

# Tana Ramsay's Real Family Food

Delicious Recipes for Everyday  
Occasions



Tana Ramsay

**Tana Ramsay**  
**Tana Ramsay's Real Family**  
**Food: Delicious Recipes**  
**for Everyday Occasions**

**Аннотация**

Everyone in the family will love Tana Ramsay's simple and delicious recipes. The secret, says the author of the bestselling Tana Ramsay's Family Kitchen, is easy recipes and basic ingredients. Whatever the occasion –school-night suppers, family entertaining, picnic treats or weekend baking– Tana has a fool-proof solution that will work every time. As a busy mother-of-four and the glamorous wife of celebrity chef Gordon Ramsay, Tana knows the challenges of pleasing everybody around the kitchen table – especially if you want your family to eat real, healthy food. With the help of her trademark easy-to-follow and mouth-watering recipes, Tana shows how to transform mealtimes with minimum fuss, and make real food something that doesn't mean spending hours in the kitchen. Lavishly illustrated with over 100 recipes for every family occasion, including:• School-rush Breakfasts, Grab and Go Lunches and Food in a Flash• Easy Entertaining, Try Something Different and Vegetable Temptations• Picnics and Treats, Baking Sensations and Devilish Desserts

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Occasions



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A woman with brown hair tied in a bun, wearing a green cardigan over a dark top, is smiling and looking to the right. She is grating a yellow lemon with a metal zester. The background is bright and out of focus, suggesting a kitchen or dining area with natural light.

Iana  
Ramsay's  
real  
family food



# **Tana Ramsay's Real Family Food**

Delicious Recipes for Everyday Occasions

harper  

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nonfiction

# dedication

For Gordon. Thank you for being you.

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This book includes reference to nuts and recipes including nuts, nut derivatives and nut oils. Avoid if you have a known allergic reaction. Pregnant and nursing mothers, invalids, the elderly, children and babies may be potentially vulnerable to nut allergies and should therefore avoid nuts, nut derivatives and nut oils.



## introduction

This year we celebrated Megan's ninth birthday and, like many parents, Gordon and I couldn't help wondering how so much time could feel like so little. Even our youngest, Tilly, is five now and she's meant to be the baby of the family!

With the children getting older, I've noticed that what I cook for them has become more grown up too. Although I still add very little salt to my cooking and hold back on hot spices, what I cook the children for tea will nearly always work later as dinner for Gordon and me. This is why I've tried to make the recipes in *Real Family Food* as tempting for adults as they are for children. It also has the added bonus of only having to think about one dinner in the evenings, not two (I call it convenience, not laziness!).

When you think about it, ultimately we only need to eat to refuel and keep ourselves going throughout the day. Even so, I believe that food can play another, almost more important, part in our lives. It can bring us together, slow us down and let us catch up with each other as we rush through the week. Some of the happiest moments of my life have been around the table sharing good food, and the times I treasure most with my family are when we are all together doing just that. This must be why I associate certain foods and dishes with different people and places. For example, blueberry muffins always make me think of my sister

as she's so addicted to them, calamari bring back memories of baking hot holidays in the south of France, and the smell of Moroccan lamb cooking takes me right back to Sunday mornings in the kitchen with my mum. It's memories like these that make me smile. It's a bit like a song making you think of someone. I'm willing to bet that different foods conjure up different memories for you too.

Food brings people together, especially families. The more we can get together around the table and share each other's company, the closer and more strongly knit we can become – even on the days when nobody can agree on anything!

With this in mind, I've tried to organize the recipes in this book around everyday social occasions – from hurried weekday breakfasts and leisurely family get-togethers to picnics in parks and casual lunches with friends.

For example, 'Breakfasts and Brunches' has some very quick and easy ideas to put together during the week, as well as other more leisurely brunch options for lazy Saturday or Sunday mornings when you can't be bothered to get out of your pyjamas. Similarly, 'Food in a Flash' is designed for frantic evenings when everybody is piling through the door and clamouring for dinner, your attention and general sanity. By contrast, 'Laid-back Suppers' is for those evenings when you have a little more time on your hands. Most of these take slightly more time to prepare, but once they're in the oven you can usually leave them to take care of themselves.

Probably my favourite section is 'Picnics and Treats'. My kids like nothing more than eating outside, and I'm pretty sure that some of their best food memories must be tied up in outdoor parties with family and friends.

Vegetables are arguably not an event in themselves, but I know that sometimes they can feel like one! Children have a tendency to dig in their heels over allowing one or two peas to fall on their plates, let alone finishing them up. My lot still need encouragement when it comes to eating their greens, but I've always tried to see it as a positive challenge and, with a bit of trial and error, I've found ways to make them think that vegetables are okay after all. Hopefully, they'll go down well with your family too.

Whilst we're on the subject of experimentation, the section of recipes called 'Try Something Different' is designed to let you and your family do just that. Again, it's not, strictly speaking, organized around an occasion, but it's designed to encourage your children to enjoy different food flavours so that if you go out for dinner, either to different styles of restaurant or abroad on holiday, they're not fazed by what arrives on their plates.

For the days when you've got the in-laws descending on you in droves, the recipes in 'Big Family Lunches' should be able to help you stay calm amidst the general chaos. Most of these can be prepared in advance and then left in the oven or pot to cook, so you should end up having plenty of time to get ready yourself. Serve these with one or two of the vegetable side dishes in

‘Vegetable Temptations’ and follow up with one of the ‘Devilish Desserts’ and you can’t fail to impress!

Finally, you may notice that I’ve tended not to recommend what you should eat with what, for example which side dishes should be eaten with which main courses, or which desserts works best with which lunches (unless I have a real favourite). I’ve done this deliberately as I believe you should be able to eat anything you like in whatever combination you like. I think we’ve become too worried about doing everything right and getting everything officially perfect. Life’s too short! We need to relax and trust our instincts more. I think this is how we can learn the most about food and cooking, and it’s certainly how I learnt. Besides, if I worried the whole time about being perfect, then Gordon would never get fed at all!

So trust yourself, relax and enjoy bringing your family together again and again with simple, satisfying food. In years to come they’ll have all sorts of amazing memories tied up with the food you cooked and the times you shared together.

Tana Ramsay



## *Breakfasts and Brunches*

Weekdays always go past in a blur. If I'm not rushing out the door to get the kids to school on time, I'm trying to figure out where I'm meant to be next. By the time it gets to the weekend, there is nothing I like more than a long lazy morning.

The children have finally got the hang of lie-ins, so when we eventually get downstairs (still in our pyjamas of course) we're all ready for a hearty breakfast. These are the mornings I treasure the most with my family.

*Yoghurt and berry crunch*

*Porridge with almond roasted peaches*

*Oat and blueberry muffins*

*Pecan and bran banana muffins*

*Bacon and egg muffins*

*Grilled mackerel on toast*

*Avocado, bacon and roasted tomato sandwich*

*Cinnamon eggy bread soldiers with yoghurt, raisins and honey*

*Salmon and dill frittata*

*Smoked haddock pots*

*Croque Madame*

*Smoked salmon, cream cheese and scrambled egg bagels*

*Homemade bagels*





## yoghurt and berry crunch

*I make these in little glass tumblers from Ikea as they tend to bounce when dropped and are fabulously childproof!*

**370g/13oz frozen berries**

**1 tbsp brown sugar**

**10 digestive biscuits**

**370g/13oz Greek yoghurt**

**1** Place the berries in a small saucepan with the sugar and cook over a low heat until they become a soft, pulpy mess. Remove from the heat and allow to cool.

**2** Crush the digestive biscuits with the back of a spoon.

**3** Place a 1cm/1/2 inch layer of crushed digestives into the bottom of each glass. Spoon 1cm/1/2 inch of the Greek yoghurt on top, followed by 1cm/1/2 inch of the fruit. Repeat this so you have 6 layers in total (2 of each). Serve immediately or refrigerate for later.

**Makes:** 4 × 100ml/4fl oz tumblers

**Prep time:** 15 minutes

**Cooking time:** 10–15 minutes

**TIP**

■ To save time, cook the berries the day before you need them.

# porridge with almond-roasted peaches

*This is really easy to make before school while the children are getting dressed. Perfect for a winter morning pick-me-up.*

**25g/1oz butter**

**4 peaches, halved, stones removed**

**25g/1oz soft brown sugar**

**75g/3oz flaked almonds**

**100g/4oz porridge oats**

**600ml/1 pint whole milk**

**300ml/11fl oz water**

**1** Preheat the oven to 180°C/350°F/GM4.

**2** Generously butter a small ovenproof dish and arrange the peaches in it, cut side uppermost. It should be quite a snug fit, with the peaches bumping up against each other. Place in the oven and set the timer for 7 minutes.

**3** Mix together the soft brown sugar and flaked almonds and put to one side.

**4** Put the oats, milk and water into a medium-sized saucepan and bring to the boil, stirring all the time. Turn down the heat and simmer for about 7 minutes until the porridge is thick and creamy.

**5** When the oven timer beeps, sprinkle the peaches with the almonds and sugar and return to the oven for a further 10 minutes.

**6** Divide the porridge between 4 bowls and arrange 2 peach halves on top of each. Spoon over the syrupy almonds and serve immediately.

**Serves:** 4 children

**Prep time:** 20 minutes, depending on ripeness of peaches

**Cooking time:** 17 minutes

### **TIPS**

■ Nectarines and apricots work well too.

■ You can soak the oats overnight in milk or fruit juice to save time in the morning.

## **oat and blueberry muffins**

*Blueberry muffins have always been a favourite treat for breakfast in my house, and my sister is seriously addicted to them, as are her two children. I usually have to bulk-bake when I make these ...*

**340g/12oz self-raising flour**

**150g/5oz light brown sugar**

**25g/1oz porridge oats (plus 15g/1/2oz extra for sprinkling)**

**180ml/6 1/2 fl oz buttermilk**

**1 egg, beaten**

**125ml/4 1/2 fl oz vegetable oil**

**150g/5oz fresh blueberries (frozen and defrosted is fine if you can't find fresh berries)**

**1** Preheat the oven to 180°C/350°F/GM4.

**2** Place 12 paper cases into a muffin tin.

**3** Sieve the flour into a large mixing bowl, add the sugar and oats and mix thoroughly. Add the buttermilk, egg and vegetable oil, mix through then stir in the blueberries, taking care not to crush them.

**4** Spoon the mixture into the muffin cases, dividing it equally between them. Sprinkle the extra oats on top and place in the oven for 15–20 minutes until golden and firm to the touch.

**5** Remove from the oven and transfer to a wire cooling rack.

**Makes:** 12 muffins

**Prep time:** 15 minutes

**Cooking time:** 15–20 minutes

**TIP**

■ You could replace the blueberries with raspberries if you prefer.

## pecan and bran banana muffins

*These substantial muffins are a superb grab-and-go breakfast. They are also a delicious addition to any lunchbox and a great energy booster for children before after-school activities. They'll keep well for up to two days.*

**100g/4oz butter, softened**

**100g/4oz soft light brown sugar**

**3 nice and ripe bananas, mashed**

**60ml/2fl oz milk**

**1 tsp vanilla extract**

**2 eggs, beaten**

**300g/10½oz plain flour**

**100g/4oz bran flakes**

**1 tsp baking powder**

**¼ tsp salt**

**1 tsp baking soda**

**200g/7oz finely chopped pecans**

**1 Preheat the oven to 190°C/375°F/GM5.**

**2** Mix together the butter and sugar until light and fluffy. Add the mashed bananas, milk, vanilla and eggs and stir together well. Stir in the remaining ingredients, mixing all through.

**3** Spoon the mixture into 12 paper muffin cases, dividing it equally between them.

**4** Place in a muffin tin and bake for 25–30 minutes. Remove

and place on a cooling rack.

**Makes:** 12 muffins

**Prep time:** 15 minutes

**Cooking time:** 25–30 minutes



## bacon and egg muffins

*These breakfast muffins are a meal in themselves. Filling but extremely moreish!*

**340g/12oz self-raising flour**

**100g/4oz butter, chopped**

**2 tsp mustard powder**

**pinch of Maldon sea salt**

**1 small onion, very finely chopped**

**1 egg, lightly beaten**

**250ml/9fl oz milk**

**10 rashers unsmoked streaky bacon**

**10 quail eggs**

**10 × 1cm/1½ inch cubes of butter**

**1 Preheat the oven to 180°C/350°F/GM4.**

**2 Sieve the flour and rub together with the chopped butter, leaving the mixture a little rough. Stir in the mustard powder, salt, chopped onion, beaten egg and milk and mix thoroughly.**

**3 Grill the bacon and cut into small pieces (approximately 1cm/½ inch). Combine with the muffin mixture.**

**4 Divide the mixture equally between 10 paper muffin cases.**

**5 Make a deep well in the centre of the muffin mixture within each paper case and crack in one of the quail eggs. Then pull the muffin mixture so that it almost covers the egg and place a butter cube on top to stop the egg going hard. Repeat with the**

other muffins and eggs.

**6** Bake in a muffin tin for 15–20 minutes, checking regularly.

**7** When golden, remove the muffins immediately and transfer to a wire cooling rack.

**Makes:** 10 muffins

**Prep time:** 15 minutes

**Cooking time:** 15–20 minutes



# Конец ознакомительного фрагмента.

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