

My favourite meal: The traditional Sunday Roast!

Summer on a plate is how I would describe my starter - 'salade tricolore'. It sounds fancy but it is simple... simply delicious. The contrast of colour on the plate makes it eye-catching: green, white and red. This tasty, mouth-watering starter is bursting with Mediterranean flavours and mimics the colours of the nation's flag: Italy. The avocado pear is velvety and smooth, with a strangely nutty flavour. This is wonderfully complemented by the creamy whiteness of the mozzarella cheese (preferably torn by hand, which makes it look more rustic). To finish the trio of tastes are the juicy yet firm beef tomatoes. I like this scattered on a plate and even piled into a tower to tingle the taste buds. As long as there is also a lashing of pesto dressing drizzled on the plate: I am delighted.

This light (although delicious) starter is a stark contrast to the perfectly cooked chicken and gammon, encrusted with buttered pepperiness, which comes next. Sitting centrally on the white plate, the meat oozes delicious juices and is caramelised and firm, yet easy to cut (and melts in the mouth). The best feeling in the world is the one you get as you slice into the ham to see pinky flesh glaring back at you. Perfect! Once the colour is checked, smother the meat in a rich, silky gravy (with a hint of brandy - it is lockdown after all). There is no need for potatoes however but who can resist a goose fat roasted potato served with a side order of buttered green vegetables. The aroma of the meat and the vegetables wafts around your nose drawing you in to the plate, devouring it all as you go.

Scrumptious sticky toffee pudding lies in wait for the end of the meal but it will remain on the side... I am simply stuffed! We can have it for tea!

Memories... that is why Sunday lunch is my favourite meal. Of course the flavours are basically amazing but it is the inner feeling of happiness and contentment when eating this fabulous food which makes it so special and therefore my favourite meal. As I sit with my loved ones, I remember the fun times... the happy times and I just love Sundays. By eating (and thoroughly enjoying) 'salade tricolore' and a special Sunday roast, I am the happiest girl in the world!

Now it is your turn! Can you write for me your favourite meal!

Tips: roast dinners are easiest to do as there are many components e.g carrots, broccoli, cauliflower, meat, roast potatoes, mashed potatoes, gravy etc... Some people last year did a full English breakfast! Have a go - then you will be hungry! Enjoy! Mrs Heston