

The Great British Meadow Guide

4-page pullout: 20 best wildflower meadows



Weekend

Travel starts on page 19



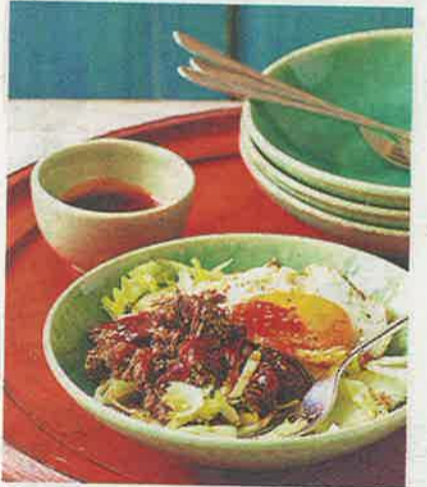
No, my daughter doesn't need a sibling

The author who says one-child families are happier

Easy summer lunches



Sardines cooked with Campari



Spicy Korean beef and pear salad



Rose jelly with vanilla cream

Light and easy summer lunches

From prawns cooked in sangria, to sardines with Campari, peach and fennel, Australian-born food writer **Tori Haschka** shares her favourite recipes for a summery weekend lunch

Sangria prawns

Ingredients

Serves 2

700g fresh prawns
1 orange
250ml fruity red wine
160ml olive oil
Zest of ½ lemon
6 garlic cloves (4 thinly sliced, 2 crushed)
½ red chilli, diced
½ small green apple, diced
1 handful mint, roughly chopped
Salt and black pepper

Method

- 1 Preheat the oven to 200C / Gas 6.
- 2 Break the heads off the prawns and peel off the shell and legs (leave the tails). Slit their backs with a knife and de-vein.
- 3 Using a vegetable peeler, make three strips of orange zest. Put the strips of zest in a saucepan and add the red wine.
- 4 Over a high heat, reduce by two thirds until it is syrupy. Taste and add 1tsp sugar if necessary. Put the prawns in a baking dish. Pour over the olive oil. Grate in the remaining orange zest and the lemon zest. Add the garlic and chilli.
- 5 Cover with foil and cook in the oven for about 15-18 min, depending on size. Once cooked, the prawns should be pink and firm, but not stiff to the touch.
- 6 Drizzle the prawns with the red wine syrup and top with the diced apple and chopped mint. Season with salt and pepper. Serve with bread on the side.

Korean beef salad

Ingredients

Serves 4

Beef marinade

3tbsp soy sauce
2tbsp sugar
½tbsp sesame oil
3garlic cloves, finely chopped
1tbsp toasted sesame seeds
Pinch of chilli powder
1tsp black pepper
5cm fresh ginger, grated

Salad

400g rib-eye steak, thinly sliced (partially freezing the beef will help you cut clean slices)
½ onion, sliced thinly into half-moons
4 eggs
1 nashi pear, cut into thin slivers
¼ iceberg lettuce, finely shredded
¼ white cabbage, finely shredded

Method

- 1 Whisk together the beef marinade ingredients. Add the steak and onion slices and massage in the marinade to combine. Cover and refrigerate for 1 hour.
- 2 Heat a barbecue or frying pan over a high heat and cook the steak and onions in single layers until the edges are crisp.
- 3 Fry the eggs, making sure that you keep the yolks runny.
- 4 Combine the nashi pear, lettuce and cabbage and divide between four bowls. Top the mixture with the beef, onion and fried eggs. Serve with chilli sauce.

Pork burritos with spicy pineapple salsa

Ingredients

Serves 4-6

Spicy pineapple salsa

½ pineapple
½ red onion, finely diced
1 lime, juice and grated zest
1 small bunch coriander
1tbsp jalapeños from a jar, diced
1 fresh jalapeño or other type of green chilli, diced

Pulled pork

Zest of a small orange
1tbsp ground cumin
½tbsp sea salt
1tsp ground coriander
½tsp black pepper
½tsp chilli powder
1kg well-marbled pork shoulder, roughly chopped
1tbsp olive oil
120ml pineapple juice
350ml Corona or other Mexican beer

1 bay leaf
2tbsp pumpkin seeds

To serve

Flour tortillas
½ white cabbage, shredded
Hot sauce, to taste
Guacamole
60g mozzarella, cubed
60g goat's cheese, crumbled

Method

- 1 To prepare the spicy pineapple salsa, cut the skin off the pineapple, quarter it and cut the fruit into small cubes. Combine it with the chopped red onion, lime zest and juice.
- 2 Finely chop the coriander stems and add them to the bowl. Add both types of jalapeño, including the seeds if you want the dish to be hot. Stir to combine. Add the coriander leaves to the salsa just before serving.
- 3 For the pulled pork, mix together the spices, salt, pepper and orange zest. Dust the pork thoroughly in the spice mixture.
- 4 Heat the olive oil in a casserole dish over a high heat. Brown the pork meat in two batches. Return all the meat to the pan and pour the pineapple juice and beer over the top. Top up with enough water to just cover the meat. Add the bay leaf.
- 5 Bring the pork and liquid to a rolling boil, then reduce the heat to a simmer and cook, uncovered, for 2 hours.
- 6 Check the meat and continue cooking until there is only 5mm of liquid left in the bottom of the cooking dish and the meat easily shreds with two forks. About 2½ hours should do it.
- 7 Allow the pork to rest for 10 min. Shred the meat with two forks and toss it with the remaining casserole juices.
- 8 Top the pork with the pumpkin seeds before serving with flour tortillas, pineapple salsa, shredded white cabbage, hot sauce, guacamole and cheese.

Sardines with Campari, peach and fennel



Sangria prawns

Enjoy real Italian coffee at home.



Perfect coffee the easy way, designed with Italian style to suit every home. At the touch of a button the compact De'Longhi Bean to Cup machine gives you frothy cappuccinos, silky smooth lattes and authentic espressos in seconds. Uses freshly ground beans and with an integrated milk carafe for all your milky coffee drinks.

To enjoy real Italian coffee at home please visit:
www.seriousaboutcoffee.com or call: 0845 600 6845

De'Longhi

Better Everyday

Free De'Longhi Coffee Expert App

Available on the
App Store



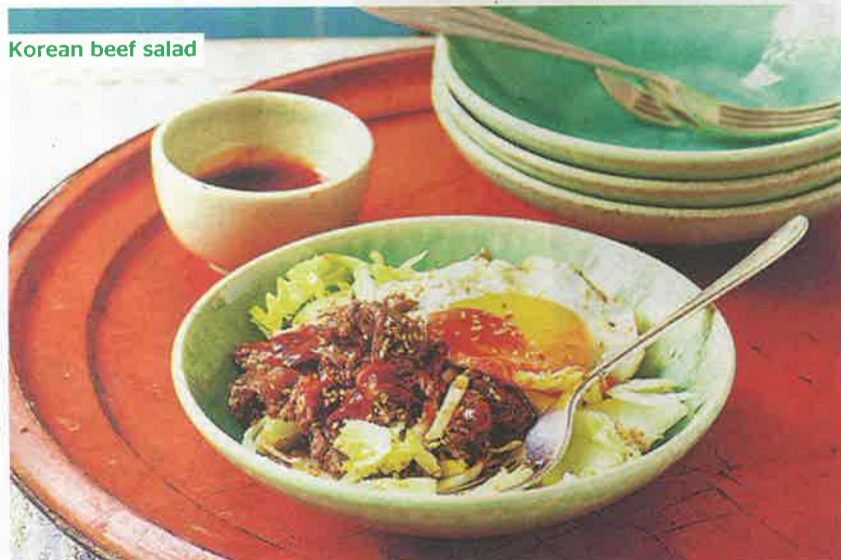
Scan here to find
out how to get your
FREE Service with
De'Longhi Coffee Club

Eat! Glossy recipe pullout in the Magazine

Six recipes to impress

ISOBEL WIELD / RYLAND PETERS & SMALL

Korean beef salad



Pork burritos with spicy pineapple



Fava with lamb meatballs

Ingredients

Serves 4

Fava

180g dried yellow split peas, rinsed
1 bay leaf
1 tsp salt
2 tbsp dry white wine
3 garlic cloves, crushed
60ml extra virgin olive oil
2 tsp dried oregano
2 tsp good red wine vinegar
2 tomatoes, finely diced
1 tbsp capers, fried for 30 seconds in 1 tbsp olive oil

Black pepper

Lamb meatballs

600g minced lamb
1 tsp ground cinnamon
3 garlic cloves, crushed
50g fresh breadcrumbs
2 tbsp oregano, chopped
1 egg, lightly beaten
1 tsp cracked black pepper
Salt

Method

- Put the split peas into a large pan and cover with cold water to a depth of 5cm. Bring to the boil. Reduce heat to medium and skim off any scum that appears.
- Add the bay leaf and simmer for 40 min. Add the salt and simmer for 20 min until the split peas are soft. Drain off any excess liquid and remove the bay leaf.
- Add the white wine, garlic and olive oil and blend with a stick blender until smooth. Allow to cool. Season with dried oregano, red wine vinegar, salt and black pepper. Top with finely diced tomatoes, fried capers and a drizzle of olive oil and serve alongside the meatballs.
- For the meatballs, preheat the oven to 200C/Gas 6. Line a baking sheet with baking parchment.
- In a large bowl, combine the lamb with the rest of the ingredients and season with salt and pepper. Mix well with your hands.
- Create golf ball-sized meatballs with a tablespoon of mixture, and flatten slightly. Place on the prepared baking sheet and bake for 15–20 min, or until cooked through, and serve with the fava and a tomato salad.

Sardines with Campari, peach & fennel salad

Ingredients

Serves 2

6 sardines
2 ripe peaches, stones removed
2 tbsp Campari
3 tbsp olive oil
1 tsp sea salt
1 tbsp peppercorn-sized breadcrumbs
1 handful rustic croutons, made by toasting a piece of sourdough bread and ripping it into small pieces
1 fennel bulb, cut into thin strips, fennel tops reserved
1 handful mint leaves
1 tsp black pepper
1 handful black olives, stones removed

Method

- Butterfly the sardines: with a sharp knife, remove the heads, trim the fins and slit the fish open from the belly down to the tail. Open the fish like a book and place, skin-side up on a board. Press down with your hand along the backbone to flatten it. Turn the fish over and pull out the backbone, cutting off the tail. Finally, pick out any obviously visible bones left behind.
- Finely grate one of the peaches into a bowl and add the Campari. Set half of this mixture aside in another bowl. Marinate the fish in half of the mixture for 20 min.
- Heat a frying pan (or barbecue) over high heat. Add 1 tbsp of the olive oil, the salt and a thin layer of breadcrumbs. This will help prevent the flesh of the fish sticking. Cook the fish for 4 min on one side, until the flesh is opaque. Flip and cook for 2 min on the other side. Add the croutons to the pan to toast them further.
- Slice the remaining peach into thin slivers. Mix them with the fennel, the toasted sourdough croutons, the mint leaves and black pepper. Whisk the reserved peach-Campari mixture with the remaining olive oil and sprinkle over the fennel-peach salad. Toss the salad to coat everything thoroughly with the Campari dressing. Serve the fish fillets on top of the salad. Garnish with fennel tops and black olives.

Rose jelly with vanilla cream

Ingredients

Serves 2

450ml rosé wine
Petals from 1 unsprayed white or pink rose
3 tbsp sugar
3 gelatine leaves
1 tbsp rose water
1 egg white, beaten
1 tbsp icing sugar
½ tsp vanilla paste
2 tbsp softly whipped cream

Method

- Pour the wine into a pan with the rose petals. Bring to the boil. Take it off the heat when the first bubbles rise up. Add the sugar, cover with a close-fitting lid and allow to steep for 10 min.
- Put the gelatine leaves in a bowl with cold water and leave to soften for 5 min. Fish the rose petals out of the wine and set aside.
- Squeeze the excess water from the gelatine leaves (they will feel flaccid and slimy). Stir them into the hot wine until they have dissolved.
- Add the rose water to the hot liquid and gelatine. Pour the mixture into two wine glasses and allow to set in the fridge for about 6 hours.
- Preheat the oven to 50C/Gas ½, or the lowest setting. Dry the reserved rose petals gently with kitchen paper, then dip them in egg white and dust with icing

Rose jelly with vanilla cream



sugar. Transfer to a wire rack and place in the oven for 1 hour, until dry.
6 Whip the cream until it forms soft peaks, then stir in the vanilla paste. Serve the jelly with the cream and the crystallised rose petals over the top.

A Suitcase and a Spatula by Tori Haschka is published by Ryland Peters & Small and is available from The Times Bookshop, priced £17.09 (RRP £18.99), free p&p, at thetimes.co.uk/bookshop or on 0845 2712134

The Ultimate.

- 1000w power
- Auto function, variable speed and pulse function
- Includes: 10 attachments
- Shatterproof bowls

multi pro
i sense

KENWOOD

5
YEAR
GuaranteeSelected models
now with 5 year
guarantee

Model shown: FPM800

KENWOOD

Free Kenwood
Kitchen Recipe AppScan here to find
out more information
about the FPM800Available on the
App StoreApp is now available on Android™
and the Amazon App Store

www.kenwoodworld.com/uk

Fava with meatballs