

READY STEADY COOK

Recipes

SERIES 16

BLOCK: 12

DATES: 20th-22nd February 2007

RX DATE: 22-02-07

TX DATE: 08-03-07

SHOW: One

GREEN PEPPER / RED TOMATO: Green Pepper

CHEF: Phil Vickery

CONTESTANT: Anthony Carroll

BAG: Type Gourmet

Content
1 x Monkfish tail
225g/ 8oz Camembert
140g/ 5 oz wild mushrooms
3 x vine tomatoes
100g/ 3 ½ oz grapes
1 x Highland Burgundy potato
1 x Salad Blue potato
1 x British Queen potato

Cost £10.03

RECIPES: Blue potato and wild mushroom stew with melting camembert
White Bombay style potatoes with lemon and yoghurt
Sauté Burgundy potatoes with garlic roast monkfish, red wine sauce and salsa verde
Creamy mushrooms on toast with cheese and grapes

RECIPE TEMPLATE

Recipe Title: Blue potato and wild mushroom stew with melting camembert

Serves/Makes: 1

Chef's name: Phil Vickery

TV Programme / episode: Ready Steady Cook - TX_08-03-07_RX_22-02-07_Show 1

INGREDIENTS

Please don't numbering or use bullet points, just a new line for each ingredient

25g/ 1 oz butter
1 clove garlic, chopped
100g/ 3 ½ oz wild mushrooms
50ml/ 2 fl oz vegetable stock
1 blue potato, washed and cubed
1 tsp arrowroot
4-5 red grapes
50g/ 1 ¾ oz camembert, sliced

METHOD

Please don't numbering or use bullet points, just a new line for each ingredient

Melt the butter in a pan, add the mushrooms and garlic and sauté for 3 minutes. Add the vegetable stock and potatoes and cook until the potatoes are tender. Mix the arrowroot with a little water to make a paste and then stir into the pan to thicken the sauce slightly. Add the grapes, pour into a serving dish and top with slices of camembert.

Prep and cook times

Preparation Time	Please tick one	Cooking Time	Please tick one
Less than 30mins	x	No cooking required	
10 to 30mins		Less than 10 mins	
1-2 hours		10 - 30 mins	x
over 2 hours		30 mins to 1 hour	
overnight		1-2 hours	
		over 2 hours	

Course

Menu Course	Please tick one
Starters and Nibbles	
Soups	
Side Dishes	
Sauces	
Mains	x
Desserts and sweets	
Baking	
Light meals and snacks	
Preserves, Relishes and Pickles	
Drinks	

Completed by: Anna Burges-Lumsden

RECIPE TEMPLATE

Recipe Title: White Bombay style potatoes with lemon and yoghurt

Serves/Makes: 1

Chef's name: Phil Vickery

TV Programme / episode: Ready Steady Cook - TX_08-03-07_RX_22-02-07_Show 1

INGREDIENTS

Please don't numbering or use bullet points, just a new line for each ingredient

1 tbsp olive oil
 ½ coriander seeds
 ¼ tsp medium curry powder
 ¼ tsp turmeric
 1 clove garlic, chopped

1 large potato, peeled, cubed
 1 tbsp tomato paste
 ½ lemon, cut into wedges
 2 tomatoes, chopped
 Handful fresh coriander, chopped
 100ml/ 3 ½ fl oz Greek yoghurt
 olive oil to drizzle

METHOD

Please don't numbering or use bullet points, just a new line for each ingredient

Heat the olive oil in a medium saucepan, add the spices and garlic and fry for 1 minute to bring out the flavour of the spices. Add the potatoes, cover with a lid and cook for 5 minutes. Add the tomato paste, lemon wedges and tomatoes and cook for 10 minutes or until the potatoes are tender. Stir in the coriander, spoon into a serving bowl and top with a dollop of Greek yoghurt and a drizzle of olive oil.

Prep and cook times

Preparation Time	Please tick one	Cooking Time	Please tick one
Less than 30mins	x	No cooking required	
10 to 30mins		Less than 10 mins	
1-2 hours		10 - 30 mins	x
over 2 hours		30 mins to 1 hour	
overnight		1-2 hours	
		over 2 hours	

Course

Menu Course	Please tick one
Starters and Nibbles	
Soups	
Side Dishes	
Sauces	
Mains	x
Desserts and sweets	
Baking	
Light meals and snacks	
Preserves, Relishes and Pickles	
Drinks	

Completed by: Anna Burges-Lumsden

RECIPE TEMPLATE

Recipe Title: Sauteed Burgundy potatoes with garlic roast monkfish, red wine sauce and salsa verde

Serves/Makes: 1

Chef's name: Phil Vickery

TV Programme / episode: Ready Steady Cook - TX_08-03-07_RX_22-02-07_Show 1

INGREDIENTS

Please don't numbering or use bullet points, just a new line for each ingredient

For the sauteed Burgundy potatoes:

2 tbsp olive oil
1 Burgundy potato, washed and cubed
2 cloves garlic, bashed
1 slice bread, cubed
1 monkfish tail, bone and membrane removed

For the red wine sauce:

100ml/ 3 ½ fl oz red wine
50ml/ 2 fl oz vegetable stock
1tbsp sugar

For the salsa verde:

Handful each of flat leaf parsley, mint, basil
2-3 tbsp olive oil
2 tsp Dijon mustard
½ lemon, juiced

50g/ 1 ¾ oz camembert, cubed to serve

METHOD

Please don't numbering or use bullet points, just a new line for each ingredient

Heat the olive oil in a frying pan, add the garlic, bread and potatoes and sauté for 4 minutes. Add the monkfish and fry until golden on all sides and just cooked through.

To make the red wine sauce, put the red wine into a small saucepan and boil until reduced by half. Add the vegetable stock and sugar and boil for 5 minutes. Season to taste.

To make the salsa verde, put the herbs, olive oil, Dijon and lemon juice into a small blender and blitz until smooth.

To serve, pile the potatoes and monkfish up on a plate, drizzle over the red wine sauce and salsa

verde and top with cubes of camembert.

Prep and cook times

Preparation Time	Please tick one	Cooking Time	Please tick one
Less than 30mins	<input checked="" type="checkbox"/>	No cooking required	
10 to 30mins		Less than 10 mins	
1-2 hours		10 - 30 mins	<input checked="" type="checkbox"/>
over 2 hours		30 mins to 1 hour	
overnight		1-2 hours	
		over 2 hours	

Course

Menu Course	Please tick one
Starters and Nibbles	
Soups	
Side Dishes	
Sauces	
Mains	<input checked="" type="checkbox"/>
Desserts and sweets	
Baking	
Light meals and snacks	
Preserves, Relishes and Pickles	
Drinks	

Completed by: Anna Burges-Lumsden

RECIPE TEMPLATE

Recipe Title: Creamy mushrooms on toast with cheese and grapes

Serves/Makes: 1

Chef's name: Phil Vickery

TV Programme / episode: Ready Steady Cook - TX_08-03-07_RX_22-02-07_Show 1

INGREDIENTS

Please don't numbering or use bullet points, just a new line for each ingredient

dash olive oil

1 clove garlic, chopped
 100g/ 3 ½ oz wild mushrooms
 splash white wine
 50ml/ 2 fl oz double cream
 3 slices Country style bread, griddled or toasted
 100g/ 3 ½ oz Camembert sliced
 5 red grapes
 Handful parsley, chopped

METHOD

Please don't numbering or use bullet points, just a new line for each ingredient

Heat the olive oil in a small frying pan, add the mushrooms and garlic and sauté for 2 minutes. Add the wine, turn up the heat and bubble for 1 minute. Stir in the cream, season and then spoon on top of the griddled bread on a baking sheet. Dot with the grapes and lay over the slices of camembert. Place under a medium grill until the cheese starts to melt. Serve with chopped parsley sprinkled over the top.

Prep and cook times

Preparation Time	Please tick one	Cooking Time	Please tick one
Less than 30mins	x	No cooking required	
10 to 30mins		Less than 10 mins	x
1-2 hours		10 - 30 mins	
over 2 hours		30 mins to 1 hour	
overnight		1-2 hours	
		over 2 hours	

Course

Menu Course	Please tick one
Starters and Nibbles	
Soups	
Side Dishes	
Sauces	
Mains	
Desserts and sweets	
Baking	
Light meals and snacks	x
Preserves, Relishes and Pickles	
Drinks	

Completed by: Anna Burges-Lumsden

READY STEADY COOK

Recipes

SERIES 16

BLOCK: 12

DATES: 20-22nd February 2007

RX DATE: 22-02-07

TX DATE: 08-03-07

SHOW: 1

GREEN PEPPER / RED TOMATO: Red Tomato

CHEF: Garrey Dawson

CONTESTANT: Lucy Carroll

BAG: Type Gourmet

Content
300g/ 10 ½ oz fillet steak
375g/ 13 oz ready rolled puff pastry
1 bunch asparagus
200g/ 7 oz Northumberland Goat's cheese
1 apple
1 x Shetland Black potato
1 x Dunbar Rover potato

Cost £9.98

RECIPES: Vinaigrette potatoes with parsley, chives and chervil
Sautéed garlic potatoes
Beef Wellington with red wine and onion sauce
Roast asparagus and goat's cheese tart
Classic tart tatin

RECIPE TEMPLATE

Recipe Title: Vinaigrette potatoes with parsley, chives and chervil

Serves/Makes: 1

Chef's name: Garrey Dawson

TV Programme / episode: Ready Steady Cook – TX_08-03-07_RX_22-02-07_Show 1

INGREDIENTS

Please don't numbering or use bullet points, just a new line for each ingredient

3 tbsp olive oil
1 tbsp red wine vinegar
1 tsp Dijon mustard
salt and black pepper
dash Tabasco
2 tbsp chives, chopped
1 tbsp flat leaf parsley, chopped
1 tbsp chervil, chopped
1 Shetland Black, potato, peeled, cubed

METHOD

Please don't numbering or use bullet points, just a new line for each ingredient

Put the olive oil, vinegar, mustard, seasoning, Tabasco and herbs into a large bowl and stir to combine. Boil the potato in salted boiling water until just soft, drain and then put straight into the bowl with the dressing. Stir well and then leave to marinate for 10 minutes. Spoon into a bowl and serve.

Prep and cook times

Preparation Time	Please tick one	Cooking Time	Please tick one
Less than 30mins	<input checked="" type="checkbox"/>	No cooking required	
10 to 30mins		Less than 10 mins	<input checked="" type="checkbox"/>
1-2 hours		10 - 30 mins	
over 2 hours		30 mins to 1 hour	
overnight		1-2 hours	
		over 2 hours	

Course

Menu Course	Please tick one
Starters and Nibbles	
Soups	
Side Dishes	<input checked="" type="checkbox"/>
Sauces	
Mains	
Desserts and sweets	
Baking	

Light meals and snacks	
Preserves, Relishes and Pickles	
Drinks	

Completed by: Anna Burges-Lumsden

RECIPE TEMPLATE

Recipe Title: Sautéed garlic potatoes

Serves/Makes: 1

Chef's name: Garrey Dawson

TV Programme / episode: Ready Steady Cook - TX_08-03-07_RX_22-02-07_Show 1

INGREDIENTS

Please don't numbering or use bullet points, just a new line for each ingredient

2 tbsp olive oil
 1 Dunbar Rover, peeled, small cubed
 2 cloves garlic, chopped
 2 sprigs thyme, leaves picked

METHOD

Please don't numbering or use bullet points, just a new line for each ingredient

Heat the olive oil in a frying pan, add the cubed potatoes and sauté for 4 minutes. Add the garlic and thyme and season well and sauté until golden brown. Spoon into a bowl and serve.

Prep and cook times

Preparation Time	Please tick one	Cooking Time	Please tick one
Less than 30mins	x	No cooking required	
10 to 30mins		Less than 10 mins	x
1-2 hours		10 - 30 mins	
over 2 hours		30 mins to 1 hour	
overnight		1-2 hours	
		over 2 hours	

Course

Menu Course	Please tick one
Starters and Nibbles	
Soups	
Side Dishes	x
Sauces	
Mains	
Desserts and sweets	
Baking	
Light meals and snacks	
Preserves, Relishes and Pickles	
Drinks	

Completed by: Anna Burges-Lumsden

RECIPE TEMPLATE

Recipe Title: Beef Wellington with red wine and onion sauce

Serves/Makes: 2

Chef's name: Garrey Dawson

TV Programme / episode: Ready Steady Cook - TX_08-03-07_RX_22-02-07_Show 1

INGREDIENTS

Please don't numbering or use bullet points, just a new line for each ingredient

For the beef wellington:

1 tbsp olive oil
 300g/ 10 ½ oz fillet steak, seasoned
 100g/ 3 ½ oz hard goat's cheese, sliced
 200g/ 7 oz ready rolled puff pastry
 1 egg, beaten

For the red wine sauce:

1 tbsp olive oil
 ¼ onion, finely sliced
 pinch sugar
 150ml/ ¼ pt red wine
 75ml/ 2 ½ fl oz beef stock
 ½ tsp arrowroot

Steamed asparagus to serve

METHOD

Please don't numbering or use bullet points, just a new line for each ingredient

To make the Beef Wellington, preheat the oven to 230C/ 450F/ Gas 8.

Rub the fillet in olive oil and season well. Heat a frying pan until smoking hot, add the beef and sear on all sides until golden brown but not cooked through. Set aside and leave to cool for 10 minutes at least.

Place a rectangle of puff pastry onto the work surface, top with the cooled seared beef and then goat's cheese and then wrap up into a parcel. Brush with beaten egg and then bake in the oven for 10-15 minutes or until the pastry is golden.

To make the sauce, heat the olive oil in a saucepan, add the onion and cook gently until softened. Add the sugar, red wine and bring to the boil and cook until the liquid has reduced by half. Add stock and cook for 5 minutes. Mix the arrowroot with a little water to make a paste and then whisk into the saucepan. Cook for 2 minutes or until thickened slightly.

To serve, slice the Beef Wellington and pour the red wine sauce over the top and serve with steamed asparagus.

Prep and cook times

Preparation Time	Please tick one	Cooking Time	Please tick one
Less than 30mins		No cooking required	
10 to 30mins	x	Less than 10 mins	
1-2 hours		10 - 30 mins	x
over 2 hours		30 mins to 1 hour	
overnight		1-2 hours	
		over 2 hours	

Course

Menu Course	Please tick one
Starters and Nibbles	
Soups	
Side Dishes	
Sauces	
Mains	x
Desserts and sweets	
Baking	
Light meals and snacks	
Preserves, Relishes and Pickles	
Drinks	

Completed by: Anna Burges-Lumsden

RECIPE TEMPLATE

Recipe Title: Roast asparagus and goat's cheese tart

Serves/Makes: 1

Chef's name: Garrey Dawson

TV Programme / episode: Ready Steady Cook - TX_08-03-07_RX_22-02-07_Show 1

INGREDIENTS

Please don't numbering or use bullet points, just a new line for each ingredient

1 tbsp olive oil
1 bunch asparagus
1 clove garlic, chopped
sprig rosemary
sprig thyme
100g/ 3 ½ oz ready rolled puff pastry
100g/ 3 ½ oz goat's cheese, crumbled

METHOD

Please don't numbering or use bullet points, just a new line for each ingredient

Preheat the oven to 200C/ 400F/ Gas 6.

Rub the asparagus in olive oil and season and then griddle with the garlic and herbs in a hot griddle pan until char-grilled all over.

Cut a 15cmx10cm rectangle of puff pastry. Score a boarder, 1cm round the edge of the pastry, prick inside the border with a fork and bake in the oven for 5 minutes or until the pastry is beginning to turn golden and is slightly risen. Place the goats cheese inside the boarder of the pastry and top with the roasted asparagus and bake for 12 minutes in the oven. Slide onto a serving plate and serve.

Prep and cook times

Preparation Time	Please tick one	Cooking Time	Please tick one
Less than 30mins	<input checked="" type="checkbox"/>	No cooking required	<input type="checkbox"/>
10 to 30mins	<input type="checkbox"/>	Less than 10 mins	<input type="checkbox"/>
1-2 hours	<input type="checkbox"/>	10 - 30 mins	<input checked="" type="checkbox"/>
over 2 hours	<input type="checkbox"/>	30 mins to 1 hour	<input type="checkbox"/>
overnight	<input type="checkbox"/>	1-2 hours	<input type="checkbox"/>

		over 2 hours	
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Course

Menu Course	Please tick one
Starters and Nibbles	
Soups	
Side Dishes	
Sauces	
Mains	
Desserts and sweets	
Baking	
Light meals and snacks	x
Preserves, Relishes and Pickles	
Drinks	

Completed by: Anna Burges-Lumsden

RECIPE TEMPLATE

Recipe Title: Classic tart tatin

Serves/Makes: 1

Chef's name: Garrey Dawson

TV Programme / episode: Ready Steady Cook - TX_08-03-07_RX_22-02-07_Show 1

INGREDIENTS

Please don't numbering or use bullet points, just a new line for each ingredient

- 25g/ 1 oz butter
- 3 tbsp caster sugar
- 1 apple, peeled, quatered
- 75g/ 2 ½ oz ready rolled puff pastry
- cream to serve

METHOD

Please don't numbering or use bullet points, just a new line for each ingredient

Preheat the oven to 200C/ 400F/ Gas 6.

Melt the butter in a small oven proof frying pan, add the sugar and cook until the sugar has caramelised. Add the apples and toss them in the caramel.

Cut a circle of puff pastry the same size as the circumference of the frying pan. Place the pastry circle on top of the apples and push in the edges to seal round the apples. Place in the oven and bake for 8 minutes or until the pastry is golden and risen. Put a plate over the frying pan and flip over. Allow to cool slightly and then serve with cream.

Prep and cook times

Preparation Time	Please tick one	Cooking Time	Please tick one
Less than 30mins	x	No cooking required	
10 to 30mins		Less than 10 mins	
1-2 hours		10 - 30 mins	x
over 2 hours		30 mins to 1 hour	
overnight		1-2 hours	
		over 2 hours	

Course

Menu Course	Please tick one
Starters and Nibbles	
Soups	
Side Dishes	
Sauces	
Mains	
Desserts and sweets	x
Baking	
Light meals and snacks	
Preserves, Relishes and Pickles	
Drinks	

Completed by: Anna Burges-Lumsden

READY STEADY COOK

Recipes

SERIES 16

BLOCK: 12

DATES: 20-22nd February 2007

RX DATE: 22-02-07

TX DATE: 08-03-07

SHOW: One

GREEN PEPPER / RED TOMATO: n/a

CHEF: Phil Vickery

CONTESTANT: n/a

BAG: Type Quickie

Content
150g/ 5 ½ oz fruit loaf
3 x plums
100g/ 3 ½ oz flaked almonds
250g/ 9 oz mascarpone cheese
350g/ 12 oz stem ginger

Cost n/a

RECIPES: Caramel plums with pan fried fruit loaf with mint
yoghurt
Stem ginger cheesecake
Almond praline

RECIPE TEMPLATE

Recipe Title: Caramel plums with pan fried fruit loaf and mint yoghurt

Serves/Makes: 2

Chef's name: Phil Vickery

TV Programme / episode: Ready Steady Cook - TX_08-03-07_RX_22-02-07_Show 1

INGREDIENTS

Please don't numbering or use bullet points, just a new line for each ingredient

For the caramel plums and pan fried fruit loaf:

2 tbsp caster sugar

25g/ 1 oz butter

3 plums, halved and stoned

1 vanilla pod, seeds scraped

2 tbsp honey

4 slices fruit loaf, buttered both sides

For the mint yoghurt:

2 tbsp Greek yoghurt

Small handful mint, chopped

METHOD

Please don't numbering or use bullet points, just a new line for each ingredient

Preheat the oven to 180C/ 350F/ Gas 4.

Melt the sugar and butter together in an oven proof frying pan, add the plums, vanilla pod and honey and roast in the oven for 6 minutes.

Griddle the buttered fruit loaf in a very hot griddle pan for 30 seconds each side.

To make the mint yoghurt, mix together the mint and yoghurt in a small bowl.

To serve, lay the griddled fruit loaf on a serving plate, top with the caramel plums, followed by a dollop of mint yoghurt on each plum half.

Prep and cook times

Preparation Time	Please tick one	Cooking Time	Please tick one
Less than 30mins	<input checked="" type="checkbox"/>	No cooking required	
10 to 30mins		Less than 10 mins	<input checked="" type="checkbox"/>
1-2 hours		10 - 30 mins	
over 2 hours		30 mins to 1 hour	
overnight		1-2 hours	
		over 2 hours	

Course

Menu Course	Please tick one
Starters and Nibbles	
Soups	
Side Dishes	
Sauces	
Mains	
Desserts and sweets	<input checked="" type="checkbox"/>
Baking	
Light meals and snacks	
Preserves, Relishes and Pickles	
Drinks	

Completed by: Anna Burges-Lumsden

RECIPE TEMPLATE

Recipe Title: Stem ginger cheesecake

Serves/Makes: 1

Chef's name: Phil Vickery

TV Programme / episode: Ready Steady Cook - TX_08-03-07_RX_22-02-07_Show 1

INGREDIENTS

Please don't numbering or use bullet points, just a new line for each ingredient

1 slice fruit loaf, cut into a 5cm circle
 125g/ 4 ½ oz marscapone
 100ml/ 3 ½ fl oz double cream, whipped
 ½ vanilla pod, seeds scraped
 2 stem ginger, chopped

dash stem ginger syrup
 1 tbsp honey
 1 orange, peeled, thinly sliced
 pinch cinnamon to garnish
 2 tsp toasted flaked almonds to garnish
 mint sprig for garnish

METHOD

Please don't numbering or use bullet points, just a new line for each ingredient

Cut a circle of fruit loaf and push into the base of a chef's ring on a small serving plate. Mix together the marscapone, whipped cream, vanilla seeds, stem ginger, stem ginger syrup and honey and spoon on top of the malt loaf in the chef's ring. Smooth the top with a palate knife. Blast the edges of the chef's ring with a blow torch and remove the chef's ring. Decorate the top of the cheesecake with orange slices and then sprinkle with cinnamon, toasted flaked almonds and a mint sprig.

Prep and cook times

Preparation Time	Please tick one	Cooking Time	Please tick one
Less than 30mins	x	No cooking required	x
10 to 30mins		Less than 10 mins	
1-2 hours		10 - 30 mins	
over 2 hours		30 mins to 1 hour	
overnight		1-2 hours	
		over 2 hours	

Course

Menu Course	Please tick one
Starters and Nibbles	
Soups	
Side Dishes	
Sauces	
Mains	
Desserts and sweets	x
Baking	
Light meals and snacks	
Preserves, Relishes and Pickles	
Drinks	

Completed by: Anna Burges-Lumsden

RECIPE TEMPLATE

Recipe Title: Almond praline

Serves/Makes: 4

Chef's name: Phil Vickery

TV Programme / episode: Ready Steady Cook - TX_08-03-07_RX_22-02-07_Show 1

INGREDIENTS

Please don't numbering or use bullet points, just a new line for each ingredient

125g/ 4 ½ oz caster sugar
50g/ 1 ¾ oz toasted flaked almonds
squeeze lemon juice

METHOD

Please don't numbering or use bullet points, just a new line for each ingredient

Melt the caster sugar in a frying pan until it turns golden or reaches 312degrees C on a sugar thermometer. Add the nuts and lemon juice, stir well and then spoon onto a silicon lined baking sheet. Leave to cool and then cut into wedges. Serve piled high in a small bowl.

Prep and cook times

Preparation Time	Please tick one	Cooking Time	Please tick one
Less than 30mins	<input checked="" type="checkbox"/>	No cooking required	<input type="checkbox"/>
10 to 30mins	<input type="checkbox"/>	Less than 10 mins	<input checked="" type="checkbox"/>
1-2 hours	<input type="checkbox"/>	10 - 30 mins	<input type="checkbox"/>
over 2 hours	<input type="checkbox"/>	30 mins to 1 hour	<input type="checkbox"/>
overnight	<input type="checkbox"/>	1-2 hours	<input type="checkbox"/>
	<input type="checkbox"/>	over 2 hours	<input type="checkbox"/>

Course

Menu Course	Please tick one
Starters and Nibbles	<input type="checkbox"/>
Soups	<input type="checkbox"/>
Side Dishes	<input type="checkbox"/>
Sauces	<input type="checkbox"/>
Mains	<input type="checkbox"/>

Desserts and sweets	x
Baking	
Light meals and snacks	
Preserves, Relishes and Pickles	
Drinks	

Completed by: Anna Burges-Lumsden