



# MARY BERRY

Author, television presenter and AGA Specialist

## A BIT ABOUT ME .....

My career has encompassed a wide variety of experience including radio, television and writing. I am now thoroughly enjoying spending more time at Watercroft, from 1990 - 2006 I ran my AGA Workshops, which were held twice a week throughout most of the year. Some 14,000 AGA owners have attended. The workshops were a natural extension for me, after I had written *The AGA Book* and made their video. The AGA workshops have been featured in many papers including *The Sunday Telegraph*, *The Daily Telegraph*, *The Sunday Times* and *The Mail on Sunday* YOU Magazine said: "Mary Berry is to AGA what Pavarotti is to opera!" In a recent BBC Good Food Magazine article on the best cookery courses, our AGA Workshops were mentioned as the best AGA courses available. The Workshops at Watercroft finished in December 2006 after 16 years.

In an article in this years BBC Good Food Magazine I was voted by the public as third favourite chef/cook for most reliable recipes after Jamie Oliver and Delia Smith.

My sort of cooking is family - not nouvelle cuisine nor all peas, beans and lentils! Just healthy practical recipes using a little less fat and including lots of fresh ingredients. I am still making omelettes using butter and serving strawberries with cream - but not quite so often! Homemade cakes are still the best, but maybe a smaller slice now - and only once a week! I like to think of my cookery as being Cordon Bleu standard, but a lot less effort. Cookery has obviously changed over the years, and I believe that the use of any new gadgets or techniques that make life a little easier in the kitchen should be welcomed!

In 1994 my daughter, Annabel and I decided to produce our range of Salad Dressings and Sauces, under the name of *Mary Berry & Daughter*. We started with Salad Dressing and Mustard Dressing which I have made all my married life and because all family and friends like it we decided to have it manufactured for commercial use. We are delighted with the progress the business is making and we now have a range of 9 products which are sold nationally anywhere from Farmshops to Fortnum's! Including Waitrose and Lakeland stores and by mail order. It is a family business which my husband is heavily involved with too.

I am happily married with two grown-up children. I live in Buckinghamshire and am a passionately keen gardener.

## TRAINING

I trained in catering at Bath College of Home Economics, followed by a City and Guilds teaching qualification and the Paris Cordon Bleu.

**October 2002 Lifetime Achievement Award from Aga Rayburn**

### TELEVISION

<b><u>Celebrity Cash in the attic</u></b>	2009
<b><u>Supersizers Go</u></b>	2009
<b><u>Saturday Kitchen</u></b>	2003- 2005
<b><u>Saturday Cooks</u></b>	2005-2007



**Daily Cooks**

Great Food Live

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2002 – 2007

**Great Food Bites**

2003 – 2007

**Terry and Gaby show**

2004

**Through the Keyhole**

2004

**Channel 4**

1998 - Collectors Lot: programme on my own antique kitchen utensils

**BBC**

1996 - "Mary Berry at Home" eight programme series from Watercroft

1994 - "Mary Berry's Ultimate Cakes" eight programme series from Watercroft

"Collectors World" and "Negus Enjoys": three programmes with Arthur Negus on Victorian and Georgian food.

**Thames**

Seven cookery series on "Good Afternoon" and "Afternoon Plus" -the last being "Celebrations" recorded in my own kitchen.

**RADIO**

I have been a regular contributor for "Womans Hour" (1994 - 2008) and also several programmes on "Tuesday Call" - on subjects from preserving to Christmas cookery. For a few years I was a regular contributor on The Debbie Thrower Programme on BBC Radio 2 (1995 - 1998) - I was a guest on the first Monday of every month - sometimes this was a phone-in other times a topical food item. 2008 BBC2 Chris Evans Show and Radio Five Live.

**BOOKS**

**Over 60 cookery books with total sales of over 5 million, including nine that have accompanied Thames Television series. Also "Mary Berry at Home" and "Ultimate Cakes" accompanied two BBC series. I was also commissioned to write the original AGA cookery book in 1988 which comes with every new AGA, so the natural follow on was to write a follow on book in 1999 "Mary Berry's New AGA Cookbook" which include tried and tested from my AGA Workshops. "Cook now, Eat later" is Mary's latest book with conventional and Aga cooking times.**

**2008** Stressfree Kitchen (headline)

**2007** One Step Ahead with Mary Berry (Quadrille) Sept

**2006** *Mary Berry's Christmas Collection* (Headline)

**2005** *Real Food Fast* (Headline)

**2004** *Foolproof Cakes* (BBC Books)

**2002:** *Cook now, Eat later* (Headline)

**1999:** *Mary Berry's New AGA Cookbook* (Headline)

**1997:** *The New Cook* (Dorling Kindersley)

*Mary Berry cooks Pudding and Desserts* (BBC Book and video)

*Mary Berry cook Cakes* (BBC Book and video)

**1996:** *Mary Berry at Home* (BBC Worldwide to accompany TV series)

**1995:** *Mary Berry's Complete Cookbook* (Dorling Kindersley)

**1994:** *Ultimate Cakes* (BBC Worldwide to accompany TV series)

**.....AND FINALLY**

I continue to write, present and demonstrate, all of which I love. I am so fortunate that my working life allows me to enjoy my two main interests - cooking and gardening.

## Baked Salmon With Quickest Vintage Cheddar And Parsley Crust

This is a perfect fish recipe to prepare ahead. Leave in the fridge up to 24 hours if not required immediately.

6 x 5 oz (150g) salmon fillets, skinned  
 3oz (70g) Vulscombe garlic and herb fresh goats cheese  
 1 oz (25g) fresh white breadcrumbs  
 1 oz (25g) coarsely grated Quickest Vintage Cheddar  
 2 tablespoons chopped fresh parsley  
 grated rind of ½ lemon  
 paprika  
 chopped fresh parsley to garnish

Season both sides of the salmon fillets and place on a greased baking sheet or roasting tin.

Spread a little of the Vulscombe garlic and herb goats cheese on each salmon fillet. Mix the breadcrumbs, Quickest vintage cheddar, parsley and lemon rind in a small bowl and season. Sprinkle the breadcrumb mixture over the goats cheese and sprinkle with paprika.

Bake for about 10-15 minutes on the second set of runners in the roasting oven. To tell when the salmon is done – it will have changed from translucent to a pink opaque. Serve immediately garnished with chopped parsley.

Serves 6

To cook in conventional oven

Bake in pre-heated oven 200C/400F/Gas 6 for about 15 mins until salmon is just done.

## Mexican Spicy Chicken

Delicious with tomato salad and chunky garlic bread. If you have difficulty in finding black eyed beans use red kidney beans or butter beans instead.

12 chicken thighs, skinless and boneless  
 2 tablespoons sunflower oil  
 2 cloves garlic, crushed  
 1 large onion, sliced  
 2 level tablespoons flour  
 1 teaspoon ground cumin  
 1 teaspoon ground coriander  
 ¼ pint (150ml) white wine  
 1 x 14oz (400g) can chopped tomatoes  
 2 level tablespoons tomato puree  
 salt and pepper  
 1 x 14oz (400g) can black eyed beans  
 1-2 tablespoons mango chutney  
 fresh coriander or mint  
 5 oz Yeo valley organic natural yoghurt

Heat a large pan and brown the chicken on each side until golden. Remove the chicken with a slotted spoon onto a plate. Transfer the pan to the lower heat, add the oil, garlic and onion and allow to soften for a few minutes. Blend in the flour and spices and cook for 2 minutes.

Add wine, tomatoes, tomato puree and return the meat to the pan, stir well and bring to the boil, season, cover and transfer to the simmering oven for about an hour or until the meat is just tender.

Drain and rinse the beans, add to the chicken about 10 minutes before the end with the mango chutney. Check seasoning.

Garnish with sprigs of coriander or mint. Serve with natural yoghurt seasoned then mixed with 2 teaspoons chopped coriander or mint.

Serves 6

#### **Conventional oven**

Bake in a preheated oven 160C/140Fan/Gas 3 for about an hour.

### *Pasta with Denhay Air Dried Ham And Broccoli*

A wonderful pasta recipe – serve with chunk of fresh bread and fresh green salad leaves.

12oz (350g) penne pasta

2 x 70g (2½g) Denhay air dried ham, snipped into pieces

8 oz (200g) broccoli florets

8oz (225g) small chestnut mushrooms, sliced

1 x 200 ml carton full fat crème fraiche

about 2oz (50g) Tuscan Pecorino, grated (the Tuscan's that are in the tent with Slow Food Devon will be bringing their best Pecorino)

salt and freshly ground black pepper

good handful of chopped parsley

Cook the pasta in a large pan of boiling salted water, over high heat as directed on the packet until al dente. Three minutes before the end of cooking add the broccoli. Drain and refresh in warm water – set aside to drain.

Fry the air-dried ham in a large non-stick frypan until crisp, remove half of the ham and keep warm.

Add the chestnut mushrooms and stir with the ham for a moment then stir in the crème fraiche and half the pecorino cheese, season with a little salt and pepper (go easy on the salt as the ham is salty). Bring to the boil, stir in the cooked pasta and broccoli and stir well, until piping hot and check seasoning.

Sprinkle over the remaining pecorino, ham and parsley. Serve at once.

Serves

### *Rhubarb Lemon Possetts*

These are such a quick dessert – minutes to make and completely delicious!

Serves 6

750g (1 1/2lb) fresh young pink rhubarb, sliced into 4cm (1 1/2") pieces  
finely grated zest of 1/2 an orange plus 2 tablespoons orange juice  
25g (1oz) caster sugar

300ml (1/2 pint) pouring Yarty Valley double cream  
50g (2oz) caster sugar  
finely grated zest and juice of 1 1/2 lemons, keep separate

You will need 6 little pot glasses.

1 Put the rhubarb, orange zest and juice into a shallow saucepan. Add the sugar, stir over a low heat until the sugar has dissolved. Cover and simmer for about 10 minutes until just tender. Remove from the heat and set aside to cool.

2 To make the topping, measure the cream, caster sugar and lemon zest into a saucepan. Heat gently, stirring until the sugar has dissolved and bring to simmering point. Remove from the heat and stir in the lemon juice.

3 Divide the rhubarb between the six pot glasses and spoon any juices over the top. Pour the lemon cream on top of the rhubarb and transfer to the fridge for about 4-6 hours to firm up a little.

4 Serve chilled.

#### PREPARE AHEAD

These can be made completely up to 2 days ahead. Not suitable for freezing.

#### AGA

Cook the rhubarb in the simmering oven, covered for about 15 minutes. Continue to make the lemon cream on the simmering plate.

### *Steak Diane*

Memories of the 1960's when this was all the rage, cooked on a spirit stove in front of you in the restaurants. A special way of serving steak – I do it for a treat supper when we are at home on a Saturday night – four steaks fit just nicely in a large frying pan. The classic recipe beats the steaks our very thinly like an escalope but we prefer a thicker steak. Obviously if you want thin steaks they will cook quicker.

50g (2oz) butter  
4 x 150g (5oz) centre cut fillet steaks

1 onion, finely chopped  
4 tablespoons brandy  
1 tablespoon Dijon mustard  
1 tablespoon Worcestershire sauce  
150ml (1/4 pint) pouring Yarty Valley double cream  
little beef stock or water

2 tablespoon fresh parsley, chopped

Beat out the steaks using the palm of your hand to about 1.5cm (1 1/2") thick. Season well with salt and pepper.

Heat a large non-stick frying pan till hot on the boiling plate. Add half the butter, as it sizzles, low the steaks into the pan and fry over a high heat for 1 1/2 minutes on each side for medium rare. Lift out and keep warm.

Add remaining butter to the pan, add onion and cook gently until softened.

Add brandy, mustard, Worcestershire sauce and cream, stir and bring to the boil on the boiling plate. Season with salt and pepper. The consistency should be the thickness of pouring cream, if a thick add a little water or beef stock.

Add parsley to the sauce and serve with hot steaks. Sprinkle in remaining parsley and serve.

Serves 4

#### Prepare Ahead

To prepare ahead, cool the steaks after browning, cover and fridge. Make the sauce, cool, cover and fridge. These can both be done up to 12 hours ahead. To reheat, place the steaks on a baking tray in the roasting oven for about 8 minutes. Reheat the sauce in a pan on the simmering plate.

#### Conventional oven

Reheat in a conventional over 220C/200Fan/Gas7 for about 8 minutes.

### *Trendy King Prawn Tapas*

Definitely my favourite special to go with drinks. Most long thin baguettes will slice into about 50 or so slices to make the bases for these tapas.

½ of a long thin baguette or three thin baguette rolls  
 a little butter, softened  
 4 tablespoons light mayonnaise  
 2 tablespoons tomato ketchup  
 dash Worcestershire sauce  
 dash lemon juice  
 225g (8oz) cooked local prawns

Slice the baguette into 24 x ¼" (1/2 cm) slices and spread one side with a little butter. Arrange buttered side down on a baking sheet, greased or on non-stick paper.

Mix together the mayonnaise, ketchup, Worcestershire sauce and lemon juice in a bowl. Add the really well drained prawns, season and spoon the mixture on top of the pieces of bread so each one has two or three prawns.

Sprinkle with paprika and slide onto the floor of the roasting oven for about 7 minutes or until golden brown underneath and tinged brown on top.

Makes 24 tapas

#### Conventional oven

Grill the buttered side of the bread slices till pale golden. Turn over and top with the prawn mixture, sprinkle with paprika and grill till golden.