

Catherine Fulvio's Recipes

Muffuletta

Makes 1 medium

For the roasted vegetables

2 red peppers, sliced 1 small aubergine, sliced 1 courgette, sliced 2 red onions, sliced 2 cloves garlic, sliced

For the filling

1 medium size artisan round loaf of bread 10 slices salami 6 tbsp basil pesto 200g mozzarella, torn 2 large tomatoes, sliced Salt and freshly ground black pepper

Method

To prepare the vegetables, preheat the oven to 180°C/fan 160°C/ gas 4. Place the vegetable slices onto a large roasting tray, brush with olive oil and season with salt and freshly ground black pepper. Roast for 30 minutes, turning from time to time ensuring that they are cooked. Leave to cool completely.

To assemble the muffuletta, cut a large hole out of the top of the bread, keeping the "cap". Hollow out the inside of the bread – you can make breadcrumbs from this and they also freeze well. Spread some pesto on the base and up the sides of the bread cavity. Layer up some roasted vegetables, then mozzarella, spread more pesto and slices of tomatoes, salami and continue until it is filled. Season with salt and freshly ground black pepper as you go. Spread pesto on the inside of the bread "cap" and place back onto the loaf. Wrap tightly and place in the fridge overnight for all the flavours to infuse and for it to set. When ready to serve, use a bread knife to cut generous slices.

Raspberry and Strawberry Lemonade

For adults, if celebrating – use prosecco instead of sparkling water

Makes 1 litre

To make the syrup 200g raspberries and strawberries, washed, trimmed 200g caster sugar 250ml water 3 large lemons Ice, to serve 1 lemon, sliced, to decorate 600ml water

To make the syrup

Place the caster and water into a large saucepan and bring to the boil, reduce the heat and leave to simmer for 15 minutes, stirring from time to time. Leave to cool – add in the raspberries and strawberries and blend. Then sieve to remove the seeds. Slice the lemons in half and juice them. To make up the lemonade, pour the lemon juice into a large jug and then add the raspberry/strawberry syrup in. Add ice and some lemon slices and top up with the sparkling water.

Nectarine & Poppy Seed Cake with Vanilla Frosting

Serves 12

For the cake

300g plain flour

1 tsp baking powder

½ tsp bread soda (baking soda)

150g low fat natural yoghurt

100g golden caster sugar

3 eggs

120ml rapeseed oil

1 tsp vanilla extract

2 tbsp poppy seeds

For the frosting

150g smooth cream cheese

4 tbsp Greek style natural yoghurt

8 tbsp icing sugar

2 tsp vanilla extract

To decorate 3-4 nectarines, sliced & optional - Edible flowers and mint

Method

Preheat the oven to 180°C/fan 160°C/gas 4. You'll need an 18 x 25cm rectangle tin. Line the tin with baking parchment. Place the plain flour, baking powder, bread soda (baking soda), poppy seeds and golden caster sugar into a bowl and mix. Then crack in the eggs, add the vanilla, natural yoghurt and rapeseed oil into the mix and whisk well. Pour into the lined tin. Bake for about 45 minutes. Check that the cake is cooked through when by inserting a skewer and it comes out clean. Place on a cooling rack.

To make the frosting, whisk together the smooth cream cheese and natural yoghurt with the icing sugar and vanilla extract until mixture well and smooth. When the cake is cold, place on a tray or a board and spread the frosting on the top. Arrange the nectarines slices and the edible flowers on the top and serve.

Best BBQ Dry Rub

Do consider multiplying up this recipe and keeping it in a sealed jar to use with any meats – it's truly delicious with beef, lamb, duck, pork and chicken

2 tsp powdered mustard

2 tsp powdered onion

2 tsp paprika

2 tsp sea salt (I used pink salt)

1 tsp powdered garlic

1 tsp ground coriander

1 tsp ground cumin

1 tsp freshly ground black pepper

In a small bowl combine the ingredients. Press the rub into all sides of the meat or fish and refrigerate for 1 hour prior to grilling to intensify flavours. Store the unused dry rub in a jar with a tight lid.