

Thornhill Primary School

# RECIPE BOOKLET



Sold to raise money for  
**Children in Need** with  
contributions from pupils,  
staff, families, friends and  
Famous people



## FOREWARD

Since the summer holidays we have been writing to well-known people to ask if they could send us their favourite healthy recipes. These are the people we have written to:

The Queen	Jane Hissey	Linda Strachan
Tony Blair	Girls Aloud	David Beckham
Jack McConnell	Dick King-Smith	Georgie Henley (Lucy in Narnia)
Wayne Rooney	Jacqueline Wilson	Tilda Swinton (White Witch in Narnia)
J K Rowling	Rupert Grint	Basil Brush
Kathrine Holabird	Emma Watson	Colin Montgomery
Blue Peter	David Tennant	Nick Nairn
Daniel Radcliffe	Tim Henman	Darcey Bussell
Big Cook, Little Cook	Daisy Meadows	Nicholas Allan
The Beano Editor	McFly	Paddington Bear
Andy Murray	Ant & Dec	
Francesca Simon	Jamie Oliver	
Billie Piper	Dav Pilkey	
Lauren Child	Nina Bawden	
Dick & Dom	Terry Deary	

Some famous people wrote back and some didn't but we have included all our replies.

Thank you to everyone who has given us a recipe. Special thanks to Mrs Jones and Mrs McFarlane for their help in getting recipes from school.

We hope to make lots of money for Children in Need.

HAPPY COOKING!

Freddie and Amelia Bawden

9<sup>th</sup> August 2006

Thank you for your letter about your recipe book.

Please find enclosed a recipe for you to use in your book.

We wish you all the best for your book and its fundraising for Children in Need.

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www.darceybussell.com

Darcey Bussell

Apple Jelly

lbs. eating apples  
½ pint water  
1 orange or lime jelly

Peel, core and slice the apples. Measure the water and put in a saucepan with the apples. Cover the pan with a lid and simmer very gently, stirring occasionally until the apples are quite soft – it takes about 10 minutes.

Take the pan off the heat and add the jelly in pieces. Stir until the jelly has dissolved. The pan should be hot enough to do this.

Pass the contents of the saucepan through a sieve into a mixing basin. Rub the pieces of apple through. Stir to mix and then pour into ramekins. Cool, then chill until set firm.

Serve with ice cream.



10 DOWNING STREET  
LONDON SW1A 2AA

## RAGOUT OF LAMB WITH COUS COUS

*(4 Portions)*

### Ingredients

500g stewing lamb  
100g onions  
1 tin plum tomatoes  
1 clove garlic  
chopped coriander  
1 green pepper  
200g button mushrooms  
25g flour  
2 tablespoons olive oil  
1 pint brown stock

o-o-O-o-o

1. Fry seasoned meat in the oil with the onion, garlic and green pepper.
2. Drain off excess oil and add flour.
3. Cook out flour gently and then gradually add the stock and juice from the tomatoes.
4. Cook for 15 minutes before adding the chopped tomato and mushrooms.
5. Cook until meat is tender, check seasoning and add coriander.
6. Serve with coriander flavoured cous cous and garden vegetables.





## Booster Bars

To make the healthy yummy Booster Bars you will need:

50g of bran flakes  
15g of wheat bran  
40g of dry milk powder  
150g of sultanas and raisins  
2 tablespoons of vegetable oil  
50ml of orange juice  
One and a half teaspoons of grated orange peel.  
2 mashed bananas  
2 grated apples  
1 beaten egg  
4 tablespoons of honey  
85g of whole wheat flour  
85g of plain flour  
1/4 teaspoon of bicarbonate of soda

### Method:

In a large mixing bowl combine the bran flakes, wheat bran, dry milk powder, sultanas, raisins, vegetable oil, orange juice, grated orange, mashed bananas, grated apples, beaten egg and honey. Stir until this forms a well blended mixture. Leave it to set for five minutes.

In another large mixing bowl stir the whole wheat flour, plain flour and bicarbonate of soda.

Stir in the first mixture until all the ingredients are combined.

Grease a baking tray with some of the vegetable oil and spread the mixture evenly into the baking tray.

Place the baking tray in a pre-heated oven at 180 degrees Celsius for 15 - 17 minutes or until its golden brown.

Take it out of the oven and leave it to cool. Once it has cooled you can cut it into squares. They're ideal for packed lunches - a delicious and healthy snack in one!

British Broadcasting Corporation Television Centre Wood Lane London W12 7RJ

Telephone 020 8743 8000 Fax 020 8576 1157 Email bluepeter@bbc.co.uk



BluePeter  
bbc.co.uk/cbbc

Good luck with your recipe booklet

20th August 2006

Dear Amelia,

Although perhaps not the healthiest of dishes this is one of my favourites.

### Raspberry Ice

150ml raspberry puree [360g raspberries]  
8 tablespoons castor sugar (I usually put in  $\frac{1}{2}$  this amount)  
juice of 1 small lemon  
2 egg whites  
salt  
125ml whipping cream

Mix the puree in a bowl with 5 tablespoons of sugar and the lemon juice until the sugar has dissolved. Whisk the egg whites with a pinch of salt - when soft peaks begin to form gradually whisk in the remaining sugar until the egg whites make a stiff and glossy meringue. Whisk the cream until it forms soft peaks. Use a spatula to fold the cream in to the meringue, then fold in the puree. Put mixture in a shallow dish and place in the freezer until frozen.

I hope your book sells well.

Love,



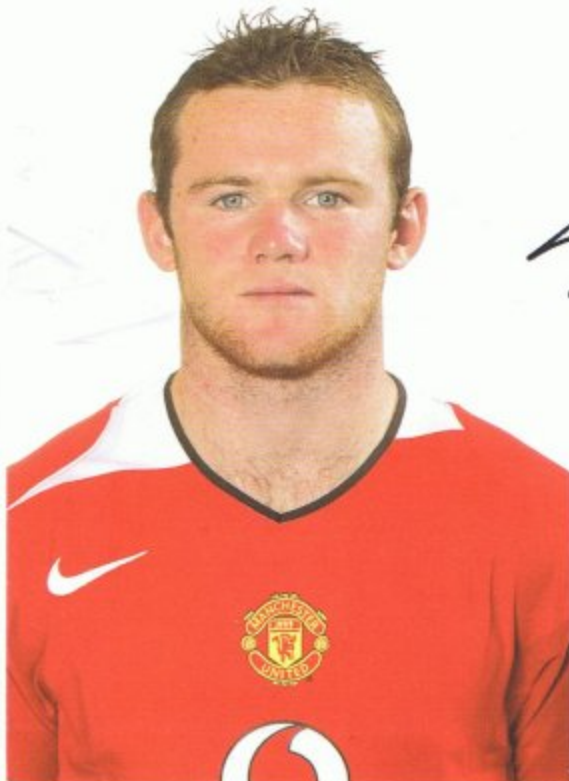


## CORNED BEEF HASH

(Serves 4)

- 6 medium potatoes, peeled and chopped
- 1 medium onion, chopped
- 1 tbls sunflower oil
- 340g lean corned beef
- 420g baked beans (reduced sugar & salt)

Boil potatoes for about 20 minutes until soft then mash them. Heat the oil in a pan and gently fry the onion until soft. Stir the fried onion into the mashed potato. Chop the corned beef and place in a pie dish. Pour the baked beans over the corned beef. Spread the potato mixture over the corned beef and baked beans and bake in pre-heated oven 180C for 25-30 minutes until the top is golden and crisp.



A handwritten signature in black ink, which appears to be 'Wayne Rooney'.



[WWW.MANUTDPICS.COM](http://WWW.MANUTDPICS.COM)


## ANGELINA BALLERINA'S CHEESY NIBLETS

To make thirty yummy niblets you will need:

100 gram (3 1/2 oz) plain flour  
75 gram (2 1/2 oz) chilled butter  
1 egg yolk  
125 gram (4 oz) grated Cheddar cheese  
For the topping:  
1 tablespoon grated Parmesan cheese  
1 egg  
1 tablespoon water

### Directions:

1. Ask an adult to turn the oven on to 200 C (400 F/ Gas 6)
2. Sieve the flour into a large bowl. Cut the butter into small chunks and add.
3. With your fingers, rub the butter into the flour until there are no lumps in your mixture.
4. Add the egg yolk and Cheddar cheese to the bowl and stir well.
5. Now, using your hands, gather the mixture together to form a dough.
6. Sprinkle a little flour onto a clean worktop and roll out the dough until it is around 5mm thick.
7. Cut out shapes using biscuit cutters or a blunt knife.  
Place each shape carefully on a lightly greased non-stick baking tray.
8. Now it's time for the topping! In a small bowl, beat the egg and water with a fork and brush each niblet with a little of the topping mixture. Finally, sprinkle on some grated parmesan.
9. Ask an adult to put the niblets in the oven to cook for fifteen minutes, or until they are all golden.
10. When they are ready, ask an adult to remove them from the oven and place them on a wire rack to cool. 'Absolutely scrumptious!' says Angelina.

with love from Angelina   
& Katharine Holabird



# Nick Nairn's Apple Crumble

Serves 4

For the crumble;

90g (3oz) unsalted butter, cut into cubes

90g (3oz)caster sugar

180g (6oz) plain flour

1 tablespoon cold water

For the apple filling;

3 large baking apples or 5 nice tart eating apples

30g (1oz )caster sugar

90g (3oz) unsalted butter

120g (4oz) dried fruit (i.e. apricots, sultanas, currants or raisins)

150ml (5 fl oz) dry cider

Vanilla ice cream, to serve.

Preheat an oven to Gas 5/190oC/375oF

To make the filling, peel and core the apples and cut them into 2.5cm (1") chunks. Heat a large pan gently and melt the butter, then add all the filling ingredients and cook, stirring gently, allowing the apples to soften and all the flavours to mix.

To make the crumble work the butter, the flour, and the sugar between your fingers until it becomes like soft light breadcrumbs. Alternatively you can work the mix in the food processor, pulsing briefly until the same effect is achieved. Just as you have reached the breadcrumb phase - add the tbspn of water to the mix and stir in.

Fill a 1 litre oven proof dish with the apple filling, scattering the crumbs generously over the top.

Bake in the oven for 30 minutes until the crumbly crust is crispy and browned. Serve with vanilla ice-cream. An all time classic and it's that easy!



Dear Freddie

August 2006

Thank you very much for writing to me and I'm glad you like my books. Lots of you ask lots of questions. Here are some answers.

Question What was your first book?

Answer THE FOX BUSTERS, published in 1978. I'd never tried to write a book for children before, I was too busy, first as a soldier, then as a farmer, and lastly as a teacher in a village primary school.

Q. Did you write lots of stories when you were young?

A. Never tried. I wrote lots of poems and comic verses.

Q. How many books have you now written?

A. About 110.

Q. Do you enjoy writing stories, and will you write lots more?

A. Yes. Hope so.

Q. How long does it take you to write a book?

A. One like LADY DAISY or DRAGON BOY - 4 to 6 weeks.

Q. Why do you often write about animals?

A. I like them. I've always kept lots. I know a bit about them, and it's fun putting words into their mouths.

Q. What animals have you now?

A. Seven chickens and next door's cat comes round to me for a second breakfast.

Q. Which is your favourite book?

A. Probably THE SHEEP-PIG (even before the success of the film 'BABE'). I've recently written two books for older children: one of them, THE CROWSTARVER, I rather like.

Q. Have you children of your own?

A. Two daughters, one son. Thirteen grandchildren. Two great-grandchildren.

Q. Will any more of your books be made into films?

A. Hope so.

Q. How do you get your ideas?

A. By thinking (and imagining) a great deal. Writing isn't easy. Ideas don't just drop out of the sky. But I love doing it, and hearing that you enjoy what I do. Thanks again.

Yours sincerely

*Diana Wynne Jones*

*RECIPE - I like creamed rice, strawberry jam, custard, and vanilla ice cream, all mixed up together.*



## CREAMED RICE PUDDING

(healthier option in brackets)

4oz pudding rice

14  $\frac{1}{2}$  oz (410g) evaporated milk (or healthy living type)

1 pint (570ml) whole milk (or semi-skimmed)

1  $\frac{1}{2}$  oz caster sugar

nutmeg

1 oz (25g) butter

Mix the evaporated milk and milk together in a jug. Put rice and sugar in an ovenproof dish (23cm/9" diameter, 5cm/2" deep) and pour liquid over and give it a good stir. Grate nutmeg (if using a whole one) or sprinkle nutmeg all over the surface. Dot the butter on top.

Cook in centre of oven 150C for 30 minutes then stir. Cook for 30 more minutes then stir again. Cook for 1 more hour without stirring. This will make a lovely creamed rice with nutmeggy skin on the top. Serve as per Dick King-Smith or with fruit.

## ANDY MURRAY'S FAVOURITE RECIPE.

### GREEK SHEPHERD'S PIE

Slice ½ lb onions thinly and fry gently in two tablespoonfuls of oil until soft, adding a pound of mince and one tablespoon chopped parsley after a few minutes, stirring from time to time.

Slice 6ozs tomatoes, add to meat and cook gently for five minutes.

Peel a pound of potatoes and slice thinly. Butter a round souffle dish and arrange layers of overlapping potato slices on bottom. Season with salt and pepper, then spread a layer of meat and tomatoes, then another layer of potatoes.

Make a thick sauce with butter flour and milk, season well and stir in two tablespoons of grated cheese. Pour over potatoes and shake dish so that the sauce penetrates.

Bake in pre-heated oven at 180 degreesC or 350 degrees Fahrenheit for 1¼ hours or until potatoes are tender. Serve with green salad..



## **DANIEL RADCLIFFE'S FAVOURITE PUDDING!**

### **RASPBERRY AND AMARETTI CRUNCH CAKE**

**(a very easy recipe!)**

READY IN 1HR 20 MINS – 1 HR 30 MINS SERVES 6

175g/6oz soft butter  
175g/6oz golden caster sugar  
3 eggs  
140g/5oz self-raising flour  
85g/3oz ground almonds  
140g/5oz amaretti biscuits, roughly broken  
250g punnet raspberries

#### TO SERVE

Icing sugar to dust  
142ml carton single cream



Preheat the oven to fan 140°C/conventional 160°C/gas3. Butter and base line a loose-bottomed 20cm round cake tin. Put the butter, caster sugar, eggs, flour and ground almonds into a large bowl. Beat using an electric hand whisk until all the ingredients are well blended.

Spread half the cake mixture in the lined tin. Scatter over half of the amaretti biscuits then a third of the raspberries. Very lightly press into the cake mixture.

Dollop dessertspoonfuls of the remaining cake mixture over the amaretti and raspberries and spread evenly. Scatter the remaining amaretti and half the remaining raspberries over the top. Bake for 55-60 minutes, until a skewer inserted in the centre comes out clean

Cool for 15 minutes in the tin. Run a knife round the edge and turn out. It will keep in a covered container in the fridge for up to 2 days.

#### TO SERVE

Remove from the fridge an hour before serving and lightly dust with icing sugar before bringing to the table. Serve with the remaining raspberries and a little single cream



Dear Amelia,  
I'm sorry it has taken so long to reply to you, there seems to have been a mix-up with your letter. Georgie has chosen the following recipe as she enjoys making it herself - and eating it! I hope it is not too late.  
Good luck with the book, I hope you make lots of money for this worthwhile cause.

Helen Henley, Georgie's Mum

## **STRAWBERRY YOGHURT ICE.**

### **Ingredients**

300g (11oz ) low fat strawberry yoghurt

350g ( 12oz ) strawberries

125g ( 4oz ) virtually fat free yoghurt

50g ( 2oz ) caster sugar

strawberries to decorate.

1. Wash the strawberries and then blend in a food processor until smooth. Sieve the mixture, then add the sugar and mix well.

2. Mix in the strawberry yogurt and the Greek yoghurt. Pour the mixture into a shallow freezer container, cover and freeze for two hours. Put a large empty bowl in the fridge to chill.

3. Spoon the strawberry mixture into the chilled bowl and whisk until smooth to break down the ice crystals. Return to the container, cover and freeze for a further four hours or until firm.

4. Soften in the fridge for thirty minutes before serving. Serve in scoops with the fresh strawberries. Yummy!

This is also delicious made with raspberries instead of strawberries.

GEORGIE HENLEY.





*This is the easiest and most delicious way I know to prepare all white fish fillets. Obviously, the fish must be very fresh.*

**Francesca Simon**



**6 white fish fillets**  
**100 ml Worcestershire sauce**  
**150 grams flour**  
**salt and black pepper**  
**3 tablespoons sunflower oil**  
**lemon(s)**  
**parsley, finely chopped**

1. Place the fillets on a plate, and douse liberally with Worcestershire sauce. Pat the fish on both sides in flour seasoned with salt and pepper.
2. Add sunflower oil to a frying pan over moderate heat. >>

3. Cook the fillets for about 5 minutes in total, turning the fish halfway. Squeeze lots of lemon on top and chopped parsley.
4. Serve with baked potatoes and string beans.

Dear Amelia

What a great idea. Thank you for contacting me.

I am enclosing one of my favourite recipes for Tuna and Sweetcorn Soup which Hamish and friends like, especially Jeannie! (she likes anything with fish in it!)

Perhaps when it is ready you might send me a copy? (I will of course send you the cost and postage!)

With all best wishes to you, your mum, and your friend Seumas, too!

Linda Strachan

### **Hamish McHaggis's favourite. Sweetcorn and Tuna Soup**



#### **Ingredients**

340gm tin of sweetcorn drained)  
185gm tin of tuna (drained)  
1½ oz (40gm) butter  
1½ oz (40gm) flour  
1.tsp curry powder  
1 chicken stock cube  
½ pt water  
½ pt milk  
small handful of chopped fresh parsley  
salt and pepper to taste  
Serves 4

To make this lovely creamy, filling soup, put the sweetcorn and tuna into a medium sized saucepan breaking up the tuna slightly with the spoon. Add butter and flour and stir over a very gentle heat until butter has melted and flour is mixed in. Remove from the heat and stir in the curry powder.

Dissolve the stock cube in ½ pint of boiling water and make it up to a full pint with the milk. Add this liquid slowly to the mixture in the saucepan over a gentle heat, stirring all the time. Don't allow it to burn or boil but bring it to a gentle simmer until it thickens to become a creamy soup.

Remove from the heat and stir in the fresh chopped parsley. Check seasoning- perhaps adding a little ground black pepper, if you like. Serve with warm crusty bread or rolls.



## THE BENDING'S CARROT AND CORIANDER SOUP (veggie, low fat, low calorie) Serves 4



**Low-fat cooking spray**

**1 large onion, sliced thinly**

**2lb 4oz carrots, peeled and chopped roughly**

**1.2litres (2pts) chicken or vegetable stock**

**Packet of fresh coriander (including stalks), rinsed & dried**

**Salt & Pepper**

Heat a large non-stick pan, spray with oil, stir fry onion for 5 minutes until softened, adding a little water if necessary to stop mixture sticking.

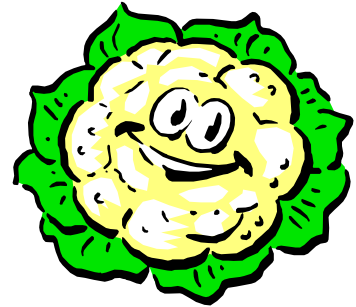
Add carrots, stock, chopped stalks of coriander and seasoning. Bring to boil and simmer for 15 minutes until carrots are tender. Add rest of coriander (but keep a small amount back).

Liquidise soup in batches and return to pan to warm through. Check seasoning and serve garnished with reserved coriander.

Can be made with parsnips for a change.

## KAYLEIGH'S CAULIFLOWER SOUP

- 1  $\frac{1}{2}$  oz butter
- 1 medium onion, chopped
- 1 medium cauliflower
- 1  $\frac{1}{2}$  pts stock
- 6 floz single cream
- $\frac{1}{4}$  tsp salt & pinch black pepper



Melt butter in large pan over moderate heat, add onion and cook for 5 minutes. Meanwhile separate the cauliflower into "floreets" and chop them into 2cm pieces.

Add cauliflower and stock to onion in pan and simmer for 10 minutes or until tender. Blend with hand blender or liquidiser

Add cream and seasoning and heat until simmering. Sprinkle with some grated cheese to serve.

# NICHOLAS ALLAN'S SCOFF BREAD!!

Dear Freddie and Amelia,

Thanks very much for asking me to contribute to your recipe book. I'd feel very privileged to be included with the Prime Minister and Wayne Rooney. Have you asked the Queen?

Unfortunately, although I cook a lot, my favourite food is fresh bread which I make every morning and takes one minute exactly.

Take 25 grams of self-raising 100% wholemeal flour and put it in a mug. Add water and stir until it is the consistency of fresh horse manure. Place in a micro-wave over for one minute full power. Remove from the oven, and scoop out what will now be a bun. Cut in half and lightly toast. Cover in Quark and sugarless fruit jam. Scoff.

Make another one. Scoff same.

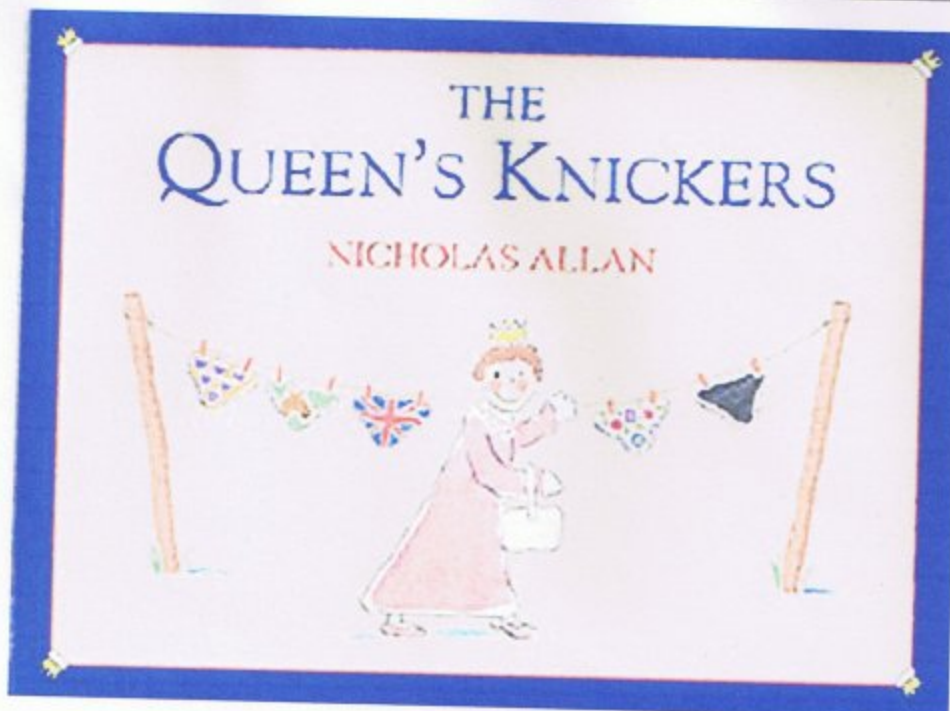
Hope this is of help. Thank you for liking my book The Queen's Knickers.

Good luck with your book. Let me know if recipe no good.

Best wishes,

Nicholas

Freddie and Amelia have found this is really easy to make and have tried adding seeds to it or cheese and making it with wholemeal flour – delicious!





## AMELIA'S FAVOURITE SOUP

### Red Lentil and Tomato

1 onion  
2 medium-sized carrots  
2 celery sticks  
1 tbsp vegetable oil  
200g/7oz red split lentils  
400g can of chopped tomatoes  
2 litres/3  $\frac{1}{2}$  pts hot vegetable stock (we use Marigold Swiss Bouillon powder)  
1 tbsp tomato puree  
Juice of half a lemon

Peel the onion and carrots and roughly chop them along with the celery sticks. Size isn't important as the soup is pureed.

Heat the oil in a large saucepan, add the vegetables and sauté them gently for 5 minutes until lightly coloured.

Stir the lentils, then add the tomatoes with their juice, the vegetable stock and the tomato puree. Bring to the boil, then reduce the heat, cover and simmer for 35-40 mins until the lentils are soft.

Blend the soup in the pan using an electric hand blender.

Add lemon juice and some freshly ground pepper if liked.

## Kieran Tempest's Gala Chilli for 4 (Meat and veggie option)

### Ingredients:

1lb Skinner's best mince or 1lb of Quorn mince

2 onions

2 garlic cloves

1 chilli

2 teaspoons of chilli powder

1 teaspoon of ground chilli

1 jar of sundried tomatoes in oil.

2 tins of chopped tomatoes & 1 tin of kidney beans

pita pockets

**Equipment** -A large saucepan or deep sided frying pan, a food : spoon

### In preparation:

-Chop onion and garlic and blitz in food processor to make fine paste.

-Chop and deseed the chilli

-Blitz the sundried tomatoes in a food processor with some of their oil to make a fine paste and put to one side.

using a large saucepan, or deep frying pan, fry onion mix in a little oil until it starts to brown. Add fresh chopped chilli and spices to mix and stir well. Next stir in the mince and cook until browned.

(If using veggie mince I find it cooks best from frozen and you may you need to add a little water at this stage to soften it up).

Then add the chopped tomatoes and sundried tomatoes mix and stir well.

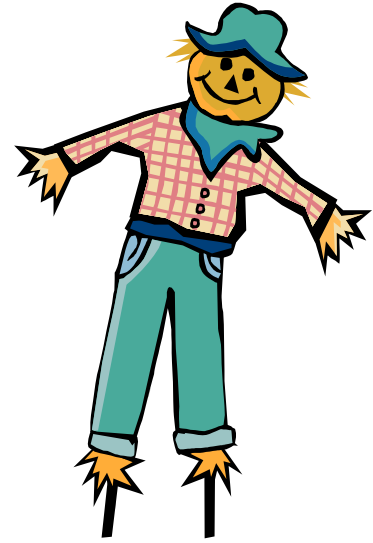
Bring to the boil, add a cup of water, put on the lid, turn down to a simmer and cook for one hour.

After one hour add the kidney beans and cook for a further 30 minutes. (I know some people don't like kidney beans, if this is the case substitute a tin of baked beans, it'll work just as well, just strain first)

If you can stand it, this is best cooked 24hrs in advance and put in the fridge. This let's the flavours mature.

Serve with toasted pita pockets

For that true Thornhill Gala authenticity, times all the ingredients by 10 and invite the village round for tea.





## MRS WILSON AND MRS MCKINNON'S DELICIOUS PORRIDGE

We both enjoy a bowl of porridge for breakfast. It's really healthy and it keeps us going all morning.

Mrs McKinnon likes **sunflower seeds** and **fresh blueberries** sprinkled on top of her porridge.

Mrs Wilson likes **cooked apple** or **rhubarb** on hers. She also likes it with **fresh raspberries** or **mango**.

Porridge can be made quickly in the microwave if you're a bit short of time in the morning! Try experimenting with your own toppings.



# KATIE FARRELL'S CHICKEN CURRY

(Serves 2-4)

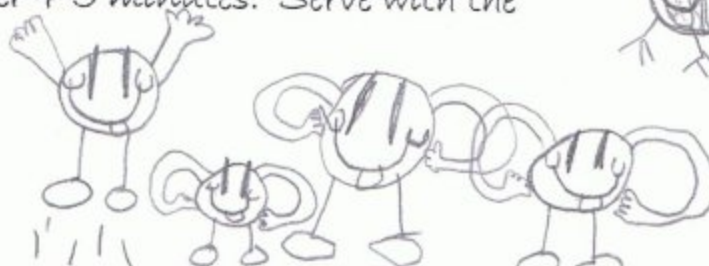
## For the paste

6 spring onions (trimmed and roughly chopped)  
1 garlic clove  
5cm (2") piece of fresh root ginger  
20g (3/4 oz) fresh coriander  
1 tsp coriander seeds, crushed (optional)  
2 tsp lemon zest  
1 tsp lime zest  
1 tbsp soft dark brown sugar  
2 tbsp olive oil  
2-3 drops of pepper sauce

## For the curry

200ml (7froz) coconut milk  
2 skinless & boneless chicken breasts  
50g (2oz) long grain rice per person  
200ml (7froz) chicken stock  
125g (4oz) mushrooms sliced  
25g (7 1/2 oz) broccoli cut into florets

1. Peel and chop the ginger. Roughly chop the garlic and fresh coriander. Put all the paste ingredients into a processor and blend until smooth.
2. Place a wok or saucepan over a medium heat. Pour in half of the coconut milk and stir in half the paste. Cook for 1 minute stirring constantly.
3. Add the chicken and cook for 3-4 minutes. Rinse the rice with cold water and tip it into a saucepan. Add double the amount of water to the rice.
4. Cover the rice and bring it to the boil. Simmer until all the water is absorbed. If the rice is not quite cooked, add water and cook for a few more minutes.
5. While the rice is cooking, add the remaining coconut milk and paste to the wok. Add the stock, stir and then boil for 1 minute. Reduce the heat to a simmer.
6. Add the mushrooms and simmer for 1 minute. Then add the broccoli and simmer for a further 4-5 minutes. Serve with the cooked rice.



# THE BURDETT'S SWEET POTATO SALAD

- 1 lb sweet potato
- 2 oranges
- 2 shallots
- 6 oz bean sprouts
- Dressing - 3 tbsp ground nut oil
  - Salt
  - 2 tsp cumin
  - 1 tsp tumeric
  - 2 tbsp lemon juice
  - 2 tbsp chopped parsley

Peel and chop the potato and cook - don't over cook, cool slightly.

Segment the oranges, sweat the shallots and add with the bean sprouts to the potato.

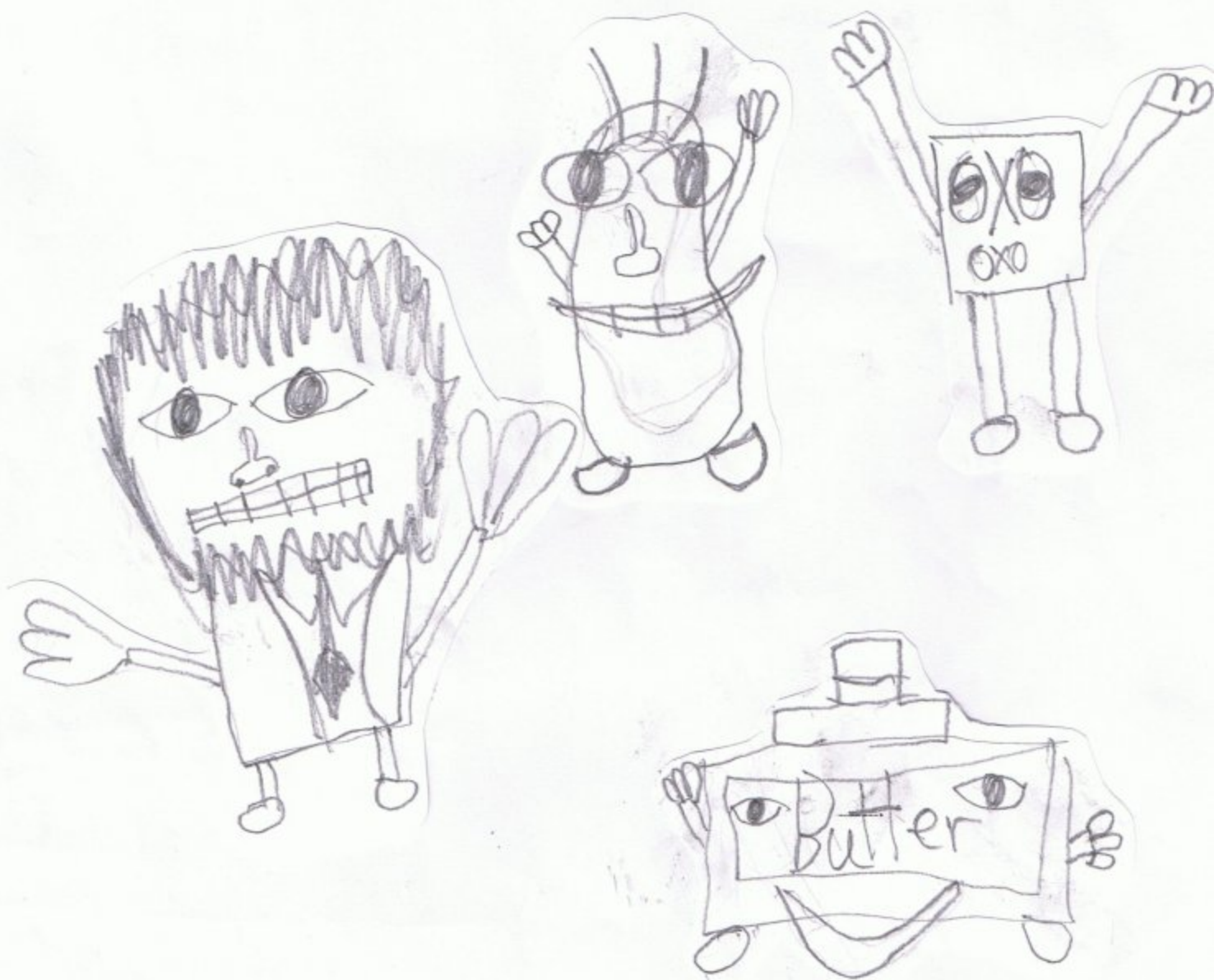
Mix all the dressing ingredients and add to the potato while still warm.





one tin of Cornd Beef  
 potatoes  
 OXO  
 butter  
 broccolli

1. Peel and Boil potatoes.
2. Boil Braccolli
3. slice cornd Beef
4. mash potatoes add Butter to taste
5. add cornded Beef and Braccolli
6. sprinkle on one dry oxo
7. mix and mash all together





## THE PARSON'S CHILLI-CHEESE MEATBALLS (Serves 4)

### Ingredients

400g lean minced pork  
8 spring onions finely chopped  
3 garlic cloves finely chopped  
1 red chilli finely chopped  
4 tablespoons fresh grated parmesan cheese plus some more to serve  
3 teaspoons fresh thyme  
2 tablespoons olive oil  
150ml red wine  
2 x 400g tins chopped tomatoes  
pinch of sugar  
spaghetti

Mix together pork, spring onions, garlic, chilli, parmesan, thyme and lots of freshly ground black pepper.

Shape into small firm meatballs.

Heat the oil in a frying pan and cook for 5 minutes or until well-browned.

Pour in red wine and cook for another couple of minutes.

Stir chopped tomatoes, sugar and pepper into the meatballs, bring to the boil and cook for 10-15 mins so that all the meatballs are cooked through.

Serve with pasta and lots of parmesan.



## NICKY GALLOWAY'S BROCCOLI CRUNCH (SERVES 10-12)

This is great for a party - I have had so many people asking for the recipe - very simple!

650g (1 1/2 lbs) broccoli  
250g (1/2 lb) smoked streaky bacon  
1 cup raisins  
1 cup sunflower seeds  
1 bunch chopped spring onions  
3 tblsp caster sugar  
3 tblsp white wine vinegar  
250 ml Hellman's mayonnaise

Finely snip broccoli florets with scissors. Finely chop the crisply grilled bacon. Mix the sugar, wine vinegar and mayonnaise to a cream and mix all the ingredients together.



## THE GALLOWAY'S MINCE & CHEESY POTATO PIE (loved by children and adults)

Serves 4-6

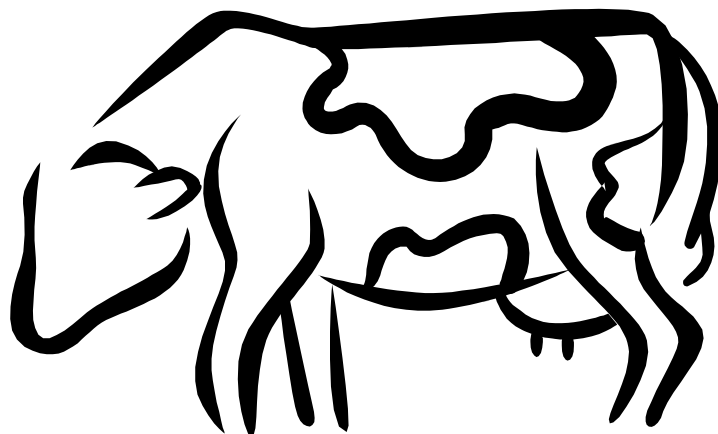
1lb (450g) Scotch Beef mince  
1 onion chopped  
2 tblsp oil  
Worcester sauce & tomato sauce  
to taste  
Seasoning  
1 tblsp plain flour  
½ pt (300ml) beef stock  
Gravy browning (optional)  
1lb (450g) lightly boiled potatoes

### For the Sauce

1oz (25g) butter  
1oz (25g) flour  
1/2pt (300ml) milk  
2oz (50g) grated strong cheese  
1 egg yolk  
seasoning

Make the sauce by placing butter, flour and milk in a pan and whisk over low heat until thick. Add egg yolk and cheese.

Gently fry the onions in the oil. Sprinkle with flour and allow to colour. Add mince and cook over a gentle heat for 5 minutes. Add stock, sauces and seasoning to taste. Simmer and stir occasionally for 20 mins. Pour into an oven proof dish and cool. Cover with cheese sauce and then a layer of sliced potatoes. Sprinkle with grated cheese and place in a hot oven 350C/180C/gas 4 for 15 minutes.



## Chicken Paprika

Serves 4

4 chicken breasts cut into strips  
2 tbsp sunflower oil  
25g butter  
1 onion, sliced  
1 garlic clove, crushed  
1 red pepper, diced  
1 tsp paprika  
1 tsp redcurrant jelly  
200g can chopped tomatoes  
1 tsp tomato puree  
1/2 tsp thyme  
600ml chicken stock  
350g potatoes, diced

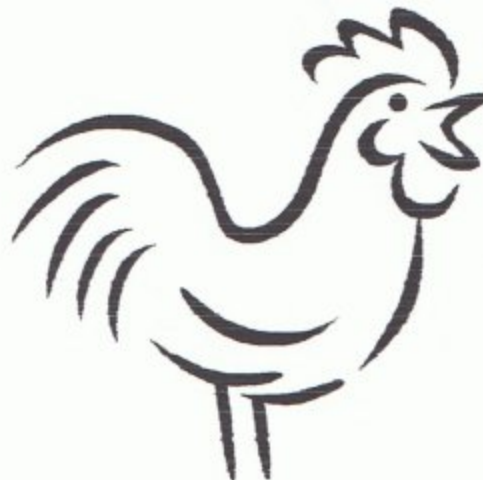
Preheat oven to 180C. Heat large frying pan until very hot. Add oil. Cook until golden. Add salt and pepper and spoon into casserole dish.

Add butter to pan, together with onion, garlic, red pepper and paprika and fry for 5 minutes. Add redcurrant jelly, chopped tomatoes and tomato puree and cook for 2 minutes. Stir in thyme and stock. Season well and simmer for 5 minutes. Pour over the chicken pieces and stir in the potatoes. Cover and bake for 35 minutes until chicken and potatoes are tender.

Serve with tagliatelle.

This can be frozen for up to 1 month. Defrost thoroughly then reheat until piping hot.

Recipe from Mrs Brown



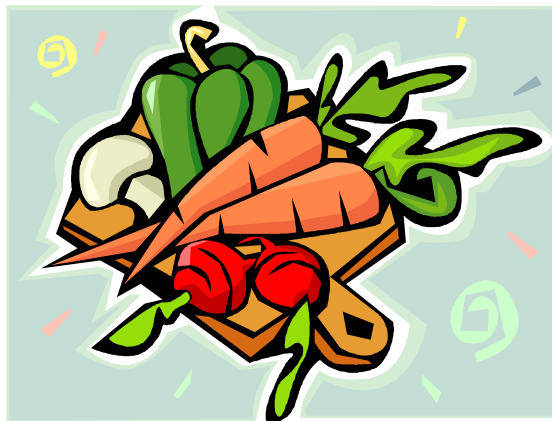


## NANA DONKEY'S RATATOUILLE

Freddie & Amelia's Nana Donkey is vegetarian and this is one of her favourite recipes. Good with some brown rice or a baked potato. Quantities can be varied - depending if you have a glut of something in the garden (or fridge!)

- 1 lb (400g) tomatoes, skinned and chopped or 400g tin chopped toms
- 1 lb (400g) courgettes, or as many as you have in slices
- 1 large onion, chopped
- 2 oz (50g) mushrooms, sliced
- 1 green and 1 red pepper, seeded and sliced
- 1 tbs tomato puree
- 4 tbs olive oil
- $\frac{1}{2}$  tbs coriander seeds, crushed (optional)

Cook onion in oil without browning. Add other vegetables, tomato puree and seasoning. Bring to the boil and stir so it doesn't burn. Lower heat and cook, uncovered for about 30 minutes, stirring occasionally. Add coriander seeds and continue cooking until all wateriness has gone and it is thick. Serve hot or cold, sprinkled with basil or parsley or a little grated cheese.

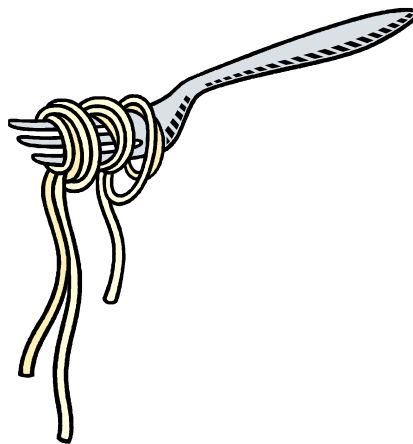


## "HIDDEN VEGETABLE" BOLOGANASE SAUCE

250g lean steak mince  
500g jar Dolmio Light Bologanase sauce  
4oz approx. red split lentils  
2 medium carrots, grated  
2 courgettes, grated

Brown mince in saucepan (no need to add any oil to do this). Add jar of sauce. Stir in lentils and grated vegetables (any grated vegetables can be added). Add about  $\frac{1}{4}$  pt boiling water. Cook on gentle heat for about 30 minutes, stirring occasionally - keep an eye on it and add more water to prevent sticking when necessary. It is cooked when the lentils are soft.

Serve with wholewheat spaghetti and grated parmesan cheese or cool and use to make a lasagne.



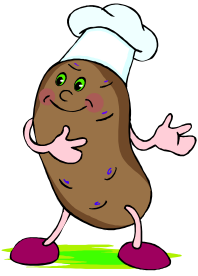
## MRS JONES' YUMMY TART



1 onion (grated)  
1 cup of grated cheese  
375g grated vegetables  
 $\frac{1}{2}$  cup of cooking oil  
1 cup of self-raising flour  
5 eggs  
seasoning/herbs

Beat the eggs, add everything else.

Mix well and put into a flan dish. Bake for 40 minutes at 180°C.



## PRIMARY 2's HEALTHY CHIPS

First you need to grow your own potatoes - because they taste so delicious! But in the meantime, whilst you are waiting for them to grow, you can use ones from the supermarket.

Scrub your potatoes, but **don't peel** them.

Cut them into big chunks and put them in a roasting tray.

Brush them with just a little **sunflower oil**. Cook them in a hot oven for half an hour.

Try to let them cool down a bit before you eat them - it's hard to wait, but we don't want you to burn your fingers or mouth!

Share them with your friends - yummy!



## Bob's Fishcakes (because Bob likes fish!)

This recipe works with just about any fish – even tinned tuna – the fishcakes freeze well and it is worth making a pile of them at once and stuffing them in the freezer for a quick, easy, healthy meal.

Serves Four

250g potatoes – I just wash and leave the skin on but you can peel them if you want

250g peeled sweet potato

25g butter

1 small onion finely chopped so the kids can't see it.

1 teaspoon of English mustard

2 tablespoon of finely chopped fresh parsley (or 3 teaspoons of dried)

1 tablespoon of plain flour – wholemeal or white (plus you'll need a bit extra for dusting)

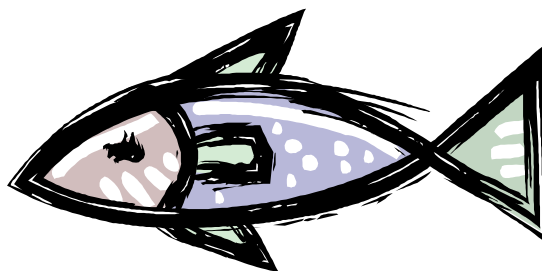
1 large egg yolk

200g fish fillet or a 200g tin of tuna in spring water

3 tablespoons of olive oil

Freshly ground black pepper

1. Cut the spuds and sweet potato into pieces about 2.5cm (1" to the oldies) square and put them in a large saucepan with a lid. Cover with water, bring to the boil and simmer until they are soft (about 15-20 minutes). Mash the potatoes with half of the butter and transfer into a large mixing bowl.
2. While the spuds are cooking chop the fish into small pieces about 1cm (1/2") and fry on a low temperature in 1 tablespoon of the oil. When it is cooked though turn off the heat and leave to stand until you are ready to use it.
3. Fry the mugful of chopped stuff in the remaining butter on quite a low heat for about five minutes until they are soft – you can do this while the spuds are cooking – it won't hurt them to hang around after they've been softened. Add to the mashed spuds along with the mustard, chopped parsley and the flour. Mix well and add the egg yolk, fish and black pepper to taste. Mix well again, not worrying of the fish bits get broken up.
4. On a lightly floured surface, with floured hands, grab a handful of the mixture and shape into a ball, then flatten into a thick burger shape. It's easier to make the cakes when the mixture has cooled and firmed up a bit.
5. Heat the oil in a large frying pan and add the remaining olive oil, gently cooking the fishcakes (for about 5 minutes on each side) until golden brown.



## **Captain Bob's Fishy Bites** **(a good alternative to that well-known brand!)**

Serves four

This is a great way to eat fresh mackerel and with all those brilliant omega 3 oils it will help make us all brainy and well behaved!

4 fresh mackerel fillets

2 eggs

Approximately one mugful of bread crumbs (whizz some old stale bread up in your whizzy thing)

3 tablespoons of olive or sunflower oil

Black pepper

Mackerel are one of the easiest fish to fillet as their bones are quite big or if you ask at the fishmongers they might do it for you – you can also often buy it pre-packed, gutted and beheaded which makes life easier - otherwise if you don't fancy it you can use any other firm fresh fish like haddock etc. (The fishmongers in Sainsburys and Tesco are usually happy to help those of us who find filleting fish a bit yukky)

Cut the fish into pieces about 4cm (1 ½") big, spread the breadcrumbs out on a dinner plate and mix in a few turns of black pepper. Crack the eggs into a bowl and give a quick mix. Dip the fish pieces one by one into the egg and then drop into the breadcrumbs, sprinkling more breadcrumbs over the top – lift out and do the next one – the kids like helping with this as they get into a right mess. Don't worry about the breadcrumbs going on unevenly.

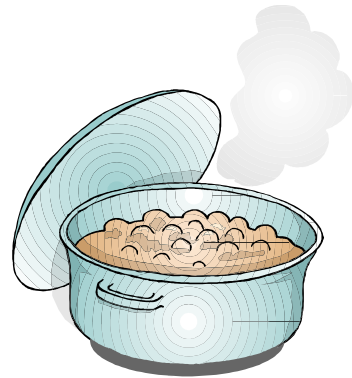
Heat the oil in a large frying pan and cook on a medium heat until golden brown, turning once. Set on a piece of kitchen roll to soak up any excess oil and serve. To be healthy you can stick them on a lightly oiled tray and stick them in the oven...but they're not as nice!



## FREDDIE & AMELIA'S NANA'S CASSOULET

This is good when there isn't much time to cook or put it in the oven on the timer for something nice and warming to have after swimming or other after school activity.

- 1 tbsp olive oil
- 1 small onion, chopped
- 2 celery sticks, sliced thinly
- 1 small carrot, thinly sliced
- 3oz button mushrooms, sliced
- 14oz can baked beans
- 7oz can chopped tomatoes
- 1 tsp oregano
- 1 tbsp chopped fresh parsley
- 2oz grated cheese
- 1  $\frac{1}{2}$  oz ground almonds



Heat oven to 170°C.

Heat oil and gently fry onion, celery, carrot and mushrooms for about 10 minutes.

Add the beans and tomatoes and herbs. Bring to the boil. Turn into an overproof dish and sprinkle with ground almonds and cheese. Bake for about 40 minutes until golden.

Serve with some wholemeal crusty bread and salad.

## **Salmon wrapped in Parma Ham**

### **Ingredients (per person)**

1 skinned salmon fillet (if with skin, slice skin off!)  
1 slice parma ham  
½ portion thin noodles (more if hungry)  
Lots of salad  
Soy sauce



### **Preparation**

1. Wrap salmon in parma ham.



2. Cook noodles as per instructions (boil in water for a few minutes)
3. Grill parma ham – wrapped salmon for 8 – 12 minutes until lightly browned, turning once (or bake in oven, throw onto BBQ, wrap in foil and place in embers of log fire or any other way you care to cook the combination.)

4. Place bed of noodles on plate.
5. Add salmon.
6. Add salad. Dress with soy sauce or vinaigrette.
7. Eat!





# Mince and Potatoes

1 pound mince beef

Carrots

Broccoli

Onion

Potatoes

Oxo cubes

Brown mince and pour off fat.

Add water and bring to boil.

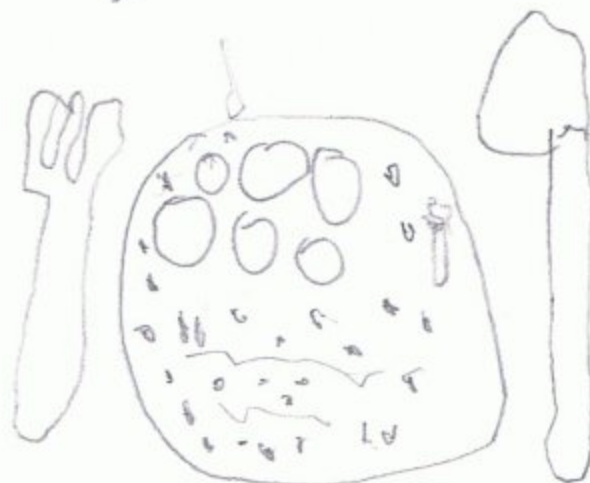
Add oxo to taste and simmer.

Slice carrots, onions and broccoli and add to mince.

Simmer for 45 minutes.

Peel potatoes and boil until tender.

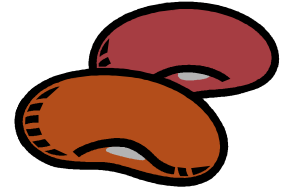
Pour off water.



## THE BAWDEN'S BEAN BURGERS

(even non-vegetarians will find these DELICIOUS!)

- 100g/3 ½ oz brown basmati rice
- 2 tbsp sunflower oil
- 1 onion, finely chopped
- 1 small green pepper, cored and chopped
- 2 cloves garlic, crushed or use "lazy" garlic from jar
- 1 tsp ground paprika or mild chilli
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp dried oregano
- 410g can red kidney beans (drained)
- 50g/2 oz mature cheddar cheese, grated or 1oz grated parmesan
- 3-4 tbsp wholemeal flour, for coating



Cook the rice according to the packet instructions, allowing to slightly overcook and become quite soft. Drain and cool.

In a large saucepan mix 1 tbsp oil with the onion, pepper and garlic until coated, then heat until it begins to sizzle. Add 2 tbsp water, cover and sweat the vegetables for about 10 minutes. Mix in the spices and oregano and cook for 1 minute. Mix in the rice.

Put beans into a food processor (or hand blender) and blend until they form a crushed but still chunky puree - or crush finely with a fork. Mix this into the pan with cheese. The mixture should be quite firm. Spoon the mixture onto a dinner plate and spread to an even layer. Cool and chill until cold.

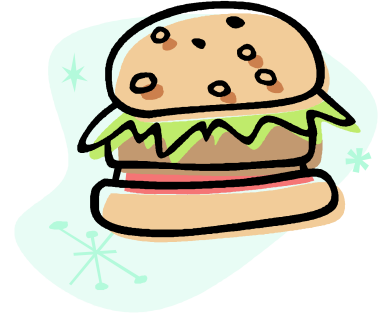
Divide the mixture into 8 and press each into a round patty, using the flour to stop them sticking to your hands! Toss the patties in more flour to coat evenly.

Heat a non-stick frying pan and trickle in half the remaining oil. Swirl it around the pan and lay in four of the burgers to cook on a medium heat for 2-3 minutes each side until browned and crisp. Turn carefully with a fish slice so they don't crack. Repeat with remaining oil and burgers.

Burgers can be frozen.

## FREDDIE'S BETTER FOR YOU BURGERS (makes approx 8)

1kg /2lb 3oz good minced steak  
1 onion, peeled and chopped  
olive oil  
pinch cumin seeds  
1 tbs coriander seeds  
handful grated parmesan cheese  
1 heaped tbs English mustard  
1 large egg (free-range if possible)  
115g/4oz breadcrumbs (make a big batch and freeze so you  
always have some handy)  
8 wholemeal burger buns



Cook onion slowly in a big frying pan with a little olive oil. It will take about 5 mins for it to become softened but not coloured. Add onion to the mince. Use a pestle & mortar to bash up the cumin and coriander seeds with a pinch of salt and ground pepper until fine and add to meat. Add parmesan, mustard, egg and half the breadcrumbs and mix well. If the mixture is too sticky, add a few more breadcrumbs.

Lay some greaseproof paper on a tray or a large plate and sprinkle over some of the remaining breadcrumbs. Shape mixture into 8 fat burgers and place on top of the crumbs on the tray. Sprinkle on more crumbs and press down gently. Chill for an hour or so before cooking.

Heat small amount of olive oil in frying pan and gently fry burgers for 8-10 minutes on each side, until cooked through.

Serve in a wholemeal bap and with Primary 2's Healthy Chips.

# Sweet Lemon roasted

## Potatoes

4 lb peeled potatoes (8 to 10)      1/2 tsp pepper  
1 cup of water      1/2 cup of lemon juice  
1/3 cup olive oil      2 cloves garlic  
2 tsp of salt      2 tsp dried oregano

cut the potatoes lengthwise into thick wedges.

Place in 13x19 inch baking dish.

Whisk remaining ingredients together and pour over potatoes turning to a coat evenly.

Bake at 325°F, gently turning occasionally to keep potatoes well moistened, for about 2 hours or until potatoes are very tender and most of the liquid has evaporated.

You can also marinate chicken breasts using the same method.

A lady called Joann baked this recipe for our family and I loved it so much.

She was one of my mums best friends and she was my canadian piano teacher.

from

Caetlin Cameron



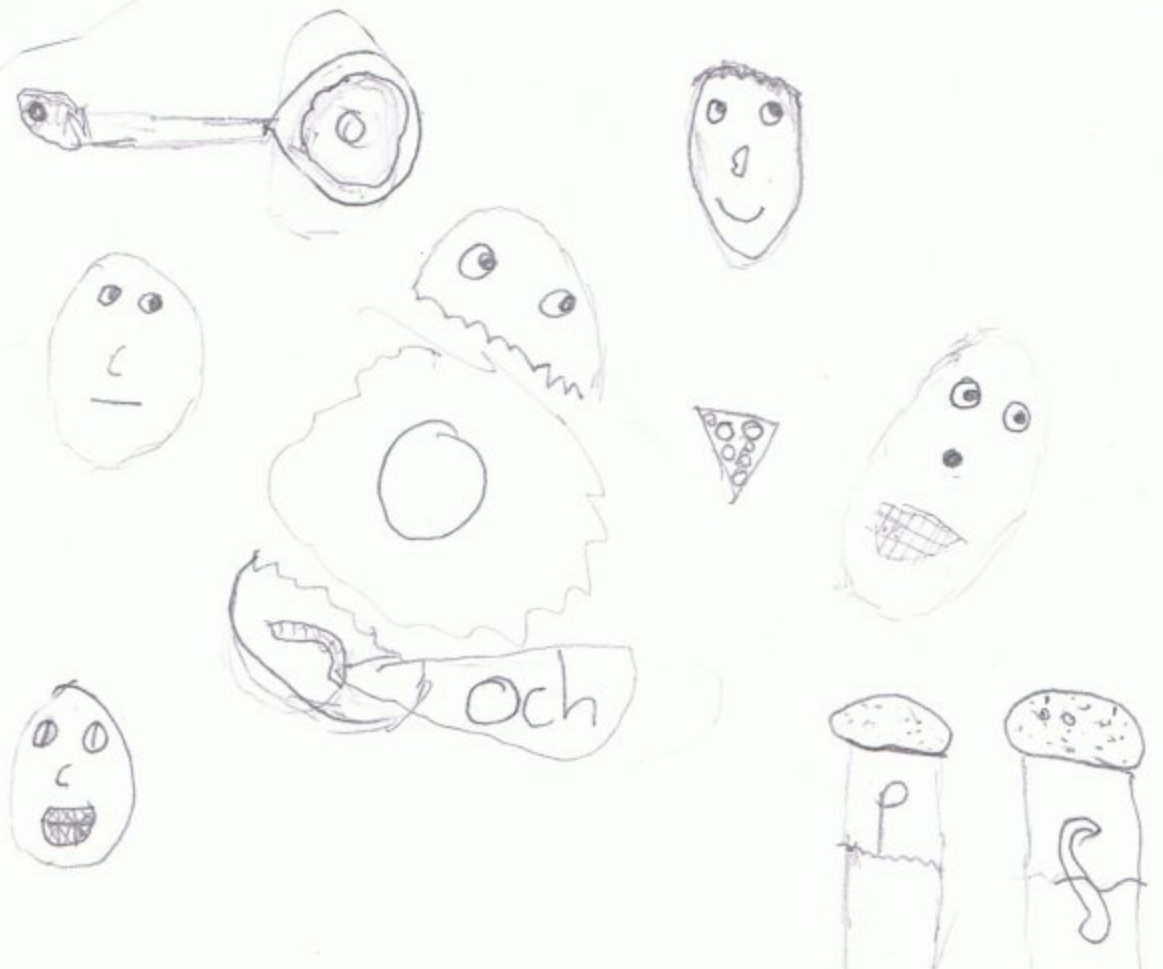


## DREW & GREG'S CHEESE PUDDING

1.1 Litre (2 pints) Milk  
125g (4oz) Fresh Breadcrumbs  
8 eggs  
450g (1lb) Cheddar Cheese, grated  
5ml (1 level teaspoon) French Mustard  
Salt & freshly ground pepper

1. Bring the milk to the boil in a saucepan
2. Place the breadcrumbs into a bowl and pour over the milk. Stir in the grated cheese.
3. In a bowl lightly beat eggs with mustard and add to milk, cheese and breadcrumbs.
4. Butter a large shallow 2.8 litre (5 pint) oven proof dish well and pour in the cheese pudding mixture.
5. Bake in the oven at 180C (350F) mark 4 for about 45 minutes, until lightly set and golden.
6. Serve at once with a crisp garlic-dressed salad of green beans, green peppers, tomato, onion, anchovies and black olives.

Serves 8



## THE STOTT'S COURGETTE (OR PUMPKIN) CAKE

A good way of using up a glut of courgettes. Healthy? Well it is made with oil rather than butter

1lb grated courgette or pumpkin (peeled & deseeded if using)  
8 floz sunflower oil  
12oz soft dark brown sugar or molasses sugar  
3 eggs  
5oz self-raising flour  
1 tsp baking powder  
1  $\frac{1}{2}$  tsp ground cinnamon  
1 tsp nutmeg  
5 oz wholemeal flour  
6oz broken walnuts or pecan nuts  
3 oz sultanas  
1 tspn salt

Mix grated courgettes with oil, sugar and whisked eggs. Sift self-raising flour with spices salt and baking powder, mix with wholemeal flour.

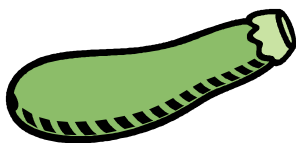
Add to the courgette mixture with walnuts and sultanas. Mix well.

Grease and line a 2lb loaf tin or two smaller ones. Pack in the mixture.

Bake at 350F/180C or Gas 4 for  $\frac{3}{4}$  - 1  $\frac{1}{2}$  hours (depending on tin size and your oven).

Bake until skewer comes out clean.

Turn out to cool on rack.



## Alexander Family Flapjacks

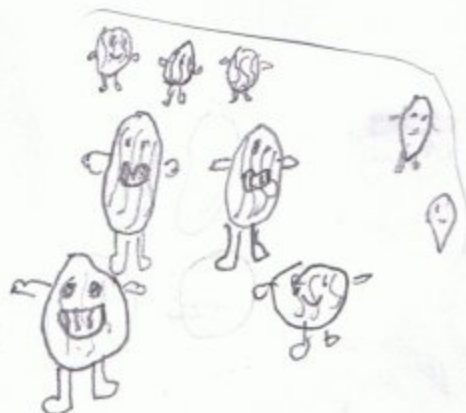
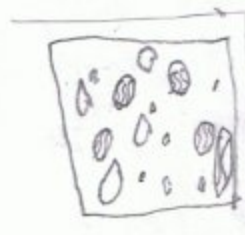
Makes 12 – 16

110g butter  
75g demerara sugar  
1 dessertspoon golden syrup  
120g wholemeal self-raising flour  
110g porridge oats  
100g mixture – (any combination of raisins, dates, dried apricots, sesame seeds, sunflower seeds etc)

Grease a 20x20cm baking tin  
Pre-heat the oven to gas mark 3, 170 C

1. Melt butter, sugar and syrup in a saucepan over a very gentle heat
2. Mix all dry ingredients together in a large bowl
3. Add butter mixture and stir well
4. Press firmly into baking tin
5. Bake in oven for 10 minutes
6. Leave to cool in the tin and then cut into squares

*Hint: Perfect snack for playtime or lunchboxes but be warned: one batch doesn't last very long – better to make double batches at a time!*



## LIGHTER LEMON & ORANGE CHEESECAKE

Cheesecakes are usually made with full-fat cheese and cream. Nana Bawden substitutes these with cottage cheese and yoghurt to make it a bit better for the heart!

2 oz sunflower margarine  
6 oz crushed digestive biscuits

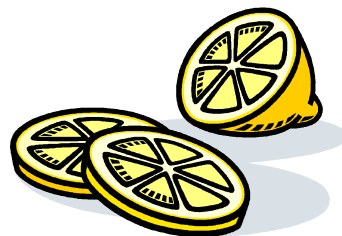
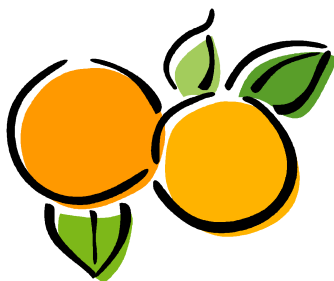
1 sachet powdered gelatine  
300g tub cottage cheese  
Medium sized Greek yoghurt (about 200g)  
Large orange - rind and juice  
Lemon rind and juice  
4 level tbsp caster sugar

Melt the margarine and add the crushed biscuits. Mix well and press into an 8" flan dish. Put in fridge to set.

Melt gelatine (instructions on packet).

Whizz all remaining ingredients except gelatine. Stir in gelatine and pour over biscuit base and leave in fridge to set for a few hours.

Extra nice if decorated with orange segments.





## Mrs Cartney's Pancakes

9 tablespoons SR Flour

2 Eggs

3 tablespoons Granulated Sugar

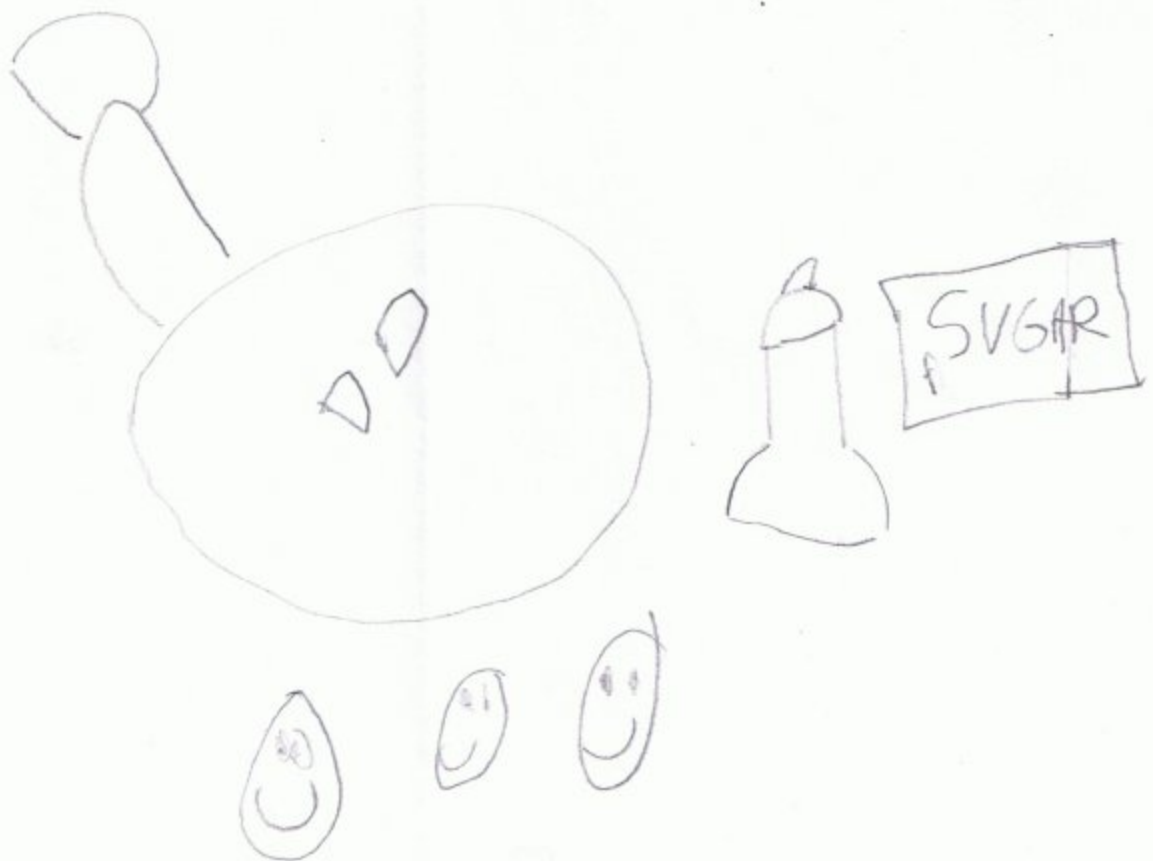
1/2 teaspoon Cream of Tartar

1/2 teaspoon Bicarbonate of Soda

1 teaspoon Syrup

Milk

Sieve dry ingredients. Add syrup. Lightly whisk eggs and add to other ingredients. Add milk until mixture is of a dropping consistency. Heat lightly oiled griddle to moderate heat. Drop spoonfuls of mixture onto griddle, turn when starting to bubble. When other side is cooked, cover with tea towel.



## GRANNY'S SCONES (Sultana Cookies)

Perhaps not very healthy, but simple, wholesome and very popular.

My Granny was completely blind and I remember being amazed at how she managed to mix, roll and cut out these biscuits without any help. All the ingredients and implements needed were kept to hand on the kitchen sideboard. None of the ingredients need weighing except the butter – Granny would simply cut a ½ lb block in half! Once Granny had laid the rounds of dough on the trays, Grandpa would put them in the oven and take them out when they were cooked. We used to eat them spread with butter but in the interests of health, I have never encouraged my own children to do this, and they are tasty enough without! **Jill Stott**

2 cups plain flour  
1 cup sultanas  
1 cup castor sugar  
4 oz butter or margarine  
1-2 level teaspoons baking powder  
1 egg  
a little milk

Rub fat into flour and add baking powder, sugar and sultanas. Break egg into mixture and mix to a stiff dough using just enough milk to hold it together. Roll out ½-1" thick and cut into rounds. Bake on greased tray for about 15 mins at 190C until just turning golden - they will still be soft.

Remove with palette knife onto cooling rack where they will become firm.



# THE WOODLEY FAMILY'S APPLE CRUMBLE

(serves 6-8)

The fruit and oats make this a healthy option, and we all need a little bit of sugar!

## Filling

1kg apples - peeled & sliced

25g brown sugar

little water

100g blackcurrants or brambles (optional - it is a good idea to keep small portions of these in the freezer)

## Crumble

100g plain flour/wholewheat flour

100g porridge oats

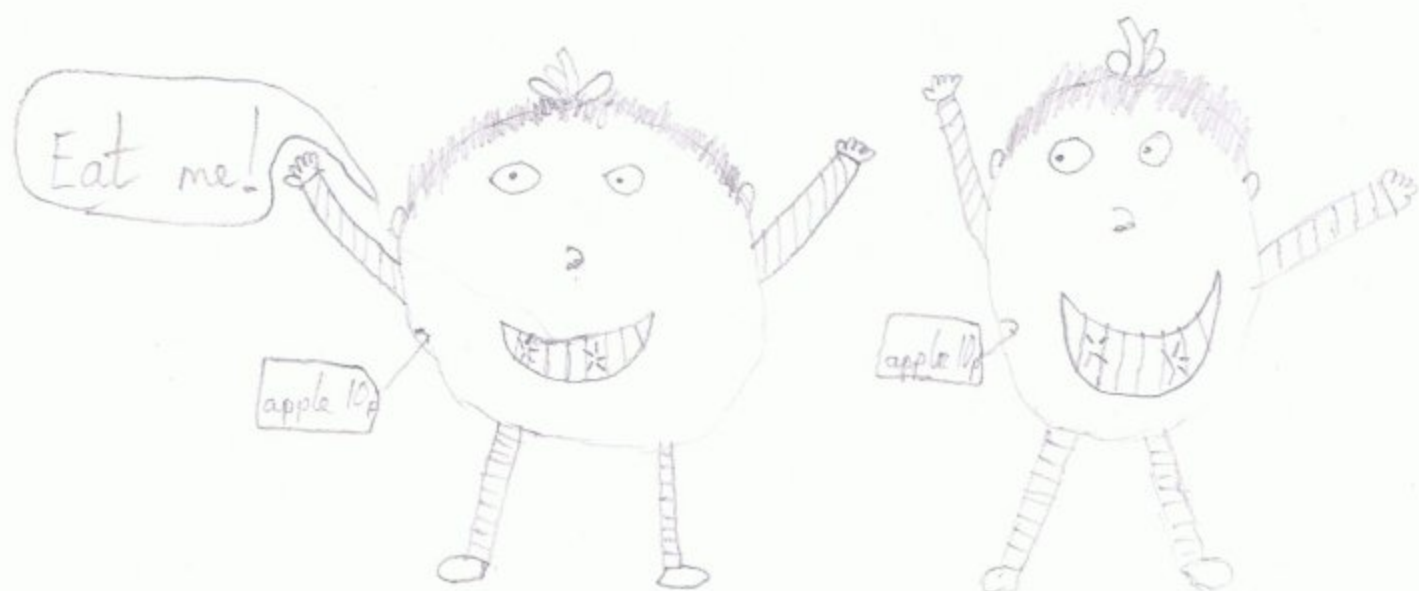
150g soft brown sugar

75g butter

Prepare the filling by stewing the sliced apples with sugar and water until soft. Add the blackcurrants or brambles if using.

Make the topping by mixing the flour and porridge oats. Rub in the butter until it looks like breadcrumbs. Add the sugar.

Place the apple mixture in a large dish and cover with the crumble topping. Cook for 30-40 minutes 180C



## MRS WILSON'S EASY-PEASY FRUIT CAKE (great for Christmas)

150g sultanas  
150g raisins  
150g currants  
50g mixed peel  
50g cherries  
1tsp mixed spice  
 $\frac{1}{2}$  tsp nutmeg



Soak all these overnight in 8 floz liquid (sherry or orange juice).

Put everything in a pan with:

225g butter  
150g soft brown sugar  
1 tsp bicarbonate of soda

Bring to the boil *slowly*, then simmer for 20 minutes.

Cool the mixture, then add:

275g self-raising flour  
2 beaten eggs

Line a deep 8" tin with greaseproof paper and bake the cake for 1.5 hours at 300°F, 150°C.

- This cake is never dry, because the mixture has been boiled before it is baked and it has a light texture because it contains self-raising flour and bicarbonate of soda. It freezes very well, and if it's for Christmas, or a special celebration you can pour a little extra sherry, or brandy over it.
- I also put several layers of newspaper under and on top of the tin when baking the cake, and I put a dish of water in the bottom of the oven too.



## Mrs McFarlane's Fruit Loaf

3 cups flour  
 $\frac{1}{2}$  cup sugar  
1 cup dried fruit e.g. sultanas  
 $1\frac{1}{2}$  cups milk  
2 tablespoons treacle  
 $\frac{1}{2}$  teaspoon baking powder  
 $\frac{1}{2}$  teaspoon cream of tartar  
pinch of salt

Mix all the dry ingredients together.

Add treacle and mix with milk.

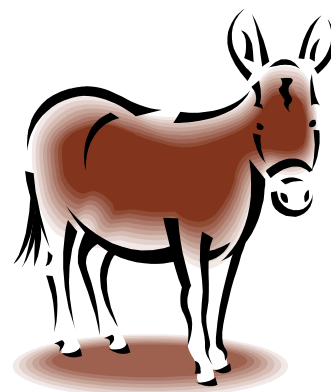
Put mixture in a greased or lined tin.

Bake for approximately one hour at 185C or 360F.



## GRANDPA DONKEY'S SULTANA LOAF CAKE

Freddie & Amelia's Grandpa Donkey likes a slice of this with his afternoon cup of tea but it is equally good in lunch boxes or when just home from school . Also it's nearly fat-free.



6oz wholewheat self-raising flour  
4oz demerara sugar  
6 floz cold tea  
6oz sultanas or mixed dried fruit  
1 large free-range egg  
1 tap baking powder

Put sultanas in a basin and leave them to soak in the cold tea overnight.

Next day stir in the flour and sugar. Beat the egg and add this too.

Line a 1lb loaf tin with baking parchment or grease really well. Bake on middle shelf of pre-heated oven 180°C/gas 4 for about an hour. Leave in the tin to cool for 10-15 minutes then turn out. This cake is even better if you leave it for a couple of days before eating.

P.S. Grandpa's donkey doesn't eat this - she prefers jelly!

## LUCY'S APPLE PIE

Butter for greasing  
450g shortcrust pastry  
4 large cooking apples  
2 tblsp brown sugar  
1 tblsp lemon juice  
 $\frac{1}{2}$  tsp mixed spice

### Equipment

Pie dish  
Sharp knife  
Chopping board  
Measuring spoons  
Saucepan  
Wooden spoon  
Fork

Rub the inside of the pie dish with butter.

Unfold the pastry and lay over pie dish and push into place.

Leave enough pastry for lid.

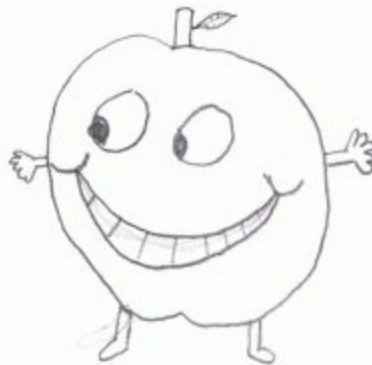
Peel apples and slice up. Put apples, sugar, lemon juice and spice in pan and mix. Cook over a low heat for 10 minutes to soften then let them cool.

Pour mixture into pastry case and put the lid on top and push the edges down to seal them. Pierce some holes in the lid with a fork. Brush the top with a little milk which makes it shiny.

Cook in pre-heated oven at 200°C/gas mark 6 for 20-25 mins - the pastry will have gone golden.

Serve with custard, cream, ice-cream or yoghurt.

by Lucy Shaw



## **SCOTT & LOUISE DINELEY'S WHOLEMEAL DROP SCONES (makes 20)**

**147g (6oz) wholemeal self-raising flour**

**1 tsp baking powder**

**45g (1 ½oz) caster sugar**

**1 egg**

**200ml (7floz) milk**

**Sunflower oil for greasing**

**Golden syrup or butter and jam to serve**

Combine the flour, baking powder and sugar in a bowl and stir to mix.

Make a well in the middle and add the egg and half of the milk. Beat well to make a smooth thick batter.

Add enough milk to give the batter the consistency of thick cream.

Heat a griddle or heavy frying pan and grease with oil. Drop spoonfuls of batter on to the hot griddle or pan, spacing them well apart. When bubbles rise to the surface, turn the scones over and cook until golden.

As each batch is cooked, wrap the scones in a clean tea towel to keep them soft. Serve warm with syrup or butter and jam.



## RACHEL AND HANNAH'S WAFFLES

You do need a waffle iron for this recipe, but it is such a good investment! They look a bit like sandwich toasters.

125g (4oz) Self-raising flour  
1 level dessert spoon caster sugar  
1 egg, separated  
1 tbsp butter or marg, melted  
 $\frac{1}{4}$  pt semi-skimmed milk  
 $\frac{1}{2}$  tsp vanilla essence

Whisk the egg white until stiff and put to one side.  
Mix dry ingredients together and then add egg yolk, melted butter, milk and vanilla. Whisk altogether then fold in the egg white. Cook the waffles and eat with grated cheese, ham, syrup or whatever you like...enjoy!!

## THE MORRIS FAMILY'S SOUPS

### CARROT AND GINGER SOUP

(delicious soup with a bit of a kick)

Small knob of margarine  
1 onion, peeled and chopped  
5 carrots, peeled and chopped  
1 pt of vegetable or chicken stock  
 $\frac{1}{2}$  tsp ginger powder.

Melt the margarine over a medium heat. Add the onions and sauté for 5 minutes. Then add the carrots and stir well for another 5 minutes. Pour over the stock and add the ginger. Simmer for about 20 minutes then blend.

### EASY BUTTERNUT SQUASH SOUP

Small knob of margarine  
1 butternut squash  
1 onion, chopped  
1 pt chicken or vegetable stock

Cut the butternut squash in half and discard the seeds. Place on a baking tray and cover lightly with foil. Put in oven and 200°C for about 45 minutes until soft.

Melt the margarine over a medium heat and sauté onion for 5 minutes. Scoop out the soft butternut squash and add to the pan. Pour over the stock and let the soup simmer for about 15 minutes then blend.