

Cook with Stanley!

Eating well doesn't have to take a lot of time. Some of the simplest meals are delicious and loaded with nutrients. Remember to try and eat regular meals, start your day with breakfast, eat a variety of foods to give your body all the nutrients it needs and always drink plenty of water. A new breed of Stanley has emerged - the Stanley Supreme - which combines the best features of our traditional cast iron ranges with the flexibility and flair to suit the way you live today.

Risotto with prawn, lemon, asparagus and parsley

Risottos are usually rich and packed full of butter, but this version is very light and much lower in fat. Risottos are versatile and you can use whatever flavour combo you want. Seafood works especially well in this lighter recipe. Ready in approx 25 to 30 minutes.

Ingredients:

- Olive oil
- 2 small shallots, peeled and finely chopped
- 150g risotto rice
- 75ml white wine
- 750ml warm light vegetable stock
- 20 asparagus, steamed until just tender, spears removed
- 150g cooked peeled prawns
- 3 tablespoons low-fat crème fraîche
- A squeeze of lemon
- 1/2 bunch of basil, chopped
- Salt and freshly ground black pepper

Serves 2

Heat up a splash of oil and gently fry the shallots until soft but not brown. Add the rice and continue frying for two minutes. Add the wine and continue stirring until the wine is absorbed.

Now start to add the stock, cup at a time, stirring until the stock is absorbed between each spoonful. After about 15 minutes (or until the stock is absorbed), add in the asparagus spears to the risotto, continue cooking for 5 minutes and then add the prawns and the crème fraîche. Continue to cook the risotto, taking care

not to destroy the asparagus spears or the prawns. Taste and season with salt and pepper to taste.

It is important that the rice is al dente, which means firm-to-bite (not soft and overcooked), so keep tasting it until it is time to take it off the heat (it will probably need another five minutes).

Add a squeeze of lemon and stir through the basil. Check the seasoning and then, for the final touch, grate some lemon zest over the top.



Bruschetta with tomato, mushrooms and goat's cheese

A delicious hot breakfast, made even better with the addition of some home-made pear chutney served on the side. (see below)

Ingredients:

- 4 thickly cut slices of vienna loaf
- 4 slices goat's cheese
- 2 lb/225g tomatoes
- 2 lb/225g mushrooms
- Butter for frying
- Salt and freshly ground black pepper

Serves 4

Turn grill on to full power. Toast the bread on both sides until crisp and golden. Slice mushrooms, quarter tomatoes. Melt butter in frying pan until sizzling. Add mushrooms and tomato. Season with salt and freshly ground black pepper and fry for 4-5 minutes, stirring occasionally. Place mushroom and tomato mixture on each slice of bread and top with goat's cheese. Place under grill until goat's cheese begins to melt and serve.



Pear chutney

Put all ingredients into a wide stainless steel pot and simmer over a moderate heat until soft and pulpy and slightly thickened, about 12-2 hours. It will reduce to about a 3 of the original volume. Pot in sterilised jars and seal tightly. Allow to mature for 3-4 weeks before using.

Ingredients:

- 4lbs/1.8kg pears peeled, cored, and chopped
- 1lb/450g of onions, peeled and finely chopped
- 1lbs/450g sultanas
- 2lbs/900g soft brown sugar
- 1oz/25g salt
- 2 Pints/1.2litres white malt vinegar
- 4 star anise
- 1 teaspoon ground ginger

Makes 6-8 x 1lb/450g Pots



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