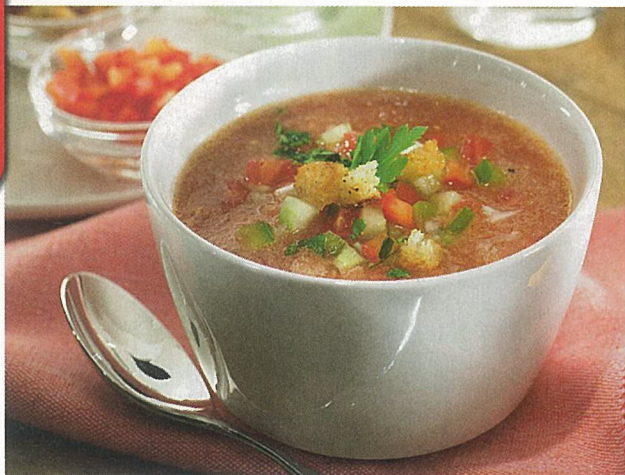


Woman's Hour: Cook the Perfect...



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Two classic summer dishes from *Woman's Hour's* regular cookery strand. Catch it on weekdays at 10am on BBC Radio 4



Woman's Hour presenters Jenni Murray and Jane Garvey regularly invite top chefs and food writers into the studio to cook their 'perfect' versions of popular dishes. You can find all the recipes on the *Woman's Hour* website, bbc.co.uk/womanshour, as well as listen to the episodes.



FELICITY CLOAKE

Gazpacho

SERVES 4 • PREP 40 mins
plus chilling • NO COOK **Easy**

Traditional Spanish gazpacho

is a wonderful beginning to a summer dinner party or a light supper. Make sure the soup is well chilled, not tepid. Don't be tempted to use ice cubes, as they water down the flavour.

- 1 large cucumber, peeled
- 1kg very ripe tomatoes, diced
- 1½ red peppers, deseeded, 1 roughly diced, ½ very finely diced to serve
- 1 green pepper, deseeded and roughly diced
- 2 garlic cloves, crushed
- 150ml Spanish extra virgin olive oil, plus extra to serve
- 100g two-day-old crusty white bread, soaked in water for 20 mins
- 2 tbsp Sherry vinegar
- small bunch mint or flat-leaf parsley leaves, finely chopped

- 1 Roughly dice three-quarters of the cucumber. Finely dice the remainder and set aside. Put the roughly diced cucumber in a food processor with the tomatoes, roughly diced red and green peppers, garlic and olive oil. Squeeze out the water from the bread and tear into chunks. Add to the food processor, then blend until smooth.
- 2 Pass the mixture through a sieve into a bowl, pushing through as much as possible. You will need to do this in batches to avoid overflow in the sieve. Cover and chill for at least 2 hrs, ideally overnight.
- 3 Season the gazpacho with salt, pepper and the vinegar. Spoon the soup into bowls. Put 1 tsp of the reserved finely diced cucumber, red pepper and a sprinkling of mint or parsley in the centre of each bowl. Circle with a spoonful of olive oil and serve with croutons, if you like.

FELICITY'S TIP

For a more substantial soup, try adding any of the following:

- 2 hard-boiled eggs, peeled and chopped
- 2 slices of Serrano ham, cut into strips
- 1 tbsp black olives, stoned and chopped.



JUSTINE KANTER

Summer pudding

SERVES 4-6 • PREP 30 mins
plus overnight chilling •

COOK 5 mins **Easy**

For the best results, choose a good-quality whole white sandwich loaf and leave it for a few days. This will make it drier and enable it to absorb more liquid. If you can, leave the pudding in the fridge for about three days to allow the fruits to fully infuse into the bread.

- 175g fresh redcurrants, picked off their stems and rinsed
- 700g fresh raspberries
- 3 tbsp golden caster sugar
- 1 large white loaf, slightly stale
- double cream, to serve

- 1 Put the redcurrants and raspberries in a wide, flat pan over a low heat. Add 2 tbsp of the sugar and 2 tbsp water, and bring to the boil. Taste and, according to the sweetness of the fruit, add the remaining sugar (add slightly more if you think necessary, but remember that the pudding should have a slight sharpness to it).
- 2 Simmer, uncovered, for 3-4 mins without stirring – there should now be lots of juice. Turn off the heat and set aside.
- 3 Slice the bread to a thickness you would use for making sandwiches. Remove the crusts and set 1 slice aside. Cut the rest in half so you have a pile of rectangular slices. Using the base of a 1-litre pudding basin as a template, take the reserved slice of bread and cut around the base of the basin to create a disc. Dip this into the fruit, making sure it takes up plenty of the juices, then place it in the base of the basin.
- 4 Dip the bread rectangles into the pan and arrange, slightly overlapping in the basin, juice-side facing outwards. Make sure not to leave any gaps. Pour the fruit mixture

into the bread-lined basin, right to the top. Create a lid with the remaining bread pieces and ensure there are no holes.

5 Put the basin on a plate, then top with a saucer and some weights to squash everything down. Chill in the fridge overnight, but ideally for another 2 days, when it will be even better.

6 To serve, remove the weights and saucer. Gently run a knife around the inside and put a serving plate on top. Quickly turn over and, holding the plate firmly in place, give a brisk shake. The pudding should slide out. Slice the pudding and serve with double cream.

JUSTINE'S TIP To make it easier to remove the pudding from the bowl, you can line it with cling film before filling. To decorate your pudding, simply top with a bunch of redcurrants and some mint leaves.

Justine, a cordon bleu-trained chef, runs her own business, training people how to cook in their own homes. For more information, visit kitchencoach.biz



Gazpacho recipe adapted from *Perfect: 68 Essential Recipes For Every Cook's Repertoire* by Felicity Cloake (£18.99, Fig Tree).

You can buy this book for just £15.99. Simply call 01326 569444, p&p is free. Or buy online at sparkledirect.com/goodfood