



## Everyday delicious shopping list Jan 2011: comfort food

**All recipes serve 4**

### **French onion soup with Gruyère toasts**

Rapeseed oil  
750g (3) large white onions  
2 large garlic cloves  
Small bunch of fresh thyme  
300ml white wine  
50ml Madeira  
1 litre beef consommé or good quality beef stock  
Small crusty baguette or similar  
100g Gruyère  
Nutmeg

### **Spiced shepherd's pie with creamy potato and parsnip topping**

4 medium potatoes  
1 large parsnip  
1 large onion  
Olive oil  
500g lamb mince  
Chilli flakes  
3 tbsp tomato purée  
Worcestershire sauce  
Mushroom ketchup (optional)  
Tomato ketchup  
Butter  
Milk

### **Beetroot and goat's cheese tart [v]**

2 large beetroot  
3 tbsp crème fraîche  
2 tbsp creamed horseradish  
Bunch of fresh dill  
500g puff pastry  
Plain flour  
200g goat's cheese  
Handful of watercress

### **Crab and leek cakes with citrus mayonnaise**

500g potato  
2 small leeks  
250g white crabmeat  
Cayenne pepper  
Small bunch of fresh parsley  
2-3 tbsp fine polenta  
2 lemons  
2 large free-range eggs  
English mustard powder  
130ml mild oil such as groundnut  
70ml olive oil

**Cont...**

### **Chicken, sweet potato and blue cheese pot pies**

1 red onion  
2 cloves garlic  
3 tbsp olive oil  
4-6 free-range boneless chicken thighs  
2 tbsp plain flour  
3 small sweet potatoes  
Few sprigs of rosemary  
400-500ml chicken stock  
150g blue cheese  
4 tbsp double cream  
450g pack ready rolled shortcrust pastry  
1 medium free-range egg

### **Hot smoked salmon soufflé omelette**

2 large free-range eggs  
1 tbsp double cream  
50g hot smoked salmon  
Small bunch of fresh chives  
20g Parmesan  
Butter

### **Sticky pork meatballs with curly kale and garlic**

500g pork mince  
2 large cloves garlic  
1 large red chilli  
Small bunch of flatleaf parsley  
Small bunch of fresh mint  
2 lemons  
Rapeseed or olive oil  
Splash of soy sauce  
Butter  
2 tbsp honey  
3 cloves garlic  
500g curly kale