

# Valentine's

If you're staying in this Valentine's Evening, why not try our valentine inspired recipes.....

## Sticky salmon with sesame

A speedy Chinese-style meal with succulent salmon.

Takes 10 minutes to make,  
12 minutes to cook  
Serves: 4



### Ingredients

4 pak choi  
1 red pepper  
1 sliced red chilli  
A handful of mangetout  
2 tbsp olive oil  
1 tbsp sesame oil  
4 salmon fillets  
3 tbsp soy sauce  
1 tbsp fish sauce  
The juice of 1 lime  
2 tbsp soft brown sugar  
A handful of fresh coriander leaves  
Some toasted sesame seeds

### Method

Preheat the oven to 200°C/fan180°C/gas 6. Cut 4 pak choi into halves (or quarters if big) and add to a roasting tin. Add 1 red pepper, cut into strips, 1 sliced red chilli and a handful of mangetout. Toss with 2 tbsp olive oil and 1 tbsp sesame oil. Place 4 salmon fillets on top and drizzle the whole lot with 3 tbsp soy sauce, 1 tbsp fish sauce and the juice of 1 lime. Sprinkle with 2 tbsp soft brown sugar and cover with foil. Bake for 10-12 minutes until the vegetables are tender and the salmon is just cooked. Remove the foil, then sprinkle with a handful of fresh coriander leaves and some toasted sesame seeds. Serve with boiled rice, if you like.

Courtesy of [bbcgoodfood](http://www.bbcgoodfood.com) magazine.co.uk

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and for dessert...

## Squidgy chocolate & pomegranate torte

This rich dark chocolate sponge makes a great Valentine's Dessert with plenty leftover....

Prep: 20 mins  
Cook: 30 mins - 35 mins  
Cuts into 12 slices



### Ingredients

225g unsalted butter, plus extra for greasing  
250g dark chocolate (70% cocoa), broken into squares  
5 large egg  
225g light muscovado sugar, squished through your fingers to remove any lumps  
85g ground almond  
50g plain flour, plus a extra 1 tbsp

For the topping  
150ml double cream  
100g bar dark chocolate (70% cocoa), roughly chopped  
1 tbsp icing sugar, sifted  
handful pomegranate seeds

### Method

- 1 Generously grease a 23cm springform tin, then line the base with parchment. Heat oven to 180C/160C fan/gas 4. Put the butter and chocolate in a medium bowl and gently melt together, either over a pan of simmering water or in the microwave. Stir until smooth, then set aside.
- 2 Crack the eggs into a large bowl, add the sugar, then whisk for 5-8 mins with electric hand beaters until thick, mousse-like and doubled in volume. Pour the chocolate mix around the edge of the bowl, then fold together using a large metal spoon until the batter is evenly brown with the odd ribbon of chocolate appearing. Don't rush this bit, it's important to preserve the bubbles you've so carefully made. Sift over the almonds, flour and 1/2 tsp salt, then fold in until even. Slowly pour the batter into the tin, then use a spatula to get every last bit from the bowl. Bake on a middle shelf for 30-35 mins, or until the cake is risen and set on top. Cool the cake in its tin on a rack. The torte may sink and crack a little, which is fine.
- 3 For the topping, bring the cream to the boil. Put the chocolate in a bowl with the icing sugar, then tip the hot cream over it. Leave for a few mins, stir until smooth, then let it cool and thicken for 10 mins. Carefully remove the torte from its tin onto a plate, then spread the icing over the top, letting it drip down the sides. Leave to set for a few mins, then scatter with the pomegranate seeds and either chill for a few hours, or serve straight away.

Courtesy of [bbc good food](http://www.bbcgoodfood.com)