



**Everyday delicious. shopping list: February 2011**

**All recipes serve 4**

**Pan-fried pheasant with celeriac and parsnip rosti**

1 celeriac  
500g parsnips  
Spring onions  
Plain flour  
Eggs  
Olive oil  
Shallots  
Garlic  
4 pheasant breasts  
250ml cider  
Butter  
Soured cream  
Flat leaf parsley

**Herb-crusted lamb with a gratin of leeks and brussel sprouts**

2 lamb neck fillets  
Olive oil  
Garlic  
2 leeks  
150g brussel sprouts  
Unsalted butter  
Plain flour  
250ml whole milk  
Nutmeg  
125g Gruyere or Cheddar  
30g breadcrumbs  
Flat leaf parsley  
Fresh rosemary

**Beer-battered fish bites with chunky chips**

600g floury potatoes such as maris piper  
Rapeseed/olive oil  
Vegetable oil  
Plain flour  
400ml good quality ale  
600g white fish  
Lemon  
Good quality mayonnaise

**Sweet potato and parsnip gnocchi with blue cheese and pine nuts**

500g parsnips  
500g sweet potatoes  
Olive oil  
50g Parmesan  
Plain flour  
Egg  
Butter  
400g spinach leaves or greens  
125g blue cheese  
75g pine nuts

**Cont...**

**Pork and apple burgers with warm beetroot salad**

Olive oil  
4 large beetroot  
Balsamic vinegar  
Cumin seeds  
500g pork mince  
2 eating apples  
Garlic  
Chilli flakes  
Celery  
Crème fraiche  
Lemon  
Bag of rocket or lamb's lettuce

**Sausage and root veg hot pot**

8 good quality sausages  
Olive oil  
2 large red onions  
Garlic  
2 parsnips  
Celeriac  
2 large carrots  
300ml red wine  
Tin of chopped tomatoes  
Chicken stock  
Flat leaf parsley

**Smoked gammon with swede and potato bake**

Olive oil  
Butter  
Large onion  
Garlic  
Large swede (approx 300g)  
400g or 3 large potatoes  
Flat leaf parsley  
Plain flour  
Chicken stock  
Double cream  
50g Cheddar  
4 smoked gammon steaks