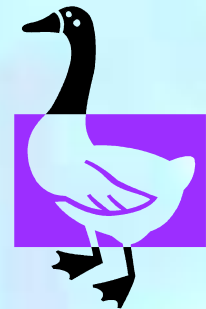


TODAY AT SCHOOL I COOKED:

Gressingham Duck Breast with Orange and Honey Sauce, Duchess Potatoes, Roasted Pumpkin & Carrot, Individual Apple Crumbles

Gressingham Duck Breasts with Orange and Honey Sauce – Serves 4 (I halve one breast per child)

4 large duck breasts (I buy from Friday Street Farm Shop)
1 tbsp clear honey
4oz / 100g onion, finely chopped
1 clove garlic, crushed
¼ pt (150ml) stock
1 tbsp red wine/port
finely grated rind and juice of 1 orange
1tbsp clear honey
2 level tsp cornflour
1 tsp soy sauce
freshly ground black pepper



Dry the duck breasts with kitchen paper. Place, skin side down in a frying pan and fry quickly to brown the skin and release some of the fat. Drain well and arrange, skin side up, in a small roasting tin. Pour a tsp of honey over each breast. Roast near the top of a hot oven for 15-20 mins.

For the sauce, add the onion and garlic to the juices remaining in the frying pan and cook gently until lightly browned. Stir in the stock, orange rind, juice and honey. Blend the cornflour with 1 tbsp red wine and stir into the pan. Simmer, stirring for 2 mins. Add the soy sauce and a grind of black pepper. Cut each breast diagonally across the grain into thin slices and arrange on warm serving plates, together with a little sauce.

Duchess Potatoes – Serves 4-6

Oven 220C / Gas 7

Peel 1.5kg floury potatoes and quarter. Boil for 15 mins, or until tender. Drain, then return to the pan over a low heat for a minute to remove excess moisture. Mash very well. Stir in 150g butter and season with pepper and a little grated nutmeg. Take the pan off the heat and mix in 2 beaten eggs. Spoon the mix into a piping bag fitted with a 2cm (or thereabouts!) fluted nozzle and whilst still warm, pipe whirls on a greased baking sheet. Bake for 5-7 mins until golden and crisp at the edges. Lift off with a fish slice.

Roasted Pumpkin & Carrot – Oven 220C / Gas 7

You will need a smallish pumpkin for this as it is easier to cut. Cut up the pumpkin carefully (an adult should always do this), take out the pulp inside and divide into wedges. Arrange on a baking tray, close together, and dot with butter and drizzle with runny honey and a good grinding of black pepper and roast in the oven for about 40 mins until golden brown. Cut up 5 large carrots into thick batons and scatter around the pumpkin – Bake with the pumpkin.

Individual Apple Crumbles – Serves 5 – 5 Ramekins (or one pie dish)

Oven 190C / Gas 5

Crumble: 35g rolled oats
35g plain flour
20g c. sugar
35g marg or butter

Filling: 400g cooking apples, peeled, cored and quartered
50g sugar
3 tbsp water

Put the apples in a pan with the sugar and water. Cover over a low heat for 5-10 mins until softened then divide into your ramekins. For the crumble, place flour and oats in a bowl and mix well. Cut the marg/butter into small cubes and add this to the oats and flour. Mix with fingertips until it looks like crumbs. Add the sugar and stir – cover the fruit with the crumble – Bake approx 20 mins until the crumble is golden brown and the apple is bubbling slightly around the edges.