

Aldo Zilli

Welcome to my foodie world. This weekend is going to be a busy one, starting with a Saturday trip to my local fishmonger. I'm hoping for some nice sole and a bit of hake, as I love cooking these fish.

On Sunday I will be at the Caravan, Camping & Motorhome Show in Birmingham showing people how to make simple barbecue dishes. So if you are there, stop by and say hello.

Now to this week's book, which has more than 65 ways to enjoy cooking with garlic, by Jenny Linford. Garlic has been a big part of my life since I helped my mother to grow, pick and cook great dishes with it, so I was curious to see what this book contained – and I wasn't disappointed.

It has lots of ideas on dips, snacks, meat, poultry and fish, plus pasta and bread, so well done to Jenny – it's a very good addition to my kitchen.

Buon appetito and see you next week.

Aldo Zilli

You can also follow Aldo on Twitter @AldoZilli or @ZilliMedia or find him on Facebook. He is currently executive chef consultant for the San Carlo Group of restaurants. For more information visit sancarlo.co.uk or follow them on Twitter @SanCarlo_Group.



BOEUF BOURGUIGNON

- ★ 800g braising steak, cubed
- ★ 750ml red wine, ideally Burgundy
- ★ 1 onion, roughly chopped
- ★ 1 carrot, roughly chopped
- ★ 3 garlic cloves, chopped
- ★ 4 fresh thyme sprigs
- ★ 2 fresh bay leaves
- ★ 2 tbsp olive oil
- ★ A flameproof casserole dish, with lid
- ★ 1 shallot, chopped
- ★ 2 rashers smoked bacon, chopped into fine strips
- ★ 400ml beef stock
- ★ Salt and freshly ground black pepper
- ★ 15g butter
- ★ 200g button mushrooms
- ★ Chopped parsley, to serve

SERVES: 6-8 PREPARATION: 5 MINUTES (PLUS MARINATING TIME)

COOKING TIME: 2 HOURS 15 MINUTES

Place the steak in a large bowl with the red wine, onion, carrot, garlic, thyme and bay leaves then marinate in the fridge for at least 3 hours or overnight.

Preheat the oven to 150°C/300°F/Gas Mark 2. Remove the beef from marinade and pat dry with kitchen paper. Discard the onion and carrot, but reserve the rest of the red wine marinade (the garlic and herbs). Place the reserved marinade in a pan, bring to the boil and cook uncovered until reduced to about 600ml.

Heat one tablespoon of the olive oil in a casserole dish. Add the beef and

fry for 3-5 minutes until browned on all sides. Set aside.

Wipe out the casserole dish with paper towels. Add the remaining olive oil, heat through then fry the shallot and bacon for 1-2 minutes. Add the browned beef, reduced red wine and beef stock. Season with salt and pepper. Bring to the boil, cover and cook in the preheated oven for 2 hours. Towards the end of the casserole's cooking time, heat the butter in a pan and fry the mushrooms. Stir the mushrooms into the casserole and serve with a garnish of parsley.



COOKING WITH GARLIC

Recipes taken from *Garlic* by Jenny Linford (£14.99, Ryland Peters & Small), photography by Clare Winfield.

To order your copy, call the Express Bookshop on 01872 562310, send a cheque or postal order made payable to The Express Bookshop to Express Bookshop, PO Box 200, Falmouth, Cornwall TR11 4WJ, or order at expressbookshop.com.



WINE OF THE WEEK

A juicy red wine is the perfect accompaniment to the roast lamb or boeuf bourguignon dishes above. We'd recommend Morrisons Signature Valpolicella Ripasso (£7.47), which is crammed with raspberry and cherry fruit. Ripasso is a method where the wine is made richer by seeping it in the skins of amarone, the rich Veneto red made from semi-dried grapes. The result is a very moreish wine. Alternatively, treat yourself to a bottle of Asda Extra Special Barolo (£15), which has a pale-ish colour, firm structure and savoury spiciness backing up the cherries, plums and herbs. For more fantastic wine offers, call The Express Wine Club on 0843 224 1020.



PHOTOGRAPHER: CAROLINE LEEBING

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ANCHOVY ROAST LAMB

- ★ 1 leg of lamb
– about 1.5kg
 - ★ Salt and freshly
ground black pepper
 - ★ 2 garlic cloves,
chopped into slivers
 - ★ 5 anchovy fillets,
chopped into pieces
 - ★ 3 fresh rosemary sprigs,
cut into short pieces
 - ★ 40g butter, softened
 - ★ 150ml red wine
- For the gravy:**
- ★ 300ml chicken stock
or water

SERVES: 4-6

PREPARATION: 15 MINUTES (PLUS RESTING TIME)

COOKING TIME: 50-60 MINUTES

Preheat the oven to 230°C/450°F/Gas Mark 8. Bring the lamb to room temperature.

Season the lamb with salt and pepper. Using a small, sharp knife, cut little incisions in the lamb flesh on all sides of the leg. Take a piece each of garlic, anchovy and rosemary then insert the flavourings into an incision, making sure to push the garlic into the flesh. Repeat the process until the garlic has been used up.

Mash any remaining anchovy and rosemary leaves into the softened butter. Place the lamb in a roasting tray and smear the butter generously over the fleshy part of the meat. Pour the wine over it.

Roast the lamb in the preheated oven for 15 minutes. Reduce the oven temperature to 180°C/350°F/Gas Mark 4 and roast for a further 45 minutes for medium rare or 30-35 minutes for rare, basting now and again with the wine-roasting juices.

Remove from the oven and rest in a warm place for 30 minutes.

To make the gravy, de-glaze the roasting pan – place it on the stove top, add the stock or water and bring to the boil. Scrape the pan with a wooden spoon to release the flavoursome brown residues so they combine with the liquid.

Serve the lamb with the roasting juice gravy on the side.



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Also available as an all-red or all-white selection.