

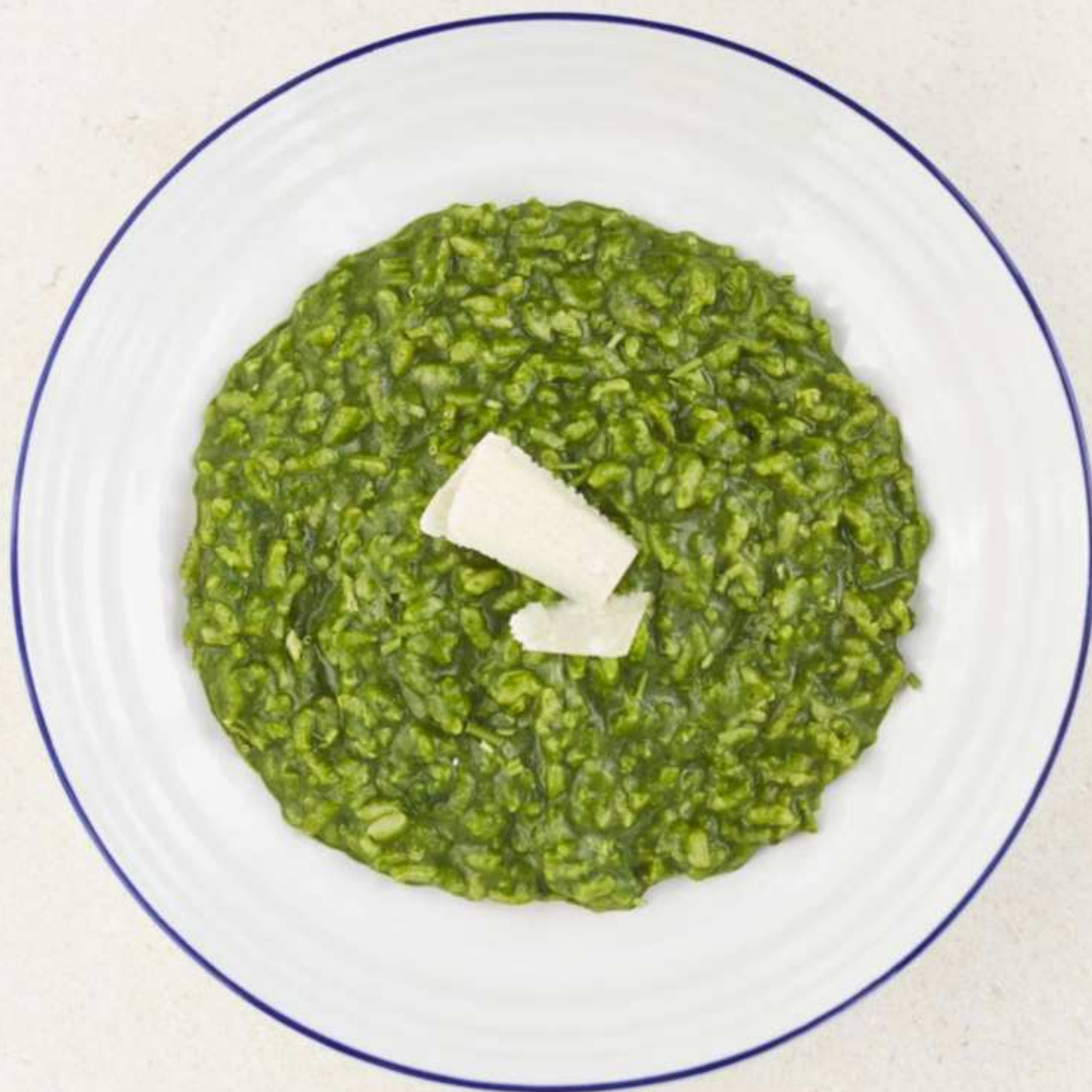
VEGGIE

38 Spinach Risotto with Gorgonzola

40 Puy Lentil, Pomegranate, Spinach,
Feta and Walnut Salad

42 Mediterranean Garlic Bread

44 Carbonara with Blue Cheese, Broccoli
and Hazelnuts



Carlos Maldonado

Spain Champion 2015

TOP TIP! This recipe can be adapted to suit the seasons. Try swapping the spinach for leeks in the winter or for wild garlic in the spring for example. Gorgonzola also works well in butternut squash or roasted red pepper risotto, adding a bit of saltiness to their sweetness.

SPINACH RISOTTO WITH GORGONZOLA

Serves 4

Prep: 15 minutes

Cook: 30 minutes + 1 hour

INGREDIENTS

100g butter, cubed

3 garlic cloves, finely chopped

2 shallots, finely chopped

100ml white wine

Juice of half a lemon

400g spinach, washed

250g Arborio rice

1 litre veal stock, hot

200g Gorgonzola cheese,
broken into pieces

Small bunch of chives

Salt

Heat a large heavy-based saucepan on a low flame with half the butter. Once melted, add the garlic and shallot and gently sauté until golden and soft. Add the lemon juice and the white wine and continue cooking until the liquids have almost evaporated.

Meanwhile, blanch the spinach in boiling water (plunging it first into boiling water for 5 seconds then into icy water so that it doesn't continue cooking or lose its colour). Drain and blend in food processor until you have a soft cream. Set aside.

Add the rice to the garlic and shallots. Cook for a minute or so then gradually add the stock, a little at a time, stirring the rice as you go until it absorbs all the liquid each time. Don't be tempted to turn the heat up - you'll achieve the best results if you take your time. You want the rice to be soft and creamy with a little bite to it which can take anything between 30 - 60 minutes depending on the rice.

Once you get to this point, turn the heat off and add the spinach, the remaining butter and the Gorgonzola cheese. Allow to sit for 3- 4mins then stir well. Taste and season if necessary then serve with a sprinkling of chives.



Jane Devonshire
UK Champion 2016

This salad makes a great lunch or side dish. It will go with most things!

TOP TIP! You can use the packets of pre-cooked lentils if you are really rushed but you will not get the texture that you do from cooking the lentils yourself.

PUY LENTIL, POMEGRANATE, SPINACH, FETA & WALNUT SALAD

Serves 6 for lunch or more for a side

Prep: 20 minutes

Cook: 25 minutes

INGREDIENTS

200g puy lentils

200g feta

200g pomegranate seeds

125g baby spinach, washed

Handful of flat leaf parsley, chopped

Handful of torn basil leaves

50g walnuts, roughly chopped

Salt and pepper

FOR THE DRESSING

3 tbsp sherry vinegar

3 tbsp pomegranate molasses

6 tbsp olive oil

Put the puy lentils in a saucepan and cover with cold water. Bring to the boil and simmer for 20-25 minutes (or according to packet instructions) until cooked but firm to the bite.

Drain and rinse under boiling water then drain again and toss into a large serving bowl with the spinach. The heat of the lentils should cause the spinach to wilt. Leave to cool.

Once cool, mix the dressing ingredients together and add them to the lentils. Add the chopped feta, pomegranate seeds, walnuts, parsley and basil. Mix everything together gently.

Taste, season and serve immediately.



Carlos Maldonado

Spain Champion 2015

Although you are using four bulbs of garlic in this recipe, the flavour isn't too overpowering. Roasting them brings out their natural sweetness which works really well with the sharper olives and tomatoes.

TOP TIP! Instead of making individual rolls, you can adapt the recipe to make one large loaf. Just cook for 45 minutes in the oven until well risen.

MEDITERRANEAN GARLIC BREAD

Serves 6 - 8

Prep: 60 minutes

Proving: 3 hours

Cook: 1 hour 15 minutes

INGREDIENTS

500g of strong white bread flour, plus a little extra for dusting your work surface

1 tbsp salt

1 tsp caster sugar

7g of fast-action dried yeast

75ml of olive oil

250 - 300ml warm milk

4 bulbs of garlic

3 tbsp handful rosemary, dried

1 handful parsley, chopped

3 tbsp chives, chopped

4 tbsp sundried tomatoes, chopped

4 tbsp black olives, chopped

1 handful walnuts, broken into pieces

Put the flour, salt, sugar, yeast, olive oil and 225ml of the warm milk into a large mixing bowl and combine until you achieve a smooth dough (add a little more milk if needed).

Knead the dough on a floured surface for 5-8 minutes until soft and springy. Place in an oiled bowl and cover with cling film. Set aside to rise in a warm place for 2 hours.

Preheat your oven to 180 °C. Cut the tops off the garlic bulbs and throw away. Place the bulbs in the middle of a sheet of aluminium foil. Drizzle over with olive oil and bring the sides of the foil up to make a parcel. Roast for 1 hour then take out, leave to cool and squeeze the soft flesh out of the papery garlic skins.

In a small bowl, mix together the roasted garlic, sundried tomatoes, olives, chives, parsley, rosemary, walnuts and olive oil, and set aside.

Once the dough has doubled in size, place it on a floured surface and cut into 24 equal pieces. Form each piece into a ball and roll in the garlic-mix, then place on a greased baking sheet. Once finished, cover loosely with oiled cling film and prove in a warm place for another hour.

Preheat the oven to 200 °C. Bake the rolls for 15mins until well risen and golden brown.



Rukmini Iyer (nicknamed 'Mini')

UK Contestant 2013

For the perfect blue cheese carbonara, you want a mild, sweet blue cheese – think Gorgonzola Dolce or a light Danish blue. But if the cheese you've picked up is a little stronger, like a vegetarian Stilton, a little honey will help to balance it out. The cheese works beautifully with the crunchy hazelnuts and greens in this fresh take on a traditional carbonara.

CARBONARA WITH BLUE CHEESE, BROCCOLI & HAZELNUTS

Serves 4

Prep: 10 minutes

Cook: 10 minutes

INGREDIENTS

100g hazelnuts

400g penne or other pasta of your choice

200g tenderstem broccoli, finely chopped

2 medium eggs, whisked

100g blue cheese, crumbled

Freshly ground black pepper

100g rocket, finely chopped

½ lemon, juice only

1 tbsp honey

Extra virgin olive oil, sea salt and freshly ground black pepper to serve

Preheat the oven to 160C fan/180C. Tip the hazelnuts onto a baking tray, then transfer to the oven to toast for 7-10 minutes. Once cool enough to handle, roughly chop into large pieces.

Meanwhile, bring large pan of salted water to the boil, and add the pasta. Cook according to the packet instructions, adding the broccoli a minute before the pasta is ready. Drain well, reserving 100ml of the cooking water, then return to the pan and stir through a tablespoon of extra virgin olive oil.

While the pasta is cooking, whisk the eggs with the crumbled blue cheese and season well with freshly ground black pepper.

Add the blue cheese sauce to the pasta, and stir vigorously to coat. Add the reserved cooking water a tablespoon at a time until the sauce clings to the pasta, then stir through the rocket, ¾ of the chopped hazelnuts, lemon juice, honey and a little more extra virgin olive oil. Taste, and adjust the salt, lemon juice and honey as needed. Serve immediately, topped with the remaining chopped hazelnuts.

VEGAN

- 48 Mushroom, Spring Onion and Garlic Dumplings
- 50 Gazpacho with Strawberry, Tomato and Basil
- 52 Linguine with Roasted Cherry Tomatoes, Pine Nuts and Dill
- 54 Vegan Pancakes



Rukmini Iyer (nicknamed 'Mini')

UK Contestant 2013

These dumplings are the ultimate in vegan comfort food. The earthiness of the mushrooms pairs deliciously with the pep of the spring onion and garlic. If you're looking for something a little spicier add in a teaspoon of chilli paste and give your dumplings a warming boost.

MUSHROOM, SPRING ONION AND GARLIC DUMPLINGS

Serves 4 (10 dumplings each)

Prep: 40 minutes

Cook: 10 minutes

INGREDIENTS

1 tbsp vegetable oil

400g mushrooms (a mixture of oyster, shiitake and maitake work well), cut into small dice

10 spring onions, thinly sliced

4 large garlic cloves

2 tsp ginger, grated

2 tsp soy sauce

½ tsp Shaoxing rice wine

¼ tsp ground white pepper

1 tsp chilli paste, optional

1 batch of vegan dumpling dough or 40 pre-made vegan dumpling wrappers

Soy sauce and sliced spring onions to serve

Heat the vegetable oil in a large frying pan, add the diced mushrooms and cook for around 5 minutes until they have shrunk a little. Add in the sliced spring onions (holding a handful back to serve the dumplings with) and grate the garlic cloves into the pan. Cook the mixture for a further few minutes then add the ginger, soy sauce, Shaoxing rice wine, pepper and chilli paste (if using). When the ingredients are mixed together take the pan off the heat and leave to cool a little.

Lightly cover a baking sheet with flour and get some cling film ready to loosely cover your finished dumplings. Take a dumpling wrapper and place a teaspoon of mixture into the middle. Dip your finger in clean water and dampen the edges of the wrapper. While holding the dumpling in your left hand, cup the wrapper to make a semi-circle and using your right hand pleat and pinch the dough from one corner to the other. Place on the baking sheet, cover lightly with the cling film and repeat this process until you have used all your mixture.

Bring a large pot of water to the boil and add your dumplings in. Gently swirl the water with a spoon to keep the dumplings from sticking to each other. Boil them for 2-3 minutes until they float on the top of the water and become slightly transparent. Remove the dumplings with a slotted spoon, ensure they are hot all the way through and serve hot with soy sauce and the remaining sliced spring onions.

TOP TIP! If you would rather fry your dumplings take a large frying pan and heat two tbsp of vegetable oil. Sit the dumplings in the pan in a single, even layer and fry for a few minutes until crispy and golden on the bottom. Pour in 50ml of water and immediately cover the pan with a lid. Steam the dumplings for around 5 minutes or until nearly all the water has evaporated, then remove the lid and fry until the dumplings are cooked through and crispy again on the bottoms.



Elisabeth Biscarratt

France Champion 2011

This famous chilled soup from Spain is traditionally made up of tomatoes and cucumber but I like to include strawberries as a summery twist. The addition of Tabasco and lime prevents the soup from being overly sweet so you'll still get the fresh savoury flavour you'd usually associate with a Gazpacho.

GAZPACHO WITH STRAWBERRY, TOMATO AND BASIL

Serves 2

Cook: 5 minutes

INGREDIENTS

4 tomatoes

200g strawberry

1 tsp olive oil

½ onion

2 drops Tabasco

5 basil leaves

Juice of 1 lime

Salt

Pepper

Wash and hull the strawberries

Place all the ingredients into a blender and purée until smooth. Taste and add a little more seasoning, Tabasco or lime if needed. Strain if desired, although this is not essential.

Serve cold.



Rukmini Iyer (nicknamed 'Mini')

UK Contestant 2013

The dill gives a fragrant complexity to the dish, complementing the natural sweetness of the roasted cherry tomatoes and the crunch from the pine nuts. An easy, elegant week night dinner – good with a fresh green salad and crusty bread to mop up the remains of the sauce.

TOP TIP! If the mild aniseed flavour of dill doesn't suit your palate, try using another soft herb, such as fresh oregano, chopped and added to the dish at the same stage as the dill.

LINGUINE WITH ROASTED CHERRY TOMATOES, PINE NUTS AND DILL (V)

Serves 4

Prep: 5 minutes

Cook: 30 minutes

INGREDIENTS

400g linguine

500g cherry tomatoes on the vine, halved (reserve the vines)

1 tbsp olive oil

2 cloves garlic, crushed

½ tsp sea salt flakes

80g pine nuts

Good handful dill (around 8g), finely chopped

Extra virgin olive oil, freshly ground black pepper and sea salt to taste

Preheat the oven to 160C fan / 180C. Tip the tomatoes and vines into a roasting tin along with the olive oil, garlic and sea salt, and stir to evenly coat everything in the oil. Transfer to the oven to cook for 30 minutes.

About 10 minutes before the tomatoes are ready, scatter the pine nuts onto a baking tray and toast at the bottom of the oven for 10 minutes, and cook the linguine in a large pan of well-salted boiling water according to the packet instructions.

Once the tomatoes and pine nuts are ready, discard the tomato vines, and gently crush the roasted tomatoes with the back of a wooden spoon. Add most of the roasted pine nuts and chopped dill to the tomatoes and stir together.

When the pasta is just al dente, drain it well and reserve around 250ml of the cooking water before returning the pasta to the pan. Stir in the roasted tomatoes, dill and pine nuts and add the reserved pasta water gradually along with a little extra virgin olive oil until the linguine is well-coated in a glossy sauce.

Taste and season with freshly ground black pepper and sea salt as required, then divide between four plates and scatter over the remaining dill and pine nuts before serving.

TOP TIP! Before adding the reserved pasta water to the linguine and sauce, pour it into the tin used to roast the tomatoes and scrape with a spoon to remove all the leftover tomatoey goodness and then add to the linguine. This helps to get maximum flavour into the pasta and helps with the washing up!

DESSERTS

- 58 Raspberry and White Chocolate Muffins
- 60 Chocolate Panna Cotta with Caramelised Pears and Hazelnut Biscuits
- 62 Green Apple Crumble with Vanilla Ice Cream and Caramelised Nuts
- 64 Ricotta Cheesecake
- 66 No Bake Coconut Gingerbread



Elisabeth Biscarratt
France Champion 2011

TOP TIP! This is a great recipe for junior MasterChef's

RASPBERRY AND WHITE CHOCOLATE MUFFINS

Makes 12

Prep: 10 minutes

Cook: 15 minutes

INGREDIENTS

135g fresh raspberries

2 eggs

100ml milk

115g white chocolate chips

170g plain flour

1 tbsp baking powder

90g caster sugar

80ml vegetable oil

Preheat oven to 190°C.

Spray a 12-hole muffin tray with oil or line with paper muffin cases.

In a large bowl, sieve together the flour and baking powder then stir in sugar.

Whisk together the eggs, milk and oil until combined. Cut raspberries in half and place on paper towel

Gradually combine the wet ingredients into the dry ingredients until smooth.

Fold in the chocolate chips then the raspberries, as gently as possible to avoid them leaking their colour.

Fill the muffin cases two thirds full.

Bake for 20-25 minutes until the tops are lightly golden and a skewer inserted into the middle comes out clean.

Leave the muffins to cool for a few minutes before transferring to wire cooling rack.



Natalie Coleman

UK Champion 2013

Although it looks fancy, this dessert is surprisingly easy to make and all the elements can be made beforehand.

TOP TIP! Feel free to play around with the flavours. Leave the cocoa powder out for a plain vanilla panna cotta, swap the hazelnuts for pistachios, the pears for raspberries...the possibilities are endless.

CHOCOLATE PANNA COTTA WITH CARAMELISED PEARS & HAZELNUT BISCUITS

Serves 4

Cook: 60 minutes

INGREDIENTS

FOR THE PANNA COTTA

125ml double cream

125ml whole milk

25g caster sugar

Seeds of ½ vanilla pod

1 tbsp cocoa powder

2 gelatine sheets

FOR THE DECORATION

150g 70% dark chocolate

FOR THE PEARS

2 big fat pears (preferably William Poiré)

4 tbsp golden caster sugar

FOR THE BISCUITS

60g hazelnuts, skinned and shelled

85g unsalted butter

100g plain flour

50g golden caster sugar

Gold leaf for garnish

For the chocolate decoration: Heat the chocolate in a bowl over a saucepan of hot water. Once melted, use a spoon to make swirly patterns on a sheet of parchment paper. Put into the fridge to harden until you are ready to serve.

For the panna cotta: Heat the cream, milk, caster sugar, vanilla seeds and cocoa powder in a saucepan until it starts to come to the boil then remove from the heat. Meanwhile, soak the gelatine sheets in cold water for a couple of minutes then squeeze out the excess water and whisk into the mixture. Put the pan on top of a bowl of ice water to bring the temperature down then pour into the 4 moulds. Place in the fridge to set for at least 2 hours or until you are ready to plate.

For the caramelised pears: Peel the pears, remove the core and slice into sixths (or eighths, if big). Tip the golden caster sugar onto a plate and coat the pears by rolling them around in it. Put a frying pan on the heat. Once hot, add the pears and allow to caramelise. This should take around 4-5 minutes.

For the hazelnut biscuits: Preheat the oven to 160°C. Toast the hazelnuts in the oven for 4-5mins. Remove and blitz until finely ground. Cream the butter and golden caster sugar together until light and fluffy. Stir in the nuts and the plain flour then bring everything together with your hands to form a dough.

Roll the dough out until flat and thin and use a cookie cutter to cut out 24 small circles. Put onto a baking tray lined with greaseproof paper and bake for about 25 minutes until slightly coloured (don't over bake - you want them to be soft inside). Leave to cool on a wire rack until ready to serve.

Serve the panna cotta with the pears and decorate as you like with the biscuits, chocolate swirls and gold leaf.



Leonardo Young

Brazil Champion 2016

Everyone knows that warm apple crumble with vanilla ice cream is a winning combination but when the ice cream is homemade and you bring in the tartness of green apples, it tastes even better.

TOP TIP! Feel free to play around with some of the flavours in this crumble. Adding cinnamon to the topping or raisins to the apples both work well for example.

GREEN APPLE CRUMBLE WITH VANILLA ICE CREAM AND CARAMELISED NUTS

Serves 4

Prep: 35 minutes

Cook: 35 minutes

INGREDIENTS

FOR THE ICE CREAM

300ml milk

50ml double cream

4 egg yolks

100g caster sugar

½ vanilla pod

FOR THE DECORATION

150g 70% dark chocolate

FOR THE APPLE CRUMBLE

2 green apples (such as Granny Smiths), peeled, cored and cut into small cubes

Small knob butter

2 tsp caster sugar

50g plain flour

50g golden granulated sugar

50g butter, cubed

FOR THE NUTS

5g butter

5g caster sugar

50g mixed nuts, chopped

To make the ice cream: Slice the vanilla pod lengthways to open it up. Place in a saucepan with the milk and heat until it reaches scalding point. In a bowl, whisk the 4 egg yolks with the caster sugar until pale and thick. Add a little of the boiled milk in with the eggs, mixing thoroughly to avoid it curdling, then tip everything back into the saucepan. Heat gently, stirring all the time until thick enough to coat the back of a wooden spoon. This may take a while but be patient and don't stop stirring or the mixture will split. Remove from the heat and put into your ice cream maker (if you have one). Alternatively, pour into a metal cake tin and place straight away into the freezer. Once it starts to freeze, take it out, beat it to break up any ice crystals then put it back in again. Repeat this process three times until the ice cream is firm but creamy at the same time.

To make the green apple crumble: Preheat the oven to 180°C. Put the diced green apples in a frying pan with a small knob of butter and 2 teaspoons of caster sugar. Cook gently for 5 minutes. Sieve the flour into a bowl, stir in the sugar and add the cubes of butter. Lightly rub the mixture between your fingers until you achieve a breadcrumb consistency. Spoon the apples into individual ramekins and sprinkle the crumble on top. Bake in the oven for 20-25 minutes until golden.

To make the caramelised nuts: While the crumble is cooking, melt the butter in a small pan with the sugar. Once the sugar has dissolved, add the chopped nuts. Mix well so that all the nuts are coated and cook until golden brown, being careful not to let them burn.

Serve with the warm apple crumble and a dollop of ice cream and a spoonful of caramelised nuts.



Carlos Maldonado

Spain Champion 2015

This is a lighter alternative to the traditional cream-cheese based cheesecakes but just as satisfying.

TOP TIP! This is a very classic recipe that can be jazzed up by adding other flavours such as a grating of orange zest and teaspoon of cinnamon or a teaspoon of vanilla extract for example. That said, it's delicious as it is, served with a fruit compote or jam (blueberry is my favourite).

RICOTTA CHEESECAKE

Serves 8

Prep: 15 minutes

Cook: 30 minutes

Rest: 30 minutes

INGREDIENTS

350g ricotta cheese

250g natural yoghurt

4 large eggs

50g cornflour

150g caster sugar

Mixed berries

Baby basil to garnish

Preheat oven to 180°C.

Mix the ricotta cheese, yoghurt and eggs in a food processor until smooth.

Lower the speed and add the cornflour and sugar. Mix until you have achieved a soft cream. Be careful not to over mix as too much air in the mixture will prevent it from cooking properly. Let the mixture rest for 30 minutes in the fridge.

Line a square cake tin with baking parchment and pour the mixture in. Smooth the top so it's even then place in the oven. Cook for 35 minutes. The cake will swell a lot in the oven but don't worry, it'll settle again once it cools.

Serve warm or chilled with mixed berries and baby basil garnish.





Rukmini Iyer (nicknamed 'Mini')

UK Contestant 2013

This no-bake 'gingerbread' dough, made from simply blitzed dried apricots, desiccated coconut and coconut oil, makes the most wonderful, pliable play-doh textured biscuit dough that you can stamp out with cookie cutters. There's no need to bake them, as they're ready to eat, with a similar texture to a Bounce ball or Nakd bar. These make for great on the go snacks.

TOP TIP! For 'chocolate' biscuits, substitute the dried apricots for dates, and add a spoon of cocoa powder.

NO BAKE COCONUT GINGERBREAD

Serves 2

Prep: 10 minutes

Cook: 25 minutes

INGREDIENTS

250g dried apricots

100g desiccated coconut

1 tsp ground ginger

1 tbsp coconut cream

Silver or coloured balls to decorate

Blitz the dried apricots, desiccated coconut, ground ginger and coconut oil together in a food processor for 30-45 seconds, until it comes together as a soft, pliable dough.

Tip the dough out onto a work surface, and pat or roll it about 1cm thick.

Use cookie cutters of your choice to stamp shapes out all over the dough, transferring them onto a plate as you go. Scrunch up the remaining dough, then re-roll and stamp out more shapes until you've used all the dough up.

Use the silver or coloured balls to decorate the biscuits – you can press them into the surface to make patterns, or shapes, or faces! And there's no need to bake them – you can eat these straight away.