



BY ROSS LEWIS, CHAPTER ONE RESTAURANT



CHAPTER ONE

PASTA BAKE

Serves 4

Ingredients

Packet of pasta – just use half for this recipe

10 tblsp of tomato pasta sauce

1 onion – diced

2/4 tblsp of water

4 slices of bacon – cut into strips

1 large cup (200mls) of cream

4/6 tblsp of frozen peas

Grated cheddar cheese

100ml cooking oil

Method

- Cook the pasta in boiling water for 10-12 minutes. Strain it and set it aside.
- Chop the onion and set aside and then slice the bacon down the middle and then into strips
- Drizzle some oil on the pan and fry the onion and bacon for around five minutes over a medium heat.
- Add the frozen peas and tomato sauce into the pan and simmer for 2 minutes.
- Get a small ovenproof tray and spoon all of the mix into the dish.
- Pour the cream into a separate frying pan and turn up the heat so the cream reduces slightly, this should take roughly three minutes.
- Add all of the cooked pasta into the pan and mix so the cream is covering all of the pasta.
- Add all of the pasta in on top of the tomato sauce mix. Grate a generous amount of cheese over the top (you can never have enough cheeses!) and put under a hot grill for 4 to 5 minutes until golden brown on top.
- Remove from the grill and serve.

To see cooking video go to [You Tube > Ross Lewis GoodGrub Pasta Bake](#)

CODDLE

Serves 4

Ingredients

4 potatoes – thinly sliced

2 carrots – sliced

4 onions – sliced

8 sausages – cut in 3

8 rashers – cut in half lengthways

2 sprigs of thyme

Bunch of parsley

25g butter

Method:

- Melt the butter on a medium heat in a large pot and firstly add the sliced onions and cook until they start to lightly brown.
- Add the sliced potatoes and carrots into the pot and add enough water to cover the potatoes and carrots by about 1 inch.
- Continue to simmer over a medium heat with the lid on for 10 minutes.
- Add the sausages and bacon and then simmer for a further 20 minutes.
- Add the parsley and thyme (optional) and lots of white ground pepper and then serve.

To see cooking video go to [You Tube > Ross Lewis GoodGrub Coddle](#)