

weekend

Over 3 million sold in this best-selling series

BBC

BOOKS

GoodFood

Make-ahead meals



Contents

Cover

List of recipes

About the Book

Title Page

Introduction

Snacks & light lunches

Weeknight winners

Fresh from the freezer

Buffets & party food

Dinner-party dishes

Delicious desserts

Also Available from BBC Books and Good Food

Copyright



List of Recipes

10-minute couscous salad

Almond & apricot sundaes

Asian chicken salad

Asparagus, sun-dried tomato & olive loaf

Bacon-wrapped chicken drumsticks

Bake-from-the-freezer pizzas

Baked goat's cheese with hazelnut crust & balsamic onions

Baked salmon & aubergine cannelloni

Beef bourguignon

Beef cannelloni

Beetroot houmous

Best-ever chunky guacamole

Black Forest trifle

Bombay potato & spinach pies

Braised beef with horseradish potatoes

Brazilian chicken with spicy tomato & coconut sauce

Butternut squash salad

Cauliflower & macaroni cheese

Cheese & chive coleslaw

Cheese & tomato pasta bakes

Cheesy celeriac, potato & bacon pie

Cherry, almond & lemon mascarpone tart

Chestnut & amaretto roulade

Chicken & bean enchiladas

Chocolate & coffee truffle pots

Chocolate Orange & Grand Marnier truffle cake

Chunky sweetcorn, haddock & potato soup

Coconut, raspberry & lime meringue slice

Coconut-crusting lime chicken

Cottage chilli hotpot

Crème caramel

Crumbly chicken & mixed vegetable pie

Double cheese & onion soufflé tart

Duck au vin

Feta & sweetcorn samosas

Fidget pie

Fish pie with saffron mash

Foil-poached salmon

Foolproof chocolate fondants

Fragrant fish tagine

Frozen blueberry & lime cheesecake

Fuss-free lasagne

Garland sausage roll slice

Gazpacho

Golden veggie shepherd's pie

Gooseberry cream & elderflower jelly pots

Iced trifle slice

Irish stew

Italian bean & olive salad

Italian sausage & pasta pot

Italian-style stuffed aubergines

Leek & goat's cheese tartlets

Lemon & honey chicken

Make-it-your-own pasta salad

Malt chocolate cheesecake

Minced beef Wellington

Mini carrot muffins

Mini sausage rolls

Moroccan-style chicken stew

Mushroom butter on toast

Mushroom, shallot & squash pie

New potato & frisée salad

One-pan prawn & tomato curry

Pan-fried chicken with tomato & olive sauce

Passion fruit & coconut panna cotta

Pork & pistachio terrine

Pork and chickpea curry

Pork goulash with herby dumplings

Portuguese braised steak & onions

Potted ham

Proper beef, ale & mushroom pie

Pumpkin curry with chickpeas

Red rice & chicken with pomegranate & feta

Roasted sirloin of beef with salsa verde

Roasted tomato, basil & Parmesan quiche

Salmon coulibiac

Salmon, squash & prawn laksa

Salted caramel chocolate torte

Saucy meatball & carrot bake with crispy feta crumbs

Sausage & bean casserole

Smoked mackerel, orange & couscous salad

Smoked salmon taramasalata

Smoked trout fish cakes with mushy peas

Smoky aubergine dip

Spanish spinach omelette

Spiced crab on toast

Spicy turkey & pepper bake

Squash & barley salad with balsamic vinaigrette

Sticky treacle-glazed ham

Strawberry mousse cake

Tangy lemon tart

Tender duck & pineapple red curry

Thai green chicken soup

Thai prawn, potato & vegetable curry

Toulouse sausage cassoulet

Two bean, potato & tuna salad

Vegetable & bean chilli

Velvety duck liver parfait

Wholemeal spinach & potato pies

Wintry vegetable crumbles

Zingy salmon & brown rice salad

About the Book

Save time in the kitchen by planning ahead – cook in advance for stress-free mealtimes!

- **Get ahead** – from cooking for the freezer to entertaining in advance
- **Cook with confidence** – colour photographs with every recipe
- **Eat well** – full nutritional breakdown of each dish
- **Foolproof recipes** – everything triple-tested by the team at Britain's best-selling cookery magazine

weekend

GoodFood

Make-ahead meals

Editor Barney Desmazery



Introduction

Want to know the secret to stress-free entertaining? Want to know how you can eat home-cooked food on a weeknight when you don't have time to make it? The answer is make it ahead.

Cooking ahead, whether it's big batch or simply throwing something together for later when you won't have the time or the inclination, saves you money and is much healthier for you than a microwaved ready-meal or last-minute take-away.

Obviously making food ahead takes a degree of planning, which is why we came up with this book to help you. Packed with dishes for weeknight suppers or dinner parties, every recipe can be at the least assembled ahead of time, leaving you only a little last-minute cooking, while many can be completely made ahead, leaving you nothing but a bit of reheating to do.

Another important element to making food ahead is freezing, so we have included a whole chapter dedicated to food for the freezer, and elsewhere a freezer symbol at the top of each recipe clearly indicates if the dish can be frozen, with advice on when in the method to do this and for how long.

As ever, all our recipes are triple-tested in our test kitchen – and that includes freezing instructions as well. So make time for yourself another day and get into the kitchen and make those meals ahead!

A handwritten signature in black ink, appearing to read 'Barney', with a long horizontal stroke extending to the right from the end of the name.

Barney



Notes and conversion tables

NOTES ON THE RECIPES

- Eggs are large in the UK and Australia and extra large in America unless stated otherwise.
- Wash fresh produce before preparation.
- Recipes contain nutritional analyses for 'sugar', which means the total sugar content including all natural sugars in the ingredients, unless otherwise stated.

OVEN TEMPERATURES

Gas	°C	°C Fan	°F	Oven temp.
¼	110	90	225	Very cool
½	120	100	250	Very cool
1	140	120	275	Cool or slow
2	150	130	300	Cool or slow
3	160	140	325	Warm
4	180	160	350	Moderate
5	190	170	375	Moderately hot
6	200	180	400	Fairly hot
7	220	200	425	Hot
8	230	210	450	Very hot
9	240	220	475	Very hot

SUITABLE FOR FREEZING

Some of the recipes in this book are perfect for freezing, and so we've marked them with this symbol. Unless otherwise stated, freeze for up to three months. Defrost thoroughly and heat until piping hot.

APPROXIMATE WEIGHT CONVERSIONS

- All the recipes in this book list both imperial and metric measurements. Conversions are approximate and have been

rounded up or down. Follow one set of measurements only; do not mix the two.

- Cup measurements, which are used by cooks in Australia and America, have not been listed here as they vary from ingredient to ingredient. Kitchen scales should be used to measure dry/solid ingredients.

SPOON MEASURES

Spoon measurements are level unless otherwise specified.

- 1 teaspoon (tsp) = 5ml
- 1 tablespoon (tbsp) = 15ml
- 1 Australian tablespoon = 20ml (cooks in Australia should measure 3 teaspoons where 1 tablespoon is specified in a recipe)

APPROXIMATE LIQUID CONVERSIONS

metric	imperial	AUS	US
50ml	2fl oz	¼ cup	¼ cup
125ml	4fl oz	½ cup	½ cup
175ml	6fl oz	¾ cup	¾ cup
225ml	8fl oz	1 cup	1 cup
300ml	10fl oz/½ pint	½ pint	1¼ cups
450ml	16fl oz	2 cups	2 cups/1 pint
600ml	20fl oz/1 pint	1 pint	2½ cups
1 litre	35fl oz/1¾ pints	1¾ pints	1 quart

Good Food is concerned about sustainable sourcing and animal welfare. Where possible humanely reared meats, sustainably caught fish (see fishonline.org for further information from the Marine Conservation Society) and free-range chickens and eggs are used when recipes are originally tested.

Snacks & light lunches

hunky sweetcorn, haddock & potato soup

beetroot houmous

best-ever chunky guacamole

smoked salmon taramasalata

10-minute couscous salad

ginger salmon & brown rice salad

asian chicken salad

avocado bean, potato & tuna salad

cheese & chive coleslaw

make-it-your-own pasta salad

coconut-crusted lime chicken

lemon & sweetcorn samosas

spanish spinach omelette

smoked mackerel, orange & couscous salad

mini carrot muffins

wholemeal spinach & potato pies

Chunky sweetcorn, haddock & potato soup

Serve up a satisfying meal in a bowl with this sumptuous smoked-fish soup.

I • TAKES 35 MINUTES • SERVES 4

5g/1oz butter

onion, chopped

rashers smoked streaky bacon, chopped

medium potatoes, diced

litre/1¾ pints vegetable stock

sweetcorn cobs, kernels sliced off

100g/1lb 2oz skinless smoked haddock, cut into bite-size pieces

1tbsp double cream

small bunch parsley, chopped

crusty bread, to serve

1 Melt the butter in a large pan. Fry the onion and bacon for 5 minutes until soft. Add the potatoes to the pan and cook for a further 2 minutes, then pour in the stock and simmer for 8 minutes or until the potatoes are just tender.

2 Add the corn kernels and smoked haddock. Cook for another 3 minutes then add the double cream and some black pepper. Taste before you add any salt. The soup can now be chilled for up to 2 days or frozen for a month. If freezing, defrost completely before reheating gently in a pan. When the soup is hot, stir through the chopped parsley. Ladle into bowls and serve with crusty bread, if you like.

PER SERVING 484 kcals, protein 35g, carbs 27g, fat 27g, sat fat 13g, fibre 4g, sugar 6g, salt 4.4g



Chunky sweetcorn, haddock & potato soup

Beetroot houmous

This freezable houmous is a great way of using up a glut of beetroot and makes a vibrant, healthy snack. Make a big batch and freeze half for another time.

I • TAKES 1 HOUR • SERVES 8

1000g/1lb 2oz raw beetroot, leaves trimmed to 2.5cm/1in, but root left whole

× 400g cans chickpeas, drained and rinsed

juice 2 lemons

1tbsp ground cumin

100g yogurt, toasted cumin seeds, mint leaves and crusty bread, to serve

1 Cook the beetroot in a large pan of boiling water with the lid on for 30–40 minutes until tender. When they're done, a skewer or knife should go all the way in easily. Drain, then set aside to cool.

2 Pop on a pair of rubber gloves. Pull off and discard the roots, leaves, stalk and skin of the cooled beetroot. Roughly chop the flesh. In a food processor, whizz the beetroot, chickpeas, lemon juice, cumin, 2 teaspoons salt and some pepper. The houmous can now be chilled and left in the fridge to dip into for up to 3 days or frozen for a month. Defrost completely if frozen and serve swirled with a little yogurt, some toasted cumin seeds, a little torn mint and some crusty bread.

PER SERVING 90 kcals, protein 6g, carbs 15g, fat 1g, sat fat none, fibre 4g, sugar 5g, salt 1.69g



Beetroot houmous

Best-ever chunky guacamole

As long as you cover the surface of the guacamole with a good squeeze of lime it can be made the day before without browning.

TAKE 15 MINUTES • SERVES 8

1 large ripe tomato

2 avocados, very ripe but not bruised

juice of 2 limes

1 handful coriander, leaves and stalks chopped, plus a few leaves, roughly chopped, to garnish (optional)

1 small red onion, finely chopped

1 chilli, red or green, deseeded and finely chopped

100g tortilla chips, to serve

1 Use a large knife to pulverise the tomato to a pulp on a board, then tip into a bowl. Halve and stone the avocados (saving a stone) and use a spoon to scoop out the flesh into the bowl with the tomato.

2 Tip half the lime juice and all the other ingredients (except the tortilla chips) into the bowl, then season with some salt and pepper. Use a whisk to roughly mash everything together. If you are preparing ahead, flatten the surface with the back of a spoon, drizzle with the remaining lime juice and sit an avocado stone in the guacamole (this helps to stop it going brown). Cover with cling film and chill until needed – it will keep at its best until the next day.

3 When ready to serve, give the guacamole a good stir, scatter with the coriander, if using, then serve with tortilla chips.

PER SERVING 103 kcals, protein 1g, carbs 2g, fat 10g, sat fat 1g, fibre 2g, sugar 0g, salt 0.01g



Best-ever chunky guacamole

Smoked salmon taramasalata

If you are being budget conscious, this delicious dip can be made with the cheaper packs of smoked salmon trimmings you find next to the slices.

AKES 10 MINUTES • SERVES 4

100g/4oz smoked salmon

100g/7oz low-fat cream cheese

100ml/3½fl oz crème fraîche

Juice 1 lemon

Cracked pepper

Drizzle of olive oil

Kalamata olives and griddled pitta bread, to serve

1 Tip the salmon, cream cheese, crème fraîche and lemon juice into a food processor and blitz everything until smooth, then stir in the cracked pepper.

2 Spoon the mix into a large bowl, cover with cling film and chill for up to 3 days.

3 To serve, drizzle with olive oil and eat with griddled pitta bread and some kalamata olives.

PER SERVING 203 kcals, protein 14g, carbs 2g, fat 15g, sat fat 10g, fibre none, sugar 2g, salt 1.80g



Smoked salmon taramasal

10-minute couscous salad

This makes a great lunch-box filler for a day out and is equally good at home from the fridge.

AKES 10 MINUTES • SERVES 2

100g/4oz couscous

100ml/7fl oz hot low-salt vegetable stock (from a cube is fine)

spring onions

red pepper, deseeded

1 cucumber

1 tbsp pesto

20g/2oz feta, cubed

1 tbsp toasted pine nuts

1 Tip the couscous into a large bowl and pour over the stock. Cover, then leave for 10 minutes, until fluffy and all the stock has been absorbed.

2 Meanwhile, slice the onions and pepper and dice the cucumber. Add these to the couscous, fork through the pesto, crumble in the feta and mix well. The salad will now keep in the fridge for up to 2 days.

3 Sprinkle over the pine nuts to serve.

PER SERVING 327 kcals, protein 13g, carbs 33g, fat 17g, sat fat 5g, fibre 2g, sugar 7g, salt 0.88g



10-minute couscous salad

Zingy salmon & brown rice salad

Make this superhealthy salad for a dinner for two and take the leftovers to work the next day. Your colleagues will be so jealous!

AKES 40 MINUTES • SERVES 3–4

00g/7oz brown basmati rice
00g/7oz frozen soya beans, defrosted
salmon fillets
cucumber, diced
small bunch spring onions, sliced
small bunch coriander, roughly chopped
zest and juice 1 lime
red chilli, diced (deseeded, if you prefer)
tsp light soy sauce

1 Cook the rice according to the pack instructions, and 3 minutes before it's done, add the soya beans. Drain and cool under cold running water.

2 Meanwhile, put the salmon on a plate, then microwave on High for 3 minutes or until cooked through. Allow to cool slightly, remove the skin with a fork, then flake.

3 Gently fold the cucumber, spring onions, coriander and salmon into the rice and beans. In a separate bowl, mix the lime zest and juice, chilli and soy, then pour over the rice before serving. The salad will keep in the fridge for up to 2 days, just give it a stir before serving.

PER SERVING (3) 497 kcals, protein 34g, carbs 61g, fat 15g, sat fat 3g, fibre 5g, sugar 6g, salt 1.42g



Zingy salmon & brown rice salad

Asian chicken salad

Turn this salad into a packed lunch with a difference, or make it up the night before and dress it just before eating. It also works with cooked prawns instead of chicken.

TAKE 20 MINUTES • SERVES 2

- boneless skinless chicken breast
- 1 tbsp fish sauce
- 1 tsp lime zest and juice ½ lime (about 1 tbsp)
- 1 tsp caster sugar
- 100g bag mixed leaves
- 1 large handful coriander, roughly chopped
- 1 red onion, thinly sliced
- 1 red chilli, deseeded and thinly sliced
- 1 cucumber, halved lengthways, sliced

1 Cover the chicken with cold water, bring to the boil, then cook for around 10 minutes. Remove from the pan and cool, then tear into shreds. Stir together the fish sauce, lime zest, juice and sugar until the sugar dissolves.

2 Put the leaves and coriander in a container, then top with the chicken, onion, chilli and cucumber; this will keep in the fridge, covered, overnight.

3 Put the dressing in a separate container and toss through the salad when ready to eat.

PER SERVING 109 kcals, protein 19g, carbs 6g, fat 1g, sat fat none, fibre 1g, sugar 5g, salt 1.6g



Asian chicken salad