

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. Toast the bread.
2. Mix salad in a bowl and dress with the vinaigrette.
3. Serve the pâté spread on warm toast with salad.

Ribeye Steak

You will need

Heavy frying pan or skillet, small saucepan for peppercorn sauce, medium sized saucepan for potatoes and kale, 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. Wash the kale and slice into 2cm wide pieces. Set aside.
2. Brush the steaks with oil and season with salt and pepper. Heat your frying pan or skillet over a high heat.
3. 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 (while your steaks are cooking) until the potatoes are piping hot.
4. Put on a pan of water for the kale and start warming the peppercorn sauce over a low heat.
5. Now cook the steaks. Lay the steaks in your hot pan or skillet and cook to your liking using the chart below as a guide . Add the butter and thyme sprig to the pan. The butter will brown and begin to foam, baste the steaks with this. Cook the steaks to your liking using the reference guide below – timings are approximate and may vary depending on steak thickness, ideally use a probe for accuracy.

For a 2cm thick steak:

Blue - 1 minute each side (47-49°C)

Rare - 1 ½ minutes per side (50°C)

Medium rare - 2 minutes per side (55°C)

Medium - 2 ¼- ½ mins per side (60°C)

Medium well done - 2 ½ -3 minutes per side (65°C)

Well done - 4 minutes per side (71°C)

Rest the steaks on a warmed plate covered with foil while you prepare the kale and microwave the potatoes.

6. In a pan of salted boiling water cook the kale for 3-4 minutes. Drain, and then add the kale back into the pan and return to a low heat mixing in the confit garlic and cook for a further minute.
7. Serve the steak on warmed plates.

Sticky Toffee Pudding

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. 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.
2. Serve the pudding with the sauce poured over.
3. Spoon over the cream.