





Roast Duck

Serves: 4
 Time: 2 hrs 15 mins
 Calories per portion: 863
 Fat: 60g of which is saturated 16g

1 large orange, finely pared rind shredded and cut in half
 Large duck approx. 3kg (6lb), washed and dried
 Vegetable oil for preparation
 200ml (7fl oz) cranberry sauce
 1 large dessert apple, peeled, cored and cut into eighths
 1 tbsp plain flour
 200ml (7fl oz) red wine
 300ml (1/2 pint) chicken or duck stock

1. Preheat oven to 220°C/425°F/ Gas 7. Put half of orange inside duck and squeeze juice from other half. Using a fork, prick duck all over. Place on a rack in a roasting tin and smear lightly with oil. Add salt and roast for 30 minutes.

2. Reduce heat to 180°C/350°F/Gas 4 and continue cooking for 1-1 1/2 hours, or until duck is well cooked (insert a skewer into thigh, juices should run clear, with no traces of blood). Transfer duck onto a dish, keep warm.

3. Meanwhile, put cranberry sauce into a pan, add orange juice and apple wedges and bring to boil. Reduce heat and cook gently until apple is softened, but not broken up. Keep warm or serve cold.

4. Skim off fat from roasting juices. Put 2-3 tbsp of fat into a pan and add flour. Strain juices into pan then add wine and stock, bring to boil, stirring. Reduce heat, simmer for 10-15 minutes, pour into a sauceboat.



Prawns on Linguini

Serves: 2
 Time: 25 mins
 Calories per portion: 685
 Fat: 21g of which is saturated 4g

Cook's tip
 Use any prawns in place of the tiger prawns, but if using cooked prawns only heat for 2-3 minutes with sauce and omit point 2 in method.

150g (5oz) linguini
 2 tbsp light olive oil
 2 large spring onions, trimmed and cut into quarters lengthways
 1 small red pepper, de-seeded and cut into thin strips
 1 small green pepper, de-seeded and cut into thin strips
 400g (14oz) large, shelled tiger prawns, thawed if frozen
 350g jar Organic tomato and basil sauce with parmesan
 Parmesan shavings to garnish
 Chopped parsley to garnish

1. Cook linguini, according to instructions on packet, in lightly salted boiling water. Meanwhile, heat oil in a large frying pan or wok. Add spring onions, red and green pepper strips and stir-fry for about 5 minutes until just softened.

2. Add prawns to pan and continue stir-frying until they just start to turn pink.

3. Add tomato and basil sauce and heat through gently for 3-4 minutes.

4. Drain linguini and put into two heated pasta bowls, or onto plates. Spoon prawn mixture on top, scatter with parmesan shavings and chopped parsley.



Leeks & Roots Lasagne

Serves 6
 Preparation time: 20 minutes
 Cooking time: 1 hour
 Calories per portion: 170 Kcal
 Fat per portion: 3g of which is saturated 1.2g
 Suitable for vegetarians & freezing

Cook's tip
 Fresh egg lasagne comes in 300g packs or 12 sheets
 Freeze the rest of the sheets for use another time.

1 tsp light olive oil. 1 sweet potato, peeled and diced.
 1 onion, peeled and diced. 2 carrots, peeled and diced.
 1 parsnip, peeled and diced. 2 celery sticks, chopped.
 2 garlic cloves, peeled and chopped. 3 tbsp white wine.
 2 x 400g cans plum tomatoes. 2 leeks, trimmed and thinly sliced.
 4-5 sheets fresh egg lasagne.
 25g (1oz) Gruyère/Cheddar cheese, grated. 2 sprigs thyme.

1. Heat the olive oil in a large pan over a medium heat and add the onion, carrots, sweet potato, parsnip and celery as you prepare them. Cook, covered, stirring every so often, for 10 minutes until the vegetables are just tender. Add the garlic, wine, thyme sprigs and tomatoes and simmer, half-covered, for 15 minutes until the sauce thickens. Season to taste.

2. Meanwhile, blanch the leeks in a pan of boiling water for 5 minutes. Put the lasagne sheets into a lasagne dish. Drain the leeks over the dish so the water helps to soften the sheets (or use boiling water from the kettle) and leave for 5 minutes. Cool the leeks under cold running water to keep their colour, then leave to drain.

3. Preheat the oven to 200°C/400°F/ Gas 6. Take the lasagne sheets out of the dish and discard the water.

4. Spoon half the tomato sauce into the lasagne dish. Place 2 sheets of lasagna on top. Spoon in almost all the sauce, keeping back 2 spoonfuls, and cover with the other 2 sheets of lasagne. Fill the gaps with the remaining sheet.

5. Spread the leeks over the lasagne and spoon the remaining tomato sauce on top. Sprinkle with the grated cheese. Bake for 25 minutes until golden brown. Serve hot with green beans.



Tuna Steak with Salsa Verde

Serves 4
 Preparation time: 15 minutes
 Cooking time: 10 minutes
 Calories per portion: 185 Kcal
 Fat per portion: 8g of which is saturated 1.6g

Cook's tip
 Fresh tuna is best if it is just cooked on the outside and pink in the middle; so try not to overcook as it becomes dry and tough.

4 x 110g (4oz) tuna steaks
 4 tsp olive oil
 1 lemon, grated zest and strained juice
 Good pinch of sugar
 1 clove garlic, peeled and finely chopped
 4 baby gherkins (cornichons), finely chopped
 1 tbsp capers, rinsed and chopped if large
 4 anchovy fillets, chopped, optional
 3 tbsp chopped parsley
 2 tbsp chopped mint leaves
 2 tbsp chopped basil leaves

1. Put the tuna steaks in a large shallow dish with 2 teaspoons of the olive oil, half the lemon zest and half the lemon juice. Coat the tuna well and leave to marinade while you make the salsa.

2. To make the salsa, in a bowl mix the rest of the oil, lemon zest and 1-2 tablespoons of the lemon juice with the sugar, garlic, gherkins, capers, anchovies (if using) and chopped herbs.

3. Heat a griddle pan or frying pan (preferably non-stick) until hot. Cook the tuna steaks, 2 at a time for 2-3 minutes each side.

4. Serve each steak with a spoonful of salsa on top. Accompany with new potatoes and rocket salad.

All recipes shown in this brochure are from the new Hearty and Healthy Dairy Cookbook, which is priced at £9.25 plus £2.00 P&P. To order your copy of the Cookbook or the new 2008 Dairy Diary and Gift Pack, please call 01536 762922, speak to your local milkman or visit the website www.dairydiary.co.uk.



Apple & Plum Crumble

Serves 4
 Preparation time: 10 minutes
 Cooking time: 30 minutes
 Calories per portion: 185 Kcal
 Fat per portion: 1g of which is saturated 0.2g
 Suitable for vegetarians + freezing

Cook's tip
 For a crunchier topping, use jumbo rolled oats or 'traditional' style oats, which are larger than normal rolled oats.

Rather than make a traditional crumble mixture using flour, here oats are used as a topping. Oats are an excellent source of soluble fibre, which helps to reduce blood cholesterol levels, and as the energy from them is released slowly, you'll feel full for longer.

- 450g (1lb) cooking apples, peeled, cored and sliced
- 450g (1lb) plums, stoned and quartered
- 1 tsp ground cinnamon
- 1 tbsp cornflour
- 3 tbsp demerara sugar
- 3 tbsp jumbo oats
- 2-3 bursts olive oil spray

1. Preheat the oven to 190°C/375°F/Gas 5. Mix together the apple slices, plums, cinnamon, cornflour and 2 tablespoons of the demerara sugar. Tip the mixture into an ovenproof dish. Drizzle with 6 tablespoons of water.
2. Sprinkle the oats over the top and then the sprinkle with the remaining sugar. Spray 2-3 bursts of oil over the top of the oats. Bake in the centre of the oven for 20-30 minutes or until the topping is a light golden colour and the apples feel tender when pierced with a skewer. Serve with low fat natural yogurt.



Raspberry Sponge Flan

Serves 6
 Preparation time: 40 minutes
 Cooking time: 10-12 minutes
 Calories per portion: 175 Kcal
 Fat per portion: 4g of which is saturated 0.9g
 Suitable for vegetarians + freezing

Cook's tip
 The flan may also be made with a mixture of raspberries and sliced strawberries or all strawberries, if preferred.

- 3 large eggs. 75g (3oz) caster sugar. 1/2 tsp vanilla extract
- 75g (3oz) plain flour. 75g (3oz) Quark
- 2 tbsp apricot high fruit content spread (no added sugar)
- 250g (9oz) raspberries. Icing sugar for sifting
- Mint leaves to decorate

1. To make the sponge flan case, preheat the oven to 180°C/350°F/Gas 4. Lightly grease and flour a 25cm (10in) sponge flan tin.
2. Break the eggs into a large mixing bowl, add the caster sugar and vanilla extract and then whisk together (preferably with a hand-held electric mixer) for approximately 10 minutes, until the mixture becomes very thick and creamy, and light in colour.
3. Gently sift the flour into the bowl and then carefully fold the flour into the egg mixture using a large metal spoon. Pour the mixture into the prepared flan tin, spread it evenly across the base and bake for 10-12 minutes, or until well risen, feels springy to the touch and has slightly shrunk away from the sides of the tin.
4. Allow the flan case to cool in the tin for 5-10 minutes, then carefully turn it out onto a wire rack to cool completely. Transfer it onto a serving plate.
5. Put the quark and fruit spread into a bowl and gently blend together with a wire whisk or fork.
6. Spread the apricot mixture over the bottom of the flan case, and then arrange the raspberries in circles on top and scatter over mint leaves. Sift icing sugar over the top, then cover and keep refrigerated until ready to serve.



Gooseberry Fool

Serves 4
 Preparation time: 10 minutes
 Cooking time: 10 minutes
 Calories per portion: 58 Kcal
 Fat per portion: 0.4g of which is saturated 0.1g
 Suitable for vegetarians

Cook's tip
 Although this dessert needs to be eaten shortly after making, or the whisked egg whites will collapse, the gooseberry and ginger purée may be cooked a day or two in advance and kept in the fridge.

This is quick to make during the summer months when fresh gooseberries are available. Native to the UK, gooseberries are simply delicious stewed with a little sugar, but are virtually unknown in other parts of the world. The French don't even have a name for them!

- 250g (9oz) gooseberries, topped and tailed
- 3-4 tbsp water
- 5mm (1/4in) piece root ginger, peeled and grated
- 3 tbsp honey
- 75g (3oz) low fat natural yogurt
- 1 egg, white only

1. Tip the gooseberries into a saucepan and add the water, ginger and 2 tablespoons of honey. Place the pan over a medium heat and bring to a simmer. Reduce the heat and let the fruit simmer gently for 5-8 minutes, or until the gooseberries mash to a pulp. Leave the purée to cool then fold the yogurt into the gooseberry purée.
2. Whisk the egg white until stiff and fold it into the purée. Spoon into serving dishes and serve immediately with the remaining honey drizzled on top.



Peaches Cooked in Rosé Wine

Serves 6
 Preparation time: 20 minutes
 Cooking time: 15-20 minutes
 Calories per portion: 98 Kcal
 Fat per portion: 2g of which is saturated 0.2g
 Suitable for vegetarians + freezing

Cook's tip
 If serving the peaches cold, they can be prepared and cooked the day before.

Originally from China, peaches are succulent fruit that have long been praised in literature. In this recipe, they are lightly poached in rosé wine for a velvety texture and slightly alcoholic flavour. Peaches are a good source of vitamin A, which is essential for healthy skin.

- 6 large firm but ripe peaches. 25g (1oz) caster sugar
- 5cm (2in) piece cinnamon stick, halved. 500ml (18fl oz) rosé wine
- 1 large orange, very finely pared rind and strained juice.
- Half fat crème fraîche or quark or low fat natural yogurt to serve
- Sliced pistachio nuts for sprinkling

1. Cut the peaches in half and carefully remove the stones. Place the peach halves in a single layer in a large, shallow saucepan. Add the cinnamon stick pieces, wine, sugar, orange rind and juice.
2. Place the saucepan over a moderate heat and bring the wine up to the boil. Reduce the heat, cover the pan with a tightly fitting lid and gently cook the peaches for 5-10 minutes (depending on their size), until they are only just softened when tested with the tip of a knife.
3. When the peaches are cooked, remove the pan from the heat. Using a large slotted spoon, remove the peaches from the wine and transfer them into a large heatproof serving dish.
4. Return the saucepan to the heat, bring the wine back up to the boil and then boil gently until the wine is reduced by about two-thirds or until slightly syrupy.
5. Pour the wine over the peaches and allow them to cool. When cold, cover and refrigerate until well chilled. Serve with crème fraîche, quark or yogurt and sprinkled with pistachio nuts. If preferred, the peaches may also be served hot.