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Winter Warming Sausage Casserole

Ingredients

- 500g Pork Sausages
- pinch salt/pepper
- 225g chopped canned tomatoes
- 9 Tbsp Dry stuffing mix
- 2 Tbsp Vegetable Oil
- 1 Egg (beaten)
- 750g Floury Potatoes
- 3 Celery Stalks Chopped
- 2 Large Onions (Sliced)
- 25g Butter
- 25g melted butter



Instructions

1. Melt margarine in a frying pan and add the onions and celery. Cook on moderate heat for 10-15 mins until softened but not colored. With a slotted spoon remove and place in a layer in bottom of casserole dish with a lid
2. Put potatoes in cold water, bring to the boil, lower the heat and simmer for 5 mins
3. Meanwhile score along sides of each sausage and pull away the skins.
4. Heat oven to 190 C / 375 F / Gas 5.
5. Drain potatoes and leave to cool to handle
6. Roll sausages in beaten egg then in dry stuffing, ensuring they are coated thoroughly
7. Pour oil into remaining fat in frying pan; evenly fry sausages for 10 minutes
8. While cooking the sausages cut potatoes into 5mm slices
9. Arrange browned sausages over the cooked vegetable mix in the casserole dish. Break the tomatoes up in the can and pour over, sprinkle with salt and pepper
10. Arrange the potatoes overlapping and cover and cook for 1 hour
12. Heat grill, remove casserole lid and brush potatoes with the melted butter, brown for 2-3 mins - serve!

You can replace the canned tomatoes with cream of mushroom soup for a different flavour.



Quorn Chicken Tikka

For the tikka marinade-

- 350g Quorn pieces, chilled
- 1 tbsp root ginger, grated
- 2 cloves garlic, crushed
- 1 tbsp ground coriander
- 2 tbsp lemon juice
- 2 tbsp vegetable oil

Masala sauce-

- 2 tbsp vegetable oil
- 2 onions, thinly sliced
- 1 tbsp fresh root ginger, finely chopped
- 2 garlic cloves, crushed
- 6 cardamoms, crushed
- 2 tsp ground coriander
- 2 tsp garam masala
- 1 fresh red chilli
- 3 tbsp tomato purée
- 250ml water
- 1/2 tsp sugar
- 1/2 tsp salt
- 2 tbsp chopped coriander leaves Garnish- fresh coriander leaves & slices of lime
- juice 1/2 lime
- freshly ground black pepper
- Basmati rice – 300g uncooked rice weight
- 284ml (1/2 pint) vegetable stock
- 60ml (4 tbsp) virtually fat free yoghurt (add more if you would like a thicker/creamier sauce)



Combine the tikka ingredients and use to marinate the Quorn pieces for up to 2 hours.

1. To make the masala sauce, heat the vegetable oil in a large casserole and sauté the onion, ginger and garlic and fry for about 5 minutes until softened but not coloured.
2. Add the dry spices and continue cooking for 1-2 minutes then add the tomato purée, water, sugar and salt. Simmer this mixture gently for 10 minutes.
3. Pour the Quorn pieces and marinade into the masala sauce and simmer gently for 3-4 minutes.
4. Add the chopped coriander leaves and lime juice and adjust the seasoning.
5. Serve garnished with coriander leaves and lime juice.
6. Accompany with plain boiled basmati rice.



Beef Burger

Ingredients

- 400g Lean minced beef
- 2 cloves Garlic, finely chopped
- 1 Onion, finely chopped
- Mixed herbs
- Freshly ground black pepper
- 1 tsp Worcestershire Sauce



INSTRUCTIONS

1. Combine all the ingredients in a bowl, mixing well.
2. Divide the mixture into 4, or 8 if for small children, and form into a ball.
3. Squash the ball to form a round patty.
4. Place the patties under the grill or on to a barbeque and cook for approximately 5 minutes on each side. The cooking time will depend on the size and thickness of the burgers, so ensure each is thoroughly cooked.
5. Remove the burgers from the heat and place into the rolls, making the sandwiches to taste.



Chili Con Carne

Ingredients

- 1 large onion or 2 banana shallots, chopped
- 2 cloves garlic, finely chopped
- 1 red chili deseeded or keep half with seeds if you like it spicy
- 2 sprigs of thyme, leaves picked and roughly chopped
- Olive oil, for frying
- 500g good quality beef mince
- 1 Red pepper
- 4oz chopped mushrooms
- 1 tsp ground cumin
- 2 tsp sweet paprika
- 1 tsp dried oregano
- 3 fresh tomatoes or 1 beef tomato, roughly chopped
- 400g chopped tomatoes
- 100-200ml chicken or beef stock
- 3 tbsp tomato puree
- 1 cinnamon stick
- 1 bay leaf
- 400g kidney beans, drained and rinsed
- Salt and pepper
- Handful of chives, chopped
- 200ml soured cream
- Boiled rice, to serve



1. Sweat the onion, garlic, chili and thyme in 2 tablespoons oil in a large saucepan. At the same time, brown the mince in a separate pan over moderate heat in a little oil
2. Add the dried spices to the onion mixture and cook until they release their aroma. Then stir in the beef and mix well. Add the fresh and tinned tomatoes and red peppers leave to cook down a little for about 5 minutes.
3. Pour in the chicken or beef stock and stir in tomato puree to taste. Add mushrooms. Drop the cinnamon and bay leaf in then bring to the boil and leave to simmer.
4. Once the sauce is beginning to thicken add the kidney beans and leave to cook for another 5-10 minutes to allow the beans to soak up the flavors. Check for seasoning.
5. Mix the chives and soured cream together. To serve, spoon the chili into the centre of a mound of rice, with the soured cream and chives in a separate bowl on the side



Chunky Vegetable Soup

Ingredients

- 1 onion, diced
- 3 stalks celery, thinly sliced
- 3 carrots, thinly sliced
- 2 teaspoons olive oil
- 6 cups water or vegetable stock
- 2 cloves garlic, minced
- 1 sweet potato
- 2 white potato, diced
- Half a Swede
- 1 can tomatoes
- 1 cup green beans, cut into bite-size pieces
- 1/2 cup fresh or frozen peas
- 1 cup chopped cabbage, kale, collards, or other green
- 1 tablespoon fresh or 1 teaspoon dried herbs (thyme, rosemary, tarragon, savory, etc.)
- 1/2 cup minced fresh parsley
- Sea salt and black pepper to taste



Instructions

Please note: For a chunky vegetable soup the vegetables need to be cut into larger pieces

Place onion, celery, carrots, and oil in large soup pot. Sauté 5 to 10 minutes over medium heat until onions are soft. Add water or stock, garlic, potatoes, beans, and sea vegetables. Bring to boil. Cover and simmer 20 to 30 minutes until potatoes are tender. Add remaining ingredients except miso parsley, and seasonings. Simmer 10 minutes until vegetables are tender. Remove from heat. Stir in miso and parsley. Season with sea salt and black pepper.

Makes 6 to 8 servings



Quick Pasta Bake recipe

Ingredients

- 1 lb Pasta, penne, rotini or shells
- 1 tbsp Oil, vegetable
- 1 Onion, chopped
- 1 Large jar spaghetti sauce mix
- 1 tsp Oregano, dried
- 1 tsp Basil
- Salt & Pepper to taste
- 2 cup Cheese, grated, any type



Instructions

1. Preheat oven to 325°f.
2. Cook pasta on stove and drain.
3. Meanwhile, heat oil in saucepan. Add onion and garlic, sauté till soft (about 5 minutes).
4. Add spaghetti sauce, oregano, basil salt and pepper, cook till heated through, about 5 minutes.
5. Combine cooked pasta, sauce and 1/2 cups grated cheese in ovenproof dish.
6. Sprinkle remaining cheese on top.

Bake 15-20 minutes at 350°f.



Stir fry with egg noodles

Ingredients

250g (8oz) dried egg noodles
2 tablespoons oil
2 cloves garlic, crushed
1/2 teaspoon five spice powder
1/2 teaspoon ground cumin
1/2 teaspoon ground curry powder
1 to 2 small fresh red chilli, chopped finely
1 medium red pepper, chopped
6 spring onions, sliced
3 teaspoons sesame oil
2 tablespoons light soy sauce
4oz mushrooms chopped
2 carrots chopped
1 courgette chopped



Instructions

- Cook noodles in large pan of boiling water, uncovered, until just tender; drain.
- Add half the oil to noodles, toss gently.
- Heat remaining oil in wok or pan and stir-fry garlic, spices, and chilli for about 2 minutes
- Stir in red pepper and stir-fry for 1 minute.
- Stir in carrots and fry for 1 minute
- Stir in mushrooms and courgette and fry for 2 minutes
- Stir in noodles, onion, sesame oil and sauce, stir-fry until heated through.



Smoked Bacon and Lentil Soup

Serves 4-6

Ingredients

6 rashers smoked, streaky bacon, rind removed and finely chopped
 6 oz (175 g), green-brown lentils, washed and drained
 1 tablespoon oil
 2 carrots, chopped
 2 medium onions, peeled and chopped
 2 celery stalks, sliced
 8 oz (225 g) tin Italian tomatoes
 2 cloves garlic, peeled and crushed
 3 pints (1.75 litres) home-made stock
 8 oz (225 g) cabbage, finely shredded
 2 tablespoons chopped fresh parsley
 salt and freshly milled black pepper



You will also need a large saucepan with a lid.

Heat the oil in a large cooking pot and fry the **bacon** in it until the fat begins to run. Then stir in the prepared carrots, onion and celery and, with the heat fairly high, toss them around to brown them a little at the edges. Now stir in the washed, drained lentils plus the contents of the tin of tomatoes followed by the crushed garlic then the stock.

As soon as the soup comes to the boil, put a lid on and simmer, as gently as possible, for about 1 hour. About 15 minutes before the end add the cabbage. Taste and season. Just before serving stir in the chopped parsley.



Anya Potato Salad with Shallots and Vinaigrette

Serves 8

Ingredients

2 lb (900 g) Anya or other new potatoes, washed
 6 shallots, peeled and finely chopped
 4 tablespoons freshly snipped chives
 salt

For the vinaigrette:

1 rounded dessertspoon sea salt
 2 cloves garlic, peeled
 1 rounded dessertspoon mustard powder
 1 tablespoon balsamic vinegar
 1 tablespoon sherry vinegar
 5 fl oz (150 ml) extra virgin olive oil
 freshly milled black pepper



You will also need a steamer.

Instructions

Steam the potatoes over a pan of boiling, salted water, covered with a lid, for about 20 minutes until they are tender. Meanwhile, make up the dressing. Begin by crushing the salt quite coarsely with a pestle and mortar, and then add the garlic. As you crush it and it comes into contact with the salt, it will quickly break down into a puree. Next, add the mustard powder and really work it in, giving it about 20 seconds of circular movements to get it well blended. After that, add some freshly milled black pepper. Now add the vinegars and work these in, in the same way. Then add the oil, switch to a small whisk and give everything a really good whisking.

As soon as the potatoes are cooked, cool them in a mixing bowl for 10 minutes, then stir in the vinaigrette and shallots while the potatoes are still just warm. Now add the chives and give everything a good toss to distribute any dressing collected in the base of the bowl and transfer the salad to a serving bowl.



Broccoli Quiche

INGREDIENTS

- 1 onion, minced
- 3 g minced garlic
- 175 g chopped fresh broccoli
- 1 (9 inch) unbaked pie crust
- 170 g shredded cheddar cheese
- 4 eggs, well beaten
- 355 ml milk
- 6 g salt
- 1 g black pepper
- 15 g butter, melted



INSTRUCTIONS

1. Preheat oven to 350 degrees F (175 degrees C).
2. Over medium-low heat melt butter in a large saucepan. Add onions, garlic and broccoli. Cook slowly, stirring occasionally until the vegetables are soft. Spoon vegetables into crust and sprinkle with cheese.
3. Combine eggs and milk. Season with salt and pepper. Stir in melted butter. Pour egg mixture over vegetables and cheese.
4. Bake in preheated oven for 30 minutes, or until centre has set.



Oven-roasted Winter Vegetables

Serves 6

Ingredients

Vegetable quantities are prepared weights

12 shallots, peeled
 12 oz (350 g) peeled and deseeded butternut squash
 12 oz (350 g) peeled sweet potato
 12 oz (350 g) peeled Swede
 12 oz (350 g) peeled celeriac
 1 tablespoon freshly chopped mixed herbs (rosemary and thyme, for example)
 2 large cloves garlic, peeled and crushed
 3 tablespoons olive oil
 salt and freshly milled black pepper



Pre-heat the oven to gas mark 7, 425°F (220°C).

You will also need a baking tray measuring 11 x 16 inches (28 x 40 cm).

All you do is cut the vegetables into large, chunky pieces (no smaller than 1½ inches/4 cm) – leaving the celeriac until last, as it may discolor if left for too long – place in a large bowl, then add the herbs, garlic, olive oil and lots of seasoning and just use your hands to mix them. The prepared vegetables can now be kept in a sealed plastic bag in the fridge for 2-3 days.

When you're ready to cook the vegetables, spread them out on the baking tray and cook in the pre-heated oven on a high shelf for 30-40 minutes, until they're tender and turning brown at the edges.



Warm pear and maple syrup pie

Ingredients

100g butter, softened
50g golden caster sugar
50g light muscovado sugar
150g plain flour
1 tsp baking powder
50g ground almonds
3 large eggs
2 tbsp of milk
a couple of drops of vanilla extract



For the pears:

450g ripe pears
20g butter
a couple of pinches of cinnamon
3 tbsp maple syrup

Instructions

Line the base of a deep 20cm baking tin with baking paper. Peel, core and chop the pears. The pieces should be quite small, about 1cm square. Put them into a shallow pan with the butter and cinnamon and let them soften for 10-12 minutes over a moderate heat, stirring from time to time so they do not burn. Pour in the maple syrup, let the mixture bubble up briefly then remove from the heat. The pears should continue cooking until they are sticky and deep golden. Set the oven at 180C/gas mark 4.

Put the butter and sugars into the bowl of a food mixer and beat till pale and thick. They need to be the colour of milky coffee. Sieve the flour and baking powder together. (I don't normally suggest sieving flour but it is essential when you are incorporating baking powder, to ensure it is evenly distributed.) Add the almonds to the flour. Beat the eggs and milk in a small bowl with a fork then add to the butter and sugar mixture a little at a time, alternating with the flour and almonds. Stir in the vanilla extract. Tip the mixture into the cake tin and smooth the top. Spoon the pears and any remaining syrup over the cake mixture. It will gradually sink on cooking to make a sticky layer further down. Bake for 40 minutes or till golden and lightly firm. Serve warm, in thick slices with cream and a little more maple syrup.



Raspberry Crumble

Serves 6

Ingredients

For the filling:

1 lb 2 oz (500 g) raspberries
1 tablespoon golden caster sugar

For the crumble topping:

8 oz (225 g) plain flour, sifted
4 oz (110 g) butter, at room temperature, cut into small pieces
3 oz (75 g) light brown soft sugar



Pre-heat the oven to gas mark 4, 350°F (180°C).

You will also need a round, shallow ovenproof baking dish with a diameter of 9 inches (23 cm), 1 1/2 inches (4 cm) deep.

Instructions

First, make the topping. All you do is place the sifted flour, butter and sugar in the processor and give it a whiz until it resembles crumbs. If you don't have a processor, place the flour in a large mixing bowl, then add the butter and rub it into the flour lightly, using your fingertips. Then when it all looks crumbly, and the fat has been dispersed fairly evenly, add the sugar and combine that well with the rest.

Now arrange the raspberries in the dish and sprinkle over the sugar, then the crumble mixture, spreading it out all over the fruit with a fork. Place the crumble on a high shelf in the oven and bake it for 40 minutes until the top is golden. Serve with chilled pouring cream or vanilla ice cream.



The Best Chocolate Cake Ever

Ingredients:

- 8oz self-raising flour
- 3tbsp cocoa
- 2tsp baking powder
- 8oz margarine
- 8oz caster sugar
- 4 eggs, beaten
- 10tbsp milk

Instructions

- Sieve the first three ingredients into a bowl (or processor bowl), then add the margarine, caster sugar, beaten eggs, and milk, and beat until combined.
- Tip into two well-greased 8" round baking tins, and bake at 160 degrees C for about 50 minutes.
- Test with a skewer – when it comes out of the cake clean, the cake is done.
- Cool on a wire rack, and finish with icing of your choice.





Muffin Recipe

Muffin recipe preparation time: about 10 Minutes

Muffin recipe cooking time: 20 Minutes

Ingredients:

Muffin recipe Serves 4-8

380g self-raising flour

100g butter (cut into small cubes)

200g caster sugar

300ml milk

1 beaten egg

100g raisins

large pinch of cinnamon



Instructions:

1. Blend the sifted flour and butter in a large bowl.
2. Fold in the sugar, milk, raisins, cinnamon and egg, don't worry if the mix isn't smooth.
3. Spoon the mixture into the well greased muffin tray (or paper cases).
4. Bake on the middle shelf at about 180 degrees C for 20 minutes.