

# FOOD NEWSLETTER

## CHRISTMAS EDITION



**TRY MAKING YOUR OWN MINCE PIES THIS CHRISTMAS!**



**FEELING BRAVE? SPROUTS AND MARMITE?**



**LEMON MERINGUE NO BAKE CAKE!**



**DESIGN A DESSERT FOR A SUPERMARKET!**



**EASY CHEESEY BISCUITS TO SHARE!**



**HAVE YOU MASTERED THE ROAST POTATO YET?**



# MINCE PIES



## Ingredients

- 225g cold butter, diced
- 350g plain flour
- 100g golden caster sugar
- 280g mincemeat
- 1 small egg, beaten
- icing sugar, to dust

## Method

### STEP 1

To make the pastry, rub the butter into the flour, then mix in the golden caster sugar and a pinch of salt.

### STEP 2

Combine the pastry into a ball – don't add liquid – and knead it briefly. The dough will be fairly firm, like shortbread dough. You can use the dough immediately, or chill for later.

### STEP 3

Heat the oven to 200C/180C fan/gas 6. Line 18 holes of two 12-hole patty tins, by pressing small walnut-sized balls of pastry into each hole.

### STEP 4

Spoon the mincemeat into the pies. Take slightly smaller balls of pastry than before and pat them out between your hands to make round lids, big enough to cover the pies.

### STEP 5

Top the pies with their lids, pressing the edges gently together to seal – you don't need to seal them with milk or egg as they will stick on their own. Will keep frozen for up to one month.

### STEP 6

Brush the tops of the pies with the beaten egg. Bake for 20 mins until golden. Leave to cool in the tin for 5 mins, then remove to a wire rack. To serve, lightly dust with the icing sugar. Will keep for three to four days in an airtight container.

# MARMITE SPROUTS!

## Ingredients

- 100g unsalted butter, softened
- 3 tsp Marmite
- 500g sprouts, halved

## Method

### STEP 1

Beat the butter and Marmite together until smooth, then form it into a log on a piece of baking parchment, roll up and twist the ends like a Christmas cracker. Chill in the fridge until you need it. Will keep for up to a week in the fridge or two months in the freezer.

### STEP 2

Boil the sprouts for 3-4 mins, then drain and leave to steam-dry. Heat a non-stick frying pan, then add the sprouts and dry-fry them for 4-5 mins or until they start to blacken on the cut sides and at the edges. Take the pan off the heat, then add a chunk of the Marmite butter (keep the rest for another day). Sizzle until the butter has melted and shake the pan gently to coat the sprouts. Season with pepper, but taste before adding salt.



# LEMON MERINGUE CAKE



## Ingredients

- drizzle of sunflower oil for greasing
- 1 ½ packs (about 300g) buttery biscuits
- 2 lemons , 1 zested and juiced, 1 sliced to serve
- 400g mascarpone
- 400ml double cream
- 25g icing sugar
- 100g lemon curd
- 10 mini meringues

## Method

### STEP 1

Grease and line a 900g loaf tin with baking parchment. Line the base with a row of biscuits. In a bowl, whisk the lemon zest and juice, mascarpone, cream, sugar and 50g lemon curd until thick and holding its shape. Transfer roughly 1 / 4 of the mixture to a bowl and chill in the fridge for later.

### STEP 2

Layer the mascarpone and biscuits into the tin, and add the remaining lemon curd in spoonfuls between the layers. Break some biscuits to fill any gaps. You should have about four layers of biscuits, finishing with a layer of cream. Wrap the tin in cling film and chill for at least 8 hrs, or up to 48 hrs.

### STEP 3

When you're ready to serve, unwrap the tin and turn the pudding out onto a platter or board. Peel off the parchment. Crush 4 of the mini meringues to a rubble texture and stir through the reserved mascarpone mix. Spread across the top of the pudding, then press the remaining mini meringues and lemon slices on top. Leftovers will keep for one day.



# WHATS IN THE SHOPS...

## Morrisons - Chocolate Orange Melt in the Middle

has embraced the flavour of the season – chocolate orange – for this dessert. The chocolate & orange sponge, which is filled with an oozing orange sauce, is topped with a dark chocolate sauce, dark chocolate decorations and gold sparkle.



## M&S - Sticky Toffee Pudding Crown

This supermarket is pushing the limits of the humble sticky toffee pudding with its latest iteration. The crown is designed to be finished at the table with lashings of salted caramel sauce and a creamy Madagascan vanilla custard.



## **Waitrose - Gianduia Torta Da Festa**

Torta da festa simply means 'party cake' in Italian. Popular in the Piedmont region in the lead up to Christmas, the cake is a cross between a panettone and a pandoro. It's baked in a low mould and has a hazelnut and chocolate filling and is topped with bittersweet dark chocolate and sprinkled with nibbed hazelnuts.



## **Sainsburys - Millionaire's Torte**

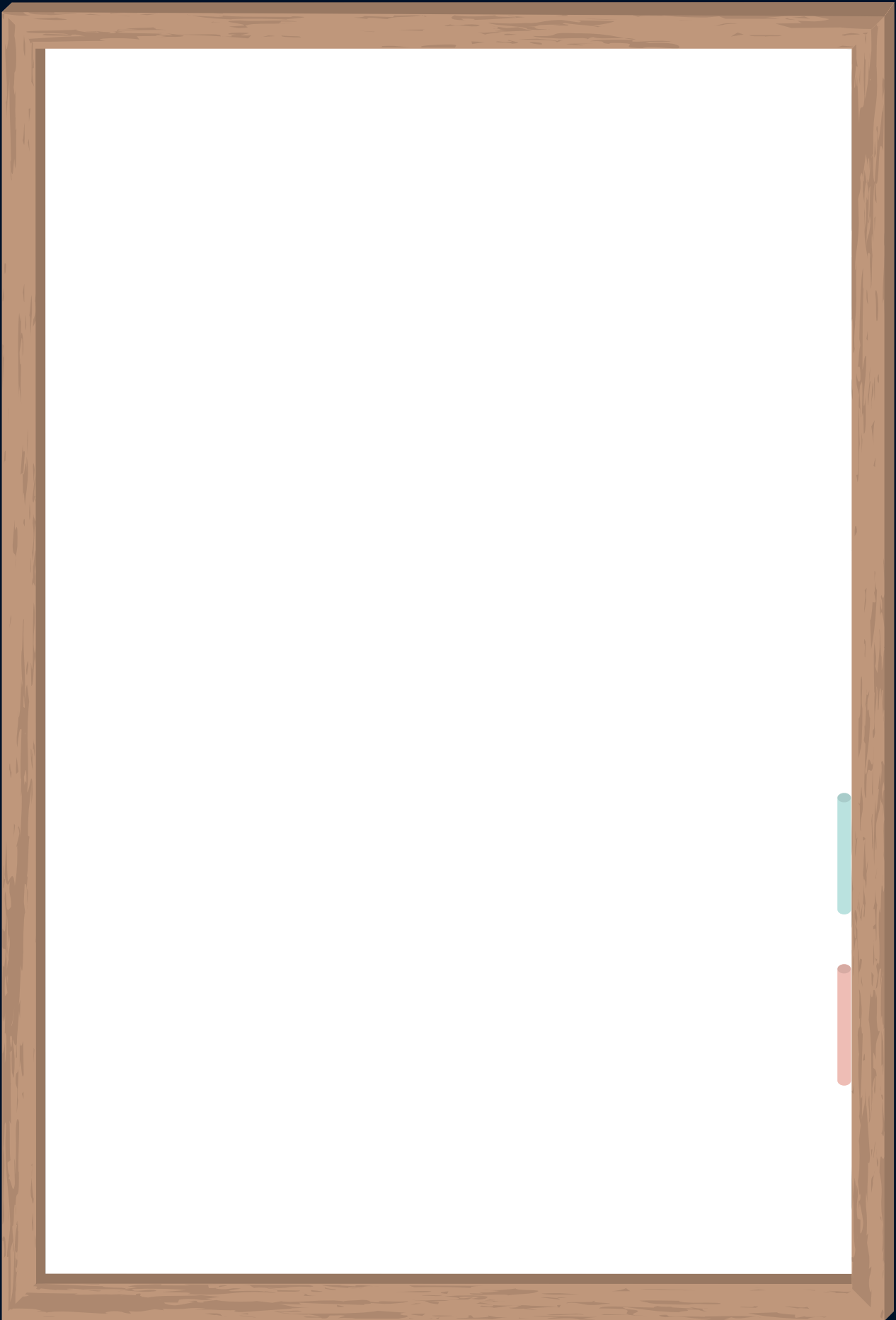
Part of the Taste the Difference range, this 'crowd pleaser' sees layers of baked Belgian chocolate and caramel cheesecake injected with a caramel sauce. Layered on a chocolate crumb, the filling is topped with chocolate ganache and adorned with festive gold flecks and shimmer.





# WHAT WOULD YOU CREATE?

DRAW YOUR OWN DESIGN FOR A PUDDING BELOW! BE CREATIVE



# EASY CHEESEY BISCUITS



## Ingredients

80g wholemeal flour  
80g plain flour  
100g cold butter , chopped  
100g cheddar , finely grated  
1 small rosemary sprig ,  
leaves finely chopped  
1 large egg yolk

## Method

### STEP 1

Heat oven to 180C/160C fan/ gas 4. Put the flours in a bowl and rub in the butter until it resembles breadcrumbs. Stir in the cheese and rosemary, then add the yolk and mix in using a fork. When the mix starts to clump together, use your hands to knead to a smooth dough.

### STEP 2

Take walnut-sized pieces of dough, roll into balls and place on one or two lined baking trays. Flatten slightly with a fork, then bake for 12-14 mins. Alternatively, roll out between sheets of baking parchment and cut into shapes, then bake as before. Cool on the baking sheet for a few mins before moving to a wire rack to cool completely. Store in an airtight container for up to a week.

**\*Cut them into any shape you like! Cookie cutters would work well or just use a knife to make interesting shapes.**



# PERFECT POTATOES

FROM CHEF MARCUS WAREING



## Ingredients

- 8 large King Edward potatoes, peeled and quartered
- Fine salt
- 100ml vegetable oil
- Sea salt, to serve

## Ingredients

Heat the oven to 200°C fan (220°C/gas 7).

Put the potatoes in a saucepan, cover with cold water, and add 1 + 1/2 tsps of fine salt.

Cover and bring to the boil over a high heat, then turn the heat down to medium. Simmer gently (don't boil) for 15 minutes until the potatoes are almost cooked.

The tip of a small, sharp knife should go in easily without breaking the potato up.

Drain the potatoes in a colander and shake well, then leave to dry out for a few minutes. Meanwhile, heat the oil in a sturdy roasting pan in the oven until very hot.

Remove the roasting pan from the oven. One by one, carefully place the potatoes in the oil (don't tip them from the colander into the pan or you'll get splashed with hot oil).

Season the potatoes with a good pinch of fine salt and turn them in the oil until they're coated, then return the pan to the oven.

Roast the potatoes for 30–40 minutes until crisp and golden. Turn them every 10 minutes, and sprinkle with sea salt about halfway through when they're starting to colour.



Merry  
Xmas



**AND HAPPY COOKING!**



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