

The dinner gong



Grilled veggie burgers

Serves 6

*3 tbsp light vegetable oil
260g (9oz) canned lentils
260g (9oz) cooked brown rice
60g (2oz) finely chopped walnuts
100g (3½oz) smooth peanut butter
2 free-range eggs
45g (1½oz) breadcrumbs
4 tbsp finely chopped parsley
6 bread rolls
3 tomatoes, sliced
½ tsp salt
6 green lettuce leaves
Mayonnaise and ketchup*

Mix together 1 tbsp canola oil, lentils, brown rice, walnuts, peanut butter, eggs, breadcrumbs, salt and pepper and parsley, and, with the back of a spoon, blend well.

Put the mixture into a bowl and shape into 6 thick burgers. Refrigerate for half an hour or longer.

Meanwhile, warm a grill or grill pan on a medium heat and brush with a little oil. Grill the burgers, turning once, until heated through and browned nicely on both sides.

When the burgers are almost done, lightly toast the bread rolls. Place each burger on the bottom half of a bread roll, top with sliced tomatoes and lettuce leaves, and cover with the other half of the roll. Use pickles, onion, mayonnaise, ketchup or any sauce of your choice to serve to people, but not to dogs. If you don't want the burgers to vanish in one gulp, cut them into small pieces before serving to your dogs.

"... if you don't want the burgers to vanish in one gulp ..."



Fishcakes



Serves 6

400g (16oz) fish fillets (salmon, cod, halibut)

200g (7oz) potato, peeled and sliced

20g (¾oz) olive oil

1 free-range egg, beaten

1 tbsp lemon juice

½ tsp salt

1 tsp parsley, chopped finely

2 tsp mustard powder

1 clove garlic, crushed

Wholegrain breadcrumbs

A little flour & a beaten, free-range egg for breadcrumbing

A drizzle of vegetable oil

Cook the fish fillets in a steamer, or a metal colander over a pan of simmering water for 5 minutes.

Boil the potatoes until soft, then mash well, adding the olive oil. Let cool.

Flake the fish flesh, and discard the skin.

Add the flaked fish to the mashed potatoes together with the whisked egg, lemon juice, parsley, mustard powder, garlic and salt, and mix thoroughly.

Divide the mixture into 6 portions, and, using the flour, work them into fishcake shapes. Dip each into flour, tip off the excess, then dip first into beaten egg and finally the breadcrumbs. Shallow fry on each side until crisp and golden (about 5 minutes).

An alternative method if you're pushed for time, or don't want to fry is to skip the breadcrumbing process and bake the fishcakes, drizzled with a little oil, in a preheated oven for 15 minutes at 200°C (400°F), or until crispy and golden.



Easter Eggy Garlic Bread



Easter Eggy Garlic Bread makes dog fleas as sick as chocolate does dogs, but we're not concerned about flea welfare. Easter usually also marks the beginning of flea season, so it's an excellent time to bump up Rover's natural flea protection.

Serves six+

400g (14oz) bread flour

100g (3½oz) wholewheat flour

1 tbsp brown sugar

1 tsp salt

1 tbsp active dry yeast

100ml (3½fl oz) lukewarm milk

2 eggs, free-range

4 tbsp olive oil

4 cloves garlic, crushed

½ tsp dried rosemary, crushed

¼ tsp dried thyme, crushed

⅛ tsp dried basil, crushed

6 free-range eggs, soft boiled (still in their shells)

1 tsp honey

1 tsp ice water

Mix together the flour, sugar, salt, and yeast in a bowl. Gradually add the warm milk, eggs and olive oil, mixing with your hand or a wooden spoon. Add garlic, dried herbs and more flour as needed to make a dough ball.

Turn out onto a floured surface and knead for a while until the dough is soft, elastic and smooth (about 10 minutes).

Place the dough ball in a big, oiled bowl and leave in a warm place for 30-45 minutes.

Preheat the oven to 180°C (350°F).

Deflate the dough and place onto a lightly floured kitchen surface. Split dough into two equal parts and roll out each half until about 36 inches long and 1½ inches wide. Braid two rolls loosely together and seal ends, forming a ring. Very carefully transfer the dough ring onto an oiled backing sheet and place the soft boiled eggs in-between the braids. (Don't use hard-boiled eggs as they will turn bluish-black around the yolk when baked.)

Cover loosely with a damp towel and let rise in a warm place until doubled in size; about 45 minutes to an hour. Brush the top with the mixture of honey and ice water, and bake in the preheated oven for 50 to 55 minutes, or until golden brown.

