

Rick's Smoked Mackerel Pâté

You will need

Grill on full heat, bowl for dressing salad

Ingredients

- Smoked mackerel pâté - smoked peppered mackerel (**fish**), cream cheese (**milk**), unsalted butter (**milk**), lemon juice (**sulphites**)
- Salad dressing - olive oil, white wine vinegar (**sulphites**), salt, pepper
- Sourdough bread - white flour (**gluten**), rye flour (**gluten**), water, salt, yeast

(allergens in bold)

Cooking Instructions

1. Slice and toast bread.
2. Mix salad in a bowl and dress.
3. Enjoy pâté spread on warm toast with salad.

Ribeye Steak

You will need

Heavy frying pan or skillet, baking tray, small saucepan (for peppercorn sauce), medium sized saucepan, 30ml vegetable oil, 40g butter, salt, meat thermometer (useful)

Ingredients

- Ribeye steaks
- Thyme
- Peppercorn sauce - chicken stock, cream (**milk**), brandy (**sulphites**), onions, garlic, black pepper
- Potatoes - butter (**milk**)
- Kale
- Garlic
- Olive oil

(allergens in bold)

Cooking Instructions

1. Brush your steaks with vegetable oil and season with salt, set aside and allow them to come to room temperature whilst heating your frying pan or skillet.
 2. Thoroughly wash, and then prepare your kale by cutting into 2cm wide pieces. Set aside.
 3. Lay the steaks on your hot pan or skillet and sear for 1 minute, then turn and cook for a further minute. Repeat this process once more. Lower the heat to medium and add the butter and thyme sprig to the pan. The butter will brown and begin to foam. Baste the steaks with this. Using the meat thermometer continue to cook the steak to your liking, and rest the steak in a warm place whilst you heat the rest of the ingredients. For rare cook to 50 degrees, medium rare cook to 55 degrees, medium cook to 60 degrees, well done cook to 68 degrees
 4. Whilst the steak is resting, heat the potatoes by gently dropping the unopened bag into a pan of gently simmering water for 8 - 10 minutes or microwave for 2 - 3 minutes until the potatoes are piping hot. Open the bag carefully.
 5. Warm the peppercorn sauce in a pan or microwave until hot but not boiling.
 6. In a pan of salted boiling water cook the kale (3-4 minutes), drain, and return the pan and kale to a low heat adding the confit garlic and olive oil mixture
 7. On warmed plates, serve your steak, potatoes and kale, serve the sauce on the side or over the steak.
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Sticky Toffee Pudding

You will need

Spoon, hot water

Ingredients

- Sticky toffee pudding - butter (**milk**), eggs (**eggs**), plain flour (**gluten**), stoned dates, water, bicarbonate of soda, baking powder, vanilla extract, greasing spray (**soy**)
- Sauce - double cream (**milk**), dark muscovado sugar, butter (**milk**)
- Clotted cream (**milk**. **see pack for details**)

(allergens in bold)

Cooking Instructions

1. Put your spoon into hot water.
2. Place the pudding in the microwave for three minutes (with the lid on but not fastened) or pop into the oven in a heatproof dish with a lid for 12 minutes at 180°C.
3. Lift the pudding into the centre of a bowl and pour over sauce.
4. Using the hot spoon, spoon over the cream.
5. Enjoy.