

STUFFED AUBERGINE

Serves 4 Oven 200°C 180°C fan Gas 6

**2 tbsp of oil
2 onions, finely chopped
2 cloves of garlic, crushed
225g cooked haricot beans or use a can of beans
2 tomatoes, chopped
1 tsp basil
1 tsp thyme
2 tsp of tomato puree
Salt and black pepper
1 x 14oz can of chopped tomatoes
2 aubergines
225g of grated cheese – Cheddar or other hard cheese
Watercress to garnish**

Heat the oil and sauté the onion and garlic until softened but not browned. Stir in the beans, tomatoes, herbs and tomato puree. Season well. Cut the aubergines in half lengthways. Scoop out the flesh and add to the beans; cook gently for 10 minutes. Meanwhile parboil the shells for 5 minutes, drain well and fill with the bean mixture. Pour the chopped tomatoes into a baking dish and arrange the aubergines on top. Sprinkle with cheese, cover with foil and bake for 20 minutes. Remove the foil and cook for 15 minutes more. Garnish with watercress to serve.



A TRADITIONAL WELSH DISH GLAMORGAN SAUSAGES OR SELSIG MORGANNWG

**25g butter
115g leeks, trimmed and finely sliced
175g fresh white breadcrumbs plus extra for coating
Pinch of dried sage
Pinch of mustard powder
175g Caerphilly cheese, crumbled or grated
2 eggs – separated
Salt and black pepper
Sunflower oil for frying**

Melt the butter and sauté the leeks until very soft but not coloured. Put 175g of the breadcrumbs, sage and cheese in a large mixing bowl and mix well to combine. Beat the egg yolks with the mustard, salt and black pepper in a separate bowl. Spoon off any surplus liquid and tip the leeks into a bowl with the breadcrumbs, add the egg yolks and mix well. Divide the leek mixture into twelve portions and roll into sausage shapes. Whisk the egg white lightly in a shallow bowl. Spread the remaining breadcrumbs on a large plate. Dip the sausages one at a time into the beaten egg and roll in the breadcrumbs until evenly coated and then place on a tray lined with clingfilm. Chill in the fridge for 30 minutes. Heat the oil in a large non-stick frying pan and fry the sausages on a medium heat for 8-10 minutes, turning once, until golden brown and crisp.



Mwynhau – Beth Butler