Something Worth Making

Shopping Lists

A Taste of Things to Come

Ten recipes. Ten shopping lists.

Take this little companion to the shops, tick as you go, and check the full recipe for preparation and alternatives.

GOOD FOOD IS A LOVELY THING TO GIVE.

MAPLE BRUNCH CROISSANTS

Serves 2 | Prep 5 minutes | Cook 15 minutes

INGREDIENTS

- [ ] 2 large all-butter croissants
- [ ] 6 rashers smoked streaky bacon
- [ ] 60g mature Cheddar, coarsely grated
- [ ] 1 tbsp maple syrup
- [ ] 2 tsp alcohol-free Dijon mustard
- [ ] ½ tsp cider vinegar
- [ ] Generous grind of black pepper
- [ ] 1 tbsp cornflour; 4 tbsp water

CONTINUED

- [ ] 4 large eggs
- [ ] Water, for poaching
- [ ] Black pepper

CRISPY PRAWN & CORN FRITTERS

Serves 2 | Prep 10 minutes | Cook 10 minutes

INGREDIENTS

- [ ] 300g raw peeled prawns, defrosted if frozen
- [ ] 150g sweetcorn, defrosted or well drained; 75g whole and 75g roughly chopped
- [ ] 2 spring onions, finely sliced
- [ ] 1 large egg
- [ ] 50g plain flour
- [ ] ½ tsp baking powder
- [ ] ½ tsp fine salt
- [ ] Plenty of black pepper
- [ ] 2 tbsp neutral oil, for frying

CONTINUED

- [ ] 120g thick Greek yoghurt
- [ ] 1 tbsp fresh lime juice
- [ ] ½ tsp finely grated lime zest
- [ ] ¼ tsp fine salt
- [ ] Black pepper
- [ ] ½ lime, cut into wedges

MUSAKHAN ROLLS WITH TZATZIKI

Serves 2 generously | Makes about 8–12 small rolls | Time 45–60 minutes, depending on batches

INGREDIENTS

- [ ] 400g boneless, skinless chicken thighs
- [ ] 300g onions, very thinly sliced
- [ ] 3 tbsp ground sumac
- [ ] 1 tsp mild chilli powder
- [ ] 1 tsp garlic purée; or about 1 garlic clove, finely grated
- [ ] 1 tsp fine salt
- [ ] Freshly ground black pepper
- [ ] 2 tbsp neutral oil, divided
- [ ] 1–2 tbsp water, only if the onions catch
- [ ] About 8–12 thin flatbread squares, 11–12cm across
- [ ] 1 tbsp plain flour
- [ ] 2 tsp water, plus a few drops if needed

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- [ ] 125g thick Greek yoghurt
- [ ] 75g cucumber, coarsely grated
- [ ] ½ tsp garlic purée
- [ ] 1½ tsp extra-virgin olive oil
- [ ] 1 tsp distilled white vinegar
- [ ] 1½ tsp finely chopped fresh dill
- [ ] ¼ tsp fine salt
- [ ] Plenty of freshly ground black pepper

GARLIC YOGHURT SPICED BEEF PASTA

Serves 2 generously | Time 30–35 minutes

INGREDIENTS

- [ ] 180g thick Greek yoghurt
- [ ] 1 tbsp garlic purée
- [ ] ¼ tsp fine salt
- [ ] 2–3 tbsp reserved pasta cooking water, as needed
- [ ] 250g beef mince, about 10% fat
- [ ] 1 tsp neutral oil
- [ ] 1 tbsp concentrated tomato purée

CONTINUED

- [ ] 1 tsp sweet paprika
- [ ] ½ tsp ground cumin
- [ ] ¼ tsp chilli flakes
- [ ] 15g unsalted butter
- [ ] ½ tsp fine salt
- [ ] Freshly ground black pepper
- [ ] 50–75ml reserved pasta cooking water
- [ ] 200g dried small pasta shells
- [ ] Salt, for the cooking water

XINJIANG CUMIN LAMB WITH TIGER SALAD

Serves 2 | Prep 15 minutes | Marinating 30 minutes | Cook 10 minutes

INGREDIENTS

- [ ] 400g boneless lamb shoulder
- [ ] 1 medium onion, finely grated
- [ ] 1 tbsp neutral oil for the marinade, plus 1 tsp for frying
- [ ] 1 tsp ground cumin
- [ ] ½ tsp ground coriander
- [ ] ¼ tsp fennel seeds, finely ground
- [ ] ¾ tsp fine salt
- [ ] 1 tbsp ground cumin
- [ ] 1 tsp cumin seeds, lightly crushed
- [ ] 1 tsp chilli flakes
- [ ] ½ tsp flaky salt

CONTINUED

- [ ] 2 spring onions, thinly sliced
- [ ] Small handful fresh coriander, roughly chopped
- [ ] Juice of 1½ limes
- [ ] 150g ripe tomatoes, cut into bite-sized pieces
- [ ] ½ small red onion, thinly sliced
- [ ] 1 fresh green chilli, thinly sliced
- [ ] 10g fresh coriander
- [ ] 2 tsp rice vinegar; ½ tsp light soy sauce
- [ ] ¼ tsp caster sugar; ¼ tsp fine salt
- [ ] 1 tsp sesame oil (optional)
- [ ] 120g jasmine rice (dry weight)
- [ ] Cook to packet instructions
- [ ] Warm flatbreads (optional)

GOCHUJANG PORK WITH SMASHED CUCUMBER SALAD

Serves 2 generously | Prep 10 minutes | Cook 15–20 minutes

INGREDIENTS

- [ ] 350g pork tenderloin or pork loin, thinly sliced
- [ ] 2 tbsp alcohol-free gochujang
- [ ] 1 tbsp alcohol-free light soy sauce
- [ ] 1 tbsp runny honey
- [ ] 2 tbsp unseasoned rice vinegar
- [ ] 1 tsp toasted sesame oil
- [ ] 1 tsp garlic paste; or about 1 garlic clove, finely grated
- [ ] 2 tsp ginger paste; or about 10g peeled fresh ginger, finely grated
- [ ] ½ tsp freshly ground black pepper
- [ ] 2 tsp neutral oil
- [ ] ½ medium onion, thinly sliced
- [ ] 2 spring onions, sliced, whites and greens separated

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- [ ] 100ml low-salt vegetable stock
- [ ] 120g jasmine rice, dry weight
- [ ] 1 tsp sesame seeds, optional
- [ ] 1 medium cucumber, about 300g
- [ ] ½ tsp fine salt
- [ ] 1 spring onion, finely sliced
- [ ] 1 tsp sesame seeds
- [ ] 2 tbsp unseasoned rice vinegar
- [ ] 2 tsp alcohol-free light soy sauce
- [ ] 1 tsp alcohol-free gochujang
- [ ] ½ tsp sweet paprika
- [ ] 1 tsp toasted sesame oil
- [ ] 1 tsp caster sugar
- [ ] ½ tsp garlic paste; or about ½ garlic clove, finely grated

MISO BUTTER UDON WITH ROASTED AUBERGINE & POACHED EGGS

Serves 2 | Time 40–45 minutes

INGREDIENTS

- [ ] 1 large aubergine, about 350g
- [ ] 1½ tbsp neutral oil
- [ ] ¼ tsp fine salt
- [ ] Freshly ground black pepper
- [ ] 2 × 200g packs ready-to-wok udon noodles
- [ ] 20g unsalted butter

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- [ ] 1 tsp garlic purée; or about 1 garlic clove, finely grated
- [ ] 25g alcohol-free white miso paste, about 1½ tbsp
- [ ] 1 tsp unseasoned rice vinegar
- [ ] 75–125ml hot noodle cooking water, as needed
- [ ] 2 large eggs, as fresh as possible

CAJUN-STYLE TURKEY PEPPER RICE WITH CHARRED CORN

Serves 2 generously | Time about 40–45 minutes

INGREDIENTS

- [ ] 350g turkey thigh mince, or turkey mince with about 7% fat
- [ ] 1 tbsp neutral oil
- [ ] 2–4 peppers, about 300g, deseeded and cut into 1cm pieces
- [ ] 1½ tsp garlic paste
- [ ] 3 tbsp concentrated tomato purée
- [ ] 1½ tsp sweet paprika
- [ ] 1 tsp smoked paprika
- [ ] 1 tsp onion powder or granules
- [ ] ¾ tsp dried thyme
- [ ] ½ tsp cayenne pepper
- [ ] ½ tsp fine salt
- [ ] Freshly ground black pepper
- [ ] 1½ tsp alcohol-free light soy sauce
- [ ] 50ml water

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- [ ] 120–160g drained sweetcorn
- [ ] 1 tsp neutral oil, for charring
- [ ] 2 tbsp thick low-fat Greek yoghurt
- [ ] 1 tsp mayonnaise
- [ ] ½ tsp garlic paste
- [ ] ½ tsp ginger paste
- [ ] ½ red chilli, deseeded and finely chopped
- [ ] ¼ tsp cayenne pepper
- [ ] Juice of ½ lime, plus wedges to serve
- [ ] 2 spring onions, whites chopped; greens reserved
- [ ] 150g white long-grain rice
- [ ] Water according to cooker or packet instructions
- [ ] Salt, only if needed at the end

HARISSA-HONEY CRISPY TOFU WITH SRIRACHA WHIPPED FETA

Serves 2 | Prep 10 minutes | Cook 15 minutes

INGREDIENTS

- [ ] 400g extra-firm tofu
- [ ] 1 tbsp cornflour
- [ ] ½ tsp fine salt
- [ ] 1 tbsp olive oil
- [ ] 1½ tbsp rose harissa
- [ ] 1½ tbsp runny honey
- [ ] 1 tbsp lemon juice
- [ ] 1 tsp alcohol-free light soy sauce
- [ ] 1 small garlic clove, finely grated; or about 1 tsp garlic paste

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- [ ] 200g feta
- [ ] 90g thick Greek yoghurt
- [ ] 1 tbsp sriracha
- [ ] 1 tbsp olive oil
- [ ] 1 tsp lemon juice
- [ ] Freshly ground black pepper
- [ ] Extra Greek yoghurt, only if needed
- [ ] Small handful flat-leaf parsley, roughly chopped
- [ ] 1 spring onion, finely sliced
- [ ] 2 flatbreads, to warm and tear
- [ ] Lemon wedges

BUTTERSCOTCH LATTE CHEESECAKE

Serves 8 | Prep 40–45 minutes | Chill overnight, plus chilling after topping

INGREDIENTS

- [ ] 240g digestive biscuits
- [ ] 110g unsalted butter, melted
- [ ] 2 tsp ordinary instant coffee
- [ ] 2 tsp boiling water
- [ ] Small pinch fine salt
- [ ] 400g full-fat cream cheese
- [ ] 200g mascarpone
- [ ] 75g icing sugar, sifted
- [ ] 12g ordinary instant coffee, not ground coffee
- [ ] 25ml boiling water
- [ ] 200ml cold double cream

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- [ ] 75g soft dark brown sugar
- [ ] 40g unsalted butter
- [ ] 120ml double cream
- [ ] ⅛ tsp fine salt
- [ ] 1 tsp cocoa powder, for dusting