

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.

Grilled Hake Piperade

You will need

Baking tray, sunflower oil, salt and pepper, small pan, a pan of water (or microwave) to warm the potatoes.

Ingredients

Hake **(fish)**, piperade (white onion, roasted red peppers, tomato, tomato purée, garlic, extra virgin oil, pimentón, granulated sugar, black olives strip, dried chillies, salt, black pepper), thinned mayonnaise (olive oil, egg **(egg)**, lemon juice **(sulphites)**, pimentón, salt), Serrano ham, potatoes, butter **(milk)**, mint. **(allergens in bold)**

Cooking Instructions

1. Preheat the grill to a medium heat and place the bag of potatoes into a pan of gently simmering water for 8 -10 minutes (or microwave for 2-3 minutes while grilling the hake). Stand the thinned mayonnaise tub in a bowl of hot water.
2. Season the fish with salt and pepper, grill the fish skin side up for 6-8 minutes. While the fish is under the grill, gently warm the piperade in a pan for 2 minutes. Microwave the potatoes now if not using the pan heating method. When cooked keep the fish warm under foil while you gently warm the Serrano ham under the grill for about 1 minute.
3. Spoon the piperade on the centre of each warmed plate and top with the grilled hake.
4. Place the Serrano ham around the hake and spoon the thinned mayonnaise around the edge of the plate.

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), Sauce (double cream **(milk)**, dark muscovado sugar, butter **(milk)**), Clotted cream **(milk. see pack for details)** greasing spray **(soy)** **(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.