



delicious
Winter
recipe
inspiration



Chilli and Spice Roast Chicken and Pumpkin

Serves 2

Ingredients

Yorkshire Rapeseed Oil with Chilli and Spice
1 Small Pumpkin or Squash
2 Sweet Potatoes
2 Red Onions
2 Chicken Breasts

Method

Cut all the vegetables into chunky pieces and put into a large bowl. Cut the chicken into large strips and add to the vegetables. Shake your bottle of Chilli and Spice Oil and drizzle generously over the ingredients. Toss the veg and chicken until covered with the oil and then transfer into a baking dish. Bake in the oven until cooked through.

We love this dish served with chunky slices of homemade white bread and butter. If you would like a non-chilli version to this recipe why not try using our Yorkshire Rapeseed Oil with Mixed Herbs or our Yorkshire Rapeseed Oil with Black Pepper.

Baked Cheesy Mushrooms

Makes 4

Ingredients

Dijon and Black Pepper Dressing
4 large Portobello Mushrooms
1x 150g pack Mozzarella Cheese

Method

Lay your mushrooms bottom up on a baking tray. Drizzle over a little Dijon and Black Pepper Dressing and leave for 10 mins to absorb. Top with Mozzarella and bake until cooked through, and the cheese has melted.

Finish with a twist of pepper and a slice of lemon.

This makes a delicious side dish or starter. For something different why not try Wensleydale or Yorkshire Blue? For a sweeter option use our Sweet Cranberry Dressing with Goats Cheese.

Ben's Spaghetti Carbonara

Serves 4

Ingredients

2 tbsp Yorkshire Rapeseed Oil with Garlic
3 Egg Yolks
8 tbsp of freshly grated Parmesan
(plus additional for serving)
200g English unsmoked streaky bacon slices cut into 1cm wide strips
4 tbsp of White Wine
300g of dried Spaghetti
15g Butter
Salt and Pepper
Flat Leaf Parsley, finely chopped

Method

Ben's famous Carbonara recipe, a great dinner dish tried and tested on all the family!

Mix the parmesan and the egg yolks in a bowl until combined and then place to one side.

Heat the garlic oil in a wok and add the bacon, stirring occasionally until crisp. Then add the wine and simmer until it has just evaporated and then remove from the heat. Cook the pasta in a large saucepan of boiling salted water until firm to the bite. Drain the pasta but reserve a cup of the pasta water. Add the pasta to the hot bacon and toss well to coat. Add the egg mixture and butter and toss again, adding reserved water if necessary. Add salt and pepper to taste and serve immediately with the additional parmesan and chopped flat leaf parsley.

Cauliflower and Potato Curry

Ingredients

3 tbsp Yorkshire Rapeseed Oil
3 tbsp Yorkshire Rapeseed Oil with Chilli and Spice
1 tbsp Fennel Seed Dressing
1 small cauliflower
2 large potatoes
1 tsp turmeric
1 tsp ground coriander
1 tsp ground cumin
1 tsp garam masala
1 tsp salt
1/2 tsp ground black pepper

Method

Break the cauliflower into small pieces and peel the potatoes and cut into small cubes. Heat oils in frying pan, add cauliflower and potatoes, stir fry for 5 minutes. Add turmeric, coriander, cumin, garam masala, salt & pepper, Fennel Seed Dressing and 1/4 pint water. Cover pan, turn heat to low and cook until vegetables are tender, adding more water if necessary.

For more tasty recipe ideas just visit
www.yorkshirerapeseedoil.co.uk
or check out our recipe book
'Cooking with Yorkshire Rapeseed Oil'