Autumn Table

Five seasonal recipes from the Larkfield test kitchen

Recipe collection No. 14



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Recipe collection No. 14 · Autumn 2026

WELCOME

Cooking for the colder months

As the days shorten, our test kitchen turns to squash, wild mushrooms, orchard fruit and slow, gentle cooking. These five recipes are the ones we cooked most this autumn: a soup to start, three mains for weeknights and weekends, and a tart worth turning the oven on for.

Every recipe is tested in a home kitchen with ingredients from any supermarket. The allergens, the nutrition per serving and the storage advice sit at the foot of each recipe.

The Larkfield test kitchen

HOW TO READ OUR RECIPES

Ovens and measures

Temperatures are for conventional ovens, with the fan oven temperature in brackets. Quantities are in grams and millilitres. Eggs are medium.

Nutrition

Values per 100 g and per serving are calculated from the ingredient quantities, in the format of the EU nutrition declaration. %RI is given per serving.

Allergens

The 14 allergens of Regulation (EU) No 1169/2011 are named in full. Always check the label of each product you buy.

Dietary marks

Vegan: no animal products. Vegetarian: no meat, fish or animal rennet. Gluten-free: no ingredient that contains gluten. Dairy-free: no milk or milk products.



Starter · Vegan · Gluten-free LK-A26-01

Roasted squash soup with crispy sage

Roasting the squash first gives this soup a deep, caramelised sweetness. Crisp sage leaves and toasted pumpkin seeds add crunch to every spoonful.

SERVES	PORTION	PREP	COOK	TOTAL	LEVEL
6	315 g	15 min	45 min	60 min	Easy

INGREDIENTS

1 kg	butternut squash, peeled and cut into 3 cm chunks
45 ml	olive oil
1	onion (150 g), chopped
1	celery stick (60 g), chopped
2	garlic cloves, crushed
800 ml	reduced-salt vegetable stock, gluten-free
100 ml	light coconut milk
12	sage leaves
30 g	pumpkin seeds
2 g	fine sea salt

EQUIPMENT

Roasting tin

Large saucepan

Stick blender

Frying pan

METHOD

1. Heat the oven to 200 °C (180 °C fan). Toss the squash with 15 ml of the oil and a pinch of the salt, spread it in the roasting tin and roast for 30 to 35 minutes, until soft and golden at the edges.
2. Meanwhile, heat 15 ml of the oil in the saucepan over a medium heat. Cook the onion and celery for 8 minutes until soft, then add the garlic for 1 minute.
3. Add the roasted squash and the stock, bring to the boil and simmer for 10 minutes.
4. Take the pan off the heat, add the coconut milk and blend until smooth. Season with the rest of the salt and some black pepper.
5. Fry the sage leaves in the remaining oil for 30 seconds until crisp, then drain on kitchen paper. Toast the pumpkin seeds in the dry frying pan for 2 to 3 minutes.
6. Ladle the soup into warm bowls and top with the crispy sage and the toasted seeds.

ALLERGENS

Celery

STORAGE AND REHEATING

Cool quickly, then refrigerate for up to 3 days or freeze for up to 3 months. Reheat until steaming hot throughout.

NUTRITION

Typical values	Per 100 g	Per serving (315 g)	%RI*
Energy	255 kJ 61 kcal	804 kJ 193 kcal	10%
Fat	3.4 g	11 g	16%
of which saturates	0.8 g	2.5 g	13%
Carbohydrate	5.8 g	18 g	7%
of which sugars	2.9 g	9.3 g	10%
Fibre	1.2 g	3.9 g	
Protein	1.2 g	3.8 g	8%
Salt	0.33 g	1.0 g	17%

*Reference intake of an average adult (8 400 kJ/2 000 kcal)



Main course · Dairy-free LK-A26-02

Miso-glazed salmon with sesame greens

A sweet and savoury miso glaze caramelises under the grill in minutes. Serve it on sticky rice with charred broccoli and pak choi.

SERVES	PORTION	PREP	COOK	TOTAL	LEVEL
4	435 g	10 min	25 min	35 min	Easy

INGREDIENTS

- **280 g** short-grain rice
- **4 × 130 g** salmon fillets, skin on
- **40 g** white miso paste
- **15 ml** mirin
- **15 ml** soy sauce
- **15 g** honey
- **250 g** tenderstem broccoli
- **2** pak choi (300 g), halved lengthways
- **15 ml** toasted sesame oil
- **10 g** sesame seeds, toasted
- **2** spring onions, thinly sliced

EQUIPMENT

Saucepan with a lid

Grill tray and foil

Wok or large frying pan

METHOD

1. Rinse the rice until the water runs clear. Put it in the saucepan with 420 ml of cold water, bring to the boil, cover and cook on the lowest heat for 12 minutes. Leave to stand, covered, for 10 minutes.
2. Heat the grill to high and line the tray with foil. Mix the miso, mirin, soy sauce and honey into a smooth glaze.
3. Put the salmon on the tray, skin side down, and brush with half the glaze. Grill for 4 minutes, brush with the rest and grill for 4 to 5 minutes more, until caramelised and the fish flakes easily.
4. Meanwhile, heat the sesame oil in the wok over a high heat. Stir-fry the broccoli for 3 minutes, then add the pak choi and a splash of water and cook for 2 minutes more.
5. Divide the rice and greens between four bowls and top with the salmon. Scatter over the sesame seeds and spring onions.

ALLERGENS

Cereals containing gluten (wheat), Fish, Soybeans, Sesame seeds

STORAGE AND REHEATING

Best eaten fresh. Cool leftover rice within 1 hour, refrigerate it and eat within 24 hours.

NUTRITION

Typical values	Per 100 g	Per serving (435 g)	%RI*
Energy	597 kJ 142 kcal	2599 kJ 618 kcal	31%
Fat	5.1 g	22 g	31%
of which saturates	0.9 g	3.8 g	19%
Carbohydrate	15 g	66 g	25%
of which sugars	1.8 g	7.8 g	9%
Fibre	1.0 g	4.2 g	
Protein	8.5 g	37 g	74%
Salt	0.44 g	1.9 g	32%

*Reference intake of an average adult (8 400 kJ/2 000 kcal)



Main course · Vegetarian LK-A26-03

Wild mushroom and chestnut pappardelle

Golden wild mushrooms, sweet chestnuts and a splash of white wine make a silky sauce for fresh egg pasta, ready in 35 minutes.

SERVES	PORTION	PREP	COOK	TOTAL	LEVEL
4	350 g	15 min	20 min	35 min	Easy

INGREDIENTS

400 g	fresh egg pappardelle
400 g	mixed wild mushrooms, torn
180 g	cooked chestnuts, chopped
2	shallots (100 g), sliced
2	garlic cloves, crushed
30 g	unsalted butter
15 ml	olive oil
100 ml	dry white wine
100 ml	double cream
60 g	vegetarian hard cheese, grated
4	thyme sprigs, leaves picked
10 g	flat-leaf parsley, chopped
2 g	fine sea salt

EQUIPMENT

Large saucepan

Wide frying pan

Colander

METHOD

1. Bring a large pan of water to the boil for the pasta.
2. Heat the butter and oil in the frying pan over a high heat. Fry the mushrooms in two batches for 5 to 6 minutes, until golden, seasoning each batch with a little of the salt.
3. Lower the heat, return all the mushrooms to the pan and add the shallots, garlic and thyme. Cook for 3 minutes, then stir in the chestnuts.
4. Pour in the wine and let it bubble until reduced by half. Stir in the cream and simmer for 2 minutes.
5. Cook the pappardelle for 3 minutes, or as the packet directs. Reserve 100 ml of the cooking water, then drain.
6. Toss the pasta through the sauce with 40 g of the cheese and a splash of the reserved water until glossy. Serve topped with the parsley and the rest of the cheese.

ALLERGENS

Cereals containing gluten (wheat), Eggs, Milk, Sulphur dioxide and sulphites

STORAGE AND REHEATING

Best eaten fresh. Refrigerate leftovers for up to 2 days and reheat gently with a splash of water until steaming hot.

NUTRITION

Typical values	Per 100 g	Per serving (350 g)	%RI*
Energy	770 kJ 184 kcal	2694 kJ 643 kcal	32%
Fat	8.7 g	30 g	43%
of which saturates	4.5 g	16 g	80%
Carbohydrate	20 g	70 g	27%
of which sugars	1.9 g	6.7 g	7%
Fibre	1.7 g	5.8 g	
Protein	5.7 g	20 g	40%
Salt	0.24 g	0.84 g	14%

*Reference intake of an average adult (8 400 kJ/2 000 kcal)



Main course · Gluten-free LK-A26-04

Cider-braised chicken with apples and mustard

Chicken thighs braised in dry cider with sweet apples and wholegrain mustard. Crushed new potatoes soak up every drop of the sauce.

SERVES	PORTION	PREP	COOK	TOTAL	LEVEL
4	530 g	15 min	55 min	70 min	Medium

INGREDIENTS

4	large chicken thighs, skin on and bone in (900 g)
15 ml	olive oil
1	onion (150 g), sliced
2	apples (300 g), cut into wedges
2	garlic cloves, sliced
4	thyme sprigs
300 ml	dry cider
200 ml	gluten-free chicken stock
30 g	wholegrain mustard
100 g	crème fraîche
750 g	new potatoes, halved
15 g	unsalted butter
10 g	flat-leaf parsley, chopped
3 g	fine sea salt

EQUIPMENT

Large ovenproof frying pan

Medium saucepan

Meat thermometer

METHOD

1. Heat the oven to 180 °C (160 °C fan). Season the chicken with half the salt and brown it, skin side down, in the oil in the ovenproof pan over a medium heat for 8 minutes. Set aside and pour off all but 15 ml of the fat.
2. Fry the onion and apples for 5 minutes, until lightly golden. Add the garlic and thyme and cook for 1 minute.
3. Pour in the cider and bubble for 3 minutes, then stir in the stock and the mustard. Put the chicken back, skin side up.
4. Bake uncovered for 35 to 40 minutes, until the juices run clear and the thickest part of the chicken reaches 75 °C.
5. Meanwhile, boil the potatoes for 15 to 18 minutes until tender. Drain and crush lightly with the butter, the parsley and the rest of the salt.
6. Stir the crème fraîche into the sauce around the chicken and serve with the crushed potatoes.

ALLERGENS

Milk, Celery, Mustard, Sulphur dioxide and sulphites

STORAGE AND REHEATING

Refrigerate for up to 2 days. Reheat until steaming hot throughout. Not suitable for freezing.

NUTRITION

Typical values	Per 100 g	Per serving (530 g)	%RI*
Energy	524 kJ 125 kcal	2778 kJ 665 kcal	33%
Fat	6.9 g	37 g	53%
of which saturates	2.6 g	14 g	70%
Carbohydrate	8.3 g	44 g	17%
of which sugars	3.1 g	16 g	18%
Fibre	0.9 g	4.7 g	
Protein	7.0 g	37 g	74%
Salt	0.34 g	1.8 g	30%

*Reference intake of an average adult (8 400 kJ/2 000 kcal)



Dessert · Vegetarian LK-A26-05

Pear and almond frangipane tart

Ripe pears baked into a buttery almond frangipane in a crisp shortcrust case. Serve it warm with crème fraîche, or at room temperature with coffee.

SERVES	PORTION	PREP	COOK	TOTAL	LEVEL
8	150 g	25 min	55 min	95 min	Medium

INGREDIENTS

- **320 g** all-butter shortcrust pastry sheet
- **100 g** unsalted butter, softened
- **100 g** caster sugar
- **2** medium eggs
- **100 g** ground almonds
- **30 g** plain flour
- **3** ripe pears (450 g), peeled and halved
- **20 g** flaked almonds
- **40 g** apricot jam
- **5 g** icing sugar
- **120 g** crème fraîche, to serve

EQUIPMENT

23 cm loose-bottomed tart tin

Baking paper and baking beans

Electric hand mixer

METHOD

1. Line the tart tin with the pastry, trim the edges and prick the base with a fork. Chill for 15 minutes. Heat the oven to 190 °C (170 °C fan).
2. Line the pastry with baking paper and baking beans and bake for 15 minutes. Remove the paper and beans and bake for 5 minutes more. Lower the oven to 180 °C (160 °C fan).
3. Beat the butter and sugar until pale and fluffy. Beat in the eggs one at a time, then fold in the ground almonds and the flour.
4. Spread the frangipane in the pastry case. Slice each pear half thinly crossways, keeping its shape, and press the halves into the frangipane in a ring.
5. Scatter over the flaked almonds and bake for 35 minutes, until golden and just set in the centre.
6. Warm the jam and brush it over the pears. Dust with icing sugar and serve warm with the crème fraîche.

ALLERGENS

Cereals containing gluten (wheat), Eggs, Milk, Nuts (almonds)

STORAGE AND REHEATING

Store covered in the fridge for up to 3 days. Serve at room temperature, or warm slices at 160 °C (140 °C fan) for 10 minutes.

NUTRITION

Typical values	Per 100 g	Per serving (150 g)	%RI*
Energy	1448 kJ 348 kcal	2172 kJ 521 kcal	26%
Fat	23 g	35 g	50%
of which saturates	11 g	17 g	85%
Carbohydrate	29 g	43 g	17%
of which sugars	16 g	23 g	26%
Fibre	2.1 g	3.2 g	
Protein	5.3 g	7.9 g	16%
Salt	0.17 g	0.26 g	4%

*Reference intake of an average adult (8 400 kJ/2 000 kcal)

LARKFIELD KITCHEN

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