty of overhang. You can cut the fillo sheets in half, then use them to line the pan, if you find that easier.

3 Mix the egg into the greens and crème fraîche mixture, then spoon over the stack of fillo. Scatter over the feta, then scrunch up the overhanging fillo around the sides to make a crust. Brush the exposed fillo with the remaining oil.
4 Return the pan to the heat and cook for 5 mins to crisp the fillo base. Transfer to the oven and bake for 20-25 mins until the fillo is fully crisp and golden, and the filling has set. Cut into wedges and serve with some salad leaves, if you like.

GOOD TO KNOW balanced • low cal • fibre • 2 of 5-a-day
PER SERVING 335 kcals • fat 15g • saturates 6g • carbs 33g • sugars 6g • fibre 7g • protein 13g • salt 0.5g

gf tips

● To make this dish even easier, omit the egg and use the fillo to cover the filling rather than line the pan. You'll have a fillo-topped pie instead of a tart.
● Leftover fillo pastry is great for making quick feta & spinach parcels – ideal for lunchboxes or garden picnics. Find more fillo inspiration at bbcgoodfoodme.com.



Spiced salmon & tomato traybake

SERVES 2 **PREP 5 mins**
COOK 25 mins **EASY**

1 red onion, sliced
200g cherry tomatoes
3 tbsp mild or madras curry paste
400g can chickpeas, drained and rinsed
2 skinless salmon fillets
1 large or 2 small naan breads
2 tbsp fat-free yogurt
lemon wedges and a few coriander leaves, to serve (optional)

1 Heat the oven to 200C/180C fan/gas 6. Toss the onion, tomatoes, 2 tbsp curry paste, the chickpeas and 200ml water together in a deep 20 x 25cm roasting tin. Roast for 15 mins until the onions are tender and the tomatoes are just bursting.

2 Stir everything, then season. Brush the remaining curry paste over the salmon fillets and season. Nestle the salmon into the veg in the tin and roast for another 8-10 mins, or until cooked to your liking.

3 Meanwhile, warm the naan breads – you can do this by putting them directly on the oven rack below the roasting tin. Cut the warmed naan breads into wedges. Swirl the yogurt into the veg in the tin, then serve with the naan wedges for dunking, a few coriander leaves sprinkled over, if you like, and the lemon wedges, if using, for squeezing over.

GOOD TO KNOW healthy • calcium • fibre • iron • omega-3 • 3 of 5-a-day

PER SERVING 796 kcal • fat 34g • saturates 5g • carbs 62g • sugars 15g • fibre 13g • protein 54g • salt 1.7g



Chorizo, orzo & sweetcorn summer stew

SERVES 2 **PREP 10 mins**
COOK 25 mins **EASY**

1 tsp olive oil
bunch of spring onions, sliced,
green and white parts separated
1 red pepper, cut into small cubes
50g chorizo, cut into small cubes
1 garlic clove, crushed
75g orzo
½ tsp smoked paprika
200g can sweetcorn, drained
1 large tomato, chopped
350ml low-salt chicken or
vegetable stock
½ small bunch of parsley, chopped
½ lemon, zested and juiced

1 Heat the oil in a deep frying pan and fry the white parts of the spring onions, the peppers and chorizo for 8 mins, until the peppers are soft and the chorizo is just golden.

2 Stir in the garlic, orzo, paprika, sweetcorn and tomato, and fry for 2-3 mins more. Pour in the stock. Bring to a simmer and cook for 8-10 mins, stirring often, until the orzo is tender. Stir in the parsley, the green parts of the spring onions, and the lemon zest and juice.

GOOD TO KNOW healthy • low cal • folate • fibre
• vit c • 3 of 5-a-day

PER SERVING 389 kcals • fat 12g • saturates 4g •
carbs 50g • sugars 17g • fibre 8g • protein 16g •
salt 1.2g

tip

This is a great way of using up any leftover veg you have in the fridge. You could add grated courgette or chopped aubergine, onion, or squash.





Gnocchi fish pie

SERVES 4 **PREP** 10 mins
COOK 20 mins **EASY** ✨

350g gnocchi
200ml semi-skimmed milk
2 tbsp cornflour
400g fish pie mix, or a mix of salmon, smoked haddock and prawns
4 spring onions, sliced
1 tbsp chopped chives, or ½ tbsp finely chopped tarragon
150ml reduced-fat crème fraîche
1 tsp capers, drained
200g frozen peas
1 tsp olive oil
250g long-stem broccoli or green beans, steamed, to serve

1 Put the gnocchi in a deep ovenproof frying pan and cover with boiling water and a pinch of salt. Simmer for 2-3 mins, then drain and leave to steam-dry.

2 Combine a splash of the milk with the cornflour until you have a smooth paste, then add to the rest of the milk. Pour the mixture into the frying pan, then add the fish pie mix and spring onions, and bring to a gentle simmer. Cook, stirring frequently, until the sauce has thickened and the fish is just cooked, about 4-5 mins. Season well. Stir in the herbs, crème fraîche, capers and peas, and bring back to a simmer.

3 Heat the grill to medium-high. Arrange the gnocchi over the filling, then brush with the oil and season with some black pepper. Grill for 5-10 mins, or until the gnocchi has puffed up and is starting to turn golden on top. Serve with the broccoli or green beans on the side.

GOOD TO KNOW balanced • low cal • fibre • vit c
• 1 of 5-a-day
PER SERVING 435 kcal • fat 14g • saturates 6g •
carbs 44g • sugars 9g • fibre 7g • protein 29g •
salt 1.4g

Deli-style stuffed falafel wrap

SERVES 1 PREP 10 mins
NO COOK EASY V

- ½ small garlic clove
- 2 tbsp fat-free yogurt
- ¼ lemon, juiced
- 1 flatbread or wrap
- large handful of spinach or lettuce, shredded
- 2-3 ready-to-eat falafel
- ¼ small cucumber, halved down the length, deseeded and sliced
- 1 tomato, halved and sliced
- 1 gherkin or pickled chilli, halved down the length
- 1 tbsp pickled red cabbage, drained
- chilli sauce, to serve (optional)

1 Mix the garlic, yogurt and lemon juice together in a bowl. Season, then loosen with 1 tbsp cold water if it seems too thick. Warm

the flatbread in the toaster, if you like.

2 Put the flatbread on a piece of baking parchment and top with the spinach or lettuce. Arrange the falafel in a line down the centre, then top with the cucumber and tomato slices. Add the gherkin, cabbage and a drizzle of chilli sauce, if using. Spoon over the yogurt mix.

3 Use the baking parchment to help you fold in both ends of the wrap, then roll tightly into a burrito shape. Cut in half through the baking parchment using a bread knife, and tear it away to eat.

GOOD TO KNOW balanced • low fat • low cal • calcium • folate • vit c • 3 of 5-a-day
PER SERVING 387 kcals • fat 12g • saturates 2g • carbs 50g • sugars 13g • fibre 4g • protein 17g • salt 1.3g



Pesto chicken salad

SERVES 2 PREP 20 mins
NO COOK EASY

- 50g couscous
- 2 tbsp pesto
- 2 tbsp fat-free yogurt
- 2 cooked skinless chicken breasts, shredded, or 200g leftover roast chicken, shredded
- ½ small bunch of basil, leaves picked and torn, plus a few small leaves to serve
- ½ cucumber, chopped
- 2 sundried tomatoes in oil, drained and sliced
- 2 Little Gem lettuces, leaves separated
- 2 tsp toasted pine nuts

1 Put the couscous in a

large heatproof bowl and cover with 100ml boiling water. Stir in 1 tbsp pesto. Cover and leave for 8 mins.

2 Fluff the couscous with a fork, then stir in the rest of the pesto, the yogurt and some seasoning. Toss in the chicken, basil, chopped cucumber and sundried tomatoes.

3 Spoon the couscous mixture into the lettuce leaves to eat with your fingers, or serve over the lettuce like a salad. Scatter over the pine nuts and more basil before serving.

GOOD TO KNOW healthy • low cal • calcium • folate • fibre • 2 of 5-a-day
PER SERVING 467 kcals • fat 15g • saturates 2g • carbs 36g • sugars 9g • fibre 6g • protein 44g • salt 0.6g

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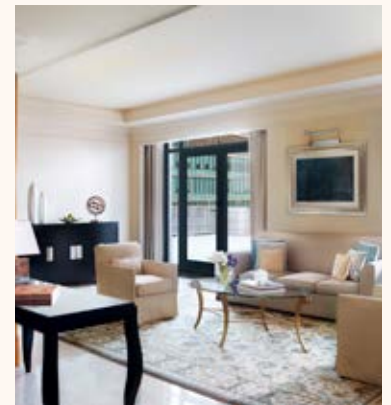


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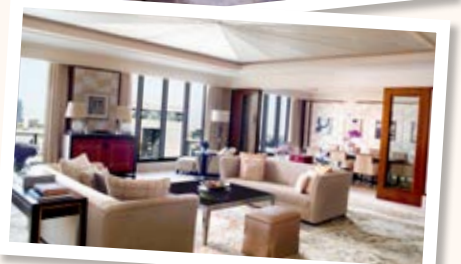
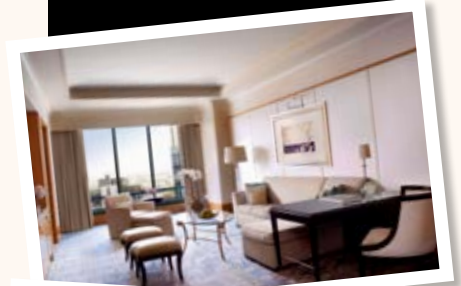
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WEEKEND

Mouthwatering dishes to impress family and friends with



HOLIDAY AT HOME, p33



HOMEMADE GHERKINS, p44



PERFECT SUMMER PIES, p28



We're jammin', p46



Back to school lunchbox ideas, p47

PERFECT SUMMER PIES

Our skills editor **Barney Desmazery** chooses his favourite pies to bake in summer. You can use shop-bought pastry, or make your own if you fancy a project



Patchwork strawberry
& gooseberry pie

“

You can get beautiful results with shop-bought puff pastry

”



Chicken, wild mushroom & asparagus one-pan pie

Patchwork strawberry & gooseberry pie

This pretty summer dessert is a lovely way to use up seasonal gooseberries. If you can't find them, it's easy to mix and match the filling with any soft summer fruits. A patchwork topping is something you see more in America, where they take their fruit pies very seriously. It's the perfect halfway between a pie and a tart, as you still have pastry top and bottom but get to see the sticky fruit poking through.

SERVES 10 **PREP 40 mins**
plus chilling **COOK 1 hr**
MORE EFFORT **V**

1 large egg, at room temperature, separated
225g unsalted butter, softened
1 tsp vanilla extract
50g caster sugar
350g plain flour, plus extra for dusting
extra-thick cold cream, to serve
For the filling
500g ripe strawberries, halved or quartered if large

500g gooseberries, topped and tailed
100g golden caster sugar, plus extra 1 tbsp
1 tsp ground cinnamon
2 tbsp semolina or ground almonds

1 Put the egg yolk, butter, vanilla, sugar and $\frac{1}{2}$ tsp salt in a food processor, then pulse until creamy and soft. Add the flour and pulse until the mixture comes together in clumps – don't overwork it. Tip onto a lightly floured surface and bring the dough together. Cut into two pieces, one slightly larger than the other, then shape into smooth discs. Wrap and chill in the fridge for at least 30 mins.
2 Meanwhile, make the filling. Put the berries and sugar in a wide pan and cook for 5 mins until the berries are soft but not bursting. Drain in a colander over a bowl and leave to cool. Mix together the cinnamon and extra 1 tbsp sugar. Set aside.
3 Heat the oven to 200C/180C fan/gas 6. Line a 23cm fluted tart tin with the larger piece of pastry. Prick the base several times with a fork, chill until firm, then line with foil

and fill with baking beans. Bake on a baking sheet for 15 mins. Remove the foil and beans, then bake for a further 10 mins or until the bottom of the pastry is golden and feels sandy. Roll the second pastry disc to roughly the size of the tart and cut into 5cm squares.

4 Scatter the semolina or almonds over the pastry base (this will help to prevent a soggy bottom). Top with the fruit and drizzle with 2 tbsp of their syrup. Space the pastry squares over the tart, brush with the egg white, then scatter the pie with most of the reserved cinnamon sugar. Wrap only the edge of the pie with a collar of foil to protect it from overcooking, then bake for 30 mins until golden and crisp. Scatter with the remaining spiced sugar and serve warm with thick cream and the fruit syrup in a jug for pouring.

GOOD TO KNOW vit c • 1 of 5-a-day
PER SERVING 428 kcals • fat 20g • saturates 12g • carbs 54g • sugars 25g • fibre 5g • protein 5g • salt 0.3g

Chicken, wild mushroom & asparagus one-pan pie

This decadent twist on a classic combination proves you can get beautiful results with shop-bought puff pastry. Dried mushrooms pack a lot of flavour, but if you haven't got any in the back of your cupboard, this can just as easily be made with fresh ones, such as chestnut mushrooms. If you have any truffles or a truffle-infused oil to use in the filling, this pie would welcome it with open arms.

SERVES 5 **PREP 30 mins** plus optional soaking and resting
COOK 35 mins **MORE EFFORT** **A**

30g dried wild mushrooms or 100g fresh mushrooms
200ml chicken stock
50g butter
2 shallots, finely sliced
3 thyme sprigs, leaves picked
2 bay leaves
1 tbsp plain flour, plus extra for dusting
100ml dry sherry or white wine
200ml crème fraîche

6 skinless boneless chicken thighs, cut into large chunks
bunch of asparagus, woody ends removed, stalks cut into 4cm pieces
 $\frac{1}{2}$ pack of tarragon, leaves roughly chopped, plus a sprig to decorate
1 block all-butter puff pastry (375g)
1 egg, beaten, to glaze

1 If using dried mushrooms, heat the stock, soak them in it for 10 mins, then remove them, strain the liquid and set it aside. If using fresh mushrooms, clean them thoroughly and set a couple of the nicest-looking aside to decorate the top of the pie. Halve the rest.
2 Heat half the butter in an oven-friendly pan, and fry the mushrooms for 3-4 mins or until wilted. Scoop them onto a plate and set aside. Heat the remaining butter and gently cook the shallots in the pan with the thyme and bay. Once softened, stir in the flour and cook for 1 min or until you have a paste.
3 Pour in the sherry and sizzle, then carefully stir in the strained soaking


liquid (or plain chicken stock if using fresh mushrooms), followed by the crème fraîche. Season well and bring the sauce to a gentle simmer. Add the chicken and poach for 10 mins or until the chicken is just cooked through. Remove the bay, stir through the asparagus, tarragon and fried mushrooms, then remove from the heat.

4 Heat the oven to 220C/200C fan/gas 8. The pastry must sit directly on top of the ingredients, so if your pan is too deep, use a pie dish instead. Roll out the pastry on a floured surface to the thickness of two AED1 coins, then cut the pastry to fit the pan or dish and drape it over the pie mixture using a rolling pin to help you. Liberally brush with the egg, season the pastry with flaky sea salt, if you have it, and pop the reserved mushrooms on top. Bake for 20 mins or until the pastry has puffed and is deep golden. Leave to rest for 5 mins before serving.

PER SERVING 705 kcals • fat 50g • saturates 27g • carbs 30g • sugars 4g • fibre 5g • protein 25g • salt 1.2g

Scotch egg pie

You normally need to be a dab-hand at pie-making to make a cold 'raised pie' like this, but anyone could make our version. Rather than mincing and flavouring your own pork mix, we've simplified it by using good-quality sausages, plus we've used an everyday cake tin rather than a special pie dish. It's great for lunch or dinner, and can easily be transported to an isolating relative or neighbour.

SERVES 6-8 **PREP** 45 mins plus cooling **COOK** 45 mins **EASY** 

8 medium eggs
14 Lincolnshire sausages
1 tsp ground mace
1 tbsp thyme leaves
100g fresh breadcrumbs
500g pack shortcrust pastry
plain flour, for dusting
1 tbsp sesame seeds

1 Put 6 of the eggs in a large pan of cold water. Bring to the boil, then remove from the heat. Leave for 5 mins in the hot water, then lift out and cool under cold running water before peeling. Snip the ends of the sausages and squeeze the meat out into a mixing bowl. Add the mace, thyme, 75g of the breadcrumbs, 1 egg and a grinding of pepper, then mix well with your hands.

2 Heat the oven to 200C/180C fan/gas 6. Criss-cross two long wide strips of baking parchment in a 20cm pie tin or round cake tin (to help you lift out the pie later). Roll out half the pastry on a lightly floured surface to line the tin. Scatter the remaining breadcrumbs over the base of the pastry, then pat in about a quarter of the sausage mixture. Evenly space the peeled eggs on top of the meat layer, then gently pack the remaining meat around and over the eggs – trying

to evenly cover them without leaving any gaps.

3 Roll out the remaining pastry, cover the pie, then trim the edges. Pinch and crimp the edges to seal, poke a steam hole in the top, then glaze with the remaining egg, lightly beaten with a fork. Scatter over the sesame seeds and bake for 30 mins.

4 Remove the pie from the oven, then carefully remove it from the tin and put it on a baking tray. Return to the oven for 10 mins to brown the sides of the pie, then transfer to a wire rack to cool. Serve in chunky wedges.

GOOD TO KNOW calcium • fibre

PER SERVING (8) 784 kcal • fat 55g • saturates 19g • carbs 44g • sugars 4g • fibre 6g • protein 26g • salt 2g



Bombay potato & spinach pies

Think of these as big veggie samosas. They go well with mango chutney, fiery lime pickle or a fresh salad of cucumber, tomato, red onion and coriander. The recipe makes two pies, so you could cook them both to eat over a weekend, or bake one and freeze the other. The filling can be adapted to use up any other veg you have – cauliflower, courgette or green beans work well.

SERVES 4 **PREP 40 mins**
COOK 35 mins **EASY** **V** *****

1½ kg large waxy potatoes, such as Charlotte, halved
85g butter, plus extra for brushing
2 onions, chopped
1 tbsp cumin seeds
1 tbsp black mustard seeds
2 tbsp finely chopped ginger
2 red chillies, deseeded and sliced
3 tbsp korma paste

400g fresh spinach
4 tomatoes, chopped
small bunch of coriander, chopped
For the pastry
270g pack filo pastry (6 sheets)
50g melted butter
1 tsp black mustard seeds

1 Heat the oven to 190C/170C fan/gas 5. Bring a pan of salted water to the boil, add the potatoes and cook for 15 mins until tender. Meanwhile, heat the butter in a pan and fry the onions for a few minutes. Add the cumin, mustard seeds, ginger and chillies, and fry for 7 mins until soft, stirring occasionally, then stir in the curry paste.

2 Cook the spinach in the microwave on high for 5 mins. Drain and squeeze out as much liquid as you can, then chop it. Drain the potatoes and tip them into the spice mix. Crush lightly to break them into chunks (rather than mash them). Toss in the spice mix to coat, season

with plenty of salt, then add the spinach, tomatoes and coriander.

3 Carefully unroll the pastry and brush 2 x 20cm loose-bottomed sandwich tins with some butter. Brush the first sheet of pastry with butter and lay it in the tin so that the ends hang over the edge. Brush another sheet of pastry with butter and lay it crossways over the first. Butter and fold a third sheet in half and lay it in the bottom of the tin to create a firm base. Repeat the process with the other tin and remaining three sheets of pastry to make the second pie.

4 Spoon the filling into the tins and cover with the overhanging pastry. Brush with the remaining butter and sprinkle with seeds. Bake for 35 mins until golden.

GOOD TO KNOW folate • vit c • 1 of 5-a-day

PER SERVING 369 kcals • fat 17g • saturates 9g • carbs 43g • sugars 5g • fibre 5g • protein 8g • salt 0.9g



Holiday

at home

While you may be able to travel this summer, there's a good chance your break will look a little different this year. But with these Med-inspired recipes, there's no reason you can't enjoy dishes from your favourite holiday destinations at home *recipes* BBC GOOD FOOD TEAM *photographs* TOM REGISTER

Salade Niçoise

This is my go-to summer salad – it reminds me of lazy, shaded lunches in the south of France. For this salad to really sing, you want to use the ripest tomatoes you can find (leave them to warm in the sun a little before using), waxy new potatoes and tuna in oil. The timing on the eggs is also important; the perfect ‘niçoise’ egg is halfway between soft- and hard-boiled, with a totally set white and a slightly fudgy yolk. Enjoy!

Barney Desmazery

SERVES 2 PREP 20 mins

COOK 15 mins EASY

8 new potatoes
50g green beans (or a small handful), trimmed and halved
3 eggs
2 Little Gem lettuces, quartered
50g pitted black olives
2 medium tomatoes (plum are good), quartered
145g can tuna in olive oil, drained, oil reserved (see below)

For the dressing

½ garlic clove
1 anchovy fillet (optional)
1 tbsp Dijon mustard
2 tbsp red wine vinegar
4 tbsp reserved olive oil from the tuna can (topped up, if needed)

1 To make the dressing, mash the garlic and anchovy, if using, with a small pinch of salt on a board using the blade of a large knife, or in a pestle and mortar. Combine the paste with the mustard and vinegar, then slowly stir in the oil. Set aside.

2 Tip the new potatoes into a large pan of cold salted water, ensuring they're covered in plenty of water. Bring to the boil, then reduce the

heat to a simmer. Add the beans and cook for 5 mins, then remove with a slotted spoon and immediately plunge into a bowl of iced water to cool. Cook the potatoes for another 5 mins until tender, then drain and leave to cool. When cool enough to handle, halve or quarter them, and toss in a large bowl with 1 tbsp of the dressing. Leave to cool completely. Meanwhile, cook the eggs in a second pan of simmering water for 7½ mins, then transfer to a bowl of iced water to cool. Drain the beans and eggs, then peel and halve the eggs.

3 Tip the lettuce quarters, cooked beans and olives into the bowl with the potatoes. Add most of the remaining dressing and gently toss. Divide the salad between two bowls, and top with the tomatoes and eggs. Flake over the tuna, then drizzle with the rest of the dressing and season. Serve straightaway, with sparkling juice or non-alcoholic grape.

GOOD TO KNOW folate • fibre • iron • 3 of 5-a-day
• gluten free

PER SERVING 663 kcals • fat 42g • saturates 7g •
carbs 32g • sugars 9g • fibre 9g • protein 34g •
salt 2.2g

This classic salad is full of flavour and texture, and can easily be adapted. We like Little Gem lettuce for the crunch, but you could also use rocket or mixed leaves.



Paella mixta

Paellas in Spain are different to the hybrid versions served in Britain. Valencian paella, where the dish originates (and where I spent my honeymoon eating them), uses rabbit and/or chicken, green beans and fat white beans. Rosemary and artichokes are often added, too, and there's no chorizo to be seen. Other versions are made with fish stock, shrimp, snails or other seafood. The most dramatic are made with squid or cuttlefish ink. I like to combine seafood and meat to make paella mixta, as it's called in Spain. I make no apologies; it's not traditional, but it's the way I like it.

'Paella' refers to the pan it's made in. Wide and shallow, it cooks the rice while crisping the base. You can use the closest thing you have at home. In Spain, it's cooked over fire, but I cook mine in the oven. Paella should not be stirred (like risotto), as the grains should be singular, not a starchy mass. Baking it removes the urge to stir. Plus, the oven heat creates crispy bits around the edge, just like the real thing.

Hybrid or no, this takes me back to family holidays in Spain, and my honeymoon in Valencia. I hope it evokes happy memories for you, too.

Cassie Best

SERVES 4 PREP 25 mins

COOK 50 mins EASY

400g can chopped tomatoes

600ml chicken stock

1 heaped tsp smoked paprika

2 pinches of saffron

1 onion, chopped

3 garlic cloves, crushed or finely chopped

4 tbsp olive oil

300g paella rice

4 skinless, boneless chicken thighs, cut in half

200g chorizo, sliced

85g frozen peas

150g raw king prawns, peeled if you like

250g mussels, cleaned

1 lemon, cut into wedges, to serve (optional)

1 Heat the oven to 220C/200C fan/gas 7. Combine the tomatoes, stock, paprika and saffron in a large heatproof jug, then microwave for 5 mins on high, or until steaming hot. Or, heat in a pan on the hob.

2 Put the onions and garlic in a large ovenproof frying pan or roasting tin, drizzle over the olive oil and stir to coat. Roast for 20 mins, or until the onions are starting to brown.

3 Stir in the rice, chicken, chorizo and hot stock mix. Season and bake for 20 mins (don't cover the pan).

4 Gently stir in the peas, dot over the prawns and press the mussels in, hinged-side down, so they're standing up. Arrange the lemon wedges around the edge, if using. Bake for 5-10 mins more until the rice, chicken and prawns are cooked, and the mussels have opened (discard any that stay shut). Best paired with a refreshing non-alcoholic cordial or spritzer.

GOOD TO KNOW 2 of 5-a-day
PER SERVING 733 kcals • fat 33g • saturates 9g • carbs 64g • sugars 8g • fibre 5g • protein 42g • salt 3.2g





KNOW YOUR PAELLA RICE

Paella rice is a variety of short-grain rice with a fat, rounded shape. Because of its shape, it can withstand enough cooking to allow for that distinctive crispy bottom, while retaining some bite. A long-grain rice, such as basmati, would result in an overcooked, claggy dish, and is best avoided. Look for bomba or calasparra rice, commonly used in Spain and sold in many supermarkets. If you can't find it, arborio (usually used in risotto) makes a good replacement.

YOUR TOP 10 SUMMER PLAYLIST

We asked our readers for their favourite holiday-inspired tunes to cook along to. Here are just a few of your top picks:

1 'E Ye Ye'

Quantic & Nidia
Góngora

2 'Chan Chan'

Buena Vista
Social Club

3 'The Next Time Around'

Little Joy

4 'Dónde Estás, Yolanda?'

Pink Martini

5 'The Rhythm of the Saints'

Paul Simon

6 'Old Pine'

Ben Howard

7 'Send Me On My Way'

Rusted Root

8 'Santa Maria da Feira'

Devendra Banhart

9 'Shoeless'

I am Kloot

10 'Limehouse Blues'

Django Reinhardt &
Stéphane Grappelli

Amalfi lemon, chilli & anchovy spaghetti

There is no holiday destination that I love more than Italy. In my early twenties, I spent a summer driving around the country, eating my way through the trattorias. For me, heaven is sitting on a balcony on the hillside on the Amalfi Coast with a bowl of pasta. The area is known for its lemons, and I've used them in this simple pasta dish. Go for an unwaxed variety if you can't find them. **Esther Clark**

SERVES 4 **PREP 20 mins**

COOK 10 mins **EASY**

120ml extra virgin olive oil
3 large garlic cloves
350g spaghetti, bucatini or linguine
1-2 red chillies (depending on how spicy you want it), deseeded and finely chopped
8 anchovy fillets, finely chopped
small bunch of parsley, finely chopped
1 large Amalfi or unwaxed lemon, zested and juiced
large handful (about 40g) of finely grated parmesan

1 Heat the oil in a large non-stick frying pan over a low heat and fry the garlic for 2-3 mins, or until just

turning golden at the edges. Remove from the heat and leave for 15 mins for the garlic to infuse in the oil.

2 Meanwhile, cook the pasta following pack instructions until al dente. Drain, reserving 150ml of the cooking water. Remove the garlic from the infused oil, then tip in the cooked spaghetti, the chillies, anchovies, parsley, lemon zest and juice, and the parmesan. Add 50ml of the reserved water and toss with tongs until combined. Add a little more water to loosen, if you like. Season. Divide between four shallow bowls.

GOOD TO KNOW vit c

PER SERVING 639 kcal • fat 34g • saturates 6g •
carbs 66g • sugars 3g • fibre 5g • protein 15g • salt 1g



Baked feta, two ways

Try these indulgent ways to enjoy feta as part of a mezze spread, or a light meal on their own. Both versions are packed with Mediterranean flavours. **Cassie Best**

Greek bouyiourdi

I first tried this dish as part of a mezze lunch while on holiday in Corfu. It was perfect for scooping up with warm, fluffy pitta breads alongside a Greek salad, and it's something I now often replicate for lunch in my own garden.

SERVES 4 PREP 10 mins
COOK 30 mins EASY V

3 large ripe tomatoes
1 garlic clove, crushed
200g block feta
1 large mild green chilli, or 1 green pepper, sliced
1 tsp roughly chopped oregano leaves
4 tbsp olive oil
warmed pitta breads, to serve (optional)

1 Cut 1 tomato through the middle, then cut two slices from the centre and set aside. Scoop the seeds from the rest of the tomato, then grate the flesh, discarding the skin. Deseed and grate the rest of the tomatoes in the same way, then mix the grated flesh with the garlic. Season and spoon into a 16cm baking dish.

2 Heat the oven to 200C/180C fan/gas 6. Nestle the feta block in the garlicky tomatoes, then top with the sliced tomatoes, the chilli, oregano, olive oil and a pinch of sea salt. Cover the dish and bake for 15 mins, then uncover and bake for a further 15 mins. Serve warm with the pitta breads on the side for dunking.

GOOD TO KNOW 1 of 5-a-day • gluten free
PER SERVING 243 kcals • fat 21g • saturates 8g • carbs 4g • sugars 4g • fibre 1g • protein 8g • salt 1.3g

Baked feta with sesame & honey

Here's another simple way with cooked feta where the combination of salty cheese and sweet honey makes for a dish that's so much more than the sum of its parts.

SERVES 4 PREP 5 mins
COOK 20 mins EASY V

1 tbsp sesame seeds, toasted
200g block feta
2 tbsp honey, plus extra to serve
1 tsp roughly chopped oregano
olive oil, for drizzling
warmed pitta breads, to serve (optional)

1 Heat the oven to 200C/180C fan/gas 6. Put the sesame seeds in a shallow dish and brush the block of feta all over with the honey. Carefully press the honey-coated feta into the sesame seeds, turning so that it's well crusted with seeds.

2 Put the feta in a baking dish (it should fit snugly), then sprinkle over the oregano and a pinch of sea salt. Drizzle with olive oil. Bake for 15-20 mins until the feta is soft, then drizzle with a little extra honey and serve with the pitta breads on the side.

GOOD TO KNOW gluten free
PER SERVING 192 kcals • fat 13g • saturates 7g • carbs 10g • sugars 10g • fibre none • protein 8g • salt 1.3g



Giant pastel de nata

If you've ever taken a trip to Lisbon, you'll have no doubt eaten a pastel de nata. The iconic little tarts are made with flaky pastry laminated with cinnamon, and have a perfectly set custard filling and a blistered, charred top. These are truly some of my favourite sweet treats – so much so that I've created this giant version. Easy to portion, and with a thick layer of creamy custard, it's truly delicious. It will keep in the fridge for three days, and the flavour will improve as it chills. Enjoy after dinner or as a mid-afternoon snack, the Portuguese way. Esther Clark

SERVES 8 **PREP 25 mins** plus infusing
COOK 1 hr 45 mins **MORE EFFORT** **V**

plain flour, for dusting
500g block all-butter puff pastry
1 tbsp ground cinnamon
1 tbsp icing sugar, plus extra for dusting
1 egg white (reserve the yolk for the filling, below)

For the filling

350ml whole milk
150ml double cream
1 large lemon, zest cut into large strips
1 cinnamon stick
1 tsp vanilla bean paste or 1 split vanilla pod

7 large egg yolks (freeze the remaining whites for another recipe)

50g plain flour
350g golden caster sugar
crème fraîche or soured cream, to serve

1 Heat the oven to 200C/180C fan/gas 6. Lightly dust a surface with flour, then roll out the pastry to a 45cm long, 4-5cm wide rectangle.

Mix the cinnamon and icing sugar together, then sprinkle over the pastry. Roll it up tightly into a fat coil from the short end (it should look like a large cinnamon bun). Dust lightly with extra icing sugar and roll out to a 33cm circle (the cinnamon will be rippled through the pastry and separate a little, but keep rolling, dusting with icing sugar as you go). Line a 22-23cm springform cake tin with the pastry so it comes just over the top of the tin. Prick the base all over with a fork. Line with baking parchment, fill with baking beans and bake for 25 mins. Remove the parchment and beans, brush with the egg white, then bake for 10-15 mins.

2 Meanwhile, to make the filling put the milk, cream, lemon zest, cinnamon and vanilla in a pan. Bring to a simmer, then remove from the heat and leave to infuse for 15 mins. Strain. Discard the lemon zest and cinnamon stick.

3 Whisk the egg yolks and flour in a bowl until you have a smooth paste. Slowly whisk in the cream mixture, then return to the pan.

Warm over a medium heat, stirring continuously until thick. Transfer to a large bowl.

4 Heat the oven to 180C/160C fan/gas 4. Put the caster sugar in a pan with 185ml water. Bring to a simmer and leave on a low heat until the sugar has dissolved, then bring to the boil and cook until it reaches 112C on a sugar thermometer. Carefully whisk the syrup into the warm custard, along with a pinch of salt.

5 Pour the custard into the baked pastry case, and bake in the centre of the oven for 35-40 mins, or until set with a slight wobble in the centre. Heat the grill to high, then grill for 2-3 mins until blackened and blistered on top – cover the edges with foil if needed. Leave to cool completely in the tin. Serve with crème fraîche or soured cream.

PER SERVING 632 kcals • fat 33g • saturates 16g
• carbs 73g • sugars 49g • fibre 3g • protein 9g • salt 0.7g



HOW TO MAKE IT

HOMEMADE GHERKINS

Good Food's **Miriam Nice** has a go at preserving the season, while **Emma Crawford** of Gardeners' World shares her tips

Bread & butter pickles

This month, I've tried food writer Jennifer Joyce's recipe for bread & butter pickles. Their name apparently comes from the American Great Depression, a time when gherkins were so cheap, people ate them as a sandwich filling with bread and butter. They really do have bags of flavour, so they make a great addition to a sarnie. For me, a fish finger sandwich is nothing without some gherkins, and these have the ideal balance of sweetness, sharpness and gentle spice. They pair well with burgers, hot dogs and barbecue dishes, so they make a great summertime project. Prepare them a day ahead.

MAKES 500ml **PREP 15 mins plus**
at least 4 hrs draining and chilling
COOK 5 mins EASY V

400g small cucumbers (Lebanese or Kirby cucumbers are best; you'll need 6-7), cut into 1cm-thick slices
1 medium onion, cut into thick slices
2 tbsp rock salt or sea salt flakes
ice, for packing
300ml apple cider vinegar
140g golden caster sugar
¼ tsp ground turmeric
¼ tsp celery seeds (see tip, right)

¼ tsp chilli flakes
2 tbsps yellow or brown mustard seeds

1 Put the cucumbers, onions and salt in a large sieve set over a bowl, then cover with ice and something heavy to weigh everything down, such as a heavy-based pan. Leave to stand for 1-2 hrs in the fridge, then drain. (This helps push the water out of the cucumbers, so they'll stay crunchy when brined).
2 Meanwhile, put the vinegar, 200ml water, the sugar, turmeric, celery seeds, chilli flakes and mustard seeds in a small saucepan over a medium heat. Bring to the boil, then reduce the heat and simmer for 5 mins. Remove from the heat, and leave to cool to room temperature. Put the cucumber and onion mixture in a 500ml jar or sealable plastic container, then pour over the brining liquid, cover and seal. Chill for at least 3 hrs. *Will keep in the fridge for two weeks.*

GOOD TO KNOW **vegan • gluten free**
PER TBSP 8 kcals • fat 0.1g • saturates none •
carbs 2g • sugars 1g • fibre 0.2g • protein 0.2g
• salt 0.2g

gf tip

If you can't get celery seeds, use the same amount of fennel seeds for a good straight swap.

&

WHICH CUCUMBERS?

This recipe calls for the smaller cucumbers that you'll find at the greengrocers or selected supermarkets, or you can grow them yourself (see Emma's tips, opposite). If you can only find standard ones, they'll also work – just cut the slices a bit thinner to compensate. You'll find that the skin is thicker and a little tougher than that on the small cucumbers, but the flavour is still excellent.

🔍

Get more ideas for homemade pickles at bbcgoodfood.com



Cucumber photograph WESTEND61/GETTY IMAGES PLUS



Miriam is a presenter on the BBC Good Food Podcast. Listen at bbcgoodfood.com/podcast or download at Acast, Spotify, iTunes or other podcast streaming services.



Emma Crawford is a qualified horticulturalist, trained at the Royal Botanic Gardens, Kew, and is the gardening editor for BBC Gardeners' World. [@emma_crawforth](https://www.instagram.com/emma_crawforth)

GROW IT

CUCUMBERS

Pick a sheltered spot and train your plant to climb a support, only pinching out the tip when it reaches the top. Never let it dry out, and use a liquid fertiliser if the leaves become pale. Cut cucumbers from the plant as soon as their sides are parallel, and before they turn yellow.

FENNEL

Fennel can run to seed quickly, so water it frequently and mulch to conserve moisture. Grow it in free-draining, fertile soil and encourage a sweeter bulb by pulling the soil halfway over it when the stems swell. To harvest, cut the bulbs at ground level. Do this quickly if you see them starting to elongate.

RASPBERRIES

Pick raspberries every three days, selecting ripe, well-coloured ones that are firm but pull away from the core easily. Eat the berries as you harvest them, or freeze or refrigerate in a bag. Raspberries grow on canes, which should be planted in a warm spot with free-draining soil.

WHAT TO DO IN THE GARDEN

- Remove dead heads and pick leaves from herbs to encourage more growth.
- Fork onions and shallots from the soil and dry before storing them.
- Summer-prune trained apples and pears (cut back new shoots to let light reach the fruit).
- Prune out the fruited canes of raspberries (cut any browned canes back to the base).
- Keep harvesting tomatoes, courgettes and all other summer crops.
- Start digging up maincrop potatoes when you see flowers on the plants. Allow the skins to dry for a few hours.
- There's still time to sow kohlrabi, salad leaves, radishes, spring cabbages and turnips.



WE'RE JAMMIN'

If you have been busy this summer making jam to preserve a glut of berries, here are a few easy ways to use it up

Jam & cream sponge

Butter two 20cm sandwich tins and line with baking parchment. Beat **200g caster sugar**, **200g soft butter** and **200g self-raising flour** with **4 eggs**, **1 tsp baking powder** and **2 tbsp milk** until you have a smooth, soft batter. Divide the mixture between the tins, smooth the surface and bake at 190C/170C fan/gas 5 for 20 mins until golden. Leave to cool, then sandwich with **1/2 x 340g jar of raspberry jam** and **300ml lightly whipped cream**. Dust with **icing sugar** before serving. *Serves 10.*

Forest fruit trifle

Line a trifle dish with a **pack of sliced madeira cake**, then spoon over a **bag of defrosted frozen forest fruits** with some of the juices, if you like. Top with a **carton of custard**, then **whipped cream** and **blobs of raspberry jam**. *Serves 6.*

Hot raspberry sauce

Tip a **jar of seedless raspberry jam** into a pan with 2 tbsp water. Melt until smooth and bubbling. Serve hot or cold. *Serves 8.*

Berry crêpes

Spread **2 crêpes** (shop-bought or find a recipe on bbcgoodfoodme.com) with a **little mascarpone** and **raspberry jam**. Add a **few fresh raspberries** and roll up. *Serves 1.*

Little jam tarts

Roll out **500g shop-bought sweet shortcrust pastry** on a lightly floured surface. Stamp out 20 x 5cm circles and use them to line two mini muffin tins. Prick with a fork and spoon **1 tsp raspberry jam** into each. Bake at 200C/180C fan/gas 6 for 12-15 mins. *Makes 20.*



Find a recipe for your favourite fruit jam at bbcgoodfoodme.com





family

BACK TO SCHOOL lunchbox ideas

These recipes, from a big-batch soup to a veg-packed wrap, make equally good lunches or dinners

recipes LULU GRIMES *photographs* WILL HEAP



Omelette in a bun

Small children may only need half a bun. You could add a bit of salad if you like and older children may like a touch of salsa or pickle as well.

Take to school in: lunchboxes, bags or wax wraps.

SERVES 3 PREP 5 mins COOK 20 mins EASY V

1 tbsp olive oil	9 small cherry tomatoes, halved
1 medium potato, cut into cubes	handful crumbled feta or grated cheddar
1 spring onion, finely sliced	3 rolls
handful baby spinach leaves	
4 eggs	

- 1 Heat the oil in a small non-stick frying pan and fry the potato over a low heat until it is browned and tender, this will probably take about 10 mins in all. Add the spring onion and fry for a minute then stir in the spinach.
- 2 Whisk the eggs lightly with a little seasoning and then pour them into the pan and cook until set on the base. Dot on the tomatoes, sprinkle on the cheese and grill until the top browns. Cool a little then slide out of the pan and cut into thirds.
- 3 Split the rolls and stuff them with a piece of omelette, sandwich together and halve. Wrap or put in a lunchbox.

GOOD TO KNOW folate

PER SERVING 355 kcals • fat 16g • saturates 5g • carbs 34g • sugars 3g • fibre 3g • protein 18g • salt 1.2g

Super-salad wraps

The trick to an exciting salad wrap is to make sure the veg is crunchy or has texture and that there's something with a good hit of flavour in it as well. We've added cheese to this one, but you could just as easily add tuna, chicken or egg. Make sure the fillings aren't too wet or they'll drip out and make a mess.

Take to school in: lunchboxes or wax wraps.

**SERVES 1 PREP 5 mins
NO COOK EASY V**

1 tortilla
2 tbsp hummus
1 lettuce leaf
¼ carrot, shredded or grated
4 cucumber sticks and/or 2 avocado slices
1 tbsp fresh tomato salsa or chopped tomatoes
handful grated cheddar

Lay the tortilla out flat on a board, spread the hummus on the bottom third and put the lettuce on top. Arrange the carrot, cucumber and/or avocado in a

bank on top of the lettuce and spoon the salsa on top. Sprinkle on the cheese. Fold the bottom of the wrap up just over the filling, fold the sides in and then roll the wrap the rest of the way up. Cut in half or into pieces as shown. Either put straight into a lunchbox or if halved, wrap in wax paper first.

GOOD TO KNOW calcium • 1 of 5-a-day
PER SERVING 354 kcals • fat 19g • saturates 10g • carbs 26g • sugars 4g • fibre 5g • protein 16g • salt 1.7



You can buy reusable wax wraps that are great for sandwiches and wraps rather than using foil.





Lunchbox pasta salad

You can use pasta shapes or small pasta to make this. If your children are small, they may find spearing large pasta onto forks easier than spooning up small pieces so pack the appropriate implement.

Take to school in: lunchboxes. Pack alongside a freezer block or frozen bottle of water on a warm day.

SERVES 4 **PREP 15 mins** **COOK 11 mins**
EASY V (if using vegetarian cheese)

400g pasta, see intro
 4-5 tbsp fresh pesto
 1 tbsp mayonnaise
 2 tbsp Greek yogurt
 ½ lemon, juice only
 200g mixed cooked veg such as peas, green beans, courgette (chop

the beans and courgette into pea-sized pieces)
 100g cherry tomatoes, quartered
 200g cooked chicken, ham, prawns, hard-boiled egg or cheese

1 Cook the pasta in boiling water until it is al dente, so about 11 mins, but refer to the pack instructions. Drain and tip into a bowl. Stir in the pesto and leave to cool.

2 When the pasta is cool, stir through the mayo, yogurt, lemon juice and veg. Spoon into lunchboxes or on to pasta plates and put the cooked chicken or protein of your choice on top. Chill until ready to eat if intended for a packed lunch.

GOOD TO KNOW fibre • 1 of 5-a-day

PER SERVING 528 kcal • fat 16g • saturates 3g • carbs 69g • sugars 5g • fibre 8g • protein 23g • salt 1.2g



Super-versatile meatballs

Serve these Swedish-style with potatoes and lingonberry jam, or over pasta or steamed rice. Add a side salad or veg.

Take to school in: a wide-necked thermos, best served with pasta for school.

SERVES 4 **PREP 15 mins**
COOK 30 mins **EASY** * P

½ medium onion, roughly chopped
 85g fresh white breadcrumbs
 1 tbsp chopped parsley
 200g lean pork mince
 200g turkey mince
 grating of nutmeg
 1 tbsp plain flour plus more for dusting
 rapeseed oil for frying
 1 tbsp butter
 400ml hot beef stock
 2 tbsp single cream

1 Whizz the onion, breadcrumbs and parsley in a food processor until finely chopped. Add the mince, nutmeg and seasoning. Use the pulse button to mix but don't overdo it or you'll make a paste. Form into 20 walnut-sized meatballs and dust with flour.

2 Heat the oil in a large frying pan and fry the meatballs in batches until they are browned all over, then carefully lift them out with a slotted spoon and drain them on kitchen paper.
3 Melt the butter in the pan, then sprinkle over the flour and stir well. Cook for 2 mins, then slowly whisk in the stock. Keep whisking until it is a thick gravy, then return the meatballs to the pan and cook them for 5 mins. Stir in the cream. Before serving, check one to see if they are cooked all the way through to the centre.

PER SERVING 314 kcal • fat 13g • saturates 4g • carbs 16g • sugars 2g • fibre 2g • protein 31g • salt 0.8g

gf tip

You can use a slow cooker for this, making up the whole recipe then leaving it to cook through on Low for 6 hours.



Creamy lentil & veggie curry

Swap in different veg to this curry or add a can of chickpeas to make it chunkier. A garnish of cucumber adds fresh crunch if you're serving this for dinner.

Take to school in:
a wide-necked thermos.

SERVES 4 PREP 10 mins
COOK 30 mins EASY ✨ V

2 tbsp rapeseed oil
1 onion, chopped
1 tsp ground cumin
1 tbsp Madras curry powder
200g red lentils
2 sweet potatoes, peeled and cut into cubes
1 litre veg stock
400g canned peeled cherry tomatoes
200g green beans, trimmed and cut into short lengths
4 tbsp Greek yogurt plus more for the top if you like
½ small bunch coriander, chopped
¼ cucumber, finely chopped (optional)
naan bread and rice to serve

1 Heat the oil in a large pan and fry the onion for a few mins until softened. Add the spices and cook for 1 min, then stir in the lentils, sweet potatoes, stock and the cherry tomatoes.

2 Bring to the boil, then cover and simmer for 20 mins until the lentils and sweet potatoes are tender. Add the beans and cook for 2 mins then stir in the yogurt and some seasoning. Sprinkle over the coriander and chopped cucumber if using and serve with naan bread and rice.

GOOD TO KNOW healthy • low fat • fibre • iron
• 3 of 5-a-day

PER SERVING 444 kcal • fat 12g • saturates 4g
• carbs 58g • sugars 20g • fibre 12g • protein 19g
• salt 1g

gf tip

You can add more stock to this and blend it to make a soup if you like.



Big-batch chicken soup

A whole chicken makes a very big batch of chunky soup plus another couple of meals if your children are small – older ones may eat all of it. Treat the recipe as a base and use whatever veg you like; green beans, spinach, kale and chopped tomatoes all work well. Sofrito mix is available in supermarkets and is a very useful freezer standby. To bulk up the soup, add rice or your choice of grains.

Take to school in: a wide-necked thermos. Don't forget the spoon!

SERVES 4 with leftovers

PREP 10 mins **COOK** 1½ hours **EASY** ✨

250g sofrito mix (or mixed finely chopped onion, carrot and celery)

1 tbsp rapeseed oil

1 chicken, elastic or string removed

1 bay leaf

2 low-salt chicken stock cube melts or cubes

200g frozen peas

200g frozen sweetcorn (optional)

200g soup pasta or dried noodles snapped into pieces, cooked

1 Fry the sofrito mix in the rapeseed oil for about 10 mins until it is really soft and the onion is translucent. Do this over a low heat and don't let it brown. Tip into a casserole.

2 Sit the chicken on top of the sofrito, add the bay leaf and stock melts and enough cold water to come most of the way up the chicken. Bring slowly to a simmer and then put a lid on the casserole. Cook for 1 hr then check whether the chicken is cooked through – the meat should have started to pull away from the ends of the legs if it is. Carefully lift the chicken out of the pan and let it cool a little then ease the breast meat from the carcass. (Cool and chill the breasts if you want to keep them for another day, or chop them if you want to make a generous batch of this soup.) Strip the remaining meat off the bones and chop it into cubes small enough to sit on a soup spoon.

3 Taste the broth the chicken was cooked in and if it tastes weak then boil it for 15–20 mins to reduce it then taste again. Don't season it until you are happy with the flavour. *If you want to chill or freeze some of the soup base do it now and add the rest of the ingredients later when you reheat it.* Stir in the peas and sweetcorn (if using) along with the soup pasta and bring back to a simmer. Add back the chicken meat.

GOOD TO KNOW 1 of 5-a-day

PER SERVING 424 kcal • fat 20g • saturates 5g • carbs 29g • sugars 5g • fibre 5g • protein 30g • salt 1.6g

gf tip

You can make this in a slow cooker – just follow the recipe and cook for 6–8 hrs on Low. Then add the peas and pasta and cook for a further 30 mins.



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European dairy cream, especially French cream, enhances the flavor of all preparations.

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No matter the level of the cooking skills, anyone can incorporate French cream to a range of dishes, from savoury to sweet.



Creamy, tangy grapefruit meringue

By Chef Nina Métayer

Nina Métayer is a French Chef awarded twice as best pastry chef of the year in 2016 and 2017.

For her dessert, she decided to put together a fruit-forward dish and whipped up a creamy grapefruit meringue, then completed the plate with vanilla tonka chantilly.



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health

Delicious recipes and healthy treats



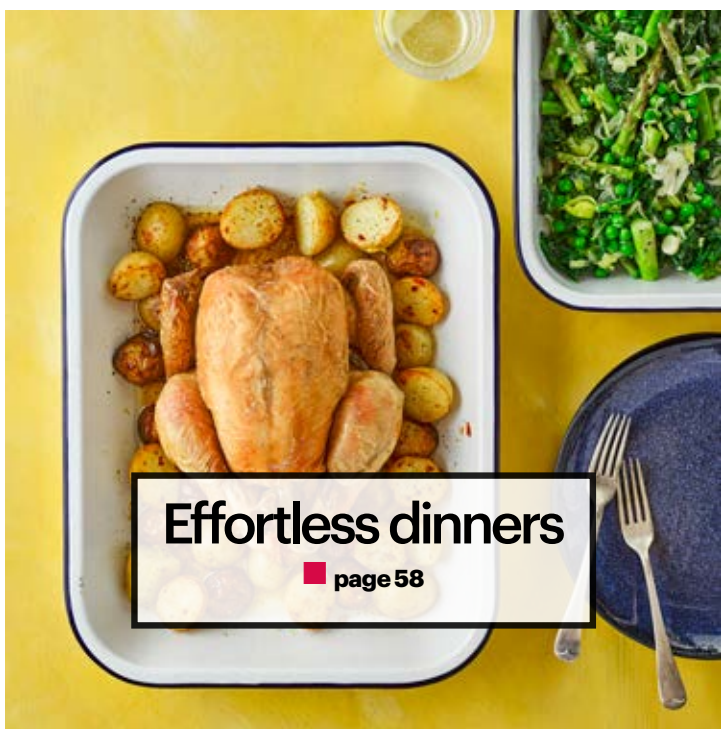
Vegan bolognese

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Low-sugar snacks

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Effortless dinners

■ page 58

Joanna Blythman

Why eggs should be declared a 'superfood'

My love letter to the greatest food Mother Nature has ever created



[@JoannaBlythman](#)

Panic stations! I have run out of eggs, and that's a situation I hate. Eggs are a core ingredient in my kitchen. There is no other ingredient quite like it for giving me a sense of security. As long as I have eggs to hand, I know I can make a fast, healthy meal.

My mother tells me that as a toddler, I ate 'egg in a cup' – boiled egg mashed up with butter – almost every night. To this day, I have an egg most days for breakfast. Then I reckon I get through another four or five in various dishes as the week goes on, so I probably consume at least a dozen eggs a week.

You'll have gathered that I never paid one blind bit of attention to the various ordinances issued over the years telling us to restrict our consumption. Remember when public health advice was to eat no more than two eggs weekly? I always took the evolutionary view that Mother Nature is not a psychopath and so would never create a food that reduced the lifespan of the human race.

Slowly but surely eggs have been released from the dietary sin bin. First came the admission that eating cholesterol had no effect on the level of cholesterol in your blood. Now current official advice is: 'There is no recommended limit on how

many eggs people should eat.'

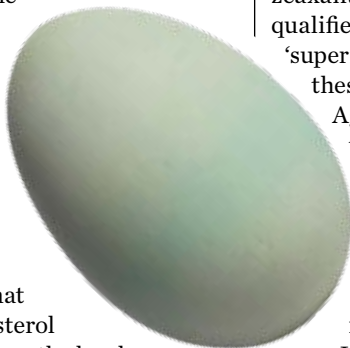
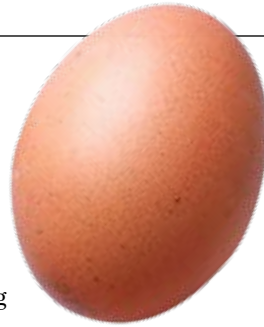
The latest robust research from Harvard scientists concluded that 'moderate' egg consumption (up to one egg per day) 'is not associated with cardiovascular disease risk overall, and is associated with potentially lower

cardiovascular disease risk in Asian populations'. Perhaps if they had studied higher egg consumption, they might have discovered further health benefits of egg consumption for humans everywhere.

Why? Eggs are supreme champions in the nutrient density league, an impeccable source of high quality protein and healthy fat, so they sate your appetite and keep hunger cravings at bay from one meal to another. They are nature's multivitamin, a rich source of vitamins A, D, E, various B vitamins, a positive treasure chest of key minerals, and lesser known, yet vital, micronutrients: choline, lecithin, lutein and zeaxanthin. If any food genuinely qualifies for the overused

'superfood' tag, it's the egg. And these days, the Food Standards Agency says that as long as the eggs are stamped with the red British Lion Quality mark, all of us – pregnant women, babies and elderly people included – can safely eat runny, or even raw, eggs. Health apart, they're cheap.

Unless you are stony broke, you can afford to eat them. Adding a fried or poached egg to a starch or



veg-based dish helps bump up the protein quotient and make it more nutritious, a boon come the end of the month when money is tight.

Those of us who are lucky enough to have the financial slack to make more ethical choices can routinely buy organic eggs without breaking the bank. Organic or free-range chicken? The price difference might make you think twice. But with eggs, most of us can afford to 'buy up' and support the most progressive, animal-welfare-aware producers.

Eggs are also a quintessential local food and easily available. And on this plastic and packaging-ridden planet, eggs nail it. Their shells are their natural packaging.

Most egg boxes are biodegradable.

Finally, did I forget to celebrate the versatility of eggs? From custard to crêpes, and sandwiches to soufflé, they are the most steadfast of ingredients, the progenitors of so many good dishes. I'm off to try and find some now.

“Remember when the advice was to eat no more than two eggs weekly?”



Good Food contributing editor Joanna is an award-winning journalist who has written about food for 25 years.

Are you an egg lover like Joanna? Let us know on Facebook and Twitter #bbcfoodopinion

Vegan bolognese

If you're cutting back on meat, try jackfruit as an alternative. This bolognese counts as a whopping five of your five-a-day

recipe SARA BUENFELD photograph TOM REGISTER

Jackfruit bolognese with vegan parmesan



SERVES 4 **PREP 10 mins**

COOK 40 mins **EASY** **V** 🌱 sauce only

1 tbsp rapeseed oil
 320g carrots (3 medium),
 finely chopped
 4 large celery sticks (320g),
 finely chopped
 4 large garlic cloves, finely grated
 410g can jackfruit in water,
 drained and finely chopped
 100g red lentils
 3 tbsp tomato purée
 4 tsp vegetable bouillon powder
 (check it's vegan)
 1 tbsp chopped thyme
 325g wholemeal spaghetti
 chopped parsley, to serve (optional)
For the vegan parmesan
 40g cashews
 4 tsp nutritional yeast
 1 tsp garlic granules

- 1 Heat the oil in a large non-stick pan and fry the carrots, celery and garlic for 10 mins, stirring every now and then.
- 2 Meanwhile, make the vegan parmesan. Tip the cashews, nutritional yeast and garlic granules into a food processor and blitz to fine crumbs. Add a little salt, if needed, and set aside.
- 3 Tip the jackfruit into the veg mix with the lentils, 700ml water, the tomato purée, bouillon powder and thyme, then cover and cook for 25 mins. Add a little more water if needed – it should be pulpy.
- 4 Meanwhile, cook the spaghetti following pack instructions until al dente. Toss with the sauce, divide between bowls and sprinkle with

the vegan parmesan and parsley, if using. *The sauce will keep, covered, in the fridge for up to three days.*

GOOD TO KNOW vegan • healthy • low fat
 • fibre • iron • 5 of 5-a-day
PER SERVING 586 kcals • fat 11g • saturates 2g •
 carbs 90g • sugars 21g • fibre 16g • protein 23g
 • salt 0.5g



You'll find lots of other healthy recipes at bbcgoodfoodme.com

Effortless dinners

Using seasonal ingredients, these nutritious, veg-packed recipes are perfect for warmer evenings

recipes SARA BUENFELD photographs MIKE ENGLISH



Sweet potato jackets with stir-fried beef & beans

This supper is an ideal pick-me-up after exercise and supplies iron along with vitamin C to support the body's absorption of this important mineral. Sweet potatoes are rich in antioxidants, too.



SERVES 2 **PREP** 15 mins
COOK 50 mins **EASY**

2 sweet potatoes (about 175g each)
1 lean sirloin steak, trimmed of all fat (200g after trimming), thinly sliced
2 garlic cloves, finely grated
2 tsp smoked paprika
1 tsp cold-pressed rapeseed oil

1 green pepper, halved, deseeded and sliced
1 tsp cumin seeds
2 tomatoes, cut into wedges
400g can black beans, drained and rinsed
1 tsp vegetable bouillon powder
handful of coriander, chopped, plus extra whole leaves to serve
1 small avocado, stoned, peeled, halved and chopped or mashed
1 lime, cut into wedges

1 Heat the oven to 200C/180C fan/gas 6 and bake the potatoes for 45 mins until tender. Meanwhile, mix the steak with half each of the garlic and paprika. Heat the oil in a non-stick wok and stir-fry the pepper for 1 min. Add the remaining

garlic and the cumin, then cook for 3 mins. Tip in the tomatoes and the remaining paprika, and cook for 10 mins. Add the beans and bouillon, and stir to warm through, then add the chopped coriander.

2 Put the potatoes on plates and cut them open. Top with the avocado, squeeze over some lime juice and divide the beans between the plates.

3 Return the pan to the heat. Cook the steak for 5 mins, then pile into the potatoes and scatter over the coriander leaves. Serve with the lime wedges for squeezing over.

GOOD TO KNOW healthy • fibre • vit c • iron •
5 of 5-a-day • gluten free
PER SERVING 597 kcal • fat 20g • saturates 5g •
carbs 57g • sugars 24g • fibre 21g • protein 36g •
salt 1g



Pasta arrabbiata with aubergine

Pasta is great for restoring glycogen stores after a cardio workout. The tomatoes in this spicy dish also contain protective antioxidants to support healthy skin. Although it's not traditional, we've added aubergine to help you towards your five-a-day.

LOW CAL FIBRE 3 OF 5-A-DAY

SERVES 2 PREP 8 mins
COOK 35 mins EASY V

- 1 tbsp cold-pressed rapeseed oil
- 1 large onion, finely chopped (160g)
- 2 large garlic cloves, finely grated
- 1 tsp chilli flakes
- 1 tsp smoked paprika
- 400g can chopped tomatoes
- 1 tsp vegetable bouillon powder
- 1 aubergine, chopped
- 150g wholemeal penne or fusilli
- large handful of basil, plus extra to serve

25g parmesan or vegetarian Italian-style hard cheese, finely grated

- 1** Heat the oil in a large non-stick pan. Add the onions, then cover and cook for 5 mins. Remove the lid and cook for 5 mins more, stirring frequently until softened. Add the garlic, chilli flakes and paprika, stir briefly, then tip in the tomatoes and a can of water. Stir in the bouillon and aubergine, then bring to a simmer. Cover and cook for 20 mins.
- 2** Cook the pasta following pack instructions. Drain, reserving 60ml of the cooking water. Add the pasta to the sauce and toss well with the basil and a little of the reserved water, if you want to make it saucier. Spoon into two bowls and serve topped with the cheese and some extra basil scattered over.

GOOD TO KNOW healthy • low fat • low cal • calcium • fibre • 3 of 5-a-day
PER SERVING 500 kcals • fat 12g • saturates 3g • carbs 73g • sugars 18g • fibre 12g • protein 19g • salt 0.4g



“
Our gluten-free chicken recipe is rich in iron, folate, vitamin C and fibre
 ”

Tarragon roast chicken with summer greens

Make a weekend roast with a healthy spin and seasonal flavours. Our gluten-free chicken recipe is rich in iron, folate, vitamin C and fibre.



SERVES 4 **PREP 20 mins**
COOK 1 hr 40 mins **EASY**

1 lemon
 large tarragon sprig
 1 medium chicken (about 1.4kg)
 450g baby potatoes, halved

2 tsp cold-pressed rapeseed oil

For the summer greens

1 tsp vegetable bouillon powder
 2 leeks, cut into rings (about 300g)
 350g asparagus, ends trimmed, each stem cut into 4
 320g frozen peas
 260g bag young leaf spinach
 2 tbsp bio Greek yogurt
 1 tbsp tarragon leaves, chopped

1 Heat the oven to 190C/170C fan/gas 5. Finely zest the lemon, then halve and squeeze out the juice. Set aside, keeping the zest and juice separate. Put the squeezed lemon halves and tarragon inside the chicken and place in a large roasting

tin. Toss the potatoes with the oil and a grinding of black pepper, then tip into the tin around the chicken. Roast for 1¼-1½ hrs until the chicken is cooked through and the potatoes are tender and golden. Remove the tin from the oven, pour off any juices into a jug and set aside. Toss the lemon zest through the potatoes and leave the chicken to rest, covered, while you cook the greens.

2 Pour 150ml water into a pan and add the bouillon. Drop in the leeks, cover and cook for 2 mins, then add the asparagus and peas. Cover again and cook for 2 mins more. Finally, stir through the spinach to wilt it.

3 Pour the roasting juices into the greens with 2 tbsp lemon juice, the yogurt and tarragon leaves, and stir well. Serve the greens with the chicken and potatoes. *Leftovers will keep for up to three days, covered, in the fridge.*

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • iron • 4 of 5-a-day • gluten free

PER SERVING 486 kcals • fat 15g • saturates 4g • carbs 30g • sugars 9g • fibre 11g • protein 51g • salt 0.5g

Hake & seafood cataplana

Cataplana is a popular Portuguese dish that traditionally uses clams, but we've used a pack of ready-cooked mussels out of their shells, which takes the hassle out of cooking them yourself, along with some prawns.



SERVES 2 **PREP 15 mins**
COOK 35 mins **EASY**

2 tbsp cold-pressed rapeseed oil
1 onion, halved and thinly sliced
250g baby potatoes, cut into chunks
1 large red pepper, deseeded and chopped
1 courgette, thickly sliced
2 tomatoes, chopped (150g)
2 large garlic cloves, finely grated
1 tbsp cider vinegar (optional)
2 tsp vegetable bouillon powder
2 skinless hake fillets (240g pack)
150g pack ready-cooked mussels (not in shells)
60g peeled prawns
large handful of parsley, chopped

1 Heat the oil in a wide non-stick pan with a tight-fitting lid, and fry the onions and potatoes for about 5 mins until starting to soften. Add the pepper, courgette, tomatoes and garlic, then stir in the vinegar, if using, the bouillon and 200ml water. Bring to a simmer, cover and cook for 25 mins until the pepper and courgette are tender (if your pan doesn't have a tight-fitting lid, wet a sheet of baking parchment and place over the stew before covering – this helps keep in the juices).

2 Add the hake fillets, mussels and prawns, then cover and cook for 5 mins more, or until the fish flakes easily when tested with a fork. Scatter over the parsley and serve.

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • iron • 3 of 5-a-day • gluten free
PER SERVING 476 kcal • fat 17g • saturates 2g • carbs 31g • sugars 14g • fibre 8g • protein 47g • salt 1.7g



Low-sugar snacks

Avoid that 3pm sugar crash with these quick, easy and low-sugar snacks using the humble chickpea

recipes SOPHIE GODWIN *photograph* ROB STREETER

Basic curried roast chickpeas

SERVES 1 **PREP 5 mins** **COOK 20 mins** **EASY** **V**

2 x 400g cans chickpeas
1½ tbsp rapeseed oil
1 tsp each caraway and mustard seeds
1 tsp curry powder

Heat oven to 200C/180C fan/gas 6. Drain the chickpeas and pat with a tea towel to remove as much moisture as possible. Tip them onto a roasting tray, toss with the oil, seeds and seasoning and roast for 20 mins until golden brown. Toss in the curry powder and enjoy.

GOOD TO KNOW vegan • healthy • fibre • 1 of 5-a-day • gluten free
PER SERVING 200 kcals • fat 8g • saturates 1g • carbs 19g • sugars 1g • fibre 7g • protein 9g • salt none

Curry leaf popcorn

SERVES 1 **PREP 2 mins**
COOK 2 mins **EASY** **V**

Mix **80g curried chickpeas** with a **handful of lightly salted popcorn**, a **few curry leaves** and **1 tsp curry powder**. Fry the mixture in **½ tsp rapeseed oil**, cool slightly and dig in.

GOOD TO KNOW vegan • healthy • 1 of 5-a-day • gluten free
PER SERVING 188 kcals • fat 8g • saturates 1g • carbs 18g • sugars none • fibre 7g • protein 7g • salt 0.2g

Chickpea Bombay mix

SERVES 1 **PREP 2 mins**
COOK 10 mins **EASY** **V**

Mix **60g curried chickpeas** with **1 tbsp unsalted peanuts**. Return to the oven for 10 mins, then mix with **1 tsp raisins**.

GOOD TO KNOW vegan • healthy • 1 of 5-a-day • gluten free
PER SERVING 142 kcals • fat 7g • saturates 1g • carbs 12g • sugars 3g • fibre 4g • protein 6g • salt 0.1g

Curried hummus

SERVES 1 **PREP 5 mins**
NO COOK **EASY** **V**

Blitz **60g curried chickpeas** with the **juice of ½ lime**, **½ tbsp tahini**, and a **handful of coriander**, adding enough water until you get to your desired consistency. Season to taste. Eat with **cucumber** or **carrot** sticks.

GOOD TO KNOW vegan • healthy • low fat • 2 of 5-a-day • gluten free
PER SERVING 153 kcals • fat 7g • saturates 1g • carbs 11g • sugars 2g • fibre 5g • protein 8g • salt 0.1g

GOURMET LIFESTYLE

STAY

WALDORF ASTORIA
RAS AL KHAIMAH, 64



WIN! DINING VOUCHERS, A
HAMPER AND MORE, P68



STAY

Waldorf Astoria Ras Al Khaimah

**Make the most out of your summer holidays
and escape to this beachfront resort nestled
in the UAE's northernmost emirate**

Words by Kate Gammelgaard



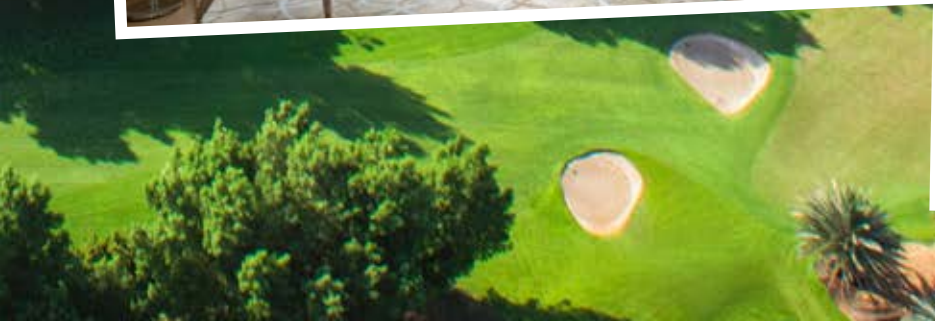
Enticed by the prospect of a luxurious getaway complete with a 350-meter beach and

outdoor pools, we pack our bags and drive just a mere hour away from Dubai, to a gorgeous beachfront resort that stems inspiration from the palaces of the Arabian Peninsula. The resort's towering grandeur is an astonishing sight as we pull up to the entrance and immediately get a glimpse of the experience that awaits us.

ACCOMMODATION

The resort boasts 346 spacious rooms and suites, and to accommodate my husband, three-year-old son and myself, we're booked in the King Junior Suite for the night. The room is an elegant presentation of modern arabesque lavishness with neutral hues offering a sense of calm, making us feel at ease.

There is no shortage of space for our family, with an expansive bedroom, adjoining sitting area, a separate dressing room, and Salvatore Ferragamo amenities in the large bathroom that also boasts a standalone tub. To one





side of the suite, we have access to a balcony overlooking the resort's pool, while a floor-to-ceiling window on the other side, offers a breathtaking view of the beachfront.

DINING

Home to various bespoke restaurants and bars, Waldorf Astoria Ras Al Khaimah offers an exclusive collection of dining and entertainment experiences to suit every mood and taste. If you are going the fine dining route, we highly recommend Lexington Grill. With a theme taken from extravagant US steakhouses, you can tuck into a menu of steak and the freshest seafood, flown in from around the world.

What makes it special? The meal begins with an amuse-bouche, and we're treated to charred fish with caviar, topped with a seaweed hollandaise. For appetizers, the beet cured Norwegian salmon with avocado

is a delicious contender on a bed of truffle ponzu. Also, don't miss the beautifully crusted foie gras, that melts in your mouth, accompanied with a fig spring roll. For mains, we are all in for steak! Served with mouth-watering char, the NY strip loin is paired with a flavour-packed macaroni and cheese. My husband couldn't pass on the Australian Wagyu tenderloin, cooked to medium-rare perfection and paired with creamy mushroom gravy. Lexington Grill houses an extensive list of 350 grape labels, which an experienced sommelier is ready to introduce you to.

FACILITIES

Along with a sandy-white beach offering guests plenty of sun loungers, the resort's temperature-controlled pools come out on top for us. The main pool complete with a swim-up bar gives guests ample space to move about and unwind, while the shaded

children's pool is an enjoyable outdoor pursuit for the kids.

Little hotel guests can even join planned pool games supervised by lively hotel attendants. The Kids Club features indoor fun, a slide and wooden playhouse, behind the pool.

For the ultimate day out, you can also sign up for various water sports including scuba diving and deep-sea fishing. If you are looking to truly relax, head to the Waldorf Astoria Spa for treatments such as facials, massages, body scrubs and mud wraps.

Fantastic for couples and families alike, this resort offers a slice of luxury we will definitely go back for!

“
The resort's temperature-controlled pools come out on top for us
”

BOOK NOW:

Room rates start at AED950 per night. Contact **+9717 203 5555** or email **Reservations.Warak@waldorfastoria.com**

COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs



WIN!
A HARU TASTING MENU EXPERIENCE AT 99 SUSHI BAR & RESTAURANT DUBAI, WORTH OVER AED780
99 Sushi Bar & Restaurant has opened

at Downtown Dubai, ready to showcase its haute cuisine and impeccable dining experiences. One lucky reader can be in with a chance of experiencing the Haru Tasting Menu (inclusive of tea or coffee) for two. Eating with the season is at the core of Japanese culinary customs, and you can enjoy a selection of 13 hearty dishes specially crafted for this experience. It features a plate of hosomaki followed by a bowl of Kobe edamame. Featuring soy seaweed, truffle, leek and tofu foam, the signature 'capumiso' soup stems inspiration from a cappuccino. Other dishes include Panko and Lobster Maki as well as Alaskan King Crab and Salmon Roe Gunkan.



WIN!
A FOOD AND BEVERAGE VOUCHER FOR ANISE, INTERCONTINENTAL DUBAI FESTIVAL CITY, WORTH AED500

Embark on a culinary journey as you tantalize your taste buds with flavours from Asia. Live cooking stations showcase dishes from China, Thailand, Japan and other areas of the continent. Some dishes are also served a la minute, just to your liking.



WIN!
DINING VOUCHER AT FOODKARMA, WORTH AED500

FoodKarma isn't just an app with a difference; it's the app that makes a difference. A disruptive digital food rescuing platform, FoodKarma partners with restaurants, cafés, outlets and vendors that have surplus food, and connects them with karma conscious foodies who want to rescue those dishes and enjoy delicious meals while doing their bit to help save the planet. Whether it's delivery, dine-in or pickup, with the FoodKarma app, users have ethical dining at their fingertips. One lucky winner can get the voucher amount credited into the account.



WIN!
AL AREESH CLUB VOUCHER, WORTH AED500

One lucky winner can experience Al Areesh Club, the outstanding leisure and entertainment destination for all families. Conveniently located at the Al Badia District of Dubai Festival City, it offers a variety of dining options making it the perfect setting for gatherings, from a casual lunch or a quick coffee to spending an entire day with family and friends. The club also comprises health and fitness options featuring a fully equipped gym, an aerobic studio, outdoor football court, swimming pools and racket sports, all-weather hard courts.



WIN!
A DINING VOUCHER AT BOMBAY BOROUGH, WORTH AED500

Enjoy a meal at Bombay Borough, a celebration of hyper-local Indian cuisine, where guests can experience a selection of India's unique ingredients, spices and flavours, reinvented. From small bites to large feasts, the eclectic menu features a twist and enables you to try the very best of delicious Indian cuisine.



WIN!
LUNCH FOR TWO AT INTERSECT BY LEXUS, WORTH AED650

One lucky winner can take a dining partner along to this a la carte lunch, inclusive of soft beverages. Intersect by Lexus is a meticulously curated oasis offering unrivalled cultural and culinary experiences in Tokyo, Dubai and New York, with food at its forefront. From casual yet elegant cafés on one floor to sublime, relaxed dining on another, the restaurant serves only the highest-quality food and beverages made using the finest, freshest ingredients. You and your dining partner will be picked up and dropped off in a Lexus (within Dubai only).



WIN!
AED500 M&S COLIN CATERPILLAR HAMPER

Everyone's favourite novelty cake – Colin the Caterpillar is celebrating his 30th birthday this summer. Since arriving on Marks & Spencer shelves back in 1990, Colin has won over hearts around the world – as the cake of choice for

families and office birthdays with more than 8 million cakes sold worldwide, as well as his popular range of gummy treats. From David Beckham and Taylor Swift to Dame Judi Dench – the list of fans is endless. To mark the special occasion, BBC Good Food ME has teamed up with Marks & Spencer to give away a bespoke hamper to one lucky winner. Filled with Colin the Caterpillar Cola Gums and Fruit Sours to Five Colin the Caterpillar Cakes and Connie and Colin candy there is something for each and every Colin fan.



WIN!
TWO VOUCHERS AT PINZA, WORTH AED500 EACH

Pinza is the modern 'pinzeria' that delivers the lightest, crunchiest, tastiest and healthiest hand-kneaded crust thanks to its unique signature recipe and multi-step production process. The winning

formula minimises the yeast, gluten and calorie content while upping the flavour, crunch and freshness to deliver the modern, health-conscious foodie's answer to traditional pizza. Their definitive dough bases are naturally vegan and can be combined with a delicious array of toppings, carefully sourced from across the world.



WIN!
DINING VOUCHER AT VISTA BAR & RESTAURANT, IHG, FESTIVAL CITY WORTH AED500

Whether it be for a casual sundowner, a

lazy afternoon or a social night out with family and friends, Vista Restaurant & Terrace welcomes you with a panorama of sophistication. Its vibrant atmosphere on the large outdoor terrace offers premium 180° views over the creek and Dubai city skyline. Guests can whet their appetite with a Latino-inspired tapas selection.



WIN!
A LONG LUNCH FOR FOUR AT MCGETTIGAN'S MADINAT, WORTH OVER AED795

Are you someone that never wants the weekend to end? Don't fret, as McGettigan's at Souk Madinat has you covered. Providing all the long lazy Saturday feels, this must-do lunch offers guests a three-course meal with house beverages. From 2-5 pm, on a Saturday, one lucky winner can enjoy a late afternoon catch up with three friends and stay for sunset, to soak in the amazing views of the Burj al Arab - the perfect end to any weekend.



WIN!
BRUNCH FOR TWO AT THE LONDON PROJECT, WORTH AED700

London's calling every Friday at The London Project, and one lucky reader can be in with a chance of winning brunch for two. Fridays are meant for good food. Here, you can indulge in a delicious set menu featuring irresistible sharing starters, a main course and mouthwatering desserts, made to be shared. Fit for a royal, the new brunch set menu includes a selection of starters, the finest Wagyu Meatballs with Crostini, delicious Kaffir Lime and Anchochilli Squid and of course, The London Project's famous Botanica Flatbreads.



To be in with a chance of winning these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to visit the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.

BRUNCH WITH
BEST VIEWS

OBSERVATORY

Bar & Grill

sky high BRUNCH

Join us for a Friday Brunch that takes you to new heights. Dine on a delicious four-course brunch menu serving juicy grills along with fresh, summer beverages from around the world and complete your culinary journey with incredible panoramic views of Dubai Marina.

AED 499 per person including selected beverages
Every Friday, 12.30pm – 3.30pm

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