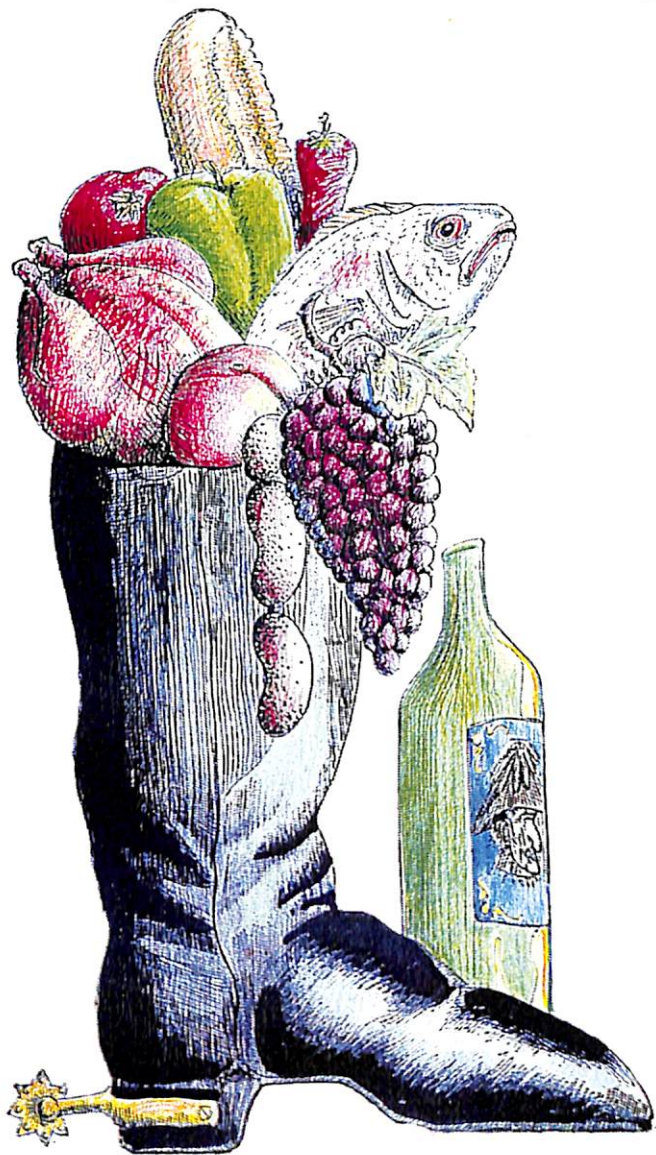


Fill Your Boots



*The Duke Of Wellington's Regiment
Family Cook Book*

Foreword

Most of us will know someone who has been affected by cancer, and we in the Dukes have, in recent years, seen its devastating impact first hand. It is with this in mind that the Dukes Wives' Action Group (WAGs) decided that, in our Tercentenary year, we would produce a cookbook to raise funds for cancer charities.

We hope you enjoy using this book, particularly in the knowledge that in buying it, you have supported a very worthy cause.

Recipe For Success

My grateful thanks to all those friends and supporters who have responded so magnificently to our appeal for recipes. I feel sure there will be some new family favourites amongst them. Of course, it takes more than just recipes to ensure the success of a project such as "Fill Your Boots" and I would like to say a huge thank you to Christine Craven and her Uncle Philip from Percival & Lockwood Ltd. who so kindly and generously printed this book at no cost, a very special thank you from us all. Thank you also to Eileen Ness, Juliet Holroyd, Zara Monteith and Margaret Frear for their hours of hard work coordinating the project and to 2Lt Mick 'The Fish' Cataldo, for producing the artwork for us.

Jane Borwell

For additional copies, please contact

The Unit Welfare Office, 1DWR, BFPO 36

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onversion Tables

The conversion measurements are intended as a rough guide.

LIQUID MEASUREMENTS

Metric	Metric Cup	Imperial
60ml	1/4 cup	2 fl oz
75ml	1/3 cup	3 fl oz
125ml	1/2 cup	4 fl oz
150ml	2/3 cup	1/4 pint (5 fl oz)
180ml	3/4 cup	6 fl oz
250ml	1 cup	8 fl oz
300ml	1 1/4 cups	1/2 pint (10 fl oz)
375ml	1 1/2 cups	12 fl oz
500ml	2 cups	16 fl oz
625ml	2 1/2 cups	1 pint (20 fl oz)

OVEN TEMPERATURES

Gas Mark	Fahrenheit °F	Celsius °C
1/4	225	110
2	300	150
4	350	180
6	400	200
8	450	230

CAKE TIN SIZE (Diameter)

Inches	Centimetres
6"	15 cm
7"	18 cm
8"	20 cm
9"	23 cm

DRY MEASUREMENTS

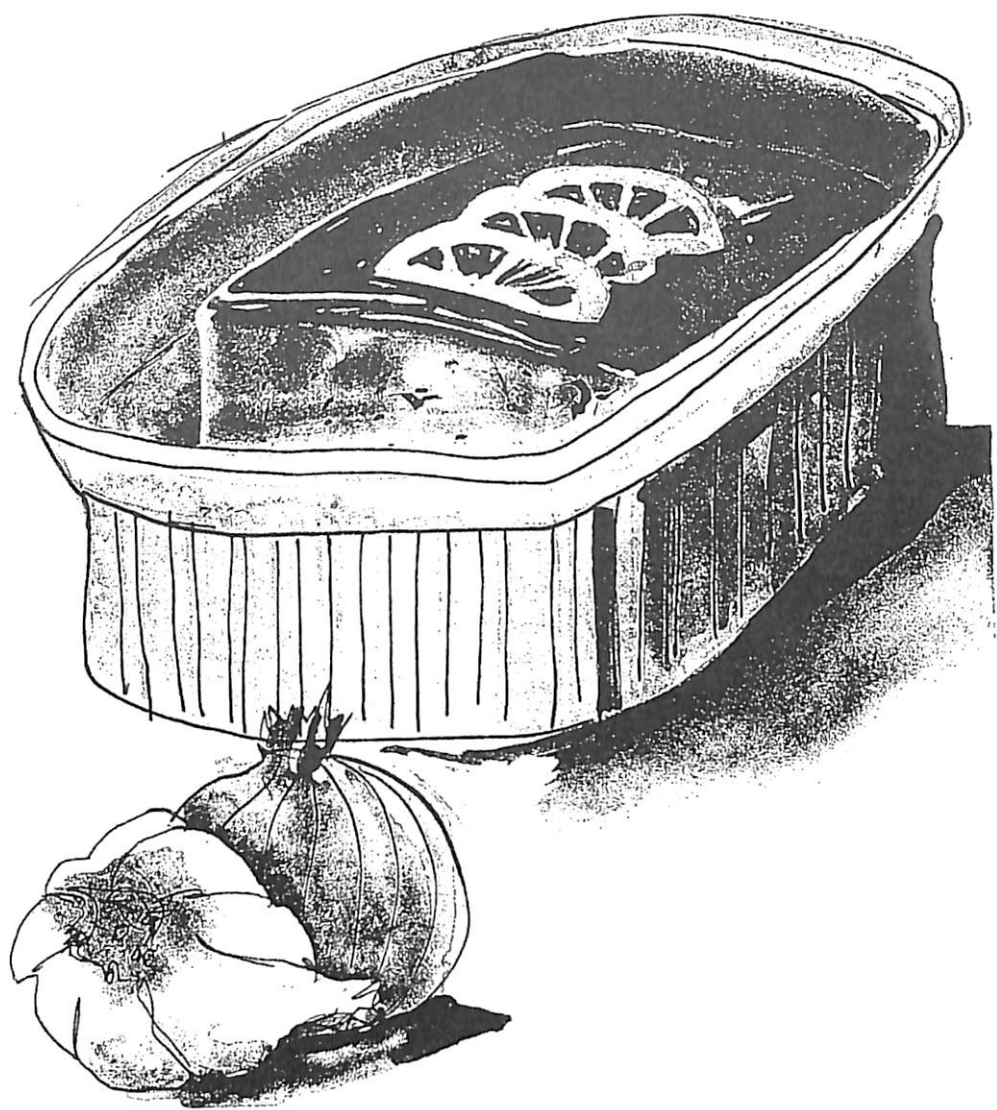
Grams	Metric Cup	Imperial
15g		1/2 oz
30g		1 oz
60g	1/4 cup	2 oz
90g		3 oz
125g	1/4 cup	4 oz (1/2 lb)
250g	1 cup	8oz (1/2 lb)
375g	1 1/4 cups	12 oz (3/4 lb)
500g	2 cups	16 oz (1 lb)
750g	3 cups	24oz (1 1/2 lb)
1000g	4 cups	32 oz (2 lb)
1500g	6 cups	3 lb

THERMOSTAT SETTINGS

	Fahrenheit °F	Celsius °C
Very slow	250	120
Slow	300	150
Moderately slow	350	180
Moderate	400	200
Moderately hot	425	220
Hot	450	230
Very hot	475	250

LOAF TIN SIZE

Inches	Centimetres
9" x 5"	23 cm x 12 cm
10" x 3"	25 cm x 8 cm
11" x 7"	28 cm x 18 cm





Starters/Light Snacks

Notes

Chicken and Pesto wraps

Quantities to suit

Ingredients

Chicken breast
Pesto sauce
Phili Cheese
Ham (either very thin sliced or Parma ham)

Method

Open chicken breasts; mix pesto sauce and Phili cheese and stuff into chicken. Wrap a slice of ham around each. Cook for 35/40 mins. Really delicious and looks quite impressive.

Jane Borwell

Black Olive Tapenade

Serve alone for a salty appetiser, toss with warm pasta or spread on beef tourmedos as a main course.

Ingredients

1 lb kalamata olives, pitted and coarsely chopped
4 tbsp chopped rinsed capers
2 anchovies, rinsed and chopped
4 cloves garlic, chopped
pinch of dried thyme
3 tbsp olive oil
1 tbsp brandy
1 tbsp dijon mustard

Method

Thoroughly mix all ingredients into a bowl with a wooden spoon and refrigerate. Makes 2 cups.

Ann Fitz-Gerald

Pork Ribs with Chilli Plum Sauce

Serves 5

Ingredients

3lb pork ribs
3 tbsps black bean sauce
1 tsp mixed spice powder
2 tblsp Oyster sauce
2 tblsp rice wine
3 tblsp soy sauce
1 gill / ¼ pint bottled plum sauce
1 clove garlic
1 tblsp crushed ginger
1 tblsp chilli sauce
2 tblsp cornflour
3 chopped spring onions

Method

First make the plumb chilli sauce, heat 2 tablespoons of oil in a wok/pan. Add the crushed garlic, chopped spring onions. Cook over a gentle heat for a few minutes. Remove from heat, add the plumb sauce and chilli sauce. Stir until combined. Add 2 table spoons soy sauce and cornflour. Stir until sauce thickens. Let cool. Combine the black bean sauce with the soy sauce, rice wine, mixed spice salt and pepper. Add half the chilli plum sauce to the mix. Coat the ribs and leave to marinate for 1 to 2 hours. Place on baking tray and cook through the oven gas mark 6 for ¾ hour (basting regularly) check to see if cooked. Serve with rice and remainder of chilli plum sauce.

SSgt P. A. Wilson
Master Chef

Stuffed Mushrooms

This is a very simple recipe and quantities are up to the individual

Ingredients

Mushrooms
Pate
Cheese

Method

Take stalk out of centre of mushrooms and fill with pate. Grate cheese over the top put in an oven proof dish and bake in the oven on a medium heat for around 15-20 minutes.

Sandra Harvey

Pink Salad (From famous pink party)

Ingredients

4 apples
2 beetroots
250ml whipping cream

Grate the apples and beetroot finely and add to whipped cream.

Meike Harrap

Smoked Salmon Pâté

You don't need to use prime slices of salmon for this pâté – scrappy end bits will work just as well. Serve on thin rye toast or crackers, garnished with lemon zest and fresh dill.

Ingredients

7 oz smoked salmon
8 oz cream cheese
1 tbsp coarsely chopped fresh dill
¼ cup lemon juice
Freshly ground pepper

Method

Place salmon in a food processor and blend until smooth. Add the cream cheese, dill and lemon juice, and blend until mixed. Season with pepper to taste. Makes a party-sized appetiser.

Ann Fitz-Gerald

Raj Cream (Consomme Mousse)

Serves 4 –6

Ingredients

10 oz Campbells Consomme
2 tbsp Sherry
1 Tsp curry powder
8oz Philadelphia cheese
6 stuffed olives
1 dsp gelatine powder

Method

Dissolve the gelatine in a little of consommé and then add to the rest of the consommé. Reserve 3 tbsp of the above and mix with the sherry. Place the remainder of the consommé with the cream cheese and curry powder into a liquidiser and blend until smooth. Pour into ramekins or a large bowl and refrigerate until set. Garnish with olives and pour over reserved consommé and sherry. Chill again.

Liz Anne Cumberlege

Guacamole

A delicious dip for corn chips and nachos, this guacamole can also be served as a sandwich spread. To help minimise the natural darkening of the avocado as it oxidises, press plastic wrap tightly onto the surface. Nonetheless, do not let any discoloration discourage you from using the guacamole even after a few days in the refrigerator. Simply skim the top and serve.

Ingredients

5 ripe avocados
1 tomato, diced
3 tbsp sour cream
½ large red onion, diced
juice of 1 lime
2 fresh jalapenos peppers, minced
2 cloves of garlic, minced
2 tbsp chopped fresh coriander leaves
coarse salt

Method

In a bowl, mash avocados into a chunky purée. Fold in tomato, cream and onion. Stir in lime juice, jalapenos, garlic and coriander, and season with salt to taste. Chill. Makes approximately 5 cups.

Ann Fitz-Gerald

Deep Fried Spicy ribs

5 portions

Ingredients

3lb Pork ribs
2oz Root Ginger
1 Onion
1 Garlic clove
1 tsp mixed spice powder
1 tbsp light soy sauce
1 tbsp rice wine
1 tbsp cornflour
1 tbsp sesame oil
2 tbsp Honey
1 tbsp Chilli sauce

Method

Cut ribs into long strips. Marinate in crushed garlic onion and remaining ingredients for 1 hour. Deep fry ribs until golden brown and check to make sure they are cooked. Drain and serve with sliced tomato and cucumber and parsley.

SSgt P. A. Wilson
Master Chef

Prawn Toast

Makes about 30 pieces

Ingredients

110g raw prawns
150g fatty minced pork
large pinch freshly ground black pepper
1 egg beaten
3 tbsp finely chopped coriander
1 tbsp light soy sauce
2 tbsp finely chopped spring onions
2 tsp sugar
20 slices very thinly sliced bread
50g sesame seeds
400ml ground nut (peanut) oil for deep frying

Method

Peel the prawns and throw away the shells. Using a small sharp knife, cut down the back of the prawn to remove the dark coloured vein. Wash the prawns in cold water with a teaspoon of salt, then rinse well and dry with kitchen roll. Using a sharp knife, roughly chop the prawns put them into a food processor and mince them to a fine paste. Mix in the rest of the ingredients including the sugar (this can be done hours in advance). You should then cover the paste well and put into the fridge until needed. Remove the crusts from the bread and cut into triangles about 4 out of each slice of bread. If the bread is fresh it will need drying out and this can be done in an oven on very low heat. Thickly spread the paste on each slice of the bread it should be a layer of about 3mm deep, but you can spread it as you require. Sprinkle the toasts with the sesame seeds. Heat the oil in a pan to a moderate heat. Deep fry the toasts for about five minutes and then drain and serve as required.

L/Cpl Bonner

Onion Bahja

Serves 5

Ingredients

300g onions
100g besan flour
2 red chillies
5g turmeric
15g fresh coriander
salt
water
oil for frying

Method

Peel and shred onions. Remove seeds from chillies. Finely chop the coriander, chillies and mix with the onions and salt. Add the flour and turmeric then mix in sufficient water to make a stiff batter. Heat oil to a moderate heat in a heavy shallow pan and put tablespoons full of onion batter and cook until crisp and golden brown.

LCpl Rook L.K.

Salmon with Horseradish Cream Sauce

This is great for a supper party, primarily because you can make the sauce ahead of time. The rich, creamy horseradish sauce gives the salmon a spicy bite!

Ingredients

1 ½ cups white wine
1 medium onion, cut in half
6 cloves
2 cups double cream
2 cloves garlic
2 bay leaves
2 tbsp prepared horseradish
6 salmon fillets, grilled or pan-fried

Method

Heat wine in a saucepan over medium-high heat and reduce to 4 tbsp. Set aside. Stud the onion with cloves and place in a pot with cream, garlic and bay leaves. Heat over medium heat until cream is reduced to ¼ cup. Strain out onion, garlic and bay leaves. Add reduced wine and stir in horseradish. Pour warm sauce over salmon. Serves 6.

Ann Fitz-Gerald

Gazpacho Soup

Serves 8

Ingredients

2 garlic cloves peeled and halved
1 medium red pepper, deseeded and coarsely chopped
1 kg skinned tomatoes, deseeded and chopped
1 medium onion, peeled and coarsely chopped
5 tbsp olive oil
2 tbsp vinegar
150g fresh white breadcrumbs
½ level tsp ground cumin
¾ litre cold water
salt and pepper to taste

Method

Place the first six ingredients into a blender in two or three batches. Run machine at high speed until smooth. Tip into bowl, stir in breadcrumbs and cumin then cover. Chill at least 6 hours. Stirring continuously, blend in water immediately before serving. Ladle into bowls and accompany with side dishes of coarsely chopped cucumber, finely chopped onion, finely chopped green pepper, chopped and deseeded tomatoes and small cubes of fried bread.

Broccoli and Cheese Soup

Serves 4

Ingredients

2 onions
2oz/50g butter
1lb/450g broccoli
1 pt/600ml vegetable stock
3oz/75g cheddar cheese grated
¼ pint/150ml single cream
salt and pepper

Method

Peel and slice onions then cook in a saucepan over a gentle heat until soft. Trim and chop the broccoli add to pan turning in the juice for two minutes. Add the stock and simmer for 20 minutes then liquidise. Season to taste then stir in the cream and cheese until well mixed.

Adele Thomas

Spinach Soup

Ingredients

2oz/50g butter
1 medium onion finely chopped
1lb/450g spinach (thoroughly washed and chopped – if older crop remove stalks first) or 6oz/175g packet frozen spinach thawed
1oz/25g plain flour
¼ pt/450ml chicken stock (stock cube and water will do)
¼ pt/450ml milk
salt and pepper to taste
Nutmeg to taste
¼ pt/150ml cream – to swirl in at the end

Method

Melt the butter in a large saucepan, add the spinach and onion and fry gently for 5 minutes. Stir in flour and cook gently for 1 minute, stirring then remove from heat. Gradually stir in the stock, bring to the boil, stirring all the time until the mixture thickens (looks like glue). Blend in the milk and bring back to the boil, stirring. Cover and simmer for 20 minutes. Add salt and pepper and nutmeg. Allow to cool slightly then whiz until smooth in a blender or even better one of those hand blenders straight in the pan. Thin if necessary with a little milk. Reheat if required and don't forget to swirl in that cream just before serving.

Liz Rhodes

Hot Cream Cheese with Prawns

Serves 4

This can be eaten like a paté on Melba toast, crackers or chunks of fresh bread.

Ingredients

14oz/400g cream cheese
1 tbs french mustard
2 spring onions chopped
4oz/100g prawns
grated Parmesan cheese

Method

Preheat the oven gas no 7/220°C/425°F. Mix the cream cheese, mustard, spring onions and prawns well together and press into 4 individual oven proof dishes. Sprinkle liberally with the Parmesan and pop in the oven for 3 minutes.

NB. Use cheddar cheese instead of Parmesan if you prefer

Christine Craven

Chips. Cheese and Oxo Delight

Deep fry 1 plate worth of chips. When ready, place on a plate and layer them with liberally sliced cheese. Sprinkle 2 oxo cubes (beef) over the cheese and place under the grill until the cheese has melted and the oxo has settled into it. Leave to cool for a minute and you have a very tasty treat.

Cpt John Frear

Mexican Pittas

Serves 4

Ingredients

Pitta bread
8oz/225g sliced salami
15oz/425g tin red kidney beans
6tbsp garlic mayonnaise
Few drops Tabasco sauce (optional)

Method

Preheat oven to gas mark 6/200°C/400°F. Split the pitta to form a pocket and line with slices of salami. Mix the beans, mayonnaise and tabasco (if using) together and spoon into the pitta bread. Wrap each individually in foil and bake for about 7minutes.

Christine Craven

Tommy Tuckers Supper

A creamy mixture of lightly scrambled egg cooked with tomatoes and cheese. This makes a sandwich filling with a difference.

Ingredients

2 large tomatoes fresh or tinned
2oz sunflower margarine
4oz cheddar cheese grated
1 well beaten egg
salt and pepper

Method

If using fresh tomatoes scald and peel them. Chop the tomatoes finely. Melt the margarine in a frying pan, add the tomatoes and the cheese. Lastly, add the beaten egg and seasoning. Simmer for 2-3 minutes and allow to cool before using as a filling for sandwiches, roll or as a jacket potato filling.

Anonymous

Green Soup

Ingredients

4oz potato diced
3oz onion chopped
2 pints chicken stock
¼ cube root ginger
½ tsp ground coriander
½ green chilli
10oz frozen peas
1 tbsp lemon juice
½ tsp roasted ground cumin seeds
Bunch chopped fresh coriander
¼ double cream
Salt and pepper

Method

Put onion, potato and ginger in stock, bring to boil and simmer for 30 minutes. Take out ginger and then add rest of ingredients, except cream and green coriander. Simmer for 2-4 minutes, blend in liquidiser and add cream and green coriander. Do not overcook at the end as it loses its green colour.

Annie Andrews

Egg Mayonnaise with Prawns

Serves 6

Ingredients

Six eggs (size 3 or 4)
Cress
Sliced Tomato
Sliced Cucumber
6 Tbsp Mayonnaise
4oz/100g prawns
Paprika (optional)

Method

Hard boil your eggs then run under cold running water to prevent discolouration. Meanwhile arrange a little cress and a slice or two of the tomato and cucumber on six small plates. Shell the eggs and then cut in two and place flat side down on the cress. Spoon a little mayonnaise over the eggs and top with prawns. Sprinkle the paprika on top if using.

Christine Craven

Salad Dressing

Ingredients

2 tbsp sugar
1 large tsp mustard seeds
1 large tsp paprika
1 large tsp salt
5 tbsp vinegar
3 tbsp lemon juice
3 tbsp tomato ketchup
1 clove of garlic crushed
5 ½ floz olive oil

Method

Mix dry ingredients well. Add liquids gradually. Shake well before use.

V Robertson

Gazpacho

Ingredients

4 large tomatoes
2 medium onions
1 medium green pepper
½ large cucumber
6 black olives, stoned
Slice of bread
1 – 2 cloves of garlic
2 tblsp vinegar
2 tblsp tomato puree
1-2 dtsp sugar
Salt and pepper
A little thyme, rosemary, basil
½ pt water (not used all at once)

Method

Skin tomatoes, chop roughly and other vegetables. Blend all the ingredients well. Taste and adjust seasoning.

Judith Greenway

Mushroom Salad

Use as a starter but can also be a salad or a main course

Ingredients:

8oz mushrooms
Olive oil
Juice of a lemon
2 crushed cloves of garlic
6 shakes of Tabasco
1 tsp caster sugar
Salt and black pepper
6oz prawns
¼ pint double cream
Chopped parsley

Method

Finely slice mushrooms into serving dish, saturate with olive oil and stir in the juice of a lemon, the garlic, Tabasco, sugar and salt and pepper. Chill for 1 hour. Now stir in prawns and double cream and sprinkle copiously with chopped parsley. For a vegetable course leave out prawns and add black olives. As a main course add flaked crab or lobster.

Annie Andrews

Hearty Minestrone Soup

Ingredients

2 rashers bacon chopped
1 clove garlic
1 onion chopped
2 carrots chopped
1 tin tomatoes chopped
1 tin kidney beans
2 sticks celery chopped
½ cup green beans
1 cup pasta shells
¼ tsp sugar
2 ½ pts water
2 chicken stock cubes
2 tbsp tomato puree
Salt and pepper
Basil, oregano to taste

Method

Fry bacon in oil. Add garlic and onions. Cook for a few minutes and combine with other ingredients. Cook for 2 hours or until vegetables are cooked to taste. Great with crusty bread and sprinkled with Parmesan cheese.

Zara Monteith

Sweet Potato and Pepper Soup - simple. but delicious

Ingredients

6 peppers (assortment, red, green and yellow)
5 large (or 6-7 small) sweet potatoes
2 tbsp curry powder
2 cups vegetable stock
¼ cup olive oil

Method

Cut peppers into 1-inch square pieces and lie on a baking sheet. Sprinkle olive oil over all the pieces and place under the grill until roasted and soft. Peel and dice the sweet potatoes and boil for 15-20 until cooked. If you do not have some vegetable stock saved from a previous meal, add a bouillon cube to the potatoes. When the potatoes have finished cooking, drain, reserving the stock, and purée the potatoes and the peppers in a food processor. Pour the puréed mixture back into a sauce pan, adding the stock and curry powder. Salt and pepper to taste. Serves 6-8.

Ann Fitz-Gerald

Leek Carrot and Orange Soup

Ingredients

1 lb carrots
1 onion
1 oz butter
1 ½ pints chicken stock
1 level tsp sugar
Juice of 4 oranges
¼ pint single cream

Method

Soften carrots and onion in butter. Stir in sugar, salt, and stock. Cover and simmer gently. Place in liquidiser – add orange juice and cream. Then Ice.

Anonymous

Leek and Potato Soup

Ingredients

2 medium sized Leeks washed and chopped
2 large Potatoes peeled and diced
1 rounded teaspoon of butter
1 Chicken Oxo cube
½ pint of water
salt and black pepper to taste.
¾ pint of milk
some double cream.
good pinch of Schwartz Mace.
good pinch of Schwartz Nutmeg.

Method

Cook the Leeks in the melted butter, when soft add the potatoes, water, mace, nutmeg, salt, black pepper, crumble chicken cube over the top and stir. When potatoes are soft, take off heat. Mash with potato masher or fork. (for a smooth soup liquidise.) Add milk and some double cream. Return to heat and cook gently for a few minutes. Do not let it boil. Serve with crusty bread.

Joan Kirk

Smoked Mackerel Pate

Ingredients

Tub of Philadelphia cheese
Skinned smoked mackerel
Lemon juice
Black pepper

Method

Liquidize all ingredients together for a short while. DO NOT over do it.
Turn into ramekins. Chill and enjoy.

Anonymous

Goat Cheese and Red Pepper Spread

Tastes great smeared on a whole warm pita, cut into triangles, or served as a cold vegetable dip

Ingredients

1 red bell pepper
1 lb goat cheese
1 lb cream cheese
½ tsp balsamic vinegar

Method

Hold red pepper on a long fork over the open flame of a gas stove or the coil of an electric stove until the entire skin is blistered or blackened. Let pepper steam for 15 minutes in a paper bag or a bowl covered with plastic wrap. Then remove skin, stem and seeds. In a food processor, blend roasted red pepper, alternately adding goats cheese and cream cheese in small batches. Continue to blend and add vinegar. Makes 2 cups.

Ann Fitz-Gerald

Crab Cakes

Ingredients

1 lb crab meat (tin is fine)
1 oz bread crumbs
2 tbsp mayo
2 oz chopped parsley
1 ½ oz butter
1 tbsp Worcester sauce
½ teaspoon mustard (dry)
pinch of salt & pepper

Method

Flake crabmeat into a bowl. Mix in all other ingredients except the butter. Flatten mixture into eight small pancakes. Melt the butter in a frying pan then fry each crab cake for a few minutes. Serve with tartar sauce and lemon wedges.

Jane Borwell

Curried Butternut Soup

Ingredients

4 tbsp butter
2 cups of finely chopped onion
4-5 tsp curry powder
2 medium butternut squash (approx 3lbs)
2 apples, peeled, cored and chopped
3 cups of chicken stock
1 cup of apple juice
Salt and pepper to taste

Method

Gently sweat the onions and curry powder in butter for about 25 minutes. Add squash and apples. Pour in stock and bring to boil, simmer part covered for 25 minutes until squash and apples are very tender. Cool a little then strain, reserving liquid. Blend vegetables and fruit until smooth then return to pan with reserved liquid. Reheat, adding a little apple juice to let down if required. Season to taste and serve.

Sarah Shuttleworth

Salad Dressing - tasty, but healthy and light dressing

Making a basic vinaigrette is easy and garden fresh greens tossed with fruity olive oil, lemon juice or a mild vinegar tastes great. When making salad dressing, taste it until the flavour is right for you and don't be afraid to experiment with different kinds of oils, vinegars and mustards. Left over dressing can be refrigerated for one day, but after that it tends to lose its tartness.

½ cup + 2 tbsp olive oil
4 tsp lemon juice
1 tbsp red wine vinegar
1 tsp Dijon mustard
coarse salt and fresh ground pepper

Whisk all ingredients together in a bowl, or shake in a jar. Makes ¾ cup.

Ann Fitz-Gerald

Nachos

Serves 10

Ingredients

670g tin kidney beans
90ml vegetable oil
760g tortilla chips
4 beef tomatoes
380g mature cheddar
5 fresh chillies

Method

Drain and rinse the kidney beans, fry them in the oil. Stir with the back of a wooden spoon, pressing the beans together to form a cake. When a crust forms on the base, turn over and fry the other side until golden brown. Spread a little of the mix on to each tortilla chip. Lay out on a baking tray. Peel, deseed and dice the tomatoes and scatter over the chips. Grate the cheese over the top of the chips and sprinkle with slices of chilli. Heat for a few minutes in the oven until cheese is bubbling and serve immediately.

SSgt P. A. Wilson
Master Chef

Supper Rolls

Ingredients

2 tbsp/30ml Yeast
¼ cup/180ml Warm Water
1 tsp/5ml sugar
2 cups/500ml Warm water
1 ½ tsp/7ml Salt
½ cup/125ml White Sugar
¼ cup/60ml Vegetable Oil
2 eggs
7 cups/1750ml Flour (may vary)

Method

Combine yeast, warm water (¼ cup or 180 ml) and sugar (1 tsp or 5 ml). Place in a warm spot and let stand 10 minutes (up to 20 is okay). Beat eggs, add sugar, oil salt and warm water. Beat in ½ cup or 125 ml of flour, then add 2 cups or 500 ml of flour. Stir in yeast mixture. Work in remaining flour to make a nice soft dough. Knead well for 10 minutes. Put in warm place to rise until doubled, about 1 hour. Shape into buns to make pan rolls or place in muffin tins. Let rise until doubled, about 40 minutes. Bake at 375 degrees f. or 180 degrees c for 10 to 20 minutes. Brush with melted butter.

Ann Fitz-Gerald

Fish Marinade – all purpose

Ingredients

juice of 1 orange and a little grated rind
juice of 1 lemon and a little grated rind
olive oil, amount equal to orange and lemon juice
black pepper, ground coarse to taste
¼ teaspoon (1ml) coriander seeds, crushed
2 green onions, chopped fine
1 tablespoon(15ml)parsley, chopped fine

Method

Whisk all ingredients together and place in non-metal dish
Marinate fish in the liquid for 30 minutes to 4 hours, refrigerated and turning occasionally. Discard marinate after removing fish to cook

Anonymous

A Perfect Quiche

The Cheese

spread about ¼ to 1/3 pound (125 to 200 g) of grated or cubed cheese directly on the crust. Swiss, especially gruyere, or sharp cheddar are recommended

The Filling

Spinach: ½ pound (250 g) chopped and steamed with 1 chopped onion sautéed, ½ teaspoon (2ml) dry mustard and ¼ teaspoon (1ml) nutmeg.

Mushrooms: ½ pound (250g) mushrooms sliced, sautéed with three chopped green onions, ½ teaspoon (2ml) oregano, ½ teaspoon (2ml) thyme.

Asparagus: 8 to 10 thin stalks, steamed and chopped, with ½ teaspoon (2ml) tarragon and ½ teaspoon (2ml) dill.

Broccoli: 1 large stalk steamed and chopped, with 1 tablespoon (15ml) lemon juice and one clove garlic.

Tomato: 1 or 2 medium tomatoes, sliced and sautéed in 2 teaspoons (10ml) olive oil or butter and sprinkled with dried basil and dill or snippets of fresh herbs such as basil, dill, thyme, chives, parsley or marjoram.

The Custard

3 eggs

1 cup (250ml) milk

beat together the eggs and the milk and slowly pour over the cheese and filling in the pie crust. Dust the top with paprika and bake at 375 °f (180°c) for 35 to 40 minutes.

Ann Fitz-Gerald

Prawn & Rice Timbale with Salsa

Serves 8

Ingredients

250gr (8 oz) Basmati rice
8 large prawns
250 gr (8 oz) cooked Prawns (frozen cheap ones) roughly chopped
small cucumber – finely diced
8 spring onions finely sliced
4 tbsp each of chopped fresh coriander & parsley

Dressing - I use my own salad dressing
Olive oil, honey, mustard, garlic etc.

Salsa

4 tbsp. Mayo
2 tbsp tomato Chili
4 Tbsp. Tomato Ketchup
dash of tobasco
2 lbs cream
Juice of lemon
2 chopped tomatoes

Method

Cook rice – cool. In a large bowl mix all the ingredients, add the rice and the dressing – until moist. Oil 8 ramakins and fill them – squash it down firmly and chill over night. If making salsa – just mix it all and chill.
Turn out (use a knife) and serve with big prawn and dollop of Salsa.

Stuffed Tomatoes

(use as a starter or serve with the main meat dish)

Ingredients

large Tomatoes sliced in half
2 oz grated Cheddar or Edam Cheese
2 oz fresh Bread crumbs
2 teaspoons of melted butter
1 teaspoon of finely diced Onion
Some fresh Basil leaves finely chopped. A few drops of Lea & Perrin Sauce.

Method

In a bowl, mix together grated Cheese, Onion, Bread crumbs, melted Butter, Basil and the Lea & Perrins sauce.
Scoop out seeds from Tomatoes halves. Fill with the above mixture. Place the filled Tomatoes in a Stoneware dish. Add 2 tbsp, Water to the dish and Microwave 800, for 3 to 3½ minutes. In a moderate oven for 15 to 20 minutes.

Joan Kirk





Main Courses

Potato, Onion and Cheese Pie

Ingredients

Potatoes
Onions
Bacon
Cheese Sauce

Method

Alternate layers of sliced potato and sliced onion rings in a casserole dish, together with pieces of bacon. Pour over cheese sauce and bake in a slow oven for 1½ hours. It can be speeded up by starting off in a microwave and can be varied by adding other vegetables such as sliced carrots, peas etc.

Jackie Lodge

Orange Glazed Pork with Vegetables

Serves 4

Prep time – 10 minutes

Cooking time – 20 minutes

Ingredients

8oz/225g small new potatoes
8oz/225g green beans (chopped)
1lb /450g pork tenderloin or pork steaks
2 tbsp cooking oil
salt and pepper
juice of 1 orange
1 tsp clear honey
4 tomatoes quartered

Method

Cook the potatoes until tender (about 20 minutes) then drain. Cook the beans until tender (about 5-10 mins). Cut the pork into ½ inch slices and place in a grill pan. Mix the oil, seasoning, orange juice and honey together. Then brush liberally over the pork. Cook under a medium grill for about 8 minutes each side brushing frequently with the marinade. Add the tomato, potatoes and beans to the remaining marinade.

Christine Craven

Andalusian Chicken

Ingredients

6 skinned chicken breasts
3 cloves of garlic
3 chopped onions
3 peppers red/green chopped
2oz raisins
2oz pine kernels
Olive oil
1 chicken stock cube
1 tumbler of dry sherry

Method

Seal the chicken in the oil. Add chopped garlic. Cook for 5-10 minutes. Take out and keep warm. Soften the onions and peppers in the pan; add the chicken and garlic, the sherry, chicken stock with a little water and raisins. Cook until tender. Just before serving, quickly roast the pine kernels in a dry frying pan (do not brown too much) sprinkle over the chicken. Serve with boiled rice or mashed potatoes.

Christine Campbell-Lamerton

Salmon Surprise

Ingredients

4 salmon steaks
2 handfuls of prawns
2 leeks
1 small red onion
small glass white wine
½ pt milk
½ pt water
salt and pepper

Method

Preheat oven to 200°C. Place the salmon steaks in a baking tray lined with tin foil, cover with the wine. Mix the milk and water together and pour over the salmon. Scatter the prawns over the salmon and slice the leek and onions and add to the salmon. Add salt and pepper to taste. Wrap the tin foil up to form a sealed parcel. Place in the preheated oven for 40-50 minutes. Serve on a bed of rice with salad or boiled new potatoes.

LCpl Paul Sutcliffe
B COY

Mole in the Hole

Ingredients

1-2 cans meatballs
2 eggs
4 oz plain sifted flour
½ teaspoon salt
¾ pint milk and water mixed

Method

Preheat oven to 200°C/Gas 6. To make batter beat the eggs then stir in sifted flour and salt. Gradually stir in the liquid until the batter becomes creamy. Pour into an ovenproof dish and place meatballs over batter. Bake in oven for 30-35 minutes until golden brown.

Anonymous

Spanish Omelette

Serves 6

Ingredients

6 medium sized eggs
1 large onion
1 large potato
Olive oil
Salt and pepper to taste

Method

Finely slice and chop potato. Cook under a low heat in a frying pan in some olive oil. Potatoes should be cooked until soft (not crispy). Add onions and cook also until soft. Add beaten eggs and salt and pepper to taste then cook under a low heat for around 20 minutes turning half way through. Serve with fresh green salad, Spanish serrano ham and fresh baguette.

WO1 M. Ness
RSM

Brandy Roasted Lamb

Ingredients

1 leg of lamb
2 garlic cloves, peeled and cut into slivers
4 tablespoons olive oil
1 tbsp salt
2 tbsp crushed rosemary
1 wine glass of brandy

Method

Set oven to moderate, 160-170°C. Make slits in the top of the lamb with a sharp knife and insert slivers of garlic. Place lamb in roasting tin and brush heavily with oil. Sprinkle with salt and rosemary. Pour brandy into tin over the meat and roast for ¼ hour. When lamb starts to be crusty on the outside but still pink in the middle. Baste frequently, make thinnish gravy with the pan juices and serve with the lamb. Boiled, roast potatoes or rice make a good accompaniment.

SSgt P. A. Wilson
Master Chef

Potato and Onion Pie – Serves 2

Ingredients

1lb (450g) mashed potato
1 egg
¼ pint (150ml) top of milk
1 small onion
salt/pepper

Method

Butter an 8 inch/20cm flan tin and make a border around the edge with the mashed potatoes. Beat the egg mix in the milk and chopped onion, season to taste. Pour mixture into the middle of the potato ring. Bake for 20 minutes until the centre is puffed and the potatoes are golden. Gas 5/ 375 °F.

Adele Thomas

Toads in Cheesy Holes

Ingredients

1 ½ lb chipolata sausages
2 eggs
4oz plain flour, sifted
½ teaspoon salt
¾ pint milk and water mixed
3oz grated cheese

Method

Preheat the oven to 200°C/Gas 6. To make the batter beat the eggs well, then stir in the sifted flour and salt. Gradually stir in the liquid until the batter becomes creamy, then add the cheese. Grill the sausages until they are well browned, then put them in a shallow, greased ovenproof dish. Pour the batter over and bake for 30-35 minutes until crisp and golden brown.

Anonymous

Creamy Noodles

Serves 4

Preparation time 10 minutes

Cooking time 10 minutes

Ingredients

8-12oz (225g-350g) noodles
knob butter or margarine
6oz (175g) mushrooms sliced
6oz (175g) ham, cut in strips
5 floz (150ml) double cream
2oz (50g) mature cheddar cheese grated
1 tbsp milk

Method

Cook the noodles in boiling salted water for about 8 minutes. Melt the butter/marg in a frying pan and sauté the mushrooms until tender then add ham, cream, cheese, milk and stir over a low heat until cheese has melted. Drain noodles and toss through the sauce. Serve sprinkled with chopped parsley if liked.

Christine Craven

Chicken Breast with Boursin Cheese

Ingredients

6 chicken breasts
5 oz (1 carton) Boursin cheese with garlic and herbs
6 tablespoons white wine
1 tablespoon lemon juice
8 tablespoons thick cream

Topping (optional)

4 tablespoons fine Breadcrumbs
1 1/2 oz clarified butter or oil
1 oz lean ham. Chopped.

Method

Heat oven to 200°C (Gas mark 6). Remove skin and any bone left in breast, trim and flatten with heavy knife. Cut carefully to make a pocket in breast, fill with cream cheese and place on oval piece of foil. Season lightly with salt and white pepper, moisten with white wine and lemon juice. Make a parcel and cook in pre-heated oven for 20 minutes. Take up chicken breast and place on hot gratin dish. Tip off and reserve juices from the foil. Boil the cream until it begins to thicken, add juice from chicken, reboil, season and coat oven chicken. For the Topping, fry breadcrumbs in oil until crisp and golden brown. Add the chopped ham and heat through. Spoon on top of the chicken breast just before serving.

Joan Borwell

Champ

Traditional Irish potato dish

Ingredients

4-6 medium potatoes
4 scallions (spring onions) chopped into tiny pieces
Milk
Butter
Salt and Pepper to taste

Method

Chop the potatoes into quarters and boil in lightly salted water. Whilst the potatoes are boiling put some milk into a bowl (enough to mash the potatoes with) along with the scallions and heat in microwave until the milk is almost boiling then leave to stand. When potatoes are cooked mash until smooth then add the milk with scallions and mix well. Finally add some butter, to taste, and salt and pepper. This is delicious with any beef dish or sausages in onion gravy.

Eileen Ness

Toad in the Hall

This is a sausagemeat flan with light crumbly pastry. Serve hot or cold.

Ingredients

Oil Pastry (for 8 inch/20cm flan case)

6oz plain flour

½ teaspoon salt

5 tablespoons sunflower oil

1 ½ tablespoons water

Method

Sift the flour and the salt then stir in the oil and water. Mix well and knead a little until smooth. Do not chill or roll out. Press around the greased flan dish with your knuckles and bake.

Filling

Ingredients

1 lb sausage meat (crumbled)

2 rashers smoked bacon chopped

1 small onion chopped

water

salt and pepper

Method

Preheat oven to 200°C/Gas 6. Put sausagemeat in a dry frying pan with the chopped bacon and onion and fry for 5 minutes, turning occasionally. Add a little water, season with salt and pepper and simmer for 15 minutes. Put into pastry case and cover with lattice pastry trimmings. Bake for 25-30 minutes or until well browned.

Anonymous

Chicken with Tarragon Sauce

Serves 6

Ingredients

6 chicken breasts, skinned

75g (3oz) butter or margarine

25g (1oz) plain flour

450ml (¾ pt) chicken stock

30ml (2tbsp) tarragon vinegar

10ml (2tsp) french mustard

5ml (1tsp) fresh chopped tarragon, or 2 ½ ml (½ tsp) dried

45ml (3tbsp) grated parmesan cheese

salt and freshly ground pepper

150ml (5floz) single cream

tarragon sprigs to garnish

Method

In a covered pan, slowly fry the chicken breasts in 50g (2oz) butter for about 20 minutes until tender, turning once. Meanwhile, melt the remaining butter in a pan, stir in the flour and gradually add the stock and vinegar. Stir in the mustard, tarragon and cheese; bring to the boil. Season with salt and pepper and then simmer for 3 minutes. Remove from the heat and add the cream. Heat gently without boiling. To serve, place the drained chicken on a serving dish, spoon over the sauce and garnish.

Wendy Wilson

Salmon on Spinach and Pine Nut Risotto

Serves 4 persons

Ingredients

Juice of 1 Lemon
4 thick pieces salmon fillet
Salt and freshly ground black pepper
1 tablespoon oil
1oz butter plus extra walnut size piece
1 onion peeled and finely chopped
2 cloves garlic peeled and crushed
5oz risotto rice
1 wine glass dry white wine
¾ pint vegetable or chicken stock
8oz prepared baby spinach
2 tablespoon pine nuts
1 tablespoon freshly grated Parmesan, plus extra for serving
Squeeze of Lemon juice
Lemon Wedges and parsley for garnish

Method

Squeeze lemon juice over salmon in a shallow dish and season. Leave for 20 minutes. To make the risotto, heat oil and 1oz butter in a pan and fry onion and garlic until softened but not browned. Add risotto rice and cook for a further minute, stirring. Pour over wine and stir well. Bring to bubbling then simmer until wine is absorbed. Add a little stock and repeat, stirring. Continue adding stock a little at a time, stirring until absorbed, until rice is tender yet retaining a little bite. When risotto is cooked, heat an oiled griddle pan until smoking and add salmon fillets. Cook until charred on one side then turn over to char the other side and cook until fish is opaque. Stir baby spinach and pine nuts into risotto over a gentle heat until leaves have wilted. Add walnut of butter and Parmesan and season with salt and freshly ground black pepper and a squeeze of lemon juice. Spoon risotto onto plates and grate over extra Parmesan. Perch salmon fillets on top and decorate with lemon wedges and parsley sprigs.

Sally Lewis

Spicy Chicken Breasts

Serves 4

Ingredients

Spices – salt, sugar, black pepper, ginger, mustard, garram masala

Sauce

1-2 tbsp chutney
1 tbsp Worcester sauce
1 tbsp mushroom ketchup
1 tbsp soya sauce
1 tbsp fruity sauce
juice of a lemon
melted butter

Method

Mix spices and rub into chicken, cover and leave to sink in.
When ready to cook brush spiced chicken with some of the melted butter and roast for about 20 mins at 180 C. Mix all the sauces together and the chutney and coat roasted chicken. Return to the oven for a further 10 – 15 mins. Serve with rice or new potatoes and salad.

Liz Anne Cumberlege

Chicken in Apricot

Ingredients

8 chicken thighs
1 pkt french onion soup (dried)
1 tin apricots in syrup or juice

Method

Put chicken in oven proof dish cover and cook at gas mark 7 for 20 minutes. Drain excess fat from chicken. In food processor liquidise apricots (include juice or syrup) pour on chicken. Over top sprinkle onion soup. Cook at gas mark 7 for 1 hour. ½ hour with lid on and ½ hour left uncovered. This is nice served with a jacket potato and green salad.

Jill Lowther

Chicken Paso

Ingredients

2 small oven ready chickens
salt and pepper
125ml olive oil
1 clove garlic peeled and halved
1 large onion peeled and finely chopped
300 g lean ham chopped
6 large tomatoes skinned and chopped
6 medium red peppers deseeded and cut into strips

Method

Cut each chicken into 4. Heat oil in a large pan and add the chicken and fry gently until pale gold. Take out the chicken from the pan. Stir in all other ingredients and fry over a low heat with a lid on the pan. Allow about 20 minutes and make sure the heat is low. Replace chicken to the pan adjust the seasoning to taste and simmer, cover and cook for a further ½ hour until chicken is cooked. Serve hot with potatoes or rice.

SSgt P. A. Wilson
Master Chef

Vegetable and Cheese Bake

Serves 4
Preparation time 12 minutes
Cooking time 30 minutes

Ingredients

1 pt/500ml onion sauce or 2 pkts onion sauce mix and 1pt/500ml milk
2 tsp mustard powder (optional)
black pepper
2lb/900g mixed vegetables (fresh or frozen)
2 large potatoes peeled and coarsely grated
4oz/100g mature cheddar cheese grated

Method

Preheat oven to gas mark 4/180oC/350oF. Make onion sauce or as manufacturer's instructions. Then stir the vegetables into the sauce then place in an ovenproof dish. Mix the potatoes and cheese together and then arrange on top of the vegetables. Bake for 30 minutes until topping is brown and crispy.

Alternatively: if you don't like onion sauce, use a cheese sauce instead.

Christine Craven

Pepper Chicken

Ingredients

2 chicken breasts (boneless)
1 tbsp vinegar
½ tsp salt
¼ tsp black pepper
¼ tsp red paprika powder
1 tsp tomato ketchup
1 tsp soy sauce
½ garlic clove crushed
1 tsp olive oil

Method

Cut the chicken breasts into small cubes and marinate for 10 minutes in a mixture of all the above ingredients, apart from the olive oil. In a frying pan add 1 tsp olive oil, fry the chicken until tender. Serve with grilled red pepper and onions.

Maxine Caine

Sizzling Fajitas

Serves 10

Ingredients

80ml olive oil
570g beef strips (striploin)
3 medium onions
3 red peppers
3 green peppers
220g spring onions
40ml soy sauce
salt and pepper to season
20 tortillas

Method

Heat the oil in a pan, add the beef and fry until brown. Add the finely chopped onions, finely slice the peppers and cut the spring onions into 1 inch length. Add to the beef and cook for about 3 minutes. Heat the tortilla as per the instructions on the packet. Add the soy sauce to the vegetables and beef. To serve, make a pocket by folding up 1/3 of the tortilla, then turn the sides inwards. Fill each pocket with the sizzling meat and vegetables. Top with salsa or sour cream.

SSgt P. A. Wilson
Masterchef

Cream of Broccoli and Stilton Soup

Serves: Four large helpings

Ingredients

1 large head of broccoli
1 large/ 3 medium potatoes
3 sticks of celery
1 litre of water or light stock
Sunflower or Olive oil for frying
Salt & Pepper
150ml (quarter of a pint) cream
150g (5oz) blue Stilton

Method

(If you like slightly crunchy bits of broccoli then don't steam it, just throw it in with all the other ingredients, if however you prefer your greens well disguised then steam it first!) First steam the broccoli. Chop off as much of the stalk as you can without the head falling to pieces. Steam until soft. Don't throw away water, add it to the soup later. Slice the celery and broccoli stalks thinly and fry until soft. Meanwhile, peel the potatoes and chop into small cubes. When the celery is soft, add the potatoes. Turn up the heat slightly, and cook the potatoes fairly quickly, stirring from time to time as they will be very keen on sticking to the pan. If you aren't steaming the broccoli, chop it and add it at this point. Once the potatoes are beginning to soften, add the water, bring to boil, and then allow the soup to simmer until the potatoes mash easily when you squash them with a fork. Now liquidise the soup with a blender or liquidiser or through a sieve. Return to pan. Just before serving, add the cream. Heat it gently until it starts to simmer, then add the Stilton in crumbs (if you try to chop it finely you'll find it crumbles perfectly!) Stir until the Stilton has melted through.

Reheating

If you are intending to keep and reheat the soup, add the cream and bring to simmer point, then allow to cool before refrigerating. Then reheat the amount of soup you require until it begins to bubble, and then add the appropriate amount of Stilton. Reheating the soup once it's had the Stilton added is a bit risky.

Louise Bruce

Chicken Burritos

Serves 10

Ingredients

20 tortillas
750g salsa sauce
40ml vegetable oil
1800g boneless chicken thighs
3 medium onions
5 gloves garlic
16 g chilli powder
1000g chopped canned tomatoes
16g chicken bouillon
1000g kidney beans
4g kidney beans
4g dried oregano
salt and pepper to taste

Method

Skin the chicken and cut in to chunks. Peel and slice the onions and chop the garlic. Mix the bouillon with 175ml boiling water. Drain the kidney beans. Heat the oil and fry the chicken, onions and garlic for about 5 minutes until golden brown. Add the chilli and stir for 30 seconds. Add the tomatoes, kidney beans, stock and oregano, season with salt and pepper. Cover and cook for about 20 minutes, until chicken is tender. Place some of the chicken mix into the tortillas and make a parcel. Place the tortillas side by side in the baking dish. Trickle over the salsa sauce and cover with foil and bake for about 15 to 20 minutes.

SSgt P. A. Wilson
Master Chef

Pork Vindaloo

Serves 5

Ingredients

400g pork (lean and boneless)
15g chopped ginger
15g garlic
15g black mustard powder
30ml vinegar
7g black pepper
25g garam masala (powder)
pinch chilli powder
10ml oil

Method

Cut pork into 25mm dice. Mix together ginger, mustard, black pepper, garam masala, chilli, salt and vinegar. Heat oil to a blue haze, reduce the heat and add mixture then the pork. Cook for 5 minutes then withdraw from heat and allow to marinate for one hour. Bring to the boil then simmer until meat is tender. Serve with plain boiled rice.

LCpl Rooke L.K.

Chicken and Broccoli Bake

Serves 6/8 persons

Ingredients

4lb Fresh Chicken
1 Onion peeled and quartered
1 Carrot cut into 1 inch chunks
1 Bouquet Garni
Whole Black peppercorns
1lb fresh broccoli
Butter for greasing
2oz Butter
2oz plain flour
1 rounded teaspoon of curry powder
1 pint chicken stock reserved from cooked chicken
7oz tin evaporated milk
4 tablespoon good quality mayonnaise
2 tablespoon fresh lemon juice
2oz grated strong cheddar cheese
4 rounded tablespoon wholemeal breadcrumbs
salt and pepper to taste

Method

Put chicken in a large saucepan along with onions, carrot, bouquet garni salt and black peppercorns. Cover with water and bring to the boil, then gently simmer for 1 hour, until chicken is thoroughly cooked. Leave chicken to cool in saucepan then remove and strip chicken off bone, strain the stock reserving 1 pint for the sauce. Next cook broccoli until just tender, once cooked run under cold water to bring back the bright green cool, leave to one side. To make sauce begin by melting butter then adding flour and curry powder to cook them out, slowly then add 1 pint of reserved chicken stock bring to the boil then remove from heat. Add the evaporated milk, mayonnaise, lemon juice and grated cheese and stir until all is mixed together to make a lovely glossy sauce. Add salt and pepper if necessary. To make up the dish you will need a 3 pint ovenproof dish which you have buttered. Add broccoli and the chicken strips on top of the broccoli then cover these with the sauce and simply cover that with the breadcrumbs. Bake in the oven on a middle shelf for 30/40 minutes. This dish freezes very well, but I would add the Breadcrumbs once defrosted and ready to reheat thoroughly.

Sally Lewis

Chicken Chow Mein

Ingredients

4 chicken breasts
30ml soy sauce
30ml brandy
25g cornflour
25g noodles
1 garlic clove
100g green peppers
30ml oyster sauce
100g onions
200g cabbage
25g spring onions
125ml chicken stock
Oil
Salt and Pepper

Method

Cut the chicken into match stick size strips place them in a bowl and add the seasoning, soy sauce, brandy and half the corn flour and a little oil. Peel and crush the garlic. Shred the cabbage and peel and slice the onions. Slice the green peppers and spring onions. Cook the noodles in boiling water for about five minutes refresh and drain. Fry the noodles for 1 minute, remove and keep warm. Fry the garlic and the chicken for about five minutes then add the oyster sauce, salt, pepper, onions, cabbage and green peppers and fry for a further five minutes. Add the chicken stock and bring to the boil. Dilute the remainder of the cornflour with a little water add to the mix in the pan and re-boil. Add the spring onions, adjust the seasoning, then pour the mixture over the noodles and serve in a warm dish.

L/Cpl C Bonner

Pilau Rice

Ingredients

200g Patna Rice
25g margarine
25g onions
500ml water

Method

Heat half the margarine in a heavy shallow pan. Peel and finely chop onions then cook without colouring in margarine. Add rice and cook for one minute then add water and bring to the boil. Cover with grease proof paper and a lid and place in oven for 20 minutes at 180oc. Remove lid and paper add remainder of margarine and allow to stand for 10 minutes. Stir lightly with a fork to separate grains and transfer to a heated dish for serving.

LCpl Rook L.K.

Paella

Serves 8

Ingredients

6 tablespoons olive oil
2 large onions, peeled and finely chopped
½ raw chicken, chopped up into 2 ½ cm cubes
100g lean bacon, chopped ¼ level teaspoon dried thyme
2 large garlic cloves, peeled and finely chopped
1 ¼ litre mussels, washed and bearded
4 tablespoons water
½ kg long grain or Patna rice
pinch of saffron powder
100g skinned halibut fillet, diced
100g sausage, cubed
1 litre chicken stock
2 level teaspoons salt
100g peeled prawns
1 small green and red pepper, boiled until tender then deseeded and sliced
4 large skinned tomatoes, deseeded and chopped

Method

Heat oil in large, shallow heavy-based pan. Add onions, chicken and bacon to pan. Fry fairly briskly until golden brown. Add thyme and garlic. Leave over minimal heat. Place mussels and water in separate pan. Cover and cook for about 5 minutes or until shells open. Reserve 8 in the shell for decoration. Leave on one side. Add rice, saffron, halibut and sausage to chicken mixture in the first pan. Stir in stock and add salt. Bring to boil, stirring. Lower heat, cover pan and cook for 10 minutes. Remove from heat. Cover with the foil and cook for 25 minutes near top of moderate oven preheated to 180°C. Carefully lift out of oven. Stir in cooked mussels, peeled prawn, ½ the red and green peppers and the tomatoes. Arrange all remaining ingredients, including rest of peppers but omitting lemon attractively on top. Again cover with foil and reheat near top of the oven for ¼ hour. Uncover, garnish with rest of mussels and wedges of lemon and serve straight away.

Duck with Orange Sauce (Microwave version)

Ingredients

30ml/2tbsp sugar
100ml/4floz red wine vinegar
15ml/1tbsp soy sauce
2 large duck breasts or 4 small ones
2 medium oranges
10ml/2tsp arrowroot
1 chicken stock cube
30ml/2tbsp orange liqueur
salt and pepper

Method

Put the sugar and vinegar in a medium measuring jug and cook for about 5/6 minutes until mixture boils rapidly and reduces to 50ml/2 floz. Stir in the soy sauce. Brush the duck all over with the glaze and put it, skinside uppermost, on a roasting rack in a shallow dish. Tuck the ends underneath to make a compact shape. Cover lightly with kitchen paper and cook on 50% for 11-13 minutes, brushing the extra glaze half way, until the duck is just cooked. Leave to stand for five minutes. Meanwhile, scrub and dry one orange then, using a potatoe peeler remove its rind. Cut the rind into thin strips, cover with boiling water and leave to stand. Peel the orange and cut into segments, catching the juice in a bowl. Drain the orange strips. Thinly slice the duck diagonally and arrange on a warm plate with the orange segments. Pour a little of the glaze over and top with the orange strips. Serve the remaining glaze separately.

LCpl Good
'B' COY

Gascony Turkey

Ingredients

2oz butter
1 large chopped onion
4 turkey fillets
4oz sliced mushrooms
1 ½oz plain flour
¾ pt chicken stock
Grated rind and juice of ½ lemon
2 oz gherkins (optional)
2 tbsp chopped parsley
4 tbsp double cream (quite ok to add as much as you like)
Salt and pepper

Method

Melt butter in pan and sauté onions. Add turkey and fry until browned on both sides. Remove. Add mushrooms and sauté. Stir in flour. Cook for 1 minute. Blend in stock, lemon rind and juice. Bring to boil, stir in gherkins, parsley, salt and pepper. Replace turkey fillets and cover. Simmer for 30 minutes. Finally, stir in cream and serve.

Tracy Hey

Spicy Chicken

Serves 4 to 6

Ingredients

1 cooked chicken
1 pint double cream
4 tblsp mushroom ketchup
8 tblsp Worcestershire sauce
A couple of dashes of Tabasco
2 tsp made English mustard

Method

Skin the chicken and cut the meat into fairly large pieces – place the meat in a shallow dish. Whizz up the double cream with the mushroom ketchup, Worcestershire sauce, Tabasco and the mustard. Smear it all over the chicken and bake in a hot oven for about ½ hour. The top will turn a bubbly golden brown and underneath will be a delicious spicy, creamy sauce of which no one will guess the ingredients

Sue Walker

Pasta with Meatballs

Ingredients

For the meatballs:

250g minced pork
250g minced beef
1 egg
2 tbsp freshly grated Parmesan
1 garlic clove, minced
1 teaspoon dried oregano
3 tbsp breadcrumbs
Good grind black pepper
1-teaspoon salt

For the tomato sauce:

1 onion
2 cloves garlic
1 teaspoon dried oregano
1 tbsp unsalted butter
1 tbsp olive oil (not extra virgin)
700g-bottle of tomato passata
Pinch of sugar
Salt and pepper
100ml full fat milk

Method

Meatballs:

Put everything into a large bowl, then using your hands mix to combine before shaping into small balls. Place the meatballs onto baking sheets, or plates lined with cling film, and put each into the fridge as you finish them.

Tomato sauce:

Put the onion, garlic, and oregano into the processor, and blitz to a pulp. Heat the butter and oil in a deep, wide pan, and then scrape the onion-garlic ix into it and cook over a low to medium heat for about 10 minutes. Don't let the mixture catch, just let it become soft. Add the bottle of passata, and fill the empty bottle with cold water. Add this to the pan with a pinch of sugar and some salt and pepper, and cook for about 10 minutes. The tomato sauce will appear thin, but don't worry, as it will thicken later. Stir in the milk, and drop in the meatballs one by one. Don't stir until the meatballs have turned from pink to brown, as you don't want them to break up. Cook everything for about 20 minutes, with the lid only partially covering it. At the end of the cooking time, check the seasoning, as you may want more salt or pepper. Serve with tagliatelli or spaghetti.

Wendy Hill

Penne with Chicken, Broccoli and Cheese

Ingredients

100g/1 cup broccoli florets (divided into tiny sprigs)
100g button mushrooms
1 chicken breast per person cut into strips
2 cloves garlic
120ml/4fl oz dry white wine
200ml/7fl oz double cream
90g Gorgonzola cheese (rind removed and diced small)
50g butter
Salt and pepper
Penne to serve 4

Method

Boil broccoli for 2 minutes then drain and rinse with cold water. Melt butter and fry chicken and garlic for 3 minutes until chicken changes colour. Start cooking pasta. Add mushrooms to chicken. Add wine and cream, stir and cook gently for 5 minutes to reduce sauce. Add broccoli and toss to heat through. Season to taste. Drain pasta and tip into mixture. Sprinkle diced cheese on top.

Zara Monteith

Curried Chicken

Serves 4

Ingredients

6 chicken breasts
75ml oil
200g onions
25g curry powder
15g tomato puree
40g mango chutney
15g desiccated coconut
375ml water
pinch salt

Method

Cut chicken into 2cm dice. Fry chicken until golden colour in hot oil remove and drain. Peel and finely chop onions and dry in the oil without colouring. Add curry powder and slowly cook for 3 minutes. Add tomato puree, mango chutney, coconut and chicken and stir for a further 2 minutes. Add water and bring to the boil put salt and pepper for seasoning. Turn to gas mark 2 and let it simmer for 20 minutes occasionally stirring. Serve with plain boiled rice.

LCpl Rooke L. K.

Chicken with mushroom and tarragon

Ingredients

15 g plain flour
Salt and black pepper
4 chicken breasts
1 tbsp oil
225g button mushrooms
140ml dry white wine
1 x 425g can of Heinz cream of mushroom soup
1 tbsp fresh or dried tarragon

Method

Season flour with salt and pepper to taste and coat chicken breasts. Heat oil in frying pan, fry chicken until brown all over, then transfer to an ovenproof dish. Add mushrooms to pan, and fry for 5 minutes. Add wine, and boil until liquid has reduced by half. Stir in soup and tarragon, and heat through. Season to taste, and then pour over chicken. Cover and cook at 200°C/ 400°F/ gas 6 for 30 minutes.

Wendy Hill

Old English Game Stew

Best made day before and dumplings several days before

Ingredients

Stew:

1lb shin beef (cut in 2" cubes)
1 large old pheasant
2oz butter
4 large sticks celery chopped
6oz onion finely sliced
3 level tsp seasoned flour
¾ pt stock
¼ pt port
Salt and pepper

Dumplings:

4oz streaky bacon
2oz onion chopped
1oz butter
4oz breadcrumbs
¼ tsp thyme
1 egg beaten
Parsley
Salt and pepper

Method

Stew – Brown steak in hot butter a few pieces at a time, remove. Joint bird and brown in the same pan and remove. Add onion and celery to pan and brown lightly. Stir in flour, port and stock. Bring to boil. Add meat and bird. Cover tightly. Put in oven, 150°C for 2 hours. Cool and remove pheasant meat from bone.

Dumplings – Grill bacon until crisp. Mix all ingredients together adding egg. Roll into dumplings and add to hot stew.

R Lem

Easy Chicken with Mushroom

Ingredients

4 chicken breasts
250g mushrooms
Garlic salt
Paprika
Tin of condensed mushroom soup
¼ pt single cream

Method

Cut chicken in half lengthways. Roll in garlic salt and paprika. Slice mushrooms thinly and put over chicken. Dilute the soup with cream and a bit of water and pour over everything. Cover and bake in oven for 40 minutes at gas 4 or equivalent electricity. Serve with noodles or rice.

Annie Andrews

Country Pheasant Casserole

Ingredients

2 x 15ml spoon oil
25g butter
2 stewing pheasants
1.5cm slice streaky bacon (derind and diced)
40g flour
300ml red wine
300ml chicken stock
2 x 15ml spoons bramble or apple jelly
1 x 15ml spoon Worcestershire sauce
¼ tsp fresh thyme
1 x 5ml spoon salt
Fresh ground black pepper
Little gravy browning
16 button onions peeled

Method

Heat oil and butter in large shallow pan, brown the pheasants over a medium heat, turning each side, as it becomes golden brown. Lift out onto a plate. Quickly fry the bacon, to extract the fat, in the butter remaining in the pan, lift out and place with pheasant. Add flour to the pan and cook until a golden brown. Slowly add the wine and stock, bring to the boil and allow to thicken. Add the remaining ingredients, except the onions, return the pheasants to the pan and bring back to the boil, cover and simmer for 1 ½ hours add the onions and cook for a further ½ hour. Test birds for tenderness by piercing leg with a fine skewer, do not overcook. Lift out pheasants carefully and carve the meat. Taste and adjust seasoning and if necessary, add more gravy browning to give a good colour. To Freeze - cool quickly, arrange the slices of pheasant in a rigid container and spoon over the sauce. Cover, label and freeze. To serve – thaw overnight in the fridge, carefully place in a casserole dish, making sure that the slices of meat are in the bottom of the dish and reheat in a moderate oven (180°C, 350°F, Gas mark 4). Arrange the pheasant slices in a heated serving dish and pour over the sauce, put onions in the dish. Garnish with sprigs of parsley.

Sheila Isles

Mexican Casserole

Ingredients

1lb stewing steak
1 large onion chopped
1 carrot chopped
1 clove garlic crushed
1 tin kidney beans
1 tin chopped tomatoes
1 green pepper
1 red pepper
½ cup sweet corn
1/4pt beef stock
1tsp cumin
2tsp chilli powder

Method

Fry stewing steak in oil until browned on outside and remove from pan. Fry onion and garlic for a few minutes, return meat to pan. Add cumin and chilli powder; fry for a few minutes then transfer to casserole dish. Add tomatoes, carrots and stock. Cook for 1 ½ hours. Add remaining ingredients and cook for a further ½ - ¾ hour. Serve with rice.

Zara Monteith

Sun-dried Tomato and Pine Nut Risotto

Ingredients

3 sun-dried tomato halves
1 medium onion, diced
1 clove of garlic, minced
3 tbsp olive oil
1 ¼ cup arborio rice
1 ½-2 cups chicken stock
1 roasted red pepper, diced
¼ cup pine nuts
3 tbsp fresh chopped herbs (basil, parsley and thyme)
coarse salt and freshly ground pepper

Method

Rehydrate tomatoes by soaking in water. Remove from water, reserving liquid, and dice. In a large skillet, sauté tomatoes, onion and garlic until onion is translucent. Add rice and stir until rice is fully coated with oil. Pour ½ cup of the reserved water into the pan and cook, uncovered, over low heat, stirring constantly with a wooden spoon until water is absorbed. Add stock, ½ cup at a time, stirring until all the liquid is absorbed. Just before serving, stir in roasted red pepper, pine nuts and herbs. Season with salt and pepper to taste and serve immediately. Serves 6-8.

Ann Fitz-Gerald

Quick Chick

Ingredients

4 chicken breasts
A little butter and oil
2 tins asparagus soup
400g tin of asparagus tips (drained)
2 tbsp mayonnaise
2 tbsp salad cream
4 tbsp cream (single or double)
2 tsp curry powder
125g (4oz) cheddar cheese (grated)

Method

Brown the chicken in a little oil or butter. Put in a shallow baking dish with the asparagus. Mix together the soup, cream, mayo, salad cream and curry powder. Pour over chicken and sprinkle the cheese on top. Bake in oven for 45 minutes at 190°C/375°F/gas 5. Serve with rice.

Lorna Wood

Rosie's Plaice or Mine

Ingredients

2lb plaice (skinned and filleted)
4 slices of bread
Grated rind of 1 lemon
½ tsp dried thyme
Salt and pepper
½ garlic clove
4oz butter

Method

Reduce all ingredients except plaice and butter to breadcrumbs. Melt 2oz of butter in saucepan or microwave and coat gratin dish. Sprinkle with some of the breadcrumb mix. Flour fillets and lay in dish to cover completely. Add a little more butter on top and then add rest of breadcrumbs to ensure all fish is covered. Drizzle remainder of butter over and place under hot grill for 10 minutes or so until top starts to brown. Put in a low oven (125°C) until fish begins to shrink from sides. Sprinkle with parsley and serve with lemon wedges and salad.

Sasha Mellor

Honey-Glazed Duck With Grapefruit and Ginger Sauce

Ingredients

4-5 duck breast fillets
1 tbsp clear honey
1 tbsp dark soy sauce

For Sauce

3 pink grapefruits
50g (2oz) granulated sugar
300ml (1/2pt) unsweetened grapefruit juice
2 tbsp clear honey
2 tbsp soy sauce
Juice of 1 lemon
1 level tsp grated fresh root ginger
1 level tbsp corn flour
2 tbsp water

Method

Heat oven to 200°C (400°F). Prick skin on each duck fillet with fork. Blend honey and soy sauce to make a glaze and brush over duck. Put fillets skin side up on a rack in roasting tin and cook for 30 minutes or until crisp. Meanwhile cut away peel and white pith from grapefruits then lift out segments with a sharp knife. Reserve them. Measure sugar into a dry saucepan. Stir over moderate heat until sugar has melted and turned to caramel. Take off heat and very carefully add grapefruit juice (it will spit). Replace pan over heat. Add honey, soy sauce, lemon juice and ginger. Stir until mixture simmers and sauce is smooth. Blend corn flour with water, stir into contents of pan and cook until sauce thickens and clears, stirring all the time. Add grapefruit segments. Slice duck breasts diagonally and place on a heated serving dish. Spoon over a little sauce and fruit segments and serve remaining sauce separately. Substitute grapefruit with orange or pineapple if preferred.

Jo Stark

Quick Duck a L'Orange

Ingredients

4 duck breast fillets
4 tbsp good marmalade
¼ pint port – cheap 'ruby' or 'tawny' is fine
juice & zest of 1 orange

Method

Put fillets skin side down in frying pan. Leave over low heat till fat has run out. Put fillets in oven proof dish. Pour in the sauce of orange juice, port and marmalade mixed together (leaving skin exposed). Cook at 200°C for 45 mins.
– Serves 4.

3 Spoons Chicken

Ingredients

4 x chicken pieces (skin on)
1 x teaspoon curry powder
1 x desert spoon mustard (English)
1 x tablespoon honey

Method

Prepare chicken by scoring the skin a couple of times. Mix curry powder, mustard and honey together. Pour over chicken and cook for approx 35 mins. Quick and easy and also great for BBQs

Jane Borwell

Stuffed Pork Fillets

Ingredients

1 Pork Fillet – approx 1 lb
3 or 4 slices smoked streaky bacon

Stuffing

4 oz breadcrumbs
2 oz shredded suet or 2 oz melted butter
1 tsp dried thyme
1 tbsp chopped parsley
½ onion finely chopped
1 egg
salt & pepper

Method

If using butter, soften the onion in the butter. Otherwise mix all stuffing ingredients together. (N.B. You can alter the stuffing ingredients according to taste- eg different herbs, roasted pine nuts, chopped apricots etc). Lay pork on board or open it out by slicing neatly through and leaving a hinge so it stays in 1 piece. Flatten it out to about ½ – ¾ inch thick. Pile stuffing onto meat. If liked, lay bacon slices on top. Place in roasting tin with a little water in the bottom. Cook at 200°C for approx 45 mins. Make gravy using pan juices. Good with any potatoes or veg.

Turkey Escallop with Port

Ingredients

4 Turkey escallops
bacon
strong mustard
Gruyere (or similar) cheese
Port
Salt and pepper
1 little butter

Method

Spread both sides of turkey escallops with mustard. Place a slice of bacon then a slice of cheese on top of each escallop and season. Roll up to make a parcel of each and quickly brown in a frying pan using the butter. Transfer to a baking dish, pour over port and cook at medium temperature for approx 12 mins.

Jane Borwell

Bacon Chops with Plum Sauce

Ingredients

2 lean bacon chops
3oz plum jam
2 tbsp. wine vinegar
2 tbsp. water
1 teaspoon dry mustard
Salt and black pepper

Method

Grill chops at medium temperature for 4 – 5 mins each side.
Place all other ingredients with salt and pepper to taste into a small pan. Bring to boil gently and simmer for 2 mins. Serve sauce spooned over the bacon chops.

(Also works using pork.)

Anonymous

Apricot Chicken

Ingredients

1 – 1 ½ kg chicken pieces (boneless thighs best)
2-heaped tbsp. seasoned flour
1 pkt French onion soup
1 tin apricot nectar or pureed apricots

Method

Place apricot and soup in a sauce pan. Bring to boil stirring occasionally to prevent sticking.
Coat chicken in flour. Dust and place in a dish skin side up. Pour prepared sauce over chicken and place in oven at 180 °C (or gas 4) for 1 to 1 ½ hours.

Anonymous

Thai Grilled Chicken Serves 4

Ingredients

7 oz block of coconut
½ pint very hot water
3-4 cloves of garlic
2 green chillies
2 level tsp ground ginger
3 tbsp Soya Sauce
3 tsp. Lemon juice
2 tbsp castor sugar
1 packet of fresh corriander
4 chicken breast – bones and with skin on

Method

Cut up coconut and melt in water. Put everything – except chicken in blender (wizz dry ingredients first to chop them, then add coconut etc).
Make 3 diagonal cuts in chicken and pour sauce over them and marinade all day (or just ½ hour). Grill chicken, skin side second – heat sauce in pan.
Serve with rice – Tesco's do Thai rice which is brilliant. Put a bit of sauce on plate and the rest in a jug.

Duck in Cranberry Sauce

Serves 4

Ingredients

4 duck breasts (remove fat)

For Marinade

2 glasses of red wine

2 tbsp brown sugar

4 chopped shallots (onions)

1 tsp garlic puree

1 tsp dried herbs

For Sauce

125 ml 4 fl oz chicken stock

125 gr. 4 oz cranberries – or a jar of bity jelly

125 ml 4 fl oz. Red wine

½ chopped red onion

1 tbsp brown sugar

Method

Add all marinade ingredients together, cover duck and leave in fridge for up to 48 hours. Make sauce in advance and leave in fridge – just add it all together. Just before supper, put in pan and reduce it, grill duck and serve with mashed potatoes with chopped chives and mango tart.

Anonymous

Chicken Tarragon

Ingredients

4 skinless chicken breast

salt/pepper

small bunch of tarragon (dried works perfectly well too)

2 oz butter

¼ pint double cream

Method

Season chicken well with salt and pepper. Wash tarragon (if using fresh), strip from stems and chop finely. Cream together butter & Tarragon. Place chicken in baking tray, spread with tarragon butter and cook at 350 °F for 35 mins (approx). A few minutes before cooking time is up, remove from oven, pour over cream, stir and return to oven until ready serve. This is our family favourite and looks good for a dinner party too.

Jane Borwell

Thai Spiced Beef

Makes about 6 cups (1.5 l.) of filling, enough to stuff 10-12 wraps.

Ingredients

¼ cup (50 ml.) rice wine vinegar
2 tablespoons (25 ml.) olive oil
1 clove of garlic, finely minced
1 tablespoon (15 ml.) grated lemon peel
1 tablespoon (15 ml.) finely sliced fresh basil
1 teaspoon (5 ml.) diced or crumbled hot red pepper, either dried or fresh (start with less and add more to taste)
Salt and pepper, to taste
8 ounces (200 grams) grilled steak or roast beef, sliced as thinly as possible and cut into 1-inch (2.5-cm) pieces
1 medium onion, diced
3 cups (750 ml.) thinly sliced Napa or Chinese cabbage
Half a fresh sweet red pepper, diced
10-12 Wraps

Method

In a large bowl, combine the vinegar, oil, garlic, lemon peel, basil, hot red pepper, salt and pepper to taste and cooked beef. Allow to marinate for 1 hour at cool room temperature. Just before serving, add the onion, cabbage and red bell pepper. Mix to combine thoroughly. Use about ½ cup (125 ml.) of filling for each wrap.

Ann Fitz-Gerald

Cod Steak with Tomato, Prawns and Avocado

Serves 6

Ingredients

6 Cod fillets
Prawns
Jar of Tomato and Basil Sauce
Single cream – 2 tbsp
1 Avocado
Basil leaves
1 Orange
Parmesan

Method

Pour half the jar on bottom of dish. Place the cod top and then pour over the rest of sauce. Slice the avocado and orange on top then the prawns, dribble cream over and sprinkle with parmesan. Cook for 20 minutes – 200°C 400°F
Gas 6. Garnish with Basil leaves

Thai Style Lamb with Ginger

(no need to serve with vegetables just potatoes)

This is a bit fiddly but can be done in advance and frozen, or just done the night before.

Serves 6

Ingredients

5 lb. Leg of lamb
1 lb. Turnips
1 lb. onions
1 ½ pint light stock
1 bunch of spring onions
2 oranges
2 level tbsp. plain flour
2 lemon grass stalks
1 cucumber
1 ½ oz. Root ginger
1 clove garlic – crushed
oil

Method

Cut the lamb into strips. Finely chop ginger, onions, turnips and lemon grass. Brown meat in big casserole dish. Add onions & turnips, add more oil if necessary, and then add ginger, lemon grass and flour. Cook for 2 minutes and then add stock, garlic grated rind of oranges and 5 tbsp. of juice. Cook in oven at 170 °C (or Gas 3) for 1 hour. At this point freeze or put in fridge for the night or next day. Cut cucumber and spring onions into thin strips and sauté them in oil for 1 minute. Add to meat and cook for ½ hour as above

Lemon Sesame Potatoes

Ingredients

4 lb. New potatoes
Packet of sesame seeds
4 tbsp. lemon juice
4 tbsp. oil
4 tbsp. Soya Sauce

Method

Mix all together in a dish and roast for about ½ hour – 40 minutes.

Jane Borwell

Garlic-fried Shrimp

Don't let the oil and pan drippings go to waste on this one – mop them up with a piece of crusty bread while you enjoy a glass of red wine!

Ingredients

½ cup olive oil
1 lb medium shrimp, peeled (leave tails on)
6 cloves of garlic, minced
2 tbsp dry sherry
1 tbsp lemon juice
2 tbsp chopped fresh parsley
¼ tsp sweet paprika
coarse salt and freshly ground pepper

Method

Heat oil in a heavy-bottomed pan. When oil is hot but not smoking, fry shrimp until just pink. Stir in garlic, sherry, lemon juice, parsley and paprika and toss shrimp. Season with salt and pepper to taste. Serves 4.

Ann Fitz-Gerald

Pork Fillet with Normandy Sauce

Ingredients

1 ½ lbs. Pork fillet
1 oz Butter
1 tablespoon oil
2 medium onions peeled and sliced
2 medium cooking apples peeled, cored and sliced
¼ teaspoon dried Thyme
8 fl oz sweet cider
1 tablespoon honey
Salt & Pepper
1 tbsp Double Cream

Method

Thin excess fat and skin from fillets and cut into 4 portions. Fry in half the butter and oil. Transfer to casserole, add remaining butter and fry onions and garlic over moderate heat for a few minutes, add to casserole. Fry the apple slices for a minute on each side and put to one side. Add Thyme, pour on cider, add honey, salt and pepper, stir and cover casserole. Cook in oven at 190°C (Gas mark 5) for 30 minutes, then add apple slices, continue cooking for 30 minutes & stir in cream. Adjust seasoning i.e sweetness if necessary.

Joan Borwell

Smoked Salmon And Haddock Fish Pie

Serves 8. Freezes well.

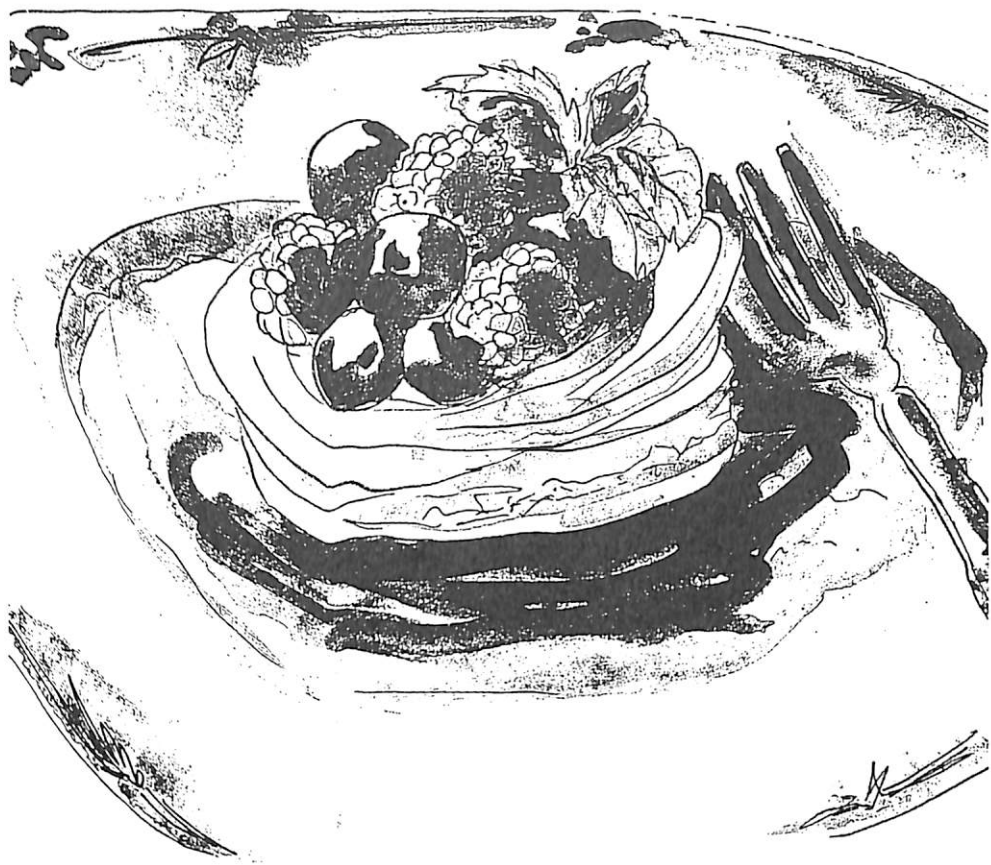
Ingredients

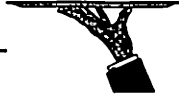
25g/1oz butter
3 leeks, sliced
4tbsp plain flour
½ tsp of turmeric
900g/2lb skinless haddock fillet, cut into large chunks
300g/10oz smoked salmon, cut into strips
1tbsp of chopped capers (optional)
3tbsp chopped fresh dill
Grated zest and juice of 1 lemon
284ml carton of double cream
900g/2lb of potatoes, peeled and diced into 2.5cm/1 inch square
salt & pepper
50g/2oz butter
1 leek sliced

Method

Preheat the oven to 200°C/gas 6/fan oven 180°C. Melt the butter in a large flameproof casserole dish or frying pan. Tip in the leeks and gently cook for 3-4 minutes until softened, stirring often. Mix the flour and turmeric in a bowl. Toss the haddock pieces in the flour mix, then add to a casserole dish or frying pan and fry for 3-4 minutes until golden. Remove from heat. Scatter the smoked salmon strips over the haddock with the capers, dill, lemon zest and juice. Pour over the cream and season with a little s & p. Boil potatoes until cooked, drain and mash, meanwhile melt the butter in a pan and add the sliced and prepared leek. Cook until soft, add to the mashed potato and spoon over the pie then bake for 25-30 minutes until the topping is golden. Serve with green veg.

Cathy Bailey





Puddings

Caramelised Apple and Banana Fritters

(Serves 4-6)

Ingredients

3 bananas, halved lengthways and then halved across
3 firm eating apples, peeled, cored, and sliced in rings
8 oz flour
half pint water
1 rounded teaspoon baking powder
1 tablespoon vinegar
8 oz caster sugar
1 teaspoon cinnamon
Pinch salt
Oil for frying

Method

Make a batter with the flour, salt, vinegar and water. Heat the oil in a good frying pan and while the oil is heating, add baking powder to the batter. Put the fruit in the batter and when the oil is hot, fry quickly until light brown. Drain on a cake rack over a roasting dish. When all the fritters are done, pass through the sugar and cinnamon mix. Clean the oil in the pan and reheat. Put 3 or 4 fritters back in the hot oil until the sugar caramelises. Drain on cake rack. Do not let them touch or they will stick together. Serve with cream.

The Duchess of Wellington

Coffee and Banana Cream

½ pint strong coffee
1 mashed banana (6oz weight)
½ oz gelatin
sweetener to taste
½ pint natural yogurt

Method

Mix coffee with mashed banana. Dissolve the gelatin in a little of the hot coffee and add to coffee mixture. When on the point of setting add yogurt and whisk until light and fluffy. Pour into individual glasses and chill until set.

Maxine Caine

Raspberry Velvet

Ingredients

1 sachet sugar free raspberry jelly crystals
170g/6oz raspberries
511g/1lb 2oz very low fat natural fromage frais
artificial sweetener to taste
3 egg whites

Method

Make up the jelly with 284ml/ ¼ pint boiling water. Add the raspberries, fromage frais and sweetener to taste. Whisk the egg whites until stiff and then fold into the raspberry mixture using a metal spoon. Transfer to a serving dish and chill in the refrigerator until set.

Maxine Caine

Baked Pineapple Custard

Ingredients

2 eggs
255ml/9 floz skimmed milk
2 level tbsp artificial sweetener
511g / 1lb 2oz very low fat cottage cheese with pineapple
28g/1oz sultanas
½ tsp ground nutmeg

Method

Preheat the oven to 180°C, 350°F, gas mark 4. Beat the eggs together then stir in all the other ingredients. Pour into an ovenproof baking dish and bake for 35 minutes, or until the custard is just setting.

Maxine Caine

Banana Whip

Serve 5-6

Ingredients

4 bananas
1 tbsp caster sugar
grated rind and juice of 1 lemon
3oz/75g porridge oats
½ pint/300ml single cream
grated chocolate to decorate

Method

Mash the bananas then add the sugar, lemon rind and juice oats and cream and mix well. Spoon into serving dish and decorate with the chocolate.

Christine Craven

Chocolate Bread and Butter Pudding

Serves 4-6

Ingredients

8/10 slices white bread, 1 day old
5oz/150g dark chocolate or if you prefer make half milk chocolate
15 fl oz/425ml whipping cream
4 tbsps dark rum
4oz/110g caster sugar
3 oz/75g butter
Pinch cinnamon
3 eggs

Method

Remove crusts from bread and cut into triangles. Place the chocolate, cream, rum, sugar, butter and cinnamon in a bowl and melt (either over a pan of water or in a microwave). Be careful not to heat too much as chocolate burns easily and then separates making it unusable. Stir all the ingredients really well. In a separate bowl whisk the eggs and pour the chocolate mixture over them and mix until thoroughly blended. Now spoon about 1 cm thick of the mixture into the bottom of your dish then place half the bread on top in overlapping rows. Pour some more mixture over the top of the bread then arrange the last of the bread on the top finishing off with a layer of chocolate. Press down firmly so that all the bread gets evenly covered. Now cover the dish with clingfilm and leave to stand at room temperature for a few hours then transfer to the fridge for at least 24 hrs but preferably more. To cook bake in an oven preheated to gas mark 4/350°F/180°C on the top shelf for 30-35 minutes. Leave to stand for 5-10 minutes before serving with ice cream or cream.

Anne Spence

Lime and Chocolate Dessert

Ingredients

1 packet sugar free lime jelly crystals
Juice and grated rind of 1 ½ lemons
227g/8oz very low fat natural fromage frais
4 level tsp artificial sweetener
1 egg white
2 level tsp grated chocolate

Method

Dissolve the lime jelly in 142ml/1/4 pint of boiling water and add the lemon juice and enough cold water to make up to 568ml/1 pint. Leave to cool. Beat the fromage frais, lemon rind and sweetener together in a bowl. Gradually stir in the cooled jelly then chill in the refrigerator until the mixture is on the point of setting. Whisk the egg white until stiff and fold into the jelly mixture along with half of the grated chocolate using a metal spoon. Pour into a large jelly mould and refrigerate until set. Decorate with the remaining grated chocolate.

Maxine Caine

Pecan Pie

Serves 8

Ingredients

200g/7oz butter
175g/6oz flour
pinch of salt
45ml/3tbsp cold water
3 medium sized eggs
15ml/1tbsp milk
175g/6oz demerara sugar
150ml/ ¼ pt maple or corn syrup
2 ½ ml/ ½ tsp vanilla flavouring
175g/6oz pecan nuts, halved
fresh double cream to serve

Method

Preheat oven to gas mark 7/220°C/435°F. Whisk 150g/5oz of the butter. Gradually stir in the sifted flour and salt. Beat well after each addition. Add 45ml (3tbsp) of cold water and mix thoroughly with your hands. Knead lightly with extra flour, as this pastry is sticky to handle. Chill. Roll out pastry and use to line a 9 inch ovenproof flan dish. Flute the edge. Chill the case while preparing the filling. Beat the eggs and milk together. Boil the sugar and syrup together in a saucepan for 3 minutes. Slowly pour onto the beaten egg and stir in the remaining 50g/2oz of the butter and vanilla flavouring. Use half the nuts to cover the base of the pastry case. Spoon the syrup mixture over and cover with the remaining nuts. Bake in the oven for 10 minutes. Then reduce the heat to gas mark 3/170°C/325°F and cook for 45 minutes until the filling is set. Serve warm or cold with cream.

Wendy Wilson

Lemon Sorbet

Serves 6

Ingredients

8oz/225g caster sugar
1pt/570ml water
thinly pared rind and juice of 3 lemons
2 egg whites

Method

Dissolve the sugar in water over a low heat then add the lemon rind and boil gently for 10 minutes. Stir in the lemon juice and leave to cool. Strain the liquid into a freezing tray or shallow dish and freeze until mushy. Whisk the egg whites until stiff and then mix thoroughly into the lemon mixture. Then pour into a plastic lidded container and freeze for at least 12 hours before serving.

Christine Craven

Pears Belle Hélène

Serves 6

Ingredients

4oz/100g plain chocolate
1oz/25g butter or margarine
2 tbsp milk
3 juicy pears
6 scoops vanilla ice cream

Method

Put the chocolate and butter or margarine in a bowl and stand it in a saucepan of hot water to melt. When well blended stir in the milk meanwhile cut each pear in half and remove the skin and core. Put a scoop of ice cream in 6 individual glass bowls and top with pear half and pour over a little chocolate sauce.

Christine Craven

Banana and Orange Desert

Serves 4

Ingredients

Small knob of butter/margarine
1 tbsp flaked almonds
1 tbsp soft brown sugar
4 floz/100ml orange juice
2 oranges
2 bananas

Method

Melt the butter/margarine and brown the almonds for a couple of minutes then add the sugar and orange juice and boil until the liquid has reduced and begins to caramelise (about 8 minutes). Meanwhile remove the skin and pith from the oranges and cut the oranges into bite size pieces. Peel and slice the bananas. Stir the fruit into the syrup sauce thoroughly and then serve.

Christine Craven

Blackberry Mousse

Ingredients

1lb blackberries
5oz-granulated sugar
Juice of one small lemon
1 sachet powder gelatine
3 tsp warm water
5 floz double cream
3 egg whites

Method

Wash blackberries and place in saucepan with the sugar and lemon juice. Simmer over low heat for 10-15 minutes. Meanwhile put the water in a small bowl with gelatine and soak for 5 minutes. Take the fruit off the cooker, add the soaked gelatine, and stir until dissolved. Pass through a sieve into a large bowl. Rub through as much of the fruit as possible (this takes quite a while) discard the pips. Set the blackberry puree aside until cold and beginning to thicken. Wipe the cream and fold into the puree. Whip the egg whites until stiff and fold in gently. Turn into a glass bowl, cover with Clingfilm and keep in the fridge overnight

Christine Campbell-Lamerton

Meringue Layer Cake

Serves 8

Ingredients

4 egg whites
8oz (225g) caster sugar
Finely chopped walnuts for sprinkling

Filling:

4oz (100g) plain chocolate
¼ (150ml) soured cream
1 tblspn brandy
¼ (150ml) double cream

Method

Heat the oven to 300°F, 150°C or Gas 2. Draw three 8-inch circles on three pieces of parchment paper and place on baking sheets. Whisk the egg whites until stiff and then add the sugar 1 tablespoon at a time until the meringue is stiff and glossy. Divide the mixture between the sheets and sprinkle one of the circles with the chopped walnuts. Place sheets of meringue into oven and lower the temperature to 200°F, 100°C or gas no 4 - bake meringue for about 2 hours rotating the trays occasionally. Turn off the oven and leave the trays for a further hour to completely dry out. Melt the chocolate and stir in the soured cream and brandy. Whip the cream to soft peak stage and fold gently into the chocolate mixture. Spread this mixture over the two plain meringue circles, top with the walnut circle and leave to stand for two hours at least.

Sue Walker

Tipsy Strawberries

Serves 4

Ingredients

1lb strawberries, stalked and halved
2 tbsp brandy
3 egg whites
6oz caster sugar

Method

Put the strawberries in oven proof dish. Sprinkle over the brandy, whisk the egg whites until stiff, then whisk in half the sugar, then fold in the remainder. Pile the mixture onto the strawberries. Bake in a preheated oven gas mark 6 (200°C/400°F) for 15 minutes. Serve hot or cold with cream

Christine Craven

Gin and Tonic jelly

Ingredients

300ml plus 50 l water
300g caster sugar
Zest and juice of 2 lemons
400ml tonic water (not slimline)
250 ml gin
8 sheets of leaf gelatine
2 punnets of white currants or 3-4 punnets of raspberries (optional)
1 teaspoon icing sugar if using raspberries
1 ¼ litre jelly mould, lightly greased with vegetable oil

Method

Put water and sugar into wide, thick-bottomed saucepan, and bring to the boil. Boil for 5 minutes, take off the heat, add lemon zest, and leave for 15 minutes. Strain into a measuring jug, and then add the lemon juice, tonic water and the gin. You should have reached the 1200 ml mark, and if not add extra tonic water, gin, or lemon juice to taste. Soak the gelatine leaves in a dish of cold water for 5 minutes to soften. Mean while, put 50 ml of water into a small saucepan and bring to the boil. Remove from the heat, and squeeze out the gelatine leaves, and whisk them in. Pour some of the gin and lemon syrup mixture into the saucepan, and pour everything back into the jug. Pour into the mould, and when cold put in the fridge to set. This should take about 6 hours. When you are ready to unmould, half fill a sink with warm water and stand the jelly mould in it for 30 seconds or so. Clamp a big flat plate over the jelly, and invert to unmould, shaking it as you do so. If it doesn't work stand in water for 30 seconds and try again. If you have used a dome mould, surround the jelly with white currants (Sainsbury's sell them in the summer), or fill the hole with them if you used a ring mould. Raspberries are just as good, but dust these with icing sugar. As a variation, if you want to make vodka and lime jelly, substitute the lemons for 6 limes, and the gin for vodka.

Wendy Hill

Crunchie Bar Ice Cream

Ingredients

400g tin sweetened condensed milk
½ pt double cream
¼ pt yoghurt
2 crunchie bars – chopped

Method

Whip cream to soft peaks, add condensed milk and fold in yoghurt. Stir in crunchie bars. Freeze until firm.

Annie Andrews

Toffee Topping – Serve with Ice Cream

Ingredients

2oz butter
2oz soft brown sugar
2oz-granulated sugar
5oz golden syrup
4floz double cream
Vanilla (few drops)

Method

Place sugars, butter and syrup in pan. Heat slowly to melt and sugar dissolved. Heat for another 5 minutes. Cool and gradually add cream and vanilla. When cold pour into screw top jars and store in fridge. Keeps 4 weeks.

R Lem

Frozen Lemon Yoghurt Cream

Ingredients

450g Greek style yoghurt
150ml double cream
100g cast sugar
Juice of 2 lemons

Method

Turn chilled yoghurt into a mixing bowl. Add cream and caster sugar. Stir with whisk to dissolve sugar. Add Lemon juice and mix. Freeze mixture in an ice cream freezer machine according to manufacturer's instructions. Or turn into a suitable container and freeze in domestic freezer until almost frozen but still mushy. Work with a fork, turn the sides into the centre and mix until smooth, continue to freeze until firm. Cover with a container lid for storage. Frozen Orange Yoghurt Cream – follow the instructions above, substituting 1 190g carton frozen concentrated unsweetened orange juice, thawed, for the lemon juice. Serves 4 – 6.

Anne Bray

Chocolate Fudge Pudding

Ingredients

3oz self raising flour
2 tbsp cocoa powder
Pinch of salt
4oz butter or margarine
4oz cast sugar
2 eggs, lightly beaten
½ tsp vanilla essence
1-2 tbsp milk or water

Sauce:

4oz soft brown sugar
2 tbsp cocoa powder
½ pt hot water

Method

Sift together flour, cocoa and salt. Cream butter and sugar till light, Gradually beat in eggs and vanilla essence. Add a little flour with the eggs. Fold in the flour and enough milk or water to mix to a medium soft consistency. Spoon mixture into a well buttered 2pt baking dish or pie dish and spread evenly. Mixture should only half fill the dish. For the sauce, combine brown sugar and cocoa together. Stir in the hot water. Pour sauce over the top of cake mixture. Place in centre of a moderately hot oven (380f or Gas 5) bake for 40 minutes. When baked, cake mixture will have risen to the top and underneath will be a delicious chocolate sauce.

Judith Greenway

Mousse in 60 seconds

Ingredients

175g (6oz) chocolate buttons
2 eggs
2 tbsp rum (or 3 if feeling daring)
2 tbsp swank coffee
210ml (6floz) scalded milk

Method

Put chocolate buttons, eggs, coffee and rum in a food processor. Pour over the hot milk and quickly whiz until combined. Pour into individual ramekins and chill. Serve with cream and a flake. Makes 4-6

Lorna Wood

Chocolate Meringue

Ingredients for meringue rounds

3 egg whites
1 level tsp cornflour
1 tsp vinegar
1 tsp vanilla essence
7oz caster sugar

Method

Whisk egg whites then slowly mix in sugar. Mix cornflour, vinegar and vanilla in a cup. Whisk it all in the egg whites with sugar. Place on non stick paper in 2 rounds – Preheat oven to 150 degrees C, but cook at 140 degrees C for 1 hour. Leave to cool in oven.

Ingredients for filling

3oz caster sugar
3 tbsp water
3 egg yolks
6 oz unsalted butter
2oz plain chocolate
1oz cocoa

Method

Mix sugar and whites and boil until a thread forms (about 10 mins). Beat yolks in a bowl. Pour syrup over. Stir until mixture cools. Cut butter into small pieces and mix with chocolate that has been melted over a bowl of boiling water and cocoa that has been made into a smooth porridge mixture. Spread this chocolate cream between the meringue rounds and decorate with cream and chopped almond. This is best made 2 days before. Serves 6.

Jo Cumberledge

Gingered Pears

Ingredients

1 – 2 pears per person
½ bottle ginger wine
chopped stem of ginger and some of the juice from the jar
ice cream, highly whipped cream or fromage frais to serve with it. (ginger syrup can be added to any of these).

Method

Peel pears, leaving stalks on & cutting a small slice from the bottom so that they will stand up. You can scoop out the core from the bottom if you like. Lay pears flat in lidded oven proof dish and pour wine and ginger over them. Cook at 175°C till soft – approx 20 minutes but it depends how ripe the pears are. Serve hot or cold, the pears standing up in the juice.

Meringue Quickies

Ingredients

Broken meringues
½ pint double cream
fresh strawberries and or raspberries
4 tbsp. sweet sherry
1 tbsp. castor sugar

Method

Whisk cream to thicken and add sherry. Layer broken meringues, fruit and cream in a clear bowl finishing with a layer of cream. Decorate with fruit. Delicious and very easy.

Jane Borwell

Blueberry Crème-Brûlée with a cinnamon crust

On the baked-custard continuum, this version of crème-brûlée is the ultimate dessert, loaded with blueberries – wild, if possible – and topped with a crispy cinnamon crust.

4 cups double cream
¼ cup granulated sugar
9 egg yolks
1 tsp vanilla extract
4 cups fresh blueberries
½ cup flour
½ cup brown sugar
1 tsp cinnamon
¼ tsp ground nutmeg
½ cup unsalted butter, chilled and cut into bits

Preheat oven to 350°F (180°C). In a large saucepan, heat cream and quarter cup of granulated sugar over medium heat until sugar dissolves, but do not allow cream to boil. Set aside. Place egg yolks in a large bowl, and temper them by whisking in one cup of cream. Gradually whisk in remaining cream, and stir in vanilla. Pour into four individual custard cups or ramekins. Bake in a hot water bath for 30 minutes.

Remove ramekins from water and place on a baking sheet. Top with blueberries and set aside. Turn on the grill. Place flour, brown sugar, cinnamon and nutmeg in a food processor and blend. Add butter and using the pastry blade, process briefly just to incorporate. The mixture should be crumbly and you should be able to sprinkle it on top of the custard. Heat the cinnamon mixture over the blueberries. Boil for 3-7 minutes or until butter melts and a crust forms. Serve warm or cold. Serves 4.

Ann Fitz-Gerald

Chocolate Crème Brûlée

Makes 6 (can be made 2 days in advance)

Ingredients

600ml/1 pint double cream
1 vanilla pod, split
225g/8oz plain dark chocolate, broken into small pieces
3 medium egg yolks
50g/2oz icing sugar, sifted
3 tbsp caster sugar

Method

Preheat the oven to 18°C/Gas 4. In a heavy based pan, heat the cream with the vanilla pod until scalding hot but not boiling. Remove the pan from the heat, cover and leave to infuse for 15 minutes. Remove the vanilla pod and scrape the seeds into the cream with the tip of a knife. Stir the chocolate into the vanilla cream until melted and smooth. Put the egg yolks and icing sugar into a bowl. Beat with a wooden spoon until well blended, then stir in the chocolate cream. Pour into six 225ml/8fl oz ramekins. Put the ramekins in a roasting tin and pour in enough hot water to come half way up the sides of the dishes. Bake for 30 minutes until firm. Remove from oven and leave to cool. Chill overnight or for up to 2 days! It is worth the wait! Sprinkle over the caster sugar and place under a hot grill to caramelize. Serve within 1 hour.

Enjoy!!

Cathy Bailey

Caramelized Lemon Pie

Makes one 9 inch pie

6 eggs
1 cup plus 2 tablespoon of sugar (275ml)
6 tablespoons of butter (100ml)
1/3 cup (75ml) whipping cream
1/4 cup (175ml) freshly squeezed lemon juice
1 half baked pie shell

Caramelized Icing

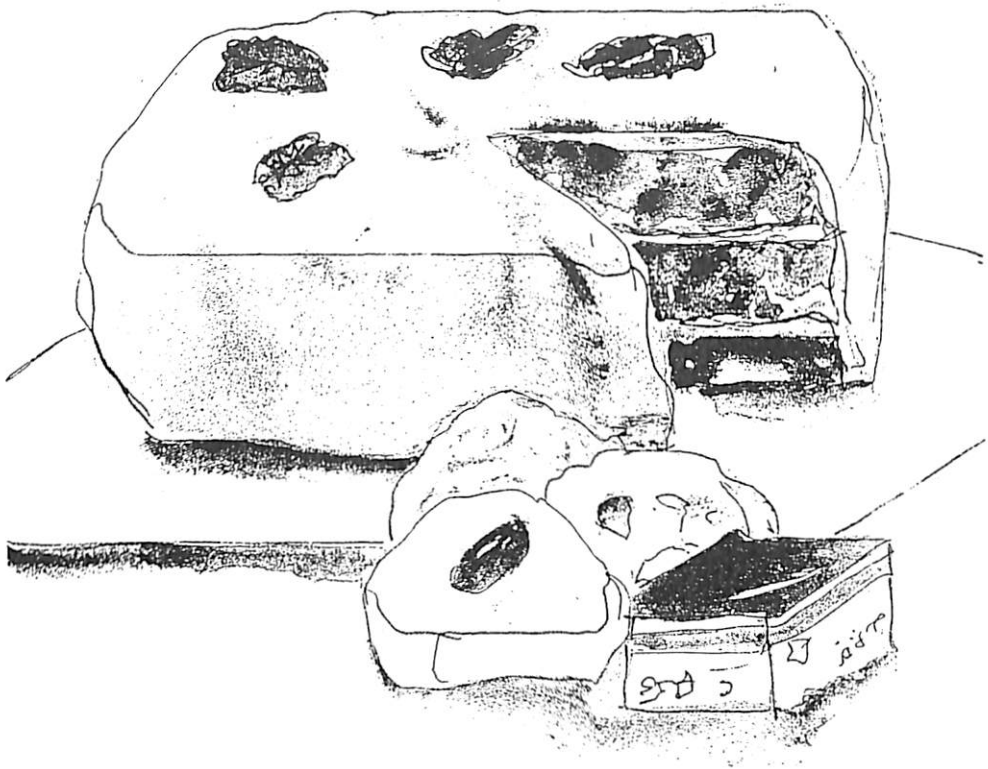
1 cup (250g) brown sugar
1/4 cup (50ml) water
1 cup (250ml) whipping cream

Method

To make filling: In a sauce pan, whisk together the eggs and sugar. Whisk in butter, cream and lemon juice. Cook the mixture over moderate heat, whisking the mixture constantly, for 10 minutes, or until thick enough to coat a spoon. Pour the filling into half baked pie shell and bake at 325°F (160°C) for 15 to 25 minutes, or until the filling is set and the crust is golden.

When the pie has cooled, make the caramelized icing: Mix brown sugar and water in a saucepan over medium to high heat, stirring occasionally. Bring the sugar to a caramelized stage on a candy thermometer (310°F to 338°F / 155°C to 165°C or past the hard crack stage, once it turns darker golden, but before it burns). Remove from the heat, remove thermometer, add whipping cream, stirring well with wooden spoon. Use caution at this stage as the mixture is very hot. Put the icing back on medium heat, stirring just enough to mix well. Mixture should be smooth. Pour icing over pie.

Ann Fitz-Gerald





Cakes

Notes

Havercake

Havercakes have been traditional in Yorkshire for centuries, made from oats, which were a staple food in hilly areas. The oats were ground locally then the meal was stored in a wooden ark in the home. It was pressed down very firmly or even stamped down.

A visitor to Skipton in 1979 wrote "Oatmeal is made into bread and sometimes into hasty pudding". In a book of 1674, several words were used for oatcakes. They were called tharve-cakes, riddle-cakes, clap bread (possibly only a passing Chinaman's bad pronunciation), haverbread and of course havercakes.

Recipe 1 (for the wealthy)
1 pint mixed milk and water
1 oz yeast
6 oz fine oatmeal
3 oz flour
1 scant teaspoon salt

Mix the flour, salt and oatmeal. Warm the liquid and stir in gradually to make a smooth batter. Crumble in the yeast, stir gently and leave to stand in a warm place for 20 minutes. Stir again and cook in a strong, well-greased frying pan. Pour in enough batter to cover the base fairly thinly and turn out when cooked.

(Note: It should look similar to a pancake. If not try again until no mixture left then head for the pub and leave the other half to clean up)

Recipe 2 (for those less fortunate)
1 pint warm water
 $\frac{1}{2}$ oz bread yeast
1 $\frac{1}{2}$ lb. fine oatmeal

Stir together all the ingredients and mix gently with your hands until smooth. Cover and leave in a warm place to prove for half an hour. This mixture was used to bind together coarser oatmeal and the simplest method is as follows: Cover a board with coarse, dry oatmeal. Pour on some batter to cover the oatmeal, shake into shape then throw the havercake into a long oval on the heated back stone or whatever is used.

When cooked, the havercakes were then hung on plain wooden racks suspended from the ceiling. These were called bread fleaks. The havercakes were then eaten either fresh or dried. Fried with bacon or buttered and eaten alone or with cheese, treacle or jam.

Vicki and Andy Pigg

Chocaholics Dream Cake

Ingredients

125g/4oz good quality plain dark chocolate (or 65g plain and 60g milk)
100g/3 ½ oz unsalted butter
30ml/2tbsp rum
2 eggs, plus 1 egg yolk
150g/5oz caster sugar
25g/1oz plain white flour
25g/1oz ground almonds

Method

Place chocolate, butter and rum in a small bowl and heat gently until melted. Whisk the eggs, egg yolk and sugar together in a bowl until pale and creamy. Sift the flour over the whisked mixture and add the ground almonds and then the melted chocolate mixture. Fold in carefully. Spoon the mixture into two cake tins (well greased or lined with grease proof paper). Bake for 20-25 minutes until just firm to the touch at 190°C/gas mark 5.

Chocolate Ganache Coating

150g/5oz plain chocolate, chopped into pieces
150g/5oz milk chocolate, chopped into pieces
300ml/ ½ pt double cream

Put the chocolate in a large bowl. Bring the cream to the boil and pour over the chocolate then leave to stand for a few minutes. Whisk until the cream and chocolate are blended. Put a ¼ of the mixture into a separate bowl and whisk until thicker and more spreadable. Spread this onto the top of the bottom half of the cake then put the top half on. Pour about ½ of the remaining mixture on the top and down the sides of the cake and put in fridge to firm up. After 15 or 20 minutes take the cake out of the fridge and pour the remaining mixture over the top and again put in fridge to help set. Once chocolate has set (usually overnight) you can then decorate with some flakes or chocolate buttons. This is a very rich and delicious cake which is nice on its own or with a little cream.

Eileen Ness

Lemon Couscous Cake

Ingredients

4 oz couscous
Water
3 eggs
4 tablespoons of candere!
drop of vanilla essence
juice and rind of one lemon
sandwich tine or similar to bake
fry lite

Method

Pour the couscous into a bowl, cover with water and leave to soak for at least two hours. When soaked, mix with three eggs. Add the candeler and the lemon juice and rind. Mix together. Spray sandwich tin with fry lite. Place mixture into baking tin and level. Bake on gas mark 5 or equivalent for about 30-35 minutes.

Maxine Caine

Golden Date Slice (or Carrot and Date Cake)

Ingredients

6oz stoneless dates
6oz margarine
6oz Demerara sugar
6 level tbsp golden syrup
10oz self raising flour
8oz finely grated carrots
½ level teaspoon salt
2 level teaspoons cinnamon
3 eggs
2 rounded tbsp Demerara sugar

Method

Set oven at 160oC or gas mark 3. Grease square 8" cake tin. Line base and sides with greasproof paper. Roughly chop dates. Place margarine, sugar and syrup in a medium sized saucepan over a low heat until the margarine has melted. Take off heat and sift flour with the salt, cinnamon and add to pan, stir in dates and carrots. Pour into tin, sprinkle 2 tablespoons of Demerara sugar over the top. Bake in centre of oven for 1hr 40mins – 1hr 50mins. Leave to cool in tin. Excellent keeper and is best left for two days before eaten.

Sandy Meek

Mars Bar Crispies/Yorkshire Squares

Ingredients

4 mars bars
4oz (100g) butter/margarine
4oz (100g) chocolate
4oz rice crispies
Method

Method

Melt the mars bars and margarine in a pan over a low heat. Remove the pan from the heat and stir in the rice crispies. Melt the chocolate in a bowl over hot water or in the microwave. Spread the mixture in a swiss roll tin or in cake cases then cover with the melted chocolate. When cold cut into squares.

Jill Simpson and Adele Thomas

Rich Chocolate Biscuit Cake

Ingredients

3 Eggs
150 g caster sugar
2 tsps vanilla essence
100g cocoa powder
200g butter
20 plus Marie biscuits

Method

Beat together the eggs, sugar, vanilla essence until thick and white. Melt the butter with the cocoa powder over a low heat. Then beat in the egg mixture. Line an oblong bread tin with foil or cling film. Put a layer of the chocolate mixture in the tin and then a layer of plain marie biscuits and so on. The last layer must be chocolate mix. Refrigerate until hard. Slice and enjoy!

Liz Anne Cumberlege

Boiled Fruit Cake

Ingredients

1 cup of soft brown sugar
1 ½ cups of water
4 oz butter
¾ lb each of sultanas, raisins and currants
1 small pack of chopped walnuts
3oz glace cherries
1 tsp each of allspice, cinnamon and nutmeg

Method

Set oven at 350oF, 180oC or gas mark 4.
Line 8" square cake tin. Take medium sized pan and place all ingredients into it. Boil contents for 5 minutes. Allow it to go cold. Then beat 2 eggs, beaten. Add to mixture ½ cup self raising flour, 1 cup of wholemeal flour and ½ tsp bicarbonate of soda. Add to tin and cook for ¾ hour – 1 hour. Quick and easy and delicious, a good keeper.

Sandy Meek

White Forest Gateau

A variation on the famous layered cake. This one doesn't need decoration just the almond meringue topping and morrello cherry filling.

Ingredients

Cakes

125g margarine
125g caster sugar
4 egg yolks
200g self raising flour

Make 2 cake bases in 24–26 cm cake tins.

Meringue Topping

4 egg whites
200g caster sugar
200g almond flakes.

Make the meringue to go on top of cake bases. Bake in the oven on a medium heat for 15-20 mins. Meringue should be light brown.

Filling

500g morrello cherries
350g fruit juice
2-5 tblsp kirsch or brandy (optional)
1-2 tblsp cornflour
250ml whipped cream

Mix the fruit juice and cornflour together then add the drained cherries and alcohol. Layer on top of one of the cake bases with the meringue and then add the whipped cream. Finally place the second almond meringue cake on top.

Meike Harrap

Chocolate Cheesecake

(low fat)

Ingredients

227g/8oz very low fat natural cottage cheese
113g/4oz very low fat natural fromage frais
1 sachet of Cadbury's highlights hot chocolate drink
1 egg
Artificial sweetener to taste

Method

Preheat the oven to 180°C, 350°F, Gas mark 4. Place the cottage cheese, fromage frais and highlights drink in a liquidiser. Add the sweetener to taste and blend until smooth. Beat the egg and fold into the mixture. Pour into an ovenproof dish and bake for 20 minutes.

Maxine Caine

Orange Cheesecake

(low fat)

Ingredients

1 packet of sugar free orange jelly crystals
142 ml/ ½ pint boiling water
454g/1lb very low fat natural cottage cheese
198g/7oz very low fat natural fromage frais
juice of 1 orange
fresh orange segments for decoration.

Method

Dissolve the jelly crystals in the boiling water and leave to cool. Sieve or liquidise the cottage cheese and mix with the fromage frais, orange juice and cooled jelly. Pour into a flan dish and chill in the refrigerator until set. Decorate with the orange segments.

Easter Cake

Ingredients

½ lb butter
½ lb caster sugar
½ lb plain flour
¼ ground almonds
3 eggs
1 teaspoon baking powder
pinch of salt

Cream butter and sugar together followed by beaten eggs, then add sifted flour with baking powder and salt, then add almonds. Place in lined loaf tin and cook in oven at 300°F, 150°C or gas mark 2 for 2 ½ - 3 hours – cool in tin. Excellent keeper and quite delicious. I cover it with almond paste and decorate the top with Easter decorations.

Sandy Meek

Tea Brack

Ingredients

1lb dried fruit
80z dark brown sugar
¼ pt strong tea
1lb self raising flour
4 tblsp milk

Method

Soak dried fruit and sugar overnight in tea. Next day mix all ingredients together. Cover in a tin with foil and cook for 1 ½ hours on 300°F. Serve with butter.

Jill Simpson

Chocolate Chip Cookies

Makes 10 cookies

Ingredients

4oz/100g margarine
1oz/25g caster sugar
2oz/50g brown sugar
½ tsp vanilla essence
1 egg
4oz/100g plain flour
¼ tsp salt
½ tsp bicarbonate of soda
4oz/100g chocolate chopped into pea sized pieces

Method

Preheat the oven to 190°C gas mark 5. Cream the margarine with both sugars and vanilla essence until light and fluffy. Add the egg and beat well. Sift together the flour, salt and soda and add them to the mixture. Stir in the chocolate. Drop tps of the mixture onto a greased baking tray and cook for 10-15 minutes or until golden brown

Anonymous

Fruit Pastries

Serves 4

Ingredients

8 small frozen vol-au-vents
2oz/50g plain chocolate
2 x 4oz pots fruit flavoured fromage frais
8 fresh strawberries or 1 kiwi fruit
whipped cream for decoration (optional)

Method

Preheat oven to gas mark 7/220°C/425°F. Cook the vol-au-vents for about 12 minutes until well risen and lightly brown. Allow to cool. Meanwhile put the chocolate in a small bowl and stand it in a pan of hot water on the stove to melt. Do not overheat. Discard the lids and pull out any uncooked pastry from the vol-au-vents. Then dip the tops of the vol-au-vents in the melted chocolate. Then fill the vol-au-vents with fromage frais and top with whipped cream (if using) and a fresh strawberry/kiwi fruit slice.

Christine Craven

Australian Cheese Cake

Ingredients

8oz digestive biscuits
3oz margarine/butter
1 ½ lb cream cheese
3tbsp double cream
2 eggs
1 cup sugar
vanilla essence

Method

Melt butter. Crush biscuits either in food processor or in plastic bag. Mix biscuits and butter and place in the bottom of the tin and around sides. Leave to set while making the other part. Mix together eggs and sugar. In another bowl beat cream cheese until soft and add eggs, sugar, cream and a couple of drops of vanilla essence. Put mixture in tin. Cook gas mark 4 for 1 hour. Do not open cooker door for at least 2 hours after cooking. If possible leave overnight. This is quite a rich dessert and is good served with fresh summer fruit ie. raspberries.

Jill Lowther

Shortbread

Ingredients

100g/4oz soft butter
50g/2oz caster or soft brown sugar
150g/5oz plain flour
25g/1oz semolina
8-10 toasted almonds
extra caster sugar.

Method

Line the base of a 20.5cm/8inch flan dish. Beat together the butter and sugar until light and fluffy. Sift in the flour and semolina and stir in. Using the fingertips, gather the dough together into a smooth ball. Press into the flan dish, level the surface and prick with a fork. Arrange the almonds around the edge. Cook on 70% for 6 minutes in the microwave. Cool for 5 minutes then mark into wedges. Cool completely before removing from the dish. Sprinkle with extra caster sugar.

LCpl Good
'B' COY

Flapjacks

Makes around 16

Ingredients

4oz/100g butter or margarine
4oz/100g demerara or soft brown sugar
3 tbsp golden syrup
8oz/225g porridge oats

Method

Melt the butter/margarine, sugar and syrup in a saucepan. Meanwhile heat oven to gas mark 4/180°C/350°F. Grease an 8 inch (20.5cm) square tin. Stir the oats into the syrup mixture and mix well. Then turn into the greased tin press down and bake for 20 minutes. Mark into squares when hot and remove from tin when cooled.

Christine Craven

Soft Gingerbread

Ingredients

4oz brown sugar
4oz margarine Warm these in saucepan
8oz golden syrup

10oz self-raising flour
3-4 tsp ground ginger
One level tsp bicarbonate of soda
Pinch of salt
1 egg
½ pint of milk

Method

Mix altogether. Cook in low oven for 1½ hours. Gas 2, electric 300°F or 150°C.

Tracey Hey

Yorkshire Bun Loaf

Ingredients

10oz self raising flour
4oz margarine
3oz caster sugar
2 eggs, beaten
2 tsp marmalade
3oz sultanas
3oz currants
a little milk
caster sugar for sprinkling

Method

Sift the flour into a bowl. Rub in the margarine, then stir in the sugar, eggs, marmalade, sultanas and currants. Bind to a medium stiff mixture with milk then turn into a greased 1lb/500g loaf tin. Sprinkle the top with caster sugar and bake in a preheated oven gas mark 5/190°C/375°F for 1 hour.

Christine Craven

Banana & Sultana Tea loaf

Ingredients

8oz self-raising flour
¼ tsp bicarbonate of soda
Pinch salt
3oz butter
6oz caster sugar
2 medium eggs, beaten
1 lb bananas weighed with skin, peeled, mashed
4oz sultanas

Method

Preheat oven to 180°C, 350°F, and gas 4. Grease and line the base of a 2lb loaf tin. Mix together flour, bicarbonate of soda and salt. Cream butter and sugar until pale and fluffy, add the eggs a little at a time alternately with the flour. Stir in the remaining flour, bananas and sultanas and place in prepared tin. Bake for about 1¼ hours. Cool on wire rack.

Tracy Hey

Christmas Morning Muffins

Ingredients

For the muffins:

200g plain flour
3 teaspoons baking powder
¼ teaspoon bicarbonate of soda
75g Demerara sugar
Good grating fresh nutmeg
1 small orange
Approx 50ml milk
60g unsalted butter, melted
1 large egg
150g dried cranberries
12-bun muffin tin with papers

For the topping:

2 teaspoons Demerara sugar
¼ teaspoon cinnamon

Method

Preheat the oven to 200°C/gas mark 6. In a large bowl, combine the flour, baking powder, bicarbonate of soda, and sugar, and grate over a generous amount of fresh nutmeg. Squeeze the orange juice into a measuring jug, and then pour milk on top until it comes to the 150ml mark. Add the melted butter and the egg, and beat to combine.

Pour the jug of liquid ingredients into the bowl of dry ingredients, and stir until the ingredients are more or less combined, remembering that a lumpy batter makes light muffins. Last of all, lightly fold in the cranberries and fill the muffin cases or cups. The amount of cranberries specified here, makes for heavily fruited muffins; if you want them sparser, only use half the amount. Mix together the Demerara sugar and ground cinnamon, and sprinkle over the tops of the muffins. Put in oven, and bake for 20 minutes. Makes around 12.

Wendy Hill

Deep Freeze Chocolate Sandwich Cake

Ingredients

Cake:

4oz margarine
5oz caster sugar
4oz self raising flour
1 tblsp cocoa powder
2 eggs
1 tsp milk
1 tsp baking powder

Filling:

6oz icing sugar
1oz drinking chocolate
2oz soft butter or margarine
2 tsp water

Method

Place all cake ingredients in mixer and beat. Divide the mixture between the tins and bake in oven at 175°C for 30 minutes. Mix filling ingredients together and fill cake.

R Lem

Stop me Starving

Ingredients

2 cups self-raising flour
2 cups brown sugar
1 cut oats
1-cup coconut
2 cups mixed fruit
250g melted margarine
1 tsp almond essence
2 eggs

Method

Mix all together. Press into Swiss roll pan and bake at 140°C for 40 minutes.

Jo Stark

Boiled Fruit Cake

Ingredients

½ lb Butter
1 cup brown sugar
1 cup water
1 ½ lbs mixed fruit
2 tbsp black treacle
1 heaped tsp mixed spice
½ tsp nutmeg

Method

Boil all the above for 10 minutes – then add 1tsp bicarb of soda. Take the saucepan off the stove and let it cool. One at a time, add 4 eggs. Sift in 1 cup of plain flour and 1 cup of self raising flour. Add a pinch of salt. (1tsp sherry is optional). Mix together and put in a buttered tin. Bake in moderate oven for 1 ¼ hours.

Jo Cumberledge

Carrot Cake

Ingredients

6oz (175g) plain flour sieved
12oz (350g) caster sugar
¼ rounded tsp self-raising flour
3 large eggs
8oz (225g) grated raw carrot
¼ rounded tsp bicarbonate of soda
¼ rounded tsp baking powder
¼ rounded tsp ground cinnamon
Just less than ½ pt (300ml) sunflower seed oil
Oil for greasing

Filling and Icing:

6oz (175g) cream cheese
6oz (175g) butter
8oz (225g) icing sugar
¼ tsp vanilla essence

Method

Sieve dry ingredients together. Put the oil in a large bowl, add the sugar and beat together using an electric hand whisk. Add the eggs, one by one, beating well in between. Fold in the sieved dry ingredients and lastly stir in the grated carrot. Grease a 10-inch (25cm) round cake tin and line with siliconised paper. Spoon mixture into tin and bake in a moderate oven, 350f (180c) gas mark 4 for 45 minutes then lower the heat to 325°F (170°C) gas mark 3 and bake for a further 20 minutes. Test by pushing a knife into the centre of the cake, if it comes out clean then the cake is cooked, if not then bake for a further 15 minutes. Remove from oven and leave in tin for 5 minutes to cool. Turn it out on to a cooling rack. To make the filling, beat together the cream cheese and butter and gradually add the icing sugar, sieving as you add it. Beat together really well, adding the vanilla essence. Split the cake in half and fill and cover with the butter cream.

Josephine Brydon

The easiest cake in the world

Ingredients

1 lb dried mixed fruit soaked in either whiskey, brandy, sherry or black tea
1 mug soft brown sugar
2 mugs self-raising flour
1 beaten egg

Method

Soak fruit over night Mix all ingredients together place in a greased loaf tin and bake for 2 hours at Gas 3

Jane Borwell

Tia Maria Gateau

Ingredients

For the cake:

75g plain flour
2 tbsp instant coffee powder
3 eggs
115g caster sugar
Coffee beans to decorate

For the filling:

175g low fat soft cheese
1 tbsp clear honey
1 tbsp Tia Maria liqueur
50g stem ginger, roughly chopped

For the icing:

225g icing sugar
2 tbsp coffee essence
1 tbsp water
1 tbsp cocoa powder

Method

Preheat the oven to 190°C/375°F/gas mark 5. Grease and line a 20cm/8inch deep round cake tin. Sift the flour and coffee powder together onto a sheet of greaseproof paper. Whisk the eggs and sugar in a bowl with a hand held electric whisk until thick and mousse like. (When the whisk is lifted, a trail should remain on the surface of the mixture for at least 15 seconds). Gently fold in the flour mixture with a metal spoon. Turn the mixture into the prepared tin. Bake the sponge for 30-35minutes, or until it springs back when lightly pressed. Turn onto a wire rack to cool completely. To make the filling, mix the soft cheese with the honey in a bowl. Beat until smooth, and then stir in the tia maria, and chopped stem ginger. To make the icing, in a bowl mix the icing sugar and coffee essence with enough water to make a consistency that will coat the back of a wooden spoon. Pour ¾ of the icing over the cake, spreading it evenly to the edges. Stir the cocoa into the remaining icing until smooth. Spoon into a piping bag fitted with a writing nozzle and pipe the mocha icing over the coffee icing. Decorate with coffee beans.

Wendy Hill

Fat Rascals

Ingredients

8 oz Self Raising Flour
Pinch of salt
1 ½ oz brown sugar
4 oz margarine
3 – 4 oz currants
Milk to mix

Method

Sieve the dry ingredients together, then rub in the butter. Add the currants and enough milk to make a firm dough. Roll to about ½ inch thick, cut into rounds, sprinkle with a little sugar and put onto baking tins. Bake in the oven (400 ° - 425 °F/Gas Mark 5/6) for about 15 mins.

Wiggy's Chocolate Surprise

Ingredients

Cake:

5fl oz vegetable oil
5fl oz natural yoghurt
4 level tbsp golden syrup (use less rather than more)
6 oz caster sugar
3 eggs
8 oz self raising flour
3 rounded tbsp cocoa (not drinking chocolate)
½ level tsp bicarbonate of soda
½ level tsp salt

Preheat the oven to 325°F, 160 °C, gas 4. Grease and line two round 8 inch cake tins. Place oil, yoghurt, syrup, sugar and eggs in a bowl and beat together until well mixed. Sift onto this the flour, cocoa, bicarbonate of soda and salt. Mix well. Divide between the two tins and bake for 40 minutes. Leave to cool in the tins and then turn out.

Chocolate Fudge Icing:

4 oz unsalted butter
1 oz cocoa
3 tbsp milk
10 oz icing sugar

Method

Melt butter over low heat – do not allow to boil. Remove and add the cocoa and milk. Cool for 10 minutes then beat in sifted icing sugar. Use the icing to sandwich the two cakes together then ice the top and sides of the cake. This cake can be frozen.

Alison Barratt

Carrot Cake

Ingredients

8oz SR flour
2tsp baking powder
5oz soft light brown sugar
2oz chopped walnuts
4oz carrots(grated)
2 eggs
2 ripe bananas (mashed)
¼ pt corn oil

For icing;

3oz soft butter
6oz icing sugar
3oz cream cheese
4 drops vanilla essence

Oven: 350°F/180°C/gas 4.
8 inch round cake tin (lined with grease proof paper)

Method

Sift flour and baking powder. Add sugar, nuts, carrots and bananas. Mix well.. Make a well in centre and add the eggs and oil. Beat well. Pour into tin. Bake 1 hour. Check cooked by using a clean skewer (the mixture should not be too dry). Cool in tin, turn out and ice top by mixing all the icing ingredients together, then spread over cake, rough the top with a fork and keep the cake in cool place.

Cathy Bailey

Blueberry Bran Muffins

Ingredients

1 teaspoon (5ml) ground cinnamon
½ teaspoon (2ml) ground ginger
½ teaspoon (2ml) baking powder
½ teaspoon (2ml) baking soda
1½ cups (300ml) whole wheat flour
½ cup (125ml) wheat bran
¼ cup (50ml) wheat germ
½ teaspoon (2ml) salt
3 large egg whites
1 tablespoon (15ml) vegetable oil
6 tablespoons (75ml) pure maple syrup or honey
1 cup (250ml) low-fat buttermilk or plain yogurt
1 medium ripe banana, cut into chunks

½ cup (125ml) blueberries, fresh or frozen

Method

Preheat the oven to 350°F (180°C) . Spray a 12 cup standard sized muffin tin with vegetable oil. Sift together the cinnamon, ginger, baking powder and baking soda into a large bowl. Stir in whole wheat flour, wheat bran , wheat germ and salt. In a blender or food processor, combine the egg whites, oil, maple syrup, buttermilk or yogurt and banana and process until smooth. Make a well in the dry ingredients; add the wet ingredients and stir gently but thoroughly until no specks of flour remains. Gently fold in the blueberries. Pour the batter into muffin cups. Bake for 30 to 35 minutes until the tops are lightly browned and a toothpick inserted in the centre of one comes out clean. Turn onto a wire rack to cool.

Ann Fitz-Gerald





Drinks

Notes

Elderflower Cordial

A delicious summer soft drink

Ingredients

20 plus large elderflower heads
2oz citric acid
2 lemons sliced
3lbs granulated sugar
2 ½ pts boiling water

Put the ingredients in a bowl. Pour on boiling water. Stir until sugar dissolves and continue to stir over the next 4 days. Strain through muslin into plastic bottles (don't fill to the top, leave a couple of inches). Freeze. When unfrozen can last for a month. Dilute to taste.

Celia Webb-Carter

Cherryade

Serves 7-8

Ingredients

8oz/225g cherries (stoned)
1pt/600ml boiling water
Lemon rind
2oz/50g caster sugar
1 tbsp brandy (optional)

Method

Put the cherries in a bowl, bruise them with a spoon and pour over the boiling water. Add the lemon rind and leave for 4 to 5 hours. Strain, stir in the sugar until dissolved then add brandy if using.

Christine Craven

Lemonade

Ingredients

juicy lemons
½ lb. sugar
10 gr. Citric acid (not needed if lemonade is to be used same day)
1 pt boiled water (need not be boiling when used)

Method

Place sugar and citric acid in a large bowl. Grate lemons and pour over a little water to infuse. Squeeze lemons and strain the juice on to the sugar and add the water from the peel. Pour the rest of the water through the sieve over the peel, pips etc and stir until the sugar has dissolved and bottle. If you use citric acid, this will keep well if refrigerated.

Anonymous

Purple Cow

Scoop vanilla ice cream into a tall glass fill with grape or blackcurrant juice or lemonade and drink through a straw.

Anonymous

Hot Chocolate

Serves 4-6

Ingredients

1 pound (225g) semisweet chocolate, chopped
1 cup (125ml) hot water
1 cup (50ml) light or dark corn syrup
1 cup (50ml) sugar
4 tablespoons butter softened
1.8 cups (1.2-2l) milk or (half and half cream if you dare)
Whipped cream, cocoa powder to garnish

Method

Place chopped chocolate in a heat proof bowl. In a heavy sauce pan over medium heat, combine hot water, corn syrup and sugar. Bring to a boil and pour immediately over chocolate pieces. Whisk until chocolate is melted and completely integrated, then whisk in butter. Place chocolate mixture and milk in a heavy sauce pan over medium heat. Whisk constantly until very hot but not boiling. Pour into mugs. Top each with whipped cream and a dusting of cocoa powder.

Ann Fitz-Gerald

Coffee Liqueur

makes 2 cups of liqueur

Ingredients

1/2 cups freshly brewed espresso coffee or 1/2 cup water with 1 tablespoon instant coffee dissolved in it
1/2 cup brown sugar
1 cup alcohol or vodka
1/3 cup brandy or rum
1 teaspoon vanilla extract

Method

Place hot coffee in a glass measuring cup and stir in sugar until dissolved. Add alcohol, brandy and vanilla. Mix well and pour into clean bottle. Store for four weeks before using.

Ann Fitz-Gerald

Cider Punch (cold)

Serves 6-8

Ingredients

2 pts/1.2 litres of still cider
2 pts/1.2 litres soda water
miniature bottle of whisky or 40ml whisky
miniature bottle of gin or 40ml gin
½ tsp lemon juice
½ tbsp caster sugar
few thin strips of lemon rind

Method

Chill the cider and soda for 30 minutes. Mix all other ingredients together in a jug then add the cider and soda. Alternatively, you could use sparkling cider and omit the soda water.

Christine Craven

Irish Cream Liqueur

Ingredients

eggs
1/4 tin eagle bran milk
1/2 tsp. coconut flavoring
1/4 cup chocolate syrup
1 pt. table cream
1 oz. Irish whisky

Method

Beat eggs till thin, Add everything except whiskey
in blender, blendStir in whiskey.

Ann Fitz-Gerald

Citrus Punch

Ingredients

Juice of 2 grapefruits
Juice of 2 lemons
Juice of 5 oranges
150ml/ 1/4 pint pineapple juice
Sugar (to taste)
1 litre/ 1 1/4 pints tonic water (chilled in the bottle)
1 lemon, thinly sliced (decoration)

Method

Strain fruit juices into a bowl (through a sieve). Chill. Just before serving add
the sugar, tonic water and lemon slices.

Eileen Ness