

EGGS BARNABY

Barnaby Reid, seven, from Stroud, Glos, invented this cheesy egg dish – and likes helping his mum Fiona cook it

Serves 1

- 50g (1¾oz) broccoli, in florets
- 1 English muffin, halved and lightly toasted
- 2 slices of honey roast ham

For the cheese sauce

- 4tbsp butter
- 4tbsp plain flour
- 8tbsp milk
- 25g (1oz) mature Cheddar, grated, plus extra for sprinkling
- A pinch of mustard powder
- Salt and freshly ground black pepper

For the eggs

- A dash of vinegar

- A pinch of salt
- 2 eggs (the fresher, the better)

Steam the broccoli for 6-7 minutes, or until tender. To make the cheese sauce, melt the butter in a pan, stir in the flour and cook for just under a minute. Whisk in the milk a little at a time to avoid lumps forming, then bring to the boil, stirring continuously. Cook for 2 minutes, then take off the heat, add the cheese and mustard powder and season to taste.

To cook the eggs, half-fill a saucepan with water, add the vinegar and salt and bring to a

gentle simmer. Stir the water vigorously with a balloon whisk to create a whirlpool and crack an egg into the centre. Reduce the heat to low, and cook for 5 minutes. Remove from the water with a slotted spoon, drain on kitchen paper and keep warm. Repeat with the second egg.

Place the muffin halves on a serving plate. Put a slice of ham, a poached egg and half the broccoli on each one, then top with the cheese sauce. Serve straight away, sprinkled with a little extra grated cheese and a twist of pepper, if liked.

Food Glorious Food starts on Wednesday, 8pm, ITV. The accompanying book is published by Mitchell Beazley, priced £20. © Optomen Television Ltd 2013. To order a copy for £16.99 (incl p&p) call 0844 472 4157.



ONLY HAVE

5

MINUTES?

HAVE BREAKFAST IN A GLASS

Place a handful of wholegrain honey and nut cereal (try Honey Nut Cheerios or Shredded Wheat) in a liquidiser with 150ml (5fl oz) natural yoghurt, 100ml (3½fl oz) milk and 1 banana. Blend until smooth, adding a little more milk if needed. Sweeten with extra honey if liked. Serves 1.

SERVE A BLOOD ORANGE SALAD

Blood oranges are delicious in salads. Just cut off all the peel and pith from 2 large oranges, slice and toss with chicory leaves, diced red onion and pomegranate seeds. Drizzle with French dressing and serve with chicken as a light lunch.

TRY SPICY AVOCADO WRAPS

Peel and stone an avocado, mash with a fork and season well. Stir in a little hot chilli sauce then spread over a flour tortilla and top with 2 rashers of smoked pancetta and 1 chopped tomato. Roll up and serve as lunch for one.

ENJOY A HOT BROWNIE TRIFLE

Crumble a chocolate brownie into a tumbler, top with a few raspberries or strawberries. Pour over a little hot chocolate custard (try Ambrosia Milk Chocolate Custard, 48p for a 150g pot, Tesco) and top with whipped cream. Deliciously wicked!

PLAN A TEA PARTY

Invite friends, family or colleagues to a fundraising afternoon tea during UK Dementia's Time For A Cuppa week from 1-8 March. The money will provide nurses to help families and individuals who are affected by dementia. See www.timeforacuppa.org.



John & Gregg's SIDE DISH

What's hot for foodies? MasterChef's John Torode and Gregg Wallace serve up their secret tips...

JOHN SAYS Asian cuisine can seem complicated, but with Nem Viet kits for Vietnamese Spring Rolls and Pho, a noodle soup, it couldn't be simpler. Just add few crunchy veggies and some finely sliced chicken or beef and you have a quick, healthy and delicious meal in minutes. From £2.69, Waitrose.



GREGG SAYS If you want a decent dessert without too much effort, try Green & Black's new ice cream. To go with my old favourite, Chocolate, there's now a creamy Vanilla Caramel Nut. Irresistible. £4.29 for a 500ml pot.



JOHN SAYS New York Bakery Co have some fabulous new bagels: Fruit 'n' Oats, which is full of cranberries, raisins and sunflower seeds and topped with crunchy oats, and their tangy Red Onion & Chive. Either would make a satisfying way to start your day. From £1.60 for 4, major supermarkets.



GREGG SAYS We're lucky to have access to plenty of wild venison here in the UK, so do buy it in preference to farmed if you can – it's juicier and has more flavour. You cook venison as you would beef, but compensate for its much lower fat content by marinating first, or basting regularly if roasting.

OUR TASTEBUD TICKLER

Toasted saffron adds a fragrant, smoky flavour to plain yoghurt, whether it's served with cereal, fruit or grilled lamb.



3 2010 Jim Barry, The Lodge Hill Shiraz, Clare Valley, South Australia
£66 for 6 bottles, www.tesco.com
'Wine by the Case'
Don't miss out on this case deal. The addition of 3 per cent cabernet and 3 per cent malbec gives this wine a twist of cassis and spice, and you'll not find a better match for Simon's Pie.

4 2011 The Society's Saar Riesling, Germany
£8.95, The Wine Society
An effortlessly classy wine from the team at von Kesselstatt, this beautiful, expressive wine is grapey, smooth and uplifting. With a kiss of sweetness on the finish it's a moreish, retro aperitif and would work well with the Chicken & Leek Pie.

5 2011 Sancerre, Les Caillottes, Loire, France
£11.99, Sainsbury's
This pretty, palate primping sauvignon blanc is named after the stones found in the vineyard. You can almost taste the cool minerality underpinning the citrus theme making this a great accompaniment to any seafood dish. Les Caillottes can even handle curry!

in Wakefield, West Yorkshire, today and tomorrow, www.experiencewakefield.co.uk