



Feeding a family on a tight budget doesn't have to be a boring round of cheap junk food.

Use the recipes in this book, to enjoy wholesome, filling, tasty meals without breaking the bank.

Keep your money in your pocket and fill your tummy up the frugal way!

If you are new to home cooking, start with just one recipe a week and go from there. There's no sense in getting overwhelmed with trying to shop for ingredients and prepare lots of different meals. Take your time and ease into it.

Let us know how you get on. We love to get feedback from our readers.

Bon appetite!

Kate & Co  
[new-self-sufficient-living.com](http://new-self-sufficient-living.com)

p.s. download this meal planner to help you organize your choices each week.

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## Sweet Crepes

Makes 8 -12

3 oz plain flour  
1 – 2 tablespoons sugar  
2 large eggs  
2 tablespoons melted butter or oil  
5 fl oz milk  
2 tablespoons cognac (optional)

Sift the flour and sugar into a bowl.

Beat the eggs and stir them into the flour with the melted butter or oil.

Stir gently until smooth.

Gradually add the milk (and the cognac if desired).

Strain through a sieve if the batter has lumps. The consistency should be that of single cream.

Heat a frying pan about 7" in diameter. Then rub the pan with a thick pad of paper towel moistened with oil.

For each crepe, use about ½ ladle full of the batter. Tilt the pan so

that the batter coats the bottom.

Cook for 1 minute then turn the crepe over and cook for 1 minute on the second side. The heat of the pan may be sufficient to cook this second side without returning the pan to the heat.

Cook all of the crepes this way, keep them warm in a low oven until ready to serve.

These are particularly good with a little sugar and orange juice sprinkled over the top.

## Plain White Bread

Makes 2 loaves

15 fl oz hand hot water

1 teaspoon white sugar

2 level teaspoons dried yeast

1 ½ lb strong white flour (plain flour will also work, but let the dough rise for longer)

½ - 1 level tablespoon salt (adjust to taste)

1 tablespoon oil or ½ oz butter

Grease 2 1 lb loaf tins

Pour 5 fl oz of the water into a bowl, add the sugar and the yeast. Stir well and set aside until the mixture becomes frothy.

Sift the flour and salt into a bowl, add the oil or butter. If using butter rub it in to the flour.

When the yeast mixture is ready to use, pour it into a well in the center of the flour.

Pour in the rest of the water.

Mix to form a dough. Use a spoon to start and finish with your

hands.

Sprinkle some flour onto your counter top and turn the dough out of the bowl.

Knead well until the dough is soft and elastic. About 10 minutes.

Place the dough in a clean bowl and cover with a damp towel or plastic wrap.

Leave the dough in a warm place for about 1 hour, until it has doubled in size.

Give the dough one more quick knead, just for a minute or two.

Split the dough in half and place into your prepared bread tins.

Cover again and leave to rise for 30 minutes – 1 hour.

Pre heat your oven to 450 F.

Bake the bread for 35-40 minutes or until the loaves sound hollow when tapped.

Cool on a wire rack.

Chapati

Makes about 15

These flat breads couldn't be cheaper or easier to make.

Perfect to serve with a curry or use as a wrap for chicken salad.

9 oz plain flour

6 fl oz water

Sieve the flour into a mixing bowl, slowly add the water, mixing as you go, to form a soft dough.

Keep your hands well floured while you work with the dough.

Knead the dough for 5 minutes until it is smooth.

Put it in a bowl, cover with a damp cloth and leave for half an hour.

Knead the dough again and divide it into 15 pieces.

Heat a frying pan, dry, no oil.

Take a piece of dough and roll it into a ball. Place on a floured surface and roll out until it is about 5" in diameter. Keep well floured at all times.

Place your chapati in the frying pan and let it cook for about 1 minute.

With a pair of tongs turn the chapati over and cook for a further 30 seconds.

Transfer to a plate and continue cooking the rest.

Naan Bread

Makes 6 large breads

Perfect with curries and soups.

¼ pint hand hot milk

2 teaspoons sugar

2 teaspoons dried yeast

1 lb plain flour

½ teaspoon salt

1 teaspoon baking powder

2 tablespoons vegetable oil plus a little extra

5 fl oz plain yogurt, lightly beaten

1 large egg

Put the milk into a bowl and the yeast and 1 teaspoon of sugar.

Stir to mix, then set aside for 20 minutes.

Sift the flour, salt and baking powder into a large bowl.

Add the remaining sugar, the yeast mixture, the vegetable oil, the yogurt and the egg.

Mix and form a ball of dough.

Knead on a floured surface for 10 minutes.

Place in a clean bowl with a little oil. Roll the dough in the oil to prevent it from sticking to the bowl and cover with some plastic wrap.

Leave in a warm place for about 1 hour or until the dough has doubled in size.

Preheat your oven to the highest temperature. Heat your heaviest baking tray and pre heat your grill.

Knead the dough once more and divide it into 6 equal balls.

Take a ball and roll it out into a tear shape ( a long oval) about 10" long, 5" wide.

Make 2 like this then place them on the hot baking tray. Cook in the oven for 3 minutes then place under the grill about 3" away from the heat, for about 30 seconds or until the top of the naan browns slightly.

Wrap the naan in a clean towel and continue to cook the rest. Serve naan bread warm.

Pita Bread

You will need:

2 teaspoons dried yeast

1/2 cup warm water

3 cups all purpose flour

1 1/4 teaspoon salt

1 teaspoon granulated sugar

1 cup lukewarm water

Method

Dissolve yeast and sugar in 1/2 cup of warm water. Set aside for 15 minutes until frothy.

Mix flour and salt in a large bowl and add the yeast mixture.

Slowly add 1 cup of warm water, and mix well.

Place the dough on a floured surface and knead well for 10 minutes.

Add a little oil to a clean bowl and roll the dough around to coat.

Leave in a warm place for about 1 hour or until the dough has doubled in size.

Form dough into a long roll and cut into 12 equal pieces to form into balls. Place balls on floured surface.

Preheat oven to 500 deg F. and place your oven rack at the very bottom.

Roll out each ball of dough with a rolling pin into circles. Each should be about 5-6 inches across and 1/4 inch thick.

Place onto a baking sheet and cook for 8 minutes.

Continue until you have cooked all of the bread.

Cover with a clean towel to keep warm until the rest are cooked and ready to serve.

Slice the bread open and fill with whatever you fancy.

## Wraps

These soft tortillas can be wrapped around many fillings and eaten hot or cold, so are ideal for a packed lunch.

Makes 12

You will need:

1 lb plain flour

1 tablespoon salt

6 tablespoons lard

½ pint hot water

## Method

Sift flour and salt into a mixing bowl and rub in the lard until you have a mixture that resembles breadcrumbs.

Gradually add the water until you have a soft dough.

Knead well on a floured surface and divide into 12 equal balls.

Using plenty of flour roll each ball of dough out into a very thin circle. Use a 10" plate as a cutting guide and cut into a neat circle.

When you have formed each tortilla in this way, heat a frying pan and place in each tortilla in turn. Cook each one for about 10 seconds on each side.

Spread with mayo add some salad, left over chicken, spiced pork, chickpeas, tuna, beef strips, whatever you like. Roll up and serve.

## Vegetable Soup

Soups are very easy to make and the list of ingredients that you could use is infinite.

Start with this simple recipe and then experiment to create your own favorites.

You can use any combination of vegetables, meats, beans and lentils.

If you are growing some of your own vegetables then this is an almost free meal!

There are no exact quantities for this recipe because it all depends on the size of the cooking pot that you are going to use.

Use the biggest pot that you have and make enough soup to freeze several meals.

You will need:

The biggest cooking pot that you have

Water - your pot wants to be about 1/3 full

2 vegetable, beef or chicken stock cubes

Selection of vegetables, enough to fill your pot 1/3 of the way up - Onions, Carrots, Zucchini, Bell pepper, Celery, Squash, Parsnip.

1 - 2 large cans chick peas

Canned tomatoes (or fresh) - Use 4 large cans if you are making a large pot of soup.

½ pint cream -optional

1-2 teaspoons chili powder

Method

Put your pot of water on the stove to boil. Crumble in the stock cubes and stir to dissolve.

Peel and coarsely chop the vegetables.

Add the vegetables ( except the celery) and the chick peas to the pot of water, cover and turn down the heat. Cook until soft.

Remove the pan from the heat and liquidize the vegetables using a hand blender.

Add the canned tomatoes and the cream and blend again.

Now add the celery and return the pot to the heat.

Add the chili powder, a little at a time, tasting the soup as you do it, to get the flavor just right.

Cook until the soup is nice and hot, then serve with fresh bread.

Tomato Egg Drop Soup

You may adjust this recipe to make more or less soup.

Ingredients:

1 or 2 cloves fresh garlic chopped or thinly sliced

1/2 tablespoon oil

1 egg beaten

2 cups tomato juice OR fresh tomatoes equalling 2 cups after pressed through a strainer

Salt

Pepper

Medium saucepan

Heat oil in saucepan under medium heat. Add garlic to oil, saute for one minute. Add tomato juice OR strained tomatoes. Bring to a boil. Drop beaten egg by spoonfuls into mixture. Salt and pepper to taste.

Serve and enjoy.

Coleslaw

Serves 4

You will need:

14 oz red or white cabbage – shredded

6 oz carrots – grated

1 onion – finely chopped

2 tablespoons mayo

2 tablespoons plain yogurt

Method

Mix all ingredients together in a bowl

That's it!

Hummus

You really cant get great taste cheaper than this.

Serve with vegetable sticks, on crackers or on fresh bread.

Serves 4

You will need:

14 oz chick peas – cooked or canned

4 cloves garlic

4 tablespoons olive oil

Juice of 3 lemons

teaspoon cayenne pepper

4 tablespoons of tahini or 2 tablespoons of olive oil combined with 6

tablespoons of sesame seeds which you have ground up in a coffee grinder.

## Method

Place everything into a food processor and blend until smooth and creamy.

Garnish with the cayenne pepper.

Potato wedges

Serves 4

You will need:

4x 9oz baking potatoes

2 tablespoons olive oil

1 teaspoon paprika

½ teaspoon salt

3 oz bacon rashers - chopped

4 oz grated cheese

2 small onions – chopped

For the dip:

½ pint sour cream

2 small onions – chopped

1 teaspoon horse radish sauce

## Method

Pre heat your oven to 425 F. Cut each potato into 8 wedges and place in a bowl with the oil, paprika and salt.

Toss well and place on a baking sheet. Cook for 20 minutes, turning occasionally.

Scatter over the bacon and cook for a further 10 minutes until the bacon is sizzling and crispy.

Scatter over the cheese and the onion and cook until the cheese has melted -about 10 minutes.

Meanwhile make the dip. Stir together the cream, onions and horseradish sauce.

Spoon into a serving bowl. Place the bowl in the center of a large plate and arrange the wedges around the dip.

Prawn toast

Serves 4

You will need:

6 oz cooked prawns

$\frac{3}{4}$  inch piece of root ginger -grated

1 garlic clove -chopped

1 egg white

2 teaspoons corn flour

$\frac{1}{4}$  teaspoon Chinese five spice

$\frac{1}{4}$  teaspoon salt

4 thin slices white bread, crusts removed

2 tablespoons sesame seeds

oil for frying

## Method

In a food processor mince the prawns, ginger and garlic.

Beat the egg white then stir in the prawn mixture, cornflour, five spice and salt until well blended.

Spread the mixture onto the bread and then sprinkle the sesame seeds over the top. Press them in firmly with your fingers.

Cut each slice of bread into 4.

Heat 4 tablespoons of oil in a frying pan, when hot turn down the heat a little then add the bread.

Cook prawn side down until golden approx 2-3 minutes, then turn and cook the other side.

Drain on paper towels before serving.

## Onion Rings

serves 4

You will need:

2 large, spanish onions

oil for deep frying

Batter made with:

4oz plain flour

2 egg yolks

1 tbsp oil

¼ pint milk

1 egg white

## method

Sift the flour into a bowl with a pinch of salt and make a well in the centre. Drop in the egg yolks and the oil. Mix to a smooth batter with the milk and beat well. Cover and stand in a cool place for 30 minutes.

Meanwhile, slice the onions into rings about 1cm wide. Put the oil in a pan no more than 1/3 full and heat to 375F. Whisk the egg white until stiff and fold into the batter.

Dip the onion rings into the batter in batches and fry until golden brown - this should take 3-4 minutes. Serve immediately.

## Onion Bhajias

These make a delicious snack or appetiser.

serves 10

You will need:

2 large tablespoons gram flour

1 tsp turmeric

1 tsp ground cumin

1 tsp garam masala

water

1 large finely sliced onion

1 tsp salt

## method

Sift the gram flour, turmeric, cumin and garam masala into a bowl, add the sliced onion and salt; moisten with the water and mix to a firm paste.

Drop tablespoonfuls of the mixture into hot corn oil and deep fry for 5 minutes until golden; drain and serve.

Hash browns

serves 4

You will need:

4 small potatoes

salt and fresh black pepper

oil for frying

Method

Cook the whole potatoes in boiling salted water for 15 minutes until tender.

Grate the potatoes into a bowl and season.

Shape the mixture into 4 patties with the palms of your hands

Heat a little oil in a frying pan and cook the patties for 3 – 4 minutes on each side until golden.

Drain on paper towels before serving.

Hot potato salad with Bacon

serves 6

6 – 8 potatoes

pinch of salt

4 oz bacon rashers - diced

1 onion – chopped

¼ pint white wine vinegar

¼ pint beef stock

3 tablespoons sour cream

2 tablespoons chopped parsley

salt and pepper

### Method

Boil the potatoes in their skins. When the potatoes are just tender, drain and peel while still hot.

Cut into thin slices and put onto a serving plate.

Fry the bacon in a pan. Once the bacon is a pale brown add the onion and saute until the onion becomes transparent.

Remove the pan from the heat and add the white wine vinegar and the stock a little at a time so that the fat doesn't splatter.

Bring to the boil and remove from the heat. Stir in the sour cream and pour the sauce over the potatoes.

Sprinkle with salt, pepper and parsley.

### Omelet

Serves 4

Omelette's are another easy dish which you can customize with whatever you have on hand.

Red pepper, pork & mushrooms make a nice combination.

Whatever you are adding should be pre cooked.

Use this basic recipe and add to it if you wish.

You will need

8 eggs

1 large onion – chopped

2 tablespoons milk or cream

4 oz grated cheese - any kind

black pepper

a little butter for frying

Method

Saute the onion in the butter until softened.

Beat the eggs together with the milk or cream.

Add the cheese and mix.

Pour into the pan with with onions.

If you are adding extra ingredients, add them now, just sprinkle them over the top.

Season with black pepper.

Cook gently until the eggs are set, then place under a grill for a few minutes to brown slightly if you wish.

Quiche

Serves 6

This is very easy to throw together and will keep well in the freezer, so why not make several in one go.

The basic recipe is for a cheese and onion quiche, but you can add to this and come up with many variations. For example :

Chicken – pork – sausage – ham – salmon – tuna – broccoli & mushrooms.

Left over meats are ideal for this recipe.

For the basic recipe you will need:

#### Pastry

7 oz plain flour

3 ½ oz butter

3 tablespoons cold water

pinch of salt

#### Filling

3 medium onions - finely sliced

1 oz butter

2 eggs

8 fl oz cream (use UHT, it's fine)

3 oz cheese – grated (emmenthal or Gruyère)

1 oz Parmesan -grated

a pinch of ground nutmeg

salt and pepper

#### Method

Pre heat your oven to 400 F.

To make the pastry, sift together the flour and the salt. Dice the butter into the flour and rub in until the mixture resembles breadcrumbs.

Add the water and mix to a dough. Roll out on a floured surface

and place in a buttered 8 ½ inch loose bottomed flan tin. Prick the base with a fork and bake blind ( cover the pastry with baking parchment or foil and weigh down with dried beans or rice) at 400 F for about 15 minutes. The crust should not be browned.

While the pastry is cooking prepare the filling.

Saute the onions in butter until softened and slightly golden. Lightly beat the eggs and stir in the cream, grated cheeses and seasonings.

Remove the paper and beans from the pastry case and pour in the filling.

Lower your oven setting to 375 F

At this stage you can add your other ingredients if using. All meats, fish and vegetables must be pre cooked prior to inclusion. Cut them up into small pieces and spread them over the top. Push down into the egg mixture.

Bake in the oven at 375 F for about 25 minutes.

Serve with baked potato, salad or vegetables.

## Tuna Pasta Salad

This will fill up the hungriest tummies.

Use whichever pasta shape that you like although macaroni is usually the cheapest.

Serves 4

You will need:

10 oz pasta

10 oz canned tuna – drained

3 tablespoons mayo

1 large onion – chopped  
4 carrots – chopped  
4 sticks celery – chopped  
1 red bell pepper -chopped  
1 can of sweetcorn – drained  
1 large apple - chopped  
2 salad tomatoes – sliced  
Half a lettuce – shredded  
Olive oil  
Lemon juice  
Sliced pickled beetroot

#### Method

Cook the pasta in boiling water.

Rinse in cold water and set aside in a large bowl to cool down. Stir in a little olive oil to stop the pasta sticking together.

In a separate bowl make a side salad with the lettuce and tomato. Squeeze lemon juice over the top.

To the cooled pasta add all of the other ingredients and mix well.

Serve with the side salad and pickled beetroot.

Sweet Potato Casserole

Serves 4

You will need:

1/4 pint of stock - chicken or vegetable

2 large onions - chopped

4 garlic cloves – chopped

½ – 1 red chilli (you can use dried)

3 inch piece of root ginger peeled and chopped

1 cauliflower washed and cut into small florets

4 carrots - chopped

4 parsnips - chopped

6 sweet potatoes -chopped

2 can of chopped tomatoes

2 cans of chickpeas

Olive oil for frying

salt and black pepper

### Method

In a large pan heat 2 tablespoons of olive oil.

Fry the onion and garlic over a medium heat, for about 4 minutes.

Add the fresh chili and fresh ginger and cook for about 2 minutes.

Add the carrots, sweet potatoes, parsnips, stock, tomatoes and salt and pepper.

Put the lid on your pan.

Bring to the boil, then turn down the heat and simmer for about 20 minutes.

Now add the cauliflower and chickpeas and simmer for about 10 minutes .

## Sweet and Sour Chicken

4 servings

You will need:

4 Chicken breasts, skinned

Salt and pepper

1 tsp Ground ginger

2 Egg whites, lightly beaten

2 Tbs Cornflour (cornstarch)

Sufficient vegetable oil for deep-frying

for the sauce

2 fl oz Vegetable oil

Fresh root ginger, peeled and chopped (2 inch piece)

1 Large green pepper, seeds removed and chopped

½ Cucumber, halved length ways and sliced

5 Spring onions (scallions), finely chopped

6 oz Bean sprouts

8 oz Canned pineapple chunks

4 Tbs Wine vinegar

1 ½ Tbs Soy sauce

2 Tbs Tomato paste

2 Tbs Soft brown sugar

1 Tbs Cornflour (cornstarch), blended with 3 Tbs water

method

Cut the chicken breasts into small pieces and rub the flesh with salt, pepper and ground ginger.

Put the pieces into a bowl. Beat the egg whites and cornflour (cornstarch) together, then pour the mixture over the chicken pieces, make sure they are thoroughly coated. Set aside for 15 minutes, basting occasionally.

Preheat the oven to 300°F.

Fill a large pan 1/3 full with oil and heat until it reaches 350°F (when a small cube of stale bread dropped into the oil turns golden in 55 seconds).

Carefully lower the chicken cubes, a few at a time, into the oil and fry for 3 to 4 minutes, or until they are lightly browned.

Remove from the oil and drain on paper towels. Transfer the cubes to a serving dish and keep hot in the oven while you cook the sauce.

Heat the oil in a very large frying-pan. Add the ginger and stir-fry for 30 seconds. Add the vegetables and pineapple chunks and fry for 3 minutes.

Combine the pineapple juice and the remaining ingredients, except the cornflour (cornstarch) mixture, and beat well to blend.

Pour into the pan and stir-fry for a further 1 minute or until it is heated through. Stir in the cornflour (cornstarch) mixture and cook, stirring constantly, until the sauce thickens and becomes translucent.

Remove the chicken pieces from the oven and pour over the sauce. Serve at once.

## Spicy Spinach and Potato

This is an Indian dish properly called Saag aloo and it is absolutely delicious.

This can be served with any number of main courses but makes a satisfying meal in it's own right served with warm naan bread.

Serves 4

You will need:

20 oz frozen leaf spinach

½ pint plus 2 extra tablespoons of water

4 oz onions

5 tablespoons vegetable oil

2 teaspoons whole black mustard seed

2 cloves garlic, finely chopped

18 oz potatoes -peeled and cut into 1 inch cubes

¼ teaspoon cayenne pepper

1 teaspoon salt

Method

In a pan boil ½ pint of water and add the spinach. Cover and cook until it is just done.

Drain the spinach in a colander and rinse under cold water.

Press out most of the water and then chop the spinach coarsely

Cut the onions in half and then slice thinly.

Heat the oil in pan over a medium heat. When hot put in the mustard seeds. They will pop almost instantly and then add the onions and garlic.

Stir and fry for 2 minutes.

Add the potatoes and cayenne pepper.

Now add the spinach, salt and 2 tablespoons of water.

Bring to a boil, put the lid on the pan and cook gently for 40 minutes or until the potatoes are tender.

Check whilst cooking to ensure that there is always a little liquid in the pan.

### Spaghetti Bolognese

Forget those nasty sauces in jars. Make this instead and taste the difference.

Makes 4 meals each serving 4 people.

1 lb lean ground beef

1 lb minced pork

6 tablespoons olive oil

2 medium onions, finely chopped

4 large garlic cloves, chopped

2 lbs canned / fresh chopped tomatoes

Large tube or can of tomato purée

1 half bottle red wine 14 fl oz ( use a cheap one)

1 oz fresh basil

½ whole nutmeg, grated

salt and black pepper

## Method

Take a large frying pan and heat 3 tablespoons of the oil and gently fry the onion and garlic over a medium heat for about 10 minutes.

Add another tbsp of oil to the pan, turn the heat up to its highest then add the minced beef and brown it.

When the beef is browned tip it into the largest pan that you have.

Heat another tbsp of the oil and now brown the minced pork. Transfer it to the pan when it is done.

Place the pan over the heat, stir well and add the tomatoes, the tomato purée, red wine and salt, pepper and nutmeg.

Allow this to come up to simmering point. Then strip the leaves from half the basil, chop them very finely and add them to the pot.

Leave the sauce to simmer for at least 2 -3 hours. Check occasionally to see how it is doing.

Once it is nice and thick serve it over spaghetti.

To store the extra portions of sauce, wait until it is completely cool then transfer portions to freezer bags or containers. Label and freeze.

## Shepherds/Cottage Pie

(Made with lamb this dish is called Shepherds Pie, made with beef it's called Cottage pie).

Serves 4

You will need:

1 lb ground lamb or beef

1 tablespoon olive oil

2 medium onions, peeled and chopped

3 oz carrot, peeled and chopped very small

½ level teaspoon ground cinnamon

1 teaspoon chopped fresh thyme

1 tablespoon chopped fresh parsley

1 level tablespoon plain flour

10 fl oz lamb/beef or vegetable stock

1 level tablespoon tomato paste

salt and black pepper

For the topping:

2 lb potatoes

2 oz butter

salt and black pepper

Alternative topping

2 oz strong cheese, coarsely grated

2 medium leeks, cleaned and cut into ½ inch slices

2 lb potatoes

2 oz ( butter

salt and black pepper

Take a frying pan and gently heat the olive oil.

Fry the onions in the hot oil until they are slightly brown at the edges – about 5 minutes.

Add the chopped carrot and cook for 5 minutes or so, then remove the vegetables and put them to one side.

Turn up the heat and brown the meat in batches, tossing it around to get it all nicely browned.

Season the meat with salt and pepper.

Add the cooked vegetables, cinnamon, thyme and parsley.

Stir in the flour, then gradually add the stock to the meat mixture.

Finally, stir in the tomato paste. Now turn the heat right down, put the lid on the pan and let it cook gently for about 30 minutes.

While the meat is cooking you can make the topping.

Peel and cut the potatoes into even-sized pieces and boil or steam until they're completely tender – about 25 minutes.

While this is happening, pre-heat the oven to 400F

When the potatoes are done, drain off the water, return them to the pan, add the butter and mash them. Taste and add more salt and pepper if necessary.

When the meat is ready, spoon it into a 7½ inch buttered baking dish and level it out with the back of the spoon.

Spread the mashed potato evenly all over the top.

Additional step if making the cheesy topping.

Sprinkle the leeks on top of the potato and scatter the cheese over the leeks.

Bake in a hot oven 400 F until golden about - 25 minutes

Meat Loaf

You will need:

1 ½ lb minced beef

1 large onion, finely chopped

4 oz breadcrumbs

2 cloves garlic, chopped

1 pinch of dried thyme

1 pinch of dried oregano

1 heaped tablespoon chopped parsley

2 tablespoons tomato paste

1 heaped tablespoon grated Parmesan cheese

for the sauce

3 cup mushrooms, sliced

1 clove garlic, chopped

1 pinch of dried basil

1 pinch of dried thyme

1 pinch of dried oregano

salt and freshly ground black pepper

2 tablespoons olive oil

1 x 14 oz can tomatoes, drained and chopped

Method

Preheat an oven to 375°F

Mix all the ingredients except the tomato paste and cheese together thoroughly in a bowl and turn into a 2 lb loaf tin.

Press the mixture firmly into the tin.

Turn the tin upside down on to a baking tray. Give it a good tap and lift off.

Spread the top of the loaf with the tomato paste and sprinkle on the Parmesan cheese.

Cook in the oven for 45-50 minutes.

For the tomato sauce, combine all of the ingredients and heat until they reach simmering point. Simmer for 15 minutes, covered, then pour a little of the sauce over the meat loaf. Serve the rest separately.

## Meatballs in Orange Sauce

serves 4

You will need:

12 oz finely minced lean beef

1 small onion, peeled and finely chopped

3 oz fresh wholemeal breadcrumbs

1 tbsp chopped fresh parsley

1 tbsp chopped fresh tarragon

1 large garlic clove, peeled and crushed

1 tbsp chopped unblanched almonds

salt and pepper

1 egg, beaten

1 tbsp natural yogurt

2 tbsp corn oil

1 large leek, cut into thin strips

½ pint chicken stock

rind of ½ orange, cut into thin strips

¼ pt unsweetened orange juice

2 tsp corn flour (corn starch)

1 orange, peeled and sliced, to garnish

method

Combine the minced beef, onion, breadcrumbs, herbs, garlic, almonds, seasoning, egg and yogurt. Mix well.

Form into small balls and chill for 1 hour.

Heat the oil in a deep frying pan.

Add the meatballs and cook until evenly colored all over.

Add the leek and cook for a 1 minute.

Stir in the stock, orange rind and juice and bring to the boil.

Blend the cornflour with 2 tbsp water and stir into the sauce.

Simmer gently for 25 minutes until the meatballs are cooked through, stir occasionally.

Garnish with orange slices and serve.

Lasagna

You will need:

1 tbsp olive oil

250 g (8 oz) lasagna verde

60 g (2 oz) 1/2 cup Parmesan, grated

salt and pepper

salad to serve

For the Ragu:

3 tbsp olive oil

1 1/2 oz butter

2 large onions, chopped

4 celery stalks, sliced thinly

6 oz streaky bacon, chopped into small strips

2 garlic cloves, chopped

1 lb ground lean beef

2 tbsp tomato paste

1 tbsp flour

14 oz can chopped tomatoes

1/4 pint 2/3 cup beef stock

1/4 pint red wine

2 tsp dried oregano

1/2 tsp freshly grated nutmeg

salt and pepper

For the Bechamel Sauce

½ pint milk

2 bay leaves

3 cloves

1 small onion

2 oz butter, plus extra for greasing

1 ½ oz flour

½ pint cream

large pinch of freshly grated nutmeg

salt and pepper

method

Begin by making the ragu.

Heat the oil and the butter in a large frying pan over a medium heat.

Add the onions, celery and bacon pieces and fry them together for 5 minutes, stirring once or twice.

Stir in the garlic and ground beef and cook, stirring, until the meat has browned. Lower the heat and continue cooking for a further 10 minutes, stirring once or twice.

Increase the heat to medium, stir in the tomato paste and the flour and cook for 1 - 2 minutes. Stir in the chopped tomatoes, beef stock and wine, and bring to the boil, stirring.

Season the sauce and stir in the oregano and nutmeg. Cover the pan and simmer for 55 minutes, stirring occasionally.

This sauce needs to be fairly thick, so you may need to cook it a little longer so it reduces to the right consistency.

Make the Bechemal sauce.

Pour the milk into a small pan and add the bay leaves. Press the cloves into the onion, add to the pan and bring the milk to the boil. Remove from the heat and set it aside to cool.

Strain the milk into a jug and rinse the pan. Melt the butter in the pan and stir in the flour. Stir for 1 minute, then gradually pour on the milk, stirring constantly.

Cook the sauce for 3 minutes, then pour on the cream and bring it to the boil. Remove from the heat and season to taste with nutmeg, salt and pepper.

Cook the pasta

Have ready a large pan of boiling, salted water and add the olive oil.

Cook the pasta according to the instructions given on the packet.

Remove the pasta sheets from the pan with a slotted spoon. Spread them in a single layer on damp tea towels (dish cloths). Assemble the dish

Grease a rectangular oven proof dish, about 10 - 11 inches long. Spoon a little of the meat sauce into the prepared dish, cover with a layer of lasagna, then spoon over a little bechamel sauce and sprinkle some of the cheese. Continue making layers in this way, covering the final layer of lasagna with the remaining bechamel sauce.

Sprinkle on the remaining cheese and bake in the preheated oven, 190°C/375°F/Gas Mark 5, for 40 minutes, until the sauce is golden brown and bubbling. Serve with a green salad, a tomato salad, or a bowl of black olives.

Kung Pao Chicken  
Serves 4 -6

You will need

1 lb chicken breasts – skinned and cubed

3 tablespoons soy sauce

1 ½ tablespoons cornstarch mixed with 1 ½ tablespoons cold water

1 tablespoon dry sherry

1 tablespoon sugar

1 teaspoon cornstarch

½ teaspoon salt

3 ½ tablespoons vegetable oil

½ cup of unsalted peanuts

4 – 8 dried red chills -chopped

1 slice peeled fresh ginger – chopped

1 clove garlic – sliced

Vegetable oil for frying

Method

Combine chicken, 1 tablespoon soy sauce and cornstarch/water mixture. Marinate for 30 minutes.

Combine 2 tablespoons soy sauce, sherry, sugar, cornstarch and salt. Set aside.

Stir fry the peanuts in a hot wok in 1 ½ tablespoons vegetable oil until golden. Remove the peanuts from the wok and set aside.

Half fill the wok with vegetable oil and heat. Carefully slide the chicken into the oil one piece at a time (or it will stick together).

Fry for 1 minute.

Remove the chicken and drain it on brown paper or paper towels.

Carefully pour the oil into a container for re use.

In a hot wok stir fry the chili peppers in 2 tablespoons of vegetable oil until they turn dark.

Add ginger, garlic and chicken to the wok and fry, stirring constantly.

Stir in the prepared sauce and cook until the sauce is thickened. Stir in the peanuts and serve over rice.

## Kebabs

Kebabs are simplicity itself. You can use the marinade described below or make up your own favorite.

You will need:

2 pounds skinless and boneless chicken breasts, cut into cubes

2 medium onions, cut into sections

2 sweet green or red peppers, seeded and cut into squares

12 cherry tomatoes

½ cup olive oil

1 ½ tablespoons dried oregano

1 garlic clove minced

Juice of 2 lemons

½ teaspoon sugar

salt

Freshly ground black pepper

method

To make the marinade, combine the minced garlic, lemon juice, oregano and sugar in a bowl. Whisk together the ingredients while slowly pouring the olive oil into the bowl. Season to taste with salt and pepper.

In a separate bowl, combine the chicken cubes and enough of the marinade to completely coat the chicken. Cover and refrigerate for at least six hours. Keep the remaining marinade for basting.

Pre heat your grill.

Soak long wooden skewers in water for about 20 minutes. Thread the chicken cubes, peppers, onions and tomatoes on the skewers. Brush the grill rack with olive oil before placing the kebabs on the grill. Cook the kebabs, basting and turning frequently until done. Serve immediately.

“Fried” Chicken

This dish tastes like fried chicken but is cooked in the oven. Meaning the whole lot can go in the oven instead of frying in batches.

Serves 4

You will need:

1 medium chicken, cut into 8 pieces, or 8 ready cut chicken pieces

1 tablespoon vegetable oil

5 tablespoons plain flour

1 tablespoon Cajun seasoning

1 teaspoon cayenne pepper

½ teaspoon salt

## Method

Pre heat your oven to 425 F.

Rub the chicken skin with the oil.

Mix the Cajun seasoning, flour, cayenne pepper and salt together in a large bowl.

Toss the chicken pieces in the flour mixture until well coated.

Cook on a wire rack on top of a baking sheet for 35 – 45 minutes, until cooked through and crispy.

## Prawn and chili ginger cakes

Serves 4

You will need:

2 thick slices white bread, crusts removed – about 4 oz

9 oz peeled raw prawns

1 green chili - chopped

1 inch piece of root ginger – chopped

4 garlic cloves – chopped

1 tablespoon fresh coriander

1 teaspoon salt

1 egg

vegetable oil for frying

## Method

Place the bread into a bowl and cover with water. After 10 seconds

remove the bread and squeeze out the water.

Put the bread into a food processor along with the prawns, chili, ginger, garlic, coriander, salt and egg.

Use slow bursts and mix until well blended.

Heat the oil in a frying pan and shallow fry spoonfuls of the mixture for 2 – 3 minutes on each side, until golden brown. Drain on paper towels and serve with a salad.

## Crispy Beef

serves 4

You will need:

1 lb raw beef cut into thin shreds

6 garlic cloves, mashed

1/2 inch piece of fresh ginger, grated

1 tsp chili powder

1 tbsp chopped coriander

4 tbsp Greek yogurt

2 eggs, beaten

5 oz breadcrumbs, toasted

vegetable oil for frying

shredded lettuce to serve

method

Combine the beef in a bowl with the garlic, ginger, chili power,

coriander and yogurt.

Allow to marinate overnight if possible.

Dip the beef shreds into the egg, separating them if possible, then fold into the breadcrumbs.

. As you coat the beef, separate the pieces.

Deep fry small batches of beef pieces in the hot oil until crispy and golden, 3-4 minutes only.

Serve with lettuce.

Creamy chili ribs

Slightly different to the usual bbq version but oh so good!

Serves 4

You will need:

2 ½ lbs ribs

1 teaspoon coco powder

1 tablespoon flour

½ teaspoon cumin

½ teaspoon paprika

½ teaspoon dried oregano

salt and pepper

½ pint warm water

2 tablespoons honey

2 tablespoons cream

lime wedges for garnish – optional

## Method

leave the ribs as a whole slab and roast at 400 F for 25 minutes, until well browned. Pour off the excess fat.

Blend together the coco, flour, cumin, paprika, oregano seasoning, water and honey.

Pour over the ribs and return the ribs to the oven, to cook for a further 30 minutes at 350 F

Cut the ribs into separate pieces and arrange on a platter.

Add the cream to the sauce in the roasting pan and place over a moderate heat.

Bring to a boil and pour over the ribs.

Garnish with lime wedges and serve.

## Creamy Chicken Curry

This has to be the best curry ever! Mild enough to please even the most sensitive taste buds but still full of flavor.

Makes 6 meals for 4 people

You will need:

4 lb cubed chicken

1 tablespoon salt

2 tablespoon ground cumin seeds

2 tablespoon ground coriander

2 tablespoon ground turmeric

1/2 teaspoon cayenne pepper

2 tablespoon paprika

1 teaspoon ground black pepper

bulb of garlic

3 x1" pieces of fresh ginger

1 cup of water

12 fl oz vegetable oil

3lb chopped onion

5 x 1lb cans of chopped tomatoes

20 fl oz plain yogurt

1 tablespoon garam masala

1 pint cream

#### Method

Sprinkle 1 /2 teaspoon salt, 1 tablespoon each of spices - coriander, turmeric and paprika, 1/4 teaspoon of cayenne pepper and 1 teaspoon of black pepper over the chicken, mix well and set aside for at least 1 hour.

Blend the garlic and ginger with enough water to make a smooth paste.

Heat the oil in a very large pan.

Brown the chicken pieces and remove with a slotted spoon. Set aside in a bowl.

Fry the onions in the oil until they are a medium brown color.

Add the garlic/ginger paste.

Fry until all of the water has evaporated.

Put in all of the remaining spices except the garam masala.

Stir and fry for about 30 seconds.

Add the chopped tomatoes, turn the heat down to medium, stir and cook for 4 minutes.

Add the yogurt a little at a time, incorporating it into the sauce before adding more.

Put the chicken pieces and any juice back into the pan.

Add a cup of water.

Add the remaining salt, bring to a boil.

Cover and turn the heat to low and simmer for half an hour.

Add the garam masala and cream.

Turn the heat up to medium high and cook stirring occasionally, until the sauce has reduced and thickened up.

Serve over rice with a raita as side dish.

Chow Mein

Use left over roast chicken for this dish if you have it.

Serves 4

You will need:

12 oz egg noodles

2 tablespoon vegetable oil

2 medium onions - thinly sliced

4 garlic cloves – thinly sliced

½ inch piece of root ginger – finely chopped (optional)

8 oz bean sprouts

8 oz mange tout halved length ways or peas

12 oz cooked chicken, shredded

2 tablespoons soy sauce

2 tablespoons sweet chili sauce

Method

Cook the noodles in a large pan of boiling water, according to the instructions on the package.

Meanwhile, heat the oil in a wok and stir fry the onion over a high heat for 3 minutes. Add the garlic, ginger (if using), bean sprouts and mange tout or peas and stir fry for 1 minute.

Drain the noodles well and add to the wok with chicken and soy sauce. Cook for 2 minutes, until piping hot. Stir in the sweet chili sauce and serve.

Chinese ribs

Serves 4

You will need:

2 ½ lbs ribs

3 tablespoons dark soy sauce

6 tablespoons hoisin sauce ( Chinese bbq sauce)

2 tablespoons dry sherry

¼ teaspoon Chinese five spice powder

1 tablespoon brown sugar

## Method

Cut the ribs into 1 rib pieces.

Mix all of the ingredients together and pour over the ribs, ensuring that they are coated evenly. Leave to stand for 1 hour.

Pre heat your oven to 350 F

Bake on a rack placed in a roasting pan, for 30 minutes.

Add more hot water to the pan while cooking if necessary.

Turn the ribs over and brush with sauce from the pan.

Cook for a further 30 minutes or until tender.

## Chili

Makes 5 meals for 4 people

You will need:

5 lbs ground beef

5 tablespoons oil

3 tablespoons ground cumin

4 tablespoons mild chili powder

1 teaspoon oregano

Salt and pepper

1 teaspoon of sugar

5 cloves of garlic-chopped

8 tablespoons flour

5 x 1lb cans of chopped tomatoes

5 x 1lb cans red kidney beans

Method

Heat the oil in a large pan and brown the meat, breaking it up with a fork as it cooks.

Sprinkle on the cumin, chili powder, oregano, salt, pepper, sugar, garlic and flour.

Stir frequently over a medium heat for about 3 minutes

Add the tomatoes, their liquid and the kidney beans and simmer for about 1 hour.

Serve over rice or baked potatoes.

Chick Pea Curry

Serves 6

You will need:

$\frac{3}{4}$  lb dried chickpeas

4 pints water

12 oz onions finely chopped

2½ teaspoon salt

1 fresh green chilli finely chopped

1 tablespoon grated fresh ginger

4 tablespoons lemon juice

6 tablespoons vegetable oil

½ lb tomatoes chopped

1 tablespoon ground coriander seeds

1 tablespoon ground cumin seeds

½ teaspoon ground turmeric

2 teaspoons garam masala

¼teaspoon cayenne pepper

### Method

Soak the chickpeas in the water for 24 hours before transferring them and the water to a large pan.

Bring to the boil, then cover and simmer on a low heat for 90 minutes. Drain the cooking liquid into a bowl (for later use).

Mix 2 tablespoons of the onion with ½ teaspoon salt, the chilli, ginger and lemon juice in a small bowl and set to one side.

Heat the oil in a large pan on a medium-high heat. Fry the remaining onions for 10 minutes before adding the tomatoes. Fry this mix for another 6 minutes, then add the coriander, cumin and turmeric. Cook for around a minute then add the chickpeas and 14fl oz of the liquid they were cooked in. Add the remaining salt along with the garam masala and cayenne pepper.

Stir well and bring to a simmer. Turn the heat to low, cover the pan and cook for 20 minutes, stirring occasionally. Add the raw onion mix and stir.

Serve with Chapatis

### Chicken Nuggets

You will need:

1 egg

½ teaspoon garlic powder

9oz bread brown or white

125ml milk

2 lb diced chicken

¼ teaspoon paprika

### Method

First, preheat the oven to 400F. Toast bread until a light brown. Then break up into small pieces.

Reduce to fine crumbs in the food processor. Add garlic powder and paprika, and whizz again.

Place the breadcrumbs in a large plastic bag.

Beat the egg in a large bowl with the milk, and add the diced chicken, in batches if necessary.

Transfer the chicken pieces to the bag of breadcrumbs and toss to coat evenly.

Arrange the crumbed chicken on a lightly greased baking sheet, and bake in a preheated oven for approximately 10 - 15 mins until golden and crisped, and cooked through.

Got lots of zucchini from the garden? Try this out to ring the changes. Ones from the store are just as good, just not free!

Serves 6

You will need:

3 large diced zucchini

1 tablespoon olive oil

2 minced cloves garlic

1 teaspoon marjoram

1 teaspoon salt

1/2 teaspoon pepper

Dash cayenne pepper

4 eggs

1 1/2 cups milk

1 tablespoon flour

1 cup grated cheese

## Method

Preheat your oven to 400 F.

Heat the olive oil in a large frying pan over medium heat.

Add the zucchini and season with the garlic, marjoram, salt, pepper, and cayenne.

Saute for 3-4 minutes

While the zucchini is cooking, beat the eggs in a large bowl.

Add the milk and flour and mix well.

Drain the zucchini well and add to the egg mixture.

Toss to coat then pour into a greased casserole.

Top with the cheese.

Bake for 20 minutes or until it's puffed up and golden.

## Cheese Burger

You will need:

1 lb lean minced beef

2 oz fresh breadcrumbs

4 tbsp milk

1 small onion, peeled and finely grated

1/2 level tsp prepared mustard

1 tsp Worcestershire sauce

salt and freshly ground pepper

3 Tbsp butter

buns and shredded lettuce to serve

slice's of cheese

Sauce - mayo, ketchup and mustard (find recipe)

method

Combine all the ingredients, except the butter, lettuce and cheese. Divide into eight equal-sized pieces.

Shape each into a 1/2 inch thick patty.

Heat the butter in a frying pan. Add the burgers, three or four at a time and fry briskly for 1 minute on each side.

Reduce heat and cook more slowly for a further 3 - 4 minutes on each side.

When the burger is cooked, place a slice of cheese on the top and grill until the cheese melts slightly.

Serve in a bun with shredded lettuce.

## Cassserole

You will need a quantity of our vegetable soup recipe for this dish. Either make it from scratch or use some from your freezer.

The quantities of vegetables will depend on how large a pot you are making.

You will need:

Vegetable soup

Carotts

Onion

Bell pepper

Chicken or Pork

## Method

Peel and chop all of the vegetables,add them to the pot along with your soup base.

Cube the meat and add it to the pot.

Cover the pan and bring to a boil,then reduce the heat right down and cook for 1 hour.

Serve with potatoes and some fresh bread.

## BBQ Chicken Pizza

Preparation Time :25 minutes + 1 hour resting   Cooking time:20 minutes

Serves 4

You will need:

12oz flour

1 teaspoon salt

1 teaspoon dried yeast

2 tablespoons olive oil

8fl oz warm water

6 oz Mozzarella cheese, shredded

6 oz cooked Chicken, diced

bottle of your favourite BBQ sauce

1 small onion, chopped

1 small red bell pepper, seeded and chopped

Method:

Sift the flour, salt into a large bowl. Add the olive oil, yeast and water to the dry ingredients and mix to form a soft and slightly sticky dough. Transfer the dough to a lightly floured work surface and lightly flour your hands. Knead the dough for ten minutes until it is smooth and pliable.

Lightly oil a large bowl - it should be big enough to allow the dough to double in size. Put the dough inside and cover with cling film. Set aside in a warm place for 1 hour.

Preheat the oven to 450°F.

When the dough has doubled in size, remove the cling film and punch the dough down. Remove from the bowl and knead again until smooth. Shape the dough with either a rolling pin or by hand, and place on a baking tray.

Spread BBQ sauce over the pizza base, then scatter over the shredded mozzarella, chicken, onion and pepper.

Bake for 15 minutes.

## Lemon Cake

You will need:

6 oz butter

6 oz sugar

2 eggs – beaten

6 oz plain flour

2 teaspoons baking powder

Juice and grated rind of 1 large lemon

Icing sugar

Warm water

method

Pre heat your oven to 325 F

Grease a loose bottomed cake pan.

Cream together the butter and the sugar. Add the beaten egg and whisk until light and fluffy.

Sift in the flour and baking powder and mix well.

Add ½ of the lemon juice and most of the grated rind. Save a little to decorate the top of the cake.

Whisk again and transfer the mixture to the prepared cake pan.

Bake in the center of your oven for about 30 minutes.

When the cake is almost cool, mix up the icing for the top.

Combine the icing sugar and lemon juice. Add warm water a teaspoon at a time until you get the right consistency.

Spread over the top of the cake and decorate with the remaining lemon rind.

Wait for the icing to set and serve.

Banana cake

You will need:

6oz butter

6 oz sugar

2 large eggs – beaten

6oz plain flour

2 teaspoons baking powder

4 medium bananas – peeled

juice and rind of 1 lemon

2 oz walnuts – chopped (optional)

method

pre heat your oven to 350F

grease your cake pan. - use a loose bottomed pan.

In a bowl cream together the butter and sugar then add the beaten egg

Whisk the mixture well to incorporate as much air as you can.

Sift in the flour and baking powder.

In a separate bowl slice the bananas and then mash them well, add the lemon juice and finely chopped rind and mix.

Add the bananas to the cake mixture.

Whisk thoroughly until light and fluffy.

Transfer the mixture to the prepared cake pan and level the top off.

Bake on the center shelf of your oven for about 30 minutes. Check that it is done by inserting a skewer or knife into the center. If it comes out clean the cake is ready.

Leave to cool in the pan for 10 minutes then transfer to a wire rack to finish cooling.

### Apple cake

This is a German recipe properly called kuchen. Add a few sliced plums to make this extra yummy!

You will need:

6oz all purpose flour

1 teaspoon baking powder

salt

3 tablespoons sugar

vanilla essence

5 oz butter or margarine

1 egg

2 tablespoons milk or water

1 lb apples

3 plums if using

sugar for sprinkling

## Method

Sift the flour, baking powder and salt into a large mixing bowl. Add the sugar and rub in the butter or margarine until the mixture resembles breadcrumbs.

Make a well in the center and add the egg. Add a few drops of vanilla essence and 1 tablespoon of the milk or water.

Mix into the flour with a fork. If the pastry mixture appears too dry add more milk or water.

Press the pastry onto the base and up the sides of a flan dish. One with a removable bottom is best.

Chill for 15 minutes.

Pre heat your oven to 400 F.

Peel core and quarter the apples and slice thinly.

Cut the plums in half, remove the stones and slice thinly.

Arrange the apple and plum slices on the flan base with the slices slightly overlapping.

Sprinkle on the sugar and bake for 20 25 minutes or until the pastry is a pale golden brown.

## Fruit Crumble

Soft fruit covered with a sweet crunchy topping. Serve with custard or ice cream

Serves 6

You will need:

Topping.

8 oz plain flour

3 oz butter

4 oz sugar

Filling

1 lb apples

8 oz can peaches

8 oz strawberries – fresh or frozen

2 oz sugar

Method

preheat your oven to 350 F

Peel and chop the apples, place in a pan of water and cook until soft.

Place the apples, peaches and strawberries into a pie dish and sprinkle with sugar.

In a bowl rub together the flour, sugar and butter.

Cover the mixed fruit with the topping and use your fingers to gently press it down.

Bake for 30 -40 minutes.

Pavlova

This is easy to make if you follow the recipe exactly!

Serves 6

You will need:

Base

3 large fresh egg whites

6 oz caster sugar

Topping

10 fl oz cream, whipped

12 oz soft fruit – strawberries and kiwi fruit are ideal

A little icing sugar

Method

Pre heat your oven to 300 F.

Lightly oil a silicone baking sheet

Place the eggs in a large bowl and have the sugar ready.

Beat the eggs (use an electric whisk) until they form peaks.. You will be able to turn the bowl upside down without them sliding out. Do not over beat the eggs or they will collapse.

Beat in the sugar 1 oz at a time.

Take a metal tablespoon and spoon the meringue onto the baking sheet to form a circle about 8 inches in diameter.

Then spoon blobs next to each other so that they form a ring all around the edge of that circle.

Using the tip of a skewer make little swirls in the meringue all around the edge to make little peaks.

Place the baking sheet into the oven and immediately turn down the heat to 275F and cook for 1 hour.

Turn the heat off but leave the Pavlova inside until the oven until it is cold. Overnight is ideal.

The meringue needs to dry out.

Carefully remove the Pavlova from the baking sheet and and place it on a serving plate.

Fill with whipped cream and arrange the strawberries and kiwi fruit on top.

Dust with icing sugar.

Almond Cookies

Makes 30

You will need:

4 oz butter or margarine

4 tablespoons caster sugar

2 tablespoons brown sugar

1 egg – beaten

Almond essence

4 oz plain flour

1 teaspoon baking powder

pinch of salt

1 oz ground almonds

2 tablespoons water

## Method

Pre heat your oven to 350 F

Cream together the butter and the sugars.

Add half of the beaten egg and a few drops of almond essence.

Beat until smooth

Sift in the flour, baking powder and salt.

Add the ground almonds and stir well.

Shape the mixture into small balls and place well apart on a lightly greased baking sheet.

Flatten slightly with the back of a spoon and brush with the remaining egg.

Bake in the oven for about 12 - 15 minutes.

## Chocolate Chip Brownies

Makes 2 dozen

You will need:

1 1/4 cups all-purpose flour

1 tsp baking powder

1 tsp salt

2 1/4 cups white sugar

2/3 cup cocoa

1/2 cup chopped walnuts

1/2 cup chocolate chips

3/4 cup butter, melted

4 eggs, slightly beaten

Method

Place melted butter into a large bowl and add all other ingredients.

Mix thoroughly and spread the mixture into a greased 9" x 13" baking pan.

Bake at 350 F for 30 minutes.

Cool in pan.

Cut into 2" squares.

Chocolate Chip Cookies

Makes 3 dozen

You will need:

1/2 cup sugar

1/2 cup chopped nuts

1 cup chocolate chips

1 cup packed brown sugar

2-1/4 cups flour mixed with 1 tsp. baking soda and 1/4 tsp. Salt

3/4 cup softened butter

1 egg slightly beaten

1 tsp. Vanilla

Method

Combine butter and sugar in a large bowl.

Add the egg and vanilla and mix well.

Add the flour mixture and stir until it is completely incorporated.

Stir in the nuts and chocolate chips.

Take heaped tablespoonfuls and roll the mixture into balls.

Place 2 inches apart on a lightly greased cookie sheet.

Bake at 350 F for 13 to 15 minutes.

Cool for 10 minutes on the baking sheet, then remove to wire racks to cool completely.

Ginger cookies

Makes 16

You will need:

4 oz all purpose flour

1 heaped teaspoon ground ginger

1 teaspoon baking soda

2 oz sugar

2 oz butter or margarine

2 tablespoons sugar syrup

Method

preheat your oven to 375 F

grease a large baking sheet

Sift the flour, ginger and soda into a large bowl and add the sugar.

Rub in the butter until mixture is crumbly.

Add the syrup and mix until you get a stiff paste.

Divide the mixture into 16 pieces and roll each piece into a ball.

Place them onto the baking sheet. Leave space between them as they will spread out as they cook.

Flatten each ball slightly with the back of a spoon.

Bake for 10- 15 minutes.

Cool on the baking sheet for 10 minutes then transfer to a wire rack to finish cooling.

Muesli cookies

Makes 3 dozen cookies.

You will need:

1/2 cup. (1 stick) butter

3/4 cup. sugar

1 tbsp. Milk

1 egg

1 tsp. vanilla extract

1 cup. all purpose flour

1/2 tsp. each baking powder, salt, cinnamon

1/4 tsp. Nutmeg

2 cup. Fruit Muesli

Method

Preheat oven to 350 degrees.

In large bowl, cream butter and sugar.

Add milk, egg, vanilla.

Stir in baking powder, flour, salt, cinnamon and nutmeg.

Mix well.

Add muesli and mix thoroughly.

Drop by level tablespoon onto un greased baking sheet 2 inches apart.

Bake 10 to 12 minutes until lightly browned.

Cool 1 minute before removing from cookie sheet.







