

You loved your last book...but what  
are you going to read next?

Using our unique guidance tools, Lovereading will help you find new  
books to keep you inspired and entertained.

---

**Opening Extract from...**

# **Jamie Does...**

Written by Jamie Oliver

Published by Michael Joseph

All text is copyright © of the author

This Opening Extract is exclusive to Lovereading.  
Please print off and read at your leisure.

---



## MY FAVOURITE PAELLA

### Serves 4-6

- olive oil
- 2 raw chorizo sausages (approximately 250g in total), thickly sliced
- 300g pork belly, skin removed, the best quality you can afford, cut into 1cm pieces
- 1 green pepper, deseeded and roughly chopped
- 1 red pepper, deseeded and roughly chopped
- 5 cloves of garlic, peeled and roughly chopped
- 1 onion, peeled and roughly chopped
- a small bunch of fresh flat-leaf parsley, leaves picked and roughly chopped, stalks finely chopped
- sea salt and freshly ground black pepper
- a good pinch of saffron
- 400g clams or mussels, scrubbed clean and debearded
- 300g paella rice
- 200g jarred red peppers in oil, drained and torn into pieces
- 1 x 400g tin of chopped tomatoes
- 1 litre chicken or vegetable stock, preferably organic
- 12 large prawns, shells on
- 150g squid, cleaned and finely sliced
- 150g green beans, sliced very thinly at an angle
- 1 lemon, cut into wedges

As a young boy, the idea of meat and fish together in one dish never made sense to me. But once I tried paella the combination of textures and smoky flavours completely won me over. It's one harmonious, exciting, stomach-pleasing smasher of a dish. Some locals will say you don't add chorizo, but because I love it, I'm adding it here. You can pick up a proper paella pan (like the one in the picture) at most department stores, but a large shallow pan about 30cm across will also work a treat.

Without question this is one of Spain's hero dishes. Although incredibly flexible and delicious, it was never intended to be as visual and flamboyant a dish as it is. It was invented by farmers, grabbing whatever bits of meat, veg and fish they had available to them and using rice to bring it all together. Over time it's been refined and claimed by all sorts of people around Spain as their own. That's the great thing about paella, you can make it your own by taking the principle of it and adjusting it to embrace whatever ingredients are in season and around you.

Heat a large wide-based pan over a medium heat and add a lug of olive oil, the sliced chorizo and the pork belly. Fry for around 10 minutes, stirring occasionally. As soon as the chorizo starts taking on colour and the fat is beginning to cook out of it, add the chopped peppers, garlic, onion and parsley stalks along with a good pinch of salt and pepper and the saffron. Fry gently for another 10 minutes, or until the vegetables have begun to soften. Meanwhile pick through the shellfish and get rid of any clams or mussels that aren't tightly closed.

Add the rice and jarred peppers and keep stirring for a few minutes until the rice is coated in all the lovely flavours, then pour in the tinned tomatoes and 800ml of stock, seasoning again with salt and pepper. Bring everything to the boil, then turn down to a medium to low heat and stir constantly for about 15 minutes. This combination of flavours will be absolutely beautiful, but you've got to help the dish along by doing your job and making sure each grain of rice gets the same amount of love. So every now and then, stir from the outside of the pan into the middle so you get a sort of pile of rice in the centre, making sure nothing is sticking to the bottom. Flatten the pile out with your spoon, then start the whole process again.

After 15 minutes the rice should be cooked, but still have a bit of a bite, so add the mussels or clams and the prawns. You may want to add an extra splash of stock here if the rice looks a bit dry. Keep stirring, and as the clams and mussels start to open and the prawns begin to turn pink, add your squid and green beans and cook for a further 5 minutes or so. Discard any clams or mussels that don't open. Stir in the chopped parsley leaves and the juice from half your lemon wedges, and bring to the table with the remaining lemon wedges on the side.





## THE WORLD-FAMOUS TARTE TATIN

### Serves 6

- plain flour, for dusting
- 500g puff pastry
- 5 small eating apples (approximately 800g), a mixture of sweet and acidic varieties
- 100g golden caster sugar
- 100ml Calvados
- 1 vanilla pod, halved lengthways, seeds scraped out
- 50g butter, cubed

Not only is this dessert delicious, it was invented quite near where I was staying by the Tatin sisters. The story goes that one of them was making an apple tart but, for whatever reason, made a mistake and left it too long in the oven. However, she thought she could salvage it, so she ended up turning it upside down and her guests went mad for it. I wish all my cooking mistakes had such happy results. If you want to see a video of this being made, go to [www.jamieoliver.com/how-to](http://www.jamieoliver.com/how-to). It's dead simple and when you've made it once you'll have the hang of it.

Hopefully, this recipe will give you the basics so that you'll be able to stretch it by using pears, quinces, peaches, apricots or a mixture ... I'm sure the sisters would love the fact that people were bending this recipe to make it their own. Light golden puff pastry, soft juicy fruit and crisp caramel is a great combination! You could serve this with a spoonful of crème fraîche or whipped cream, but personally I love the contrast between the warm tart and cold ice cream, especially the prune and Armagnac ice cream on the next page!

Preheat your oven to 190°C/375°F/gas 5. Dust a clean surface and a rolling pin with flour and roll out your puff pastry until it's just over 0.5cm thick. This will be enough to cover the ovenproof frying pan you'll be cooking the tarte Tatin in, leaving about 5cm extra around the edge. Put the pastry to one side for now. Peel your apples, then halve them horizontally and use a teaspoon to get rid of the seeds and core.

Put the ovenproof pan on a medium heat and add the sugar, Calvados, vanilla seeds and pod. Let the sugar dissolve and cook until the mixture forms a light caramel. Just please remember never ever to touch or taste hot caramel, as it can burn really badly.

Once the caramel looks and smells delicious - it should be a lovely chestnut brown - add your halved apples. Carefully stir everything in the pan and cook for about 5 minutes or until the apples start to soften and you get a toffee apple vibe happening. Add the cubed butter, then lay the pastry over the top. Quickly and carefully tuck the pastry down right into the edges - it's best to use a wooden spoon so you don't touch the caramel.

Bake the tarte Tatin for about 25 to 30 minutes, or until golden, with crispy caramelly pieces bubbling up from under the edges. Take it out of the oven. To make it look like a tarte Tatin you need to turn it out, which isn't hard - but you do need to be careful with that hot caramel. So get a serving plate or board larger than your pan and put an oven glove on to protect the arm holding the board. Put the board or plate on top of the pan, then quickly, carefully and confidently turn it out (remember you can go to [www.jamieoliver.com/how-to](http://www.jamieoliver.com/how-to) and see a video of how to do this safely). Put it to one side for a few minutes, so the caramel can cool down, then divide it up and serve with a spoonful of crème fraîche or ice cream.

