

Cook from frozen on a gentle heat.



## *Pro in the know*

Alastair Young, creator of  
The Amateur Chef, says:

To remove burnt-on stains and bits from pans and oven trays, put the problem pan on the hob. Fill with boiling water and add three dessert spoons of baking powder. Simmer for 30 minutes and then drain in the sink. A light scouring pad will then remove stubborn stains easily.

[www.theamateurchef.co.uk](http://www.theamateurchef.co.uk)