



## STARTERS

## Potato Skins with Cheddar and Sausage

Presented this way, these baked potatoes are a real treat

 makes 4 servings  
 prep 50 mins • cook 25 mins

4 medium baking potatoes, scrubbed

7oz (200g) sausage, rind removed, cut into sticks

2 shallots, finely chopped

scant 1/2 cup whole milk

2 tbsp butter

3/4 cup shredded Cheddar cheese

2 tbsp chopped parsley

salt and freshly ground black pepper

**1-Preheat the oven** to 400°F (200°C). Prick the potato skins all over with a fork. Bake in the oven for about 45–50 minutes, until tender. Reduce the oven temperature to 350°F (180°C).

**2-meanwhile**, cook the sausage in a frying pan over medium-high heat about 4 minutes until golden. Add the shallots and cook until they soften, about 1 minute more.

**3-slice off the top** third of each potato, horizontally. Using a spoon, scoop out the flesh into a large bowl. Reserve the

hollowed-out skins and place in a lightly oiled baking dish.

**4-mash the potato** with a potato masher. Add the milk and butter, and beat until smooth. Stir in the Cheddar and sausage mixture along with the parsley. Season with salt and pepper.

**5-spoon the mixture back** into the potato skins and bake for 20–25 minutes, or until the filling is heated through and golden on top. Serve hot with extra chopped parsley sprinkled on top, if desired.

### VARIATIONS

#### Potato Skins with Crab

Mix the mashed potato with a 16oz (168g) can crabmeat, drained, 3 chopped scallions, 1 chopped fresh small red chile, 1/4 cup crème fraîche, and 2 tbsp chopped cilantro. Spoon back into the skins and bake as above.

#### Potato Skins with sausage

Mix the mashed potato with 5oz (145g) chopped smoked sausage, 1 ripe tomato, seeded and diced, 5oz (145g) mozzarella, diced, and 1 tbsp chopped oregano. Spoon back into the skins and bake as above.









# COOKING TECHNIQUES

## Stuffed Grape Leaves

This dish is delicious warm or cold. Jarred grape leaves are sold at supermarkets and Middle Eastern delicatessens

-  makes 4-6 servings
-  prep 45 mins • cook 50 mins
-  soak preserved grape leaves in hot water then rinse several times to remove the brine; fresh grape leaves should be blanched for 5 minutes.
-  frying pan, large saucepan

- 2 onions, finely chopped
- 2 tbsp olive oil
- 1 cup long-grain rice
- 1/2 tsp ground allspice
- 2 1/4 cups vegetable stock
- 3 ripe tomatoes, skinned, seeded, and chopped
- 1 tbsp chopped dill
- 1 tbsp chopped mint
- salt and freshly ground black pepper
- 40 grape leaves
- 2 tbsp fresh lemon juice

Stir in the rice and allspice, and cook for 2 minutes more.

**Pour in the stock** and bring to a boil. Reduce the heat and simmer for about 15 minutes, until the rice is tender and has absorbed the liquid. Stir in the tomatoes, herbs, and season with salt and pepper.

**spoon some of the rice** in the center of each grape leaf, shiny side down. old in the sides and roll into a parcel.

**Pack the grape leaves** tightly in a large saucepan; add the lemon juice and enough cold water to just cover. Place a heatproof plate on top so they don't unravel. Bring to a boil then reduce the heat; simmer for 30 minutes, adding water if necessary. Carefully drain then serve.

### VARIATION

#### Leaves with Lamb

Brown 9oz (250g) lean ground lamb with the onions in step 1. Reduce the rice to 3/4 cup and the stock to 1 3/4 cups

**cook the onions** in the oil until softened but not browned.

