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One of the main ways that germs are spread is from hands. Harmful bacteria can be spread very easily from your hands to food, work surfaces and equipment. It's important to wash them thoroughly with soap and warm water before handling food, and especially after touching raw food, the bin, pets, and going to the toilet.

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To make the fat extra crusty during cooking, dust the fat surface of the beef with 1

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6 steps to cooking the perfect steak. Rustle up a steak with flavour, juiciness and tenderness. Remove the steak from the fridge half an hour before it's needed. This is so it can reach room temperature and cooks more evenly. Rub a little oil and seasoning onto both sides of the steak. For a beautifully browned crust and maximum flavour, heat a heavy-based frying or gridle pan until smoking hot.

Rub the duck generously with flaky sea salt, then lay, breast-side down, on a rack over a roasting tray. Roast the duck for 3 hrs, pricking again every now and then.

Turn the oven up to 180C/fan 160C/gas 4 and turn the duck over, roast for 30 mins and then rest for 10 mins.

Cook the thighs skin side down in a cast-iron skillet to render out the fat and make the skin as crisp and, dare we say, delicious as bacon. View Recipe. Alex Lau. 20/23. Banana Bread.

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Cook the pasta according to the packet instructions. To tell if your pasta is cooked, try a piece about a minute or so before the end of the cooking time. It's ready when it's soft enough to eat, but still has a bit of bite. The Italians say 'al dente'. Scoop out a mugful of the starchy cooking water and set aside.

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To make the fat extra crusty during cooking, dust the fat surface of the beef with 1 level dessertspoon each of English mustard powder and plain flour – just rub them in gently – then season with salt and pepper. Place the joint in a roasting tin on top of 2 small halves of onion. The onion will caramelise as the beef cooks and give a ...

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Cook the turkey until the skin is a light golden color, and then cover loosely with a foil tent. During the last 45 minutes of baking, remove the foil tent to brown the skin. Basting will not make turkey moister, but will promote even browning of the skin. To get tender and moist turkey meat, try brining it.

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Marzipan is normally used for icing Christmas cakes and birthday cakes and can be used to make sweets and petit fours. Christoffer Hruskova's Dark

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