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Opening extract from

100 Yummy Things to Cook and Eat

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Couscous salad

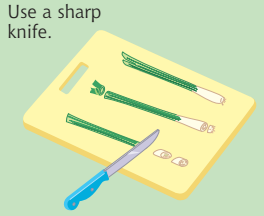
To make a salad for 4 people, you will need:
8 spring onions
1 tablespoon of sunflower oil
half a vegetable stock cube, mixed with 225ml (8fl oz) of boiling water
225g (8oz) couscous
4 ripe tomatoes
half a cucumber
1 yellow pepper
4 tablespoons of chopped mint

For the dressing:
2 tablespoons of sunflower oil
2 tablespoons of fresh lemon juice
a pinch of salt and of ground black pepper

✿ Eat on the day you make it. Serve with some mixed salad leaves or on its own.



Couscous salad is delicious served with grilled or barbecued meat or fish, too.



1. Cut off the ends of the spring onions. Remove the outer layer, then cut the onions into 1cm (½in) diagonal slices.



2. Put the oil and onions into a large saucepan and heat them for 30 seconds. Add the stock, then heat it until the liquid boils.



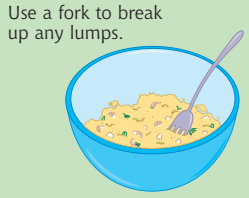
3. Take the pan off the heat. Add the couscous and stir it in. Cover the pan with a lid and leave it for 3 minutes.



4. If there is still any liquid in the pan, gently heat it on a low heat for a few minutes until all of the liquid is absorbed.



5. For the dressing, put the oil into a small bowl. Add the lemon juice, salt and pepper and mix everything with a fork.



6. Spoon the couscous into a large bowl. While it is still warm, pour the dressing over it. Stir the couscous, then let it cool.



7. Cut the tomatoes into quarters. Scoop out the seeds with a teaspoon, then cut out the core. Chop the tomatoes finely.



8. Cut the ends off the cucumber. Cut it in half lengthways. Scoop out the seeds, then chop each half into small pieces.



9. Cut the ends off the pepper and remove the seeds. Chop it finely. Mix the mint and vegetables into the couscous.

Lemon ricotta cake

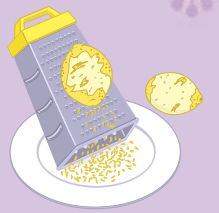
Makes 9 squares

2 lemons
3 eggs
50g (2oz) butter, softened
300g (10oz) caster sugar
250g (9oz) tub ricotta cheese
175g (6oz) self-raising flour
50g (2oz) white chocolate drops
25g (1oz) plain chocolate drops

a 20 cm (8in) square cake tin, at least 6½cm (2½in) deep

Store in an airtight container for up to 4 days.

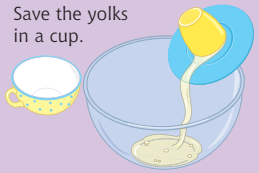




1. Grease the tin and line it with baking parchment. Heat the oven to 180ºC, 350ºF, gas mark 4. Grate the rind of the lemons.



2. Carefully break one egg on the edge of a cup or bowl. Slide the egg slowly onto a plate. Put an egg cup over the yolk.



3. Holding the egg cup, tip the plate over a bowl, so that the egg white slides into it. Repeat with the other eggs.



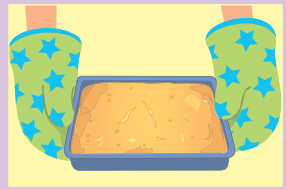
4. Whisk the egg whites until they are really thick. When you lift the whisk up, the egg whites should make stiff peaks, like this.



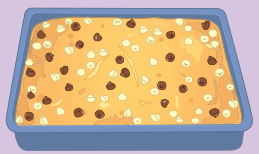
5. Put the butter, sugar, egg yolks and lemon rind into a clean bowl and beat them. Add a spoonful of ricotta and beat again.



6. Add more ricotta until it is all mixed in. Sift in the flour, then fold the mixture with a metal spoon. Fold in the egg whites.



7. Spoon the mixture into the cake tin and smooth it with the back of the spoon. Bake it in the oven for 45-50 minutes.



8. While the cake is still hot, sprinkle the white chocolate drops over the top. Then, scatter the plain chocolate drops.



9. When the drops have melted, use a spoon to swirl the chocolate. Leave the topping to dry, then cut the cakes into squares.

Lemon and berry muffins

Makes 12 muffins

1 lemon
250g (9oz) self-raising flour
1 teaspoon bicarbonate of soda
150g (5oz) caster sugar
90ml (3½fl oz) sunflower oil
150g (5oz) carton low fat lemon-flavoured yogurt
2 medium eggs
150g (5oz) fresh berries
75g (3oz) icing sugar

For the lemon icing (optional):
125g (5oz) icing sugar
half a lemon

a 12-hole muffin or deep bun tray
paper muffin cases

You could sift icing sugar over the top to decorate.

These are best eaten on the day you make them, but can be stored in an airtight container in the fridge for 2-3 days.





1. Put a muffin case into each hole in the tray. Heat the oven to 190ºC, 375ºF, gas mark 5. Grate the rind of a lemon.



2. Sift the flour and bicarbonate of soda into a bowl and stir in the caster sugar. Make a hollow in the middle of the mixture.



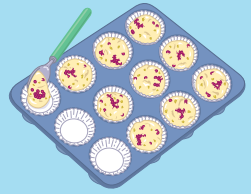
3. Measure the oil into a jug. Add the lemon yogurt and the zest. Juice half the lemon and add the juice to the oily mixture.



4. Break the eggs into a bowl and beat them well. Add them to the oily mixture, then mix the ingredients together.



5. Pour the oily mixture into the hollow in the dry ingredients, then add the berries. Gently stir all the ingredients together.



6. Spoon the mixture into the paper cases. Bake the muffins for 15-18 minutes, then leave them in the tray for five minutes.



7. Lift the muffins onto a wire rack. To make lemon icing to drizzle on top, mix the juice of half a lemon with the icing sugar.

