



GET AHEAD
Cook to the end of step 2 up to a day in advance. If preparing on the day, just leave in the pan and continue when required.

Delicious prepare-ahead recipes

Get ahead

Chorizo hash

Ready in 15 mins
Serves 4
Olive oil
1 large onion, sliced
6 fresh chorizo sausages
2 cloves of garlic, crushed
Pinch of dried oregano
½ tsp hot smoked paprika
675g waxy new potatoes, cooked and cut into rough chunks
Salt and freshly ground black pepper
100g baby spinach
4 eggs
Few sprigs of parsley, chopped

1 Heat a little olive oil in a deep-frying pan, and cook the onion until soft and just beginning to brown. Slice each sausage diagonally, into approximately six slices, and add to the onions. Fry over a high heat until beginning to brown and the red juices are running from the chorizo.

2 Add the garlic, oregano, smoked paprika and potatoes, and season with salt and black pepper. Carefully mix together. Lower the heat, cover with a lid and cook for 10 mins. The mixture should only just be sizzling very gently.

3 Add the spinach and nestle it into the mixture until just wilted. Serve the hash with a sprinkling of parsley, fried eggs, and a few drops of Tabasco sauce, if liked.



Haddock fish cakes with watercress sauce

Ready in 45 mins, plus chilling
Makes 8

500g potatoes, peeled and chopped into even-sized pieces
30g butter, plus extra for frying
Salt and freshly ground black pepper
250g fresh haddock
250g undyed smoked haddock
150ml milk
1tbsp anchovy essence or paste
1tbsp small capers
2 tbsp freshly chopped parsley
Flour, for coating
Olive oil

FOR THE WATERCRESS SAUCE
85g bag of watercress
150ml crème fraîche
Freshly squeezed lemon juice

1 Put the potatoes in a pan of cold salted water and bring to the boil, then simmer until cooked. Drain, then mash with the butter and plenty of seasoning.

2 Meanwhile, put the fish into a pan. Slice in half, if needed. Pour over the milk. Bring slowly to the boil, remove from the heat and set aside for a few mins. Drain, discarding the milk. Break the haddock into large flakes.

3 In a large bowl, mix together the mashed potato, haddock, anchovy essence, capers and parsley. Season. Spread a little flour onto a plate. Mould the mixture

into eight fishcakes and lightly coat in the flour. Cover and chill for 30 mins to firm.

4 Meanwhile, for the sauce, blitz the watercress and crème fraîche together using an electric hand-held mixer or processor.

5 Heat a little oil and butter in a frying pan, and cook the fishcakes, in batches if necessary, for 3-4 mins on each side, or until it's golden brown. Gently heat the watercress sauce, thinning with a little water if needed, and adding lemon juice to taste. Serve the fishcakes with the watercress sauce, and fried crispy parsley, if liked.



GET AHEAD
Make up to the end of step 3 up to three days ahead. Cover and chill. Make up to the end of step 4 up to 24 hours ahead and chill.

GET AHEAD

You can prepare step 1 up to 24 hours in advance.



Dukkah-crusted chicken thigh fillets with lime yoghurt & pomegranate

Ready in 20 mins, plus marinating (optional)
Serves 8
8 boneless, skinless chicken thigh fillets, trimmed
200g natural yoghurt
Juice of 1 lime
Salt

2tbsp pomegranate seeds
Few sprigs of coriander, roughly chopped
FOR THE MARINADE
1tsp ground cinnamon
1tsp turmeric
6tsp dukkah
4tbsp vegetable oil

1 Snip a cut of approximately 1cm through the flesh on both sides of each thigh, to stop them curling up when cooking. Mix the marinade ingredients together in a bowl. Add the chicken and coat well. Mix the natural yoghurt with the juice from half the lime and season with salt. Set aside.

2 Heat a frying or griddle pan until hot. Open the chicken thighs out flat and sprinkle the skinned side of the chicken with salt. Cook, skin-side down, in the dry pan, pressing down with a fish slice for 5-6 mins on each side until crisp and golden. If you need to cook in batches, wipe out the pan in between.

3 Top each thigh with a dollop of yoghurt sauce (serve the rest separately), scatter with the pomegranate seeds and roughly chopped coriander, and pour over the remaining lime.



These recipes are taken from **The Get-Ahead Cook** (Whitefox Publishing, £20)