

APPLE CRUMBLE

Ingredients
(Serves 4-6)
 4-5 ripe sweet eating apples (Pink Lady or Gala are the best)
 60g (2oz) unsalted cold butter and a little extra for greasing the baking dish
 120g (4oz) wholemeal/whole wheat flour
 120g (4oz) ground almonds/almond meal
 2 tsp sesame seeds (optional)
 4 tbsp caster or fine granulated sugar
 1 tsp ground cinnamon

Method
 1. Pre-heat the oven to 180C/350F/gas mark 4 and grease a 20 cm (8 inch) baking tin/pan with a little butter.
 2. Start by making the crumble. Chop the butter into

small cubes and put into a mixing bowl.
 3. Add the flour, almonds and sesame seeds, and rub the butter into the dry ingredients with your fingertips. The crumble should be the consistency of breadcrumbs, but don't worry if the mixture is a little lumpy.
 4. Mix in 3 tbsp of sugar. Place the crumble in a fridge while you prepare the apples.
 5. Wash, core and chop the apples into tiny pieces (it's important to make them as tiny as you can, so they will be soft when you take the crumble out of the oven). I leave the apples unpeeled, but if you want to peel them, that's fine, too.
 6. Put the apples into the baking dish and spread the



crumble over them.
 7. Mix the cinnamon with the remaining spoonful of sugar and sprinkle the mixture over the top of the crumble. This will give the crumble a toasted appearance.
 8. Bake the crumble for 15-20 minutes or until it has become golden brown.

ANTHONY'S SHEPHERD'S PIE

Ingredients
(Serves 4-5)
 5 big sweet potatoes
 2 cloves garlic
 10 mushrooms
 1 onion
 3 tbsp olive oil
 240g (8 oz) lean minced lamb
 225ml (8 fl oz) 1 cup chicken stock (or use chicken stock cubes to make the stock)
 A pinch of salt
 A dash of ground black pepper

Method
 1. Pre-heat oven to 200C/400F/gas mark 6.
 2. Peel the sweet potatoes and chop them into chunks.
 3. Take a large saucepan, fill it with water and bring it to the boil. Add the sweet potatoes into the saucepan and boil them until they are tender.
 4. While the sweet potatoes are boiling, chop the garlic, onion and mushrooms.
 5. Take a large frying pan and heat the olive oil in it.
 6. Fry the garlic on a low heat for a couple of minutes, stirring every now and then.
 7. Stir in the onions and mushrooms and fry them until the onions have softened.
 8. Add the minced lamb

taste

and any juices left in the packet. Give the mixture a good stir, breaking up the mince. Fry the mixture for 4-5 minutes and stir occasionally.
 9. Stir in the stock. Cook for a few more minutes and then take the pan off the heat. The mince may only be partially cooked at this point, but that doesn't matter as it will be cooked further in the oven.
 10. Take a high-sided oven-proof dish and spoon the mince mixture, including any excess liquid, into it.
 11. When the sweet potatoes are tender, drain and mash them. Mix in the salt and black pepper.
 12. Spread the mash over the mince mixture and place the dish in the oven for 20-30 minutes. The shepherd's pie is ready when the mash starts to brown a little. Serve immediately.



Follow us on

Fishermans Wharf

Fish, Seafood & Grill Restaurant

A delicious fish, seafood and grill restaurant in Southend-on-Sea.
 Served in a relaxed, friendly setting, with views of the Estuary.



Book Now: 01702 346773

Email: fishermans_wharf@hotmail.com

www.fishermanswharfsouthend.co.uk

Fisherman's Wharf, Western Esplanade, Southend-on-Sea, Essex SS1 1EE