



# SIMPLE SCAMPI

with  
Lemon Tartare

- 100g plain flour
- 2 eggs, lightly beaten
- Pinch of cayenne pepper
- Zest of 1/2 lemon
- 300g fresh or frozen scampi
- 200g natural breadcrumbs
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- **Lemon Tartare sauce**
- 200ml mayonnaise
- 2 cornichons, finely chopped
- 1 shallot, finely chopped
- 1 tsp, baby capers
- 1 tbsp flat leaf parsley, finely chopped
- Zest and juice of 1/2 lemon
- Salt and freshly ground pepper
- Watercress and lemon wedges to serve
- Vegetable oil to fry
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1. Place the plain flour and breadcrumbs into 2 separate trays.
2. Place the eggs into a shallow bowl and mix in the cayenne pepper, lemon zest, salt and pepper.
3. Toss the scampi in the flour first, coating it well and shake off any excess flour before placing into the eggs. Coat well and allow any excess egg to drain before sprinkling into the breadcrumbs. Toss well until evenly coated and place on a plate. Refrigerate until needed.
4. Mix together all the ingredients for the lemon tartare, season well with salt and pepper and set aside.
5. Preheat vegetable oil in a deep saucepan to 180C.
6. Carefully lower the crumbed scampi into the oil in batches so not to overcrowd the pan. Allow to cook for 2-3 minutes or until golden. Remove from the oil and drain on absorbent paper. Sprinkle with a little extra salt.
7. Serve a small pile of scampi with a dollop of lemon tartare, watercress and lemon wedges.



# BANGING BANGERS & MASH

with Onion Gravy

- 4 thick pork sausages
- 1 tbsp vegetable oil
- 1 large red onion, finely sliced
- 1 clove garlic
- 1 heaped tbsp plain flour
- 100ml red wine
- 1 sprig thyme, chopped
- 400ml beef stock
- 1 tspn red wine vinegar
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- Mashed potatoes
- 600g potatoes, peeled and boiled until soft
- 120ml milk or single cream
- 2 tbsp butter
- 1 tbsp flat leaf parsley, finely chopped
- Salt and freshly ground pepper
- Steamed greens to serve
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1. Preheat oven to 200 C
2. Place the sausages onto a small oven tray and cook for 15 minutes or until golden, crisp and cooked through
3. Next sauté the red onions in the vegetable oil until soft, add the garlic and cook for a further 2 minutes. Sprinkle in the flour and stir well, allow the flour to cook out for another minute. Pour in the red wine and thyme, allow the wine to reduce by half.  
  
Add the beef stock and reduce the heat and allow the sauce to simmer for 10 minutes. Remove from heat and stir in the red wine vinegar.
4. Whilst the potatoes are still warm, drain well and mash them well to avoid any lumps. Heat the milk and butter and stir through. Season with salt and pepper.
5. Remove the sausages from the oven. Place a large dollop of mash on each plate, top with 2 sausages and red onion gravy. Serve steamed greens alongside.

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## TEA TIME SCONES

with  
Clotted Cream  
& Raspberry Jam

- 450g self raising flour
- 2 heaped tsp baking powder
- 75g butter
- 75g caster sugar
- 2 large eggs
- 225ml whole milk
- Extra flour for dusting
- Clotted cream to serve
- Raspberry jam to serve
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1. Preheat oven to 220 C.
2. Line an oven tray with baking paper.
3. Place the flour into a bowl along with the baking powder. Add the butter and rub it in until it resembles fine breadcrumbs. Stir in the sugar.
4. Beat the eggs in a bowl with the milk. Remove a few tablespoons of the egg mixture and set aside to brush the scones with later.
5. Gradually add the egg mixture to the dry ingredients and stir gently until the mixture forms a soft dough. Lightly dust a surface with flour and place the dough on top, sprinkle the top of the dough with more flour. Roll the dough out until it's around 1 inch thick. Using a round pastry cutter, cut out rounds of the dough and place them onto the lined tray.
6. Gently push the remaining dough together, knead a little and then roll out again and cut out a few more.
7. Brush the scones with the egg and milk mixture. Place on the middle shelf in the oven and bake for 15 minutes or until risen and golden.
8. Remove and cool slightly on a wire rack. Serve with clotted cream and jam.