

## SPICY MACKEREL PATÉ

### Ingredients

- 240g pack of peppered smoked mackerel fillets (skin removed)
- Juice and zest of 1 lemon
- 1 tbsp drained capers
- 180g Philadelphia Light cream cheese
- ½ bunch of fresh parsley or dill
- 2 tbsp creamed horseradish
- slices of sourdough toast

### Method

- Whizz the mackerel fillets in a food processor, having taken off the skin, add some lemon juice and zest, capers, cream cheese, parsley or dill and creamed horseradish. Taste and season.
- Place in a little ramekin per person
- Sprinkle with extra chopped herbs, lemon zest and black pepper.
- Serve with 2 slices of sourdough toast per person.



## SPICY BEEF CASSEROLE

### Ingredients

- 1 kg beef shin, cut into 3cm pieces
- 4 tbsp. vegetable oil
- Salt and pepper, to season
- 1 tbsp. plain flour
- 50 g butter
- 100 g bacon lardons
- 2 large onions, finely diced
- 3 garlic cloves, crushed
- 25 ml red wine vinegar
- 25 g muscovado sugar
- 500 ml dark beer or stout
- 300 ml beef stock
- 2 bay leaves
- 2 sprigs of thyme
- 2 carrots, peeled and cut into 2cm chunks
- 3 tbsp. chopped parsley



### Method

- Preheat the oven to 180°C (160°C Fan).
- Season the beef generously with salt and pepper and coat in the flour.
- Heat vegetable oil in a heavy bottomed casserole over a medium heat. Add the beef to the pan in batches and brown all over, then transfer to a plate and set aside.
- Add the butter to the pan and the bacon lardons and fry for two mins, until slightly crispy.
- Add the onions and cook slowly for 20 minutes until softened and slightly golden in colour.
- Add the garlic and cook for two more minutes.
- Next add the sugar, vinegar, thyme, bay, beer and stock and bring to a simmer. Return the beef to the pan, ensuring it's fully covered with liquid. Add a lid and allow it to braise in the oven for two hours.
- After 1 hour and 30 minutes add the carrot to the stew and finish in the oven for the remaining 30 minutes.
- Remove from the oven, stir in the parsley and season to taste.
- Serve with mash

OR

## AUBERGINE AND TOMATO BAKE

### Ingredients

- 2 garlic cloves, crushed
- 6 tbsp olive oil
- 2 x 400g cans chopped tomatoes
- 2 tbsp tomato purée
- 4 aubergines, cut into long, 5mm thick slices
- 85g parmesan (or vegetarian alternative), freshly grated
- 20g pack basil, leaves torn
- 1 egg, beaten

### Method

- Heat oven to 200C/fan 180C/gas 6. In a shallow pan, mix together the garlic and 4 tbsp of the olive oil.
- Cook over a high heat for 3 mins, tip in the tomatoes, then simmer for 8 mins, stirring every now and then.
- Stir in the tomato purée.
- Meanwhile, heat a griddle pan until very hot. Brush a few of the aubergines with a little oil, then add to the pan. Cook over a high heat until well browned and cooked through, about 5-7 mins. Turn them halfway through cooking. Lift onto kitchen paper and do the next batch.
- When all the aubergines are cooked, lay a few of them in the bottom of an ovenproof dish, then spoon over some sauce.
- Sprinkle with Parmesan and basil leaves.
- Add seasoning, then repeat this process with the remaining ingredients.
- Finally, pour the egg over the top, sprinkle over a little more Parmesan, then bake for 20 mins or until the topping is golden.

