

The Italian Job

Barry's Bolognese Sauce

450g mince beef
4 large Barry Norman Pickled Onions sliced
100g mushrooms peeled and sliced
400g tin of tomatoes
or 3 large beef tomatoes skinned and chopped
salt and pepper - to taste
liquid beef stock - to taste
a few dashes of Worcester sauce
3 glugs of red wine
dessert spoon of tomato puree

Method

Fry the mince in a little olive oil
Add the onions and mushrooms and continue cooking for
5 minutes
Add the tomatoes and other ingredients
Stir well and leave to simmer for 15 minutes

Serve with your favourite past

In the heat of the onion

Barry's Bangers

Herefordshire free range pork sausages (2 per person)

4 large Barry Norman Pickled Onions sliced

1 red pepper sliced and chopped

100g tin tomatoes

1 dessert spoon chilli sauce

1 dessert spoon dark soy sauce

salt and pepper to taste

Method

In a large pan, brown the sausages in some olive oil

Add the onions and red pepper

Continue cooking for 5 minutes

Add the rest of the ingredients and simmer on a low heat for 20 mins

Serve with mashed potatoes and green vegetables

The French Connection

Barry's potatoes Dauphinoise

1.5kg potatoes par boiled and sliced
425ml milk
6 large Barry Norman Pickled Onions sliced
225g strong cheddar
salt and pepper to taste

Method

Layer the onions and potatoes in an ovenproof dish
Pour over the milk
Add salt and pepper to taste
Grate the cheese and sprinkle onto the top
Bake in the oven (fan 200C; gas mark6) for ½ an hour
until the potatoes are soft and the cheese melted
(cover with tin foil for the first 15 mins of cooking then
remove to crisp the top of the potatoes and brown the
cheese)

Great accompaniment to a barbecue!

Oceans Onions

Gettin' Fishy with it

Mediterranean fish sauce/stew?

1 red onion
3 large cloves of garlic crushed
4 large Barry Norman pickled onions
2 medium sized courgettes sliced
3 large beef tomatoes skinned and chopped
Salt and black pepper to taste
4 glugs strong red wine
250g tuna (tinned or fresh)
2 handfuls of mixed seafood of your choice
Tabasco to taste

Method

Fry the red onion and garlic in a little olive oil
Add the pickled onions and courgettes and continue cooking gently for 3 minutes
Add the tomatoes, salt and pepper, red wine and Tabasco
Cover and simmer for at least 15 mins for the flavours to develop
Add all the fish and cook gently for a further 5 minutes

Serve with rice or boiled potatoes, crusty bread and a green salad

Lock, Stock and four smoking onions

Barry's country pie

500 grams minced lamb

4 large carrots diced

4 large Barry Norman pickled onions sliced

½ pt vegetable stock

Worcester sauce to taste

salt and pepper to taste

1 tablespoon plain flour

mashed potato for the topping

Method

fry the lamb in a little olive oil until browned

add the diced carrots and pickled onions

cook for a further 5 minutes on a low heat

stir in the flour

slowly add the stock and keep stirring

add the Worcester sauce and salt and pepper

place in an oven proof dish

top with mashed potatoes

cook for 20mins gas mark 4

serve with green vegetables

Gone with the Wind

Barry's Lasagne

1 kilo mince beef
6 large Barry Norman pickled onions sliced
2 x 14 oz tins tomatoes
2 tablespoons tomato puree
liquid beef stock
salt and pepper to taste
8 lasagne pasta sheets
1 large jar white sauce for lasagne
Parmesan cheese

Method

Fry the mince in a little olive oil
add the pickled onions
continue cooking for 5 minutes
Add the rest of the ingredients and simmer for 10 minutes
on a low heat
Layer the mince with the pasta and finish with the white
sauce and parmesan cheese
Cook on gas mark 5 (190c) for 20 minutes

Serve with green salad and crusty bread