

3 tbsp extra-virgin olive oil
 1 small onion, very finely chopped
 2 x 400g tins chopped tomatoes
 Large handful of fresh basil leaves
 1 large (or 2 smaller) aubergine(s)
 Plain flour for dusting
 2 large free-range eggs, beaten with a little salt and pepper
 Vegetable oil for frying
 2 x 125g mozzarella balls, torn
 100g Parmesan, grated

1. To make the tomato sauce, heat the oil in a pan over a medium heat, add the onion and sweat until softened. Add the tinned tomatoes, a pinch of salt and half the basil, then simmer gently for 25 minutes.
 2. Meanwhile cut the aubergine(s) lengthways into 3mm thick slices. Dust each slice with plain flour, then coat with beaten egg. Heat a good drizzle of the vegetable oil in a large frying pan over a medium-high heat and, when hot, fry the aubergine slices in batches on both sides until golden. Drain on kitchen towel.
 3. Preheat the oven to 200°C/fan 180°C/gas 6. Line a deep ovenproof dish with a little tomato sauce. Add a layer of aubergine slices, then scatter over some mozzarella, Parmesan and a few basil leaves. Continue making layers like these until you've finished all the ingredients, ending with a topping of tomato sauce, mozzarella and grated Parmesan.
 4. Cover with foil and bake for 25 minutes. Remove the foil and bake for a further 5 minutes until golden-brown. Enjoy hot or cold.
PER SERVING 515kcal, 41g fat (16.6g saturated), 28g protein, 9.2g carbs (7.4g sugars), 1.4g salt, 3.8g fibre
WINE NOTE Unoaked, fruity, crisp whites work better than reds here – try a dry Australian Riesling and serve lightly chilled.



★ **ERIC LANLARD**
 Master patissier and owner of London cake emporium Cake Boy, Eric is the star of Channel 4's

Baking Mad with Eric Lanlard, the second series of which airs in March. "The Caribbean is one of my favourite places to go on holiday. Grenada is called the Spice Island, and as well as nutmeg and other spices, it produces some amazing cacao and chocolate. In this recipe I've combined the island's ingredients to make a decadent, exotic dessert with crunch."

Eric's Caribbean chocolate tart

SERVES 8-10
TAKES 40 MINUTES TO MAKE, 30 MINUTES TO COOK, PLUS INFUSING AND CHILLING

250ml single cream
 50g liquid glucose (from the baking aisle of major supermarkets)
 1 vanilla pod, split
 1 star anise
 1 cinnamon stick
 ½ tsp freshly grated nutmeg
 200g dark chocolate (70 per cent cocoa solids), broken into small pieces
 75g unsalted butter

FOR THE CHOCOLATE PASTRY
 200g plain flour, plus extra for dusting
 25g top quality cocoa powder
 50g icing sugar
 150g unsalted butter, chilled and cut into cubes
 3 medium free-range egg yolks
 1 tsp vanilla paste or extract (we like Taylor and Colledge)

FOR THE NOUGATINE
 50ml milk
 125g unsalted butter
 50g liquid glucose
 150g caster sugar
 75g toasted flaked almonds
 25g coffee beans, very roughly crushed
 A few star anise to decorate

1. To make the chocolate pastry, sift the flour, cocoa and icing sugar into a large mixing bowl. Using your fingertips, rub in the butter until the mixture resembles breadcrumbs.
 2. Make a well in the centre and add

the egg yolks and vanilla. Again using your fingertips, combine to make a smooth dough. Turn the pastry out on to a lightly floured surface and gather together into a ball. Cover with cling film and rest in the fridge for at least 15 minutes.
 3. Preheat the oven to 200°C/fan 180°C/gas 6. On a lightly floured surface, roll out the pastry and use to line a 22cm square fluted tin. Prick the base all over with a fork, line with baking paper and fill to the top with ceramic baking beans (or use dried beans or rice). Blind-bake in the oven for 10 minutes, then remove the baking beans (or beans/rice) and paper, and put back in the oven for 5-10 minutes. Set aside to cool.

4. To make the filling, put the cream, liquid glucose, vanilla pod and spices into a saucepan and bring to the boil. Remove from the heat and set aside to infuse for 10 minutes.
 5. Place the chocolate in a large bowl and, through a sieve, pour over the infused cream (discard the flavourings). While the mixture is still lukewarm, add the butter and stir gently, using a wooden spoon, until blended. Don't over-stir. Pour the mixture into the tart case and put in the fridge until set.

6. Turn the oven down to 180°C/fan 160°C/gas 4. Line a baking sheet with silicone or baking paper. To make the nougatine, put the milk, butter and liquid glucose into a clean saucepan. Heat gently until the butter has melted, then add the sugar and stir until dissolved. Increase the heat until you have a thick syrup, but not a caramel (106°C on a sugar thermometer, if you have one).

7. Remove from the heat and stir in the almonds and coffee beans. Pour the mixture onto the lined baking sheet and bake for 12-15 minutes until it turns a nice caramel colour.
 8. Remove from the oven and set aside to cool until brittle. Break into large pieces and decorate the tart by pushing the pieces of nougatine into the set ganache. Decorate further with a few star anise (not to be eaten!). A rich crème anglaise flavoured with vanilla >>



Eric's taste of the Caribbean – just dive in



Bill's quick roast chicken with white wine and shallots

and dark rum would be perfect with this indulgence!

PER SERVING (BASED ON 10)

834kcal, 57.9g fat (33.2g saturated), 8.5g protein, 69.9g carbs (46.8g sugars), 0.2g salt, 2.4g fibre
WINE NOTE Hungary's dessert wine Tokaji is wonderful with chocolate tart, spiced or not. Alternatively, serve a less pricey sweet Muscat.



★ **BILL GRANGER**
 Aussie restaurateur, food writer and TV chef Bill Granger is renowned for his straightforward

approach to cooking. He recently opened his first UK restaurant, Granger & Co, in London. "There's nothing like the smell of roasting chicken to greet friends when they come round for a relaxed meal, whether it's an evening or lunchtime get-together. This recipe has long been a favourite of mine: you throw everything into one pan, then let it roast away in the oven until everyone's ready to sit down."

Bill's quick roast chicken with white wine and shallots

SERVES 4

TAKES 10 MINUTES TO MAKE, 50-60 MINUTES TO COOK

1.5kg free-range chicken, cut into 8 pieces
 150g bacon, diced or cut into lardons
 10 french shallots, peeled (see boeuf bourguignon tip, next recipe)
 A few fresh thyme sprigs
 1 fresh rosemary sprig
 1 tsp chilli flakes
 2 tbsp extra-virgin olive oil
 250ml white wine
 Crusty bread and green salad to serve

1. Preheat the oven to 240°C/fan 220°C/gas 9. Arrange the chicken pieces in a large roasting tin and scatter with the bacon, shallots, thyme, rosemary and chilli flakes.
 2. Season with salt and pepper.

Drizzle with the olive oil and roast for 20 minutes. Add the wine to the tin, then roast for another 20-25 minutes or until the chicken is golden brown and cooked. Serve with crusty bread and a green salad.
PER SERVING 447kcal, 13.7g fat (4.1g saturated), 66.2g protein, 5.3g carbs (3.7g sugars), 1.9g salt, 1.2g fibre

WINE NOTE Think Bordeaux here – either a classic Sauvignon/Semillon dry blend for a white, or a Merlot-based red from the region.



★ **RAYMOND BLANC**
 Born in France, he moved to the UK in 1972. The sublime cooking at his Oxfordshire hotel

Le Manoir aux Quat' Saisons has earned him two Michelin stars. Look out for his new BBC series, *A Very Hungry Frenchman*, on now.

"Ah, boeuf bourguignon – where do I begin? As wine is part of the culture of France, so is this dish – a cultural and culinary achievement. The recipe celebrates the values of slow cooking, during which the meat is tenderised and releases its juices. Its simplicity is its appeal – something dear Maman Blanc lives by. It's comfort food at its best."

Raymond's boeuf bourguignon

SERVES 4

TAKES 20 MINUTES TO MAKE, 3½ HOURS TO COOK, PLUS 24 HOURS MARINATING AND 1 HOUR DRAINING

RAYMOND'S VARIATIONS This works equally well with an organic chicken, cut into 8 pieces. Venison would be delicious, too, with a few crushed juniper berries in the marinade.
DELICIOUS TIP To peel baby onions, pop briefly in boiling water, run under cold water, then slip off the skins.

600ml full-bodied red wine (such as Shiraz or Cabernet Sauvignon)
 1kg ox cheeks (about 4), or shin or blade of beef, sinews removed, cut across the grain into 3cm chunks
 1 carrot, cut into 2cm thick slices

1 celery stick, cut into 1cm slices
 20 baby onions, peeled but left whole
 6 garlic cloves, peeled but left whole
 1 tsp black peppercorns, crushed
 Bouquet garni (a few fresh parsley stalks, 3 bay leaves and 3 fresh thyme sprigs, tied together with kitchen string)
 2 tbsp plain flour
 3-4 tbsp rapeseed or groundnut oil
 15g unsalted butter
 200g smoked streaky bacon, diced
 400g button mushrooms
 1 tbsp finely chopped flatleaf parsley

1. Pour the wine into a medium-size pan over a high heat. Bring to the boil and bubble vigorously for 2 minutes until it has reduced to 500ml. Set aside to cool completely.
 2. In a large bowl, mix the beef, carrot, celery, onions, garlic, peppercorns and bouquet garni with 200ml water and the cooled wine. Cover with cling film and leave in the fridge to marinate for 24 hours.
 3. Place a colander over a large bowl and drain off the marinade. Leave the beef, vegetables and bouquet garni in the colander for a minimum of 1 hour to remove any excess liquid. Reserve the marinade. Separate the beef from the veg and pat the beef dry with kitchen paper.
 4. Preheat the oven to 200°C/fan 180°C/gas 6. Sprinkle the flour onto a baking tray and place in the oven for 8-10 minutes until it has turned a pale brown colour. Remove and set aside (toasting the flour gives the dish a rich, nutty flavour). Reduce the oven to 140°C/fan 120°C/gas 1.
 5. Season the beef with 4 pinches of salt. Heat the oil in a large, heavy-based casserole over a high heat, then cook the beef in batches, for 5 minutes, turning to colour. Remove with a slotted spoon and set aside. Add the vegetables to the casserole, discarding the bouquet garni. Lower the heat to medium and cook for 5 minutes until lightly coloured.
 6. Spoon out most of the fat from the casserole, then add the toasted flour and stir for a few seconds. Add the marinade little by little, stirring to incorporate it into the flour. The »