



CHOCOLATE CREPES WITH PINEAPPLE AND BITTER CHOCOLATE SAUCE

Ingredients – Makes 12 Crepes

- 105ml plain flour
- 15ml tbsp cocoa powder
- 5ml sugar
- 1.5ml salt
- 2 eggs
- 175ml milk
- 25g unsalted butter, melted, plus extra for reheating crepes
- 5ml vanilla essence vegetable oil for greasing pan

Pineapple Filling

- 1 pineapple, peeled, cored and cut into 1 cm pieces or 450g pineapple pieces in juice, drained
- 25g unsalted butter
- 2.5ml ground cinnamon
- 60ml natural maple syrup
- 50g plain or milk chocolate chips
- 50g macadamia nuts, chopped and toasted

Chocolate Sauce

- 100g plain chocolate, chopped
- 75ml water
- 30ml natural maple syrup
- 25g unsalted butter, cut into pieces icing sugar for dusting fresh cranberries or raspberries and mint leaves for decoration

Method

1. Into a bowl, sift flour, cocoa powder, sugar and salt. Mix to blend; make a well in centre.
2. In another bowl, lightly beat the eggs with the milk. Gradually add to the well in the centre of flour mixture. Using a whisk, blend in flour from sides of bowl to form a paste, then a batter; beat until smooth. Stir in melted butter and vanilla and strain into another bowl. Leave to stand 1 hour.
3. With a pastry brush, brush the bottom of a 17.5 or 20cm/7 or 8 in crepe pan with a little vegetable oil. Heat pan over medium heat. Stir batter (if batter is too thick, stir in a little milk or water; it should be thin). Fill a 60ml measure or small ladle three-quarters full with batter, then pour into hot pan. Quickly tilt and rotate pan to cover bottom of pan with a thin layer of batter. Cook over medium-high heat 1-2 minutes, until top is set and bottom is golden. With a palette knife, loosen edge of crepe from pan, turn over and cook 30-45 seconds, just until set. Turn out onto plate.
4. Continue making crepes, stirring batter occasionally and brushing pan lightly with oil. (A non-stick pan is ideal and

NOT FORGETTING VALENTINES & PANCAKES!

From Jeni's Kitchen

- does not need additional greasing.) Stack crepes with sheets of waxed paper between each. Set aside.
5. Prepare filling. In a large frying pan over medium-high heat, melt butter until sizzling. Add pineapple pieces and saute until golden, 3-4 minutes. Sprinkle with cinnamon and stir in maple syrup. Cook 1-2 minutes longer. until pineapple is lightly coated with syrup and liquid has evaporated. Remove from heat.
 6. Lay a crepe on a plate or work surface, bottom side down. Spoon a little pineapple mixture onto top half of crepe. Sprinkle over a few chocolate chips and macadamia nuts. Fold bottom half over, then fold into quarters. Continue using all the crepes, pineapple filling, chocolate chips and nuts. Set each one on a buttered baking sheet and cover tightly with foil until ready to serve.
 7. Prepare chocolate sauce. In a medium saucepan over low heat, melt chocolate with water and maple syrup, stirring frequently until smooth and well blended. Stir in butter. Keep warm.
 8. Preheat oven to 190°C/Gas Mark 5. Uncover crepes, brush top of each with melted butter and re-cover tightly. Bake 5 minutes just until heated through. Place on a dessert plate or individual plates. Dust with icing sugar and decorate with fresh cranberries jr raspberries and mint leaves. Serve chocolate sauce separately.

HERB PANCAKES FILLED WITH GRILLED TENDERSTEM, SHALLOTS AND GRUYERE CHEESE SAUCE

Ingredients – Serves 4

- 2 eggs
- 150ml milk
- 100g flour
- 10g each of, paisley, chives, chervil
- Butter, for frying
- For the Shallot Confit**
- 100g butter
- 400g peeled shallots, chopped finely
- Salt and freshly ground black pepper, to taste

For the Bechamel

- 1 shallot
- 1 bay leaf
- 2 cloves
- 500ml milk
- 50g butter
- 50g flour
- 100g Gruyere cheese, grated
- 50g Dijon mustard
- 250g Tenderstem broccoli
- To Serve:** baby watercress.

Method

1. Make the pancake batter well ahead of time by mixing the eggs with the milk then adding the flour and beating until

- velvety smooth. Add the chopped herbs and allow to rest for 30 minutes.
- 2. To make the confit place the butter into a pan and melt, then add the shallots. Season and cook slowly on a low heat not allowing them to colour. Cook for 30 minutes until they are very tender.
- 3. To make your pancakes, in a hot non-stick frying-pan, add a small knob of butter and once melted add enough batter for one pancake. Cook for 2 minutes on each side. Allow 2 per person. Keep these in between layers of greaseproof paper until required.
- 4. To make basic bechamel sauce, cut the shallot in half and then stick the bay leaf to one half of the shallot with the cloves. Place the milk and shallot in a pan and warm up. Make a roux with butter and flour, add the hot milk to the roux and beat with a whisk until nice and smooth. Season with salt and pepper then add half the cheese and the mustard to finish. Leave in the pan until required.
- 5. Blanch the Tenderstem in boiling salted water for 2 minutes and then refresh by placing in ice-cold water. Allow to drain on kitchen paper.
- 6. In a clean bowl add half the shallot confit and one-third of the bechamel sauce. Add the drained Tenderstem, check the seasoning and adjust if necessary. Roll each piece of Tenderstem, along with the sauce and shallots, into a pancake and place in to an ovenproof dish ready to warm up. Cook at 180°C, Gas Mark 4, checking they are hot on the inside.
- 7. Remove the hot pancakes from the oven dish and place 2 per person in the centre of hot plates. Pour the remaining sauce over the pancakes then add the remaining shallot confit. Garnish with the remaining Gruyere and baby watercress leaves.

EASY CHOCOLATE TRUFFLE CAKE

This must be the most chocolaty, yet easiest, dessert to make. It should be made at least one day before glazing.

Ingredients – 16-20 Servings

- 250g plain chocolate, chopped
- 225g unsalted butter, cut into pieces
- 75g sugar
- 120 ml whipping cream
- 15 ml vanilla essence
- 6 eggs

Chocolate Glaze

- 175g plain chocolate, chopped
- 50g butter, cut into pieces
- Whipped cream for decoration
- Rose petals

Method

1. Preheat oven to 180°C/Gas Mark 4.
2. Generously grease a 23cm, 5 cm deep round or scalloped spring-form tin; line bottom with waxed paper and



grease waxed paper. Wrap bottom of tin in foil.

- In a saucepan over low heat, melt chocolate, butter and sugar with cream, stirring frequently until smooth; cool slightly. Stir in vanilla.
- With electric mixer, beat eggs lightly, about 1 minute. Slowly beat chocolate into eggs until blended. Pour into tin and tap gently on work surface to break any large air bubbles.
- Place tin into larger roasting tin and pour boiling water into roasting tin, about 2cm up the sides of spring-form tin. Bake 25-30 minutes, until edge of cake is set, but centre is still soft. Remove tin from water-bath and remove foil. Cool on wire rack completely; cake will sink in centre and may be cracked.
- Remove side of tin and turn cake onto wire rack placed over baking sheet to catch any drips. Remove tin bottom and paper.
- Prepare glaze. In a saucepan over low heat, melt chocolate and butter, stirring until smooth. Pour over cake, tilting rack slightly to spread glaze. If necessary, use palette knife to smooth side. Leave to set.
- With palette knife, carefully slide cake onto serving dish. If you like, pipe whipped cream border around edge. Dip the rose petals in lightly-beaten egg white, then in caster sugar. Allow to stand on greaseproof paper in a cool place for about 2 hours. Place in centre of cake. Serve with softly whipped cream on the side.

KALE AND POTATO OMELETTE

Ingredients - Serves 2

2 medium waxy potatoes, about 350g, diced
15ml olive oil
1 onion, about 175g, sliced
75g kale, shredded
6 medium eggs, beaten
75ml milk
Salt and freshly ground black pepper, to taste

To Serve: crisp green salad; toasted pine nuts, optional

Method

- Place the potatoes in a saucepan with water, bring to the boil and cook for 8 to 10 minutes or until tender. Drain and set aside.
- Meanwhile, heat the oil in a 24 cm frying-pan and fry the onion and kale for 7 to 8 minutes. Add the potatoes.
- Mix together the eggs, milk and seasoning. Pour into the frying-pan and cook gently, covered for 7 to 8 minutes, finishing under a pre-heated grill for 1 to 2 minutes until cooked throughout. Serve either hot or cold with a crisp green salad and sprinkled with toasted pine nuts, if liked.

PORK AND APPLE HOTPOT WITH SAGE AND MUSHROOMS

Ingredients - Serves 6

900g pork tenderloin or fillet sea salt and black pepper olive oil
125g unsmoked lardons (or diced rindless streaky bacon)
1 onion peeled quartered and thinly sliced
2 garlic cloves peeled and finely sliced
150ml madeira or medium-dry sherry
400ml chicken stock

To Finish

1 eating apple
1 brambling cooking apple about 225g
400g chestnut mushrooms trimmed
100g button mushrooms trimmed
A handful of sage leaves
Sour cream to serve optional

Method

- Preheat the oven to 150°C/130°C fan/gas 2.
- Have ready a large lidded casserole about 2.25 litre.
- Slice the pork into medallions about 2cm thick and season these lightly.
- Heat a tablespoon of oil in the casserole over a medium-high heat and colour the pork medallions on both sides, just a few at a time so as not to overcrowd the pan, removing them to a bowl and adding a drop more oil in between batches as necessary.
- Turn the heat down to medium-low, add another tablespoon of oil to the pan and fry the lardons or bacon for about 5 minutes until lightly coloured, then add the onion and fry for about another 5 minutes until golden and syrupy, stirring frequently and adding the garlic just before the end. Add the madeira or sherry and stir to take up the sticky residue on the base of the pan, then add the pork, pour over the stock, bring to the boil, cover and cook in the oven for 2 hours.
- Turn the oven up to 210°C/190°C fan/gas 6.
- Peel, quarter, core and dice the apples. Slice the chestnut mushrooms and cut the button mushrooms in half. Skim any fat off the surface of the casserole and stir in the apple. Toss the mushrooms with 2 tablespoons of oil in a large bowl, season and scatter over the casserole. Scatter over the sage leaves and drizzle over another couple of tablespoons of oil. Return to the oven, uncovered, for 40-45 minutes until the sage leaves and mushrooms are lightly golden. If wished, tip the casserole to skim off any fat on the

surface, and serve with a dollop of sour cream.

STUFFED SQUASH WITH STILTON

Ingredients - Serves 4

A little oil for greasing
1 large butternut squash
1 small courgette
75g creme fraiche
150g Stilton, crumbled
1 x 400g tin green lentils, drained
1 tbs chopped flat-leaf parsley
Salt and freshly ground black pepper, to taste

Method

- Pre-heat oven to 180°C, Gas Mark 4. Lightly oil a baking sheet.
- Cut the butternut squash in half lengthways. Scoop out and discard the seeds. Place squash, flesh-side down, on the baking sheet and bake for 30 minutes.
- Meanwhile, prepare the filling. Slice the courgette in half lengthways and then chop into 5 mm slices. Place in a bowl with the creme fraiche, 100g of the crumbled Stilton, the lentils and parsley. Season to taste. Cover and place in the fridge until needed.
- Remove the squash from the oven - the flesh should be softening slightly but still have a bit of bite to it. Leave for a few minutes until cool enough to touch, then use a spoon to remove the flesh from the centre gently. Don't veer too near the sides - allow 1-2 cm around the edge - as you don't want the squash to collapse. Dice the flesh and add to the chilled mixture - stop here if preparing the dish in advance.
- Spoon the courgette-and-squash mixture into the hollowed-out squash halves. Keep on piling it in, pushing it down and piling it in: it will fit. Finish by sprinkling the remaining Stilton over the top and return to the oven to cook for a further 30 minutes.
- Leave the squash halves to sit for 10 minutes or so when they come out of the oven, as this allows the delicious liquid is soaked up in the vegetables.

PASTA WITH KALE, CHILLI AND TOMATO

Ingredients - Serves 4

300g pasta shapes
200g kale, shredded
15ml olive oil
1 onion, about 175g, chopped
250g smoked back bacon, chopped
1-2 tsp mild chilli powder
1x400g can chopped tomatoes with herbs
Salt and freshly-ground black pepper, to taste

To Serve: shavings of fresh Parmesan; fresh chopped parsley, optional.

Method

- In separate saucepans, cook the pasta and kale in boiling water for 10 minutes. Drain well.
- Meanwhile, heat the oil in a frying-pan and fry the onion, bacon and chilli powder for 5 minutes. Add the tomatoes and cook for 1 to 2 minutes.
- Stir in the pasta and kale and season to taste. Serve immediately with fresh Parmesan shavings and a sprinkling of parsley, if liked.