

Dinner's in the oven

After a long day, it's hard to skip into the kitchen bursting with enthusiasm. Let the oven do the work while you wind down for the relaxing evening you deserve

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Whether you're an accomplished cook, just spreading your culinary wings or hoping to reignite your inspiration in the kitchen, we all need a repertoire of hassle-free dishes for when life is demanding. Forget juggling a hob full of bubbling pots and a daunting mountain of washing-up – throw a handful of quality, seasonal ingredients into a roasting tray and voila! With a little preparation and store-cupboard seasoning to lift the flavours of your ingredients, you can rustle up wholesome meals without having to slave over a hot stove for hours.

In chef and food writer Rosie Sykes' new book, *Roasting Pan Suppers: Deliciously Simple All-in-one Meals* (Pavilion, £14.99), you'll find plenty of nutritious and affordable tray-bake recipes, ideal for when time is of the essence and energy is waning. We warmly welcome her vibrant oven-baked risotto, which eliminates lading and stirring, and the celebration of autumnal flavours in her baked vegetables with gnocchi. Yes please to tasty, easy dinners and less frazzle in the kitchen!

PEA AND ARTICHOKE RISOTTO

In Genoa, the home of pesto, rice is traditionally oven-baked. So, while not strictly a risotto, this dish is authentic – and no need for hovering over the hob!

SERVES 2

- 45g butter
- 2 tbsp olive oil
- 2 shallots, finely sliced
- Small sprig of rosemary, leaves finely chopped
- 200g Arborio rice
- 100ml white wine or cider (optional)
- 600ml boiling vegetable stock
- 120g frozen peas, defrosted
- 2 generous tbsp artichoke puree or 50g artichokes in oil, drained and chopped
- 30g Parmesan or Parmesan-style vegetarian cheese, grated
- Sea salt and black pepper

1 Preheat the oven to 180°C, gas mark 4, and heat up a roasting pan.
2 Once the oven is hot, put 30g of the butter, the olive oil, the shallots and rosemary into the pan, add a good pinch of salt and place in the oven. After 5 minutes, give the shallots a stir and cook for another 3-5 minutes. They should take on a bit of colour but cover with foil if they are getting too brown.
3 Once the shallots are soft, add the

rice and stir to coat well with the buttery mixture. If you like, add a small glass of white wine or cider and return the pan to the oven for 5 minutes until the wine is absorbed. Add the hot stock, give everything a good stir and bake for 20 minutes.
4 Add the peas and artichokes and stir well. Return to the oven for 12 minutes. By now, the stock will have been absorbed but the risotto shouldn't be dry.
5 Stir in the remaining 15g of butter and the cheese, cover with a clean tea towel and leave to settle for 4 minutes. Serve this comforting supper with a green salad, if you like.

Tip: Peas and artichokes are great in this simple recipe because they require very little preparation, but you can use other vegetables. Jerusalem artichokes and soaked dried wild mushrooms are a lovely swap in winter: Slice the artichokes into half-moons (you don't need to peel them if they are clean) and add them at the same time as the shallots so they become tender.





ROASTED SQUASH, CHESTNUTS AND MUSHROOMS WITH GNOCCHI

This colourful, fragrant and nutritious dish is a quick, warming supper on a chilly evening.

SERVES 2

- 2 tbsp olive oil
- 300g squash, peeled, deseeded and cubed
- 1 red onion, cut into six wedges
- Few sprigs sage, leaves chopped
- 200g oyster, chestnut and button mushrooms
- 200g fresh gnocchi
- 50g peeled cooked chestnuts, chopped
- 2 tbsp balsamic vinegar
- 20g Parmesan-style cheese, grated
- Sea salt and black pepper
- Sage leaves, to garnish

1 Preheat the oven to 200°C, gas mark 6, and heat the olive oil in a roasting pan.

2 Mix the squash, onion and sage with plenty of seasoning and place in the pan. Stir to coat with the oil and roast for 15 minutes. Add the mushrooms and cook for 15 more minutes.

3 Meanwhile, drop the gnocchi into boiling water for a minute to heat through. Drain, mix with the chestnuts and add to the pan. Toss well and add the balsamic. Return to the oven for 7 minutes.

4 Stir in the cheese. Season to taste, garnish with the sage leaves and serve immediately.

Tip: For a vegan version, omit the cheese and check the ingredients list of shop-bought gnocchi, as many brands use egg.

SPICE-RUBBED STEAK WITH RED ONIONS AND CROUTONS

A reinvented classic – and any cut of steak works. The rub will tenderise, overnight or for the time it takes to cook the onions.

SERVES 4

- 1 tbsp light brown sugar
- 2 tsp salt
- 1 tsp ground allspice
- 1 tsp ground coriander
- 1½ tsp mustard powder
- 4 beef steaks
- 2½ tbsp olive oil
- 4 red onions, finely sliced
- Few sprigs thyme
- 200ml cider or apple juice
- 1 tbsp cider vinegar
- 225g rustic bread, cut into chunks and tossed in olive oil
- 1 tbsp extra virgin olive oil
- 60g rocket

1 Make a dry rub with the sugar, salt, allspice, coriander and mustard powder. Massage thoroughly into the steaks and set aside. Preheat the oven to 190°C, gas mark 5.

2 Preheat a roasting pan with 2 tablespoons of the olive oil. Once the oil is hot, add the red onions, thyme, cider and cider vinegar. Stir thoroughly, cover with foil and return the pan to the oven for 15 minutes.

3 Meanwhile, preheat the grill to its highest setting and give it time to get red hot.

4 When the onions are soft,

turn up the oven to 220°C, gas mark 7, and remove the foil. Lift out the onions and all but 1 tablespoon of the liquid in the pan. Add the bread and toss well.

5 Place the bread in the hotter oven to allow any remaining cooking liquor to evaporate and the bread to become golden and crisp. This will take 8-10 minutes but check and shake regularly. When the croutons are ready, remove and set aside.

6 At the same time as you put the croutons in the oven, oil a roasting pan that will fit under the grill. Turn the steaks over in the oil so both sides are oiled.

7 Place the steaks under the grill for about 4 minutes on each side for rare, or add a couple more minutes per side for medium-cooked steak. Once cooked, set the meat aside to rest for 5 minutes.

8 Toss the croutons, warm onions and their cooking liquor with the rocket, extra virgin olive oil and seasoning. Top with the steak, sliced, and serve immediately.

Reader offer

'Psychologies' readers

can buy a copy of *Roasting Pan Suppers: Deliciously Simple All-in-one Meals* by Rosie Sykes for the special price of £12 (RRP £14.99) including free UK P&P. To order, call 0141 306 3100 and quote the code 'CH2050'. Offer valid until 31 December 2020.

