

Adam's Lamb

Serves 4

- 2 breasts of lamb, cut into 'riblets'
- 600 ml/1 pint water
- 6 tablespoons malt vinegar

Put the lamb riblets in a saucepan with the water and 4 tablespoons of the vinegar. Bring to the boil, then cover and simmer for 20 minutes. Drain the lamb.

- 3 tablespoons plum jam
- 3 tablespoons tomato purée or sauce

Put the remaining ingredients, including the rest of the vinegar, in a saucepan and heat gently, stirring, until well combined.

- 1 tablespoon honey
- 2 tablespoons lemon juice
- 1 teaspoon mald mustard
- 3 tablespoons soy sauce
- 1 tablespoon Worcestershire sauce

Arrange the lamb riblets in a roasting tin and pour over the sauce. Roast in a preheated moderately hot oven (200°C/400°F, Gas Mark 6) for 40 minutes, basting the riblets with the sauce every 15 minutes. Increase the heat to hot (230°C/450°F, Gas Mark 8) and roast for a further 10 minutes to crisp the coating. Serve hot on a bed of saffron rice.

- pepper
- saffron rice to serve

Savoury Sausage Casserole

Serves 6

- 2 tablespoons oil
- 1 large green pepper, cored, seeded and chopped
- 450 g/1 lb tomatoes, skinned and chopped

Heat the oil in a frying pan. Add the green pepper and fry gently for 2 to 3 minutes. Add the tomatoes, courgettes, apples, thyme, salt and pepper and stir well. Cover and simmer gently for 20 minutes.

- 450 g/1 lb courgettes, peeled and chopped
- 450 g/1 lb cooking apples, peeled, cored and chopped
- 1 tablespoon chopped fresh thyme
- salt

Meanwhile, press the sausagemeat into a 20 cm/8 inch square baking tin. Scatter the onion rings on top. Pour over the vegetable mixture and sprinkle with the cheese.

- 450 g/1 lb sausagemeat
- 1 large onion, sliced
- 100 g/4 oz Cheddar cheese, grated

Bake in a preheated moderately hot oven (190°C/375°F, Gas Mark 5) for 45 minutes. Serve hot with baked potatoes or crusty rolls and a salad.

Seafood Suprême

Serves 4

- 4 medium firm tomatoes
- 2 large flat mushrooms
- 1 tablespoon chopped chives
- 2 teaspoons Worcestershire or mushroom sauce

- 2 tablespoons mayonnaise
- 3 tablespoons Thousand Island dressing
- salt

Cut the top off each tomato and scoop out the insides. Put the insides in a bowl and set the tomato shells aside. Remove the stalks from the mushrooms, chop and add to the bowl with the chives, Worcestershire or mushroom sauce, mayonnaise, Thousand Island dressing and salt and pepper. Reserve two of the shrimps and chop the remainder. Add the chopped shrimps to the bowl and mix well.

- 2 tablespoons pepper
- 50 g/2 oz cooked shelled shrimps
- 50 g/2 oz frozen peas, thawed
- 50 g/2 oz frozen sweetcorn, thawed
- 150 g/5 oz butter
- 2 thick coley fillers, skinned
- 25 g/1 oz flour
- 150 ml/¼ pint milk
- watercress or parsley to garnish

Fill two of the tomatoes with peas and the other two with sweetcorn. Place the tomatoes in a small baking dish and sprinkle them with salt and pepper. Dot the tops with 25 g/1 oz of the butter. Bake in a preheated moderate oven (160°C/325°F, Gas Mark 3) while you prepare the fish.

- pepper
- 50 g/2 oz cooked shelled shrimps
- 50 g/2 oz frozen peas, thawed
- 50 g/2 oz frozen sweetcorn, thawed
- 150 g/5 oz butter
- 2 thick coley fillers, skinned
- 25 g/1 oz flour
- 150 ml/¼ pint milk
- watercress or parsley to garnish

Melt half the remaining butter in a frying pan. Add the fish and cook until firm and tender. Transfer the fish to a warmed flat serving dish and keep hot.

- 2 thick coley fillers, skinned
- 25 g/1 oz flour
- 150 ml/¼ pint milk
- watercress or parsley to garnish

Cook the mushroom caps in the remaining fat until tender. Remove them from the pan and keep warm.

- 150 ml/¼ pint milk
- watercress or parsley to garnish

Add the remaining butter to the pan. When it has melted, stir in the flour and cook for 2 minutes. Gradually stir in the milk and bring to the boil. Simmer, stirring, until thickened. Add the shrimp mixture from the bowl and simmer gently, stirring frequently, for 5 minutes.

- 150 ml/¼ pint milk
- watercress or parsley to garnish

Pour the sauce over the fish and garnish each with a mushroom cap. Place a whole reserved shrimp in each mushroom cap. Arrange the stuffed tomatoes at alternate corners of the dish and garnish with watercress or parsley.

