



Freezer Filler



Barbecue Pork with Plums and Orange

This recipe is great for freezing. Make double quantities then freeze one for a ready meal at a later date!

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Barbecue Pork with Plums and Orange

This works well as a family dish as children often like the sweet and sour flavours. The pork is beautifully succulent and this recipe works just as well if you use turkey meat. Serve with mash, baked potato or rice to soak up the juices and if you don't have plums you could use apricots, apples or even a 400g can of tinned pineapple or peaches.

Prep time: 30 min

Cook time: 1 hour 25 min

Serves 4-6

Ingredients

2 tbsp sunflower oil
1 large onion, peeled and roughly chopped
225g carrots, peeled and diced
450g (1lb) diced pork, such as shoulder or belly, trimmed of fat
125g tomato puree
40ml vinegar
1 ½ tbsp brown sugar
1 tbsp mustard
1 orange, zest grated and juice squeezed
25g sultanas or raisins
500g plums, halved with stone removed

Method

1. Preheat the oven to 200°C/400°F /gas mark 6. Heat half the oil in a flameproof casserole dish and cook the onions and carrots for about 10 minutes. Remove with a slotted spoon.
2. Season the meat with black pepper, add to the pan in batches, and fry on all sides for 2-3 minutes over a hot flame.
3. Mix together the orange zest and juice, tomato puree, vinegar, sugar, mustard and 400ml water.
4. Pour this over the meat. Cover and cook in the preheated oven for about 30 minutes.
5. Take the meat out of the oven and add the sultanas or raisins and plums. Continue to cook for a further 45 minutes or until the plums have collapsed and the meat is piping hot.

To freeze: Complete this recipe up to the end of step 5. Cool, transfer to a freezer proof container, label and freeze for up to 3 months.

To use: Thaw overnight in the fridge, then transfer to a saucepan. Bring to the boil on the hob until the meat is piping hot.



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Turkey and Sweetcorn Burgers

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Turkey and Sweetcorn Burgers

Children go wild for these burgers. Keep them in the freezer for a last minute children's tea - they can be cooked from frozen. Serve with slices of tomato and lettuce in a bun with ketchup for the kids and sweet chilli sauce for the grownups. Or try serving them as small meatballs with tomato sauce and spaghetti. Alter the recipe if you want a spicier flavour, just add extra chilli powder.

Prep time: 15 min + soaking

Cook time: 20 min

Makes 8 burgers or 16 meatballs

Ingredients

1 x 285g can sweetcorn kernels
100g stale white bread
500g minced turkey breast
1 egg
4 spring onions, finely chopped
2 ½ tsp ground cumin
Salt and ground black pepper
1 garlic clove, peeled and crushed
Sunflower oil for frying
Burger buns or rolls to accompany
with lettuce, cucumber and
sweet chilli sauce

Method

1. In a bowl, cover the bread with water and leave to soak for about a minute, then squeeze well and crumble into a large bowl.
2. Add the sweetcorn, turkey mince, egg, spring onions, ground cumin, garlic and seasoning. Use your hands to squeeze the mixture together.
3. Shape the mince into burger or small meatballs about the size of a golf ball.
4. Heat a heavy frying pan with sunflower oil and cook the burgers or meatballs in batches, turning them round in the pan until they are golden brown. Drain and transfer to a warm oven 200°C/400°F/gas mark 6 and cook for a further 5 minutes or until cooked.

To freeze: Lay the burgers or meat balls on a flat baking sheet and put into the freezer until frozen. Pack into a plastic container, label and freeze.

To use: Heat a heavy frying pan with sunflower oil and cook the burgers or meatballs in batches from frozen, turning them round in the pan until they are golden brown, drain and transfer to a warm oven 200°C/400°F/mark 6 and cook for a further 5-10minutes or until cooked thoroughly.



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Beef, Guinness and Mushroom Stew with Dumplings

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Beef, Guinness and Mushroom Stew with Dumplings

Prep time: 25 min

Cook time: 3 hour

Serves 4

Ingredients

1kg braising or stewing steak, cut into 4cm pieces

Seasoned flour, for dusting

2 onions, roughly chopped

100g flat mushrooms, sliced

300ml Guinness

2 tbsp tomato puree

1 bay leaf

100g pitted and ready to eat prunes

Handful of parsley

150g carrots, peeled and cut into rough chunks

For the dumplings

110g self-raising flour

½ tsp salt

55g shredded suet

1 tbsp parsley, chopped

Tip: You can add any root vegetables to this e.g. swede, potatoes, carrots, parsnips.

Method

1. Preheat oven to 170°C/325°F/gas mark 3. Toss the beef lightly in the seasoned flour. Brown the meat briskly in batches, then transfer to the casserole.
2. Fry the onions until lightly browned. Spoon into the casserole, with the mushrooms and carrots.
3. Add the Guinness and tomato puree and top up with hot water so it comes about 3/4 of the way up the meat. Add the bay leaf, salt and pepper. Bring to the boil, stir well, then cover tightly and cook in the oven for 1 hour and 15 mins, stirring occasionally.
4. Meanwhile, prepare the dumplings: sift the flour into a bowl with the salt, stir the suet into the flour, add the parsley and enough water to make a soft dough. Shape the dumplings into small balls.
5. Add the prunes to the stew and place dumplings on top of the hot stew. Cover the casserole and cook for a further 20 minutes.
6. Remove the casserole lid and continue to cook for about 20 minutes. Add a little more water if the meat begins to dry out.

To freeze: Complete the recipe up to the end of step 5, then pack in a suitable container, label and freeze for up to 3 months.

To use: Defrost stew and dumplings overnight in the fridge. Return to an oven proof dish, complete the recipe from step 6, raising the temperature to 200°C/400°F/gas mark 6 until piping hot.



Freezer Filler



Lentil, Aubergine and Tomato Moussaka

This recipe is great for freezing. Make double quantities then freeze some for a ready meal at a later date!

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Lentil, Aubergine and Tomato Moussaka

Prep time: 30 min

Cook time: 1 hour 30 min

Serves 8-10

Ingredients

2 onions, peeled and roughly chopped
3 garlic cloves, peeled and crushed
2 red peppers, deseeded and chopped into large pieces
2 tbsp tomato puree
2 tsp dried oregano
1 tsp dried thyme
1 bay leaf
225g dried Puy lentils
3 x 400g can chopped tomatoes
1 tbsp tomato ketchup
300ml vegetable stock
Salt and ground black pepper
3 large aubergines, thickly sliced
4 tbsp olive oil

For the cheese sauce

560ml natural yoghurt
225g cottage cheese
2 eggs
175g hard cheese, grated

Method

1. Preheat the oven to 200°C/400°F/ gas mark 6. Fry the onions, garlic, peppers gently for about 10 minutes.
2. Add the lentils, herbs, tomato puree, tomato ketchup and toss around the pan for a couple of minutes. Add the chopped tomatoes and stock and bring to the boil. Reduce to a simmer and remove any scum from the lentils that comes to the surface. Simmer for about 50 mins - 1 hour. Remove the bay leaf.
3. Brush the aubergine slices with olive oil and season. Cook the aubergine under the grill in batches until tender, soft and golden brown.
4. Beat together the eggs and yoghurt with the cottage cheese and grated hard cheese.
5. To assemble the moussaka, spoon half the lentil mixture into a large dish about 25 x 33cm. Cover with half the aubergine slices then spoon over half the cheese sauce mixture. Repeat with the remaining lentil mixture, aubergine slices and cheese sauce.
6. Cook in the oven for 30-40 minutes

To freeze: Complete up to the end of step 5, cool, cover, label and freeze the assembled dish for up to 3 months.

To use: Thaw overnight in the fridge. Reheat in the oven at 200°C/400°F/ gas mark 6



Freezer Filler



Pork Meatballs with Spicy Tomato Sauce

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Pork Meatballs with Spicy Tomato Sauce

As an alternative, try serving with potato wedges with lots of sour cream and grated cheese.

Prep time: 10 min

Cook time: 30 hour

Serves 4

Ingredients

3 tbsp olive oil

1 onion, finely chopped

2 garlic cloves, crushed

1 red chilli, seeds removed and finely chopped

1 tbsp chopped fresh coriander, plus extra for decorating

450g minced pork

For the Spicy Tomato Sauce

2 garlic cloves, crushed

1x 400g can chopped tomatoes

150ml chicken stock

1 tsp tomato puree

1 1/2 tbsp harrisa paste

Salt and ground black pepper

350g tagliatelle pasta

Grated cheese

Method

1. Fry the onion gently. Add the garlic, chilli and coriander and cook for 1 minute. Remove from the heat and allow to cool.
2. Stir the onion mixture into the minced pork and season.
3. With floured hands, shape the mixture into equal-sized meatballs.
4. Fry the meatballs until golden brown. It may be necessary to do this in several batches. Keep them warm while you make the sauce.
5. To make the sauce; heat the remaining olive oil in a heavy-based pan and add the garlic. Tip in the chopped tomatoes, stock, tomato paste and harissa and simmer for 25-30 minutes with a lid on until the sauce looks thick and glossy. Taste and season. Mix with the meatballs and sauce.
6. To serve; cook the pasta and drain well. Add the remaining coriander leaves to the meatballs and serve immediately with plenty of grated cheese.

To freeze: Complete the recipe up to the end of step 5. Pack, label and freeze the meatballs and sauce together for up to 3 months.

To use: Thaw over night, reheat the meatballs in the tomato sauce in a small saucepan until piping hot.