

APHRODISIAC MENU

Beetroot and feta dip

Makes 1 bowl, takes 10 minutes

This was a zingy and colourful experiment which turned out good. This is also easy to do for large numbers and parties.

- * Cooked beetroot - 1 large, or 350g (make sure there is no vinegar added)
- * Feta - 70g
- * Lemon juice - 2 tbsp
- * Coriander stalks - of a bunch
- * Olive oil - a couple of glugs
- * Zatar - 1 tbsp
- * Cayenne - 1/4 tsp
- * Salt - 1/4 tsp

Blend the beetroot, feta, lemon and coriander in a mixer until smooth. With the machine running, slowly add the olive oil until the texture thins slightly and you have a more 'dip-like' texture. Add the salt, zatar and cayenne and mix to combine. Serve with a drizzle of olive oil and a couple of sprigs of coriander.

Tuna steaks with citrus, beetroot and olive salsa

Serves 2, takes 15 minutes

Tuna isn't something you should be eating every day, but it's a lovely treat for special occasions. Make sure you splash out on the highest quality, responsibly sourced steaks. This salsa is adapted from an Ottolenghi recipe, and is a juicy, spicy and colourful accompaniment to most sorts of fish.

- * Tuna steaks - 2
- * Lemon - 1
- * Orange - 1/2 (use blood oranges in season)
- * Long green chili - 1/2, seeds removed, finely sliced
- * Beetroot - 1/2, finely diced
- * Green pitted olives - a handful, finely diced
- * Parsley or coriander - a handful, chopped
- * Olive oil - a glug
- * Vegetable oil - a glug

Season the tuna steaks and squeeze half a lemon over the top. Set aside.

To prepare the salsa, dice the flesh of 1/4 of the lemon and the orange. You need to remove the peel and pith first with a knife, and discard any seeds. Combine the citrus, beetroot, chili, olives and herbs in a small bowl. Season with salt and pepper, add a glug of olive oil and mix to combine.

When you're ready to cook the tuna, heat the vegetable oil in a frying pan to a high heat. Add the tuna steaks and sear for two minutes on one side, then flip and cook for a further minute. They should still be raw in the middle.

Celeriac wedges

Serves 2, takes 10 minutes prep plus 40 minutes in the oven

Celeriac wedges still feel like a treat, but are a lighter alternative to regular chips,

- * Celeriac - 1, medium sized
- * Olive oil - a couple of glugs

Preheat the oven to 200 degrees C.

Scrub the celeriac all over with a vegetable brush and cut off any stringy bits. Remove the top and bottom and discard.

Chop the celeriac into thumb sized wedges. Lay the wedges out on a large baking tray, season with salt and pepper and toss in a couple of glugs of olive oil.

Bake in the oven for 40 minutes, tossing once during cooking.

Very gooey chocolate fondant

Serves 2, takes 10 minutes, plus 15 minutes oven time

Classic, unctuous and seductive. This has long been one of my brother's favourite desserts, which he had no problem mastering for himself. Couldn't be simpler (no offense, JP). Adapted from a Jamie Oliver tart recipe.

* *Butter* - 50g

* *Caster sugar* - 45g

* *Dark chocolate* - 70g

* *Egg* - 1

* *Vanilla ice cream, to serve*

Preheat the oven to 190 degrees C.

Grease 2 ramekins or a 2 person-sharing-sized ramekin (I happen to have this cutesy heart shaped one, but to avoid arguments it MAY be safer to make two separate portions)

Melt the butter and 30g of the sugar in a small saucepan over a low heat, stirring often. Add the chocolate and stir until completely melted.

Whisk the egg and the remaining 15g of sugar in a bowl. Pour the chocolate mixture into the egg mixture and stir to combine. Pour into the prepared ramekin(s). For two separate ramekins, bake for about 8 minutes. For one larger one, bake for 12 minutes. The fondant should look just cooked on top but will be molten and runny in the middle. Serve with vanilla or coconut ice cream.

