

FOSSE TRINITY NEWS

RECIPES

Updated July 2015

A collection of recipes featured in the Fosse Trinity News since 2006. Plus a few that haven't quite made it yet.

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STARTERS

Wild Garlic Soup With Pesto

May 2008

(This recipe is from Clodagh McKenna a promoter of local Irish produce and a regular chef on UKTV's Market Kitchen.)

Serves: 6 Prep: 10 min Cook: 20 min

Ingredients:

For the soup

50g butter
100g Onions, peeled and roughly chopped
200g Potatoes, peeled and roughly chopped
300ml hot chicken or vegetable stock
1 bunch of fresh wild garlic leaves
2 tbsp double cream

For The Pesto

2 handfuls wild garlic leaves, chopped
extra virgin olive oil
50g Hazelnuts, skins removed and toasted
50g Parmesan cheese, roughly cubed

Method

1. For the soup: melt the butter in a heavy-bottomed saucepan over a medium heat. Add the onions and potatoes, lightly frying, then season with salt and pepper. Cover the pan with a lid and cook for 10 minutes.
 2. Add the stock bit by bit to the potato and onion mixture so that it combines well with the mixture. Once all the stock has been added bring the pan to a boil, reduce the heat and cook until the potatoes and onions are tender.
 3. Stir in the wild garlic leaves and cook for 1 more minute. Add the double cream and stir.
 4. Transfer the soup to a food processor and blend to a smooth consistency. Season with salt and pepper to taste.
 5. For the pesto: crush together the hazelnuts, parmesan and wild garlic leaves in a pestle and mortar, or a food processor. Season with some pepper and a drizzle of extra virgin olive oil and mix well. Set aside.
 6. Serve the soup in bowls with the pesto drizzled over the top.
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Curried Roast Parsnip Soup With Vegetable chips

Serves 6

November 2008

preparation time less than 30 mins Cooking time 30 mins to 1 hour

Ingredients

For the soup

2 tbsp olive oil	1 onion, roughly chopped
2 cloves garlic, thickly sliced	1kg/2lb 2oz parsnips, peeled, cut into chunks
3 sprigs fresh thyme	3 tbsp honey
1-2 tsp hot curry powder	salt and freshly ground black pepper
1.5litres/2½pints chicken stock (vegetarians may substitute vegetable stock)	
450ml/16fl oz double cream	

For the vegetable chips

oil, for deep-frying	½ parsnip, peeled
½ beetroot, peeled	½ turnip, peeled
½ carrot, peeled	

To serve

250ml/9fl oz double cream	½ lemon, juice only
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Method

1. Preheat the oven to 200C/400F/Gas 6.
2. Place all the soup ingredients with the exception of the stock and cream into a roasting tray. Mix well and season with salt and freshly ground black pepper. Place into the oven to roast for 25-30 minutes, until golden and tender.
3. Place all but 250ml/9fl oz of the chicken stock into a saucepan over a high heat. Add the cream and, once boiling, reduce the heat to simmer.
4. Add the roasted parsnips and continue to simmer.
5. Pour the remaining stock into the roasting tray and place over a high heat. Stir well, scraping at the browned bits on the base of the roasting tray to release all of the flavour, then add this sauce to the simmering soup.
6. Remove from the heat and allow to cool slightly, then transfer into a food processor and blend until smooth. Return the soup to the pan and season, to taste, with salt and freshly ground black pepper.
7. Meanwhile, for the vegetable chips, preheat a deep-fat fryer to 190C/375F. (CAUTION: hot oil can be dangerous. Do not leave unattended.)
8. Using a potato peeler, peel long strips of each of the vegetables. Carefully add the vegetable strips into the oil and fry until golden. Remove with a slotted spoon and drain on kitchen paper.
9. To serve, place the cream into a bowl and whip lightly until soft peaks form when the whisk is removed. Add the lemon juice and fold into the cream.
10. Serve the soup in a bowl with a dollop of cream in the centre and a small pile of vegetable crisps placed over the top.

by James Martin BBC Food from Saturday Kitchen

VEGETARIAN

Savoury Courgette Cakes

October 2007

Preparation time less than 30 mins

Cooking time less than 10 mins

Ingredients

900g/2lb courgettes, grated
salt and freshly ground black pepper
bunch spring onions, white part only
2 tbsp chopped dill
2 tbsp chopped flat leaf parsley
3 free-range eggs
1 tbsp paprika
225g/8oz feta cheese
225g/8oz plain flour
groundnut oil, for deep frying
slices lemon, to garnish

Method

1. Sprinkle the courgette with salt and allow to drain for 20 minutes.
 2. Place the grated courgette in a clean tea towel and squeeze out the water. Mix with the onions, dill, parsley, eggs, paprika and freshly ground black pepper.
 3. Work in the feta cheese and flour.
 4. Heat the oil in a deep, heavy-bottomed pan. It is ready when a breadcrumb that is dropped in will sizzle gently in it. (CAUTION: hot oil can be dangerous. Do not leave unattended.)
 5. Carefully fry tablespoons of the mixture in the hot oil until golden. Remove with a slotted spoon and drain on kitchen towels. Garnish with slices of lemon and serve immediately.
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Broad bean and flamed pepper salad

(by The Vegetarian Society)

June 2008

Preparation time less than 30 mins

Serves 4 Cooking time 10 to 30 mins

Ingredients:

1 red pepper, deseeded

340g/12oz shelled broad beans

100g/4oz mixed bean sprouts

For the dressing:

2 tbsp wine vinegar

4tbsp cold pressed sunflower oil

1-2tsp sesame oil

salt and black pepper

handful of chopped fresh mint

2 tbsp toasted sesame seeds

Method

1. Halve the deseeded pepper and barbecue skin side down until it starts to blacken. Put in a strong plastic bag until cool enough to handle. Remove the skin and seeds and reserve any juices to use in the dressing.
 2. Make the dressing by whisking the vinegar and oil together. Season with salt and freshly ground black pepper and stir in the chopped mint.
 3. Cook the broad beans in boiling water and drain. If the bean skins are tough, pop out the dark green tender centres and discard the skins.
 4. Slice the grilled and skinned pepper and mix together with the broad beans and bean sprouts. Pour the dressing over the vegetables while they are still warm. Scatter with toasted sesame seeds before serving.
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Green Beans With Red Onion And Redcurrants Recipe **July 2010**

By Jill Dupleix

A good-looking side dish that goes well with salmon.

Ingredients

300g fine green beans
1 tbsp extra-virgin olive oil
1 tbsp walnut or hazelnut oil
1 tbsp red wine vinegar
1 small red onion, finely sliced
50g redcurrants

Method

1. Top but don't tail the beans. Cook in simmering salted water for 3 minutes, then drain and set aside.
2. On a platter, combine both the oils with the vinegar and season to taste. Add the green beans, red onion and red currants and toss well to serve.

Nutritional info

Per serving: 75kcal, 5.9g fat (0.7g saturated), 1.7g protein, 4g carbs, 2.9g sugar, trace salt

Ratatouille

August 2010

Ingredients

2 large aubergines	4 small courgettes
2 red or yellow peppers	4 large ripe tomatoes
5 tbsp olive oil	supermarket pack or small bunch basil
1 medium onion, peeled and thinly sliced	
3 garlic cloves, peeled and crushed	
1 tbsp red wine vinegar	1 tsp sugar

1. Cut the aubergines in half lengthways. Place them on the board, cut side down, slice in half lengthways again and then across into 1.5cm chunks. Cut off the courgette ends, then across into 1.5cm slices. Peel the peppers from stalk to bottom. Hold upright, cut around the stalk, then cut into 3 pieces. Cut away any membrane, then chop into bite-size chunks.

2. Score a small cross on the base of each tomato, then put them into a heatproof bowl. Pour boiling water over the tomatoes, leave for 20 secs, then remove. Pour the water away, replace the tomatoes and cover with cold water. Leave to cool, then peel the skin away. Quarter the tomatoes, scrape away the seeds with a spoon, then roughly chop the flesh.

3. Set a sauté pan over medium heat and when hot, pour in 2 tbsp olive oil. Brown the aubergines for 5 mins on each side until the pieces are soft. Set them aside and fry the courgettes in another tbsp oil for 5 mins, until golden on both sides. Repeat with the peppers. Don't overcook the vegetables at this stage, as they have some more cooking left in the next step.

4. Tear up the basil leaves and set aside. Cook the onion in the pan for 5 mins. Add the garlic and fry for a further min. Stir in the vinegar and sugar, then tip in the tomatoes and half the basil. Return the vegetables to the pan with some salt and pepper and cook for 5 mins. Serve with basil.

Make it your own - Give the dish a Moroccan twist by frying the onions with 2 tsp harissa paste and stirring in 400g can chickpeas, drained. For a more intense Mediterranean flavour, add 1 tbsp capers, a handful of pitted black olives and a few chopped anchovies.

Make it your own - Spoon into a gratin dish, sprinkle with crumbs from 2 slices bread and a handful grated parmesan. Drizzle with olive oil and grill until golden.

Make it your own - Add a deseeded and finely chopped chilli with the garlic for an extra kick.

Recipe from Good Food magazine

Seared Vegetables with Potato Rosti

July 2008

If you're short on time - or potatoes - you could choose to serve the vegetables with a ready-made rosti.

Ingredients

6-8 potatoes
1 red pepper, halved, deseeded and quartered
1 yellow pepper, halved, deseeded and quartered
1 aubergine, halved and cut into 1cm slices
1 red onion, cut into wedges
1 bulb fennel, trimmed and cut into wedges
75ml olive oil
Salt and black pepper
4 ready-made potato rosti (see below)
Fresh basil leaves, to garnish

Method

Brush the vegetables with some of the garlic-flavoured olive oil. Arrange carefully on the grill, making sure they don't fall through, and barbecue over Direct Medium heat for 10 to 15 minutes, turning occasionally, until the vegetables are tender. Meanwhile, boil potatoes until *half cooked*. When cool enough to handle, grate coarsely then take a handful of the potato shavings and press into a disc. Heat some oil in a frying pan and cook the discs, or rostis, for around five minutes on each side. Remove the vegetables from the grill and put them into a large bowl. Pour over the rest of the olive oil, season and mix well. Arrange the vegetables on top of the cooked rosti, drizzle with a little garlic-flavoured oil and serve garnished with fresh basil leaves.

Spinach And Parmesan Tortilla

April 2009

Preparation time less than 30 mins

Cooking time 10 to 30 mins

Ingredients

200g/8oz washed leaf spinach,
nutmeg, freshly ground
large pinch of saffron (optional)
50g/2oz parmesan, freshly grated
8 eggs
2 tbsp olive oil

Method

1. Wilt the spinach in a pan or microwave until tender. Put the spinach into a sieve and press with the back of a spoon or the side of a small plate to remove as much water as possible.
 2. Mix together the spinach, nutmeg, saffron, (if using), and parmesan. Beat the eggs to a light froth. Add to the other ingredients with plenty of salt and pepper. Mix well.
 3. Heat the oil in a large frying pan, preferably non-stick. Pour in the egg and spinach mixture and cook over a fairly low heat for 10-15 minutes until the tortilla is almost set.
 4. Remove the pan from the heat. Put a large plate over the pan, flip it over so the tortilla is on the plate, then slide the tortilla back into the pan to cook the other side. Return the pan to the heat for about 5 minutes until the tortilla is set. Slide on to a large plate and leave to cool.
 5. When the tortilla has cooled to room temperature, cut it into eight each way to give you about sixty-four bite sized strips.
(Good Food Magazine)
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Beetroot And Mascarpone Risotto With Crumbled Wensleydale Cheese

James Martin

November 2009

The Greeks ate the leaves of the beetroot and valued the root for its medicinal qualities, but it was the Romans who first cultivated it and brought it to the table. Nowadays, beetroot tends to be relegated to salads or relishes, which is a shame because it can be used in all sorts of dishes. Choose beetroot that are as small as possible because the larger, older roots can take longer to cook. They can be boiled, steamed or baked - then, once cool enough, the outer skin should be rubbed off. Baby beetroot can be pan-fried in olive oil with other baby vegetables to serve as an accompaniment to meat or fish. Hot beetroot is delicious mixed with fried garlic and onions and its sweet, earthy flavour is perfect for making soup such as borsch.

For the risotto

6 raw beetroot, peeled, roughly chopped
750ml/1¼ pints vegetable stock
30g/1oz butter
2 shallots, peeled, finely chopped
2 garlic cloves, peeled, finely chopped
2 sprigs fresh thyme, leaves only
250g/9oz arborio rice
100ml/3½fl oz white wine
3 tbsp mascarpone
110g/4oz parmesan, grated
small handful fresh parsley, chopped
salt and freshly ground black pepper

To serve

2 tbsp olive oil
1 tsp butter
1 beetroot, finely sliced
200g/7oz Wensleydale cheese, crumbled

Chilli Sin Carne

June 2011

serves 4

1Kg tinned red kidney beans, drained

1 large onion, chopped

2 cloves of garlic, chopped

225g tinned chopped tomatoes

½ tsp cinnamon & cumin

1-2 tsps chilli (to taste)

Black pepper

225g tinned sweetcorn, drained

225g tinned butter beans

1 Fry the onion & garlic until golden brown. Add the kidney beans, tomatoes, spices and chilli. Cover and cook for gently for 30mins.

2 Mix the butter beans, sweetcorn & a knob of butter in another pan, & heat through until hot.

Serve with rice

Gerry Lees

Courgettes With Tomatoes

July 2011

Gerry Lees

1lb courgettes cut into ¼" slices

salt

2½oz butter

½lb tomatoes, skinned and chopped

1tbsp chopped parsley

1 clove of garlic

pepper

½tsp sugar

2oz cheese, grated

1oz fresh breadcrumbs

Put the courgette slices into a colander, sprinkle with salt and allow to drain for about an hour, dry them well. Melt 2oz butter in a frying pan and put in the courgettes. Cook gently until soft and slightly transparent and put them in an oven proof dish. Melt the remaining ½oz butter and cook the tomatoes, parsley, garlic, pepper and sugar until a thickish puree forms. Re-season the mixture if necessary and pour it over the courgettes. Sprinkle with the cheese and breadcrumbs and grill until golden brown.

Ingredients

2 medium courgettes
1 red pepper
1 yellow pepper
1 onion
1 tbsp light olive oil
200g risotto rice
400ml vegetable stock (made with two cubes if using cubes)
200ml white wine (or one small bottle)
grated parmesan cheese to serve

Method

1. Dice all the vegetables into small similar sized cubes, about 1cm square is best. Heat the oil in a saute pan and then add the vegetables. Stir fry on a fairly high heat until the vegetables are soft.
 2. Prepare the stock whilst the vegetables cook, then when they are soft add the rice and a third of the stock to the pan. Simmer on a low heat, stirring and letting the rice absorb the stock.
 3. Once the first third of stock has absorbed add half the white wine, then when the wine has absorbed add the second third of stock. Repeat this process with the remaining wine and stock.
 4. Once all the wine and stock has been absorbed the rice should be fairly soft and sticky. Serve sprinkled with the grated parmesan.
 5. This dish serves three adults on its own, or can serve four as a side dish to chicken or fish.
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Ingredients

- 2 medium sized white onions (red will also do)
- 1/4 teaspoon of salt
- 1 level teaspoon of chilli powder (or to taste)
- Alternatively, de-seed 2 red chillies and finely slice; for a stronger and longer kick, finely chop 2 whole green chillies. Wash hands after.
- 2-3 garlic cloves (or to taste)
- 1 heaped tablespoon of ground coriander seeds
- 1/2 teaspoon of crushed cumin seeds & ginger powder
- 2 tomatoes, diced
- 2 teaspoons of tomato puree
- 1 large potato, peeled and diced to 1cm cubes
- 3-4 red bell peppers, cored and diced to bite-size chunks
- 2-3 medium sized courgettes - cut the tops and ends, slice in half, dice

Method

1. Stick a pan on high heat, don't let it smoke. Pour in enough sunflower oil to just cover the base. Throw in the onions, reduce heat to medium. Stir every 1-2 minutes with a wooden spoon until translucent. Then add the salt (extracts water), 1-2 tablespoons of water and increase heat until the onions begin to brown. *Cheats: Add a dollop of onion paste available from markets or heat up a pack of cooked onions that have already been caramelised.*
2. Add the chilli powder and/or fresh chillies in now, stir and reduce the heat. Add half the chopped tomatoes. Cover the lid to avoid excessive coughing and wailing of 'Ya Allah, why didn't we order take-away instead..?!' Wait 2 minutes only. Then uncover...
3. That's the hard part. And now press the garlic through a crusher and add straight into the pan, bin the skins. Stir. Add 1 tablespoon of water if sticking. Keep on a medium-high heat.
4. Add all the spices. Stir. Taste to season. Add only the potatoes and courgettes. *Cheats: blitz all the spices, tomatoes, puree and garlic to a chunky-fine mixture, add to the browned onions and fry on high-heat for 5-6 minutes before topping with boiled water and then adding the main veg.*
5. Pour in 200ml of boiled water and stir every 3-4 minutes until the potatoes begin to soften.
6. Finally add the tomato and puree, the bell peppers and cook until the potatoes break easily and the courgettes wilt to a soft texture. Avoid breaking the peppers down, we like their crunch.

Done. Serve with Greek or local farm yoghurt, toasted sliced baguettes or brown rice. For extra awesome sauce consider sacrificing 7 minutes to roast the peppers sliced while boiling the potatoes separately. A sprig of rosemary is our friend, pop it in along with the potatoes. Be liberal with fresh coriander leaves.

MEAT

Risshewes (Rissoles) Of Lamb

May 2007

Now I heard that sharp intake of breath, this comes from a medieval cook book called *The Form of Cury* the recipe describes the meat as "Hewen small and grounde alle to douste." We just call it mince these days, this works well as a dish to eat with a good herb salad or in bread at a barbeque, Honestly!

Oven to 180C (350F – Gas 4)

1lb (450g) minced cooked lamb

Salt freshly ground pepper

½ pint (150ml) white sauce

(Melt 1oz butter in a pan add 1 tbsp flour, mix over the heat to form a paste (roux), add ½ pint milk slowly, whisking all the time add a blob of Dijon mustard)

(or any left-over or use instant for a modern twist! Add grating of nutmeg)

2 tbsp plain flour

2 beaten eggs

8oz (225g) dried breadcrumbs

Season lamb, mix white sauce into it to bind it together. Sprinkle flour onto work surface put small pieces of the mix on to it; there should be 18 – roll them in the flour so they are shaped like sausages – dip each into beaten egg and roll in the breadcrumbs – shallow fry for 5 to 7 minutes to brown, then put into the oven (or onto the bbq)-for 10 minutes before serving.

Pan-Fried Pork & Apple

April 2010

Good Food Magazine

2tbsp olive oil

2 eating apples, quartered, cored & cut into thick wedges.

1 onion, chopped

1 garlic clove, chopped

500g pork fillet, thickly sliced (1cm)

2tbsp seasoned flour

½ pint chicken stock

1tbsp wholegrain mustard

2tbsp chopped fresh parsley

mashed potato to serve

1 Fry the apples for 3-4mins until golden. Remove & set aside. Add the onion & garlic & fry for 8-10mins until softened.

2 Toss the pork in the seasoned flour & fry in the pan for 2-3mins, turning occasionally until browned. Add the stock & season. Bring to the boil then simmer for 10-15mins until the sauce has thickened.

3 Return the apples & stir in the mustard & parsley. Heat through for a minute or two, then serve with the mashed potatoes.

Weeping Lamb

with thanks to James Martin

March 2008

Preparation time less than 30 mins

Cooking time 1 to 2 hours

Ingredients

2.7kg/6lb leg of lamb

olive oil

55g/2oz butter softened

3-4 cloves garlic, cut into slivers

6 potatoes

4 onions

455ml/16 fl oz chicken or lamb stock

sprigs rosemary

salt and black pepper

Method

1. Preheat the oven to 230C/ 450F/Gas 8.

2. Using a small sharp pointed knife make a series of small deep slits about 1= inches apart all over the leg of lamb and insert a sliver of garlic and a small sprig of rosemary.

3. Rub the meat with softened butter and place it in a roasting tin. Pour over some olive oil and cook for about 30 minutes.

4. While the meat is cooking, peel and finely slice the potatoes and onions. Mix them together in a bowl and season.

5. After the first half-hour, take the meat from the oven and lift it out of the tin.

6. Layer the potatoes and onions in the fat and pour over the stock. Return the roasting tin to the low shelf and place the lamb on the shelf immediately above - so that the juices will 'weep' onto the potatoes.

7. Roast for about another hour depending on how well you like your meat cooked. Serve with a dressed green salad.

Spring Lamb Chops

April 2008

Lamb is available all year round but spring lamb has small, slender bones with pink, rosy coloured flesh that is meltingly tender and more subtle than darker-fleshed summer or autumn lamb. Choose joints and cuts carefully; go for lean pieces and avoid any with yellow or crumbly fat. *Simon Rimmer.*

Preparation time less than 30 mins

Cooking time 30 mins to 1 hour

Ingredients

12 lamb chops, French trimmed	salt and freshly ground black pepper
olive oil, for brushing	For the spinach and feta rolls
400g/14oz feta, crumbled	400g/14oz baby spinach
½ tsp ground cinnamon	1 free-range egg, beaten
salt and freshly ground black pepper	
200g/7oz filo pastry, sheets cut into 16 pieces 20cm/8in x 25cm/10in	
150g/5oz butter, melted	
1 tbsp chopped fresh rosemary, to garnish	
Greek yoghurt, to serve	

Method

1. Preheat the oven to 200C/400F/Gas 6.
2. Season the lamb chops well with salt and freshly ground black pepper and brush with a little oil.
3. Heat a griddle pan until smoking then add the lamb and griddle for 3-4 minutes each side, or until cooked to your liking.
4. For the spinach and feta rolls, place the feta, spinach, cinnamon and egg into a bowl. Season well with salt and freshly ground black pepper and mix well.
5. Lay out a filo sheet, brush with melted butter, then top with a second sheet of filo. Brush with butter, then add a final layer of filo. Brush the edge of the top sheet with melted butter.
6. Place some of the feta and spinach mixture into the middle of the filo, then roll up tightly, like a cigar, and tuck in the edge to seal.
7. Repeat with the remaining filo sheets and feta mixture to make eight rolls. Place into the fridge to chill for 30 minutes before cooking (this helps prevent the filo rolls exploding during baking).
8. Brush the rolls with more melted butter and place onto a baking sheet. Transfer to the oven and bake for 25 minutes, or until crisp and golden.
8. To serve, place the rolls onto plates with three lamb cutlets alongside. Add a dollop of yoghurt sprinkled with chopped rosemary.

Herby Lamb Cutlets With Cannellini Bean Mash

June 2010

By Lizzie Kamenetzky

Ingredients

Small bunches of fresh mint and parsley, leaves picked
2 garlic cloves, roughly chopped
1 tbsp olive oil
Grated zest of 1 lemon
2 small racks of lamb (about 6 cutlets each)
1 tbsp Dijon mustard
2 x 400g cans cannellini beans, drained and rinsed
100ml double cream
Knob of butter
100g bag watercress
Pinch of grated nutmeg

Method

1. Preheat the oven to 200°C/fan180°C/gas 6. Whizz the herbs, garlic, oil and some seasoning to a paste in a small processor. Stir in the lemon zest. Brush the racks of lamb with the mustard, then spread the paste over it. Put in a roasting tin and cook for 15 minutes (for pink lamb) then rest for 10 minutes.
2. Meanwhile, in a food processor, whizz the beans and cream. Season. Melt the butter in a pan over a medium heat, add the bean mash and stir until hot. Stir in a large handful of watercress and the nutmeg.
3. Cut the lamb into cutlets and serve with the cannellini bean mash and the remaining watercress.

Nutritional info

Per serving: 588kcal, 32.7g fat (15.6g saturated), 44.3g protein, 28.6g carbs, 0.9g sugar, 0.6g salt

Chef's tip

The cannellini bean mash could be made with butter beans or chickpeas, so if either of these are on offer, buy them instead. Alternatively, stuff the herby crust under the skin of a chicken for a fantastic Sunday roast.

Sausage Casserole

November 2010

Ingredients

- * 500g new potatoes, halved if large
- * 4 cloves garlic
- * 2tbsp olive oil
- * Medium butternut squash, peeled, deseeded and cubed
- * 400g pack British outdoor-reared pork sausages
- * 250g cherry tomatoes
- * 200g runner beans, sliced (tinned will do just as well)
- * 2tbsp thick balsamic vinegar

Method

1. Heat oven to 200°C/gas mark 6.
2. Put new potatoes, halved if large, in a roasting tin, add garlic and olive oil and toss to coat. Roast for 15 mins.
3. Add squash and cook for a further 10 mins.
4. Add sausages to the tin, toss again and cook for a further 15-20 mins.
5. Add tomatoes, runner beans and balsamic vinegar and cook for a further 8-10 mins until the beans are tender.

Change this sausage bake to suit your taste. You could try using different flavoured sausages and varying the veg.

*By Jennifer Bedloe and Phil Mundy
Recommended website www.goodtoknow.co.uk*

Make-ahead Breakfast Casserole

December 2009

A warming Sunday brunch/breakfast to keep you topped up 'till lunch.

INGREDIENTS

12 slices white bread, crusts removed
10 slices back bacon
10 slices cheddar cheese
6 eggs
1/2 tsp. pepper
1 tsp. dry mustard
1 large minced onion
2 tsp. Worcestershire sauce
1/2 pint milk
dash Tabasco
1 oz unsalted butter
Crushed Corn Flakes

METHOD

Set 4 pieces of bread into an 8 x 8 inch buttered baking dish. Layer with slices of back bacon, followed by cheddar cheese then finish with 4 more slices of bread. Repeat to make another layer of bacon and cheese and top with a final layer of bread.

In a bowl, beat eggs and pepper together. Add dry mustard, onion, Worcestershire, milk and Tabasco. Pour over the layers, cover and refrigerate overnight.

In the morning, melt butter and pour over top. Cover with crushed Corn Flakes and bake uncovered for 1 hour at 350° F. Let rest for 10 minutes before serving. Optional: Serve with a packaged hollandaise sauce with a dash of lemon juice and pepper added.

Quick Stir Fry

oil

any meat, very thinly sliced

garlic clove, finely chopped

onion, finely chopped

1 large fresh red or green pepper, seeded and thinly sliced

5cm/2in piece fresh root ginger, finely chopped

1 tbsp dark or light soy sauce to taste

A few brussel sprouts, halved

A large carrot thinly sliced

Stick of celery finely chopped

Straight to wok noodles

1 Heat the oil in a wok and stir fry the chicken over a high heat for 1 minute. Remove using a slotted spoon and set aside.

2 Add the garlic, onion and ginger and fry gently for 30 seconds. Return the chicken to the wok, add the carrot, brussels and celery and fry until just soft. Add soy sauce and stir fry for 30 seconds. Add the noodles, stir for 30 secs and serve.

Gerry Lees

**Pan-seared venison with blueberries, shallots & red wine, with
a herby juniper rub** **July 2015**

Serves 4 25m Super easy

It's not often that I cook a nice bit of venison, but it's definitely worth a try. I think you'll be surprised how much you'll like it – the meat tastes like a well-hung steak and can be very juicy. It goes so well with the fruit in this dish, and is great served with some steamed purple sprouting broccoli. Mashed potato, parsnip or celeriac go well with this too.

Ingredients

- 1 small handful fresh thyme, leaves picked
- 5 dried juniper berries
- sea salt
- freshly ground black pepper
- extra virgin olive oil
- 800 g quality venison loin, trimmed
- 4 shallots, peeled and finely sliced
- 1 clove garlic, peeled and finely sliced
- 1 glass red wine
- 200 g fresh blueberries
- 2 large knobs butter

Method

Bash up the thyme and juniper berries in a pestle and mortar with a really good pinch of salt and pepper. If you haven't got a pestle and mortar, use the end of a rolling pin and a metal bowl. Loosen with 2 good lugs of olive oil. Pat the venison dry with some kitchen paper, and rub the oil mixture all over it. Sear the meat in a hot pan on all sides – roughly 6 minutes for medium rare, 7-8 minutes for medium, and you'd have to be a nutter if you wanted to cook it for any longer than that! Depending on the thickness of the meat and the heat of the pan, it may need a little less or more time to cook – so don't look at the clock, look at the meat. This is the time when you want to try to be instinctive with your meat. Remove it from the pan when it's cooked to your liking and allow it to rest on a plate for 4 minutes, covered with tinfoil.

Reduce the heat under the pan and add a good lug of oil. Add the shallots and the garlic and fry gently for around 3 minutes until translucent and tender. Turn up the heat again, add the wine, and let it reduce by half. Add the blueberries and simmer slowly for 4 minutes, then remove the pan from the heat, add the butter, and jiggle and shake the pan around so the sauce goes slightly opaque and shiny. Season to taste.

Slice the venison into 2cm³/₄ inch slices and serve with steamed purple sprouting broccoli or some other good greens. Add the meat's resting juices to the sauce and spoon over the venison. Absolutely fantastic.

Jamie Oliver's Kitchen Recipe

Halloween Casserole In A Pumpkin

October 2008

1 medium pumpkin, decorated with black marker
1 chopped onion
1 to 2 pounds chicken thighs (or breast if you don't like bones!)
2 tablespoons soy sauce
2 tablespoons brown sugar
1 (4 ounce) can mushrooms (optional)
1 can cream of chicken soup
1 1/2 to 2 cups cooked rice
1 (8 ounce) can sliced water chestnuts
(can substitute celery, chopped)

Clean out pumpkin and decorate, if desired.

Brown chicken and onion in a frying pan.

Drain well.

Mix in remaining ingredients. Put pumpkin on a baking sheet. Fill pumpkin with meat mixture. Place in oven and bake pumpkin with lid on for 1 hour at 180C or until pumpkin is tender. Ladle out at the table directly from the pumpkin.

Speedy Coq Au Vin

January 2009

Serves 4 *Good Food Magazine*

Cooking time approx. 30mins.

2tbsp oil	500g/1lb boned & skinned chicken, sliced
175g/6oz button onions, halved	175g/6oz button mushrooms
100g/4oz lean bacon, diced	3/4 pint chicken stock
1/4 pint dry red wine	2tsp worcestershire sauce
1tbsp chopped fresh thyme + sprigs	

Cook the chicken in a large pan for 3-4mins, until browning. Add the onions, mushrooms and bacon; cook for 3-4mins.

Pour in the stock, wine and worcestershire sauce, then add the thyme. Bring to the boil and simmer gently for 15mins. Add cornflour to thicken, if needed.

Garnish with thyme sprigs and **serve** with mashed potato and peas.

Pizza Chicken Melts

May 2009

4 skinless boneless chicken breasts
2 tbsp olive oil
100g/4oz cheddar cheese, grated
8 cherry tomatoes, quartered
4 tsp pesto sauce

- 1** Heat the grill to high. Sandwich chicken breast between four plastic food bags and beat them firmly with a rolling pin to flatten by a third. Heat the oil in a non-stick frying pan, add the chicken & cook for about 2mins each side until golden.
- 2** Meanwhile, mix cheese & tomatoes together. Take the chicken from the pan and wipe out the oil with kitchen paper. Return chicken to the pan & spread each chicken breast with a tsp of pesto, then pile the cheese & tomatoes on top.
- 3** Put under the hot grill for a min or so until the cheese has melted. Serve with a favourite green vegetable or salad.

Gerry Lees

Poached Chicken with Wild Garlic Pesto

April 2011

Serves 4

Prep 20min

Cook 20min

Ingredients

4 chicken breasts

Salt

For the pesto

2 anchovy fillets

50g wild garlic shoots

1 cooked egg yolk

1tbsp grated parmesan

100ml olive oil

2tsp red wine vinegar

Method

Roughly chop the garlic shoots, anchovies and egg yolk, and whiz in a blender with the parmesan, olive oil and vinegar until you have a mossy green purée. Add a spoonful of water if too thick; refrigerate until needed. Place the chicken in a saucepan, cover with cold water, add salt and bring to the boil. Simmer gently, partly covered, for 20min or until cooked through. Drain, remove the skin, thickly slice and drizzle with the wild garlic pesto. Serve with small boiled potatoes or buttered noodles.

Jill Dupleix The Times 2006

Basic Turkey Curry (for any leftovers)

December 2006/2010

serves 4

2 tbsp butter/oil.

2 tsp cornflour.

1 large onion, peeled and finely chopped.

2 cloves garlic peeled and chopped.

¼ tsp ground ginger.

1 tbsp garam masala powder.

¾ pint stock.

½ tsp chilli powder. (to taste)

1 eating apple chopped

handful of sultanas.

turkey (approx 500g) cooked and diced.

- 1** Heat butter in saucepan over a medium heat and fry the onion until brown.
- 2** Add the garlic and ginger, and fry for a few seconds. Add the spices and fry for 2 minutes, stirring continuously.
- 3** Add the stock and chilli powder, then bring to boil and leave to reduce for about 10mins.
- 4** Add cornflour to thicken the sauce.
- 5** Add the meat and leave to cook for about 10mins so they are heated and cooked thoroughly.
- 6** 5mins before serving add the apple and sultanas (to stop them going soggy)

Serve with pappadums, chopped bananas, desiccated coconut,
yoghurt, cucumber & mango chutney

Gerry Lees

Marmalade Duck

April 2013

Serves 2

Ingredients

2 duck breasts
2-3 tbsp thin cut marmalade

Method

1. Place the duck skin side up in a roasting dish. Slice the skin two to three times and bake in the preheated oven at 200°C/400°F/Gas Mark 6 for 18 to 25 minutes, until the skin is just crispy. Cooking times will vary depending on how well cooked you like your duck. The thickness of the breast will also have an influence as to how long it takes.
 2. Remove from the oven and smear with the marmalade. Return to the oven for about 5mins. Once cooked let the meat rest for 5-10 minutes in a warm place, so that it stays moist before serving.
 3. Serve with a selection of vegetables.
-

Braised Duck Breast With Savoy Cabbage

January 2008

(by Ed Baines from bbc website)

Serves 2

Preparation time less than 30 mins

Cooking time 30 mins to 1 hour

Ingredients

40g/1½oz demerara sugar

200ml/7¼fl oz calvados or apple brandy

2 duck breasts

For the cabbage

85g/3oz butter

1 clove garlic 1 small onion

1 pack streaky bacon

½ Savoy cabbage, shredded finely

Method

1. Preheat the oven to 180C/360F/Gas 4.

2. Melt the sugar with the calvados on a low heat until the sugar is dissolved and the mixture starts to thicken slightly. Allow to cool.

3. Soak the duck breasts in the calvados glaze on all sides, then transfer to a baking tray and bake in the oven for 15 minutes.

4. For the cabbage, melt the butter on a low heat, then fry the garlic, onion, and bacon. When the onions have softened, add the cabbage and sauté on a low heat for about 30 minutes.

5. Serve.

FISH

Thai Style Salmon Fish Cakes

February 2007

Preparation Time 30 mins to 1 hr

Cooking Time 10 to 30 mins

Ingredients

1 small side of salmon
2 bunches of spring onions, finely chopped
1 bunch of coriander, finely chopped
1 small bulb of ginger, finely chopped
3 red chillies, seeded and finely chopped
2 limes
5 large potatoes (Maris piper, peeled)
5 fl oz chilli sauce
1 dash of Thai fish sauce
1 dash of dark Soya sauce
1 egg, beaten
125g/4oz plain flour
breadcrumbs
salt and pepper

Method

1. Add the juice and grated zest of a lime to the chopped spring onions, coriander, ginger and chillies.
 2. Steam the salmon till it is slightly pink in the middle.
 3. Peel and boil the potatoes till cooked but are firm and hold together. Grate.
 4. Combine the spices, salmon and potatoes and shape into desired shape. Coat the fish cakes in flour, egg and breadcrumbs.
 5. Deep fry in hot oil until golden brown then place in a hot oven till hot in the centre (about 5 minutes) and then serve
-

Salmon Parcels

July 2010

Place the skinned salmon fillets on a sheet of foil.

Squeeze over some lemon juice, pepper and a knob of butter.

Fold the foil loosely over the fish, sealing the edges to keep all the juices and flavour in.

Cook for 20 minutes in the centre of the oven at gas mark 2, 300°F, 140°C fan oven.

Serve with new potatoes and the green beans above.

Gerry Lees

Grey Mullet

June 2007

Although available all year, grey mullet is at its peak between June and August. For some reason it is often disregarded in favour of the better looking red mullet (which incidentally is no relation!). It is a firm, round fish with an oily texture (rich in omega 3) which keeps it moist in cooking and especially great barbequed. Sold as a whole fish it is delicious stuffed with fennel, mushrooms and garlic, drizzled with olive oil, it even stands up well to strong flavours like thyme or rosemary. Stuff, drizzle and wrap in a layer of greaseproof paper if baking in the oven, or tin foil if barbecuing, serve with a strong salad with rocket, watercress or even young dandelion or nasturtium leaves. Wash down with sparkling elderflower cordial!

Grilled Sea Bass

July 2008

is simplicity itself - just 20 minutes from start to finish.

Ingredients

6 thick sea bass fillets
2 tablespoons fresh marjoram, roughly chopped
2 tablespoons fresh basil, roughly chopped
2 tablespoons fresh mint, roughly chopped
2 tablespoons fresh dill, roughly chopped
Salt and black pepper
Oil, for brushing
4 lemons
100ml extra virgin olive oil

Method

Rinse the fillets and pat dry on kitchen paper. Make 3 or 4 deep slashes in the skin side of the fish, making sure not to cut all the way through. Mix all the herbs together and push as much of the herb mixture as you can into each slash. You will have some herbs left over which you will use later. Season the fillets well on both sides and brush lightly with oil. Cut all the lemons in half.

Barbecue the fillets, flesh side down first, together with 6 lemon halves, cut side down, over Direct Medium heat for 5–7 minutes, turning the fish once until just tender.

Meanwhile, squeeze the juice of the remaining 2 lemon halves into a bowl, whisk in the olive oil and season well.

Arrange the fish on a platter surrounded by the seared lemon halves and pour over the lemon dressing. Scatter with the remaining herbs.

Coconut Tempura Sea Bass

May 2010

Serves 1

Preparation time less than 30 mins - Cooking time less than 10 mins

From Ready Steady Cook by Brian Turner

Ingredients for the tempura batter

55g/2oz plain flour

55g/2oz cornflour

1 tsp baking powder

3 tbsp fresh coconut milk

100ml/3½fl oz fizzy water

vegetable oil, for deep frying

1 sea bass fillet, cut into strips

For the chilli sauce

1 tbsp vegetable oil

2 tbsp onion, finely chopped

1 tsp freshly grated root ginger

1 red chilli, chopped

1 tsp Tabasco sauce

2 tbsp soy sauce

1 tbsp honey

Method

1. For the tempura, combine the flour, cornflour and baking powder together in a bowl and mix in the coconut milk and enough water to form a batter the consistency of single cream.

2. Heat the oil in a deep-based saucepan until a cube of bread dropped in sizzles and turns golden-brown in 30 seconds. (CAUTION: hot oil can be dangerous. Do not leave unattended). Dip the fish strips into the batter and deep fry in the oil in small batches for 2-3 minutes, or until golden-brown and crisp. Remove with a slotted spoon and drain on kitchen paper.

3. For the chilli sauce, heat the oil in a pan and fry the onion for 2-3 minutes, or until softened. Add the ginger and chilli and cook for a further 2-3 minutes. Stir in the Tabasco sauce, soy sauce and honey and cook for 3-4 minutes, or until the liquid has reduced to a sticky consistency.

4. Serve the sauce in a dipping dish alongside the tempura.

Crunchy-Topped Fish Pie

June 2011

Serves 4 *Good Food Magazine*

Ingredients

650g/1lb7oz skinless cod or haddock
100g/4oz frozen peas
200g carton fresh watercress or dill and lemon sauce *
3 thick slices of bread
25g/1oz butter, melted
85g/3oz mature cheddar, grated

Method

- 1** Preheat oven to 190C/fan oven 170C from cold. Cut the fish into chunks & transfer to a pie dish. Sprinkle over the peas, then pour over the sauce & stir lightly.
- 2** Cut the bread into cubes & toss with the melted butter. Spread over the pie & sprinkle with the cheese. Bake for 45mins until the topping is crisp and the fish tender.

* alternative sauce: cornflour & milk, 100mls milk(/water), herbes de Provence, heat, add lemon juice.

Pacific Pie

August 2011

serves 4 *Good Food Magazine*
2x 200g cans of tuna fish in oil, drained
295g can condensed cream of chicken or
mushroom soup
100g frozen peas, cooked and drained
3 tomatoes, sliced
75g packet of plain crisps, lightly crushed
75g cheddar, grated

- 1** Preheat oven to 180C. Break the tuna fish into large flakes and mix with the chicken soup and peas.
 - 2** Turn into a shallow oven proff casserole dish and cover with the sliced tomatoes. Scatter the crushed potato crisps and some grated cheese on to and bake in the oven until bubbling hot.
-

DESSERTS

Passionate Strawberry Crush

July 2007

Preparation time less than 30 mins

Cooking time less than 10 mins

Ingredients

225g/1/2lb fresh strawberries, stalks removed

2 tbsp icing sugar

100ml/3 1/2 fl oz double cream

1 passion fruit, halved (to ensure it's ripe, buy the wrinkled ones)

3 tbsp Greek yoghurt

2 soft meringue nests, bought or homemade, crushed into pieces

Method

1. Remove the hulls from the strawberries and roughly chop half of the fruit. Tip into a small saucepan with 1 tbsp of the icing sugar and place the pan over a gentle heat. Cook for about one minute until the strawberries are softening. Pour into a sieve over a bowl and push through all the juices using the back of a ladle, leaving behind any seeds. Taste for sweetness, adding extra icing sugar if necessary. Leave to cool and chill in the fridge.

2. Whisk together the double cream and remaining icing sugar until it forms soft peaks. Lightly mash the remaining strawberries with the back of a fork and gently stir into the cream with the passion fruit flesh, Greek yoghurt and crushed meringue. Spoon into a serving bowl and pour over the strawberry sauce.

N.B. This recipe can be made at least two hours in advance and kept cool or in the fridge until needed.

Baked Apples With Mincemeat

March 2007

One of the easiest puds in the world, which certainly helps towards your “five a day”

One medium cooking apple per person
A few spoons of mincemeat
Golden syrup

Hollow out the cores of the apples and stuff with mincemeat. Put in a shallow dish and spoon over golden syrup to provide the sauce. Bake in a moderate oven till soft. On the leftovers theme, you could also add a glug of Santa’s sherry before baking – the alcohol should evaporate, but leave a richer tasting syrup. Enjoy!

A Quick Fruit Dessert

July 2008

that provides a fruity finish to a barbecue feast. Try out the same recipe with different fruits according to what is in season.

Ingredients

6 ripe peaches or nectarines
2 teaspoons golden syrup, plus a little extra (optional)
1 tablespoon clear honey
1 tablespoon oil
150g crème fraîche
200g fresh raspberries
Fresh mint sprigs, to garnish

Method

Cut the peaches in half and remove the stones. Mix the vanilla or golden syrup, honey and oil together in a small bowl and drizzle this over the peach halves. Barbecue the peaches over Direct Medium heat for 3 to 4 minutes, turning once, to sear the fruit. Put the crème fraîche in a bowl and stir in the raspberries (reserve a few to use as a garnish). Serve the cool raspberry crème fraîche with the hot fruit, a little extra vanilla syrup, the reserved raspberries and some mint sprigs, if desired.

Fruit Fool

May 2009

1lb fruit (goose-, black-, rasp-berries, apricots, damsons or rhubarb)
Sugar to taste
1/4 pint custard (I used a 450gm can of ready made)
1/4 pint of double cream - whipped
Chopped nuts

Method:

Stew the fruit in a little water, with sugar as required (I add after cooking)
Sieve the fruit or put in a blender
Fold the puree into the custard & cream & sweeten if necessary
Pour into glasses or bowl & decorate with chopped nuts (or whatever)
Serve with shortbread, sponge fingers or a plain sweet biscuit

Sticky Rhubarb Upside-Down Pudding

March 2011

by Lucas Hollweg

Serves 4-6

125g butter	125g golden syrup
350g rhubarb, cut into 1cm slices	Zest of an orange
125g light brown sugar	2 tsp ground ginger
1 tsp ground cinnamon	2 medium eggs
50g ground almonds	50g self-raising flour

Heat the oven to 180C/Gas Mark 4. use 25g of the butter to grease an 18cm-20cm cake tin. Pour in all but 25g of the golden syrup, then arrange the rhubarb pieces on their cut sides in concentric circles. Sprinkle with half the orange zest.

In a bowl, beat together the remaining butter and syrup until smooth, adding the sugar, spices, and remaining orange zest. Beat in the eggs, one at a time, adding half the almonds with each egg. Next, add the flour and fold in until you have an even-coloured batter. Drop spoonfuls of the mixture onto the rhubarb and smooth the surface.

Put in the oven and bake for about 35 minutes until the top is spongy but firm. Leave it to stand in the tin for 15 minutes, then run a knife around the edge, place a large upturned plate on top and flip to turn out the pudding. Serve warm in slices (cut carefully — it's a soggy kind of pud) with an obligatory blob of cream.

Roasted Banana Cheesecake

March 2009

Prep: 15 min, plus 10 chilling **Cook:** 1 hr

Ingredients: 3 ripe Bananas, peeled and thickly sliced, 1 tsp ground ginger, 125g golden caster sugar, 50g Butter, 200g gingernut biscuits, finely crushed, 750g mascarpone cheese, 2 tbsp cornflour, 3 large Eggs, 1 lemon, zest only

Method

Preheat the oven to 200C/gas 6.

2. Place the banana slices on a large baking sheet. Sprinkle over the ground ginger and 2-3 tablespoons of the sugar. Roast in the oven for 10 minutes, until golden and very soft.
 3. Meanwhile, melt the butter slightly in a saucepan, then stir in the biscuit crumbs, stirring until evenly mixed.
 4. Tip the crumb mixture into a 23cm non-stick, spring-form cake tin, pressing the crumbs down firmly with the back of a spoon. Place in the fridge to chill for 10 minutes.
 5. Place the mascarpone in a large bowl with the rest of the sugar, cornflour, eggs and lemon zest and beat until smooth and creamy.
 6. Spoon the roasted bananas on to the biscuit base, top with the mascarpone mix and place the tin on a baking sheet and bake in the oven for 45 minutes until golden. (The cake will still feel a little wobbly, but will set as it cools.)
 7. Turn off the oven, open the door and leave the cheesecake to rest inside the cooling oven until completely cool.
 8. Remove the cheesecake from the tin and slice into wedges to serve
-

American cookie cheesecake

July 2009

Ingredients

For the base

225g digestive biscuits

150g Butter, melted

For the filling

450g cream cheese

1 tbsp crunchy peanut butter, heaped

6 Oreo cookies, roughly chopped

For the decoration

275ml double cream

110g peanut brittle, broken

Method

1. Line the base of a 20cm spring-form release cake tin with cling film. Crush the digestive biscuits to a fine crumb, either in a food processor or in a plastic bag with a rolling pin. Mix the crumbs with the melted butter and then press into the lined tin and put in the fridge to set.

2. Beat the cream cheese until soft and stir in the peanut butter.

3. Carefully fold in the cookies so the pieces don't break up too much.

4. Spoon the mixture over the base and smooth the top with a palette knife. Chill for 30 minutes then turn out onto a serving plate.

5. Whip the double cream and place small spoonfuls around the edge of the cheesecake. Top the cream with bits of peanut brittle.

Serves: 4 Prep: 15 min, plus 1 hr chilling

Cook: 1 min

Ingredients

4 oz self-raising flour
4 oz caster sugar
pinch salt
2 oz cocoa powder
2 oz butter/margarine
1 (beaten) egg
4 tbsp milk
1 tsp vanilla essence
4 oz soft brown sugar
quarter pint hot water

Method

1. Place flour, sugar, salt and 1 oz cocoa into a mixing bowl.
2. Melt butter on high for 45 seconds.
3. Add melted butter to flour, along with egg, vanilla essence and milk. Beat well.
4. Pour mixture into 8" soufflé dish or medium-sized, high-sided microwave-proof dish.
5. Mix together brown sugar and remaining 1 oz cocoa and sprinkle over top of mixture. Pour over hot water until covered.
6. Cook on high power for 5-6 mins or until set on top.

The pudding will separate on cooking, giving a chocolate fudge sauce at the bottom. Serve with cream, custard or ice-cream.

Tip: Ingredients can be weighed out in advance and the pudding cooked before clearing up the main course.

Paradise Pudding

"If you'd have a good pudding pray mind what you're taught
Take two pennyworth eggs when they're 2d a quart,
Take of the same fruit which Eve once did cozen,
Well pared and well grated at least half a dozen.
Six ounces of bread, let the maid eat the crust,
The crumbs must be grated as small as fine dust
Six ounces of currants and pray pick them clean,
Lest they grate in your teeth, you know what I mean.
Six ounces of sugar won't make it too sweet,
Some salt and some nutmeg to make it complete.
To this you can add, if you're willing and handy,
Some good lemon peel and a glass of good brandy.
Three hours let it boil without hurry or flutter,
And then serve it up with some good melted butter.
Adam tasted the pudding, 'twas wonderfully nice,
So Eve cut her husband another good slice."

Curtesy of Devon WI

Pat Bryne

CAKES & SWEETS

Simnel Cake

April 2007

175g (6oz) butter
175g (6oz) sugar
3 eggs and one egg white
225g (8oz) plain flour
2.5ml (1/2 tsp) cinnamon
2.5ml (1/2 tsp) nutmeg
100g (4oz) chopped glace cherries
350g (13oz) mixed dried fruit
50g (2oz) mixed peel
rind of one lemon
450g (1lb) marzipan

Grease and line a 18cm (7") round cake tin. Cream butter and sugar and gradually beat in the whole eggs. Sift flour and spices together and fold in. Add fruit peel and lemon rind folding together to give a smooth dropping consistency. If the mix is too firm, add a little milk. Divide marzipan in two and roll half out into a circle slightly smaller than the cake tin.

Spoon half the cake mix into the tin, place marzipan on top, spoon in rest of cake mix and level. Tie double thickness of brown paper (or grease-proof) and bake in oven at 170C (325F) gas mk 3 for 1 hour, then lower the heat to 150C (300F) gas mk 2 and bake for further 2 hours. When cooked, the cake should be a rich brown colour and firm to the touch. When cool, roll out half of the remaining marzipan into a circle and the rest into 11 balls. Lightly beat the egg white, brush over the top of the cake, place the circle on top and crimp the edges. With a little of the egg white fix the balls around the top edge of the cake. Brush the marzipan with the remaining egg white, and place under hot grill for 1 or 2 mins until paste is well browned. Finally, dress with a ribbon and decorate with crystallised flowers or sugared eggs if wished.

Slimmers' Chocolate Cake

January 2008

This cake featured recently at a Book Group social. It doesn't exactly guarantee that the pounds will drop off, but it has no fat in it at all and an interestingly healthy ingredient – beetroot! – which makes it moister than some cakes. It's an adapted version of a *Channel 4 Cook Yourself Thin* recipe.

Ingredients

200g good quality dark chocolate
3 medium free-range eggs
200g light muscovado sugar
a few drops vanilla essence
2 tablespoons maple syrup
2 tablespoons clear honey
50g self-raising flour
50g plain flour
1/4 teaspoon salt
50g cocoa powder
50g ground almonds
250g raw beetroot, peeled and finely grated
100ml strong black coffee

for the topping

100g cake covering chocolate

Method

Preheat a conventional oven to 160°C or a fan-assisted one to 140°C (I use the middle shelf of a Rayburn), and prepare a round 20cm diameter loose-bottomed tin by lining it with greaseproof paper.

Melt the chocolate in a bowl over a pan of simmering water, and leave to cool a little. In a large mixing bowl, beat the eggs with the sugar, essence, maple syrup and honey until the mixture is pale and quite fluffy. Fold in the flours, salt, cocoa and ground almonds, then the beetroot, cooled chocolate and coffee, with a spatula, until it's all thoroughly mixed together. It looks sloppy, but that's OK. Pour the mixture into the tin and bake for 1 hour 30 minutes. Test the cake by inserting a skewer or knife to see if it comes out clean. If it comes out looking messy, put some foil over the cake and return it to the oven for another 20 minutes or half an hour. Leave to cool on a rack.

Melt the chocolate for the topping and pour it over the cake.

You can freeze this cake, but not once you've iced it.

Clare West

St Clement's Cake

by Ann Way

August 2007

Ingredients

You will need three 7 or 8 inch sandwich tins, greased and lined.

2 large oranges

1 large lemon

6oz – 175g self-raising flour

1 1/2 teaspoons of baking powder

6oz – 175g caster sugar

6oz – 175g icing sugar

12oz – 350g soft margarine

3 large free range eggs

Half a jar of good quality lemon curd

Cake decorations of orange and lemon slices

1 1/2 tablespoons of finely cut orange jelly marmalade

Method

Make up 2/3rds of the cake mixture using 2 of the eggs, 4oz of the sugar and 4oz of the soft margarine. Grate the zest of the oranges into this mixture. Then squeeze out the juice into a separate bowl and take one dessert spoon of the orange juice and stir into the sponge mixture. Beat until the mixture is creamy and is light in colour. It should drop lightly off the spoon with a little shake. If it is too sloppy add a little more sieved flour until it is the required consistency. Divide the mixture evenly between two of the cake tins. Make a slight indentation in the centre to allow it to rise evenly.

Next, proceed with the lemon cake by using the remaining margarine and sugar and flour and the finely grated rind of a lemon. Use one teaspoon of the juice and leave the rest for later. Fill the last tin with this mixture.

Cook the three cakes for approx 18 minutes in an oven at Gas Mark 3/
375F/170C, slightly less for a fan oven.

The cakes are ready when a lightly pressing finger doesn't leave a dent. Cool on wire racks. When cold, place one of the orange sponges on a cake dish or board and spread with the lemon curd. Place the lemon sponge on top and spread that with the orange marmalade. Cover with the final orange cake. Beat the icing sugar and the remaining orange and lemon juice together, adding the juice carefully until a good spreading consistency is achieved. Decorate the top with this and the orange and lemon slices. Enjoy it!

Old Testament Cake

December 2010

4½ cups	1 Kings iv, 22.
½ lb	Judges v, 25
2 cups	Jeremiah vi, 20
2 cups	Nahum iii, 12
2 cups	1 Samuel xxx, 12
2 cups	Numbers xvii, 8
2 teaspoons	1 Samuel xiv, 25
To taste	2 Chronicles ix, 9
6	Jeremiah xvii, 11
1½ cups	Judges iv, 19
2 teaspoons	Amos iv, 5
1 pinch	Leviticus ii, 13
Directions	Proverbs xxiii, 14

Bake 1½ to 2 hours

(Note: Baking powder can be used instead of yeast).

Devon WI

Mincemeat Cake

March 2007

450g good quality mincemeat

110 g plain flour

120 g wholemeal flour

3 level teaspoons baking powder

175 dried fruit (any mix of left-over fruit from Xmas – I used dates and raisins)

2oz of chopped nuts – again, just use whatever's left in the larder

150 g dark brown sugar

150 g softened butter

3 large eggs

Grated zest of a tangerine or orange and of one lemon

Beat the flours, butter, baking powder, eggs and sugar till thoroughly mixed. Add the dried fruit, mincemeat, nuts and lemon zest and stir thoroughly to incorporate. Put in a 20cm (8in) round tin that has been greased and lined with baking paper, and bake at gas mark 3, 325 degrees F, 170 degrees C for 1.5 – 2 hours.

Orange Honey and Almond Cake

February 2011

Dessert recipes don't come easier than this scrumptious orange, honey and almond cake, which is a classic from *Claudia Roden's A New Book of Middle Eastern Food*. It keeps for three days in a lidded plastic box and is wheat and gluten-free.

Preparation time: 5 minutes

Cooking time: 3 hours

Makes 12 slices

2 large oranges, unpeeled

6 eggs

250g (9oz) ground almonds

250g (9oz) caster sugar

1tsp baking powder

To serve orange slices, yogurt and honey

You will need 23cm (9in) springform cake tin

1 Wash the oranges and place in a pan with 150ml (1/4pt) water and cook them with the lid on for about 2 hours, topping up the water if necessary. Once cooked allow to cool before cutting them open and removing the pips.

2 Preheat the oven to 180 C, 160 C fan, 350 F, gas 4. Oil the springform cake tin. Whizz the oranges to a pulp in a blender. In a large bowl, whisk the eggs before mixing through all the other ingredients and the pulped orange.

3 Pour the mixture into the cake tin and bake for about 1 hour. It should be lightly browned and feel firm to the touch in the centre. Cool in the tin on a wire rack before turning out and serving with slices of orange, yogurt and a drizzle of honey.

www.womanandhome.com

Flapjacks

October 2007

Ingredients:

115 grams/4oz butter

115 grams/4oz dark soft brown sugar

170 grams/6 oz rolled oats

Method:

Preheat the oven to Gas mark 4 or 180° C. Grease and line a 18cm/7" square baking tin with baking paper. Melt butter in a saucepan and stir in sugar. Continue stirring until combined and bubbling. Stir in the oats and smooth into the tin. Bake in the preheated oven for 15 – 20 minutes. Mark into fingers while still hot then leave to cool in the tin.

If you want, you can spread a little melted chocolate over them when they are cold!

**Ten-Minute Chocolate Chip Cookies,
(or whatever you choose, apricot or cinnamon)**

April 2010

Makes 14-16

125g unsalted butter	100g caster sugar (or less?)
75g soft light brown sugar	1 medium egg, lightly beaten
2tsps vanilla extract	150g plain flour
half teaspoon baking powder	pinch of salt
100g dark chocolate, chopped into smallish chunks, or the flavouring of your choice, spice or fruit	

1 Gently melt the butter in a small saucepan. Put both sugars into a mixing bowl, pour in the melted butter and beat well with a wooden spoon. Beat in the egg and vanilla. Sift the flour, baking powder and salt into the bowl and stir them in, then add the chocolate. You should have a pretty sloppy sort of mixture.

2 Dot heaped dessertspoonfuls of the mixture on to 2 baking sheets lined with baking parchment, leaving a good 4cm in between each one as they really spread out. Place in an oven preheated to 190C/Gas Mark 5 and bake for 8-10 minutes, until the cookies are turning pale golden brown.

3 Remove from the oven and leave on the baking sheets for a couple of minutes to firm up. Then carefully lift the baking parchment on to a wire rack and leave to cool completely. Inevitably they will be eaten as soon as they are cool enough not to burn fingers.

Toffee Apples

November 2007

INGREDIENTS

6 sweet and crunchy apples	6 tbsp caster sugar
85ml water	600g demerara sugar
100g unsalted butter	2 tsp vinegar
2 tsp vanilla essence	

PREPARATION

- Wash and dry the apples, remove the stalks, and push in a lollipop stick.
- Place all the ingredients in a heavy-based pan and bring to the boil. Cooking time is approximately 30 minutes. If you have a sugar thermometer it should read 150C or 300F, or you can test by dripping into a bowl of cold water. The toffee is ready when drops harden.
- Dip each apple into the toffee, remove and air-cool a few seconds then repeat until thickly coated.
- Dip into a bowl of cold water and place on sugar-dusted tray until cool.

Lacy Oatmeal Biscuits

March 2010

Ingredients

½ cup butter, softened
1 teaspoon vanilla extract
good pinch of salt

¾ cup light brown sugar
1⅓ cups rolled oats

Whipped Cream Dipping Sauce

¾ cup heavy (double) cream
1 tablespoon sugar

¼ cup sour cream

Cooking Instructions

1. Heat oven to 350 degrees F. In a large bowl beat butter and sugar to combine. Add vanilla, beating to combine.

2. Add oatmeal and salt, mixing to combine.

3. Drop cookies by level teaspoon on baking sheet, 3-inches apart. Bake 8 minutes or until lacy and flat. Let cool on rack about 3 minutes until just firm. Move to rack to cool completely.

4. Whipped Cream Dipping Sauce: Whisk heavy cream, sour cream and sugar together until light and holds a soft peak.

Storage Tips Dough can be tightly wrapped and stored in the freezer up to 6 months.

Servings per Recipe: About 30

Preparation Time: About 25 minutes

Baking Time: 8 minutes per batch

Recipe Original kaboose.com recipe, developed by Wendy Kalen

Squash and Pecan Cupcakes

October 2009

The firm, orange flesh of butternut squash is naturally sweet and it can be used to bake really seasonal cupcakes.

Smother these cupcakes in butter cream icing and top with toasted pecans – everyone will be asking for more!

You need:

1/2 Butternut Squash, peeled, de-seeded, and grated finely
2 large eggs
175g soft brown sugar
120ml sunflower oil
2 tbsp dark rum (optional)
1 tsp cinnamon
200g self-raising flour
1/2 tsp baking powder
100g pecans.

Before starting, preheat the oven (180 degrees C) and toast the pecans on a baking tray for 5-8 minutes, keeping a close eye on them. Remove from the oven when they're toasty, cool, and roughly chop. Set aside.

Beat together the eggs, sugar and oil until light and thick. Sift in the flour and then tip in the remaining ingredients, including the squash and pecans. Fold into the mixture gently.

Plop the mixture into 12 muffin cases and pop into the oven. Bake for 20-25 minutes or until golden and risen. Cool on a wire rack until you're ready to ice them. Slather with butter cream icing and top with more toasted pecans, if you like.

Rice Christmas Trees

December 2008

Ingredients:

5 cups rice krispies (or similar)

1/4 cup margarine or butter

4 cups mini-marshmallows or 6-10 oz. bag of regular marshmallows

10 - 12 regular size marshmallows and toothpicks

green food colouring

red cinnamon candies, smarties, or any other small colourful candies

Melt margarine in a saucepan, then add 4 cups marshmallows and cook over low heat stirring constantly till syrupy. Remove from heat, add green food colouring till a fairly dark green colour. Add cereal and stir until well coated. Shape into conical forms with buttered hands (kids LOVE to do this part, but make sure the mixture is not too hot) When cooled, stick a toothpick through a marshmallow and stick into the bottom to serve as the tree's base. Decorate with colourful candies.

One note don't expect the tree to be beautiful when children are making them. Usually they are on their way to being eaten on the spot!

PRESERVES

Plum Sauce

Barbara Cary

December 2007

Ingredients

1 kg (2lb) plums, washed and dried

225g (8 oz) caster sugar

300 ml (half a pint) clear vinegar

half a teaspoonful salt

8 cloves

pinch of cayenne

pinch of ground ginger

Method

Roughly chop the plums and place in a large pan-including the stones

Add sugar, vinegar, salt, cloves and spices

Stir over a gentle heat to dissolve the sugar and then bring to the boil

Simmer for 30 minutes

Strain through a sieve

Return to the pan, re-heat and simmer 30-40 minutes

Leave off the lid and a little evaporation will thicken the sauce to the consistency of double cream

Cool. Serve cold with a nice joint of locally produced gammon!

Blackberry Syrup

August 2009

Stew the blackberries with quarter pint/125ml water to every 3lbs/1360g of fruit till the juice is drawn. Strain, and for every pint/500ml of juice add 6oz/170g of sugar. Boil together for 15 minutes and bottle for use when cold.

Elderberries can be used in the same way, except that for every quart of juice you could add 1 tsp each of cinnamon and ginger.

Serve cold diluted with still or sparkling water or dilute with hot water for a warming winter drink. The elderberry is said to be especially good for colds.

Sweet and Sour Sauce

November 2011

for chops, sausages or chicken joints. I also use this sauce with cooked chicken cut into bite-sized pieces.

Sauce Ingredients:

- 1 small onion
- 1 small green pepper
- 1 oz margarine (or oil or Frylight)
- 1 small 7¾oz (227g) can pineapple (in own juice)
- 2 level tablespoons demerara sugar
- 2 teaspoons Worcester sauce
- 2 tablespoons tomato ketchup
- 1 level tablespoon sweet chutney
- 2 tablespoons malt vinegar
- 1 level tablespoon cornflour
- ½ level teaspoon salt

Method

1. Peel & finely chop onion. Cut green pepper in half lengthwise; discard seeds, core and white pith. Chop pepper finely.
2. Melt margarine (or put oil or Frylight) in a saucepan; fry onion and pepper for 3 minutes. Strain pineapple syrup into a measuring jug; make up to ½ pt (275ml) with water; chop fruit roughly and add both to saucepan. Stir in sugar, Worcester sauce, tomato ketchup and chutney.
3. Blend together vinegar and cornflour; add to pan, with salt. Bring to boil, stirring; cook for 1 minute.
4. If using uncooked chops, sausages, chicken, pour sauce into a 2 pt (1.2ltrs) shallow casserole; arrange meat on top. Cover and place just above centre of oven; cook for 1 hour (1 hour 10 mins for chicken). Remove lid for last 15 minutes.
4. If using cooked meat, cut into bite-sized pieces and add after 3 above. Cook over medium heat until meat heated through.
5. Serve with cooked long-grain rice.

Plum Sauce

August 2008

Not exactly a chutney but posher than ketchup with sausages.

2 lb dark plums
2 tsp salt
¼ oz bruised root ginger
¼ tsp white pepper
1 lb sugar
½ pint vinegar
½ oz ground cloves

Method

Chop plums roughly removing as many stones as come away easily. Boil the plums in the vinegar until soft. Push through a nylon sieve to remove skins and any remaining stones. Return to the pan with the remaining ingredients and boil till thick.

Bottle

B-B-Q Sauce

July 2009

(serves 6-8)

"Barbecue sauce is a staple of American summer cooking. Several states claim to have the best BBQ sauce recipe, but regional tastes and opinions are as varied as the population. This recipe goes with any kind of meat. The following recipe is an excellent accompaniment to beef, chicken or pork and will keep in your refrigerator for weeks."

Ingredients:

1 x 400g bottle ketchup	3 tbsp/45ml butter or margarine
3 tbsp/45ml brown sugar	2 tbsp/30ml Liquid Smoke*
4 tbsp/60ml Worcestershire sauce	3 tsp/15ml dry mustard
2 tsp/10ml celery seed	¼ tsp/1 ml ground red pepper
4fnoz/125ml water	salt and ground black pepper to taste

(*you could use HP sauce instead)

Method:

Cook all ingredients over medium heat for 10 minutes, stirring occasionally. Separate small amount with which to "paint" uncooked meat before barbecuing. Serve remainder warm.

Rhubarb and Orange Jam

February 2008

Makes 4-6 jars

Preparation time 30 mins to 1 hour

Cooking time 30 mins to 1 hour

Ingredients:

1.13L/2pt/1quart finely-cut rhubarb

6 oranges

700g/1½lb granulated sugar

Method:

1. Peel the oranges; remove as much of the white pith as possible, divide them and take out the pips; slice the pulp into a preserving-pan, add the rind of half the oranges cut into thin strips, and the sugar.
 2. Peel the rhubarb, cut it into thin pieces, add it to the oranges and stir all together over a gentle heat until the jam is done.
 3. Remove all the scum as it rises, put the preserve into pots, and when cold, cover down
-

Blackberry Jam

August 2009

Crush the ripe fruit and heat slowly in its own juice until soft and the juice is all extracted. Rub through a coarse sieve to get rid of the seeds, measure the pulp and juice and for every pint/500ml add a pound/455g of sugar. Cook rapidly until thick, stirring all the time. It should jell very quickly but needs watching as it burns easily.

Blackberry and Elderberry

August 2009

This is said to be a good substitute for blackcurrant but a lot cheaper!

Take equal parts of blackberries and stripped elderberries, mash a little in the pan to set the juices running, bring slowly to the boil and cook for 20 minutes. Weigh the pan and add 3/4lb/340g warm sugar to every pound/455g of fruit then bring slowly to the boil again and cook till set (about 15 minutes) stirring frequently. Blackberries freeze very well and are handy for some real "comfort food" puddings when the weather gets cooler. Here are a couple to try.

Carrot Jam

February 2010

Mrs Beeton

Preparation time less than 30 mins

Cooking time 30 mins to 1 hour

Ingredients

carrots

allow 450g/1lb of pounded sugar to every 450g/1lb of carrot pulp

1 lemon, the grated rind of

2 lemons, the strained juice of

6 chopped bitter almonds

2 tbsp brandy

Method

1. Wash and scrape carrots to get them clean, cut into round pieces, put into a saucepan with sufficient water to cover them, and let them simmer until perfectly soft; then beat them through a sieve.
 2. Weigh the pulp, and to every 450g/1lb, allow the above ingredients. Put the pulp into a preserving-pan with the sugar, and let this boil for 5 minutes, stirring and skimming all the time.
 3. When cold, add the lemon-rind and juice, almonds and brandy; mix these well with the jam; then put it into pots which must be well covered and kept in a dry place. The brandy may be omitted, but the preserve will then not keep; with the brandy it will keep for months.
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Plum chutney 1 (www.fiddes.net)

August 2008

1½ lb plums
1 lb raisins
8 oz green or red tomatoes
1½ tbsp salt
8 oz onions
1 tsp ground ginger
1½ lb cooking apples
¼ tsp chili powder
1½ lb Demerara sugar
1 pint vinegar

Method

Wash plums and tomatoes. Stone plums and cut into quarters. Cut tomatoes into quarters. Wash, peel and core apples Peel onions and chop finely. Put all ingredients into a large pan. Bring slowly to the boil and simmer slowly for about 1½ hours until thick.
Pot and cover.

Plum Chutney 2

August 2008

2 lb plums
1 tsp salt
1 lb carrots
½ tsp ground ginger
1 lb dates
¼ tsp cayenne pepper
1 lb brown sugar
½ pint vinegar

Method

Wash stone and cut up plums. Grate carrots. Put plums carrots and vinegar into a large saucepan and boil steadily for about 40 minutes till soft. Add sugar and remaining ingredients and boil for a further 30 minutes or so until thick.
Pot and cover.

Blackberry Roll

August 2009

Sieve 8oz/230g flour with ½ tsp salt and 3 level tsp baking powder. Cut in 2oz/55g butter or margarine and when mixed add up to a cup and a half of milk until the dough is soft but not sticky.

Knead just enough to shape into a smooth ball then pat out to about 1/2in/15cm thick. Sprinkle a pint/500ml of ripe blackberries, some brown sugar to taste and a little cinnamon.

Roll up the paste, tucking the ends in, and place seam downwards on a greased baking sheet. Brush with a little melted butter and bake in a hot oven for about ½ hour.

Devour with custard or cream and a clear conscience after a brisk walk or a day's hard graft in the garden.

Blackberry and Apple Cream

August 2009

1lb/455g blackberries	2 tablespoons water
2 large cooking apples	Sugar to sweeten
3/4 oz/20g gelatine	a few drops of lemon juice
½ pint/250ml custard	

Peel and slice the apples and put with the blackberries, add sugar and stew till soft. Sieve while still hot. Dissolve the gelatine in water and stir into the warm puree, adding lemon juice to taste.

When lukewarm, whisk in the custard and turn into a wetted mould if you want it to look pretty or else into a suitable bowl or small ramekins. Leave to set. Pipe whipped cream round the edges and decorate with extra blackberries if you are so inclined and haven't already scoffed the leftovers!

DRINKS

Mulled Wine

December 2006

1 bottle burgundy or heavy red (or 2 light)
¼ bottle brandy
1 pint of water
4oz sugar
2" stick of cinnamon
4 cloves
2 oranges
1 lemon

Boil the water with the sugar and cinnamon for 5 mins.

Slice the oranges and lemon, add the cloves to an end piece, and add with the brandy. Heat for at least 10mins without boiling.

Add the wine and leave warming for 5mins.

Serve without cloves but with fruit.

Summer in a Glass – Elderflower Cordial

June 2007

Makes: 3 litres

Preparation time: 20 minutes, plus 24 hours

Ingredients

25 elderflower heads

900g granulated sugar

2 unwaxed lemons, sliced

1 x 50g citric or tartaric acid (available from chemists this will help to preserve the cordial, but it isn't necessary if you intend to use it straight away)

Instructions

Sterilise 3 x 1 litre bottles.

Shake elderflower heads to ensure they are free of insects. Pour 3 litres boiling water over the sugar in a very large mixing bowl or clean bucket, stir well to dissolve sugar. Add the lemons, tartaric or citric acid & then the elderflowers and leave to cool.; cover with a lid or tea towel. Leave in a cool place for 24 hours, stirring occasionally. Strain through a muslin-lined sieve or even a coffee filter to clarify and decant into the bottles. The cordial will keep for 2–3 days in the fridge or for up to 1 month if using acid. Dilute to taste and serve over ice with a slice of lemon. add to sparkling water or Gin and soda.

Cointreau Hot Chocolate.

November 2007

(Why should children have all the fun?)

INGREDIENTS

Chocolate powder

Cointreau

Milk and sugar

PREPARATION

- Make up a mug of instant hot chocolate. Use a good quality chocolate powder such as Galaxy.
- Then pour in a shot of Cointreau orange liqueur. Use approx half a pub measure, or 1 tablespoon full. Make it with just a hint of alcohol, or stronger!
- Then stir.

The warming chocolate orange flavour is delicious, and it is also easy to make in a jug or in a thermos to make pouring faster.

"The flavour is so much more rewarding than any of the hot chocolates you can buy which are merely flavoured".
