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Opening Extract from...

Mary Berry's Family Sunday Lunches

Written by Mary Berry

Published by Headline

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Mary Berry's Family Sunday Lunches

Over 150 delicious recipes for a relaxed Sunday lunch



Recipes
include Aga
cooking
times

Photo captions

Page 29 Tom (Mary's son)

Page 41 (from left to right) Sarah (Mary's daughter-in-law), Paul (Mary's husband), Tom, Mary, Hobie (Mary's grandson) and Annabel (Mary's daughter)

Page 99 Hobie

Page 142 Paul

Page 182 Lucy Young (Mary's assistant and friend)

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Sunday lunch is undoubtedly one of the great British traditions and Mary Berry is one of Britain's greatest cooks. In *Family Sunday Lunches* she shares her own family's favourite recipes to help you create reliable and delicious Sunday lunches throughout the year.

Mary has gathered together the essential information for each and every roast, as well as all the traditional recipes for indispensable roast accompaniments – such as how to make the perfect Yorkshire pudding, your own cranberry sauce and delicious homemade gravy. These tried and tested recipes are classics you can trust.



More than just a Sunday roast book, though, Mary brings Sunday lunch up to date and shares her springtime starters and autumnal fruit pies, slow-cooked casseroles and light summer salads. Winter curries, summer buffets, moreish vegetarian meals and divine desserts are all included here. You will find the perfect recipe for every occasion and, as ever, the recipes all feature indispensable prepare-ahead tips and Aga cooking times.

With easy-to-follow instructions and mouth-watering photographs, if you want to feed your family and friends something really special at the weekend, make *Mary Berry's Family Sunday Lunches* your cooking bible.



Mary Berry is well known as the author of more than seventy cookery books with total sales of over 5 million. She has presented a number of television series and is currently a judge on *The Great British Bake Off*. She contributes to radio programmes and cookery magazines, and is loved for her practical and unfussy approach to preparing and serving food. She gives many demonstrations around the country but when she is at home loves to be with her family and tending to her garden – her other great passion.



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Roast rib of beef

SERVES 6 – 8

**approx 2.7kg (6 lb) rib joint,
prime rib or wing rib beef
2 large onions, cut into wedges**

To prepare ahead

The joint should be cooked and served but it is delicious cold the next day if you have leftovers. Not suitable for freezing.

To cook in the Aga

Cook in the roasting oven for 12 minutes per 450g (1 lb).

Roast rib of beef is the preferred joint of many butchers for a Sunday lunch – order it well in advance and ask for it to be well-hung (this increases the flavour). It is much fattier than a fillet of beef and, therefore, it has a lot more flavour. If you prefer to have the rib boned before you roast it, it will be easier to carve but not look so spectacular. The cooking time will be about the same, though. (See the beef roasting chart on page 31 for internal temperatures.)

Preheat the oven to 220°C/Fan 200°C/Gas 7 and bring the beef to room temperature for 30 minutes before roasting.

Arrange the onion pieces in a large roasting tin and sit the rib on top. Transfer to the oven and roast in the preheated oven for 20 minutes, or until brown.

Turn the oven down to 180°C/Fan 160°C/Gas 4 and roast the rib joint for 20 minutes per 450g (1 lb) (including the initial 20 minutes). (For example, the second roasting of a 2.7kg/6 lb rib joint should be 1 hour 40 minutes.)

Remove the meat from the oven and from its roasting tin. Discard the onions and wrap the beef in foil to keep hot while resting. Allow to rest for about 20 minutes.

Meanwhile, make the gravy (see page 146–7).

Serve the rib with *Yorkshire pudding* (see page 141), *Perfect roast potatoes* (see page 140) and *Horseradish sauce* (see page 150).



Meringues with passion fruit and raspberries

SERVES 8

3 large egg whites

175g (6 oz) caster sugar

150ml (¼ pint) double cream

150g (5½ oz) Greek yoghurt

6–8 fresh passion fruit

finely grated zest of 1 large
orange

24 fresh raspberries

To prepare ahead

Meringues will stay wrapped in a cool place for up to 2 months or in the freezer for up to 6 months.

To cook in the Aga

Bake the meringues in the simmering oven for about 2 hours.

Meringues are great to have in the cupboard in a plastic bag ready to serve to unexpected guests. In the summer when home-grown fruits are ready to pick, you could use those fruits, if preferred.

Preheat the oven to 140°C/Fan 120°C/Gas 2. Line two large baking sheets with non-stick paper.

Place the egg whites in a large clean bowl and whisk on high speed with an electric mixer until stiff. Gradually add the sugar a teaspoon at a time, still whisking on high speed until all the sugar has incorporated and the meringue is stiff and glossy (this could take up to 8 minutes).

Using a teaspoon, spoon the mixture into 8 rounds – 4 on each baking sheet. Using the back of a spoon smooth the sides and make a shallow well in the centre to create a nest.

Bake in the preheated oven for 1¼–1½ hours, or until the meringue comes off the paper easily and is sealed on top. Turn off the oven and leave the meringues to cool in the oven.

Whisk the cream to soft peaks and fold in the yoghurt.

Cut the passion fruit in half. Scoop out the seeds and pulp of 2 of the passion fruit and stir into the cream. Add the orange zest and stir.

Divide the cream between the cold meringue nests and spoon the pulp from the remaining passion fruit over the cream. Decorate with 3 raspberries on each meringue.