

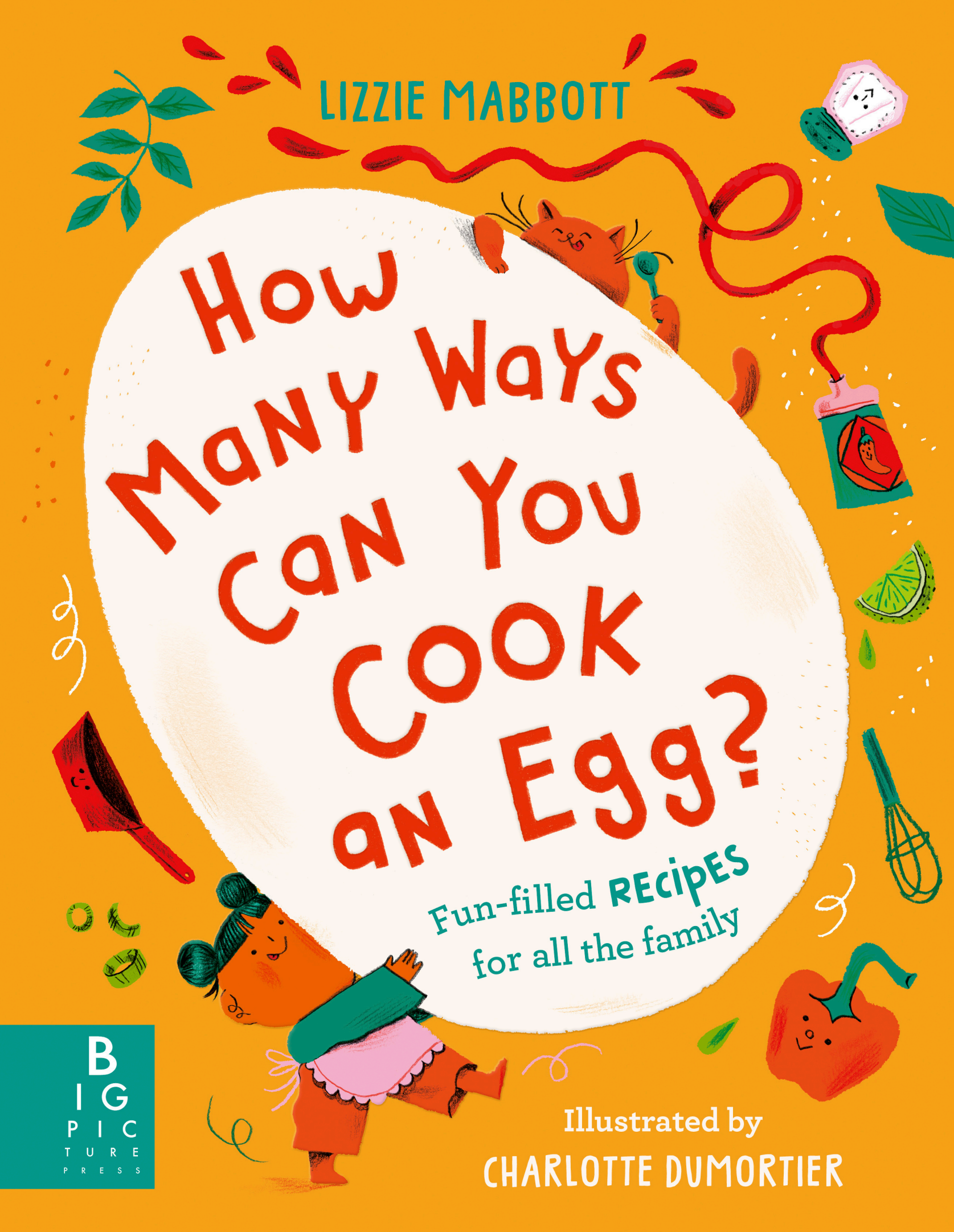
LIZZIE MABBOTT

How Many Ways Can You Cook an Egg?

Fun-filled **RECIPES**
for all the family

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All About Apples

Although some apples are in season all year round, many of them are at their best when the leaves on the trees start to turn brown and the temperature cools. Crunchy, shiny, crisp, juicy apples make a welcome change to the often heavy, warming food of the colder months. But apples baked into pies and puddings are soft and comforting and are a delicious way to greet the autumn season.



Experiment with combining a couple of different apples when cooking for more interesting flavours. If you're able, shopping at loose-pick greengrocers means you can buy a wider variety.

To get the best from your apples when cooking, you need to get to grips with their individual flavours and textures. Hard, dense Bramley or Braeburn apples hold on to their juices well, so they are best-suited to chopping and cooking until soft. Perky Cox or Gala apples are sweet and fragrant, so they are great for snacking on, or adding raw to salads or bircher muesli.

DIY YOU KNOW?

The world's heaviest apple was recorded in 2003 in Japan, weighing an enormous 1.849kg (4lb 10oz). That's three times heavier than a basketball!

Apple and Sultana Pancakes with Cinnamon Butter

MAKES 8 PANCAKES

- 50g (¼ cup) sultanas, soaked in 50ml (1 ½ fl. oz.) boiling water for 15 mins
- 2 apples of your choosing; Pink Lady and Egremont Russet work well here
- 80g (¾ cup) plain flour
- 40g (½ cup) wholemeal flour
- 1 ½ tsp baking powder
- 1 medium egg
- 80ml (2 ½ fl. oz.) whole milk
- 2 tsp cinnamon
- 1 tbsp caster sugar (optional)
- 100g (½ cup) unsalted butter (at room temperature)

These warm, fluffy pillow-y pancakes are not only great with apples, but you can also mix them with other fruit to match the seasons. Poached pears, blood oranges with honey, roasted plums with almonds – once you know the basics of how to make a pancake, you can really branch out. Experiment with different spices in the butter too, like nutmeg or ground ginger.

1 Peel and core the apples, then grate one on the largest side of the box grater, and cube the other into small dice. Toss the cubes with half the cinnamon and set to one side. Add the grated apple to a large mixing bowl with the drained sultanas.

2 To make the batter, add the egg and milk to the mixing bowl, then give it a good stir. Sift in the baking powder, sugar (if using), plain and wholemeal flours, and mix together.

3 Take most of the butter (leaving about a tablespoon), and mix well with the remaining cinnamon. Put the tablespoon of butter into a non-stick pan on a medium heat.

4 Using a ladle, add the batter to the pan. The portion should be about the size of a Big Person's fist. Turn the heat down to medium-low, and watch the bubbles break the surface of the pancake. When the top is looking nice and bubbled (after around 2 minutes), gently flip the pancake using a spatula, or if you're

feeling brave, by tossing the pancake up in the air and catching it in the pan. To do this, loosen the pancake around the edges with your spatula, give it a shuffle by moving the pan back and forth, and in one smooth and confident movement, lift the pan, tilt it slightly towards you and flick your wrist. Then hope for the best!

5 If you have a large pan you can make 2 or 3 pancakes at a time. Move to a plate and leave in a warm oven while you make the rest.

6 To serve, add a smudge of cinnamon butter over the pancake and top with the cubed apple. Serve with syrup if you've got an energetic day ahead of you!

BIG PERSON TIP

These are great for children who are learning to grip and feed themselves, but can also be enjoyed by the whole family on a lazy Sunday morning.



APPLE, ONION and Sage RELISH

2 BIG PEOPLE & 2 LITTLE PEOPLE (AS A SIDE DISH)

2 Granny Smith apples, cored and cut into small cubes

2 bowls of ice-cold water, one with a little lemon juice squeezed into it

1 white onion, peeled and diced finely

A pinch of salt

6 sage leaves

1 tbsp butter

The sharpness of the Granny Smith apple is perfect for accompanying rich flavours, such as cheese, nuts, sausages and roast pork. This tangy relish also works wonderfully with black pudding and *morella*, which are mildly flavoured and warm with spices. This relish can also be cooked – just swap the Granny Smith with a more appropriate Bramley or Braeburn, and stew on a low heat with a drop of water for a softer, jammier sauce. It's the perfect accompaniment to a lovely Sunday roast with all the family!

1 Add the diced onion to a bowl of ice-cold water for at least 15 mins. This technique takes some of the raw harshness away.



2 Add the cubed apple to the bowl of ice water with lemon – this prevents the apple turning brown.



3 In a small frying pan, add the butter and when foaming, add the sage leaves. Turn the leaves occasionally, frying until crisp but not blackened. Remove and drain on a piece of kitchen paper.



4 Drain the diced onion and pat dry, then add to the buttery pan. Give the onion a good swivel around before adding to a clean bowl.

5 Drain the apple, pat dry and then add to the onion. Crumble the sage leaves into the bowl as well. Add the salt and toss gently with your hands.



SWEETCORN FRITTERS

MAKES 9–12 FRITTERS

1 corn on the cob, husked and kernels shaved off or 1 can of tinned sweetcorn, 160g (1 cup) when drained (you can also use frozen sweetcorn, covered with boiling water for 2 mins, then drained well)

2 spring onions, finely sliced

1 small handful of coriander leaves and stalks, finely chopped

A pinch of salt (optional)

20ml (-1fl. oz.) milk

1 medium egg

2 tbsp self-raising flour

1 tbsp cooking oil

Get ready for a riot of flavour in these fritters! They are super adaptable and you can try many tasty experiments to get the combination you like. For example, swap parsley for coriander if you're not keen, or add a sliced chilli if you feel like you need some heat dancing on your tongue. Even the sweetcorn can be replaced. Grated courgette, sweet potato or beetroot work really well here too (though the latter might stain your hands – and everything else – purple for a while!).



1 In a large mixing bowl, add the corn, spring onions, coriander, salt, milk and egg. Mix well so that the egg is nicely beaten, then add 1 tbsp of self-raising flour and mix again. Gradually add more of the flour and continue to mix until you have a batter that is thick with corn, droppable consistency and not too gluey. Your spoon should be able to move through the mixture with ease.

2 Put a non-stick pan on a medium heat, and warm the oil until it's hot and shimmering. Drop the corn batter in carefully, (a couple of tablespoons), and watch closely. After around 2 or 3 minutes, the edges will start to firm up and bubbles will form on top. At that point, use a spatula to gently lift and turn the fritter, and cook for another 3 to 4 minutes.

MEXICAN STREET CORN

SERVES 2 LITTLE PEOPLE

1 corn on the cob, husked, and snapped in half

2 tbsp mayonnaise

60g (-¼ cup) grated cotija (or a hard salty cheese like feta works well)

1 lime

½ tsp chilli powder (optional)

Coriander to serve

This is a wonderful way to eat corn – salty, sour and sweet flavours all combined – and best eaten on a hot summer's day, maybe around a barbecue, with plenty of napkins to hand. If you don't cover your nose in cheese and mayonnaise, you're not eating it right!

1 With a Big Person's help, grill or barbecue your corn cobs, turning so that it browns and chars evenly.

2 Leave to cool slightly. Then, using a pastry brush, liberally brush the mayonnaise on top, sprinkle with cheese and dust with chilli powder (if using).

3 Cut open the lime, and squeeze the juice over with a flourish. Scatter the coriander on top just before eating.

