

### **Deep-fried sprouts with goat's cheese and chilli flakes**

A good deep-fried sprout is a thing of beauty (shallow frying or roasting will work too, but for optimum crispiness deep frying is best). Serves 4

30-35 sprouts, bases trimmed, outer leaves removed  
4 tbsp soft goat's cheese  
1 tbsp olive oil  
¼ tsp grain mustard  
A dash of milk  
Salt  
2 sprigs of parsley  
red chilli flakes

1 If your sprouts need washing, pat them with kitchen paper, making sure they are really dry. Then score both ends, from the top to almost halfway down.

2 Mash or blitz the goat's cheese with the olive oil and mustard. Add milk until a thick drizzling consistency is achieved. Season with salt to taste – fried food takes a lot of seasoning, so make sure that the flavours come through really well.

3 Deep-fry the brussels sprouts at about 165-170C/330-340F, until the outside few layers of leaves are going golden brown, but the inside is still green.

4 Drain and tip on to kitchen roll and leave, preferably in a warm place, for a minute or two. Season with fine salt.

5 While the sprouts are resting, wash and chop the parsley, arrange the sprouts on a big plate, drizzle with the goat's cheese dressing and sprinkle with chilli flakes and the parsley. Serve while warm.

Oliver Rowe, [oliver-rowe.co.uk](http://oliver-rowe.co.uk)

### **Sprouts with juniper berries and bacon**

The rich saltiness of the pork, the spice of the chilli and the fresh coniferous notes that juniper brings to the sprouts make this a seasonal delight. Serves 4

4 tbsp extra-virgin olive oil  
4 large garlic cloves, halved lengthways  
3 slices smoked streaky bacon  
450g medium sprouts, outer leaves removed, bases trimmed, halved lengthways  
1 tsp flaky salt  
pinch of paprika (optional)  
2 juniper berries, smashed and finely chopped  
1½ tsp thyme leaves, chopped  
½ a lemon

1 Pour 3 tbsp of the olive oil into a large pan and set it over a high heat. When you see the oil ripple, add the garlic, give the pan a shake and watch it sizzle, turning each piece over after 30 seconds or so. Fry until golden brown on both sides. Retrieve the garlic cloves from the pan, and set aside on your chopping board.

2 Lower the heat to medium and add bacon to the pan and cook until crispy. Transfer the rashers to paper towels to drain.

3 Fry the sprouts in the pan in one layer, cut sides down. Use tongs to peek underneath them occasionally to make sure they're getting coloured. Once the bottoms are a nice dark golden brown, turn the sprouts over and keep cooking until they're as crunchy or soft as you'd like; 8-12 minutes in all.

4 Sprinkle with the salt and chillies, if using, crushing them between your fingers as you go, then add the juniper and toss in the reserved garlic cloves. Toss it all together and take the pan off the heat. Sprinkle in the thyme, add a good squeeze of lemon (you want a bit of brightness, not tartness) and drizzle on about 1 tbsp of olive oil. Tear the bacon rashers into pieces and toss them with the sprouts. Have a taste and add more salt, lemon or oil, if needed. Leave to cool for a few minutes and serve warm, not hot.

### **Gordon Ramsay's Honey glazed carrots and parsnips**

Gordon Ramsay works his magic with this special side-dish: root vegetables roasted with honey, star anise, cinnamon and thyme.. The sweet and sticky glaze really bring out the flavour in these delicious roasted veggies. Serves 8

#### Ingredients

- 500g parsnips
- 500g carrots
- 2–3 tbsp olive oil
- Few thyme sprigs
- 1 cinnamon stick, broken in two
- 3 star anise
- Sea salt and freshly ground black pepper
- 1–2 tbsp clear honey
- Splash of water
- Few knobs of butter

#### Method

1. Peel and halve or quarter the parsnips and carrots so that the pieces are of a similar size.
2. Heat the olive oil in a large sauté pan, then add the carrots and parsnips and toss to coat in the oil. Add the thyme, cinnamon, star anise and some seasoning.
3. Cook over a medium heat for 15–20 minutes, turning the vegetables frequently, until golden brown and almost cooked through.
4. Drizzle over the honey and cook until the vegetables start to caramelize. Deglaze the pan with the water and increase the heat. Cook for 2–3 minutes, until the liquid has evaporated and the carrots and parsnips are cooked through.
5. Stir through a few knobs of butter to glaze.

### **Vichy Carrots with mulling syrup**

A simple but very seasonal recipe, just replace the usual sugar in a Vichy recipe with mulling syrup. (if you prefer you could use honey or maple syrup instead.)

#### Ingredients

- 750g (1½lb) carrots
- 15g (½oz) butter
- 1 tbsp mulling syrup
- 2 tbsp finely chopped fresh parsley, to serve

Halve any large [carrots](#) and place in a large saucepan with the butter, syrup and a pinch of salt. Cover the carrots half way with water and bring to the boil. Reduce the heat to a simmer, then cover and cook for 15-20 minutes until just tender.

Turn up the heat and cook until the water has evaporated and you're left with a buttery glaze. This will take 5-10 minutes. Stir in the [parsley](#) and season to taste.

### **Mexican Blue Cheese Dip**

A rich dip with a definite kick, you can use any blue cheese you prefer the Crozier blue would give a creamier, salty taste but Kentish Blue is a great cheese to blend well with the chillis

#### Ingredients

- 125g Kentish blue or other blue cheese
- 100g cream cheese
- 125ml sour cream
- 35g sliced Jalapenos
- Grinding of pepper

- 1) Crumble or mash the blue cheese with the cream cheese and sour cream in a bowl
- 2) 2) finely chop the jalapenos and stir them in with the pepper