

Cook with Stanley!

Take advantage of the control and predictability of an oil-fuelled home heating system this spring with a Stanley Brandon. By combining cooking, heating and hot water, the Brandon offers precise and easy energy-management for your home – while its radiant heat brings warmth and comfort to your kitchen.

Simple food can be delicious with just some added touches of ingredients. Asparagus is such a great sign of spring coming, and what a better way to highlight asparagus than making a beautiful quiche and pairing it with goat cheese?

Asparagus and Goats Cheese Quiche

Savory quiches are an ideal way to make a simple meal elegant. And nobody has to know how easy they are! Make this dish up to two days ahead, and serve it warm or at room temperature.

Serve the quiche with a crisp salad or a nice cup of roasted red pepper tomato soup.

Directions:

Preheat the oven to 190 degrees C. Roll out the pastry to approx 0.5-1cm thickness. Place the pastry over your baking dish (around 9 inches in length) and gently press into the bottom and the sides ensuring that no holes are made in the pastry. Do not cut off any overhanging pastry at this stage.

Prick the base all over with a fork, and then cut a square of greaseproof paper to go on top of the pastry; pour some blind baking beans on top of the greaseproof paper. Place the baking dish in the oven for 15 minutes.

Cut asparagus into 2 inch pieces. Steam until tender for around 5 minutes. Cool and chop. Leave 3 to 4 full ones for decoration on top.

Crack the eggs into the bowl and beat, and then mix in the crème fraiche. Grate 80g of the cheese and add to the egg mixture along with the fresh parsley, salt and pepper. Mix to combine.

After 15 minutes, remove the baking dish from the oven and cut off the surplus pastry with a knife. Crumble the remaining cheese into the bottom of the flan tins and then place the chopped asparagus spears on top.

Distribute the egg mixture evenly into the flan tins, covering the cheese; the asparagus will just be visible on top. Bake in the oven for approx 20-25 minutes until the egg mixture has set and is golden on top. Place the remaining asparagus spears on top for decoration.



Ingredients

250g short crust pastry (ready rolled or home made)
100g/3½oz goats' cheese, crumbled
1 green onion, chopped

1/2 c. fresh parsley
2 eggs
100ml half fat creme fraiche
Salt and freshly milled black pepper

Serves 6



Homemade Meatballs with spaghetti in tomato sauce

Directions:

For the Meatballs, put the lamb mince, parsley, 2 tablespoons of the sun dried tomato paste, the cheese and egg together in a bowl and mix using your hands. Season with salt and pepper and shape into 30 small balls.

For the sauce, heat the oil in a pan, add the garlic and ginger, and fry for a minute. Add the wine, tomatoes, sugar and remaining tomato paste. Bring to the boil, and then add the meatballs to the sauce. Cover and simmer for about 10 minutes or until the meatballs are cooked through.

Cook the pasta in boiling salted water for about 10 minutes, then drain and tip into a large serving dish.

Add any remaining parsley to the sauce, check the seasoning, and pour the sauce and meatballs over the pasta.

Sprinkle over some grated parmesan.

Ingredients Meatballs

450g (1 lb) raw lamb mince
4 tablespoons sun dried tomato paste
1 tspb finely chopped fresh parsley
25g (1 oz) Parmesan, grated
1 small egg, beaten
1 tablespoon olive oil

2 garlic cloves, crushed
2.5cm (1 in) piece fresh root ginger, grated
150ml (1/4 pint) red wine
2 x 400g can chopped tomatoes
1 teaspoon caster sugar

Ingredients Pasta

350g (12oz) Spaghetti pasta
Salt and freshly ground pepper

Serves 6

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