



Recipe Book



2



Contains recipes from Gordon Brown, Wallace & Gromit, Sir Patrick Moore, Alex Salmond, Freddie Flintoff, Fred MacAulay, Debbie Flood and other well-known people from Thornhill and their friends and families.

PRICE:
Suggested donation £3.00
(but a fiver would be better!!)



Get a copy online at www.thebawdens.com/cin

THANK YOU

from Freddie & Amelia

We hope you enjoy trying out all the recipes in our second Thornhill Recipe Book. Thank you to everyone who has taken the time to give us a recipe and to you for buying the book.

We wrote to the following people to ask for a recipe, some of them sent us one, and some of them didn't.

David Tennant	Gordon Ramsay	Jimmy Doherty
Lewis Hamilton	Ellen MacArthur	Douglas Bannatyne
David Cameron MP	Nicola Sturgeon MSP	Alex Salmond MSP
The Stig	Red Arrows	Michael Morpurgo
Princes William & Harry	Jeremy Strong	Ben Barnes (Prince Caspian)
Freddie Highmore	Michael Lawrence	Freddie Flintoff
Ben Fogle	Nick Park	Terry Deary
Levi Roots	Prof. Stephen Hawkin	Shooglenifty
Chris Evans	Sir Alan Sugar	Sir Patrick Moore*
Peter Jones	Chris Hoy	Nancy Cartwright (Bart Simpson)
Shaun the Sheep	Mike & Kirsten SMART	Nev (CBBC)
Hugh Fernely-Whittingstall	Lee Mead	Jodie Prenger
Elizabeth Sladen	James Caan	Jackie Bird*
Escala	Fred MacAulay	

Local restaurants, pubs and tea rooms - too numerous to mention!
London restaurants - The Ivy, Nobu, The Ritz, Fifteen, Gordon Ramsay

*We did get a couple of surprise phone calls wishing us luck - one from Sir Patrick Moore and one from Jackie Bird!

DOWNLOAD IT!

Did you miss the 1st Thornhill Children in Need Recipe Book, or is yours looking a bit dog-eared now and need a new one? Download editions 1 and 2 from www.thebawdens.com/cin and make a donation on-line to Children in Need. Tell your friends and family all about it too and they can download their very own!

EVERY SINGLE PENNY DONATED WILL GO TO CHILDREN IN NEED!

We couldn't have produced this without the generous support of Kwik Fit and Corporate Express



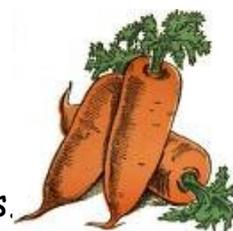
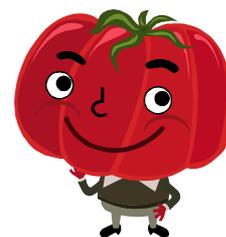
CONVERSION TABLE

OUNCES	GRAMS
$\frac{1}{2}$	10
$\frac{3}{4}$	20
1	25
1 $\frac{1}{2}$	40
2	50
2 $\frac{1}{2}$	60
3	75
4	110
4 $\frac{1}{2}$	125
5	150
6	175
7	200
8	225
9	250
10	275

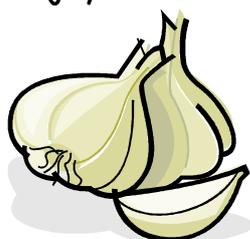
1 teaspoon	5ml
1 tablespoon	15ml
1 fluid oz	30 ml
1 cup	240ml
2 cups	470ml

The Arnott's Hearty Minestrone Soup

Olive oil for frying
100g streaky bacon
1 green pepper, cored seeded and finely chopped
1 large onion, peeled and finely chopped
1 large garlic clove, crushed with 1 tsp salt
3 celery stalks, scrubbed and chopped
1 x 400g can chopped tomatoes
2 medium sized carrots, peeled and finely chopped
2 courgettes, finely chopped
100g small pasta e.g. farfalle
Freshly ground black pepper
1 tsp dried basil or oregano
1 tsp sugar
1 tbsp tomato puree
1.5 ltr chicken stock
1 x 420g can kidney beans rinsed under cold water
100g parmesan cheese to finish



Heat 2 spoons of olive oil in a large pan. Add the bacon, pepper, onion and garlic and fry gently for 5 to 10 minutes. Stir in the remaining vegetables (except the kidney beans) and pasta. Add pepper and stir in the herbs, sugar, tomato puree and stock. Bring to the boil, stirring constantly. Lower the heat, cover and simmer for 20 minutes, stirring occasionally. Add the kidney beans and simmer for 10 minutes or until all the vegetables are tender. Serve sprinkled with grated parmesan. Enjoy!



BROCCOLI & CREAM CHEESE SOUP

Maureen Moyes & I had to attend a meeting last winter. Lunch wasn't provided so Maureen kindly offered to bring lunch if I drove. The meeting was very boring and the hall was very cold, and the only memorable thing about it was the delicious soup Maureen had made for lunch! Stephanie

1lb broccoli

1 medium onion, chopped

1/2 oz butter/marg/oil

1 pint vegetable stock (Marigold is good)

175g approx Philadelphia cheese or similar

1 pint milk

Salt & Pepper

- Chop the broccoli stems into small pieces & separate the florets.
- Melt butter and add onion and broccoli STEMS.
- Cover the pan and leave on low for 10 mins.
- Add the stock and milk and cook for 10 mins
- Add florets and cook for another 4 mins.
- Cool and add Philadelphia. Stir to melt.
- When cool zap it with a blender and serve with some nice seeded bread.

NANA DONKEY'S PUMPKIN SOUP

Freddie & Amelia's Grandma grows her own pumpkins to use in this delicious soup

600g pumpkin flesh, cut into 1-2cm cubes

1 tbs olive oil

25g Butter

1 large onion, chopped

1 litre vegetable stock

150ml milk

Salt & pepper to taste

- Fry the pumpkin gently in the butter & olive oil (use a large saucepan) until it is starting to soften – about 5 mins.
- Add the onion and fry until soft.
- Add the stock and bring to the boil. Simmer for 10-15 mins until softened.
- Add milk.
- Liquidise until smooth using a blender.
- Add seasoning to taste.
- Chopped coriander can be added and a swirl of soured cream when serving.

Courgette soup with parsley and basil

From Lynne Rickard who has been making soup for Thornhill's Wednesday Market for longer than she cares to remember!

Serves 6

2 tbsp olive oil

1 large onion finely chopped

6 medium courgettes grated (chopping finely seems to work if you get fed up with grating)

Salt and black pepper

1.1 litres / 2 pints stock

2 tbsp parsley, finely chopped

2 tbsp basil finely chopped

- Saute the onion in the olive oil until soft but not browned.
- Stir in the courgettes, a pinch of salt and a sprinkling of pepper.
- Cover and cook gently for 5 minutes stirring occasionally.
- Add stock, bring to the boil and simmer for 10 minutes.
- Liquidize, return to pan and stir in chopped herbs.
- Check seasoning, warm through and serve.



Hot Crab Dip

1 can of crab meat
8 oz packet cream cheese, softened
1/2 cup mayonaise
1 Tbs lemon juice
1 1/4 tsp Worcestershire sauce
1/4 cup minced onion
1 dash paprika

Directions

In a large bowl, mix cream cheese, lemon juice, Worcestershire sauce, mustard and onion. Fold crab meat into cream cheese mixture.

Pour into a greased 1- quart casserole dish. Top with paprika.
Bake at 325°F, until mixture is bubbly and browned on top, about 30 minutes. Serve with biscuits or bread sticks.

From Mrs Anderson

Maureen's Haddock Smokies

(From Maureen Moyes – School helper, Rainbow helper & Drama helper, to name but a few.....)

Serves 4

A handful of small tomatoes deseeded and cut in half
4 Undyed smoked haddock fillets cut into small chunks
3oz Grated mature cheese
150ml Whipping cream
Freshly ground black pepper

You will also need

4 x 150ml (5 fl. oz.) ovenproof dishes or ramekins.

Method

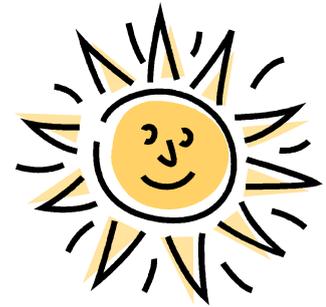
- Preheat oven to 220 - Fan 200 - Gas mark 7
- Scatter $\frac{1}{2}$ tomatoes amongst the 4 ramekins .
- Add fish and sprinkle over $\frac{1}{2}$ the cheese.
- Scatter remaining tomatoes.
- Season with pepper.
- Pour in the cream
- Top with the rest of the cheese the rest of the cheese.
- Add the rest of the tomatoes
- Bake 15min till cheese bubbles.
- Eat with crusty bread.

BREAKFAST GRANOLA

All the Bawdens enjoy eating this for breakfast!

INGREDIENTS

8oz Porridge Oats (Tesco value are ideal)
2oz Sunflower Seeds
2oz Flaked Almonds
2oz chopped mixed nuts
½ tsp each of cinnamon, ginger, mixed spice
80ml water
2 tbsp walnut or sunflower oil
2 tbsp runny honey
3oz dried fruit ie raisins, chopped apricots.



WHAT TO DO

- Put the oven on to about 200°C
- Put oats, sunflower seeds & nuts into a bowl with the spices
- Mix the oil, honey & water together & add to the oat mix. Mix it well.
- Empty out mixture onto a baking sheet – we use a swiss roll tin covered in a piece of baking parchment – but don't squash it flat, leave it in clumps.
- Bake in the oven for about 30 mins, taking out once or twice to stir to make sure it all gets toasted evenly. It's cooked when it is dark golden in colour & smelling delicious.
- Leave it to cool in tin and mix in dried fruit.
- Store in an airtight container and enjoy for breakfast or as a snack any time of the day!

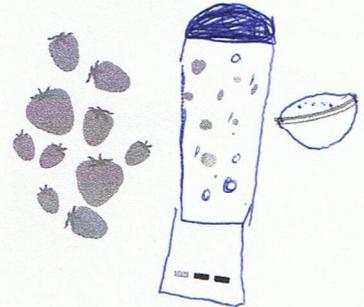
VARIATIONS

Of course you can substitute your own ingredients – pumpkin seeds, golden linseed, dates, coconut etc to make it just to your liking.

Sophie Rees's Super Smoothies

Strawberry smoothie

- 225g strawberries
- 125g strawberry yogurt
- 100 ml milk
- 1 teaspoon vanilla extract
- Strawberries to decorate



Whoosh it all together and add ice cubes (optional).

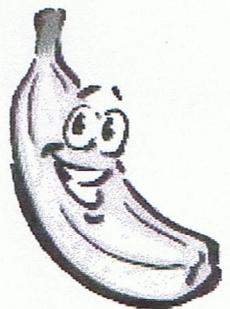
There you go, a scrumptious breakfast drink.

Top banana

A yummy after school drink for 2.

- 1 ripe banana
- Half pint of ice cold milk
- 1 teaspoon vanilla extract
- 1-2 teaspoons of honey
- Tiny pinch of cinnamon (optional)

And mix!



Sophie Rees!



December 5th, 2006

Dear Amelia,

I am so sorry that I never sent you a recipe for your book! Your lovely letter arrived when I was very busy and I put it away to answer when I had more time. I'm afraid I have just found it! I'm quite sure you will, by now, have made your book (and sold it!) so I am too late to contribute a recipe. However I did just want to write to you anyway so you didn't think I had just ignored your letter!

The recipe I was going to send you (which you could try anyway because it's very healthy) is "toasted sunflower seeds."

All you do is spread some sunflower seeds (you can buy them without their 'shells' from a

supermarket) out on a baking tray and then you sprinkle soy sauce all over them and toast them under a grill. You have to watch them carefully all the time because you want them to be brown but not burnt. They only take a few minutes and it's a good idea to turn them and shake them about a bit to make sure they toast all over.

Then let them cool down and seal them in a container. They are nice and crunchy and good for packed lunches. They can also be sprinkled on salads. They are always very popular in our house!

Even though you will have done your recipe book I do hope you have fun cooking these. Thank you again for your letter

Best wishes

Jane Hussey

P.S. Perhaps you'll do another cooking book one day.



10 DOWNING STREET
LONDON SW1A 2AA
www.number10.gov.uk

From the Direct Communications Unit

14 August 2008

Freddie Bawden
Rootlands
Doig Street
Thornhill
Stirling
FK8 3PZ

Dear Freddie and Amelia

I am writing on behalf of the Prime Minister to thank you for your recent letter requesting a recipe for your fund raising booklet.

I enclose a recipe for one of the Prime Minister's favourite dishes cooked at Chequers. This has kindly been provided by Mr Alan Lavender, who has been chef there for over twenty years.

I hope that it proves suitable. Thank you for taking the time and trouble to write to Mr Brown.

Yours sincerely

A handwritten signature in black ink that reads "R. Smith".

MR R SMITH



10 DOWNING STREET
LONDON SW1A 2AA
www.number10.gov.uk

Chequers Steak Pie

Ingredients (serves approximately 8 people)

800g of diced chuck steak
1 Large onion, diced
1 Stick of celery
1 Carrot
1 Leek
100g of oil
100g of flour
1 litre of beef stock
Worcestershire sauce
1 Bay leaf
Salt and pepper
200g of puff pastry
1 beaten egg

Instructions

- Lightly brown the beef in oil, and then remove the beef from the pan
- Add onion to the pan and then fry
- Add flour and make a roux
- Heat the beef stock, and then add slowly to the roux, ensuring that you stir continually
- Return beef to the pan, and add a Bay leaf, and Salt and Pepper and seasonings to taste.
- Add whole leek, carrot and celery, cover with a lid and cook slowly in the oven on a moderate heat until the meat is tender.
- Remove leek, carrot and celery, add more seasoning if required, place in a suitable pie dish and allow to cool
- Roll out pastry to fit dish and place on top
- Brush pastry with beaten egg and rest for 10 minutes, before returning to a hot oven to cook until golden.

The Fisher-Dineley Family

Scottish Recipes - Stovies

This is a recipe which uses left over meat to provide a very filling and hearty meal. It is a very simple dish to prepare with the main ingredients being Scottish Left-Over Meat with Potatoes and Onions

Ingredients

900g (2lb) Potatoes, peeled and sliced

50g (2oz) Beef Dripping or oil

2 Medium Onion, finely chopped

4 tbsp Gravy or Stock

Left-Over Meat,(Beef, Lamb, Chicken), Parsley chopped. Salt and Pepper

Method

Heat the dripping or oil in a large frying pan then add the onion and cook until soft and transparent, do NOT brown. Add the (sliced) potatoes to the onions and stir/mix well. Cover the frying pan and cook for a further 10 minutes, stirring occasionally. At this point you can continue to use the pan OR Pre-heat oven to 150°C: 300°F: Gas 2. And use a casserole dish.

Whatever method you use, add the gravy or stock, meat, mixing thoroughly then season to taste.

EITHER bake for 45 minutes to an hour or until the potatoes are tender and browned on top OR simmer in the frying pan for about an hour, stirring occasionally

Garnish with parsley, serve with seasonal vegetables and oatcakes.

Should serve 4



The Imrie Family's Hutspot

According to legend, the recipe was invented when Leiden, a town in Holland, was liberated from the Spanish in 1574 after a siege during the Eighty Year's War. The liberators breached the dikes of the lower lying polders surrounding the city. This flooded all the fields around the city with around a foot of water. As there were few, if any, high points (and October in the Netherlands is not exactly a warm month), the Spanish soldiers camping in the fields were completely flushed out. The only food left by the Spanish were potatoes, carrots and onions, which was boiled together into Hutspot by the people of Leiden. It is still eaten every year on 3 Oct.

Ingredients

1 kg potatoes

750 g carrots

250 g onions

0.5 l water

1-2 tbs margerine*

½ cup of milk*

Salt + pepper



** After the Spanish left, there was no milk or margerine and you can make Hutspot without, but we think it tastes even nicer if you put some in.*

Peel the vegetables and cut them into chunks. Boil them all together for 20-25 minutes. Drain and keep the liquid. Mash it all up. Add the milk and margerine and plenty of salt and pepper, and some of the cooking liquid if it is still a bit dry. Nice with hot dog sausages.

Rt Hon Alex Salmond MSP
First Minister of Scotland

St Andrew's House, Regent Road, Edinburgh EH1 3DG
T: 0845 774 1741



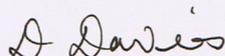
Freddie and Amelia Bawden
Rootlands
Doig Street
Thornhill
Stirlingshire
FK8 3PZ

28 August 2008

Dear Freddie/Amelia

Thank you for your letter to the First Minister requesting a recipe for the booklet you are organising in aid of Children in Need. The First Minister would be delighted to provide you with one of his favourite recipes – a recipe for Cullen Skink, which is attached. The First Minister is always delighted to hear about children's fund raising events and Children in Need is a very worthy cause and he wishes you every success with your recipe booklet.

Yours sincerely



DIANA DAVIES
Correspondence Secretary

Cullen Skink

Ingredients

Two medium smoked haddock or Finnan haddock or one large haddock on the bone.

2 medium onions

pint of milk

1lb of potatoes

2oz of butter

Instructions

Put fish in cold water, enough to cover. Bring to the boil and simmer for 10 minutes. Take out fish and remove bones and skin. Flake fish. Cook onion in the 2oz of butter, taking care not to brown the onion. Cook potatoes and mash with a knob of butter. Add liquid from fish, pint of milk and onion. Salt, pepper and a small amount of parsley may be added to taste.

**A recipe from Thornhill School's
Headteacher, Mrs Anderson**



CURRIED CHICKEN & BROCCOLI CASSEROLE

Fresh broccoli
1 lb. chicken (boneless)
2 cans condensed cream of chicken soup
1 c. mayonnaise
1 tbsp. lemon juice
1/2 tsp. curry
Flavored bread crumbs
Shredded cheddar cheese

Cut up broccoli and put into pan of boiling water for 3 minutes. Drain and layer on bottom of casserole dish. Mix together in side bowl: chicken soup, mayonnaise, lemon juice and curry. Cut up chicken into small chunks and layer over broccoli. Pour sauce over chicken and broccoli. Top with flavored bread crumbs and cheese.

Oven: Cook at 350 degrees for 45 minutes to 1 hour.



AMELIA'S SAUSAGE CASSEROLE

Easy to make
And yummy to eat!

◆ Ingredients

- 12 Sausages – Tesco Finest Chipolata are good
- 1 onion, chopped finely
- 2 carrots, cut into big chunks
- 1 large parsnip, cut into big chunks
- 250g approx Sainsbury's Anya potatoes or similar
chopped into chunks
- 400g tin of chopped tomatoes
- 1 tbsp olive oil
- 1 tsp thyme
- 1tbsp tomato puree
- 1 pepper, chopped into smallish pieces



- ◆ Heat oil in large pan and add onion. Cook slowly until onion is soft.
- ◆ Add sausages and brown them a bit.
- ◆ Add tomatoes, carrots, parsnips and potatoes. Stir well.
- ◆ Quarter fill up the tomato tin with water and add to pan.
- ◆ Add thyme and tomato puree.
- ◆ Put lid on pan and cook on low heat until potatoes, carrots and parsnips are cooked.
- ◆ Take the lid off and cook for a bit longer until liquid has reduced down and sauce is thicker. Add salt & pepper to taste.
- ◆ Nice served with broccoli or peas.
- ◆ YUM!

SHEENA'S CHEESY OAT BURGERS

Sheena is Thornhill Primary School's fantastic cook who serves up delicious freshly cooked food every day for the children!

CHEESY OAT BURGERS (makes 10)

425g grated cheese
100g green peppers, diced
175g tomatoes, diced
100g oatmeal
1 large egg
50 plain flour

Mix all the ingredients together to make a stiff mixture. Divide in to 10 rounds. Bake for 25mins at 180°C or 350°F. Serve on a sesame bun or with salad.

OAT BISCUITS (makes 12)

4oz margarine
3oz granulated sugar

4oz rolled oats
4oz self-raising flour
1oz syrup
½ tsp vanilla essence

Cream the margarine and sugar together. Add the other ingredients. Roll the mixture into 12 balls and place on a greased baking sheet. Bake for approx. 15 mins @ 180°C or 350°F. Cool on a wire rack.

MIRACLE PUDDING (actually Sheena's mother-in-laws!)

A good winter pudding, serves 4, oven temp 180°C

5oz self-raising flour
3oz butter/marg
4oz sultanas

Rub butter into flour and add sultanas and enough water or milk to make a scone dough. Place in a greased pudding bowl, leave enough room to rise.

Make the sauce by mixing the following together until dissolved:

4oz soft dark brown sugar
3oz butter/marg
2 cups boiling water

Pour sauce over scone mix and place in oven for 35-40 mins until well-risen and there is sauce underneath.

Serve with whipped cream, ice-cream or custard.

SHEENA'S BEEF STIFADO

A recipe from Corfu, Greece

Serves 5, cooking time 1.5-2hrs

1kg Shoulder Steak (cut into 2" dice)
3 tbsp butter, melted
1 glass dry red wine (mum or dad will enjoy the rest of the bottle!)
4 tbsp red wine vinegar
400g tin chopped tomatoes
4 cloves garlic, finely chopped
2 bay leaves
1 sprig rosemary or 1 tsp dried rosemary
1 stick cinnamon
1kg small onions or shallots
1 teacup olive oil
Salt & Pepper

- Saute beef in butter and brown to seal in juices
- Add red wine and cook for 1 minute
- Add tomatoes, garlic, bay leaves, rosemary, cinnamon stick, salt & pepper.
- Reduce heat to a gentle simmer
- Peel onions, sauté in a pan with olive oil over a medium heat until lightly browned & add to beef
- Add vinegar and enough boiling water to just cover beef
- Simmer gently over a low heat for 1 ½ - 2 hrs until beef is tender and sauce has reduced.
- Can also be cooked in an oven after water has been added. Cook for 2-2 ½ hrs 170°C
- Remove cinnamon stick and bay leaves before serving.

Delicious with creamed or roast potatoes and boiled rice



THE OFFICE OF THE LEADER OF THE OPPOSITION



HOUSE OF COMMONS

LONDON SW1A 0AA

Freddie Bawden
Rootlands
Doig Street
Thornhill
Stirlingshire FK8 3PZ

Tuesday, 19th August 2008

Dear Freddie,

I am writing on behalf of David Cameron to thank you for your letter of 11th August 2008.

We are grateful to you for taking the time and trouble to get in touch, and I have enclosed a copy of David's favourite recipe for Italian meat sausage pasta, which I hope you enjoy.

Thank you again for writing.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'I. Pendlington'.

Ian Pendlington

Office of the Leader of the Opposition

Recipe for Italian sausage meat pasta

Fry up two chopped red onions in a large deep frying pan. Add the meat squeezed from six spicy Italian sausages. Throw in a handful of chopped rosemary and a seeded and diced red chilli.

Turn up the heat, break up the sausage. Once the meat has broken up and browned, add two tins of chopped plum tomatoes.

Reduce the sauce as with Bolognese. Grate loads of Parmesan in a bowl, and once the pasta is ready (preferably Penne) add together the Parmesan, half pint of double cream and the sauce.

Rt Hon David Cameron
MP for Witney

(With thanks to the *River Cafe Cook Book* – this is my shortened and simplified version).

Chicken with Mozzarella

Another easy, delicious recipe from the Moyes' kitchen!

Chicken breast
Jar of green Pesto
Mozzarella cheese sliced.
Parma Ham
1 Large Mushroom
Pine nuts

Method

- Slice a pocket in the chicken breast
- Add 2-3teasp of the Pesto to the chicken pocket.
- .Stuff some mozzarella well into the chicken pocket
- Wrap the Parma Ham around the chicken
- Bake in oven about 180° till it looks ready (20 min)
- Serve on a large mushroom cooked in butter.
- Scatter over a few Pine nuts

Mrs Sutherland's Sausage Meatballs & Tomato sauce

Preparation time : 5 minutes

Cooking time : 15 minutes

Serves 4

6 pork and leek sausages (or your favourite)

olive oil

1 onion, chopped

2 small courgettes, chopped into small pieces (or your favourite green veg.)

1 garlic clove, crushed

700g passata (I use tins of chopped tomatoes)

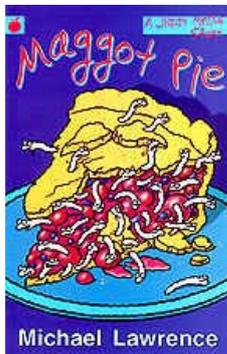
2 tbsp fresh or 1 to 2 tsp dried oregano

Worcestershire sauce

375g spaghetti

1. Squeeze the meat from the sausage skins and roll into small balls. Fry in batches in a little oil until brown. Set aside.
2. Put the pasta on to cook.
3. fry the onion and courgettes for 5 minutes or until soft. Stir in the crushed garlic and fry for a further minute before adding the passata, oregano and a good dash of Worcestershire sauce.
4. Cook over a medium heat for 5 minutes before adding the meatballs and cooking for a further 5 minutes, stirring occasionally, until warmed through.
5. Drain the pasta and stir through the meatball mixture.
6. Serve and enjoy!!





MICHAEL LAWRENCE'S MAGGOT PIE

(Traditional recipe, to serve four obese adults or sixteen average-sized kids aged nine and a half)

INGREDIENTS

2 kilos of live maggots (*Cephalopina Titillator* variety is recommended for succulence; these are usually found in camels' nostrils).

One large onion, badly diced.

1 small diced Swede (or Norwegian if no Swedes are available).

1/2 tsp Siberian garlic (minced).

3/4 cup red vinegar (for colour and to mask taste of maggots).

Six tps coarse rock salt. (Edinburgh rock is best.)

1 tsp fresh or unfresh sage.

One leek from someone's allotment, sliced diagonally.

8oz badly-dented tin chopped tomatoes.

One mug Rottweiler urine (male).

Fourteen *Shiitake* mushrooms from the nearest forest or dustbin.

50g Danish bacon fat or Vietnamese dripping.

One six-week-old egg, beaten with a small hammer or fist.

4 tbsps flour, preferably containing weevils for added vitamins.

TO MAKE PIE FILLING

Warm the fat or dripping.

Brown the diced onion. (Do not be afraid of burning. Burning is good.)

Add the salt.

Add garlic when onion starts spitting at you.

After a minute or two add leek, Swede, mushrooms, tomatoes, vinegar and sage.

Cover and simmer gently for three minutes, ten seconds.

Stir in the salt. (Oh, you've already done that; never mind.)

Add urine (top up with next-door-neighbour's if necessary).

When the pot is bubbling nicely, drop in the maggots. (They will writhe horribly as they go in, but after a while they'll settle down, largely because they are dead.)

Cook on moderate heat for about half an hour, stirring constantly. If contents of pot start to stink, put a peg on your nose and stir harder.

Warm oven to 220c if electric (whatever you like if gas).

MAKE PASTRY

Before starting, leave hands in freezer for five minutes. This will help prevent dough from sticking. It will also stop you feeling the ucky uncooked pastry.

Fold eggs into flour with stiffened fingers, preferably unwashed after use of toilet.

Get someone whose fingers aren't frozen to flatten the sticky mess with a rolling pin.

Divide flattened pastry into two halves (one bigger than the other).

Line a 40-cm pie dish with the larger half of your pastry.

Dump everything from the pot onto this, being careful not to splash the windows.

Cover with the rest of your pastry.

With a screwdriver or small chisel make a few maggot-shaped gashes in the top to allow steam to escape during baking.

Brush pastry topping with the defeated egg.

Place in oven and bake for between 28 minutes and six hours.

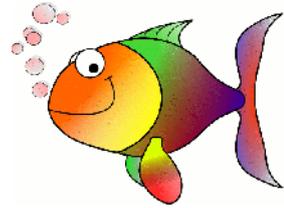
Serve pie the week after next, while wearing flippers and a gas mask.

Recipe supplied by Michael Lawrence from his penthouse flat at the asylum.

A couple of fish recipes from Cap'n Bob ('cos Bob likes fish)

Pan Fried Tilapia

Tilapia is a fish that is available as fillets from most supermarket wet fish counters and also sometimes comes pre-packed. Absolutely...without a shadow of a doubt...not even a little one...I think these fillets taste at their best when they are simply pan fried – give it a go – you won't be disappointed. Of course you can also cook any other fish like this, but it works best for small fillets rather than big steaks like salmon and cod. It is at its best when pan fried with the skin on which gets all caramelised and crunchy (yum!) and served with a decent dollop of garlic mayonnaise (see below) on top.



You will need; 2 tbsp olive oil, a pinch of ground black pepper and small pinch of salt per fillet scattered about on it.

Put the oil in the pan and get it nice and hot (best turn on the extractor fan now if you've got one), pop the fillet(s) in and let the heat do its work – when the underside is starting to go a lovely brown colour (have a peek with a spatula) turn it over and cook the other side the same. If you are lucky enough to have a fillet with the skin on, cook the skin side down first and leave it a bit longer until it's golden and crispy.

For the garlic mayonnaise, crush a clove per person and mix it in with a tablespoon of good quality straight out the jar mayo.

Garlicky Sea bream

This tastes best when eaten in the evening at a little restaurant overlooking the Mediterranean, but is almost as good in your kitchen with the heating turned up full!

Ingredients per person

1 medium whole sea bream
2 cloves garlic – finely chopped
2 oz butter
1 tbsp chopped fresh parsley
Black pepper
Salt

De-scale the Sea Bream if it hasn't been done already, by scraping a knife along the fish against the grain of the scales – try to get all of them off if you can. Next chop the head and tail off the fish and then wash it in some fresh water. Usually a fishmonger can do all this for you if you ask him/her nicely.

With a frighteningly sharp knife, make a series of criss-cross diagonal shallow cuts into the side of the fish to let the flavours get right in, ending up with 3-4 cuts in each direction.

Melt the butter slowly in the microwave and leave to stand for a few minutes to separate (the butter is best melted in a tall clear plastic container). When the milk solids have settled out, use a spoon to remove any scum from the top and pour the clarified butter into another container being careful to leave the white solids at the bottom. Keep the poured off clarified butter and chuck the other stuff away. Mix the garlic into the butter with the chopped parsley, a pinch of salt and a turn or two of black pepper.

Place the fish onto your grill and paint with half of the mixture, ensuring it gets well into the cuts you have made. Cook on a medium grill heat for about 7-8 minutes until the skin is brown and bubbling – don't worry if it looks very dark or almost blackened in places, or that the parsley is browning – then carefully turn it over – paint the rest of your garlic mix onto the fish and grill for another 7-8 minutes.

I like this served with a plain baked potato and some fresh veg but it goes just as well with a salad.

IZZY from ESCALA

SWEET & SOUR STIR FRY CHICKEN

Check out Escala's website escalagroup.co.uk to see what they've been up to since Britain's Got Talent

Dear Freddie + Amelia

Here is my simple recipe as i'm afraid i'm not a very good cook - but this is my speciality!

I think what you are doing for charity is fantastic and I feel very honoured to be part of your second edition cook book.

I hope you have managed to receive many yummy recipes.

With Love

Izzy (Escala)



4 Skinless Chicken Breasts (chopped)

1 tsp Olive Oil

2 Sharwood's Sweet & Sour Sauce

Soy Sauce

Chopped Pineapple

Green Beans

Plain Rice

Very simply heat the oil and brown the chopped chicken. Pour over the sweet & sour sauce. Add pineapple and some soy sauce. Serve with green beans and plain rice.

A very simple, quick and yummy dish that goes down a treat!



SHOOGLENIFTY

Our favourite Scottish Band!

Hi Freddie and Amelia

Thanks for asking us for a recipe. Here's a traditional Scottish one for **Cullen Skink** (fish soup). We made it once at a Womad Festival in Singapore and it all got eaten. So that's some powerful evidence that people like it!

cheers Quee



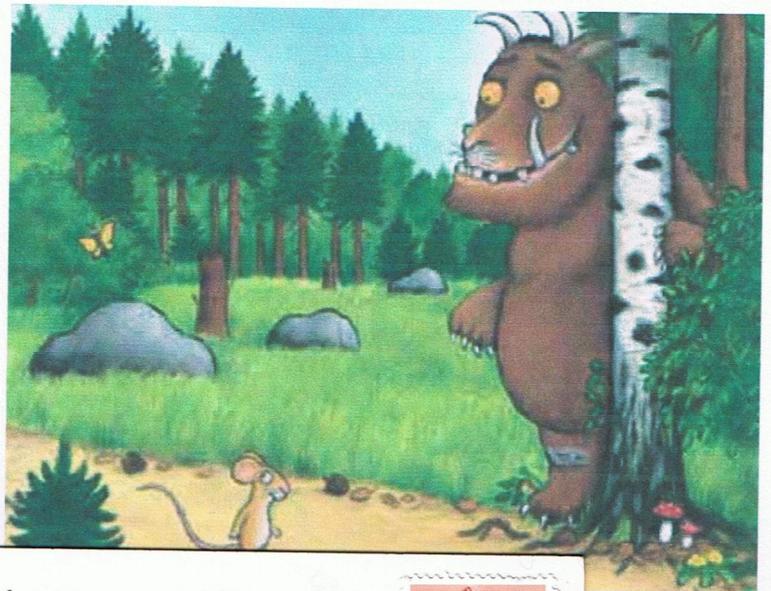
Ingredients

The bones and heads and skin of any white fish (to make stock)
2 Large Finnan Haddies (Smoked Haddock)
4 Chopped Onions
1/2 Pint of cream
1 pint milk
1 lb cooked potatoes
2 oz Butter
Bay leaves
Salt and pepper

First of all make some fish stock by boiling fish heads and bones for at least an hour. If the smoked haddock still has the skin on you can remove it and add it to the stock. Make sure that the stock doesn't boil dry.

- Allow the stock to cool and strain it through a sieve to remove the skin and bones.
- Peel the potatoes and cook in boiling water for about 15 minutes then drain.
- Chop the onions and fry them gently in butter in a big soup pan on a low heat. Add bay leaves and a little salt and cook for twenty minutes until soft, stirring occasionally.
- Add the strained stock and bring to the boil.
- Slice and chop the potatoes into small pieces and add to the soup. Cook until the potato is soft.
- Add the milk and cream, and bring to the boil.
- Add the flesh of the smoked haddock to soup. It doesn't take long to cook it is ready when the fish starts to fall apart.
- Taste the soup and season with salt and pepper.

**JULIA
DONALDSON**



Dear
Freddie and
Amelia,

One Ted Falls Out of Bed

JULIA DONALDSON AND ANNA CURREY

Thanks for your letter
The Healthy Eating book

Sounds great. I'm on
four at the moment
with hardly a spare
moment, but if I can
think of a recipe
(maybe for Gruffalo crumble!)

When Ted falls out of bed, three mice
take him on the adventure of his life!
A warm, funny bedtime picture book
by the award-winning author of you

THE GRUFFALO know.

Best wishes Julia Donaldson



Freddie & Amelia Badden
Roathlands
Daisy Street
Thornhill
Stirlingshire
FK8 3PZ

Publishing in Hardback - 01 Oct 2004
Paperback - 19 Aug 2005



From the creators of *The Gruffalo* and *Monkey Puzzle*

TALES FROM ACORN WOOD

Julia Donaldson, illustrated by Axel Scheffler

Dear Freddie and Amelia

There is now a recipe for
a (healthy) Gruffalo
Crumble on the Gruffalo
website - www.gruffalo.com.
If you like, you can use
this in your cooking book.
Happy New Year!

Four new board books publishing on 11 August 2000.

with love, Julia Donaldson



Freddie & Amelia
Badden
Roathlands
Daisy Street
Thornhill
Stirlingshire
FK8 3PZ



Make your own Gruffalo Crumble!

We've all heard of Gruffalo Crumble, but how many of us can actually say we've tasted it? Well now you can! Follow this simple, healthy recipe and maybe Gruffalo Crumble will be your favourite food too!

Serves 4

Preparation time: 20 minutes

Cooking time: 30 minutes

Ingredients

20g butter

4 leeks, trimmed and cut into 2.5cm slices

2 carrots, peeled and cut into 1cm slices

1 cupful of garden peas

500g baby new potatoes, diced

2 x 400g cans butter beans, drained and rinsed

400g can chopped tomatoes

For the crumble

75g sliced wholemeal bread

25g walnuts, roughly chopped

20g fresh curly parsley, chopped

100g Cheshire cheese, crumbled



Instructions

Preheat the oven to 180°C, gas mark 4. In a medium pan, melt the butter and add the leeks, carrots and potatoes. Cover and cook for 10 minutes, stirring occasionally. Add the butter beans, peas and tomatoes and simmer for a further 5 minutes.

Meanwhile, make the crumble topping by placing the bread, walnuts, half the parsley and 75g of the cheese in a food processor. Pulse the mixture until it looks like breadcrumbs.

Stir the remaining parsley into the vegetable mixture, then transfer to a shallow 2-litre ovenproof dish. Cover with the crumble mixture and level with the back of a spoon. Scatter the remaining cheese over the top.

Bake for 30 minutes or until the topping is crisp. Serve immediately with a fresh salad.



Visit www.gruffalo.com for
Gruffalo games, activities and FUN!



Briarlands Crunchy Sausage Rolls

From Mary Inglis, Mary's Kitchen, Briarlands

These sausage rolls are great for kids parties.

Ingredients

8 slices of thin white bread (brown bread works just as well)

100g cheddar cheese - grated

50g butter, softened

Salt & pepper

8 pork skinless sausages

$\frac{1}{2}$ tsp mustard

Method

1. Remove crusts from bread and roll flat with rolling pin.
2. Mix butter, cheese, salt, pepper and mustard together
3. Spread butter mixture on slices of bread.
4. Place sausage on each slice and roll up.
5. Cut in half.
6. Place on greased baking sheet.
7. Bake in oven at 180°C for 25-30 minutes until crisp.

Can be served hot or cold.

Cannelloni with Two Sauces

Ingredients:

For the filling

25g Butter

1 Small onion, peeled and finely chopped

400g pack fresh spinach, washed and patted dry

Finely shredded 250g tub of ricotta cheese

50g grated parmesan cheese

Salt and freshly ground pepper

Pinch of grated nutmeg

9 No-pre-cook cannelloni tubes

For the topping

1 570g jar Sacla pasta pomodoro tomato sauce with fresh basil

Pint of homemade white sauce

50g of grated cheese

Method:-

Preheat the oven to 200C 400F or Gas Mark 6

Heat the butter in a frying pan then sauté the onion until softened, add the spinach and cook for a further 4-5 mins

Cool slightly then combine with the ricotta cheese, parmesan and seasoning. Place this mixture into the Cannelloni tubes, either with a piping bag or with a teaspoon (bit messy but it works)

Arrange in a suitable shallow ovenproof dish, then pour over the jar of tomato sauce

Pour the white sauce over the cannelloni in the dish, sprinkle with cheese and bake for 40mins approx until golden brown

Serves 3 - 4

The recipe is from The Bissets in the Kippen Road, Thornhill

MICHAEL MORPURGO'S FAVOURITE RECIPE

KIDNEYS IN MUSTARD CREAM SAUCE

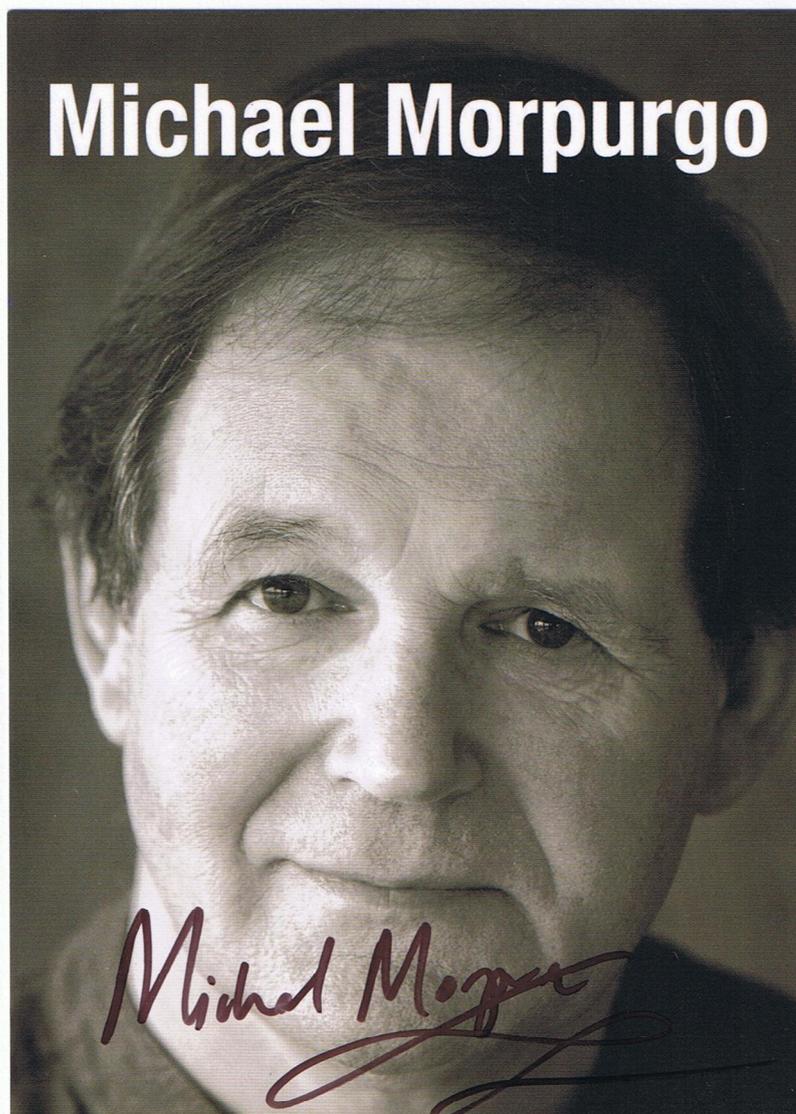
Serves 4

8 lambs kidneys
water - see recipe
1 teaspoon vinegar
2 oz butter
salt and pepper
1/4 pint fresh double cream (small carton)
1 rounded teaspoon of flour
1-2 teaspoons prepared English mustard

Remove fat from around the kidneys. Snip out the core with scissors, remove skin. place in a basin with cold water and vinegar and leave to soak for 10 - 15 minutes.

Drain and pat dry and slice thickly. Add to the hot butter in the frying pan and fry gently for 5 minutes - do not overcook. Then add a good seasoning of salt and pepper and sprinkle over the flour. Stir in cream and mustard to taste. Bring up to the boil to thicken and draw the pan off the heat.

Serve with hot toast and a tossed green salad separately.



RACHEL, HANNAH & JOEL'S UNCLE ALAN'S BUSH TUCKER

We don't know anyone famous except our friend here Richard who came 5th in the Atlanta Olympics marathon in 1996. Not exactly a household name.

However, here's a recipe for you. I reckon everyone has a stock of about half a dozen recipes they carry in their head and they become part of one's fabric. Then when you get married, some recipes fall by the wayside and a new joint repertoire develops – bit of a metaphor for all sorts of things about marriage? Here's one of those we added to our stock of recipes while we were in Australia and before the kids came along. We were out possum spotting in the bush country around Canberra . This involves taking powerful lights into the bush and scanning the treetops for gleaming eyes. As darkness descended our friend Wal lit a fire and pulled some pans out of his bag along with the following ingredients:

1 lb asparagus

1 lb pasta

2 oz butter

4 cloves garlic

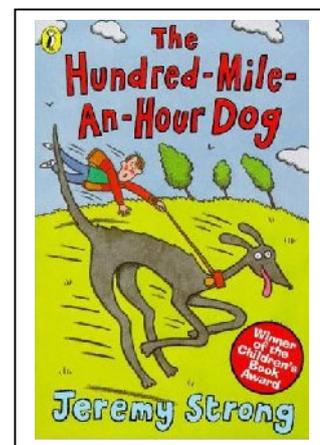
1-2 lemons



He then proceeded to boil up some water – when it reached a rolling boil he tossed in the asparagus (chopped into 1 inch lengths) and blanched them for 2 minutes. Lifting them out with a slotted spoon (also pulled from his rucksack) he added the pasta to the water. Meanwhile he got the butter sizzling in the frying pan and added the garlic having sliced it. After about 2 minutes he squeezed the lemon into the pan and put it aside. When the pasta was “al dente” he mixed the asparagus, pasta and butter mixture, ground some black pepper over it, and served a delicious meal while cuckaburras laughed in the background. As we were finishing it off with a glass of chilled Australian Chardonnay the first stars appeared and we embarked on our possum hunt.



JEREMY STRONG
One of our favourite authors



Hello Amelia,

I'm sorry I couldn't get this to you earlier but I hope it's in time for your cook book. It's very tasty!

Good luck and best wishes,
Jeremy Strong

Chicken With Lemon

1 2 to 3 lb chicken, cut up, or chicken pieces
1 tsp salt
1/4 cup butter or margarine
1 tbsp lemon juice
1 tsp grated lemon peel
2 tsp sugar
1/2 cup light cream
2 tbsp grated Parmesan cheese
1 lemon, thinly sliced

- Sprinkle chicken with salt and brown in butter or marg on both sides.
- Cover and simmer 30 min. or until tender. (You can cook in oven if you prefer.)
Remove chicken.
- Stir lemon juice and peel and sugar into pan drippings.
- Slowly add cream and bring to a boil.
- Return chicken to pan and heat for a few minutes.
- Arrange chicken on heat proof serving dish. Pour on sauce, sprinkle with Parmesan and top with sliced lemon.
- Brown under grill.

[Makes 4 servings)



THE MORRIS FAMILY

Thai chicken Rice – or Left - Overs Delight!!

Great for using up left overs! All quantities are approximate, add more according to taste.

Ingredients:

Cooked breast of chicken – sliced into small pieces
3 mugs full of cooked rice (Basmati works best)
3 eggs
1 onion - chopped
2 garlic cloves – chopped finely
1 green and 1 red chilli – chopped finely
Green beans - sliced (or left - over veggies)

Sauce:

2 tablesp. Soy sauce
2 tblsp Fish sauce
1 tblsp. oyster sauce (optional)
1 tsp. sugar.
Pinch of salt

Method:

Heat a tablespoon sunflower oil in a wok over high heat. Crack eggs directly into wok and swirl around quickly until cooked. Remove and set to one side. Cook the onion, garlic, chillis and green beans in the hot wok and cook for a few minutes on high heat. Add the chicken pieces. Fluff up the cooked rice with a fork and add to the wok, stirring all the time. Make up the sauce separately and then pour over the rice. Finally, add the cooked egg. Taste and add more sauce if needbe. Enjoy!

SELSEY CURRY

I have made this with success, but don't blame me if it goes wrong!

INGREDIENTS

1 pint of stock (chicken stock is excellent).

6 large tomatoes.

2 large leeks.

4 large potatoes.

3 large onions.

Twelve bananas.

Large cupful of raisins.

Cupful of sultanas.

Six eggs.

Three green or red peppers.

Salt and pepper.

Three slices of chicken (actually, any meat will do).

If any vegetarians are present, use vegetable juice instead of chicken stock, and omit the sliced chicken.

,

*

Fry the onions and peppers until tender. Boil the leeks. Hard-boil the eggs. Slice the bananas. Chop each potato into quarters. Chop the chicken into smallish pieces. Slice the eggs

Heat the stock, and then add the tomatoes and onions. Next, add the leeks and half the sultanas and currants. Add a little curry powder or paste.

Keep the heat, but don't overdo it.

Add all the rest of the ingredients. Stir. Add salt and pepper to taste.

Now for the curry - use powder, paste or both. I do some tasting, and add curry until it is palatable. Separate some, add more curry and label it hot. Two more separations, labelled "Very Hot" and "Look Out!"

You may feel, after tasting, that you need more salt, onion or tomato (if so, tomato ketchup is quick and easy). I very often added more banana as well. Occasionally, too, a hint of coconut, but strictly optional.

Best of British luck!

Patrick Moore

Sir PATRICK MOORE CBE FRS
Lat N : 50° 43' 51'' Long W : 00° 47' 49''



Aug. 19

Dear Freddie and Amelie.

Have a go!

Best wishes

Patrick Moore



Hello Freddie and Amelia

Thanks so much for your letter regarding your fundraising for Children In Need. Jimmy is delighted to let you have a recipe. His favourite is Toad in The Hole so this is what I have attached for you. Jim sends his very best wishes.

Best regards

Nikki Morgan Assistant to Jimmy Doherty, Jimmy's Farm

Toad In The Hole

Serves 4

The sight of a massive dish of piping hot toad in the whole arriving at the dinner table brings childhood memories flooding. I always remember anticipation as a large helping was dished up on my plate and gravy slowly drizzled over while I sat with knife and fork at the ready! A real English classic.

Equal quantities each of plain flour, milk and eggs – you will need a measuring jug
pinch of salt
freshly ground black pepper

8 Suffolk Farmhouse sausages
2 tbsp/30g of beef dripping or white vegetable fat

Preheat the oven to 200C/400F/Gas 6

To make the batter, fill the jug up to the half pint mark with the flour. Sift into a large bowl. Add the salt and pepper.

Fill the jug up to the half pint mark with eggs (about 6 depending on the size). Make a well in the centre and add the eggs. Using a wooden spoon gradually beat the eggs into the flour. Measure out half pint of milk then slowly beat into the mixture until the batter is the consistency of double cream. Strain and push any remaining lumps through a sieve. Cover and leave to stand for 30 minutes.

Heat a large non-stick pan and cook the sausages over a medium heat until golden brown all over. If you do not have a non-stick pan add a little oil. Set aside.

Place the dripping or white vegetable fat into an ovenproof dish and pop in the oven for 5 minutes or until the dripping is hot and hazy. Add the sausages to the hot dish and pour in the batter. Immediately return the dish to the oven and cook in the oven for 35-40 minutes until well-risen and golden. Serve a portion of the toad in the hole with baked beans, onion gravy, mushy peas or whatever takes your fancy!

Simple but great pasta sauce – Serves 4

This is an easy and quick way to make a really scrumptious (and quite healthy) tomato pasta sauce.

Ingredients

2 coarsely chopped medium onions

1/2 jar of sundried antipasti tomatoes in oil

6 large fresh tomatoes

1 red pepper

2 cloves garlic

350ml of water

An inch or so of chilli paste squeezed from a tube (or some fresh chopped fresh chilli to taste if you prefer)

Freshly ground black pepper

300g dried wholewheat fusilli (or any other shape) pasta

2 oz fresh parmesan cheese – grated

Small knob of butter



What to do...

Remove the sundried tomatoes from the olive oil and chop the roughly.

Give the jar a stir and pour two tablespoons of the wonderfully aromatic oil into a large frying pan, heat the pan to a medium heat and add the onions.

While they are cooking away gently (don't burn or they'll taste bitter) roughly chop the fresh tomatoes (leave the skins on) into 1/8 sized chunks, de-seed and slice the red pepper, and crush the two cloves of garlic – stopping every now and then to push the onions round the pan to prevent them from sticking & burning.

Once the onions are quite soft, take the pan away from the heat, throw sundried and fresh tomatoes, pepper, garlic, chilli and a good few turns of black pepper into the pan and add the water.

Return to the heat and let it bubble away. When it has reduced by about half (about 10 minutes) put the kettle on to boil, fill a saucepan with the boiled water and add the pasta along with a good pinch of salt. As the pasta cooks the sauce will reduce some more, if it reduces too much either turn the heat down or add a little more water.

When the pasta is cooked, drain, add the knob of butter and gently stir until the butter has melted and the pasta is well covered. Serve with the thick sauce spooned onto the pasta with fresh parmesan scattered about the top. Best served in a big bowl to stop the pasta sliding everywhere, and some warm bread to mop any remaining sauce up at the end.

Lastly take one or two children and instruct them in the art of quietly clearing the table and stacking the dishwasher, while you sit back and finish off your glass of wine.

Variations

According to taste this is also great with black olives and/or anchovies added or leave out the chilli if the kids don't like the kick. I also like it with a mass of baby spinach leaves gradually stirred in a few minutes before serving. It also works well with a 400g tin of chopped tomatoes rather than fresh ones but you'll need to add a teaspoon of sugar as well.

Hi Freddie and Amelia

Thank you for your letter to Freddie Flintoff asking him for his favourite recipe to go in your second edition of your recipe book. Freddie's favourite recipe is the Lancashire Hot Pot, I have attached the recipe to this email.

Well done with all your fundraising and good luck with the second edition.



Lancashire Hot Pot

Preparation Time: 20 minutes

Cook Time: 2 hours

Serves 4 people

INGREDIENTS

- 1 tablespoon vegetable oil
- 12 ounces chopped onion
- 1 1/2 pounds cubed leg of lamb meat
- 2 1/2 pounds potatoes, peeled and thinly sliced
- 2 tablespoons chopped fresh thyme
- 1 ounce butter
- 2 cups chicken or lamb stock

DIRECTIONS

1. Heat oil in a large skillet over medium high heat. Saute onion until soft and deep golden in color. Remove from skillet and set aside. Add lamb to skillet and fry until rich chestnut brown in color, 12 to 15 minutes. Drain fat.
2. Preheat oven to 190 °C.
3. Spread half of the potatoes in the bottom of a baking dish. Season with salt and pepper. Place browned lamb and onions on top, then sprinkle with thyme and season. Cover with remaining potatoes, season and dot with butter. Pour stock over all.
4. Bake in the preheated oven for 1 ½ to 2 hours.

If casserole is drying out while cooking, add more stock as needed. If casserole is browning too quickly, cover with aluminum foil.



James Cameron's
fantabbiadozy
home made
chicken
nuggets!



Ingredients!

1. Two chicken breasts

2. Two eggs

3. Bread crumbs

4. Broccoli and
potatoes to go
with it, if
you want to
be a goody
two shoes!

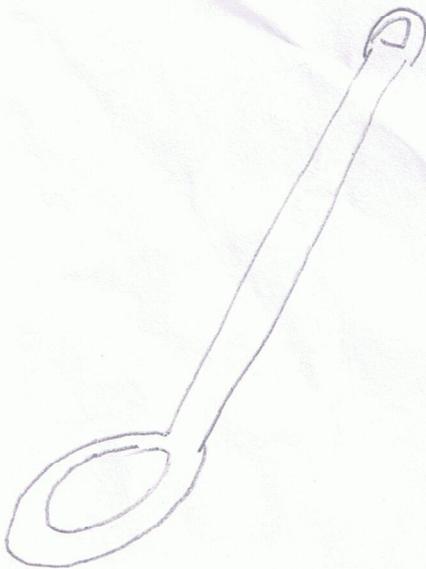
Instructions

1. Cut chicken into
small bits

2. Dip nugget into
egg and then
breadcrumbs

3. Put in grill, medium
heat, for 4 minutes
on each side.

4. Now, if you have
done it properly, delish
chicken nuggets, on the
go!



Chicken and Bacon Parsane - seves 4 – 6
From the Parsons Family

Chop up 2 onions - small pieces

Cut (with scissors) up 8 slices of good unsmoked bacon - small pieces

Cut up 4/6 breasts of chicken into small pieces

Chop up 1-2 cloves of garlic.

Put some olive oil into pan and heat, then add all the above ingredients until cooked through

Add a glass of semi decent white wine, stir in for 2 minutes.

Dissolve 2 chicken stock cubes in water and then add to pan.

Add flour or cornflour solution to pan to thicken sauce.

Then in a tray make a bottom layer of lasagne and then layer like a normal lasagne.

On top layer put a layer of natural yoghurt , freshly grated parmesan and sliced mushrooms.

Then cook in oven until pasta is soft.

Can Cans

marrow chutney

Preparation Time: 10 minutes

Cooking Time: 50 minutes

Serves: 4

Ingredients

3lb marrow
1lb onions
1lb ripe tomatoes
1 pint malt vinegar
4 oz dates
2tsp allspice
2 tsp ground ginger
2 tbsp salt
2 tsp freshly ground black pepper
1 ½ lb brown sugar

Instructions

1. Peel the marrow and cut into small chunks. Peel and chop or mince the onions. Peel and slice the tomatoes.
2. Put all these ingredients in a pan with half the vinegar. Stone and chop the dates and add to the pan. Simmer gently until soft and pulpy and the marrow can easily be crushed. Add spices, pepper and salt and simmer for a further 15 minutes.
3. Stir in the sugar and remaining vinegar. Continue cooking until thick (No liquid should ooze into the path made by the wooden spoon as it is drawn cross the pan).
4. Pour into warm jars with plastic or plastic coated metal lids.

CHOCOLATE PIZZA

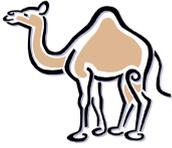
By Ben Kirk

Ingredients:

1 Packet of bought pastry
250g Milk chocolate
1 Packet of marshmallows
1 tube of smarties
Hundreds and thousands

Method:

- 1. Roll out pastry into a circle and place in oven at 170C until lightly brown (approx. 15 mins).**
- 2. Meanwhile, melt milk chocolate and slice marshmallows into thin circles.**
- 3. When pastry is cooked, allow to cool then spread the chocolate evenly over it.**
- 4. Decorate with smarties, marshmallows and add small patches of the hundreds and thousands.**



FUNDRAISING TABLET



Isobel works at the vets in Doune. Last year she raised £2,500 to enable her to go on a walk across the Jordanian desert for Dogs for the Disabled. Much of her fundraising came from selling tablet in the surgery. She is already planning another trip to Machu Picchu next year and is busy making more tablet to raise funds. She apologises to the local dentists for all the extra work they may encounter in the area!

INGREDIENTS

- 1 breakfast cup milk (approx 200ml) (full or semi-skimmed)
- 21b granulated sugar
- 1 tin Carnation condensed milk
- 3 to 4oz butter (NOT margarine) – more butter makes softer tablet

The mixture is less likely to stick if using a fairly large heavy-based pan.

METHOD

1. Slowly melt the butter over a medium heat until melted
2. Add the milk and sugar to the melted butter and dissolve
3. Increase the heat to full and bring to the boil, **stirring all the time**
4. Turn down the heat to medium and boil gently for EXACTLY 10 mins – KEEP STIRRING
5. Add the condensed milk and turn up the heat again until the mixture comes to the boil
6. Reduce the heat again and gently boil for EXACTLY 15 mins, **stirring all the time**
7. Turn the mixture into a large swiss roll tin lined with greased grease-proof paper
8. Leave for approx 15-20mins to cool and mark into squares
9. Leave in the tray for a few hours (or overnight) to cool completely before breaking up
10. Store in an airtight container or bag it up and sell to all your friends to raise money for Children in Need!



As you can see...
 Amelia and her
 "Nana Donkey"
 are huge Shaun
 the Sheep fans
 so this recipe from
 Nick Park was
 especially appreciated!

Lancashire cheese scones

Makes 16 little scones

Ingredients:

8 oz / 200g self-raising flour

2 oz / 50g butter

5 oz / 125g Lancashire cheese, grated

1 heaped teaspoon baking powder

1 egg

approx 2 fl oz / 50ml milk

Pinch of salt

Pinch of paprika

Pinch of black pepper

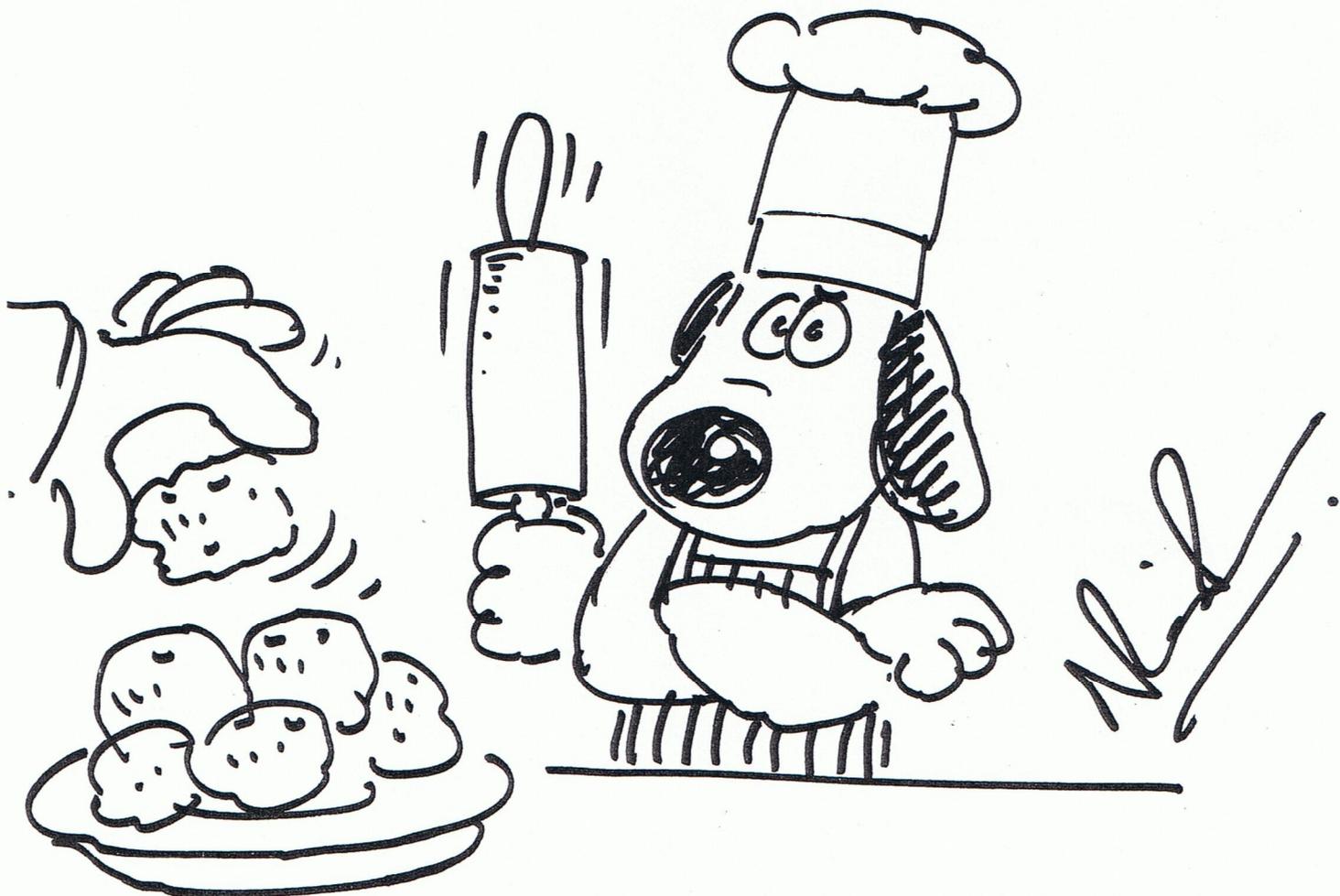
Method:

Put the flour & butter into a bowl and rub lightly together until the mixture resembles coarse breadcrumbs.

Add the baking powder, cheese, salt pepper & paprika and mix well.

Mix the egg with the milk and add sufficient to obtain a soft, fairly dry, pliable dough. Roll out about 1" / 2.5 cm thick onto a floured board and cut into rounds with a small (5 cm) fluted pastry cutter. Place on a floured baking sheet, brush with beaten egg and bake in a hot oven (gas 7, 425 F, 200 C) for approx 15 - 20 minutes.

Allow to cool, slice in half and spread with butter.





Fred MacAulay's Shortbread

This recipe is Fred's mums, Moira

Makes 20 -24 pieces

225 g/8oz butter (slightly salted), softened.

110 g/4oz caster sugar.

225 g/8oz plain flour, sifted.

150 g/5oz cornflour, sifted

Caster sugar for dredging

Preheat oven to 150c / 300f / Gas 2

Place the butter and sugar in a mixer or food processor and cream until pale. Add the flour and cornflour and blend in briefly, just until thoroughly combined. Tip into a buttered 23x33cm / 9x13inch swiss roll tin and, using floured hands, press down so it is level. Prick it all over with a fork (do this carefully so that you don't disturb the level surface), then bake for 50 - 60 minutes until it's a uniform pale golden colour all over. Do NOT let it become golden brown.

Remove from the oven and dredge all over with caster sugar, then cut into squares. Leave for 5 minutes or so, then carefully decant onto a wire rack to cool.

Maria + Aleksander's Cake!!!!

Honey and Lemon

Cake:

4 oz Margarine

4 oz soft brown sugar

2 large eggs, beaten

6 oz self raising flour

1/2^{tsp} mixed spice

2 ~~tblsp~~ tbsp clear honey

2 tbsp milk

Icing:

4oz = icing sugar

1/2 oz = margarine

1/2 = one small lemon juice



pudsy

Pre-heat oven to
gas 4/250F.

Grease and line base
of 1 1/2 lb loaf tin.

Cream margarine and
sugar, gradually beat
in eggs. Sift flour
and spice into clean
bowl, then fold into
margarine mixture
together with honey and
milk. Spoon into tin and
bake in centre of oven
for 50 minutes or until
firm. Turn out and cool
on wire rack. For icing
melt margarine and add
to icing sugar, with
enough lemon juice to
make a spreading
icing. Cover top of cake
with icing.



Iced Berries with a Hot White Chocolate Sauce

A great easy-peasy recipe from Maureen

Ingredients

- 1 Bag mixed frozen berries
- 8oz white chocolate buttons or grated white chocolate. (buttons are easier)
- 240ml Double Cream

Method

- Put chocolate in a bowl
- Place bowl on a pan of boiling water to melt.
- Stir to make sure it doesn't stick
- Put berries straight from the freezer to serving plate about 15 min before eating
- I do this during the main course although it depends on how fast they eat.
- Divide onto serving plates
- Pour over the hot chocolate and serve immediately Yumeeeeeeeee



Summer Berry Muffins

12oz / 350g plain flour
1 tsp bicarbonate of soda
1tsp cinnamon
8oz / 225g caster sugar
2 eggs beaten
4oz / 100g melted butter or margarine
290ml plain yogurt (reduced fat works well)
8 oz / 225g raspberries (fresh or partially defrosted)

1. Heat oven to 200C. Line 15 muffin tins.
2. Put the butter or margarine in a non metallic bowl in the microwave to melt. (Approx 1 minute on high.)
3. Allow the butter a minute or two to cool before adding the yogurt then the beaten egg. Mix together.
4. Sieve the flour with bicarbonate of soda, cinnamon and sugar into a large bowl. Make a well in the centre.
5. Pour the egg, yogurt and butter mixture into the flour and mix together using about 16 strokes.
6. Fold in the berries and spoon into the muffin cases, making them about $\frac{3}{4}$ full.
7. Bake for about 30 minutes. Cool slightly on a wire rack before serving.
8. Any left over can be eaten cold or warmed in the microwave for about 15 seconds.

(Other fruits can be used such a brambles or blueberries).

My family love these muffins and their friends love them too!

Margaret McFarlane

LIZ MACGREGOR'S COUNTRY KITCHEN

MAIN STREET

ABERFOYLE

01877 382248

Hi Freddie. one of my recipes, good luck with your event .

Raspberry Meringue Roulade

Ingredients 5 large egg whites
150g caster sugar
2 tsp cornflour
250g Raspberries
1 pot of Double cream
icing sugar, to dust

Method

Heat oven 150° C, Gas mark 2. Grease swiss roll tin 33x28 cm

Whisk the egg whites until stiff. Gradually add caster sugar until the meringue mix is stiff.
Whisk in cornflour.

Turn into tin cook for 20 mins.

Place a damp tea towel over when ready, leave to cool

Spread with raspberries and double cream. Roll up and dust with icing sugar.

ENJOY!

Regards Liz

Bawden's Mississippi Mud Pie

For all those chocolate lovers out there.....

Serves 8-10

Ingredients

50g/2oz-unsalted butter

110g/4oz chocolate or plain digestives, crushed

250g/9oz marshmallows approx.

4 tbsp milk

350g/10oz plain chocolate

2 tsp instant coffee dissolved in 2 tbsp

boiling water

425ml/15floz double cream



Instructions

Line the base of a 29cm (8"-9") round, loose bottom (preferably) tin with silicone paper. The tin should be about 2" deep.

Melt the butter and mix in the biscuits. Turn into the tin and press down.

Melt the marshmallows in the milk on a low heat or in the microwave, then set aside to cool.

Melt the chocolate. Whip the double cream until quite stiff.

Fold together the marshmallows, cooled coffee, chocolate and cream and pour over biscuit base. Smooth and chill in fridge while you chill out for 2-3 hours. If you want to you can decorate the pie with whatever you like and serve to all your chocolate-loving friends.

CRANACHAN – VANILLA PANNA COTTA WITH WHISKY SYRUP & RASPBERRIES

TOM LEWIS - MONACHYLE MHOR HOTEL

Dear Amelia & Freddie,

Thank you for your letter in regards to your request, this recipe is from Tom Lewis of Monachyle Mhor Hotel and he hopes it helps with your booklet. All the best with your fund raising.

1 punnet raspberries
Glengoyne whisky
2 tablespoons Pinhead oatmeal
1½ tablespoons Local honey
½ Vanilla pod
2 sheets Gelatine leaves
¼ pint Milk
¾ pint Cream



2 tablespoons caster sugar
2 tablespoons water
small squeeze of fresh lemon juice

1. Soak 2 sheets of gelatine leaves in cold water.
2. Infuse the vanilla - scrape seeds from half a vanilla pod. Heat ¼ pint of milk with the vanilla. Take it off the heat when it starts to boil to allow the vanilla to infuse. Add the soaked gelatine leaves and make sure they're dissolved into the vanilla infused milk.
3. Toast the pinhead oatmeal in a dry pan. It shouldn't take very long to toast – a couple of minutes. Keep it moving so it doesn't burn. Take it off the heat when it starts to change colour (more golden). It should start to smell nutty.
4. Add ¾ pint cream & 1½ tablespoons of honey to the vanilla, milk and gelatine mixture. Taste as you go along to ensure you have the correct amount of honey. You may want to add less honey if that suits your palate better.
5. Sprinkle some of the toasted pinhead oatmeal into each panna cotta dish. If using glasses, leave oatmeal to sprinkle at the end when panna cotta's have set.
6. Pour the creamy mixture into the dishes.
7. Allow the panna cottas to cool then chill in the fridge for 2/3 hours or ideally overnight.
8. Make the sugar syrup by heating 2 tablespoons caster sugar with 2 tablespoons water and a small squeeze of fresh lemon juice. Simmer for 4-5 minutes & allow to cool.
9. Add the cold syrup to the raspberries – not too much, you can always add a bit more if necessary. Add a small splash of whisky, depending on how good your whisky is and how much you like the taste of it! Let the raspberries soak for 10mins. Add more syrup if you like a sweeter taste.
10. Release the panna cottas by running the mould under warm water, running a sharp knife around the top of the mould. Give it a little flick and it should wobble out onto the plate.



CHOCOLATE HEAVEN CAKE...mmmmmm

Naughty but nice



100g butter

175g caster sugar

75g brown or muscovado sugar

125g chocolate (plain or milk)

1 tbsp golden syrup

2 eggs

100g plain flour

1/2 tsp baking powder

2 tbsp cocoa powder

- Heat the oven to 180°C/gas 4. Grease and line a 20cm cake tin.
- Melt the butter, caster sugar, brown sugar, chocolate and golden syrup together gently in a microwave or on a low heat in a saucepan. Make sure it is lump free & remove from heat.
- Beat eggs then add to the chocolate mix with flour, baking powder and cocoa. Mix well.
- Put the mixture in the tin and bake for 25-30mins
- Remove from oven and cool for 20-30mins before cutting into wedges and serving. Is also nice cold. For extra indulgence serve with cream/ice-cream and for a healthy kick some fresh fruit!

SHEENA'S WEETABIX LOAF

Delicious on its own or with butter, keeps well and freezes well

Makes 2 x 1lb loaves or 1 x 2lb loaf

SOAK THESE IN A LARGE MIXING BOWL OVERNIGHT:

2 Weetabix

7oz soft brown sugar

6oz mixed fruit or sultanas

½ pt milk

THEN ADD

1 beaten egg

and STIR IN

7oz sieved self-raising flour

Grease and line the loaf tins and put mixture in. Bake in the middle of the oven 160°C or 325°F for 1 – 1 ½ hrs. Test with a skewer, if it comes out sticky leave in the oven for another 10 mins and try again.



My Mums Pineapple Upsidedown Cake

This is simple and YUMMY! My favourite pudding.

Ingredients

Tin of Pineapple rings or chunks

Golden syrup

150g Marg

150g Sugar

150g Self Raising Flour

1 ½ tsp Baking powder

3 eggs

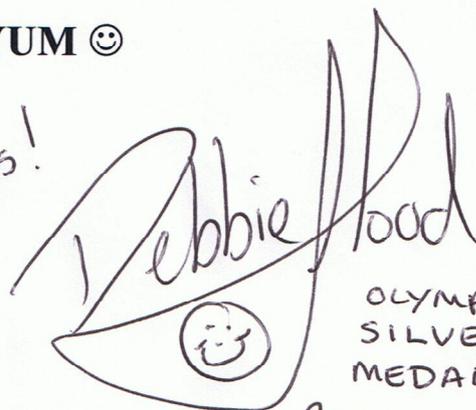
Turn the Oven to 180 / gas 4

- Grease an oven proof dish and place pineapples on the bottom, covering the base with 1 layer.
- Cover the pineapples with golden syrup – lots! But not over the height of pineapples.
- Place the marg sugar flour eggs and baking powder in a bowl and use a whisk or beat well by hand until a soft consistency is reached.
- Spoon cake mix onto pineapples and syrup and smooth out so level.
- Bake for 35 minutes or until the sponge is cooked and springy to touch then stand for 5 minutes.
- Serve with carnation milk

Eat and enjoy! YUM YUM ☺



*I look forward to trying out all the other recipes!
Good luck,
Love from*



OLYMPIC
SILVER
MEDALIST

ROWING *UK*

SMARTIES COOKIES

These are delicious & really easy to make.

100g/4oz butter, softened
100g/4oz light muscovado sugar
1 tbsp golden syrup
150g/6oz self-raising flour
85g/3oz Smarties (about 3 tubes)



Preheat oven to 180°C.

Beat butter & sugar together until light & creamy.

Beat in the syrup.

Stir in half the flour then add the Smarties with the rest of the flour. Mix together with your fingers!

Divide into 14 balls & space them out well on a baking tray.
Don't flatten!

Bake for 12 mins or until pale golden at edges. Cool on wire rack.

These keep for 4 days in an airtight tin but we bet they don't last that long!

You can also use chunks of plain or milk chocolate instead – about 3oz or how about trying some chunks of chocolate orange.....mmmmmm!!!!

MARK ASKEW

EXECUTIVE HEAD CHEF AT RESTAURANT GORDON RAMSAY
Royal Hospital Road, London

Chocolate bread and butter pudding with milk ice cream

Serves 4

50g butter
Large loaf of brioche, about 400g
50g toasted hazelnuts, chopped
200g dark chocolate, roughly chopped
2 large egg yolks
2 large eggs
100g caster sugar
300ml double cream
300ml milk
1 tbsp demerara sugar

For the milk ice cream:

1 litre whole milk
100g condensed milk
5g liquid glucose

Dear Freddie & Amelia

I have attached the recipe for a chocolate bread and butter pudding, this is a very popular dish and is a very good way of improving a traditional recipe, anything chocolate is always very popular.

Hope the book sells well and please let me know how I can buy one.

Well done for supporting such a good cause.

Mark

1. Begin with the ice cream. Boil the milk in a large saucepan until it has reduced to 400ml. Mix the condensed milk and liquid glucose together in a large bowl, then pour in the reduced milk and stir well. Leave to cool then pour the mixture into an ice cream machine and churn until almost firm. Transfer to a shallow container and freeze until firm.
2. Grease a 1.5 litre baking dish with little butter. Cut the brioche into slices and spread with the rest of the butter. Cover the base of the dish with a layer of brioche slices and sprinkle over some of the chopped hazelnuts. Repeat with the rest of the slices and nuts.
3. Put the chocolate in a heatproof bowl and place over a pan of barely simmering water. Leave until the chocolate has melted, stirring it occasionally. Remove the bowl from the pan and set aside. Beat the egg yolks, eggs and sugar together then whisk in the cream and milk, followed by the melted chocolate.
4. Pour the chocolate custard over the brioche layers. Press the assembled pudding gently and then leave to stand for 20 minutes to allow the brioche to soak up all the chocolate custard. Preheat the oven to 180°C/gas 4.
5. Sprinkle the pudding with the demerara sugar then place the dish in a bain-marie. Bake for 40-45 minutes until the custard has just set. Remove the pudding from the oven and leave to stand for 15 minutes before serving with scoops of the milk ice cream.

STICKY PEAR PUDDING

Freddie & Amelia's Grandma is very good at puddings!

Serves 6

For the Sponge

2 tins pear halves (medium tins)

125g plain flour

2 tsp baking powder

200ml milk

75g butter, melted

1 medium egg, beaten

125g caster sugar



For the Sauce

150g light brown muscovado sugar

4 tbsp golden syrup

250ml cold water

How To Make It

- Preheat the oven to 180°C, gas 4.
- Drain pears & arrange in the base of a buttered 1.5 litre ovenproof dish (you may not need all the pears).
- Sift flour & baking powder together & add caster sugar, milk, butter and egg. Whisk together for 2-3 minutes until pale in colour, then pour over the pears.
- Make the sauce by putting brown sugar and syrup in a small pan and add the water. Cook over a moderate heat, stirring until the sugar has dissolved. Without stirring, allow to reach boiling point then remove from the heat. Pour the sauce over the pudding and bake for 30-40 mins until the sponge is golden.
- Stand for 5 mins and serve with lashings of cream/ice-cream!

Variation

Try using 4 dessert apples, peeled, cored & sliced instead of pear, with 1 tsp cinnamon added to the sponge mix. Or replace 1 tbsp flour with 1 tbsp cocoa & add 1 tbsp of cocoa to the sauce for a chocolate version

GREGOR FLYNN'S WOBBLY BOG PUDDING

(Has Gregor been spending too much time at Flanders Moss?)

- ❖ Ready made swiss roll
- ❖ Packet of jelly
- ❖ Raspberries, green grapes, yellow peaches or other fruit cut into small pieces *but don't use pineapple or kiwi as they will dissolve the jelly!*
- ❖ Packet of chocolate blancmange – sugar & milk to make

Make the blancmange following instructions on packet. Pour into clear bowl and leave to set. *This is your peat layer.*

Cover the surface with slices of swiss roll. *This is the spongy layer of moss fragments holding water just below the living surface. Leave an area clear to represent a bog pool.*

Make up half the jelly following the instructions on the packet and using half the amount of water then leave it to cool. Pour it carefully over the swiss roll until it is covered by about a centimetre.

Add the fruit as a top layer so that some is in the jelly and some is poking out. *This is your surface layer of living moss complete with a 'pool' where you can see through the jelly to the 'peaty' blancmange.*

Refrigerate and leave until the jelly has set (you could go for a walk at Flanders Moss whilst it does this).

Return with a good appetite, serve and slurp!



JAMIE MILNE'S RHUBARB and GINGER CRUMBLE

2lb (900g) Rhubarb
3oz (75g) soft brown sugar
1 level teaspoon powdered ginger

Crumble Topping
8oz (225g) plain or wholemeal flour
5oz (150g) soft brown sugar
3oz (75g) room temperature butter
1 level teaspoon baking powder

Pre-heat oven to Gas 4, 350°F or 180°C

Method

- 1) Cut the rhubarb into chunks then place in a saucepan with the sugar and ginger.
- 2) Cook over a gentle heat (covered) for 15mins, stir frequently.
- 3) When cooked, drain off half the juice then transfer the fruit to a pie dish.
- 4) Make the crumble topping by putting flour in a large bowl, sprinkle on baking powder.
- 5) Add the butter and rub it into the flour lightly, using your fingers.
- 6) When it looks crumbly, and the fat is all evenly mixed, add the sugar and combine well.
- 7) Sprinkle the topping over the fruit and cook for 30-40mins.



Lettice Rabbit's Recipe for Carrot Cake

Serves 12

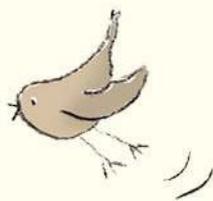
6 oz (175 g) dark brown soft sugar, sifted
2 large eggs at room temperature
4 fl oz (120 ml) sunflower oil
7 oz (200 g) wholemeal self-raising flour
1½ teaspoons bicarbonate of soda
3 rounded teaspoons mixed spice
grated zest 1 orange
7 oz (200 g) carrots, peeled and coarsely grated
6 oz (175 g) sultanas

You will also need a non-stick baking tin measuring 10 x 6 inches (25.5 x 15 cm) and 1 inch (2.5 cm) deep, the base lined with silicone paper (parchment).

Begin by whisking the sugar, eggs and oil together in a bowl using an electric hand whisk for 2-3 minutes. Then sift together the flour, bicarbonate of soda and the mixed spice into the bowl, tipping in all the bits of bran that are left in the sieve. Now stir all this together, then fold in the orange zest, carrots and sultanas. After that pour the mixture into the prepared tin and bake on the centre shelf of the oven for 35-40 minutes, until it is well risen and feels firm and springy to the touch when lightly pressed in the centre.

While the cake is cooking, make the topping by mixing all the ingredients in a bowl until light and fluffy, then cover with clingfilm and chill for 1-2 hours or until needed.

Then, when the cake is completely cold, remove it from the tin, spread the topping over, cut it into 12 squares and dust with a little more cinnamon.



For the topping:

9 oz (250 g) Quark (skimmed-milk soft cheese)
¾ oz (20 g) caster sugar
2 teaspoons vanilla extract
1 rounded teaspoon ground cinnamon, plus a little extra for dusting



OATY SQUARES

Good for eating when you get home from school, before you do your homework or nice for a picnic or in your lunchbox or munching half way up Ben Nevis....

175g unsalted butter
175g soft brown sugar
175g self raising flour
85g rolled oats
55g raisins
55g dried, chopped apricots
55g walnut pieces
55g sunflower seeds
1 tsp cinnamon

1. Melt butter & sugar in a microwave or in a small saucepan.
2. Place all the other ingredients in a bit mixing bowl and stir them together.
3. Pour the butter & sugar mixture over the dry ingredients & mix well,
4. Grease a 23cmx23cm tin and put in the mixture, firming it down with the back of a spoon.
5. Bake in a preheated oven 180°C, gas 4 for about 20 mins. It is cooked when the mixture is a nice golden colour.
6. Leave them to cool, then cut into squares and tuck in with your friends!

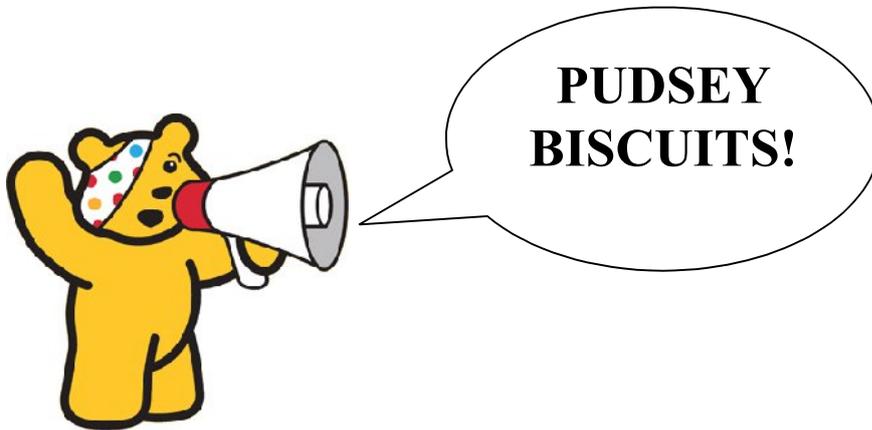
Grannie's Clottie Dumpling – Mrs Cartney's

Ingredients

1lb Self-raising Flour
1lb Raisins
1/4 lb Suet
3 Tspns Mixed Spice
1/2 lb Granulated Sugar
1 Tspn Baking Soda
3 Tbspns Treacle
1/2 Tspn Salt
Milk

Method

Mix with enough milk to form a stiff dough.
Dip clout in boiling water and sink it in large bowl.
Dredge with flour. Spoon in dough and tie tightly leaving enough room for dumpling to swell.
Remove from bowl. Put a plate in the bottom of a large pan and place dumpling on top. Pour on enough boiling water to cover and simmer for a good three hours. Keep topping up with boiling water. Turn out very carefully on to a hot serving dish and dry off gently in oven. Originally the dumpling was placed on the "dumpling stool" and turned in front of the open fire.
Serve with creamy custard.



125g softened butter
75g caster sugar
1 egg, separated
200g plain flour
¼ tsp cinnamon*
¼ tsp mixed spice*
zest of a lemon
75g currants*
2 tbsp milk

- Heat oven to 200°C, Gas 6
- Beat butter and sugar together, until pale and fluffy
- Beat in egg yolk and stir in sifted flour and spices, lemon zest and currants.
- Stir in the milk until the dough starts to come together – you may need slightly less or a little more milk.
- Tip the dough onto a floured worktop and knead gently until smooth.
- Roll out to about 5mm thick and cut out Pudsey shapes with a Pudsey cutter (from Lakeland) or any other shapes you want!
- Put biscuits on a greased baking tray and bake for approx 15 mins until golden brown. If you want, you can removed biscuits after 10 mins and brush them lightly with slightly beaten egg white and sprinkle with a little caster sugar, put them back in the oven for another 5 mins.

* These could be replaced by a teaspoon of ginger to make gingery Pudseys instead.

PUMPKIN & GINGER CAKE

Another favourite recipe from Nana Donkey

Ingredients:

4oz butter or margarine (melted)
3oz golden syrup (about 2 tbsp)
1 medium egg, beaten
6oz grated pumpkin
3oz soft light brown sugar
8oz self-raising flour
1 tsp ground ginger
A little Demerara sugar for sprinkling



How to make it:

- 1. Line an oblong tin (approx 11.5" x 7.5") with baking parchment.**
- 2. Mix melted marg or butter, syrup and beaten egg together.**
- 3. Mix with grated pumpkin.**
- 4. Add sugar, flour and ginger.**
- 5. Put into tin and bake for about 25 mins at 130°C fan oven (or equivalent in other types of oven).**
- 6. Sprinkle with Demerara sugar when taken out of oven.**



CHRISTMAS MINCEMEAT



Every year, after we have baked our Christmas cake, we use the left over dried fruit to make sweet mincemeat. We use the mincemeat to bake delicious mince pies on Christmas Eve, always leaving a few out for Santa of course!

4 oz shredded suet or melted margarine
4oz grated apple
1lb mixed dried fruit
4oz sugar – preferably Demerara
4oz mixed peel
4oz blanched, well dried almonds
finely grated rind and juice 1 large lemon
1 teaspoon mixed spice
½ teaspoon cinnamon
½ teaspoon grated nutmeg
4 tablespoons brandy, whisky or rum.



Mix all the ingredients thoroughly. Put in dry jars and seal. Keep in a cool, dry place. Use these quantities of sugar, fat and spirit if you wish the mincemeat to keep well. Make certain fruit is dry. If it has to be washed, let it dry for at least 24 hours before making mincemeat.

It's fun making the mincemeat and the mince pies are yummie hope you enjoy as much as we do - the McLachlan family.



P.S. A great tip from my sister – a few weeks before Christmas make the pastry and assemble the mince pies but don't bake them! Freeze them in the baking tin, once frozen, remove from tins and store mince pies in freezer in bag/container. When ready to bake, place frozen mince pies back into tin, cook from frozen adding about 5 – 10 mins to baking time. Freshly baked, without the effort!

LEE MEAD'S FAMILY SPICY BOXING DAY CHILLI

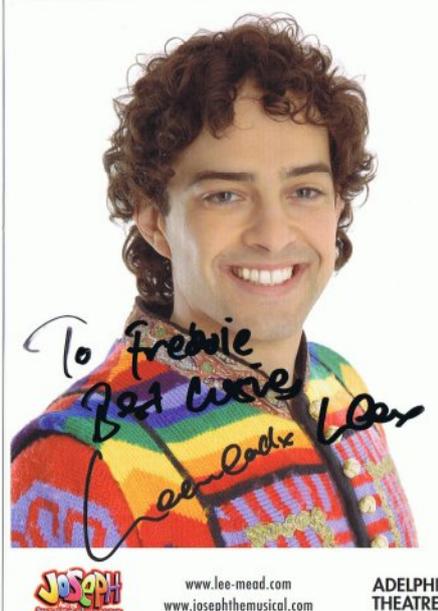
Ingredients

- 500g of Steak mince beef
- Red and Green peppers
- One onion
- Two large carrots
- Mushrooms
- Bacon
- Kidney beans
- Garlic
- Tomato puree
- One chilli
- Tinned chopped tomatoes
- Pinch of cumin
- Pinch of chilli powder
- Pinch of salt and pepper

Method

Brown off mince and drain off any excess fat and water, leave to one side when done. In a large saucepan add the bacon with three tablespoons of olive oil, when brown add carrots, onions, peppers, fresh chilli, kidney beans, salt and pepper, cumin and finally add the mince.

Simmer for forty minutes adding some parsley during the last five minutes. Cook brown boiled rice at the same time. To serve add a tablespoon of sour cream on top of the chill with some nachos on the side.



From: Senior Aircraftsman Ceinwen Roberts
Public Relations Assistant



Royal Air Force Aerobatic Team

Royal Air Force Scampton
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Freddie and Amelia Bawden
Rootlands
Doig Street
Thornhill
Stirlingshire
FK8 3PZ

28 October 2008

THE RED ARROWS

Thank you for your request for assistance from the Red Arrows in your fundraising efforts. I am delighted to enclose a 2008 Team Protocol, one of a limited edition of 500 per year. This protocol is hand signed by all the pilots of the 2008 Red Arrows, which makes it rather collectable. We have enclosed a recipe but due to the busy nature of the summer season there has been a delay in reading all the letters we receive so it may be a little late for you.

On behalf of all the Red Arrows, may I take this opportunity to wish you much success with your fundraising, and we hope that you are able to achieve your aims. Please do not hesitate to contact me if we can be of any assistance in the future.

Best wishes from the Red Arrows!

A handwritten signature in black ink that reads "Ceinwen".

Ceinwen Roberts
Public Relations Assistant



RED ARROWS SUMMER PUDDING

Serves 6 – 8

INGREDIENTS

- **8 medium slices of firm, good quality white bread, crusts removed**
 - **1 lb 12 oz (785g) mixture of raspberries, strawberries, red currants, blackcurrants and stoned cherries**
 - **5 oz (150 g) caster sugar**
 - **Fruit and mint sprigs to decorate**
 - **Thick double cream to serve**
-
- **1 1/2 pint (850 ml) pudding basin, lightly buttered.**

METHOD

1. Sort through all fruits, removing any stray stems or leaves and discarding any berries that are mouldy or unripe.
2. Place the fruits and caster sugar in a large, heavy, non-corrosive saucepan over a low heat. Let them cook for about 3-5 minutes until the sugar has dissolved, the fruit juices flow and the berries are soft but still retaining their shape. Remove the fruit from the heat and cool.
3. Cut a round shape from one slice of bread to line the bottom of the budding basin. Cut each of the remaining slices of bread into three 'soldiers' (long fingers). Reserving some soldiers for the top, line the pudding basin with the remainder. Overlap them and seal by pressing the edges together. Fill in any gaps with small pieces of bread so that the bread covers the basin completely.
4. Pour the fruit and most of the juice gently into the pudding basin, being careful not to disturb the bread slices. Reserve the remaining fruit juices. Cover the pudding with the remaining bread so no fruit is showing.
5. Place a small plate (one that will fit snugly inside the bowl) on top of the fruit with a 2 –3 lb weight on top to squash the fruit down. Put the basin in a shallow dish or bowl to catch any juice, and then leave the pudding until completely cold. Chill overnight in the refrigerator.
6. Remove the weight and slide a knife around the edge to loosen the pudding, being careful not to tear the bread. Place a large serving plate on top, and then, holding the plate in place, turn quickly upside down. Spoon the reserved fruit juices over the top to cover any bread that still looks white.
7. Decorate with fruit and mint sprigs and serve cold with thick double cream.

Enjoy!

With best wishes from the 2009 Royal Air Force Aerobatic Team.



CLARENCE HOUSE
LONDON SW1A 1BA

From: The Office of Prince William and Prince Harry

Private and Confidential

20th August, 2008

Dear Amelia,

Prince William and Prince Harry have asked me to thank you for your lovely letter asking them to contribute to the recipe book that you are creating to raise funds for Children in Need.

It was so kind of you to take the trouble to write such a well-written letter to Their Royal Highnesses about all your hard work over the past four years, raising over £1,000 for Children in Need. I am afraid, however, that, because Prince William and Prince Harry receive so many similar requests, they are unable to make a contribution to the book on this occasion.

I thought, however, that you might be interested to learn what was served at a party that Prince William and Prince Harry's father, The Prince of Wales, held to celebrate the Diamond Wedding Anniversary of The Queen and The Duke of Edinburgh. The Prince of Wales decided to serve the guests eggs drumkilbo with Caithness lobster as a starter (this was one of Queen Elizabeth The Queen Mother's favourite dishes), followed by partridge for the main course and a vanilla, raspberry and chocolate layered ice-cream cake for dessert.

As a small thank you for your letter, I am enclosing a booklet about The Prince of Wales, which I hope you will find interesting, and pictures of Prince William and Prince Harry.

Prince William and Prince Harry have asked me to send you their warmest thanks for your letter and their very best wishes for the success of your recipe book.

Yours sincerely,

A handwritten signature in blue ink, appearing to read 'Claudia Holloway', with a long horizontal flourish extending to the right.

Mrs. Claudia Holloway

Miss Amelia Bawden

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