

EAT SOME, FREEZE SOME COOKING

Salmon Crumble serves 6 or 3 x 2 portion servings

2 Leeks trimmed and thinly sliced

75g (3ozs) unsalted butter

50g (2ozs) Plain flour

800ml (1&1/3 pints) whole or semi skimmed milk

450g (1lb) salmon fillet skinned and cut into 2.5cm (1inch) pieces

1 tablespoon Dijon mustard

Small bunch of roughly chopped parsley

Salt and black pepper

Crumble Topping

75g (3ozs) cold unsalted butter cubed

75g (3ozs) Plain flour

75g (3ozs) fresh breadcrumbs

½ teaspoon salt

1. Cook the leeks in 25g (1oz) unsalted butter for 5 minutes until soft. Remove from the pan and reserve.
2. Melt the remaining 50g butter in the same pan, add the flour and cook for 1 minute. Gradually whisk in the milk until smooth and simmer gently for 3-5 minutes until thickened
3. Off the heat fold in the leeks, salmon, mustard, salt and pepper and half of the parsley.
4. Transfer to either a 1.6 litre (2 & 3/4 pint) oven proof dish or three smaller ovenproof and freezer proof dishes

Crumble

1. Either pulse the butter, breadcrumbs and flour in a food processor or rub in by hand until they resemble breadcrumbs
2. Mix in the remaining parsley and sprinkle over the fish
3. Either bake for 30 minutes until bubbling or freeze for future use – **defrost completely before cooking**

Spicy Plum Crumble Serves 6 or 3 x 2 portion servings

1.25kilos (2 & 1/2 lbs) dark plums, cut in half and stones removed

50g butter (1 & 3/4ozs)

1 vanilla pod - split or 1 teaspoon Vanilla essence

1 star anise

Few gratings nutmeg

2 cinnamon sticks

100ml red wine

5 tablespoons golden syrup

4 tablespoons caster sugar

50ml water

Crumble Topping

100g (4ozs) softened butter

100g (4ozs) demerara

200g (8ozs) Plain flour

1. Saute the plums with the butter in a hot frying pan for a few minutes.
2. Add the split vanilla pod or vanilla essence, star anise, nutmeg, cinnamon, red wine, golden syrup, sugar and 50ml water
3. Bring to the boil and simmer gently for 8 – 10 minutes
4. As the plums break down to a thick, syrupy texture, place in either a large oven proof dish or three smaller ones

Crumble

1. Rub the butter into the flour until it resembles breadcrumbs
2. Mix in the sugar
3. Sprinkle over the plums and bake at 200 degrees for 20 – 25 minutes or until golden brown

Please note: Crumble mix freezes very well indeed. Place it in either a freezer bag or a plastic container and use it straight from the freezer. Interestingly it doesn't stick together.

Roast Fillet of Pork Serves 6 or 3 x 2 portion servings

2 Pork fillets of equal length, each about 450g (1lb) in weight

12 rashers of streaky bacon

Salt and black pepper

Stuffing

1 tablespoon sunflower oil

1 medium onion finely chopped

225g (8ozs) finely chopped chestnut mushrooms

40g (1oz) parmesan cheese

1 teaspoon fresh or dried thyme

1 egg yolk

Make the stuffing -

1. Heat the oil in a frying pan, add the onion and cook gently until tender
2. Add the mushrooms to the pan and cook over a high heat until the moisture from the mushrooms has completely evaporated
3. Take off the heat and add all the other stuffing ingredients, season with salt and black pepper and leave to cool
4. Split the pork fillets lengthways **almost half way through**
5. Open out and cover with clingfilm or baking parchment paper
6. Using a rolling pin beat out flat
7. Using the back of a round bladed knife stretch out the bacon slices and arrange overlapping on a board
8. Place one of the fillets onto the bacon and spread the stuffing mixture over
9. Cover with the second fillet, beaten side down and roll up tightly folding the bacon slices over the roll
10. Lift into a roasting dish with the bacon join underneath and cook at 200 degrees for an hour

When cool, slice and eat/freeze as required. The roll can also be frozen raw and thawed out in the fridge before roasting.