



delicious. magazine Smart Cook shopping list, May 2010

Chargrilled lemon chicken with antipasti couscous

4 skinless chicken breasts
1 large lemon
¼ tsp chilli flakes
Olive oil
1 garlic clove
3 rosemary stalks
200g giant couscous
500ml vegetable stock
125g ball mozzarella
2 x 225g mixed antipasti
Small handful of fresh parsley leaves

Smoky grilled mackerel fillets with Tuscan salad

4 fresh mackerel fillets
Olive oil
1 tsp smoked sweet paprika
Loaf of sourdough
2 red and 2 yellow peppers
90g green olives stuffed with pimento
Handful of basil leaves
1 red onion
Extra virgin olive oil
1 tbsp red wine vinegar
1 garlic clove

Lamb caponata topped with crispy potatoes

250g new potatoes, thinly sliced
Olive oil
500g lamb neck fillet, cut into small chunks
1 red onion
2 garlic cloves
1 aubergine
1 tbsp dried oregano
1 tbsp red wine vinegar
400g tin chopped tomatoes
85g green olives stuffed with anchovies
200g ready-roasted red peppers
Butter
Large handful of fresh flatleaf parsley

Cont...

Spring vegetable minestrone with broken spaghetti (v)

2 sticks celery
1 large white onion
Olive oil
2 large garlic cloves
1 small red chilli
1.2 litres good-quality vegetable stock
130g spaghetti
200g new potatoes
60g fine asparagus tips
150g frozen mixed peas, broad beans and green beans
Small handful of fresh mint and flatleaf parsley
2 tbsp fresh pesto
Parmesan

Roasted cod with roasted fennel, red onion and balsamic tomatoes

1 large fennel bulb
1 large red onion
1-2 small red chillies
Olive oil
1 lemon
200g cherry tomatoes
3 tbsp balsamic vinegar
4 thick skinless cod fillets
1 heaped tbsp capers
Small handful of fresh flatleaf parsley

Squashed tomato, basil and garlic barley risotto (v)

Olive oil
Butter
1 large white onion
2 garlic cloves
300g pearl barley
150ml white wine
800ml-1 litre good quality vegetable stock
40g Parmesan
100g ricotta
6 fresh tomatoes
Handful of fresh basil leaves

Courgette, prosciutto and Taleggio tart with polenta pastry

75g polenta
225g plain flour
150g butter
30g Parmesan
1 large free-range egg yolk
150g sliced prosciutto
1 large garlic clove
Olive oil
1 red onion
3 courgettes
250g Taleggio
1 lemon
1 tbsp roasted hazelnuts
200g pot crème fraîche
2 large free-range egg yolks

Cont...

Chicken, pancetta and bean stew with sage

Olive oil

140g pancetta cubes

1 white onion

6-8 chicken thighs with skin and bones

Plain flour

200ml white wine

300ml chicken stock

400g tin haricot beans

Small handful of fresh sage leaves

2 tbsp double cream

Gremolata pork chops on creamy polenta with lemon ricotta sauce

4 pork chops

Olive oil

200g ricotta

1 lemon

200g quick cook polenta

95g Parmesan

Butter

2 lemons

2 large garlic cloves

Large bunch of parsley

Extra virgin olive oil

Tuscan sausage and fennel ragù with gnocchi

Olive oil

1 red onion

1 large garlic clove

6 large Italian sausages

2 tsp fennel seeds

½ tsp chilli flakes

75ml red wine

500g jar passata

500g gnocchi

Small handful fresh flatleaf parsley

Parmesan