



Example Recipe Ideas

Here you'll find a selection of some of our most popular dishes. Upon booking a cooking lesson, we would put together a *tailored* list of recipe ideas just for you.

All of our lessons are planned around your dietary requirements, likes and dislikes, and what you're most keen to get out of your lesson/s. We find that some of our clients will want to focus purely on cooking some great quick, easy and/or freezable 'family meals', whereas others want to focus more on 'dinner party style' cookery, or baking, bread making, Asian cookery – the options are endless!

Scrummy Starters:

- **Chicken (or Duck) Liver Pate, served with a Homemade Apple, Ginger and Saffron Chutney** - a velvety-smooth pate with a good dash of cognac, served with sweet apple, ginger and saffron chutney (this is lovely served with any cold meats or cheeses). You can make these in individual portions, in little ramekins or in a loaf tin and then serve it sliced. Serve with some toasted brioche or granary bread.
- **Bouillabaisse served with Crusty Bread and Homemade Aioli** - A gorgeous fish soup traditionally from Marseille. We'll make our own really flavourful fish stock with fish bones, prawn shells and lots of garlic, fennel, leek and tomatoes and then once reduced, we'll strain this. We'll then add chunks of red mullet, sea bass, monkfish, prawns and mussels and a splash of pernod. A lovely dish as a main course or as a starter – serve with fresh crusty bread and some homemade aioli (garlic mayonnaise).
- **Choux de Crab** - We'll fill homemade choux buns with a creamy crab mixture incorporating fresh white crab meat, cream cheese, spring onions, fresh herbs and fresh-diced tomato and then make a hollandaise sauce to serve with the warmed buns...such a delightful starter. The choux pastry can also be used to make profiteroles or chocolate éclairs.
- **Creamy Crab Stuffed Mushrooms** - We'll stuff some closed cup mushrooms with a filling that incorporates crab meat, finely chopped mushrooms and shallots, garlic and cream cheese, with crispy breadcrumb, herb and parmesan topping. This is really tasty - such a lovely combination of flavours and ideal to be served as a starter, or as a canapé, or you could stuff a portabella mushroom (the giant mushrooms) and serve this as a main course, with salad
- **Jamaican 'Stamp and Go'** - Salt Cod Fritters - these are divine, little fritters made with fresh diced tomatoes, flaked salt cod, fresh coriander, spring onions, chilli and a light batter. Serve with garlic and lemon mayonnaise and hot pepper sauce and some wedges of lime and lemon to squeeze over. A deliciously different starter or canapé dish...and truly scrumptious!
- **Pan fried Scallops with Crispy Pancetta on a Pea and Mint Veloute** - this is such a lovely combination and the veloute actually makes for a very nice soup. Looks very pretty on the plate as well - a dinner party winner, or lovely for a light lunch - something a little more special.
- **Pan Fried Sea Bass Fillets with an Herb and Cream Hollandaise, on Wilted Spinach** - A gorgeous starter! We'll serve a slither of pan-fried sea bass fillet on top of some garlicky wilted spinach and then spoon over some homemade hollandaise, to which we'll add some fresh herbs and cream. This also serves very well as a main course, served with the garlicky wilted spinach, some roast new potatoes and fennel roasted tomatoes.
- **Lebanese Lamb Kofte Kebabs with Cucumber and Mint Tzatziki** - These are great – for a starter, lunch or as a main course mid-week, served with pitas and salad. We'll mix lamb

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mince with spices and fresh herbs and then shape into kebabs. We'll also make a homemade tzatziki dip – the perfect accompaniment.

- **Dim Sum** - I love dim sum and this is actually really easy to make. We'll make our own dim sum wrappers and then fill the little parcels with a combination of vegetables and tofu or pork and prawns, Chinese cabbage, garlic, ginger and seasoning before steaming. We'll also make a sweet soy and sesame dipping sauce to serve with the dumplings.
- **Arancini served with a Red Pepper and Tomato Compote** - these are one of my favourite Italian snacks - crispy morsels with a melting middle. Little risotto balls which we'll stuff with Tallegio, mozzarella (or your favourite cheese), roll in breadcrumbs and then fry until golden brown and crispy. Serve with the pepper and tomato compote to dip.
- **Homemade Falafel, served with a Spicy Tomato Dip and Homemade Hummus** - homemade falafel are well worth the effort - you can really ensure they are bursting with flavour. You could make small falafel (perfect for a snack), or larger ones - even burger-shaped, for a more substantial snack or lunch. We'll make a slightly spiced tomato salsa to serve with the falafel, and also some hummus, although any of your favourite dips would work well.
- **Batatas Vadas with Spicy Tomato Salsa (Spicy Gujarati style potato balls)** - these make a lovely starter or canapé. We'll chop some cooked potatoes and combine with peas, fresh ginger, garlic, chilli and Indian spices before dipping into a light batter which we'll make using gram flour. We'll then fry the little balls and serve them with a homemade tomato salsa.
- **Leek and Gruyere Tartlets** - Homemade thyme-scented pastry cases filled with buttered leeks, fresh thyme and gruyere cheese, set with a touch of egg custard and baked until golden. Another lovely dish that would be great to serve as either a starter, for a picnic, or for a main course, with salad.
- **Parmigiana di Melanzane** - One of my favourite Italian starters – layers of aubergine, tomato sauce, Parmesan and mozzarella, topped with fresh basil and Parmesan and baked in the oven until golden and bubbling. A gorgeous starter served in little dishes, or great as a vegetarian main too.
- **Twice Baked Goats Cheese Soufflé** - These soufflés are a winner for dinner parties especially as you can prepare and cook them in advance and then pop them back in the oven (for their second 'bake') for 5 minutes when you're ready to eat. Slightly more dense than a traditional soufflé, but deliciously cheesy – great served with a handful of green salad and some onion marmalade on the side.
- **Tom Yum Soup** - a lovely thin, clear, fragrant Thai soup made with fresh lemongrass, ginger, chillies, lime leaves, garlic and fresh chicken stock. Lovely served with prawns and some thinly sliced mushrooms and peppers although this soup is just as tasty served on its own with a wedge of lime to squeeze and some freshly chopped coriander.
- **French Onion Soup** - a gorgeous dish! Sliced onions sautéed with a little sugar until golden brown and caramelised and then simmered with stock. We'll serve the soup topped with a garlicky crouton, topped with Gruyere cheese and then gratinated.

Fabulous freezeable dishes:

- **Beef Bourguignon** - A classic French dish with chunks of meltingly tender beef, baby onions, bacon lardons and button mushrooms in a gorgeously rich and flavourful sauce with lots of red wine, garlic and thyme. A great dish for a Sunday afternoon, or for an easy but impressive dinner party meal (you can put it in the oven mid afternoon and forget about it for a few hours!). Potato Dauphinoise or good mashed potato makes an excellent side dish to mop up all the gorgeous sauce. This dish also freezes really well if you want to make a big batch and split into portions to freeze for another day.
- **Hungarian Beef Goulash with Dumplings** - Really lovely dish incorporating beef, peppers, potatoes, tomatoes, caraway seeds, marjoram and paprika. I guess one of the things I love most about the goulash is the fact it has dumplings! We'll make our own suet dumplings which we'll sit on top of the goulash to cook. Once it's ready I would serve it at the table - so

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everyone can help themselves. It's really a meal in itself, so all I'd serve it with is some nice crusty bread to dip and plenty of sour cream to dollop over the top.

- **Mediterranean Beef Stew** with Tomatoes, Red Wine, Rosemary, Olives and Capers - this is a lovely, relatively light and 'summery' stew dish with large pieces of beef which we'll slow cook in a combination of red wine, tomatoes, rosemary, fennel and garlic with a generous handful of olives and capers. Lovely served with some parmesan and polenta chips with fresh rosemary and cracked pepper.
- **Caribbean Curried Chicken** - a fabulous curry dish. We'll marinade the chicken in a blend of spices including allspice, nutmeg, paprika, cumin and coriander before stir-frying it along with some sugar to caramelise. We'll finally add in some stock, creamed coconut, fresh thyme and a scotch bonnet pepper and simmer until tender and flavourful. Lovely served with Caribbean rice and peas - rice cooked with coconut milk, stock, fresh thyme and garlic with kidney beans.
- **Chicken or Lamb Curry with Black Onion Seeds** - This is another divine curry that I'd urge anyone to try! We'll make our own curry base with onions, garlic, ginger, chilli and spices, to which we'll add black onion seeds, fresh coriander and tomatoes. This curry is then cooked slowly, so that the chicken thighs or diced lamb almost fall apart. An amazingly tasty dish that's also very healthy.
- **Chicken Rendang** - This is a lovely Thai curry – we'll joint a chicken and then simmer the pieces of chicken in some homemade Thai curry paste with star anise and just a touch of coconut milk. At the end of cooking the chicken pieces have a thick coating of the fragrant Thai curry sauce, which we'll then serve sprinkled with some desiccated coconut.
- **Creamy Chicken Curry with Mango and Lime** - This is another favourite of mine – we'll make a curry paste from scratch, using garam masala and turmeric with onions, chilli, ginger and garlic. The chicken is then simmered in the curry paste with some mango chutney and lime for quite some time before adding some cream. The end result is just delicious - a slightly fruity, creamy curry which is packed full of lovely fresh flavours.
- **Moroccan Chicken Tagine with Preserved Lemons and Black Olives** - this is such a gorgeous recipe with a summery feel about it. We'll joint a whole chicken into pieces and then fry these with a little ginger and cumin before adding some saffron, stock and the preserved lemons and olives. Lovely served with some fragrant cous cous. This dish also freezes really well if you wanted to make a batch and then freeze into portions for another day.
- **Vietnamese Chicken Curry** - a really lovely dish, traditionally cooked in a clay pot. We'll make our own Vietnamese curry powder to use as the base for our curry, which incorporates coconut milk, ginger, lemongrass, kaffir lime leaves and then chicken thighs, potatoes, onions and peppers, slow cooked until wonderfully tender and flavoursome. Serve with some jasmine rice and some stir fried fine green beans with chilli and soy.
- **Fish Pie** - A lovely, creamy pie made with fresh fish that we'll poach and then combine with a homemade white sauce. Topped with mashed potatoes and parmesan and breadcrumbs for a crunchy topping. Real comfort food, and great to freeze into portions too for easy after work dinners.
- **Bamieh** - this is a gorgeous Persian stew. Slow-cooked marinated lamb with tomatoes, okra and dried Persian limes which give it a lovely tang. Great served with jewelled Persian rice (saffron scented rice with dried fruits, pistachios, toasted almonds, fresh pomegranate).
- **Greek One-Pot Lamb Stew with Feta** - I had a stew on holiday in Greece, and have since worked to recreate it! This dish is lovely - it has a similar taste to moussaka as it uses similar herbs and spices, along with tender chunks of lamb, baby carrots, onions and wedges of potato, cooked in red wine and stock, with Feta cheese crumbled and baked on top. Great for putting together and leaving in the oven for a few hours, and also freezes really well. A lovely one-pot dish that requires nothing but a good chunk of break to mop up the sauce.
- **Lamb and Spinach Curry** - We'll make our own curry base, with cumin, coriander, turmeric, fresh ginger, chilli and onions, before adding in some chunks of lamb, fresh tomatoes and

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some chopped fresh spinach. We'll then slow-cook the dish until the lamb is meltingly tender. A hugely tasty, very satisfying curry - as mild or as spicy as you like to make it.

- **Lamb Moussaka** - A favourite of mine - a really authentic moussaka, incorporating layers of minced lamb, which we'll flavour with spices and oregano, sliced potatoes, sliced aubergines and a topping of béchamel sauce and a good sprinkling of parmesan to serve. This dish requires nothing but a good side salad as an accompaniment. Great to freeze into portions as well.
- **Moroccan Lamb Tagine with Butternut Squash served with Fragrant Cous Cous** - We'll make a really flavourful lamb tagine packed full of Moroccan spices, apricots, ground almonds and then fresh tomatoes, butternut squash and courgette. A great dish in that you can place this in the middle of the table and everyone can help themselves. Lovely served with some freshly griddled homemade flatbreads and some fragrant cous cous.
- **Sausage, Pumpkin and Sage One Pot Stew** - this is such a lovely dish - real comfort food and great to make in bigger batches and then freeze.. I tend to use pork and apple sausages, with chunks of pumpkin or squash, plenty of fresh sage and cannellini beans. A fab one-pot dish, served with parmesan or cheddar grated over the top and a hunk of bread to dip.
- **Tagliatelle con sugo di salsiccie (tagliatelle with an Italian-style sausage ragu)** - this has to be my new favourite Italian pasta sauce. We'll crumble some Italian style sausagemeat into the pan and saute with red onions, garlic, fennel seeds and fresh thyme before adding in a glug of red wine and some tomatoes. After simmering for an hour or so we'll then add a dash of double cream and some grated parmesan cheese before serving with fresh pasta (which we could make ourselves). A delicious dish - no more effort than a traditional ragu or Bolognese sauce, and yet really scrummy! Also freezes really well.
- **Chana Masala (Chick Pea Curry)** - This is such a delicious recipe and is easy to make - well worth a try! You can serve it with another curry, or it's lovely on its own, with some natural yoghurt and some rice. A great dish to make in bulk and freeze into portions – ideal for after work dinners, or to take into work to heat up for lunchtime.
- **Butternut Squash, Tomato and Spinach Lasagne with 3-Cheese Top** - this is such a lovely combination. We'll roast the squash with sage, spring onions, chilli and garlic and then layer this with sliced tomatoes and fresh spinach in between sheets of lasagne before topping with mascarpone, grated parmesan and torn mozzarella. The best veggie lasagne by a mile (I think!)

Quick and easy dishes (great for cooking after work or after the school run!):

- **Beef Stroganoff** - Seared strips of beef steak, sautéed mushrooms and garlic, flambéed with a good splash of cognac and then finished with some sour cream, a squeeze of lemon and a touch of paprika. A really quick yet tasty dish (you can cook this easily within 30 minutes). Lovely served with some fresh tagliatelle or some wild rice and green beans.
- **Beef, Chicken, Prawns or Tofu in Black Bean Sauce with Green Peppers** - a lovely quick, simple yet tasty dish - a million times better than you'll get from your take away! We'll marinade the beef before stir frying with some black bean sauce, spring onions, and green peppers. Great served with some egg-fried rice.
- **Chicken and/or Prawn Pad Thai** - this is a relatively quick and easy dish - and a firm favourite! We'll stir fry prawns and/or chicken with a little egg, rice noodles, beansprouts, shredded carrot and then a good drizzle of homemade pad thai sauce. We'll then serve the noodles with some crushed roasted peanuts.
- **Tarragon Chicken** - A really quick dish to prepare and cook and yet I would happily serve this for a dinner party - or for a lovely mid-week meal. The chicken is cooked with tarragon, garlic, shallots, white wine and a good splash of cream- a very flavourful dish...a little naughty, but lovely nonetheless! Great served with wild rice or fresh pasta and some fine green beans.

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- **Thai Stir-Fried Chicken with Holy Basil** - this has to be one of my favourite stir-fry dishes; strips of chicken stir fried with a lot of crushed garlic, some sliced chillies, red peppers and fine green beans, tossed with Indonesian sweet soy and fish sauce, with a little sugar and a bunch of holy basil. Gorgeous served with Thai sticky rice.
- **Baked Cod (or Salmon, Haddock) Fillets with a Herb Crust, with Tomato and Basil Compote** - These are so quick to make – and you can make lots of the herby crust topping, freeze it, and then use it whenever you want a super-quick dinner (you could also use this crust for chicken, or other fish). The tomato and basil compote is also really quick to make, and would be perfect to serve as a sauce for pasta (or again, you can freeze this into portions to serve another day).
- **Fresh Griddled Tuna Steak (or Pan Fried Sea Bass or Bream Fillets) with Cucumber Salsa** - A very simple, summery, fresh tasting dish - griddled tuna steak which we'll serve topped with some homemade cucumber salsa, incorporating a little spring onion, tomatoes, fresh herbs, a touch of fresh chilli and a good squeeze of lemon juice. Perfect served on a bed of crushed new potatoes with spring onions and some fine green beans tossed with a little fresh chilli and garlic.
- **Kedgeree** – We'll sauté some onions, garlic and ginger with garam masala and turmeric and then fold in some cooked rice, gently poached smoked haddock flakes, fresh tomatoes, a squeeze of lemon juice and a sprinkling of fresh parsley (or coriander). We'll then decorate the dish with wedges of hardboiled egg, or for a dinner party you could serve the kedgeree with a poached duck egg atop each dish.
- **Mediterranean Style Lemon Sole en Papillot** - a gorgeous, fresh, simple yet impressive dish - perfect for a dinner party or for a quick meal after work. Lemon sole or sea bass, cod, halibut (any white fish really) would work really well in this dish. We'll make little fish parcels using baking parchment, filling each with a combination of cherry tomatoes, spring onions, garlic, lemon, olives, fresh herbs and a fresh fillet of sole. We'll then bake or steam the parcels until the fish is just cooked. Lovely served in the paper with some cous cous, new potatoes, or colcannon on the side.
- **Pan Fried Sea Bass, Bream Fillets or Griddled Tuna Steak with Salsa Verde and Roasted Mediterranean Vegetables with Puy Lentils** - Salsa Verde 'green sauce', is a really simple sauce made by whizzing fresh herbs with a small amount of capers and anchovies, olive oil and lemon juice - this is a lovely accompaniment to any griddled or barbequed fish. You could really use any fish for this recipe - Swordfish steaks, Salmon, or even more delicate fish - whichever takes your fancy. Also great to serve in slightly smaller portions as a starter.
- **Prawn, Pea and Lemon Risotto** - a creamy risotto with white wine and a hint of lemon, with fresh tiger prawns and peas, finished with fresh parsley and served with a wedge of lemon.
- **Singapore Fried Noodles with Chicken and Prawns or Tofu** - This is such a quick dish and tastes absolutely fabulous! Chicken and tiger prawns or tofu, egg and thin noodles stir fried with red peppers, shredded savoy cabbage, chillies, ginger and garlic with Indian spices and soy sauce. Definitely worth a try – great for after work or for a 'quick fix' as it's so quick to make, but has enough 'wow!' factor to serve to friends too for an informal get together.
- **Keema** - This is a gorgeous dish - so simple and yet ridiculously tasty! Minced lamb and peas cooked with fresh ginger, chilli, garlic, Indian spices and a touch of tomato. Serve alone with rice, dal, or as part of an Indian style feast.
- **Paprika Pork** - A lovely dish creamy dish incorporating sliced pork fillet, green peppers and onions, stir fried and then combined with a little paprika and sour cream. A really speedy dish – perfect for after work. Serve with pasta or rice, or with fresh vegetables.
- **Thick Cut Pork Chops with Caramelised Apples on a bed of Creamy Butterbeans with a Cider and Wholegrain Mustard Cream Sauce, served with Sautéed Savoy Cabbage with Leeks and Smoked Bacon** - this is such a gorgeous dish. Surprisingly simple (quick enough to put together after work for a quick supper) but definitely worthy of a dinner party. We'll make a rub for the chops with fennel seeds, cumin, sage, garlic and rock salt before popping on a griddle to cook. The butterbeans, simmered with cider, stock, cream and wholegrain

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mustard, make for a more interesting side dish, although roast new potatoes would work equally well.

- **Toad in the Hole with Onion Gravy** - An English Favourite! This is lovely when made with good sausages and a nice onion gravy - it's almost a meal in itself, and so really only needs to be served with fresh vegetables, and perhaps some good mashed potato. Takes 10 minutes to prepare and about 30 minutes in the oven.
- **Dal Saag** - a lovely tasty lentil dish made with toor dal (yellow lentils), fresh ginger, spices, a touch of tomato, onion and garlic and then a few handfuls of fresh baby leaf spinach. Lovely served with rice or as an accompaniment to other curry dishes - a must try....another dish that beats any take away version hands-down!
- **Stuffed Roasted Butternut Squash with Goats Cheese, Spinach, Chilli, Pumpkin Seeds and Lemon** - These are lovely for a relatively quick after work meal – a good alternative to jacket potatoes. You could include many other ingredients, but the goats cheese and spinach works really well – with a touch of lemon, garlic and spring onion to liven it up a little.

Some favourite fish & seafood dishes:

- **Balinese Spiced Fish with Coconut Rice and Stir Fried Pak Choi, French Beans and Spring Onions with Garlic and Ginger** - A simple dish that's packed full of flavour. We'll make our own spice paste which we'll smother over some fillets of salmon or cod to marinade before grilling and serving with some stir fried greens, with soy, ginger and garlic.
- **Crispy Pancetta-Wrapped Monkfish served on a Fennel Cream with Steamed Asparagus and Roasted Cherry Tomatoes** - a lovely combination; the meaty monkfish works so well wrapped with pancetta and then the salty pancetta works so well with the delicate fennel cream sauce. Lovely served with roasted baby new potatoes with rosemary or crispy pan-fried gnocchi, along with some steamed or grilled asparagus and roasted cherry tomatoes on the vine.
- **Fresh Griddled Tuna Steak (or Pan Fried Sea Bass or Bream Fillets) with Cucumber Salsa** - A very simple, summery, fresh tasting dish - griddled tuna steak which we'll serve topped with some homemade cucumber salsa, incorporating a little spring onion, tomatoes, fresh herbs, a touch of fresh chilli and a good squeeze of lemon juice. Perfect served on a bed of crushed new potatoes with spring onions and some fine green beans tossed with a little fresh chilli and garlic.
- **Kedgeree** – We'll sauté some onions, garlic and ginger with garam masala and turmeric and then fold in some cooked rice, gently poached smoked haddock flakes, fresh tomatoes, a squeeze of lemon juice and a sprinkling of fresh parsley (or coriander). We'll then decorate the dish with wedges of hardboiled egg, or for a dinner party you could serve the kedgeree with a poached duck egg atop each dish.
- **Mediterranean Stuffed Salmon Fillets with a Cherry Tomato and Basil Compote** - We'll stuff the salmon with a combination of pine nuts, fresh parsley, sun dried tomatoes, olives and lemon zest and then squeeze over some fresh lemon juice before baking in the oven. This is ideal for something a little more special but quick enough to put together after work, for a meal for two or for the family. Polenta chips make for an interesting (and scrummy!) side dish, but new potatoes or a lentil salad also work equally as well.
- **Nobu-style Miso Salmon or Black Cod with Pickled Vegetables with Black Sesame Seeds and Steamed Jasmine Rice** - A very healthy yet tasty dish that would work perfectly for a light dinner party menu or for a speedy mid-week meal. We'll marinade the salmon or black cod fillets in a miso marinade before grilling until slightly blackened on the outside but still perfectly moist in the middle. We'll serve this with some slightly pickled carrots, cucumber and mooli which we'll toss with black sesame seeds and then serve with some steamed jasmine rice.
- **Pan Fried Fillet of Sea Bass on Wilted Spinach with an Herb and Cream Hollandaise** - Gorgeous crispy skinned fillets of sea bass served with a hollandaise sauce to which we'll add

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some chopped chives, chervil and dill and a touch of cream. A lovely main course, served with wilted spinach, fennel roasted vine tomatoes and new potatoes, or indeed you could serve a smaller portion for a starter (half or third of a fillet, atop some wilted spinach with the herb and cream hollandaise).

- **Pan Fried Fillets of Sea Bass, Turbot, Bream, Salmon or Grilled Swordfish Steak served with a Sauce Vierge on a bed of Gnocchi** (which we could make by hand if you'd like to!) or Roasted New Potatoes and a Black Olive Tapenade - A dinner party winner, or a lovely dish to serve for a more special dinner (or at least when you have a little more time!). Sword fish, salmon, sea bass, or many other relatively meaty fish work really well served with sauce vierge - a gorgeous, light and summery sauce made with fresh tomatoes, garlic, basil, parsley and lots of lemon juice. We'll serve the fish atop the gnocchi or potatoes and the sauce vierge spooned alongside, finished with some punchy black olive tapenade dotted around the plate. A really eye-catching dish that certainly tastes the part too!
- **Pan Fried Sea Bass, Bream Fillets or Griddled Tuna Steak with Salsa Verde and Roasted Mediterranean Vegetables with Puy Lentils** - Salsa Verde 'green sauce', is a really simple sauce made by whizzing fresh herbs with a small amount of capers and anchovies, olive oil and lemon juice - this is a lovely accompaniment to any griddled or barbequed fish. You could really use any fish for this recipe - Swordfish steaks, Salmon, or even more delicate fish - whichever takes your fancy. Also great to serve in slightly smaller portions as a starter.
- **Pan Fried Turbot or Halibut served on Wilted Spinach with a Saffron Cream Sauce, Diced Tomatoes, Crayfish Tails, with Buttered Leeks** - Such a lovely, delicate, pretty dish - great for a special occasion. Lovely served with some fresh pasta, gnocchi or roasted baby new potatoes (which for a dinner party you could serve in a tower, with the spinach and then fish atop).
- **Prawn, Pea and Lemon Risotto** - a creamy risotto with white wine and a hint of lemon, with fresh tiger prawns and peas, finished with fresh parsley and served with a wedge of lemon.
- **Risotto Ai Frutti di Mare** - a creamy risotto infused with saffron and cooked with a healthy dash of white wine. Finished with fresh scallops, squid, prawns and mussels and some freshly diced tomatoes and chopped parsley. A great option for either a starter or main course.
- **Smoked Haddock and Leek Fish Cakes, served with a Herbed Hollandaise Sauce and a Poached Egg** - my favourite fish cake recipe! We'll combine gently poached smoked haddock with sautéed leeks and a touch of wholegrain with some creamy mashed potatoes, before shaping into cakes, bread crumbing and then frying until golden. We'll serve the cakes with some homemade hollandaise and a poached egg sat atop. Great served with a simple salad. Also works really well as a starter.
- **Spaghetti al la Marinara** - a lovely light pasta dish. Spaghetti tossed with white wine, cherry tomatoes, a touch of chilli, fresh tiger prawns, scallops, clams and mussels and then finished with a touch of lemon and a few capers. A lovely dish to serve for a main course or as a 'primi piatti'.
- **Tandoori Baked Sea Bass** – this is such a great dish in that it looks fabulous on the plate, tastes fabulous and yet is easy to prepare (ideal for after work dinners or for a dinner party). We'll marinate whole sea bass in garlic, ginger, tandoori spices and natural yoghurt and then bake it in a really hot oven or under a really hot grill (to replicate a tandoor). Lovely served simply with some saffron rice, fennel roasted tomatoes and some fine green beans – and some raita to dollop.
- **Traditional Fishcakes with Homemade Tartar Sauce** - A traditional dish that would serve really well for a mid-week supper, or as a starter (we could make some mini cakes). We'll make our fishcakes with a combination of cod, salmon and smoked haddock, with finely chopped dill, chives and parsley. To accompany the cakes we'll also make our own tartar sauce, making homemade mayonnaise as a base for this. For me, these are so worthwhile spending time to make - they're a million times better than anything you'll ever buy and the tartar sauce alone is just divine!

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- **Chicken and Seafood Paella** - This is a lovely dish, packed with an array of gorgeous ingredients - crispy chorizo and pancetta, succulent chicken and fresh mussels, squid and prawns. It's also a great dish for dinner parties as it looks so impressive and works really well set in the middle of the table for everyone to dig in (great for a Spanish themed dinner party, served with other tapas-style dishes).

Dinner party-style dishes:

- **Beef Wellington served with a Red Wine Jus** - This is a very traditional dish and an all time favourite. We'll smother a seared fillet of beef with a mushroom duxelle (similar to a mushroom pate), followed by a layer of pate, and then we'll wrap it in puff pastry before glazing and baking until the pastry is golden and crispy and the fillet is just pink inside. We'll then make a rich wild mushroom and port sauce to serve with the wellington. This dish is definitely worthy of a dinner party!
- **Fillet of Beef wrapped in Crispy Parma Ham with Herby Butter, served with a Madeira Jus** - Another fabulous dinner-party dish, it's like the Beef Wellington's little sister! We'll sear the fillet and then smother this with a really garlicky, herby butter before wrapping it in Parma ham and tying with string. We'll make a Madeira jus to serve with the fillet - slightly sweeter than a red wine jus and a perfect accompaniment for this dish. For a dinner party I'd be inclined to serve this dish with a lovely creamy celeriac and potato dauphinoise and fresh vegetables - I think an extravagant dish like this deserves to be accompanied by a suitably extravagant side!
- **Chicken wrapped in Parma Ham, Stuffed with Sun Blush Tomatoes and Mozzarella, with a Fresh Pesto Cream Sauce, served with Stir-fried Savoy Cabbage with Leeks and Fresh Thyme and Roasted New Potatoes** - Looks and sounds impressive, but is so quick and easy to put together. This is great for a dinner party, or for a family meal. Great served with fresh vegetables and new potatoes, or with gnocchi or pasta.
- **Moroccan Chicken Tagine with Preserved Lemons and Black Olives** - this is such a gorgeous recipe with a summery feel about it (perfect for helping to combat the winter blues!). We'll joint a whole chicken into pieces and then fry these with a little ginger and cumin before adding the some saffron, stock and the preserved lemons and olive. Lovely served with some fragrant cous cous and some homemade cumin and coriander-laced flatbreads. This dish also freezes really well if you wanted to make a batch and then freeze into portions for another day.
- **Pan-Fried Duck Breast with a Raspberry and Red Wine Jus served with Parsnip Gratin and Spiced Braised Red Cabbage** - A really pretty main course. The duck is pan fried until it's just slightly pink in the middle but with a lovely crispy skin, and then it's served sliced onto the plate and topped with the jus. The ever so slightly sweet, spiced braised red cabbage makes for a great accompaniment to this dish, as does the parsnip gratin.
- **Homemade Giant Ravioli filled with Crab, Lobster and Mascarpone served with a Saffron and Cream Sauce and topped with Ribbons of Courgette and Leek** - We'll make our own pasta from scratch and this ravioli filling (and sauce) is so scrumptious, it's well worth a try - it's a real winner for dinner parties or special occasions. This dish will take some time to make, but really is worth it should you ever want to impress at a dinner party (or a romantic dinner for 2!)
- **Venison and Wild Mushroom Wellington** - I don't think you can beat a Wellington - beef or venison; a classic dish that ticks all the boxes! We'll sear the venison before encasing it in a rich wild mushroom duxelle (similar to a mushroom pate), and then encasing it in a layer of Parma ham and then a layer of puff pastry. Serve with a wild mushroom, port and juniper sauce.
- **Game Stew with Port and Redcurrant** - A rich stew, perfect to serve for a winter dinner party. We'll incorporate pigeon, pheasant and duck with port, orange and redcurrant for a

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rich sauce with a hint of fruitiness. Lovely served with some garlicky spinach mash or some potato and celeriac dauphinoise.

- **Seared Best End Fillet of Lamb served on a bed of Roasted Root Vegetables and Green Lentils with a Red Wine Jus** - This is a little more extravagant, but a winning dish for dinner parties. The puy lentils and roasted root vegetables which we'll toss together with a warm vinaigrette makes for a lovely alternative accompaniment to the lamb fillet. We'll also make our own stock from the lamb bones, which we'll then turn into a lovely red wine jus.
- **Roast Rack of Lamb with a Fresh Herb, Lemon and Parmesan Crust, served with a Red Wine, Rosemary, Mint and Redcurrant Sauce** - I love this dish. The lamb looks lovely on the table and tastes divine with its gorgeous crust - the slightly sweet red wine and redcurrant sauce really compliments this type of dish too. Perfect for a dinner party or for a quick mid-week meal for two. Great served with a Goat's Cheese Dauphinoise or Fondant Potatoes for a special side dish - or simply crushed new potatoes and steamed vegetables.
- **Slow cooked Lamb Shanks with Red Wine, Rosemary and Mint Sauce and Potato and Celeriac Mash** - Another slow cooked dish which by the time it's cooked, you have a lovely sauce as well. I've added the mash as a side dish - you could serve it with bubble and squeak, or root vegetable (carrot, swede and potato) mash, or any other side, but I think mash works well, especially with lots of sauce!
- **Herb Stuffed Pork Fillet wrapped in Crispy Pancetta** - this is a great dish, for a quick meal for two or to serve at a dinner party. We'll stuff the fillet with a combination of fresh herbs, garlic and some finely chopped mushrooms before wrapping it in Parma ham and roasting. We'll serve the pork cut into thick slices, with a creamy calvados, cider and wholegrain mustard sauce and some caramelised apples.
- **Sticky Treacle and Ginger Beer-Glazed Slow-Cooked Belly of Pork served with Crispy Black Pudding and Spiced Apple Puree** - this is a great combination; sweet and sticky (slightly gingery) melt-in-your-mouth pork, crispy crackling and then a slightly sweetened (yet pleasingly tart) apple puree which we'll spice with cloves, cinnamon, vanilla and nutmeg. Crispy black pudding also works well with this dish, however crispy pancetta would also work if you're not a fan of black pudding. This is lovely served with spiced braised red cabbage or sautéed savoy cabbage with leeks and then some roasted new potatoes with sage.
- **Homemade Pumpkin and Sage Ravioli served with a Sage Butter Sauce** - this is such a gorgeous combination - slightly sweet pumpkin, roasted and then mashed with a good helping of parmesan and some fresh sage, encased in homemade pasta and then cut into giant squares or rounds. Serve with some melted butter to which we'll add some freshly ground black pepper and some sage leaves. Perfect for a starter or to serve as a vegetarian main course.

Naughty but nice...some of our favourite desserts:

- **Baked White Chocolate and Fresh Vanilla Pod Cheesecake, served with a Black Cherry and Pinot Noir Compote** - This is a gorgeous dessert and it looks so pretty on the plate with the stark white of the cheesecake and the deep purply red of the compote. Also freezes really well.
- **Chocolate and Amaretti Truffle Torte** - a very rich and decadent dessert or afternoon tea treat, perfect for chocoholics! We'll make a very rich chocolate torte with dark chocolate and whipped cream with a dash of coffee and then set this upon some crushed Amaretti biscuits.
- **Earl Grey Infused Panna Cotta with Toasted Ginger Bread and Spiced Apricots** - such a lovely combination. The delicately scented panna cotta works perfectly with the crisp pieces of ginger bread that we'll sit atop, along with some spiced poached apricots.
- **Goopy Chocolate Fondant Puddings** - These are divine. Little ramekins of chocolate sponge which when cut ooze a delicious molten chocolate mixture (just like the 'Gu' puddings!) - perfect with a dollop of good vanilla ice cream.

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- **Homemade Profiteroles with Hot Chocolate Fudge Sauce** - My favourite! People often think Choux Pastry is impossible to make, but with a few tips, you can make it perfectly every time and it's so worth it. The same pastry recipe can also be used for chocolate éclairs, or for savoury recipes - choux buns stuffed with crabmeat makes a lovely starter.
- **Lemon Meringue Roulade with Fresh Cream and Raspberries** - a lovely light dessert. We'll make a meringue roulade base, which we'll top with a layer of lemon curd, some freshly whipped cream and some raspberries, before rolling (like a Swiss roll). Lovely served with some extra raspberries and a splash of double cream.
- **Normandy Apple Tart with Calvados** – A gorgeous treat for afternoon tea or for dessert. You can make one larger tart, but I think these also look fab as individual tarts. We'll make our own sweet pastry, fill this with frangipane (slightly almondy sponge mixture) and top with concentric circles of sliced apples, which we'll drizzle with calvados. Once baked, we'll glaze the tarts with some apricot jam to give that lovely glossy top.
- **Raspberry and Fresh Vanilla Crème Brule** - A really good Brule made with fresh vanilla is great, or you can add other flavours (coffee, chocolate, your favourite liquor). We'll add some raspberries to the ramekin dishes before pouring over the crème anglaise and baking – a really lovely addition to the traditional recipe.
- **Spotted Dick** - A very traditional English suet sponge pudding made with dried fruit and a hint of fresh lemon zest. Lovely served with homemade crème anglaise with fresh vanilla.
- **Sticky Toffee Puddings with Toffee and Pecan Sauce** - These are just to die for! Individual puddings, really moist and sticky, as they should be, served with rich toffee sauce. Best served with some good vanilla ice cream or some warm custard.
- **Tart au Citron** - This is a great recipe. We'll make our own sweet pastry for the pastry case before filling with a really zesty, creamy lemon filling. Serve topped with a swirl of whipped cream and some fresh raspberries.
- **White Chocolate and Vanilla Crème Pots with a Passion Fruit Compote** - this is actually quite a simple dessert to prepare and yet it tastes (and looks) divine! We'll combine fresh vanilla with crème fraiche, whipped cream and melted white chocolate and set this into champagne glasses (or similar) before topping with a tangy passion fruit compote - a great combination.

Afternoon Tea – some favourite cakes and patisserie items:

- **Carrot Cake with an Orange Cream Cheese Frosting** - We'll make a lovely moist sponge cake with grated carrots, spices and chopped nuts and then ice this with some cream cheese frosting, decorating with little carrots that we'll shape using marzipan.
- **Chocolate and Banana Cake** – One of my favourite cakes - I used to cook this cake all the time when I worked in a little tea rooms whilst at Uni. It's like a Victoria sponge cake in terms of how you make it, with the addition of a mashed banana and then half way through filling up your cake tins, you slather on lots of melted plain chocolate. Once cooked, the two cakes get sandwiched together with chocolate buttercream. Tastes fab and looks great when it's cut, with the chocolate marbled through the cake.
- **Homemade Pistachio Meringues filled with Whipped Cream and Dipped in Dark Chocolate** – Meringues are actually quite simple to make and the options in terms of flavours and fillings are endless! We'll add some chopped pistachios into our meringue mixture before shaping into little shells, baking, and then dipping in dark chocolate and sandwiching together with a filling of fresh whipped cream.
- **Orange and Almond Cake** - This is such a great recipe - really easy, very healthy (no fat, no wheat) and yet super tasty. Perfect served with some crème fraiche on the side. A great cake to serve for dessert or for afternoon tea.

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- **Squidgy Chocolate Brownies** - This is the best recipe for brownies (after trying many!) - lovely and rich and squidgy in the middle, just as they should be. Perfect served on their own, or with some ice cream and chocolate sauce for a delicious dessert.
- **Bakewell Tart** - a very traditional tart or traybake. We'll make our own pastry and then use this to line a flan tin or traybake tin before spreading the base with jam, filling with a frangipane sponge filling and then either topping with sliced almonds before baking and serving dusted with icing sugar, or baking and then icing with white fondant and glace cherries (and some feathered chocolate for that traditional pattern on top!).
- **Chocolate Éclairs** – Once you have choux pastry mastered, you can turn out perfect éclairs or profiteroles (or savoury choux buns) in no time. We'll pipe the choux pastry into fingers and then once baked and golden, we'll fill the choux fingers with whipped cream and top with a chocolate fondant.
- **Macaroons** - Macaroons, like cupcakes, seem to be highly fashionable at the moment, with hundreds of different flavours and colours to choose from for both the outer shells and the fillings. We can make a variety of macaroon shells and then a selection of fillings to complement the shells. These are a little tricky to master, but once you have the recipe sussed you'll be able to turn out perfect macaroons every time!
- **Orange and Poppy Seed Cake** - A moist sponge cake with fresh orange zest and juice and a good handful of poppy seeds. We'll top the cake with a light orange and cream cheese frosting.
- **Raspberry and Coconut Cake** - we'll make a light sponge cake base to which we'll add some desiccated coconut and then fold through some fresh raspberries. Serve in slices with some fresh cream and berries for a dessert, or topped with vanilla buttercream and toasted coconut for an afternoon tea treat.
- **Mille Feuille** - layers of crisp flaky pastry filled with crème patissiere, fresh berries or jam (if you wish), and topped with either fondant icing or a dusting of icing sugar. The options for fillings and flavour combinations here is endless. I love to incorporate layers of lemon curd, crème patissiere and then fresh raspberries, but the options really are endless!

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