



MARGARET THE CHEF

Cooking Recipes

INDEX

Starters

- [Boil Eggs](#)
- [Larks Tongues in Aspic](#)
- [Roman Pea Soup](#)
- [Green Pea Chowder](#)
- [Left Over Soup](#)
- [Green pea salad with fresh ginger and olives](#)

Main Course

- [Not Much Room Risotto](#)
- [Perfect Spaghetti – How to...](#)
- [Mushroom sauce with anchovies](#)
- [Rat SphagM](#)
- [Smokey Sausage, sweet potato & red onion tray bake](#)
- [Stirred Beef](#)
- [Pasta Ratatouille](#)
- [Baked Ratatouille Fusilloni with Goats' Cheese](#)
- [Easy Chicken](#)
- [Holy Trinity Bacon](#)
- [Afternoon \(quarter past one to six\) Frittata](#)
- [Sweet Potato and Beans](#)
- [SL_{ooo}W Chicken](#)
- [Grahame's Lasagne](#)

Desserts

- [Creamed Lemon Rice](#)
- [Speedy Lemon Syllabub](#)
- [Rhubarb with Orange](#)
- [Plumbs in Spiced Syrup](#)
- [Tastier Meringues](#)
- [Pavlova cu crema de Lămâie](#)
- [Pud Français](#)

- [Mum's Delicious Pudding](#)
- [Crumbled Rhu](#)
- [I don't like Trifles](#)
- [I love Trifles](#)
- [Cheating Trifles](#)
- [Mascarpone and Lime Torte](#)
- [Blackberry Mouse](#)

Cakes

- [Icelandic Surprise](#)
- [Orange Pastry for Mince Pies](#)
- [Spicy Apple Cake](#)
- [Baked Vanilla Cheesecake](#)
- [Volcano Cake](#)

Drinks, Toppings and Sauces

- [Lemonade](#)
- [Clementine Cordial](#)
- [Not a Pint of Vinegar](#)
- [Date and Walnut Mincemeat](#)
- [Dishwasher Vodka Sweeties](#)
- [Peanut Butter](#)
- [Sun Dried Tomato Sauce](#)

Nibbles etc

- [Orange and Carrot Salad](#)
- [Funnel Cake](#)
- [Potato Sticks](#)
- [Spanikopita](#)
- [Cheese Sables](#)
- [Buttered Eggs and Sparrowguts](#)
- [Cheese on toast](#)
- [Scrambled Salmon](#)

LET THE DEBATE BEGIN...

Top ten easiest meals for anyone to cook ... even Grahame

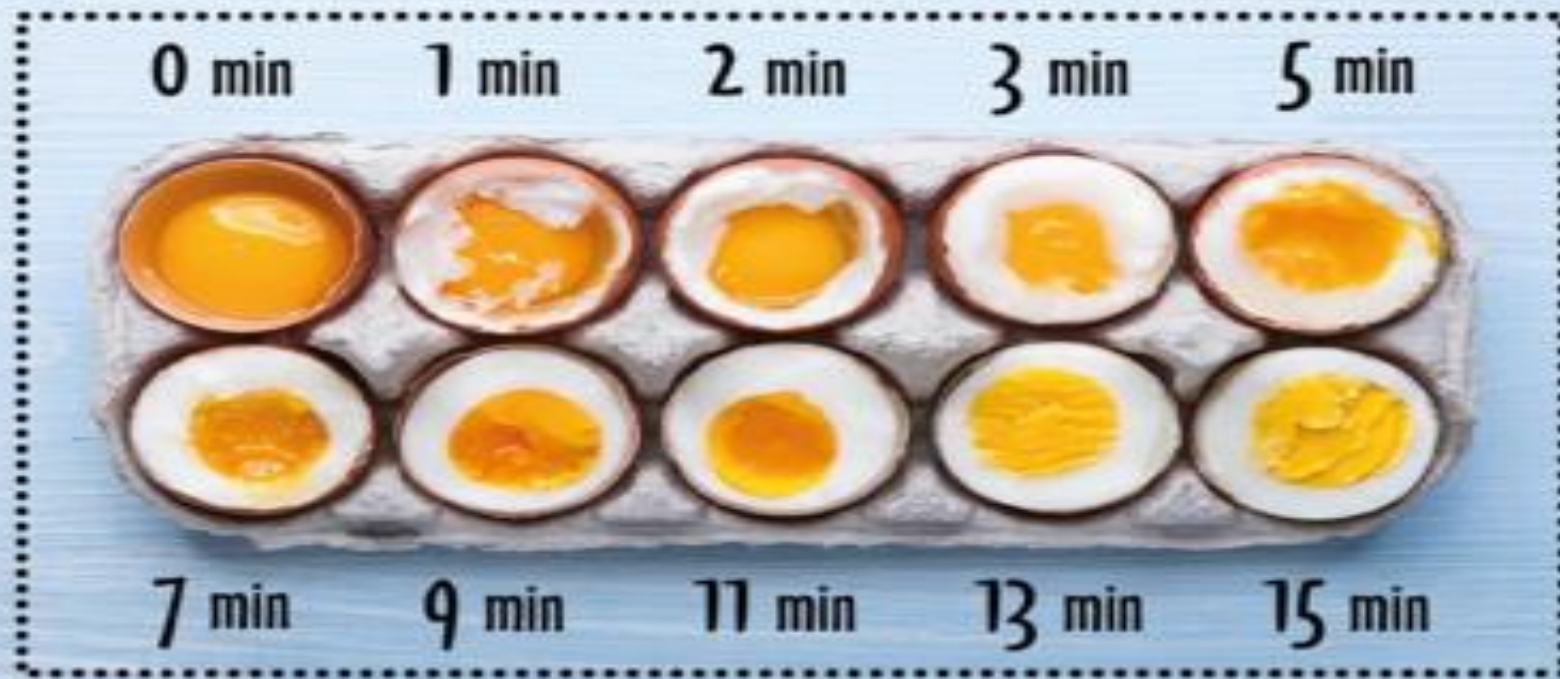
10. Beans on toast. Obviously student beans .com is big on beans. ...
9. Omelette. An omelette is quick and easy and can be tailored specifically to your tastes. Mix two eggs with two tablespoons of milk and some salt and pepper.
8. Soup. Yes yes yes, you can buy cans or cartons of soup (watch out for high salt content). But everything tastes better when you've cooked it.
7. Jacket potato. We know the microwave is right there, but seriously, potatoes are rubbish when you cook them in that fast-food machine.
6. Mushroom risotto. Risotto is surprisingly easy to make. Here's a recipe for a tasty mushroom risotto to serve four people.
5. Toad in the hole. Toad in the hole has to be one of our favourite winter recipes. ...
4. Boiled egg. According to a 2011 Sainsbury's Finance survey, 14 per cent of new students haven't ever boiled an egg.
3. Burgers. Home-made burgers are the best. It's just a fact. And it's SO ridiculously easy that it makes you wonder why you ever bought them in the first place.
2. Fajitas. Forget Old El Paso and his tired band of donkeys - it's easy enough to create your own fajitas. ...
1. Spaghetti Bolognese. And finally we come to the king of all cheap'n'easy dishes. ...



STARTERS

BOIL EGGS ?

How Long to Boil Eggs



Cooking time

2-3 minutes
5-7 minutes
9-11 minutes
13-15 minutes

State of egg whites

Partially cooked
Custard-like consistency
Solidified
Fully cooked

State of egg yolk

Raw
Solidified but partially uncooked
Partially cooked, soft centre
Fully cooked

LARKS TONGUES IN ASPIC

The recipe can be used as a delicious appetizer for mealtimes, or as a snack when entertaining

Okay, not practical, nor likely, but Rich Romans liked it.

Ingredients

- 1000 larks
- Red wine



Preparation

1. Catch 1000 larks. They must be caught alive to ensure the meat is fresh. (Slaves are used for this process)
2. Kill the birds by breaking their necks.
3. Prise open the mouth by folding back the top beak.
4. Cut out the tongue.
5. Marinate in red wine overnight.
6. Strain off the wine and serve.

ROMAN PEA SOUP

Original recipe:

Translation: 'Thick soup from peas is less flatulence-inducing than that made from broad beans and is easier to digest.'

Ingredients

- 150g/5 oz dried peas
- 1 leek
- 1 tbsp olive oil
- 1 tsp dried dill tops
- Sea salt

Preparation

1. Soak the dried peas overnight.
2. Drain, rinse and place them to the pan.
3. Finely slice the leek.
4. Add the olive oil, chopped leek and 2 pints of water to the peas.
5. Bring to the boil and simmer for about an hour, or until the peas are tender.
6. Season with the sea salt and dill.
7. Put in a blender and process until smooth.
8. Warm gently in the pan before serving.



FARTACUS

This soup could be seasoned with olive oil, dill, leeks, pennyroyal, mint, hyssop or pepper. I have chosen just four seasonings for my version, but there is room for further experiment. The fifth-century BC playwright Aristophanes writes of a slave girl preparing for Hercules a banquet comprising gallons of pea soup, loaves of bread, barbecued ox, roast chicken, fish and sweet wine, the joke being the juxtaposition of grand dishes fitting for the great hero such as ox and fish. With this humble soup accompanied by bread.

GREEN PEA CHOWDER

INGREDIENTS

1lb frozen peas
1 pt milk
1 onion large
2 tsp salt
2 bay leaves
Small Bunch of mint chopped
Single cream for thinning

Simmer all the ingredients apart from the cream in a large pan for 15 minutes. Remove the bay leaves, liquidise and check the seasoning
Thin out with cream if necessary.

Serve with Ciabatta or garlic bread 🍞

LEFT OVER SOUP

Daughter in Law ,Kate gave me a recipe book called [River Cottage Love Your Leftovers by Hugh Fearnley-Whittingstall](#) one Christmas probably as she knew I hated throwing food away. On Fridays during Lockdown husband Dan does the evening meal quite often a vegetable broth with always a lot left over. For the following day's meal I put in everything that was looking sad in my fridge. This weekend they were a few mushrooms, a bit of bacon, a pepper, some sweet corn and 3 sausages cut in half alongside a sliced sweet potato fried .it was v good

Here are some ideas from the book above for making your soup a bit special:

FINISHING TOUCHES

All it may take to transform simple soup into a special event -- or a stand-alone supper at least -- is a sprinkling or trickle of something added at the last minute.

- CROUTONS Made with good left over bread
- TOASTED NUTS AND SEEDS Flaked almonds, pine nuts, pumpkins seeds or whatever
- HERBS fresh
- SPICE A sprinkling of smoked paprika or other earthy spices, such as cumin
- PESTO A dollop for each bowl
- LEFTOVER FISH Flakes of smoked fish are good
- LEFTOVER MEAT Scraps of ham ,.or shaards of pork, beef, or chicken fried until crispy
- DAIRY A few dollops of yoghurt, creme fraiche of cream
- POACHED EGG One per portion
- EXTRA VIRGIN OIL or any oil you like .A trickle

And of course you can make a soup super-special by adding two or more of the above. Did I just spot you finishing a smooth, creamy soup made from leftover roasted carrots and parsnips, blended with a good veg stock and a knob of butter)with a swirl of natural yoghurt a trickle of spicy oil, and a sprinkling of pumpkin seeds? Nice one! You are well on your way to earning your soup stripes.....

GREEN PEA SALAD WITH FRESH GINGER AND OLIVES

This is an unusual salad with an exotic flavour and very popular with both adults and children

- 12 oz (350 g) peas fresh or frozen
 - 2 oz (50g) Stuffed green olives roughly chopped.
unstuffed I just as good
 - 2oz (50 g) Candied peel
 - 1 Clove of garlic finely chopped
 - 1 inch (2.5 cm)Piece of fresh root ginger, peeled
and finely chopped
 - 2 tablespoons (2 x 15 ml sp) lemon juice
 - 7 tblsp (7 x 15 ml sp) sunflower oil
 - 2 teasp (2 x 5ml sp) paprika
 - Salt
1. Put all the ingredients except the parsley or mint into a saucepan.
 2. Cover the pan and gently cook stirring now and then for 10 minutes.
 3. Stir in the parsley or mint and allow to become cold.
 4. Before using give it a good stir around a bit to make sure it's all coated and shiny with the juices.





MAIN COURSE

NOT MUCH ROOM RISOTTO

Serves: 4

Cooking time: 30 mins

- 1 small pack (usually 25g) dried porcini
- 125-150g chestnut mushrooms, cleaned and sliced, plus a few extra for decoration if you want
- 1 small onion or ½ a medium onion, peeled and finely chopped
- 1 clove of garlic, peeled and crushed (optional)
- 50g butter
- 150g arborio, carnaroli or vialone nano (risotto) rice
- ½ a glass (75ml) dry white wine
- 600ml vegetable stock (made with a cube or 2 level tsp vegetable bouillon powder)
- Salt and pepper
- 1 heaped tbsp freshly grated parmesan
- White or black truffle oil (optional)



1. Soak the porcini in about 175ml warm water for 20 minutes to half an hour.
2. Rinse the mushrooms, trim the stalks and slice roughly. Peel and chop the onion and crush the garlic.
3. Drain the porcini through a tea strainer and chop them roughly, but keep the soaking water and put it aside.
4. Melt two-thirds of the butter in a large saucepan over a medium heat, add the onion and cook until soft (about 5 minutes).
5. Add the fresh mushrooms and garlic if using, stir well, turn the heat up a little and cook for a couple of minutes.
6. Add the porcini and cook for another minute or two.
7. Tip in the rice, stir and cook for 2-3 minutes until the grains have turned opaque and are beginning to catch on the bottom of the pan.
8. Add the wine and let it bubble up and evaporate.
9. Meanwhile, heat the mushroom stock until boiling and add that to the pan, continuing to stir.
10. Once the liquid has evaporated start adding the vegetable stock then bring to the boil and keep at a simmer. Keep adding cupful's of stock every time the liquid in the risotto gets absorbed and stir until it starts to look creamy and the rice tastes neither hard and chalky nor soggy (this should take about 20 minutes and you might not need all the stock).
11. Turn the heat off then check the seasoning, adding salt and pepper, the remaining butter and parmesan.
12. Cover the pan and leave to one side while you slice the remaining mushrooms and fry them in a little butter.
13. Spoon the risotto into bowls, top with the mushrooms and a little chopped parsley if you have some, and trickle over a little truffle oil (if you can afford it).

Tip: You can also make a risotto with spring veg such as peas, broad beans and asparagus. Use the asparagus stalks in the risotto and cook the tips at the last minute to decorate. If you want to make a cut-price version you can use pearl barley rather than risotto rice. You'll need to cook it a bit longer.

SPAGHETTI – HOW TO...

- Use a Big Enough Pot. ...
- Season Liberally with Salt. ...
- Wait for the Water to Boil. ...
- Don't Break your Spaghetti. ...
- Stir the Noodles. ...
- Don't Overcook your Pasta. ...
- Don't Rinse your Noodles. ...
- Save Some Pasta Water. ...
- Finish your Spaghetti in the Sauce...
- Add Fats Last....



Your spaghetti needs room to move and cook evenly,

You want the water to taste as salty as the ocean, but that's not to say you want it to taste like the Dead Sea.

Waiting for the water to come to a rolling boil may seem like a no-brainer. Do it!

OK, so this might not affect the end result dramatically, but the goal is to make it perfect.

Give the spaghetti a gentle but decisive stir occasionally to prevent any stick-age.

A good rule of thumb is to check your spaghetti a full minute or two before the earliest time suggested. If it still has a bit of crunch and seems to be a few minutes away from pasta perfection, that's the time to turn off the heat and drain .

please resist all urges you might have to rinse the spaghetti

the water is full of wondrous starchy goodness, which, like the starch that still clings to the noodles, is going to do wonders for any sauce.

Rather than pouring a sauce over the spaghetti, it's time to finish cooking the noodles (which we undercooked by a minute or two, remember?) in the sauce itself.

Such as a generous drizzle of olive oil and a handful of grated cheese

MUSHROOM SAUCE WITH ANCHOVIES

This is a really good source to serve with pasta and it's very quick to make and freezes well

- 6 tablespoons olive oil
- 15 g butter
- Three Shallots
- 4 garlic cloves
- 500 g button mushrooms
- 6 tablespoons white wine
- 4 anchovies fillets chopped
- 230 g can chopped tomatoes
- 3 tablespoons chopped fresh parsley
- Pepper



1. Fry Shallots and garlic for about five minutes in olive oil and butter.
2. Stir in mushrooms and cook for about five minutes.
3. Increase the heat add the wine and cook until most of the wine has evaporated.
4. Stir in the anchovy pieces and tomatoes and continue cooking over high heat stirring frequently for about 5 to 10 minutes until the sauce thickens.
5. Remove from the heat and stir in the parsley and pepper to taste.
6. Serve with freshly cooked pasta. It is really good with tagliatelle.

RAT SPHAGM

Is your cupboard bare, or are you out of money, if so this dish – cooked in 15 minutes will feed two people!

- Wholewheat Spaghetti - Your choice
- Vegetable bouillon
- Packet of sliced ham
- Tin of ratatouille
- Cheddar cheese
- Freshly ground black Pepper



1. Cook the spaghetti as described earlier, but DO NOT ADD SALT, use the vegetable bouillon instead, as no other herb/spices are used, except black pepper
2. Using scissors cut up the ham into small pieces
3. Mix ham bits and ratatouille in a small saucepan, heat until cooked stirring frequently
4. Drain the spaghetti, and pour in the ham/ratatouille, mix
5. Serve in small bowls
6. Cover in grated cheese and top with a sprinkling of black pepper.
7. Microwave on high for 1 minute, until cheese is melted

SMOKY SAUSAGE, SWEET POTATO & RED ONION TRAYBAKE

One of the easiest and most satisfying traybakes.

Paprika gives it a wonderful smokiness. but you could easily use a combination of honey and mustard as an alternative.

Serves: 4
Prep: 10 minutes
Cook: 50 minutes

8-12 good-quality free-range pork sausages
3 sweet potatoes, peeled and cut into chunky wedges
2 red onions, cut into eighths
6 cloves of garlic
4 teaspoons smoked paprika
a good splash of olive oil
sea salt and freshly ground black pepper

1. Preheat your oven to 180C fan/200°C/gas 6.
2. In a large roasting tin, toss the sausages, sweet potato wedges, red onions, garlic and smoked paprika with the olive oil. Season well with sea salt and freshly ground black pepper.
3. Transfer to the oven and roast for 45-50 minutes until the sweet potato is cooked through, and sausages sticky and slightly burnt. Serve immediately.

BAKED RATATOUILLE FUSILLONI WITH GOATS' CHEESE

This recipe takes around 5 min [10 min] to prep, so get your casserole dish and all your ingredients ready, then wash your fruit and veg

Ingredients

For 2 people [double for 4]

- 2 garlic cloves
- 15ml Henderson's Relish
- 1 tsp dried basil
- 210g finely chopped tomatoes
- 11g vegetable stock mix
- 5g basil
- 1 yellow pepper
- 1/2 tsp dried chilli flakes
- 75g soft goats' cheese
- 200g fusilloni pasta
- 1 courgette
- 1 red onion

You'll also need

Olive oil, pepper, salt



1. Preheat the oven to 220°C/ 200°C (fan)/ Gas 7. Boil a kettle. Heat a large, wide-based, oven-proof casserole dish with a matching lid with a drizzle of olive oil over a medium heat.
2. Peel and chop the red onion[s] into wedges
3. Deseed the pepper[s] (scrape the seeds and pith out with a teaspoon) and chop into large, bite-sized pieces. Top, tail and cut the courgette[s] in half lengthways, then chop into large chunks
4. Add the chopped pepper, onion and courgette to a baking tray with a generous drizzle of olive oil and a pinch of salt and pepper. Put the tray on the bottom shelf of the oven and cook for 30 min or until golden and cooked through
5. Meanwhile, crush the garlic cloves open by squashing them with the side of a knife and remove the skins. Add the crushed garlic to the dish with the chilli flakes (can't handle the heat? Go easy!) and cook for 30 secs
6. Sprinkle in the veg stock mix and add the chopped tomatoes, Henderson's Relish, dried basil and 450ml [850ml] boiled water. Bring to the boil over a high heat. Stir through the fusilloni pasta. Cover with a lid and put the dish in the oven for 25-30 min or until the pasta is cooked through
7. To serve, stir the roasted veg through the pasta and season with a generous pinch of salt – this is your baked ratatouille fusilloni
8. Break the goats' cheese all over. Tear the basil leaves over the top and season with a grind of black pepper

STIRRED BEEF

Ingredients

Serves: 2

- 200g lean beef steak
- 2 tsp cornflour
- 1 tsp Chinese five-spice powder
- 1 carrot, peeled
- 1 small leek, trimmed
- 6 spring onions, diagonally sliced
- 1/2 red pepper, seeded and cut into strips
- 100g rice noodles
- 2 tbsp soy sauce
- 2 tbsp dry sherry or rice wine
- 2 tbsp vegetable oil
- 1 large garlic clove, finely chopped
- 2cm piece fresh root ginger, peeled and finely chopped
- 1 fresh red chilli, seeded and finely chopped



Prep:20min › Cook:6min › Ready in:26min

1. Cut the meat, across the grain, into 5cm wide pieces, and then cut each piece into wafer-thin strips. Place in a small bowl with the cornflour and five-spice powder. Mix together well to coat the meat.
2. Cut the carrot and leek into 5cm lengths, then cut each piece into fine matchsticks. Put all the prepared vegetables together in a bowl.
3. Soak the noodles in a bowl of lightly salted, boiling water for 3 minutes. Drain and refresh in cold water, then drain again. Combine the soy sauce, sherry and 2 tbsp water in a small jug or bowl.
4. Place a wok or a large frying pan over a high heat. When hot, add 1 tbsp of the oil, then when it is just smoking, toss in the meat and stir-fry for 2–3 minutes until cooked through. Remove with a draining spoon. Add the remaining oil with the garlic, ginger and chilli. Stir-fry for 30 seconds, then add the vegetables and toss these around for another 30 seconds.
5. Stir in the soy sauce mixture and as soon as the liquid is bubbling, mix in the drained noodles and finally the meat. Serve immediately, with extra soy sauce to sprinkle.

Pasta ratatouille

This recipe is full of easy to eat veg and offers a great way to include some fish in your diet. It's perfect for the older members of the family to enjoy too, just serve as it is instead of chopping. Freeze the extra portions for handy future meals.

Serves: 4 portions

Prep time: 15 mins

Cooking time: 20 - 30 mins

Suitable for vegetarians? N

Ingredients

- ½ small onion, peeled (approx. 30g)
- ½ small clove garlic, peeled (2g)
- 1 medium mushroom (approx 15g)
- 1 small courgette chunk, size of palm (approx. 50g)
- 120g canned chopped tomatoes
- ¼ tsp dried herbs
- 50ml water
- 1 haddock fillet on chopped ham pieces
- 15g pasta (1 portion)
- Parmesan cheese to garnish

Method

1. Preheat the oven to 180C.
2. Chop the onion, garlic, mushrooms and courgette.
3. Put the onion, garlic, mushrooms, courgettes, canned tomatoes, mixed herbs and water into a large saucepan, bring to the boil, cover and then simmer gently until all the vegetables are cooked (approximately 15 – 20 minutes). Add a little more water during cooking if needed.
4. Whilst the vegetables are cooking, place the haddock in an ovenproof dish and bake (or you can steam) for 20 minutes until fully cooked. Alternately use the ham pieces
5. Meanwhile place the pasta in a small pan with cold water, bring to boil and cook for 10-12 minutes until pasta is soft.
6. Chop or mince the cooked fish and vegetables to the desired consistency.
7. Place ¼ of the ratatouille in a bowl and serve with the cooked pasta (either as a finger food, or mashed with the fish/ham and vegetables).
8. Garnish with parmesan cheese

EASY CHICKEN

A new way to do chicken with no hassle and 10 minutes prep time

- 500g chicken thighs and drumsticks
 - 300g squash cut into wedges
 - 1 red onion cut into eighths
 - 6 cloves garlic bashed
 - 4-5 sprigs fresh rosemary
 - Olive oil
 - 2-3 tbles honey
 - Salt and black pepper
1. Preheat oven 180 C fan / 200 C / gas 6
 2. Put everything minus last 3 ingredients into large roasting tin.
 3. Add generous splash olive oil, drizzle over honey and season generously
 4. Mix everything together by hand so that everything is equally coated in the oil and honey
 5. Put in oven for one hour until the skin is crispy and golden.
 6. Serve immediately



HOLY TRINITY BACON

My staple diet – you don't even need herbs/spices YUMMY ☺

- Wholewheat Spaghetti Twirls
- Vegetable Bouillon powder

The Holy Trinity (I use this in everything)

- Large Red Onion – chopped*
- 2-3 Sweet Peppers – chopped*
- Small Chestnut Mushrooms – chopped*
- A wee bit of fresh garlic to taste

The meaty bit, etc.

- Bacon medallions – chopped*
- Crème fraiche
- Grated parmesan cheese

* Into 1/4" by 1" strips ☺



1. Cook Spaghetti in saucepan with a spoon of vegetable bouillon
2. Gently fry# the onions to make translucent, adding the peppers then the bacon
3. When golden, add the mushrooms and turn down the heat. Stir.
4. About 5 minutes before the pasta is ready, add a large dollop of the crème fraiche to make the creamy sauce
5. Drain the pasta, and add (see other recipe) to the holy trinity mix
6. Serve and sprinkle on some parmesan

I use rape seed oil ☺



AFTERNOON (QUARTER PAST ONE TO SIX) FRITTATA

The ratios are easy ...

- ¼ Cup Cream, Crème Fraiche, or Plain Yoghurt
- 1 Cup of grated Cheese
- 2 Cups of 'STUFF'
 - Anything will do: My Veggie favourite is
 - 1 red Onion, chopped
 - 1 small Sweet Pepper, chopped
 - 6 small Brown Chestnut Mushrooms, chopped
- 6 Eggs

1. Heat oven to say 180.C
2. Use a metal skillet (or a frying pan and transfer to an oven proof dish)
3. Fry the 'STUFF' until cooked
4. Beat Eggs, and 'cream' and add the cheese to mix
5. Pour mix into the skillet / frying pan.
Stir
6. Put in Oven for 15- 20 minutes until set
7. Serve with salad

Simples 😊

Baked sweet potatoes & beans

Ingredients

4 small sweet potatoes
1 tbsp smoked paprika , plus extra to serve
1 tbsp olive oil
1 large onion , chopped
2 garlic cloves , crushed
1 tbsp brown sugar
1 tbsp red wine vinegar
splash of Worcestershire sauce (Lancashire sauce is a veggie option)
2 x 400g cans mixed beans in water, drained
400g chopped tomatoes
4 tbsp light soured cream , to serve

Method

STEP 1

Heat oven to 200C/180C fan/gas 6. Pierce the sweet potatoes a few times with a fork, then cook them in the microwave on High for 8 mins or until soft. Rub with 1 tsp of the paprika, 1 tsp of the oil and some seasoning. Transfer to a baking tray, put in the oven and cook for 10-15 mins until crispy.

STEP 2

Meanwhile, make the beans. Cook the onion in the remaining oil until soft. Add the garlic, sugar, vinegar, Worcestershire sauce and the remaining paprika, and cook for a further 1-2 mins until sticky. Tip in the beans, tomatoes and a splash of water, and simmer until the sweet potatoes are ready.

STEP 3

Serve the sweet potatoes with the beans on top, a dollop of soured cream and a pinch of paprika, if you like.

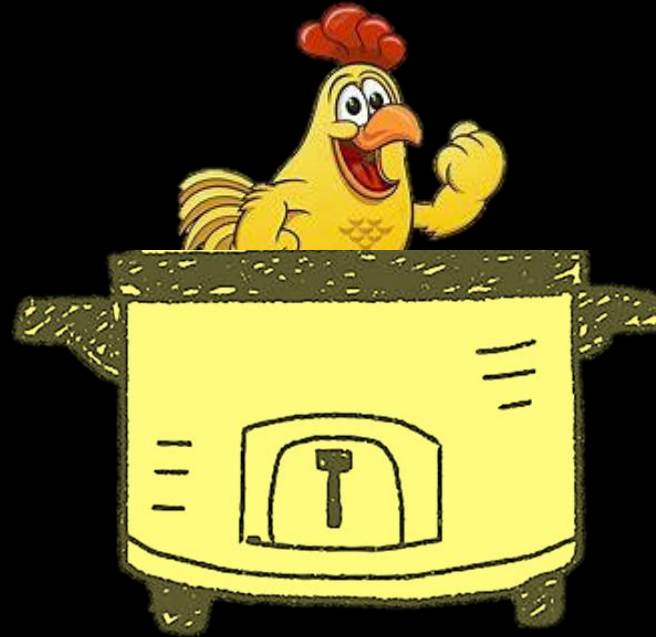
SLOooW CHICKEN



Ingredients

- 1 Medium Chicken
- Sofrito (Waitrose or other)
- Water
- Vegetable Bouillon
- Spoon of Marmite

- SLOW COOKER !



1. Put in a Slow Cooker Liner*
(I didn't know they exist, but they do!)
2. Add some Sofrito to cover the bottom
3. Add the Chicken
4. Sprinkle Vegetable Bouillon over the chicken
5. Add water to about 1/3 volume
6. Smear some Marmite over the Chicken Breast
7. Initially put on high for an hour, then low to simmer for 5 -6 hours
8. Remove Chicken and carve for Sunday Dinner
9. Keep the liquid for Monday soup

Ingredients

- Lasagne Sheets

SAUCE

- Kevin's Holy Trinity
 - Red Onion
 - Sweet Pepper
 - Brown Chestnut Mushroom
- 5% Lean Mince Beef
- Tomato Puree (tube)
- Tinned Chopped Tomato's
- Garlic Clove
- Marmite
- Cinnamon Honey

ROUX

- Knob of butter
- Flour
- Milk (~750ml)
- Whole Grain French Mustard
- 8-10 oz Grated Cheddar

TOPPINGS

- Grated Cheddar
- Cherry Tomato cut into four



GRAHAME'S LASAGNE

SO SIMPLE EVEN GRAHAME CAN MAKE IT !

METHOD

Use the Hoy Trinity method

1. Gently fry[#] the onions to make translucent, adding the peppers then the minced beef, and crushed, chopped garlic to add taste*
2. When golden, add the mushrooms tinned tomato's and turn down the heat. Stir.
3. Now add a BIG tea spoon of Marmite, a big squirt of tomato puree and (wait for it) – a squirt of Cinnamon Honey [because the tomato puree is bitter]
4. Stir and simmer whilst making the Roux.

THE ROUX: Roux is flour and fat cooked together and used to thicken sauces. A roux is typically made from equal parts of flour and fat by weight. The flour is added to the melted fat or oil on the stove top, blended until smooth, and cooked to the desired level of brownness.

5. Put a knob of butter into a saucepan on low heat and a couple of table spoons of flour.
6. Stir, with a wooden spoon until the butter is melted and keep stirring until the flour butter mix is a smooth ball. You need to work hard to remove lumps, and when this has happened start adding the milk
7. The trick is to PASTE the flour butter mix into the milk, removing all of the lumps, slowly adding more milk so that the volume is the same as the Sauce.
8. Now add the cheese and a big spoonful of the mustard. Keep stirring until it starts to boil → The sauce will Thicken!

➤ The Lasagne

9. Into a buttered oven proof dish, spoon in a layer of Sauce, a layer of Roux and sheets of lasagne. Repeat until almost full (circa 3-4 layers).
10. Top with grated cheese and garnish with the Cherry tomato. Oven cook 180.C for 45 minutes



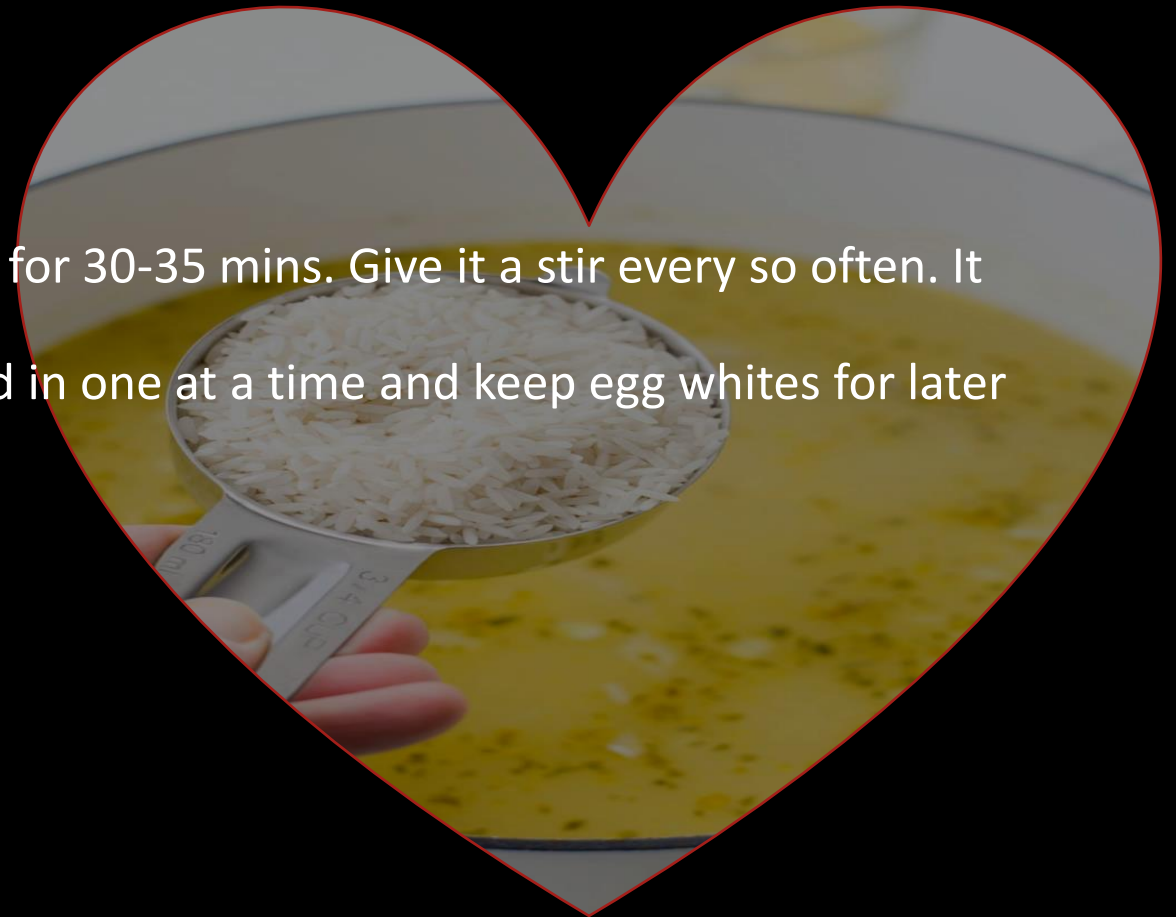
DESSERTS

CREAMED LEMON RICE

A very simple but tasty pudding/desert which you can have with stewed fruit, jam or ice cream or anything else you fancy.

- Bring to the boil 1 pint milk
- Add 75g/3oz pudding or risotto rice
- Bring back to the boil then simmer gently covered for 30-35 mins. Give it a stir every so often. It should be soft and creamy
- Stir in 75g/3oz sugar followed by 2 egg yolks stirred in one at a time and keep egg whites for later
- Add juice and grated rind of ½ a lemon
- Leave till cold
- Whisk up egg whites until stiff and fold into rice.
- Chill

Hey Presto! All done



Speedy Lemon Syllabub



Ingredients

- 4 lemon shortbread biscuits
- 110ml/4fl oz sweet vermouth
- 250ml/9fl oz double cream
- 4 tbsp icing sugar
- 8 tbsp lemon curd
- 2 tbsp flaked almonds, toasted
- 2 sprigs fresh mint

Method

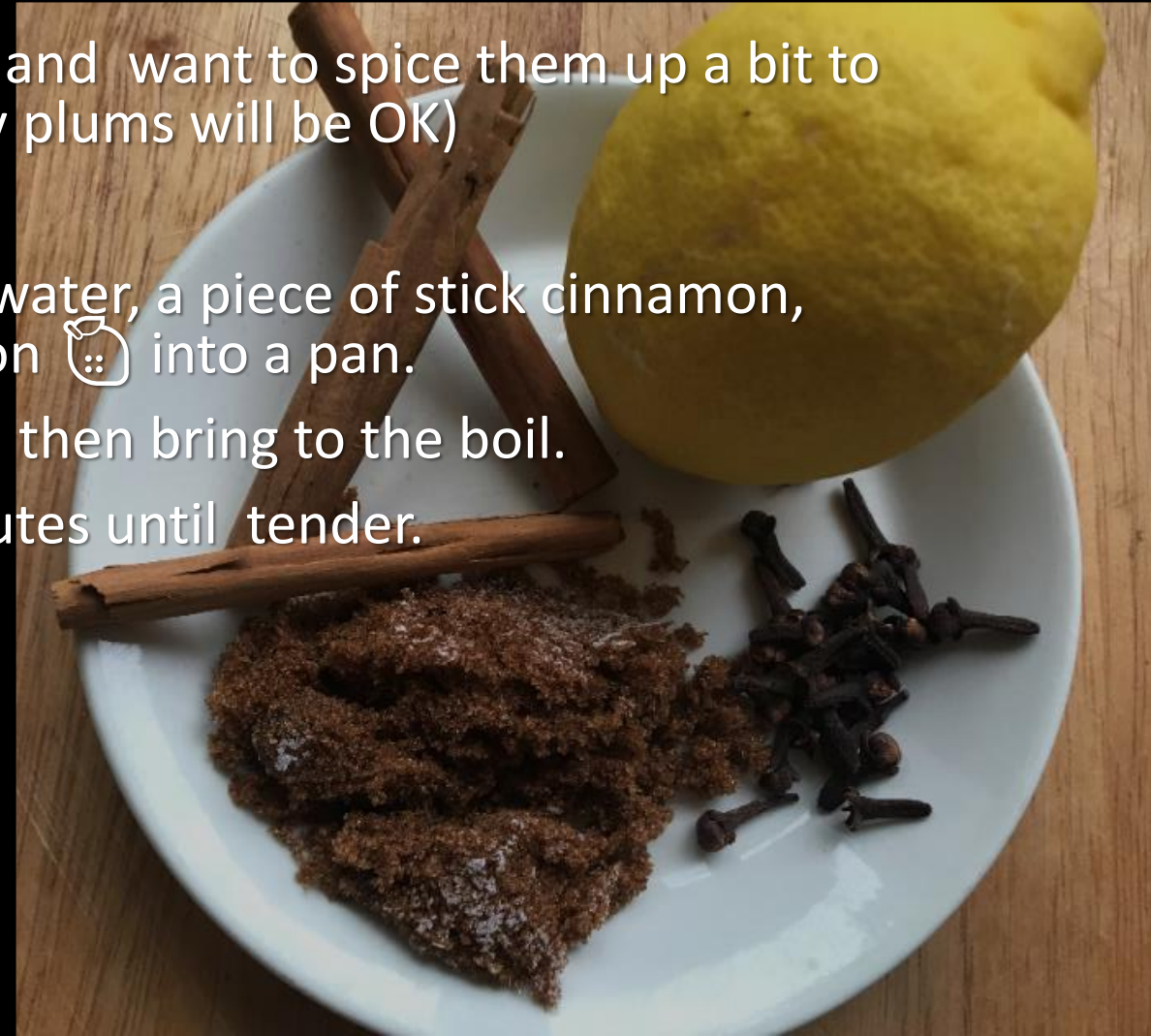
1. Crumble a biscuit into the bottom of each of four sundae glasses. Drizzle over one tablespoon of sweet vermouth into each glass.
2. Pour the cream into a bowl and add the icing sugar. Whisk the cream until soft peaks form. Fold in the remaining sweet vermouth. Add the lemon curd and lightly fold through, leaving a marbled effect.
3. Spoon the cream mixture into each of the glasses. Top with the flaked almonds and a sprig of mint. Serve chilled.

PLUMS IN SPICED SYRUP

If you have some not particularly brilliant plums and want to spice them up a bit to go with the cream rice these plums do well.(any plums will be OK)

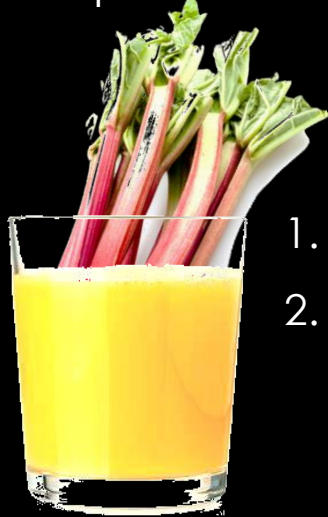
- Put 4oz./100g soft light brown sugar, 1/2 pint water, a piece of stick cinnamon, three cloves, and a thinly grated rind of a lemon 🍋 into a pan.
- Stir over low heat until the sugar has dissolved then bring to the boil.
- Add 1 lb / 450g plums and poach for 3 - 4 minutes until tender.
- Add the juice of a little lemon and that's it.

It's best to eat if you let it get cold



RHUBARB WITH ORANGE

Rhubarb Will be around soon and I think it is better when it's young so I thought I'd give you my favourite recipe which is so simple but delicious



- 900g / 2lb rhubarb
- 1/4 pint water
- 225g / 8 oz castor sugar
- Rind and juice of one orange

1. Cut Rhubarb into 2.5 cm (1- in) lengths.
2. Put water and sugar into a pan and bring to the boil. Add rhubarb and simmer very gently covered with a lid for 3 to 5 minutes. Turn off the heat and leave covered for 5 to 10 minutes. The rhubarb should be soft and still in pieces.
3. Add the grated rind and juice of the orange and stir gently.
4. Put in a serving bowl and cool and chill until ready to eat.

Hope you like it's good with ice cream or cream or yoghurt or on its own

TASTIER MERINGUES

Ingredients

- 4 large organic egg whites, at room temperature
- 115g caster sugar
- 115g icing sugar



I like meringues and, if you do too, try these slight changes to make them even tastier:

- Replace half the white castor sugar with soft brown sugar. It gives them a slight toffee taste.
- If you like ginger add some syrup from a jar of stem ginger to the whipped cream and stick a few slices of ginger into the cream of each meringue

Method

- STEP 1 Heat the oven to 110C/ 100C fan/gas ¼.
- STEP 2 Line 2 baking sheets with non-stick liner or parchment paper (meringue can stick on greaseproof paper and foil).
- STEP 3 Tip 4 large egg whites into a large clean mixing bowl (not plastic). Beat them on medium speed with an electric hand whisk until the mixture resembles a fluffy cloud and stands up in stiff peaks when the blades are lifted.
- STEP 4 Now turn the speed up and start to add 115g caster sugar, a dessertspoonful at a time. Continue beating for 3-4 seconds between each addition. It's important to add the sugar slowly at this stage as it helps prevent the meringue from weeping later. However, don't over-beat. When ready, the mixture should be thick and glossy.
- STEP 5 Sift one third of the 115g icing sugar over the mixture, then gently fold it in with a big metal spoon or rubber spatula. Continue to sift and fold in the remaining icing sugar a third at a time. Again, don't over-mix. The mixture should now look smooth and billowy.
- STEP 6 Scoop up a heaped dessertspoonful of the mixture. Using another dessertspoon, ease it on to the baking sheet to make an oval shape. Or just drop them in rough rounds, if you prefer.
- STEP 7 Bake for 1 ½-1 ¾ hours in a fan oven, 1 ¼ hours in a conventional or gas oven, until the meringues sound crisp when tapped underneath and are a pale coffee colour.
- STEP 8 Leave to cool on the trays or a cooling rack. (The meringues will now keep in an airtight tin for up to 2 weeks, or frozen for a month.) Serve two meringues sandwiched together with a generous dollop of softly whipped double cream.

PAVLOVA CU CREMA DE LĂMÂIE

Ingredients

- 6 free-range egg whites (feel free to use egg whites from a carton)
- 375g/13oz caster sugar
- 2½ tsp cornflour
- 2 unwaxed lemons
- 300ml/10½fl oz double cream
- 325g/11½oz jar lemon curd
- 50g/1¾oz flaked almonds, toasted



Method

1. Preheat the oven to 180C/160C Fan/Gas 4. Line a baking tray with baking parchment.
2. Beat the egg whites using an electric mixer until satiny peaks form, then beat in the sugar a spoonful at a time until the meringue is stiff and shiny.
3. Sprinkle the cornflour over the meringue, then grate in the zest – a fine microplane is best for this – of 1 lemon and add 2 teaspoons of lemon juice.
4. Gently fold until everything is thoroughly mixed in. Mound onto the lined baking tray in a fat circle approximately 23cm/9in in diameter, smoothing the sides and the top with a knife or spatula. Place in the oven, then immediately reduce the temperature to 150C/130C Fan/Gas 2, and cook for 1 hour.
5. Remove from the oven and leave to cool, but don't leave it anywhere cold as this will make it crack too quickly. If you think your kitchen is too cool, then leave the pavlova inside the oven with the door completely open. When you're ready to eat, turn the pavlova onto a large flat plate or board with the underside uppermost – I do this before I sit down to the meal in question and let it stand till pudding time. This is so the tender marshmallow belly of the pav melds with the soft topping.
6. Whip the cream until thick and airy but still with a soft voluptuousness about it, and set it aside for a moment.
7. Put the lemon curd into a bowl and beat it with a wooden spoon or spatula to loosen it a little. Taste the lemon curd (if it's shop-bought) and add some lemon zest and a spritz of juice if it's too sweet.
8. With a light hand, a glad heart and a spatula, spread the lemon curd on top of the meringue base. Now top with the whipped cream, peaking it rather as if it were a meringue topping. Sprinkle with the zest of the remaining lemon – you can grate this finely or coarsely as you wish – followed by the flaked almonds, and serve triumphantly.

PUD FRANÇAIS

Another childhood favourite I found in my mother's book

- 2 eggs
- 2 table sp. sugar
- 1 table sp. butter
- 2 jellies
- 1 pt hot water
- 1 pt hot milk

1. Beat yolks, butter, sugar together.
2. Beat in warm milk then jellies dissolved in the hot water.
3. Lastly fold in beaten egg whites.
4. Set in fridge



I hope it works as I haven't made it for ages. It should be a jelly like with a sort of whisked bubbly milky set jelly as well all in the same shape. It rather depends on how warm the mixture is when everything is added.

MUM'S DELICIOUS PUDDING

This is a recipe my mother used to make which we all loved but she always measured things in cups and tablespoons and teaspoons. I have converted into grams which I hope works. This is my last lemon based recipe.

- 100g sugar
- 50 g butter
- 2 tablespoons flour
- Juice and grated rind of lemon
- 200 fluid oz milk
- 2 eggs

1. Cream sugar and butter until fluffy. Add flour, lemon rind & juice , milk and beaten yolks of eggs.
2. Just before putting in oven fold in stiffly beaten egg whites.
3. Set in a larger dish of hot water and bake in the oven at 160 c for 1 hour



If all goes well you should end up with a spongy top and a lovely thick creamy lemon sauce at the bottom.

CRUMBLED RHU

Method

Ingredients

- 500g rhubarb, chopped into chunks the length of your thumb
- 100g golden caster sugar
- 3 tbsp port (optional)



For the crumble topping

- 140g self-raising flour
- 85g butter, chilled
- 50g light brown muscovado sugar
- 50g chopped walnuts (optional)

STEP 1 Tip 500g thumb-length chunks of rhubarb into a saucepan with 100g golden caster sugar and 3 tbsp port, if using.

STEP 2 Cover and simmer on a very low heat for 15 mins, adding more sugar if you want. When soft (but still holding its shape) and sweet enough, pour the rhubarb into a medium baking dish.

STEP 3 Heat oven to 200C/180C fan/gas 6.

STEP 4 To make the topping, rub 140g self-raising flour and 85g chilled butter together with your fingers until you have a soft, crumbly topping.

STEP 5 Now add 50g light brown muscovado sugar and 50g chopped walnuts, if using. Mix together with your hands.

STEP 6 Scatter the topping over the rhubarb and bake for 30 mins or until golden brown on top.

STEP 7 Serve piping hot with a big jug of thick vanilla custard.

I DON'T LIKE TRIFLES

I AM NOT A BIG FAN OF TRIFLES BUT THIS ONE SEEMS A GOOD IDEA FOR A QUICK ASSEMBLY; TASTY FOR CHILDREN IN PARTICULAR; GIVEN TO ME BY A FRIEND.

QUICKIE TRIFLE

- One chocolate Swiss roll
 - raspberries tinned, frozen or fresh
 - One packet chocolate Angel delight
 - One packet dream topping
 - Decorations
1. Slice Swiss roll and arrange in dish.
 2. Put raspberries over saving a few for decoration.
 3. Make up angel delight to instructions on the packet and put on top of fruit and Swiss roll.
 4. Repeat with dream topping.
 5. Decorate with raspberries.



I don't like



This is a trifle I really like.

It's called 30 minute trifle and it goes as follows:

- 12 sponge fingers
- 175 ml (6fl oz) sherry or Marsala
- 110g (4oz) raspberries, blackberries, or other seasonal fruit
- 2 bananas sliced
- Two eggs separated
- 50g (2oz) castor sugar
- 1 x 250g Tub Mascarpone cheese
- 150ml (5fl oz) double cream

To garnish:

- A few extra berries
- 3 tablespoons flaked Almonds toasted
- One passionfruit



I LOVE TRIFLES

Or is it just the Sherry?

1. Break up sponge fingers and put them in a dish. Pour over the wine pressing the fingers down into the liquid then add the berries and sliced bananas. Sip some Sherry ☺
2. Cream the egg yolks with the sugar add the mascarpone cheese beat until light and creamy. Another dip of Sherry ☺
3. Beat the egg whites until they form stiff peaks and fold into mixture. Whip the cream until it forms soft peaks – it must not be too thick.
4. Spread the cream on top of the mascarpone mixture and chill for 15 minutes or longer. Just another wee dip of Sherry ☺
5. If you can Garnish with berries almonds and passionfruit just before serving, and a final small tot of sherry (hic) ☺



CHEATING TRIFLES

This week I was far toooo busy to prepare a real recipe, so I cheated 😊



INGREDIENTS

- 2 store-bought, jam-filled Swiss rolls (around 250g each)
- 4 1/2 tablespoon sherry (or fruit juice)
- 1 can berries in juice (eg boysenberries)
- 3 punnet strawberries, washed, hulled and halved or quartered, plus extra to decorate
- 500 millilitre store-bought custard
- 300 millilitre cream, whipped

METHOD

1. Slice Swiss rolls into 1cm slices. Line bottom third (including sides) of trifle bowl with a third Swiss roll slices, then drizzle with 1½ Tbsp sherry or fruit juice.
2. Add third of berries with some of the juice, third of strawberries, third of custard and third of cream
3. Repeat layers twice more, starting with Swiss rolls and finishing with whipped cream.
4. Decorate trifle with a few extra strawberries and chill for 3-4 hours or overnight.

MASCARPONE & LIME TORTE

- 200g Ginger biscuits crushed
- 50 g (2oz) Butter melted
- 2 x 250g Tubs mascarpone cheese
- 40g (1 1/2 oz) icing sugar sifted
- Finely grated zest and juice of two limes



1. Mix crushed biscuits and melted butter and press into the base of a 18 cm 7 inch spring sided on loose bottomed cake tin.
2. Mix together mascarpone icing sugar, lime zest and juice and beat together, spread over the biscuit base, chill for 30 minutes
Decorate as you fancy

BLACKBERRY MOUSE

- 450g (1lb) blackberries
- 100 g (4oz)Caster sugar
- 15g (1/2 oz) gelatine
- Juice of one small lemon
- 3 tablespoons water
- 1/4 pt double cream
- Two egg whites



1. Simmer blackberries, lemon juice and sugar on low heat covered for about 10 minutes. Measure the water into a small bowl and sprinkle on the gelatin to soak for five minutes
2. Add the soaked gelatine to the blackberries and stir until dissolved.
3. Sieve I the blackberries and juice into a bowl to make a purée. Discard the pips in the sieve.
4. Once the Purée is cold and beginning to thicken add the lightly beaten ☺ cream. Fold in and then beat up the egg whites and fold those in as well.
5. Pour into a serving dish and chill until set firm



CAKES

ICELANDIC SURPRISE

**I found this super Icelandic recipe on the Internet,
Can you guess the ingredients and what it makes? **

Recipe for Klettakökur

- 8 ounces/225 **sjálf hækka mjöl** **self-rising flour**
- 1 teaspoon **lyftiduft** **baking powder**
- 1/2 cup/110 grams **mjúkt smjör** (soft) **butter**
- 1/4 cup/55 grams **sykur** **sugar**
- 1/2 cup/110 grams **blönduðum þurrkuðum ávöxtum** **Mixed dried fruit**
- 6 tablespoons/55 grams **rifsber** **Red currents / Peel**
- 1 **egg**
- 1 to 3 tablespoons **mjólk** **Milk**
- Optional: **demerara sykur** for sprinkling.



Make a wetter mix (more milk) and put in 7" greased cake tin, 40 minutes at 180



1. Gather the ingredients.
2. Preheat the oven to 350 F/175 C. Lightly grease two baking sheets.
3. Sift the **sjálf hækka mjöl** and **lyftiduft** into a large bowl.
4. Add the softened **smjör** and lightly rub together with your fingertips until the mixture resembles fine breadcrumbs.
5. Add the **sykur blönduðum þurrkuðum ávöxtum** and mix so all ingredients are well incorporated.
6. Add the **egg** and 1 tablespoon of the **mjólk** and mix to create a stiff dough. If the mixture is still dry, add **mjólk**, 1 tablespoon at a time, until the correct consistency is reached.
7. Using a tablespoon, divide the mixture into 12 mounds and space evenly on the baking sheets. Sprinkle with **demerara sykur**, if using.
8. Bake in the preheated oven for 15 minutes or until golden brown and well risen. The **Klettakökur** should be firm to the touch; they will harden once cooled. Enjoy!

rock cakes

ORANGE PASTRY FOR MINCE PIES

This light, crumbly, rich pastry really complements home-made mincemeat

- 1lb (400 g) plain flour
- 8oz (200 g) butter
- 4oz (100 g) lard ("Cookeen" from Sainsbury's)
- Grated rind of a large orange
- Orange juice

Rub fat into flour or use processor. Stir in grated rind. Add orange juice till it just sticks together (if not enough juice add a spot of cold water). Gther into a ball, wrap in foil or cling film and put in fridge for half an hour or more before using as it makes it easier to roll out.

Next week: Mince pies de luxe..... using your mincemeat and pastry



SPICY APPLE CAKE



- 8 oz plain flour
- 2 tsp baking powder
- 1 or 2 tsp ground mixed spice
- 2 tsp cinnamon (optional)
- 4 oz margarine (or butter)
- 6 oz light muscovado sugar or light brown sugar
- 2 eggs
- 1 lb cooking apples (peeled weight), cored and diced
- 1 tsp demerara sugar

1. Heat oven gas 4/180C/350F
2. 8" loose bottomed deep cake tin, greased
3. Place flour, baking powder, mixed spice, margarine, light brown sugar and eggs in a bowl and mix together until blended evenly.
4. Carefully fold in 3/4 of apple into mixture.
5. Spoon into greased tin and smooth top.
6. Scatter remaining apple over the cake and sprinkle with demerara sugar
7. Bake at for 1 1/4 to 1 1/2 hours until risen, golden brown and cooked through.
8. Cover with Greased proof paper after 50 minutes to prevent overbrowning.
9. Cool in tin before turning out. serve sliced

BAKED VANILLA CHEESECAKE

- 8 digestive biscuits
- 50g butter, melted
- 600g cream cheese
- 2 tbsp plain flour
- 175g caster sugar
- Loads of vanilla extract
- 2 eggs, plus 1 yolk
- 142ml pot soured cream



Heat the oven to 180C/fan 160C/gas 4. Crush the biscuits in a food processor (or put in a plastic bag and bash with a rolling pin). Mix with the butter. Press into a 20cm springform tin and bake for 5 minutes, then cool. Beat the cream cheese with the flour, sugar, vanilla, eggs, the yolk and soured cream until light and fluffy. Pour into the tin. Bake for 40 minutes and then check, it should be set but slightly wobbly in the centre. Leave in the tin to cool in the oven.

VOLCANO CAKE

Ingredients

- 170 g self-raising flour
- 170 g caster sugar
- 170 g butter or margarine
- 2 medium eggs
- 3 unwaxed lemons (A standard UK lemon gives about 2 tbsp of juice. If yours are larger, adjust accordingly)
- 4 tbsp icing sugar



Instructions

1. Preheat the oven to 180C (160C fan, 350F). Cream the sugar and butter (or margarine) together.
2. Add both eggs and whisk in.
3. Sift in the flour and fold until smooth.
4. Add the zest of two lemons and the juice of one to the mixture and mix well.
5. Spoon the batter into a greased and lightly floured cake tin. I recommend using a 23cm (9in) springform tin as it makes it super easy to get your cake out of the tin cleanly.
6. Bake at for 25-30 minutes. The cake should be golden on the outside and the skewer should come out clean - keep an eye on it as you don't want it to over-bake.



Citrus Magma

1. In a small pan, mix the juice of two of the lemons with the icing sugar. I use grapefruit juice and brown sugar plus a knob of butter.
2. Place over a medium heat and stir as it heats, continuing until you have a syrupy texture (or my method -keep boiling until it bubbles)
3. Poke holes all over the sponge with a skewer, almost down to the bottom.
4. Take the syrup off the heat (careful, it's hot!) and pour all over the cooling sponge (whist watching it slowly collapse into a disused volcano).
5. Allow to cool, then cut into generous slices and enjoy – My toffee topping needs a chainsaw.





DRINKS, TOPPINGS AND SAUCES



NOT A PINT OF VINEGAR

But if you're craving brightness in your drink, and you're fresh out of lemons and limes, the answer is the same as it is when you're cooking—**look to the pantry!**

A little vinegar can brighten and balance a cocktail, as long as it's added judiciously. There's an added bonus for your low-stocked bar: Since it's often made from wine, and sometimes aged in barrels, vinegar can also add some of the flavours you'd get from vermouth.

INGREDIENTS

- 2 to 2 ¼ ounces Cognac
- ¼ ounce Champagne vinegar
- ¼ ounce maple syrup
- ¼ teaspoon pure vanilla extract
- Garnish: lemon twist

PREPARATION

1. Combine Cognac, vinegar, maple syrup, and vanilla in a mixing glass and fill with ice.
2. Stir until well chilled, about 30 revolutions.
3. Strain into a chilled coupe glass, gently squeeze the lemon twist over the top to express oils, then use as a garnish.

LEMONADE

I used to make this regularly and I've just come across the recipe. It is delicious and very refreshing

- 3 Lemons
- 25 g / 1oz tartaric acid
- 1 1/2 pounds granulated sugar
- 1 1/2 pints boiling water

Peel lemons thinly and juice.

Put everything except the pith into a bowl

Add acid and sugar and pour over the boiling water.

Leave for at least 12 hours, strain and bottle.

Keeps for about five weeks



Wot
no
Gin?

DISHWASHER RECIPES: VODKA SWEETIES

Of all household chores, loading and emptying the dishwasher is surely one of the most tedious. But when the items being unloaded are delicious home-made vodka infusions, the job becomes more exciting.

I'm talking about 'dishwasher vodka' - a fast-growing internet craze for mixing sweets and chocolate with vodka, and running it through a dishwasher cycle. The heat is just enough to combine the contents without losing any alcohol or flavour..

THE BASIC RECIPE

The good thing about dishwasher vodka is you don't need fancy, branded spirits as the sweets provide most of the flavour. Cheap brands are fine.

You'll need a one-litre bottle for each flavour you intend to make. Decant one third and put aside. Add your ingredient of choice to the bottle - approximately 200g for hard, boiled or jelly sweets and 300g for chocolate.

Screw the bottle tightly shut and wrap in cling film to protect from leakage. Shake the bottle and place on a shelf in your empty dishwasher. Do not add any detergent, set to the hottest wash (70 degrees in most models) and prepare to be amazed.

When the cycle has finished, shake again, allow the infusion to cool and then, if necessary, strain away any residue through a tea strainer.

Your vodka can then be chilled or frozen before serving.

Ingredient Ideas

- **MARS BAR**

This melted perfectly into the vodka to create a dark liquid that did not need sieving.

- **SHERBERT LEMONS**

These sweets were crushed to a sherbet powder in the blender and melted brilliantly, leaving an acid yellow cocktail that would be great on a summer's day.

- **SKITTLES**

The good thing about Skittles is they're small enough to pour straight into the neck of the bottle.

- **RHUBARB AND CUSTARD**

These needed to be whizzed and broken down in a blender, but then they dissolved very well with no need to sieve afterwards.

- **WERTHER'S ORIGINALS**

Make sure you buy the original hard toffee. Break into smaller pieces in a blender or with the end of a rolling pin.

CLEMENTINE CORDIAL

Makes about 375 mL

- 450 mL Clementine juice
- 50 mL lime juice
- 500 mL water
- 500 g castor sugar

Put everything in a big pan bring to the boil and simmer stirring regularly. When it has reduced to a quarter of its original volume leave to cool and then pour into sterilised bottles with a tight lid like a cork or screw top

It'll keep unopened for three weeks in the fridge. Once opened drink within a week.

Ideas for using.

Mix 25 mL cordial with 25 mL Cranbury juice and topped with Cava or sparkling water. Kevin says – add to Gin or Vodka 😊



DATE AND WALNUT MINCEMEAT

A spicy variation of normal mincemeat.
Keeps for 2 or 3 years.

If a bit dry add a bit more brandy. Mmm 😊

- 200g dates
- 200g raisins
- 200g sultanas
- 100g dried apricots or glace cherries
- 200g cooking apples peeled
- 150g walnuts
- 100g mixed peel
- 200g shredded suet
- 250g demerara sugar
- 1 teaspoon of each cinnamon, nutmeg, ground cloves
- Grated rind & juice of 2 large lemons
- 75 – 150ml rum or brandy

MINCE PIES

Sainsbury's* used to produce little cook books called "A Sainsbury* cook book" on all sorts of aspects of cooking. I have one from 1982 called "Cooking for Christmas" by Joceline Dimbleby and I have taken this unusual mincemeat recipe from it to share with you. Next week I will give you her take on mince pie pastry and finally, if time, her Mince Pies De Luxe.

(*Other Supermarkets are available)



Finely chop fruit, peel, apples and nuts

Add remaining ingredients and stir in rum or brandy to give a moist mixture.

Cover and leave for 2 days. Stir and put into jars

Drink some brandy 😊

PEANUT BUTTER

Peanut butter has overtaken marmalade as the nations third favourite spread (behind honey and jam), and easy to make at home – so go nuts.

(Makes one large jar)

- 500 g raw peanuts skin on.
(A good source is Daily Bread)
- 1 tablespoon ground- nut oil
- 1/2 teaspoon flaked sea salt
- 1 teaspoon honey(optional)

Heat the oven to 180°C and spread nuts out in one layer on a baking tray. Roast for about 10 to 20 minutes until evenly browned. Allow to cool completely.

Whiz in a food processor to course crumbs then scoop out a quarter and set aside. With the motor running add the oil, then whiz again, pausing to scrape down the sides if necessary until you have a smooth, creamy texture. Add the salt and honey if using taste, then stir in the reserved nuts and spoon into a jar. It will keep in the fridge for a couple of months.

It is better than the bought stuff



FUNNEL CAKE

Ingredients

- Vegetable oil, for frying
- 1 cup all-purpose flour
- 2 tablespoons granulated sugar
- 1 teaspoon baking powder
- ½ teaspoon kosher salt
- ¾ cup whole milk
- ½ teaspoon pure vanilla extract
- 1 large egg
- 2 tablespoons canola oil
- powdered sugar, for serving



1. Pour oil in a 10-inch cast-iron skillet or other heavy-bottomed pot to a depth of 1 inch and with a deep-fry thermometer; heat to 350°F over medium-high.
2. Whisk together flour, granulated sugar, baking powder, and salt in a medium bowl. In a separate medium bowl, whisk together milk, vanilla, egg, and 2 tablespoons canola oil. Make a well in the centre of the dry ingredients and add milk mixture, whisking until smooth. Transfer batter to a squeeze bottle with a ¼-inch opening. (Or a large zip-lock bag, and snip one corner to make a ¼-inch hole.)
3. Hold bottle or bag one inch from hot oil in the centre of the skillet. Carefully squeeze about ¼-cup batter into oil, squeezing in a tight circular motion to begin, and crossing back and forth over circles to create one 6-inch cake. (Do your best to do this is one continuous motion.) Fry, turning once, until golden brown, about 2 minutes per side. Drain on a paper towel-lined baking sheet. Return oil to 350°F between cakes.
4. Sift powdered sugar over cakes just before serving.

SUN-DRIED TOMATO SAUCE

Serve with pasta, chicken or scallops

DEAD EASY

- 50g butter
- 1 tbsp crème fraiche
- 65g sun-dried tomatoes
- 1 large clove garlic, crushed
- 2 tsps capers, drained
- 8 basil leaves
- 2 sprigs fresh oregano (or ½ tsp dried)
- 2 sprigs fresh rosemary (or ½ tsp dried)
- Pinch of salt & pepper
- 300ml (½ pint) stock

Put it all in a blender or food processor.

Puree till smooth

Transfer to saucepan & heat gently





NIBBLES

ORANGE AND CARROT SALAD

The weather has been so lovely this week that I have reverted to cold meals and salads. Carrot salad with oranges is one of my favourites as it is very refreshing very quick to make and can be done at the last minute with unexpected guests.

- 3/4 -1lb (350-450g) carrots
- 1 tblsp (15ml) orange flower water*
- 1tblsp (15ml) caster sugar
- 1/2 teasp (2ml) salt
- Juice of 1 lemon
- 2 small oranges

1. Peel and coarsely grate the carrots and put into a salad bowl.
2. Mix the orange flower water, sugar, salt and lemon juice together and then mix thoroughly into the grated carrots.
3. Peel the oranges and cut into small slices, removing any pith.
4. Arrange on the carrots



It goes well with cold meat

* A delicate flavour, Nigella says if your Fortnum & Mason's delivery is delayed try ~~ecaine~~ Cointreau, or lark's tongues in aspic

SPANIKOPITA

This is for those who love spinach and have lots of spinach in the garden as it loves lots of rain.



Enough for 6

- 10 sheets of filo pastry
- 150-175g 5-6oz butter melted
- 900g. 2lb fresh spinach or 450g 1lb frozen
cooked, drained and cooled Butter for
greasing
- Bunch spring onions chopped 100g. 4oz feta
cheese Salt and pepper

1. Grease deep pie dish. Put sheet of filo in dish edges hanging over side.
2. Brush with butter. Repeat with 4 more sheets. Mix chopped spinach, cheese, onions and S&P .
3. Spread on pastry.
4. Cover with remaining 5 sheets of pastry and melted butter as before finishing with butter.
5. Neaten edges .
6. Bake at 200c fan 180c 40 -45 mins
7. Eat hot or cold

POTATO STICKS

If you are going to serve soup as a main meal it's quite a good idea to have something with it a bit different to normal i.e. bread. So I thought you might like to look at this recipe for potato sticks which you can dip in the soup or just chew between mouthfuls of soup.

- One egg
- 125 g butter or margarine
- 125 g self raising flour
- Pinch of salt
- 125 g mashed potato (leftovers are fine) Milk
- 1 desert spoon of oat flakes or caraway or sesame seeds



Cream the egg with the butter then sift in the flour and a pinch of salt and then work in the mash potato with your fingers. If it seems a bit floppy add a bit of flour.

Roll dough about 1 cm thick and cut it into 5 x 1 cm sticks. Brush the top with milk and sprinkle with salt and oatflakes or the seeds Arrange on a greased baking sheet leaving a space between each stick and bake at 190 C for 15 minutes

CHEESE SABLES

They are very easy to make and nice to have around with a drink instead of crisps or have a nibble any old time

Makes about 24



- 100g very cold, unsalted butter, cut into chunks
- 100g plain flour
- Pinch of salt and cayenne pepper
- 1/2 tsp mustard powder
- 50g mature cheddar, finely grated
- 50g Parmesan cheese, finely grated, plus extra for sprinkling
- 1 egg, beaten

Preheat the oven to 180C/350F

Put all the ingredients except the egg in food processor or mix by hand till lumpy a bit like pastry. Knead till smooth, roll into a sausage shape about 4-5 cm diameter and put in frig for 30 minutes.

Slice into thin rounds and put on a greased baking sheet and then brush with egg and sprinkle with parmesan or any seeds you like such as caraway. Cook for 10 minutes, and cool on rack.

Keeps in tin for at least 2 weeks. If I only want a few I put the spare roll/sausage in freezer for next time.

BUTTERED EGGS AND SPARROW GUTS

Have this for breakfast, brunch, lunch or supper, and swap the asparagus for Tenderstem broccoli, if you prefer.

- **4 eggs**
- **60g unsalted butter**
- **2 spring onions**, trimmed and thinly sliced (20g)
- **10g chives**, finely chopped
- **¼ tsp aleppo chilli** (or a smaller pinch of regular chilli flakes), plus extra to serve
- **Salt and black pepper**
- **110g fine asparagus**, woody ends trimmed
- **2 thick slices sourdough**, or regular bread
- **½ lemon**, cut into 2 wedges



1. Put a litre of water in a small saucepan, bring to a rolling boil, then gently lower in the eggs, ideally with a slotted spoon. Turn down the heat to medium-high, cook for seven minutes exactly, then drain and run the eggs under the cold tap – this will ensure you get runny yolks, so cook the eggs for a little longer if you prefer them more well done.
2. Carefully peel the eggs, put them in a bowl and set aside.
3. Melt the butter in a large frying pan until it's hot and bubbling. Spoon two tablespoons of the melted butter over the eggs, add the spring onions, chives, chilli, a quarter-teaspoon of salt and a good grind of pepper and, using a fork, break the eggs into medium-sized chunks.
4. Return the melted butter pan to a medium-high heat, add the asparagus and an eighth of a teaspoon of salt, cook for a minute and a half, shaking the pan to move the spears about and ensure they get a bit of colour all over, then remove and set aside.
5. Soak both sides of the bread in the remaining butter in the pan, and leave it to toast on a medium heat for 90 seconds on each side, until golden brown. Transfer the buttery toast to two plates, then spoon the egg mix on top, followed by the asparagus and remaining chilli. Serve with the lemon wedges on the side.

CHEESE ON TOAST

- 1 slice of bread - brown or white - I prefer white
- 1 slice of bland cheese - I go for Tesco value extra mild - really cheap!
- a bit of butter

Smart tip:

Grate the cheese, and add some Lee and Perrins Sauce



STEP 1: Put the bread in the toaster

STEP 2: Slice some bland cheese

STEP 3: When bread has turned into toast (check for a hard toasted surface to the bread) thickly spread some of the butter on it

STEP 4: Whack the cheese on top and throw it under the grill for a while

STEP 5: Withdraw from under the grill when the cheese has started to melt and bubble a little and eat whilst watching the football on TV with a can of Stella



SCRAMBLED SALMON

Scrambled eggs with smoked salmon (or any other smoked fish)

- 125g (4oz) smoked salmon
- 2 tablespoons single cream or milk
- 4 large eggs
- 10g (1 1/2 oz) butter
- Salt and Pepper
- Garnish chopped chives

1. Cut smoked salmon into thin strips and leave in a bowl with the cream or milk for 10 minutes
2. Whisk together eggs and S&P. Leave for 10 minutes
3. Melt half the butter in a saucepan and heat gently
4. Pour in eggs Stir continuously with wooden spoon until the eggs begin to set. Add the salmon and keep stirring until almost set
5. Remove from the heat stir in the remaining butter and serve immediately with toasted buttered bagels or bread



Serves 2