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Opening Extract from...

Love Food

Written by Tina Bester

Published by Pavilion Books

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RECIPES & STYLING TINA BESTER WORDS VICKI SLEET PHOTOGRAPHS CRAIG FRASER
DESIGN & PRODUCTION LIBBY DOYLE DTP SUZANNE GULDEMOND
COPY EDITOR ROBYN ALEXANDER SCANNING RAY'S PHOTO CONTROL

QUEEN OF TARTS LOGO DESIGN FRED SWART, STUDIO STAMP 082-341-2819
PROPS SUE LANGEMAN 072-186-1403

FIRST PUBLISHED IN 2010 BY QUIVERTREE PUBLICATIONS
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www.quivertreepublications.com • www.quivertreeimages.com

THIS EDITION PUBLISHED IN 2011 BY PAVILION
AN IMPRINT OF ANOVA BOOKS GROUP LTD
10, SOUTHCOMBE STREET, LONDON W14 0RA
www.anovabooks.com

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PHOTOGRAPHS © CRAIG FRASER 2010
RECIPES © TINA BESTER 2010

ISBN: 978-1-86205-943-6

10 9 8 7 6 5 4 3 2 1

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introduction

Love Food consists of a series of recipes for robust, heartwarming food and is crammed with ideas for meals that are the culinary equivalent of a lovely long hug.

The book is divided into five sections. There are recipes for moreish breakfast treats, the easiest soups and salads, hearty lunch offerings such as steak sandwiches with black pepper and mustard butter, flavour-packed suppers (many of them one-pot or one-dish wonders) and delightfully decadent puddings to make your own.

Many of the recipes have been passed down through the generations, with Tina Bester giving them her trademark twist. Offerings like old-school spaghetti and meatballs or retro-inspired lamb chops with cornflake crumbs are bound to become legends in your own household.

The recipes in Love Food are easy to follow, include no-nonsense advice and have been tried, tested and tweaked to perfection. You can rely on Love Food for mouthwatering, hearty offerings that are a contemporary take on the traditional.

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salmon fishcake burgers with wasabi and lime mayonnaise

One of the most extravagant fish burgers around, but well worth the effort. Someone once told me that the secret of good mayonnaise is to think happy thoughts while making it – and it has worked every time.

500g salmon • 2 tablespoons olive oil
salt and freshly ground black pepper
300g potatoes, boiled and roughly mashed
zest of 2 lemons • 4 tablespoons fresh coriander, chopped
1 large egg • 150g breadcrumbs
2 large eggs, beaten • vegetable oil for frying
8 fresh bread rolls

wasabi and lime mayonnaise

2 large eggs • 2 tablespoons lime juice • zest of 3 limes
½ teaspoon wasabi paste (available from Asian food stores)
salt and freshly ground black pepper to taste
about 750ml vegetable oil

Preheat the oven to 200°C. Place the salmon on a baking sheet lined with baking paper, drizzle with olive oil, season and bake for 15 minutes. Allow it to cool and flake it into pieces. Add the roughly mashed potatoes, lemon zest, coriander, 1 egg and 1 cup of breadcrumbs and combine them well.

(CONTINUES ON NEXT PAGE)



pot-roast lamb with crisp roasted baby potatoes

I think that pot-roasting is one of the best ways to cook lamb.
It cooks in all its own juices and stays deliciously succulent.

2 tablespoons olive oil • 1 large leg of lamb
Worcester sauce • 10 whole baby carrots, peeled
10 baby onions, peeled • 250ml white wine
salt and freshly ground black pepper

crisp garlic potatoes

1.5 kg baby potatoes • 125ml olive oil
12 gloves garlic • Maldon salt

Preheat the oven to 180°C. Place the olive oil in an oven-proof pot and brown the leg of lamb with a little Worcester sauce. Don't add salt while you are browning the meat because it will draw liquid and then it ends up boiling. Place the carrots and onions in the pan and add the white wine. Season the meat and vegetables, place the pot in the oven with the lid on and cook for 30 minutes. Turn the heat down to 100°C and cook for a further 8 hours.

To roast the potatoes, preheat the oven to 180°C. Boil the potatoes in a big pot of boiling water until they are just cooked through. Drain them and squash them with the back of a spoon. Toss them with the olive oil and Maldon salt and place them in a roasting pan. Roast for 25–30 minutes until crisp.

Serves 6–8



‘eat and mess’

This meringue and berry wonder has its origins in the halls of the famous Eton school but since Ali was little it’s only ever had this name in our house.

6–8 plain or chocolate-swirl meringues (store-bought meringues are fine)
500ml fresh cream, whipped
250g fresh strawberries, hulled

Roughly crush the meringues into a big bowl and add the whipped cream. Stir together gently and top generously with the strawberries.

Serves 6–8