**Cottage Pie**

**Ingredients**

* 400 ml beef stock (can use 1 tab cube dissolved in 250 mls hot water)
* 50 g butter
* 2 onions, peeled and finely chopped
* 1 large carrot, peeled and finely diced
* 3 celery, trimmed and finely diced
* 3 garlic cloves
* 1 sprig fresh thyme (if dry, pinch of it in the hot stock)
* 1 bay leaf
* 1 kg ground beef (ground beef)
* 2 tablespoons tomato puree
* 2 tablespoons Worcestershire sauce
* Pinch of red pepper flakes
* 175 ml red wine
* 1 kg white potato
* 75 g butter
* 1 splash milk

**Method**

Melt the butter in a pan on a medium heat. Add the onion, carrot, celery, garlic, (thyme if fresh) and bay leaf and fry over a medium/low heat for 10 minutes, or until softened but not coloured.

Add the beef mince and cook for a further 10 minutes, or until brown.

Add the tomato purée, Worcestershire sauce and red pepper flakes, then stir and cook for 2 minutes.

Turn the heat up to high and add the red wine. Let it bubble away and reduce for 5 minutes then add the stock (with dry thyme if not using fresh) and reduce to a medium heat. Simmer for a further 20 minutes, stirring often.

Meanwhile, cut the potatoes into halves and quarters so they're all an even size. Cook in a pan of boiling, salted water until cooked through. Drain in a colander and leave to steam dry.

Preheat the oven to 350F.

Taste the mince and season accordingly with salt and pepper. Transfer it to an ovenproof dish (approximately 20cm by 30cm). Mash the potatoes with the butter, milk and a pinch of salt and pepper then spread over the top of the mince.

Finely grate over a little parmesan cheese (optional) then cook for 45-60 minutes, or until golden and bubbling.

**BBQ RIBS**

**Ingredients**

* 1 heaped teaspoon fennel seeds
* 1 heaped teaspoon allspice berries
* 1 heaped teaspoon coriander seeds
* 1 heaped teaspoon ground nutmeg
* 1 heaped teaspoon smoked paprika
* 1 heaped teaspoon English mustard powder
* 1 heaped teaspoon of salt
* olive oil
* 2 kg higher-welfare skinless boneless pork loin

BBQ Sauce

* 240 ml ketchup
* 40 ml Worcestershire Sauce
* 40 ml Soya sauce
* 1 teaspoon salt
* 1 teaspoon Hot sauce of your choice (Frank’s Hot Sauce is good)
* 2 teaspoons English mustard
* 3 tablespoons honey

Method

To make a rub, bash all the spices together with a good pinch of sea salt and black pepper in a pestle and mortar till fine (or use a blender). Muddle in 2 tablespoons of olive oil.

Preheat oven to 350 degrees F.

Place ribs meat-side down on aluminum foil. Prick back of rib rack several times with a knife. Generously apply coating of dry rub to all sides of rib rack and marinate for 1 hour.

With rib rack meat-side down, fold foil around it to create a tight seal. Transfer to sheet pan. Bake in preheated oven until tender and cooked through, about 2-3 hours. Open foil, drain and discard any accumulated juices and fat. Brush barbeque sauce on all sides of rack.

Place rack meat-side up and return to oven, leaving foil open. Bake for 10 minutes, remove from oven, and brush another layer of barbeque sauce on meat-side only. Repeat baking and brushing with sauce 4 more times, for a total of 50 minutes baking time.

Cut rack into individual rib segments and serve with more barbeque sauce.