

Be Prepared



Cook Book

A collection of our favourite recipes

Woodhouse Eaves Scout Group



Scout Hut Fund

Old footprint new footsteps

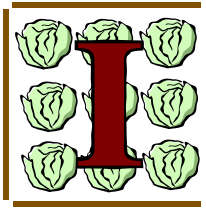


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Introduction

Thank you for purchasing our 'Be Prepared' Cook Book. All the proceeds will go towards the exciting rebuild of the Woodhouse Eaves Scout Hut.

As many of you will have heard, the old hut at the rear of the village hall which is currently used by the Scouts is in need of much updating. After much consultation it has been decided that rather than spending a lot of money just updating the hut, the best option is to replace the existing hut with a new hut on the same footprint. The Parish Council have very generously donated £10,000 towards the cost of the hut and a scout hut fundraising committee has been set up with the aim of raising another £10,000 to match the Parish Council's donation.

In order to minimise disruption to the scout groups the aspiration is to build over the summer of 2012. Work to dismantle the old building will commence around April 2012. We therefore have less than a year to raise £10,000 and we are going to need your help. We hope we can rely on your ongoing support and look forward to working with many of you on this exciting project.

We really do hope you enjoy the recipes. They are all firm family favourites gathered from the Beavers, Cubs, Scouts and Explorers; as well as tried and trusted treats from our local restaurants; thanks to you all for sharing! Thanks too to the Beavers who provided many of the illustrations.

Happy Cooking!

Beans, Rice, and Grains



Oven-baked Bacon and Tomato Risotto by Suzy Baker.

A guaranteed family favourite using what is always in your cupboard - the crucial bit for me. Serves 4 (5 if you add bit extra). Preparation time 10 mins (which is why I like it). Cook for 25-35 mins depending on the amount of people/quantity of rice. Fantastically easy and tasty.

This simple store cupboard risotto cooks in the oven while you get on with something else - the result is creamy and yummy. Serve with rocket or broccoli or any other veg type thing your kids will eat!

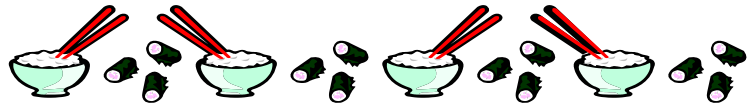
Ingredients

- 250g pack smoked bacon, chopped into small pieces (scissors are quick)
- 1 onion, chopped
- 25g butter
- 300g risotto rice
- half a glass of white wine (optional)
- 150g pack cherry tomatoes, halved
- 700ml hot chicken stock (cube is fine)
- 50g Parmesan, grated

Method

- 1) Heat the oven to 200c/180c fan/gas 6.
- 2) Fry bacon bits in an ovenproof pan or casserole dish for 3-5 mins until golden and crisp.
- 3) Stir in the onion and butter and cook for 3-4mins until soft. Tip in the rice and mix well until coated.
- 4) Pour over the wine if using and cook for 2 mins until absorbed.
- 5) Add the cherry tomatoes and the hot stock, and then give the rice a quick stir. Cover with a tightly fitting lid and bake for 25 minutes (this is longer if you have increased the amount of stock and rice to extend to a family of five) - usually I do 500g of rice and 1 and a half pints of stock, and leave for approx. 30 mins.
- 6) Keep checking the softness of the rice and you will get it right! Stir through most of the cheese (or miss this out if family is fussy!) and serve with the remainder sprinkled on top.

Beans, Rice, and Grains



Jeera Rice by Shad Savani

Ingredients

- 1 small cube of butter / ghee (clarified butter)
- 1 ½ tsps jeera (cumin seeds)
- 2-3 cloves
- 2-3 small pieces cinnamon
- 1 cup of rice (long grain preferred)
- 1 cup of water
- ¾ tsp salt

Method

- 1) Heat the butter in a pan and add the cloves, cinnamon and jeera.
- 2) When jeera had popped add the rice, salt and the water.
- 3) Bring to the boil, stir and then turn the heat down.
- 4) Cook the rice with a lid on the pan. You may need to add some more water if dries out before rice is nice and fluffy
- 5) Enjoy with a curry or just plain yogurt.



Cakes



Joshua and Jonathan's Favourite Chocolate Brownie by Claire Bellamy

Ingredients	Method
<ul style="list-style-type: none"> ● 140g unsalted butter ● 200g dark chocolate chopped ● 225g sugar ● 2 teaspoons vanilla extract ● A pinch of salt ● 2 large eggs at room temperature beaten ● 1 large egg yolk at room temperature ● 85g plain flour 	<ol style="list-style-type: none"> 1) Preheat the oven to 180c/350f/gas mark4. Line 20cm/8in square tin with baking parchment 2) Gently melt the butter and chocolate in a bowl set over simmering water. Remove the bowl and allow to cool slightly. Stir in the sugar, vanilla and salt. The mixture will be somewhat grainy. Whisk in the beaten eggs and egg yolk until well mixed. Sift in the flour, beating for about 1 min until smooth. 3) Pour the mixture into the prepared tin and bake for 35-45 mins or until a knife inserted into the middle comes out with moist crumbs (not wet batter) clinging to it. 4) Allow to cool in the tin, and then cut into squares with a sharp knife.

Katie's Cookies by Katie Woolhouse

Ingredients	Method
<ul style="list-style-type: none"> ● 125g soften butter ● 90g soft light brown sugar ● 90g caster sugar ● 1 egg ● 125g chocolate spread ● 2-3 drops of vanilla extract ● 200g plain flour ● 30g cocoa ● Pinch of salt ● ½ tsp baking powder ● 150g white chocolate chips 	<ol style="list-style-type: none"> 1) Oven at 180c, grease 3 baking trays ready! 2) Cream butter and both sugars together until creamy. Beat in the egg, chocolate spread and vanilla. Mix well. 3) Sieve the flour cocoa, salt and baking powder in to the mixture and again mix well. Stir in the chocolate chips. 4) Place 6-7 heaped dessert spoonfuls of the mixture onto each baking tray, leaving plenty of space between each mound. Bake for 14 mins. 5) Cool on the tray for a few minutes before transferring to a cooling rack.

Cakes



Goopy Chocolate Cupcakes by Millie Elliott and Jenny Hall

Eat them as soon as possible before the gooey-ness in the middle cools. Can be made with Gluten Free flour too.

Ingredients	Method
<ul style="list-style-type: none"> ● 100g plain flour ● 20g cocoa powder ● 140g caster sugar ● 1.5tsp baking powder ● Pinch of salt ● 40g unsalted butter at room temperature ● 120ml semi-skimmed milk ● 1 egg ● 1 tsp vanilla extract <p>Buttercream</p> <ul style="list-style-type: none"> ● 400g icing sugar sifted ● 150g unsalted butter ● 60g cocoa powder ● 60ml semi-skimmed milk ● 1tsp of vanilla extract 	<ol style="list-style-type: none"> 1) Pre-heat the oven to 170c/352f/gas mark 3. 2) Mix flour, cocoa, sugar and baking powder, salt and butter until they're all blended and smooth. 3) Mix the milk, egg and vanilla extract in a jug. Slowly pour half of the liquid into the chocolate mixture and beat to combine. Then turn the mixer up to a high speed to get rid of any lumps. 4) Turn the mixture down to a slower speed and pour in the rest of the liquid. Mix for a couple of minutes but DO NOT OVER MIX. 5) Spoon the mixture into 12 cases (muffin or cupcake cases – or a mixture) and cook for 15 minutes. 6) For the buttercream – beat the icing sugar, butter, vanilla extract and cocoa powder together on a medium speed. Turn down to a lower speed and add the milk gradually. Once mixed turn up to a high speed and beat approximately for 5 minutes until the mixture is light and fluffy. 7) After 15 minutes cooking, check the cakes and put in for longer if you think they're not ready yet. 8) Put the chocolate buttercream into a piping bag and pipe onto the top of the cupcakes hot or cold and decorate.

Cakes



Malteser Muffins by Su Schofield

Makes 24

Ingredients	Method
<ul style="list-style-type: none"> ● 225g plain flour ● 4x37g packets of Maltesers, 24 left whole & the rest crushed ● 110g golden caster sugar ● 1 tblspn baking powder ● 1 tspn salt ● 1 medium egg ● 142 ml soured cream ● 1 tspn vanilla extract ● 125g unsalted butter , melted ● 5 tblspns semi- skimmed milk <p>Caramel Topping</p> <ul style="list-style-type: none"> ● 200g golden icing sugar ● 1 tblspn semi skimmed milk ● 1 tblspn golden syrup ● 25g unsalted butter 	<ol style="list-style-type: none"> 1) Preheat the oven to 180c/fan 160c/gas 4. 2) Lightly grease 2 x 12 mini muffin tins (base 3cm wide, top 4cm wide). 3) Sift flour into a large bowl. Add the crushed Maltesers, caster sugar, baking powder and salt. 4) In a separate bowl beat together the egg, soured cream, vanilla, butter and milk, then mix into the dry ingredients until just combined. 5) Divide among the tins and bake for 15-20 minutes, until a skewer inserted into the centre comes out clean. 6) Cool for 5 minutes then remove onto wire rock. 7) Beat all the topping ingredients until smooth. Ice each muffin and decorate with a Malteser!

Cakes



Sticky Lemon Cake by Sue Woolhouse

Lovely filled with raspberries and cream as an extra treat.

Ingredients	Method
<ul style="list-style-type: none"> • 150g margarine • 225g caster sugar • 225g self-raising flour • Grated rind of 1 lemon • 4 tbsp milk • 2 large eggs <p>Topping</p> <ul style="list-style-type: none"> • 3 tbsp icing sugar • Juice of 1 lemon 	<ol style="list-style-type: none"> 1) Preheat oven to 170c. 2) Mix all of the cake ingredients together 3) Pop into lined 8" square tin (or 2 loaf tins) and bake for 40-45mins @ 170c. Ready once a skewer comes out clean! 4) For the topping, blend then heat lemon juice and icing sugar. 5) Skewer cooked cake then pour over syrup!

Chocolate Peppermint Slice by the Masons

Bet they don't hang around long in the biscuit tin!!

Ingredients	Method
<ul style="list-style-type: none"> • 50g soft brown sugar • 100g margarine • 1 teasp cocoa • 100g self-raising flour • Pinch salt • 100g icing sugar • peppermint essence • 100g chocolate (we prefer dark) 	<ol style="list-style-type: none"> 1) Cream sugar and margarine until soft 2) Stir in self raising flour, cocoa and salt 3) Spread mixture into greased swiss roll type tin & bake @ 190c/370f for 20 mins 4) Mark into fingers whilst still hot and leave to cool 5) Mix sieved icing sugar with half teaspoon peppermint essence and a little water. Spread over cold biscuit and leave to set 6) Spread with melted chocolate and when cold cut into fingers.

Cakes



Sunshine Carrot Cake by Sue Woolhouse

Ingredients

- 225g carrots (finely grated)
- 200g plain flour
- 350g caster sugar
- 1 ½ tsp baking powder
- ¾ tsp ground cinnamon
- ½ tsp bicarbonate of soda
- 3 beaten eggs
- 110 ml cooking oil
- 2 tbsp milk
- ¾ tsp finely grated lemon peel
- Pecan halves (optional)
- Lemon peel twist (optional)

Cream cheese icing

- 75g cream cheese
- 1 tsp vanilla
- 50g butter or margarine
- 225g sifted icing sugar

Method

- 1) Grease the bottom and halfway up sides of a 9x9x2 inch baking tin. Lightly flour the tin.
- 2) In a large mixing bowl stir together flour, sugar, baking powder, cinnamon and soda. In another bowl beat together eggs, oil, milk and lemon peel. Stir in grated carrot, mix well. Add carrot mixture to the flour mixture; mix well.
- 3) Pour batter into prepared tin. Bake in 170c/Gas 3 oven for 35-40 minutes or until a wooden toothpick inserted in centre comes out clean. Cool 10 minutes on wire rack. Remove cake from tin; Cool thoroughly on wire rack.
- 4) For cream cheese icing, in a small mixer bowl combine cream cheese, butter or margarine and vanilla. Beat until light and fluffy. Gradually add-icing sugar, beating until smooth.
- 5) Spread over cooled carrot cake
- 6) Optionally garnish with pecan halves and a lemon peel twist.
- 7) Makes 9 servings.

Cakes



Easy Peasy Chocolate Cake by Jane Cameron

Ingredients

Cake

- 125g softened butter
- 125g caster sugar
- 2 eggs
- 125g self-raising flour
- 2 big tbsp. cocoa powder
- 2 tbsp milk

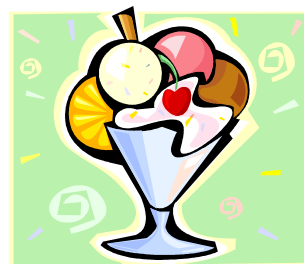
Buttercream

- 115g softened butter
- 150g icing sugar
- 2 big tbsp. cocoa powder
- 2 tbsp milk

Method

- 1) Set the oven to 180c/Gas 4. Grease two 18cm sandwich tins.
- 2) Beat the butter and caster sugar together until creamy and light. Carefully add one egg and stir it in until the mixture is smooth. Do the same with the second egg.
- 3) Sieve the flour and the cocoa into the mixture, add the milk and beat everything together until smooth.
- 4) Divide the mixture between the two cake tins and gently smooth the tops.
- 5) Cook for about 20 mins, until the cakes feel springy when you lightly press them with your finger. Leave them to cool for a little while in the tins and then turn them out onto a wire cooling rack.
- 6) Now make the buttercream. Place the softened butter into a bowl and sieve the icing sugar and cocoa powder into it. Add the milk and beat everything together until smooth.
- 7) When the cakes are completely cold, spread half of the buttercream onto one of the cakes, put the other cake on top and spread the remaining buttercream across the top.
- 8) Decorate with sprinkles or sweets and enjoy!

Desserts



The Wheatsheaf's Baked Bramley Apple and Almond Pudding by the chef at the Wheatsheaf in Woodhouse Eaves

THE
WHEATSHEAF
INN
with Rooms

The recipe is a favourite on our pudding menu. It is also gluten free. We love it warm with chilled Jersey cream but crème fraiche is also very nice with some calvados whipped into it. Can be eaten cold too. Serves 6. Enjoy x



Ingredients	Method
<ul style="list-style-type: none"> • 570g bramley apples • 110g caster sugar • 50g soft brown sugar • 110g very soft butter • 2 large eggs (beaten) • 110g ground almonds • 110g whole blanched almonds. • Approx. 850ml capacity baking dish, buttered. 	<ol style="list-style-type: none"> 1) Pre-heat oven to 180c/gas mark 4. 2) Wash the apples and cut them into quarters, take out the cores and slice them straight into the baking dish. (No need to peel apples) 3) Sprinkle them with a tablespoon of cold water and the brown sugar. 4) Place the very soft butter and caster sugar in a bowl and whisk them together, then add the eggs and continue to whisk. 5) Then fold in the ground almonds (the mixture may look a bit grainy and sloppy but that's fine). 6) Spoon the mixture into the baking dish and cover the apples. 7) Finally, scatter the whole almonds all over and place the dish on the centre shelf of the oven for an hour.

Desserts

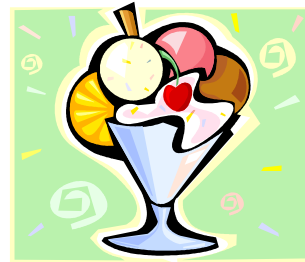


Aunty Katharine's Chocolate Bombe by Sarah Harrison

This recipe is a great alternative to the traditional pudding at Christmas. It is very popular in the Harrison household though, so we eat it throughout the year (without the holly on top!)

Ingredients	Method
<ul style="list-style-type: none"> • 200g plain choc • 150g butter or margarine • 3tbs golden syrup • 150g digestive biscuits crushed • 150g ginger biscuits crushed • 25g currants • 75g raisins • 25g candied peel • 2 tsp cinnamon • 2 tbsp brandy or rum (optional) <p>Icing</p> <ul style="list-style-type: none"> • 75g white chocolate - melted • 25g margarine or butter – melted 	<ol style="list-style-type: none"> 1) Melt butter or margarine, syrup and chocolate. Mix in rest of the ingredients and place in greased pudding basin. 2) Chill in fridge. 3) Turn out on plate. 4) Make icing and pour over pudding. 5) Decorate with plastic holly or other seasonal decorations if it is Christmas!

Desserts



The Curzon's White Chocolate and Raspberry Cheesecake by the Chef at the Curzon Arms in Woodhouse Eaves

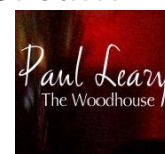


Ingredients	Method
<p>Base</p> <ul style="list-style-type: none"> ● 125g hob nobs ● 30g White chocolate ● 40g Butter ● 45g chocolate spread/nutella <p>Filling</p> <ul style="list-style-type: none"> ● 400ml cream ● 400g cream cheese ● 60g sugar ● 60g white chocolate ● 1 punnet fresh raspberries crushed 	<p>Base</p> <ol style="list-style-type: none"> 1) Melt butter, chocolate and chocolate spread 2) Blitz biscuits 3) Mix in the melted mix and line tin <p>Filling</p> <ol style="list-style-type: none"> 1) Whisk cream, cream cheese and sugar until thickened and stiff 2) Melt white chocolate and mix in quickly 3) Fold in the crushed raspberries and place into mould 4) Leave in fridge overnight

Desserts

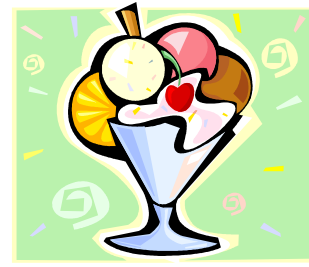


Rhubarb & Custard Cheesecake with Elderflower Ice Cream by Paul Leary at the Woodhouse in Woodhouse Eaves



Ingredients	Method
<p>Base</p> <ul style="list-style-type: none"> • 125g hob nobs • 30g white chocolate • 40g butter • 45g nutella <p>Cheesecake Mix</p> <ul style="list-style-type: none"> • 400ml double cream • 400g cream cheese • 120g sugar • 1 vanilla pod • Thickened anglaise sauce • 4 gelatine leaves <p>Poached Rhubarb</p> <ul style="list-style-type: none"> • Rhubarb • Grenadine stock syrup <p>Elderflower Ice Cream</p> <ul style="list-style-type: none"> • 437ml milk • 312ml double cream • 175g sugar • 10 egg yolks • 4 stems elder flowers (or elderflower cordial omitting some milk) 	<p>Base</p> <ol style="list-style-type: none"> 1) Whisk egg whites and sugar till firm peaks 2) Fold in passion fruit 3) Place into lined mould and cook <p>Cheesecake Mix</p> <ol style="list-style-type: none"> 1) Whisk cream (save 10-20 ml), cheese, sugar & vanilla together 2) Heat reserved cream add soaked gelatine 3) Whisk in gelatine and custard <p>Poached Rhubarb</p> <ol style="list-style-type: none"> 1) Peel and cut rhubarb to size 2) Place in Vac Pac bag, with grenadine stock syrup 3) Cook in water bath @ 68c for 1½ hours <p>Elderflower Ice Cream</p> <ol style="list-style-type: none"> 1) Whisk egg and sugar till sabayon 2) Heat milk, cream & elderflower 3) Strain milk & cream through sieve on to egg yolks 4) Whisk together, allow to chill down & churn

Desserts



Passion Fruit Soufflé by Paul Leary at the Woodhouse in Woodhouse Eaves



Ingredients	Method
<p>Soufflé</p> <ul style="list-style-type: none"> • 50g thickened passion fruit boirron (puree) • 50g sugar • 2 egg whites <p>Sorbet</p> <ul style="list-style-type: none"> • 750 ml Lychee boirron • 425g sugar • 1 tbsp glucose • Malibu to taste <p>Tuille</p> <ul style="list-style-type: none"> • 85g icing sugar • 57g butter • 85g flour • 60g egg white • 20g honey 	<p>Soufflé</p> <ol style="list-style-type: none"> 1) Whisk egg whites and sugar till firm peaks 2) Fold in passion fruit 3) Place into lined mould and cook <p>Sorbet</p> <ol style="list-style-type: none"> 1) Heat together 2) Chill and churn <p>Tuille</p> <ol style="list-style-type: none"> 1) Mix together 2) Mould and bake

Fish and Shellfish



Salsa Verde Salmon by Jayne Pheby

This is a very simple summery dish - lovely for a BBQ, but equally good grilled in the kitchen! Delicious served with crushed new potatoes and steamed asparagus.

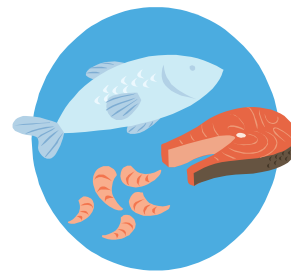
Ingredients	Method
<ul style="list-style-type: none"> ● 4 skinless salmon fillets ● Bamboo or metal skewers. <p>Salsa Verde</p> <ul style="list-style-type: none"> ● Small handful of each of the following: <ul style="list-style-type: none"> ○ Flat leaf parsley ○ Mint ○ Chives. ● 1 tbsp capers ● 1 crushed garlic clove ● 2 -3 tbsp extra virgin olive oil 	<ol style="list-style-type: none"> 1) Cut the salmon into even sized cubes, toss in some olive oil, with a spritz of lemon juice if liked. Thread onto 4 skewers - not too tightly packed - season to taste. 2) Grill or BBQ for 2-3 minutes each side, or until cooked through. 3) Meanwhile, roughly chop all of the herbs and combine with the capers, garlic and oil to make the salsa. 4) When the salmon is ready, spoon the salsa over each kebab.

Rennie's Rarebit by the Rennie's

Great as a starter served with salad garnish or as a main with steaming hot greens. You can also use the mix on toast for a late night supper or after school tea or added into large field mushrooms, baked in the oven for about 10 mins for another great starter.

Ingredients	Method
<ul style="list-style-type: none"> ● 200g grated cheddar ● 2-3 tblspns mayonnaise ● A few shakes of Worcester sauce ● 4 smoked haddock pieces - about 100g. 	<ol style="list-style-type: none"> 1) Pre-heat oven to 180c or gas mark 4. Mix the cheese, mayo and worcester sauce in a bowl. 2) Put the Haddock into an ovenproof dish. Top each piece of Haddock with the cheese mixture. 3) Grill until cheese browned. Place in oven for about 5 minutes or until fish cooked through.

Fish and Shellfish

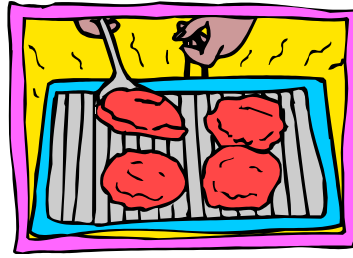


Fit for a party Fish Pie by Jayne Pheby

This is a great dish when catering for a crowd - prepare ahead and bung in the oven!
(Just make sure you don't drop it, as I did on one such occasion!)

Ingredients	Method
<ul style="list-style-type: none"> ● Selection of flaky white fish of your choice - about 800g. (I like to use about 250g of this as smoked fish, or salmon is also good.) ● 1 pint of milk (sorry 570ml!) ● Butter -100g ● Plain flour- 50g <p>Mashed potato topping</p> <ul style="list-style-type: none"> ● King Edward potatoes-1 kg ● Butter-about 50g ● Milk-a generous splash 	<ol style="list-style-type: none"> 1) Pre heat the oven to 200c. 2) Prepare the fish by skinning and boning if necessary. Place in a deep baking tin and pour over half of the milk, or until the fish is just covered. Season to taste and dot the top with some butter. Bake in the oven for about 15 mins. Pour the cooking liquid into a jug and set aside. This is very important for maximising flavour. 3) Flake the cooked fish carefully and place in a large ovenproof dish that is suitable for serving too. 4) Then make the white sauce - melt the butter in a pan and add the flour. Whisk until smooth and gradually add the cooking liquid and remaining milk. Slowly bring to simmering point whilst continually whisking. Taste and season and pour over the reserved fish. 5) Peel and chop the potatoes into 2cm cubes and boil, in a large saucepan, for 12-14 mins until cooked. Mash the potatoes - adding in the butter and milk until smooth and fluffy. Place mounds of potato evenly over the pie and smooth to cover all of the fish mixture. 6) Refrigerate, or cook straight away for about 40 mins until nicely golden brown.

Meat



Meltingly Tender Lamb Stew by head chef of Gino's Pear Tree, Gianni Albiniano.

Try this meltingly tender lamb stew for a warming winter supper.



Ingredients	Method
<ul style="list-style-type: none">• 2½ kg boneless lamb shoulder , excess fat trimmed• 4 tbsp flour , well seasoned for dusting• 3 tbsp olive oil• 3 large onions , chopped• 4 stalks celery , diced• 4 carrots , peeled and diced• 4 garlic cloves , sliced• 2 tbsp chopped rosemary leaves• 350ml white wine• 2 x 400g tins plum tomatoes• 20 black olives , pitted• 2 lemons , zested and juiced• A small bunch flat-leaf parsley , chopped	<ol style="list-style-type: none">1) Heat the oven to 160c/fan 140c/gas 3.2) Cut the lamb into chunks and dust with the flour. Heat 1 tsp of the oil in a large casserole dish. Brown the meat all over in batches.3) Pour in the remaining oil, onions, celery, carrots, garlic and rosemary. Season and cook for 10 minutes.4) Add the wine, tomatoes and meat and bring to a simmer.5) Cover and cook for 2-3 hours.6) Stir in the olives and lemon juice, sprinkle with the lemon zest and parsley and serve.

Meat



Mediterranean Pork Casserole by Sarah, Becky & Nathaniel Harrison

This is a great family meal served with rice and is popular for dinner parties. It works really well being made in a slow cooker which results in a lovely rich sauce, & freezes well too!

Ingredients

- 675-900g diced pork
- 1 onion finely chopped
- 2 tbsp olive oil
- Small punnet of button or chestnut mushrooms
- 1 tbsp plain flour
- 400g tin chopped tomatoes
- 180ml red wine
- 2 cloves garlic finely chopped
- 1 tsp dried basil or 1 tbsp of fresh basil
- 1 red pepper deseeded and chopped
- 50g stuffed olives

Method

- 7) Heat the oil and fry the pork in small batches to brown it on all sides. Put to one side.
- 8) Add the onions and garlic to the pan adding a little more oil if necessary.
- 9) Sprinkle in the flour and cook for a few minutes. Add the chopped tomatoes and red wine.
- 10) Add the pork pieces, basil, mushrooms, red pepper and a seasoning of salt and pepper.
- 11) Bring slowly to simmering point and cover with a tight fitting lid.
- 12) Place in centre of pre heated oven and cook for 1.5 hours gas mark 1, 275f or 140c.
- 13) Alternatively transfer to a slow cooker and cook for a few hours until required.
- 14) Just before serving, add the olives and leave for a few minutes to heat through.

Meat



Quick Chicken Supper by the Chef at Butler-Henderson Café at GCR in Quorn

Fridge to plate in approximately 1 hour. Serves 4. Very easy and you can use whatever store cupboard ingredients - you make it different every time!

Ingredients	Method
<ul style="list-style-type: none"> ● 4 chicken breasts slit through the middle to create an envelope ● 8 rashers of smoked bacon or parma ham ● 1 tub low fat cream cheese with garlic (or use 1 clove of crushed garlic per breast if your cream cheese is plain). ● 1 teaspoon mixed herbs (preferably Italian) ● 2 bell peppers - chopped ● 1 large onion - chopped ● 1 tin chopped tomatoes ● A few drops of tabasco sauce (or lots if you like it hot) <p>Serve with steamed broccoli, buttered carrots and new potatoes.</p> <p>Here are a few ideas as variations:</p> <ul style="list-style-type: none"> ● Stuff with goats cheese, black olives and sunblush tomatoes and serve on a bed of wilted spinach and mash. ● Stuff with pate and mushrooms and serve on a mustard sauce. 	<ol style="list-style-type: none"> 1. Set oven to 180c - slightly less for fan 2. In a lasagne sized dish, throw in the chopped onion, pepper and tinned tomatoes and set to one side 3. Allowing 2 rashers of bacon per chicken breast, on a clean board lay 2 rashers of bacon lengthways left to right and overlapping slightly so there are no gaps. 4. Lay the chicken breast vertically across the 2 rashers of bacon 5. Stuff the chicken with the garlic cheese and wrap tightly in the bacon. Do the same with all chicken pieces, 6. Heat a large frying pan and quickly seal each bacon wrapped parcel and place onto the tomato mix. 7. Cover with foil and place in the oven for 20 mins. 8. Remove foil and return to oven for 10 more minutes until bacon has gone brown. 9. Leave to rest for 10 minutes with foil back on and allow juices to run out into tomato mix. Yum

The Wheatsheaf Inn

Brand Hill, Woodhouse Eaves

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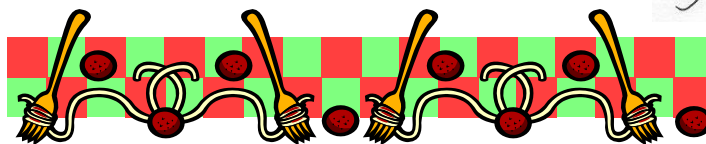
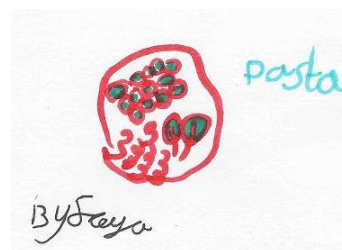
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Pasta



Mario's Papa's Top Pasta Sauce by Mario Del Grosso

It is basic, but this sauce with al dente pasta really hits the mark. Try adding a chilli or two, some fresh basil, or cloves of garlic as a variation.

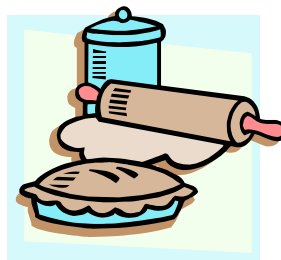
Ingredients	Method
<ul style="list-style-type: none"> • 4 tablespoons olive oil • 1 onion, peeled but whole • 1 400g tin tomatoes, chopped • 1 tin water • 3 to 4 tablespoons tomato purée • salt and freshly ground black pepper to taste 	<ol style="list-style-type: none"> 1) Heat a heavy medium pan over a medium heat 2) Add tomato puree and heat for 2 to 3 minutes, stirring at all times 3) Stir in tomatoes; cook until juice begins to thicken. 4) Add water, onion, and a little salt and pepper. 5) Reduce heat and simmer for at least an hour, ideally 2 hours, until rich and thick. 6) Check seasoning and serve with the pasta of your choice

Easy Spaghetti Carbonara by Deanne Rennie

Serve in bowls with garlic bread, salad and parmesan.

Ingredients	Method
<ul style="list-style-type: none"> • Spaghetti to serve 4 • One pack of bacon or alternatively ham-chopped • One bunch of spring onions • 4 large eggs beaten • Two garlic cloves • Olive oil - 1 tbsp 	<ol style="list-style-type: none"> 1) Cook spaghetti 2) Lightly fry bacon and set aside and keep warm 3) Chop and lightly fry spring onions and garlic 4) Drain spaghetti. Add bacon or ham, onions and garlic to spaghetti. 5) Stir through egg mixture until lightly cooked through. The heat of the spaghetti should do this for you.

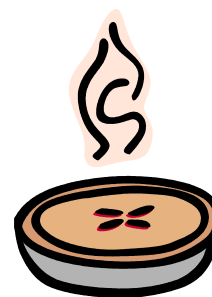
Pies



Alice's Really Easy, Scrummy Chicken and Vegetable Pie by Alice Cameron

Ingredients	Method
<ul style="list-style-type: none">• 50g butter• 1onion, finely chopped• 100g mushrooms• 50g plain flour• 400ml chicken stock• 400ml milk, warmed• Pinch nutmeg• Pinch mustard powder• 1 bay leaf• 250g cooked chicken, chopped into even-sized pieces• 200g mix of sweetcorn peas, broccoli, carrots or any other veg you fancy• 250g pack ready-made short crust pastry• 1 egg, beaten, or milk, for glazing	<ol style="list-style-type: none">1) Heat oven to 200c/180c fan/gas. Melt the butter in a pan over a medium heat, add the chopped onion and cook for 5 mins, stirring occasionally.2) Add the mushrooms to the pan with the onions. When they are both almost cooked, add the flour and stir to make a thick paste.3) Stir the paste continuously over a low heat for 2 mins until all the flour has gone and then slowly add the warm stock and milk, still stirring all the time.4) Season with salt, pepper, nutmeg and mustard powder. Add the bay leaf and bring to the boil, stirring all the time to stop the sauce becoming lumpy.5) When the sauce has thickened, place on a very low heat and add the chicken and veg. Pour into the pie dish.6) Put the pastry on a clean, lightly floured surface. Make sure you also dust the rolling pin with flour. Roll out the pastry until it is slightly larger than the pie dish. Lift the pastry over the dish.7) Trim off any extra pastry and press all around the outside edge with your fingers. Brush the top with the beaten egg and make a hole in the top of the pie to let the steam escape.8) Put the pie in the oven for about 25 mins, until golden brown. Enjoy!

Pies



Sausage Pie by Ann Irving

This recipe came from Radio 4 many years ago – I heard it when driving. It's a family favourite – quick and easy to make and delicious to eat. Serves 3 to 4 people.

It re-heats well if you fail to eat it all at one sitting too!

Ingredients	Method
<ul style="list-style-type: none">• 450g sausage meat [or take the skins off some sausages]• Mixed herbs [I like oregano]• 1 chopped onion• 1 large cooking apple• Mashed potato• Some butter• Some sugar or powdered sweetener	<ol style="list-style-type: none">1) Mix up the sausage meat, onion and herbs2) Place sliced apple on the base of a dish3) Sugar them to taste4) Spread the sausage mixture on top5) Spread the mashed potato on top6) Run a fork over the mash and dot it with butter7) Bake in a medium oven 375F/190c for 30 minutes until the top is golden & crisp

Snacks and Chutneys



Grannies Toenails (Pate for a picnic) by George Barnes

Serve with bread or toast for a great picnic snack

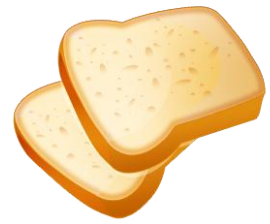
Ingredients	Method
<ul style="list-style-type: none"> • 1 onion, chopped • 50g butter • 1 tbsp olive oil • 100g walnuts • 1 metre tin foil • Liver from a free range chicken 	<ol style="list-style-type: none"> 1) Melt butter in a pan, add oil then add chopped onions 2) Cook on low heat for 20 mins 3) Add liver and cook gently, covering with tin foil, for 15 – 20 mins 4) Put cracked walnuts in and cook until brown (2 mins) 5) Mix in a blender, leaving slightly rough texture

Green Tomato Chutney by Annie Leake

Tried it last summer and ended up with really super chutney.

Ingredients	Method
<ul style="list-style-type: none"> • 550g green tomatoes • 500g red onion • 250g sultanas • 250g brown sugar • 1 tbsp salt • 1 tsp cayenne pepper • 1 tsp mixed spice • 500ml cider vinegar 	<ol style="list-style-type: none"> 1) Chop everything up, no need for perfection, and put it in a good heavy based pan. 2) Bring it to the boil and then turn down the heat, simmer for about an hour until reduced to a thick pulp. 3) Spoon into sterilised jars.

Snacks and Chutneys



Chicken Liver Parfait by Rachael Rowe

Great snack or starter. Serve with brioche, pickles and chutneys.

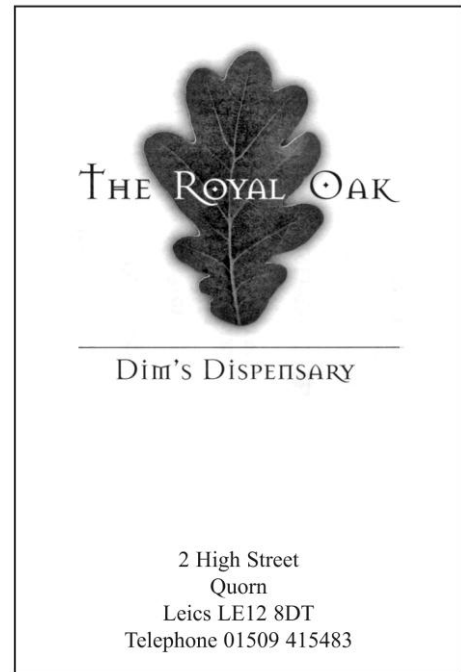
Ingredients	Method
<ul style="list-style-type: none">● 400g chicken livers● 500ml milk● 4 tsp salt● 100ml madeira wine● 100ml port● 50ml brandy● 60g diced shallots● 2 sprigs fresh thyme● 1 clove garlic● 5 eggs● 400g unsalted butter (melted and kept warm)● Pepper to taste	<ol style="list-style-type: none">1) Preheat oven to 130c/270f. Soak chicken livers in milk and 2 tsp of salt in a bowl for 1 hour. Rinse and drain livers.2) Put madeira, port, brandy, shallots, thyme, and garlic in a pan and bring to boil. Allow to bubble until reduced by 1/3 then allow to cool.3) Place livers and cooled alcohol into a blender and process. Add 1 egg at a time for 3-4 mins until silky & smooth.4) Gradually add melted butter (slowly or may split) then add remaining salt and some pepper5) Line base and side of 23cm x9cm x 8cm terrine tin with greaseproof paper leaving 3cm overlap.6) Use back of a ladle to press parfait mix through a fine sieve into a large bowl. Pour into terrine tin and cover with greaseproof paper cut to fit over the top.7) Place terrine in a deep baking tray and pour boiling water into tin, 2/3's of the way up the side of the tin.8) Cover tray loosely with tin foil and cook for 40 mins. Parfait is cooked when middle reaches 70c/158f.9) When cooked, remove from baking tray and allow to cool for at least 30 mins.10) Refrigerate overnight.

Soups and Stews



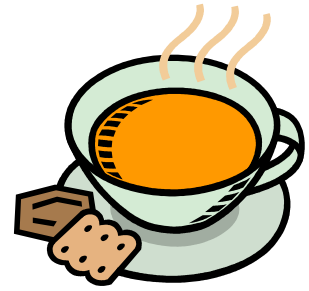
The Royal Oak's Irish Stew by the chef at the Royal Oak

Serve with crusty bread.



Ingredients	Method
<ul style="list-style-type: none"> • Glug of vegetable oil • 500g diced lamb • 1 diced onion • 1 carrot - thickly sliced • 1 parsnip - thickly sliced • 6 largish potatoes - cut into chunks • 450ml lamb or vegetable stock (2 stock cubes) • Season to taste 	<ol style="list-style-type: none"> 1) Heat the oil in a large saucepan; add onion and sauté on a medium heat until soft. 2) Add the lamb and brown on all sides. 3) Add the remaining ingredients, carrot, parsnip, potatoes, and stock - bring to the boil and cover. Simmer for 40 minutes.

Soups and Stews



The Woolies Orange Soup (Butternut Squash and Sweet Potato) by the Woolhouse Family

Nice with cheesy garlic bread!



Ingredients

- 1 tbsp veg oil
- 1 large onion chopped
- 1 large squash (about 500g) peeled and diced
- 1 sweet potato
- 1l veg stock
- ½ tsp dried sage
- 200g carton of low fat fromage frais
- Salt & pepper to taste

Method

- 1) Heat oil.
- 2) Add onion, squash, and potato and soften for 10minutes over a low heat.
- 3) Add stock and sage, cover and simmer for 20minutes or until veg is tender.
- 4) Puree until smooth.
- 5) Add most of fromage frais and seasoning.
- 6) To serve heat gently without boiling.
- 7) Finish with a teaspoon of remaining fromage frais

Vegetarian Cooking



Quick Chick-Pea and Potato Curry by Shad Savani

Enjoy with naan or rice and maybe some plain yogurt. Serves 4 to 5.

Ingredients	Method
<ul style="list-style-type: none">● 1 tbsp cooking oil● ½ tsp mustard seeds● 2-3 cloves● 1-2 small pieces of cinnamon● 2 cans of chick-peas● 2-3 small potatoes - peeled and cubed● 2 small onions - chopped● 2-3 cloves of garlic - crushed● 3 tomatoes - chopped (or a can of chopped tomatoes)● 1 tsp chilli powder● ½ tsp salt (to taste)● ½ tsp garam masala● ½ tsp turmeric powder	<ol style="list-style-type: none">1) Heat the oil in a saucepan and add the cinnamon, cloves and mustard seeds. Place a lid on the pan to stop being hit by the seeds!2) As soon as the mustard seeds have popped add the onions and turmeric powder.3) Sauté the onions until golden brown.4) Add the tomatoes and garlic and cook for 2 mins.5) Add the potatoes, a little water and cook until tender.6) Add the chick-peas and the other ingredients.7) Cook for a further 5 mins.

Vegetarian Cooking



Nutty Veggie Crumble by the Eve Family

Ingredients to serve 6

Ingredients	Method
<ul style="list-style-type: none">• 1 onion chopped• 2 garlic cloves crushed• 2 celery sticks chopped• 2 large carrots peeled and chopped• 4 large tomatoes chopped• 50 dried red lentils• 1 can chickpeas drained• 300ml vegetable stock• 50g cashew nuts• 60g pecan nuts• 100g plain flour• 60g margarine/spread• Optional - 50g stilton	<ol style="list-style-type: none">1) Sauté the onion and garlic for 2-3 mins until soft2) Add the celery, carrots and tomatoes, stir well and cook for a further 3-4 minutes.3) Stir in the red lentils and chickpeas then pour over the stock, season to taste, bring to a simmer and continue to simmer, stirring occasionally for 15 mins until the lentils are soft.4) Whilst this is simmering place the nuts and flour in a food processor and blitz to chop up the nuts.5) Add the spread and blitz again until it resembles breadcrumbs. If desired, crumble the stilton and stir into the crumble topping.6) Poor the veggie mixture into an ovenproof dish and spoon over the crumble.7) Bake in the oven for 15-20 mins until the crumble is golden

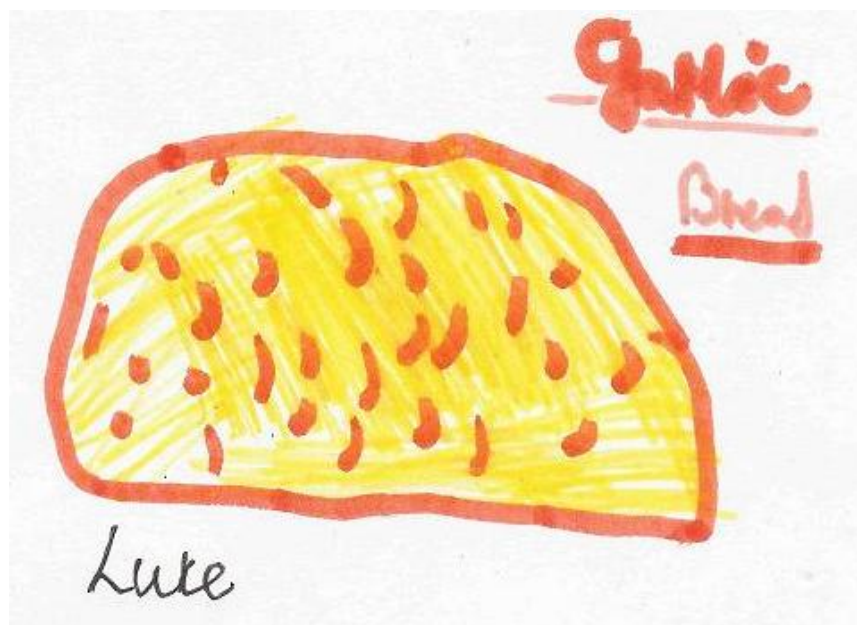
Vegetarian Cooking



Potato Wedgies – The Cameron’s Favourite by Jane Cameron

Really easy and really tasty.

Ingredients	Method
<ul style="list-style-type: none">• 4 baking potatoes• 1 tsp ground paprika• 2 tbsp olive oil• Salt and pepper	<ol style="list-style-type: none">1) Heat the oven to 220c/Gas 7.2) Scrub each potato, pat dry and cut each in half lengthways. Cut each half into three equal wedges.3) Mix the oil, paprika, salt and pepper together in a roasting tin.4) Using your hands, coat the wedges in the mixture and bake for 40 – 45 minutes. Shake the pan occasionally.



Vegetarian Cooking



Vegetarian Shepherds Pie by Su Schofield

This is a great family favourite even with "non veggies".

Ingredients	Method
<ul style="list-style-type: none">● 2 tblspn olive oil● 2 onions, chopped● 2 celery sticks, chopped● 3 carrots, chopped● 400g can chopped tomatoes● 425ml vegetable stock● 2 tblspn tomato puree● 100g red lentils● 3 tblspn pesto (preferably fresh) <p>Topping</p> <ul style="list-style-type: none">● 1kg floury potatoes● 1 bunch spring onions● 125ml milk● Freshly grated nutmeg● 25g butter● 100g grated cheddar or gruyere cheese	<ol style="list-style-type: none">1) Heat oil in a large pan, add the onions and fry for 10 mins until softened. Add the celery and carrots and fry for 5 minutes.2) Stir in the tomatoes, puree and lentils. Bring to the boil, cover and simmer for 20 minutes until the lentils are tender. Season well, stir in the pesto and tip into 1.7 litre/3 pint ovenproof dish.3) Preheat the oven to 200c/Gas 6/fan oven 180c.4) Meanwhile peel the potatoes and cook in salted water until tender. Chop the spring onions and put in small pan with milk and a good sprinkling of nutmeg. Bring to the boil, then simmer for 5 minutes and remove from the heat5) Add milk, butter, two thirds of the cheese and plenty of seasoning.6) Spoon on to the filling, sealing it in.7) Sprinkle over the remaining cheese and bake for 30 minutes, until the top is crisp and golden.



Sam's Mum's Orange Mince Pies by Sam Waters Mum

Tip from Sam's Mum: "If I make the whole quantity it produces MASSES of little ones (mini muffin tin size)! I quite often make half the quantity which I seem to remember makes about 40, but if you were making larger ones it wouldn't seem as many. With the little ones I cut out a small lid and just balance it on top of mincemeat."

Ingredients	Method
<ul style="list-style-type: none"> • 450g plain flour • 150g icing sugar • Grated rind and juice of 1 orange • 300g butter • Mincemeat 	<ol style="list-style-type: none"> 1) Sift flour and sugar into a bowl 2) Cut butter into small pieces and rub in 3) Add grated orange rind and stir in juice until dough begins to stick together 4) Gather up dough, pat into ball, wrap in greaseproof paper or cling film and leave in fridge for 30 mins before use 5) Use as required to make mince pies 6) 190c (170c approx. fan) or lower 7) 8-10 mins for mini mince pies, longer for larger! 8) Cook until golden

Christmas Mincemeat Fruit Loaves by Sue Woolhouse

Ingredients	Method
<ul style="list-style-type: none"> • 2 eggs • 150g caster sugar • 150g margarine • 225g self-raising flour • 350g mincemeat • 225g currants 	<ol style="list-style-type: none"> 1) Mix until blended. 2) Divide into 2 1lb loaf tins. 3) Sprinkle with a few flaked almonds. 4) Bake @ 160c for 1¼ hours (Skewer should come out clean). 5) Cool on a wire rack.

Xmas



My Nana's Bakewell Mixture by Jayne Pheby

Family traditions create great memories, and the smell of this mixture cooking signifies the start of Christmas to me. There were always some yummy tarts offered to us (and to Santa!) at this time of year.

I like to make a batch of this to keep in the fridge, ready to rustle up some tarts in double quick time. You just need 1 qty of bought or homemade sweet pastry rolled out, cut into tart sized circles and placed in a tart tin with strawberry or raspberry jam - about half a teaspoon placed into each tart. Top with the Bakewell mixture, enough to fill the tart and decorate with a cross of thin pastry strips. Bake at 200c for about 10 mins until golden. Allow to cool slightly before serving – that jam is HOT!

Ingredients	Method
<ul style="list-style-type: none">• 100g Butter• 100g Caster sugar• 70g Ground almonds• 1 Large egg –beaten well.	<ol style="list-style-type: none">1) Melt the butter in a litre bowl placed over a pan of simmering water.2) When it has melted, stir in the dry ingredients and combine well.3) Add the egg and stir well again.4) Leave to simmer for 1 – 1 ½ hours, topping up the water in the saucepan as necessary.5) Stir at frequent intervals until the mixture thickens.6) The mixture can then be chilled until needed, or used immediately to make the tarts.



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