

## Freeze Ahead Recipes

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### Turkey and Sweetcorn Burgers



Children go wild for these in burgers, keep them in the freezer for a last minute children's tea - they can be cooked from frozen. Serve with slices of tomato and lettuce in a bun with ketchup for the kids and sweet chilli sauce for the grownups. Or try serving them as small meatballs with tomato sauce and spaghetti. Alter the recipe if you want a spicier flavour just add extra chilli powder.

Prep time 15 min, plus soaking  
Cook time 20 min  
Makes 8 burgers or 16 meatballs

1 x 285g can sweetcorn kernels  
100g stale white bread  
500g minced turkey breast  
1 egg  
4 spring onions, finely chopped  
2 ½ tsp ground cumin  
Salt and ground black pepper  
1 garlic clove, peeled and crushed  
Sunflower oil for frying

Burger buns or rolls to accompany with lettuce and cucumber and sweet chilli sauce

1. In a bowl, cover the bread with water and leave to soak for about a minute, then squeeze well and crumble into a large bowl.
2. Add the sweetcorn, turkey mince, egg, spring onions, ground cumin, garlic and seasoning. Use your hands to squeeze the mixture together.
3. Shape the mince into burger or small meatballs about the size of a golf ball.
4. Heat a heavy frying pan with sunflower oil and cook the burgers or meatballs in batches, turning them round in the pan until they are golden brown, drain and transfer to a warm oven 200°C (400°F) mark 6 and cook for a further 5 minutes or until cooked.

To freeze: Lay the burgers or meat balls on a flat baking sheet and put into the freezer until frozen. Pack into a plastic container, label and freeze.

To use: Heat a heavy frying pan with sunflower oil and cook the burgers or meatballs in batches from frozen, turning them round in the pan until they are golden brown, drain and transfer to a warm oven 200°C (400°F) mark 6 and cook for a further 5 - 10minutes or until cooked.

## Turkey and Chickpea Coconut Curry



This tantalising spiced turkey curry is just the right antidote after the over indulgence of the Christmas meal. Use up leftover vegetables that are need to be used up from the fridge and make a tasty stock from the turkey bones. Any green vegetables like broccoli, french beans and peas can be added at the end with the turkey if you wished.

Prep time: 20 min

Cook time: 1 hour

Serves 6 - 8

- 3 tbsp sunflower oil
- 2 onions, peeled and finely chopped
- 1.35kg mixed root vegetables such as potatoes or carrots, peeled and cut into small chunks
- 2 cloves garlic, peeled and chopped finely
- 1 1/2 tbsp garam masala
- 1/2 tbsp chilli powder
- 200ml turkey or chicken stock
- 2 x 400ml can coconut milk
- 1 x 400g x chopped tomatoes
- 200g tin chickpeas, drained
- 75g dried apricots, halved
- 500g cooked turkey meat
- 4 tbsp yoghurt
- 2 handfuls fresh coriander leaves

1. Heat a large sauce pan and add the oil, onions and cook, stirring until just browned about 10 minutes.
2. Add the other vegetables and cook over the heat until lightly coloured, about 5 min. Add the garlic, garam masala, chilli powder and cook for a further 1 minute.
3. Pour in the stock, coconut milk, chopped tomatoes, chick peas, apricots and bring up to the boil, then turn the heat down, cover and simmer until the vegetables are almost cooked about 40 minutes.
4. Add the cooked turkey meat and cook for a further 5 minutes or until the turkey is piping hot. Turn the heat off, and just before serving add the yoghurt and coriander, serve with plain boiled basmati rice or with any of the accompaniments below.

Suggested accompaniments;

- add fresh mint leaves to the onion slices
- mix together the natural yoghurt with sliced cucumber, garlic and chopped mint

- slice bananas and sprinkle with lemon juice and pomegranate seeds
- mango chutney
- poppadoms

To freeze ahead: Complete the recipe up to the end of step 3. Cool, put into a freezer proof container, label and freeze for up to 3 months.

To use: Thaw overnight in the fridge. Put into a large saucepan, add the turkey and bring back to the boil, complete step 4.

## Beef, Guinness and Mushroom Stew with Dumplings



This is a good old fashioned basic 'stew' recipe and can be varied according to what you have got in the fridge. Add root vegetables like swede, potatoes, celeriac, carrots and parsnips. The dumplings are optional but I think you will find everyone will love them.



Prep time 25 min  
Cook time 3 hours

Serves 4

1kg braising or stewing steak, cut into 4cm pieces  
Seasoned flour, for dusting  
50g butter  
2 tbsp sunflower oil  
2 onions, roughly chopped  
100g flat mushrooms, sliced  
300ml Guinness  
2 tbsp tomato puree  
1 bay leaf  
100g pitted and ready to eat prunes  
Handful of parsley  
150g carrots, peeled and cut into rough chunks

### For the dumplings

110g self-raising flour  
½ tsp salt  
55g shredded suet  
1 tbsp parsley, chopped

1. Preheat heat oven to 170°C (325°F) mark 3. Toss the beef lightly in the seasoned flour. Heat a third of the butter and 1 tbsp of oil in a frying pan and brown the meat briskly in batches, without overcrowding the pan. Transfer the browned beef to the casserole.
2. Add a little more butter and oil to the pan and fry the onions until lightly browned. Spoon into the casserole with the mushrooms and carrots.
3. Add the Guinness and tomato puree and top up with hot water so it comes about 3/4 of the way up the meat. Add the bay leaf, salt and pepper. Bring to the boil, stir well, then cover tightly with a lid and simmer gently for 1 hour stirring occasionally, add the prunes and return to the oven for a further 1/2 hour.
4. Meanwhile, prepare the dumplings: sift the flour into a bowl with the salt, stir the suet into the flour, add the parsley and enough water to make a soft dough. Take care not to overwork the dough. Shape the dumplings into small balls.
5. Place dumplings on top of the hot stew. Cover the casserole and cook for a further 20 minutes.

6. Increase the oven temperature to 175°C (350°F) mark 5. Remove the casserole lid and continue to cook for about 20 minutes to dry the surface of the dumplings or until the meat comes apart with a push of your finger. Add a little more water if the meat begins to dry out. Check the seasoning and serve with a winter warmer like mash or jacket potato.

To freeze: Complete the recipe up to the end of step 5, then pack in a suitable container, label and freeze for up to 3 months.

To use: Defrost stew and dumplings overnight in the fridge. Return to an oven proof dish, complete the recipe from step 6. Cook the recipe for about 30 minutes at a slighter higher temperature of 200°C (400°F) mark 6 or until golden and piping hot.

## Braised Christmas Chicken



The mulled wine flavours the chicken is cooked in smacks of Christmas and is delicious served with a creamy leek mashed potato or baked potato or you could even serve it with couscous. Accompany with seasonal vegetables or braised red cabbage.

Prep time: 15 min

Cook time: about 2 hour

Serves 6

75cl bottle red wine

1 mulled wine spice bag (or used 1 cinnamon stick, 2 cloves, 4 coriander seeds, little nutmeg and 2 all spice wrapped in a muslin bag)

2 washed and scrubbed Satsuma's studded with 4 cloves each

2 tbsp dark muscavado sugar

Salt and ground black pepper

12 chicken thighs or legs

1 tbsp oil

1 onion, peeled and finely chopped

3 garlic cloves, peeled and finely chopped

1 1/2 tbsp plain flour

100g dried cranberries

300ml chicken stock

1. Put the wine, mulled wine spice bag, Satsuma's and sugar in a pan. Bring to the boil and bubble until the mixture has reduced, about 10 -15 minutes. Add the Satsuma studded with cloves.
2. Season the chicken skin and in a large pan, heat the oil and fry the chicken pieces until golden. Add the onions, garlic and cook for a further 5 minutes.
3. Add the flour and cook, stirring, for 1 min before adding the reduced wine and stock. Bring the mixture to the boil, then cover and cook at 200°C (400°F) mark 6 for about 1 hour, the sauce should be could be the consistency of gravy.
4. Uncover the casserole, stir in the cranberries and cook for a further 30 minutes. Remove the Satsuma and put into the compost bin. Serve the casserole immediately.

To freeze: Make the recipe up to the end of step 3. Cool then put into a freezer proof container, label and freeze for up to 3 months.

To use: Thaw over night, put into a flameproof casserole, slowly bring to the boil on the hob. Add the cranberries and reduce to a gentle simmer. Cook for 30 min or until heated through.

## Barbecue Pork with Plums and Orange



This works well as a family dish as the children like the sweet and sour flavours. The pork is beautifully succulent and this recipe works just as well if you use turkey meat. Serve with mash, baked potato or rice to soak up the juices and if you don't have plums you could use apricots, apples or even a 400g can of tinned pineapple or peaches.

Prep time: 30 min

Cook time: 1 hour 25 min

Serves 4 -6

- 2 tbsp sunflower oil
- 1 large onion, peeled and roughly chopped
- 225g carrots, peeled and diced
- 450g (1lb) diced pork, such as shoulder or belly, trimmed of fat
- 125g tomato puree
- 40ml vinegar
- 1 ½ tbsp brown sugar
- 1 tbsp mustard
- 1 orange, zest grated and juice squeezed
- 25g sultanas or raisins
- 500g plums, halved with stone removed

1. Preheat the oven to 200C (400F) mark 6. Heat half the oil in a flameproof casserole dish and cook the onions and carrots for about 10 minutes. Remove with a slotted spoon.
2. Season the meat with black pepper, add to the pan in batches, and fry on all sides for 2-3 minutes over a hot flame.
3. Mix together the orange zest and juice, tomato puree, vinegar, sugar, mustard and 400ml water.
4. Pour this over the meat. Cover and cook in the preheated oven for about 30 minutes.
5. Take the meat out of the oven and add the sultanas or raisins and plums. Continue to cook for a further 45 minutes or until the plums have collapsed and the meat is piping hot.

To freeze: Complete this recipe up to the end of step 5. Cool, transfer to a freezer proof container, label and freeze up to 3 months ahead.

To use: Thaw overnight in the fridge, then transfer to a saucepan. Bring to the boil on the hob until the meat is piping hot.

## Pork Meatballs with Spicy Tomato Sauce



This easy to make family supper is ideal for those busy winter week days. For a less spicy sauce omit the harissa from the tomato sauce. As an alternative try serving with potato wedges with lots of sour cream and grated cheese.

Prep time: 10 min  
Cook time 30 min

Serves 4

3 tbsp oil  
1 onion, finely chopped  
2 garlic cloves, crushed  
1 red chilli, seeds removed and finely chopped  
1 tbsp chopped fresh coriander, plus extra for decorating  
450g minced pork

### For the Spicy Tomato Sauce

2 garlic cloves, crushed  
1x 400g can chopped tomatoes  
150ml chicken stock  
1 tsp tomato puree  
1 1/2 tbsp harissa paste  
Salt and ground black pepper  
350g tagliatelle pasta  
Grated cheese

1. Heat 2 tbsp oil in a heavy frying pan, add the onion and sweat over a low heat until soft but not coloured. Add the garlic, chilli and parsley and cook for 1 further minute. Remove from the heat and allow to cool.
2. Stir the onion mixture into the minced pork. Season with salt and ground black pepper.
3. With floured hands, shape the mixture into equal-sized meatballs.
4. Heat a little more oil in a frying pan and fry the meatballs until golden brown all over. It may be necessary to do this in several batches, keep them warm whilst you make the sauce.
5. To make the sauce; heat the remaining olive oil in a heavy-based pan and add the garlic. Tip in the chopped tomatoes, stock, tomato paste and harissa and simmer 25-30 minutes with a lid on until the sauce looks thick and glossy. Taste and season. Mix with the meatballs and sauce.

6. To serve; cook the pasta and drain well. Add the reserved coriander leaves to the meatballs and serve immediately with plenty of grated cheese.

To freeze: Complete the recipe up to the end of step 5. Pack, label and freeze the meatballs and sauce together for up to 3 months.

To use: Thaw over night, reheat the meatballs in the tomato sauce in a small saucepan until piping hot.

## Easy Smoked Fish Pie with Cheesy Crumble



This fish pie uses a pastry topping that doesn't need rolling out, just grating! Make sure the pastry is well chilled, almost frozen and the trick is to use ready-made pastry – the homemade version can get too soft to grate. Make a few portions for the freezer.

Prep time: 15 min

Cook time: 1 hour

Serves 4

350g skinned fish, such as ling, hake, cod, haddock or salmon

350g un-dyed smoked haddock

1 small onion

1 bay leaf

450ml milk

4 free range eggs

1 fillet of cooked smoked mackerel

25g butter

25g flour

2 tbsp crème fraiche

Salt and ground black pepper, pinch of nutmeg

225g chilled shortcrust pastry

50g leftover cheese such as Cheddar, Gruyere

1. Place the raw fish in a wide pan, add the quartered onion and bayleaf and pour over 450ml milk. Bring to the boil, reduce the heat and simmer for about 5 minutes, or until the fish is just cooked. Remove with a fish slice, the fish and place in an oven proof dish about 22cm in diameter. Discard the onion and bayleaf from the dish and put into a compost bin or stock.
2. Bring a small pan of water to the boil and hard boil the eggs; carefully lower the eggs into the water and boil for 8 minutes. Drain and run under cold water; peel the eggs, cut into chunks and place on top of the fish. Flake the smoked mackerel and distribute over the eggs and cooked fish.
3. To make the sauce; melt the butter in a pan, stir in the flour and cook for one minute over a moderate heat. Gradually add the fish poaching milk, whisking all the time, and simmer for 1-2 minutes, stirring until you have smooth, slightly thick sauce. Remove the sauce from the heat, add the crème fraiche, season with salt, ground black pepper and nutmeg. Pour the sauce over the fish and the eggs.
4. Preheat the oven to 200°C (400°F) mark 6. Thickly grate the frozen pastry straight over the top of the fish pie, sprinkle with cheese and cook for about 25-30 minutes or piping hot and the topping is crisp and golden.

To freeze: Complete up to step 3. Cover, label and freeze for up to 3 months.

To use: Defrost overnight in the fridge and complete the recipe from step 4.

## Lentil, Aubergine and Tomato Moussaka



This delicious vegetarian dish is a great one to have on standby in the freezer and is a good vegetarian option for the main Christmas meal. Serve with garlic bread and crispy green salad.

Prep time: 30min

Cook time: 1 hour 30 min

Serves 8-10

2 onions, peeled and roughly chopped  
3 garlic cloves, peeled and crushed  
2 red peppers, deseeded and chopped into large pieces  
2 tbsp tomato puree  
2 tsp dried oregano  
1 tsp dried thyme  
1 bay leaf  
225g dried Puy lentils  
3 x 400g can chopped tomatoes  
1 tbsp tomato ketchup  
300ml vegetable stock  
Salt and ground black pepper  
3 large aubergines, thickly sliced  
4 tbsp olive oil

### For the cheese sauce

560ml natural yoghurt  
225g cottage cheese  
2 eggs  
175g hard cheese, grated

1. Preheat the oven to 200°C (400°F) mark 6. Heat about 2 tbsp olive oil in a large frying pan. Add the onions, garlic, peppers and cook gently for about 10 minutes or until just golden brown.
2. Add the lentils, herbs, tomato puree, tomato ketchup and toss around the pan for a couple of minutes. Add the chopped tomatoes and stock and bring to the boil. Reduce to a simmer and remove any scum from the lentils that comes to the surface. Simmer for about 50 - 1 hour minutes or until the lentils are cooked, remove the bay leaf.
3. Meanwhile, preheat the grill. Brush the aubergine slices with the remaining olive oil and season. Cook the aubergine in batches until tender, soft and golden brown about 10 minutes on each side.

4. Beat together the eggs and yoghurt with the cottage cheese and grated hard cheese.
5. To assemble the Moussaka, spoon half the lentil mixture into a large dish about 25 x 33cm. Cover with half the aubergine slices then spoon over half the cheese sauce mixture. Repeat with the remaining lentil mixture, aubergine slices and cheese sauce.
6. Cook in the oven for about 30-40 minutes or until golden on top and piping hot.

To freeze: Complete up to the end of step 5, cool, cover, label and freeze the assembled dish for up to 3 months.

To use: Thaw overnight in the fridge, Reheat in the oven at 200C (400F) mark 6 and cook as above.

## Butternut Squash Mince Bake



Traditionally in South Africa a pot of this spicy warming sweet and sour fruit mince would get started and then be kept on the stove all winter, adding more meats, vegetables and fruits as it got used up. Here it has been transformed into this unusual minced pie recipe topped with a grated cheese.

Prep time: 20 min

Cook time: 1 hour 45 min



Serves 8

3 tbsp olive oil  
2 medium butternut squash, peeled, deseeded and cut into chunks  
1 kg minced lamb, beef or mutton  
1 onion, peeled and finely chopped  
2 garlic cloves, peeled and crushed  
2 tbsp tomato puree  
1 tbsp curry powder  
2 x 400g can chopped tomatoes  
2 tbsp mango chutney  
1 can whole apricots  
570ml milk  
Salt and ground black pepper

1. Heat the oven to 190C (375F) mark 5. Put 2 tbsp olive oil in a bowl and add the butternut squash, season and mix well. Tip into a roasting tin and roast for 25 - 30 minutes, until just tender.
2. Meanwhile, in a large casserole, heat the remaining oil and stir fry the onions for 5 minutes or until soft. Add the mince and cook until browned about 10 minutes. Discard any excess fat.
3. Add the garlic, tomato puree and curry powder and cook for a further 1 minute.
4. Add the chopped tomatoes, mango chutney, drained apricots and milk. Bring to the boil and cook for about 20 minutes, top up with water if it begins to get too dry. Add the roasted butternut squash and taste and season. Spoon into a 1.5 litre ovenproof pie dish or smaller dishes for the freezer. Scatter with the grated cheese.
5. Cook for 20-25 minutes, until golden. Serve with a salad, baked potato or seasonal vegetables

To freeze: Complete the recipe up to the end of step 4. Cool, wrap, label and freeze for up to 3 months.

To use: Defrost in the fridge overnight. Complete the recipe from step 5, cooking at 200C (400F) mark 6 until golden and piping hot.