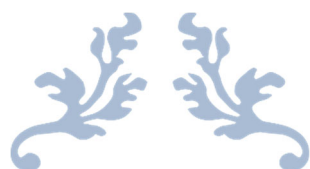


40 recipes for 40 years

Raising funds for AvMA's 40th Anniversary



40 MLR RECIPES FOR 40 YEARS

Raising Funds for AvMA's 40th Anniversary



NOVEMBER 2022

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With thanks to all of the MLR Team who have given their time and energy to support our fundraising for AvMA

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Anne's Prize-Winning Pease Pudding

Method:

1. Cook joint of ham and use the stock from the ham for the pease pudding
2. Soak 500g split peas overnight in cold water
3. Drain cold water and put in pan with one litre of ham stock
4. Bring to the boil
5. Skim off any foam and cook until peas are soft, making sure to stir regularly – you may need to add up to 500ml more of liquid over the two-hour cooking period
6. Mash the soft peas and add salt and pepper to taste. You can also add butter.

I personally like to use a pressure cooker to cook mine. I add the lid to the pressure cooker once I've brought the liquid and peas to the boil.

Then I reduce the heat prior to placing the lid on the pressure cooker so the liquid's just simmering. Then bring to pressure and cook for 11 minutes, allow the pressure to reduce on its own. Remove the lid and add seasoning.

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Julie's Yorkshire puddings

The way my mom taught me

Ingredients (not measured):

- 4 heaped tablespoons of Plain Flour
- Pinch of salt
- 4 eggs (5 eggs if cooking for 5 people etc.)
- Couple of splashes of milk

Method:

1. Gently mix the ingredients together (in order as above). Once combined the mixture will be quite thick – add another splash of milk to change the consistency. Start whisking until you see air bubbles. At this point the mixture shouldn't be thick but also not too watery
2. Leave the mixture in the fridge for at least 15 minutes, or until you're ready to cook them. If you're cooking immediately, add a splash of cold water to the mixture, and whisk again. Then add straight to the oven
3. Pre-heat the oven to 200°C
4. Add the oil of your choice, I prefer extra virgin or goose fat, to the Yorkshire pudding tins and put in the oven for five minutes. The oil should 'sizzle' when the mixture's is added
5. Cook on 200° for 25mins.

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Caren's Cullen Skink soup

Local recipe from a neighbouring village from my childhood home on the Moray Coast, Scotland.

Ingredients:

- 450g smoked haddock
- 900g potatoes diced
- One onion sliced
- One can of Evaporated milk
- Knob of butter
- Parsley
- Salt and pepper

Method:

1. Heat butter and soften onion
2. Add diced potatoes and smoked haddock, cover with water and cook until soft
3. When potatoes are cooked, don't drain water and roughly mash
4. Add the evaporated milk and gently heat
5. Add parsley and season to taste
6. Add milk to thickness preferred
7. Serve with crusty bread or oatcakes.

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Maria's Coronation Chicken

For sandwiches or as a jacket potato topping

Ingredients:

- Cooked chicken
- Two tablespoons Greek yogurt
- Two tablespoons mayonnaise
- One tablespoons curry powder
- One teaspoon mango chutney
- Chopped coriander (optional)
- Salt and black pepper

Method:

1. Mix all the ingredients together
2. Adjust seasoning to taste.

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Deb's Butter Bean And Bacon Soup

Really tasty, even if you don't like butter beans!

Ingredients:

- Two x 225g tins of butter beans
- One chopped onion
- 125g chopped bacon
- One chicken stock cube
- Black pepper
- 300ml water
- 300ml milk

Method:

1. Fry the onion and bacon in oil or butter
2. Drain the butter beans and add to the pan
3. Add stock cube, black pepper, water and milk
4. Bring to the boil and simmer
5. Allow to cool slightly then liquidise to required consistency.

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Mexican Tortilla Soup

Ingredients:

- ½ red onion, roughly diced
- 200g mixed beans (from a 400g can), drained
- 100g sweetcorn (from a 400g can), drained
- 200g chopped tomatoes (from a 400g can)
- One teaspoon ground cumin
- Two teaspoons smoked paprika
- 40g plain flour, plus extra for dusting
- 25ml single cream
- Two teaspoons olive oil

Method:

1. Preheat your oven to 190°C/170°C Fan/Gas Five
2. Fry the onion in a pan in a splash of olive oil over a medium heat for a two to three minutes until soft
3. Add the beans, sweetcorn, tomatoes, cumin, one teaspoon of the paprika and some black pepper
4. Stir, then simmer for about 15 mins until the soup has thickened
5. To make the tortilla chips: Mix the flour and 25ml water in a bowl, with a pinch of the paprika, to form a dough
6. Dust the worktop with flour, then knead the dough for a few minutes until smooth
7. Roll out to 20cm square and lay it on a non-stick baking tray
8. Cut it into triangles (or any shape) and bake in the oven for about 10 minutes until crispy

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9. Serve the soup in a bowl, drizzled with the cream. Serve the tortilla chips on the side, dusted with paprika (optional).

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Thrifty Potato, Onion and Bacon Hotpot

Ingredients:

- Two Medium potatoes per person
- Large onion slices
- Chopped bacon/ham (optional)
- Knob of butter
- One tablespoon of flour
- ½ pint of milk
- Grated cheese

Method:

1. Melt the knob of butter, add the flour and make a paste (roux), gradually stir in the milk, stir until thickens. Then add grated cheese to taste
2. Grease an oven-proof dish with layers of potato, onion and bacon/ham if using
3. When you've added half of the ingredients, pour over half the sauce then continue layering
4. Bake covered for an hour then continue to bake uncovered until the potatoes are cooked
5. Serve with veg or salad.

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Sausage Ragu

Ingredients:

- One onion finely chopped
- Two large cloves garlic, crushed
- ¼ teaspoon chilli flakes
- Two rosemary sprigs, stalks removed, leaves finely chopped
- Two x 400g tins chopped tomatoes
- One tablespoon brown sugar
- Six pork sausages chopped into two cm rounds or 450g sausage meat
- 150ml whole milk
- One lemon, zested
- 350g rigatoni pasta
- Grated parmesan and handful of chopped parsley leaves to serve.

Method:

1. Heat two tablespoons of oil in a saucepan over a medium heat
2. Fry onion with a pinch of salt for seven mins
3. Add the garlic, chilli and rosemary, and cook for a minute. Tip in the tomatoes and sugar, and simmer for 20 mins
4. Heat oil in a medium frying pan over a heat. Add the sausages/sausage meat and fry, moving frequently to avoid sticking, for five to seven minutes until golden. Add the milk and lemon zest, then simmer for five mins
5. Cook the pasta following pack instructions. Drain and toss with the sauce
6. Scatter over the parmesan and parsley leaves.

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Ham and Cheese Bake Serves 6

Can be made suitable for pescatarians/vegetarian.

This simple dish is a cross between a savoury bread pudding and a croque monsieur. It's great for a brunch and takes virtually no effort to make an impressive meal.

Ingredients:

- One baguette/ciabatta (can use part-baked loaf uncooked) broken into bite-sized pieces
- Four ounces bacon (can use trimmings)
- Five ounces grated cheese
- Six eggs
- One pint milk and cream (can be 50:50 or use more milk and less cream to keep it healthy)
- One tablespoon Dijon mustard.

Method:

1. Grease a large baking dish and add the bread chunks
2. Scatter the bacon and grated cheese in with the bread
3. Whisk together the eggs, milk, cream and mustard and pour over the bread
4. Leave to soak in the fridge (minimum one hour, overnight if possible)
5. Bake in oven pre-heated to 180°C until the egg mixture is just set
6. Serve with hash browns, baked beans and sausages
7. Can substitute smoked salmon or mushrooms for the bacon and serve with smashed avocado.

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Brie with Cranberry Supper

Ingredients:

- Large wheel of Brie/small one per two people
- Cranberry sauce
- Orange juice/red wine

Method:

1. Slice top of Brie off and bake the Brie in a medium oven until melting
2. Warm cranberry sauce in a pan, adding orange juice/red wine to achieve a runny consistency
3. Pour sauce over the Brie and bake for a further five minutes
4. Cut into slices (will be runny) and serve with warm crusty bread and salad.

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Cheesy Fajita Orzotto

Ingredients:

- 400g turkey mince
- 200g orzo
- One onion diced
- Two peppers diced
- Two tablespoon fajita seasoning
- Two teaspoon garlic granules
- One tablespoon tomato puree
- One chicken stock cube
- 600ml boiling water
- Lemon (juiced)
- Handful of fresh coriander leaves chopped
- 120g reduced fat Cheddar cheese grated
- Low calorie cooking spray
- Two spring onions finely sliced to garnish

Method:

1. Spray a casserole pan with low calorie cooking spray, and fry the turkey mince, onions and peppers over a medium to high heat for five to six minutes, until the mince is opaque and the onions soft
2. Add the garlic granules and fajita seasoning and stir well
3. Stir in the tomato puree and allow to cook for a minute, then stir the stock into the water add to the pan and bring to the boil
4. Add the orzo to the pan and stir well, ensuring the pasta is covered by the stock

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5. Reduce the heat to a simmer, cover and allow to cook for 15 to 20 minutes stirring every few minutes to make sure it doesn't catch on the bottom of the pan
6. When the orzo is cooked and most of the liquid has been absorbed, uncover and stir in the lemon juice and coriander
7. If there is still excess liquid, cook for a few minutes without the lid on, you want a consistency like a risotto. Then stir in the cheese, until it's melted
8. Sprinkle the top with some sliced spring onions and serve.

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Smashed Avocado and Halloumi Breakfast Tacos

Ingredients:

- Two large avocados halved and stoned
- Two limes – one juiced, one cut into wedges to serve (optional)
- Eight mini tortilla wraps
- 60g 0% Greek-style yogurt
- 30g siracha chilli sauce
- Two corn on the cobs
- 225g halloumi cut into thin slices
- 10g chopped coriander.

Method:

1. Preheat oven to 170°C/150°C/Gas 3
2. In a bowl roughly mash the avocados with a fork
3. Stir through most of the lime juice and season with salt
4. Wrap the tortillas in foil and warm (or can griddle them quickly before serving)
5. Mix yogurt and siracha in a bowl
6. Remove kernels from corn on the cob, then fry over a medium heat until charred. Remove from heat and add remaining lime juice. Keep warm
7. Fry halloumi slices, brown on both sides
8. Serve warm tortillas with halloumi, avocado, sweetcorn, siracha sauce, coriander and lime wedges

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Healthy Coleslaw – great for buffets

This looks great using red cabbage and/or red onion

Ingredients:

- Finely shredded cabbage (green or red)
- Carrot (can be thin strips using a vegetable peeler or grated)
- Finely chopped onion (Red or green)
- Natural yoghurt and low-calorie mayonnaise in equal quantities
- Dijon mustard to taste.
- Salt and black pepper.
- Grated cheese optional (not-so-healthy!)

Method:

1. Mix all ingredients together
2. Season to taste.

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Leek and Cashew Nut En Crouete (Vegetarian)

I've cooked this many times over the years. When I'm catering for both vegetarian and non-vegetarians, I make two, adding cooked chicken to one.

Ingredients:

- One Pack puff pastry
- 350g leeks sliced
- 220g mushrooms finely chopped
- 50g broken cashews, roasted
- One tablespoon soy sauce
- Pinch chilli powder
- Pinch Salt
- Black pepper
- Sesame/poppy seeds
- Egg or milk to glaze.

Method:

1. Fry off the leeks
2. Add mushrooms
3. Take off the heat and add soy sauce, chilli, salt and black pepper and cashews
4. Roll out the pastry into a rectangle and put the filling down the middle
5. Make cuts along each side of the pastry going to within 2.5cm of the filling
6. Fold the cut strips into the middle to make a mock plait, brushing where the pastry overlaps with beaten egg or milk to make it stick
7. Brush the plait with egg/milk and sprinkle on the seeds
8. Bake at 180°C/Gas 6 until the pastry is risen and golden.

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Sausage Casserole with Butterbeans and Kale

Ingredients:

- 12 Farmhouse Sausages
- Four rashers unsmoked streaky bacon, chopped
- 1.5 tablespoon olive oil
- One white onion, diced
- Two garlic cloves, crushed
- One red pepper, deseeded and chopped
- Two x 400g can chopped tomatoes
- 400g can butterbeans, rinsed and drained
- 100g kale, chopped and stems removed
- One teaspoon chilli flakes
- One teaspoon Worcestershire sauce
- One teaspoon wholegrain mustard
- One tablespoon dark brown sugar
- Three bay leaves
- Chopped parsley, optional.

Method:

1. Heat the oven to 190°C/170°C fan/Gas 5. Toss the sausages in a little olive oil and spread out on a baking tray. Cook for 30 minutes until browned all over, turning occasionally
2. Meanwhile, heat the olive oil in a large flameproof casserole dish. Add the bacon and cook until starting to crisp, then remove and set aside. Cook the onion and red pepper in the bacon fat for five to ten minutes until the onion is softened. Add the garlic, chilli flakes and kale and cook for a further one to two minutes

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3. Add the chopped tomatoes, mustard, Worcestershire sauce, bay leaves and sugar. Bring to the boil and simmer, covered, for 10 minutes.
4. Add the beans and simmer for 15 minutes longer, topping up with a little boiling water if the mixture reduces too much
5. Nestle the cooked sausages and bacon into the bean mixture and place into the oven, cooking for 30 minutes more. Once cooked and bubbling all over, remove from the oven and sprinkle with parsley (if using).

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Karen's Green Pasta

Ingredients:

- One pack smoked bacon medallions
- One large onion
- One medium pack mushrooms
- One jar Sacla green pesto
- Parmesan cheese
- Pasta.

Method:

1. Cut the bacon, onion and mushrooms into slices
2. Put fresh ingredients into a saucepan and cook until soft
3. Boil the required amount of pasta as per instructions
4. Strain pasta
5. Add bacon, mushrooms and onions to pasta
6. Stir through
7. Add green pesto to taste
8. Add parmesan cheese on top.

Sweet and Spiced Chicken Casserole

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A great winter warmer

Ingredients:

- Eight chicken thighs
- 200 mls sweet chilli sauce
- Two lemons
- One bunch coriander
- Two tablespoon oil
- 200g baby corn
- Two mugs full of washed rice
- Four mugs full of chicken stock
- One clove chopped garlic
- One finely sliced onion
- ½ tsp five spice (optional)
- Salt and pepper.

Method:

1. Preheat oven to 170°C
2. Score chicken thighs and fry skin side down until brown, then remove from heat
3. Mix chopped coriander stalks, sweet chilli, zest and juice of one lemon and browned chicken (don't add the pan juices and oil).
4. Fry the onion, garlic and five spice, then add the rice and stock and bring to the boil
5. Add in the raw vegetables and season
6. Cover and put in the oven for 25 minutes
7. Remove the lid, spoon over the remaining marinade. Cook for a further five minutes.

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Hungarian Pepper Stew **Lecsó** (pronounced Lecho)

This is my Dad's recipe, which he brought with him when he came to the UK as a refugee in 1956. I have to say that my non-Hungarian husband makes this far better than I do!

Ingredients:

- Three red/ green peppers chopped into two-by-two cm chunks, seeds removed
- One large onion
- 200g salami ring (can use chorizo)
- One x 400g tin chopped tomatoes
- Two to three teaspoons paprika
- One pinch of chilli
- Salt and pepper.

Method:

1. Fry the onion in oil until softened and opaque
2. Add the salami or chorizo to release the oil
3. Add the paprika and chilli and fry until just starting to catch in the pan
4. Add chopped tomatoes, salt and pepper and bring to the boil
5. Simmer for five minutes
6. Add chopped peppers and leave to simmer for 30 minutes until softened
7. Serve with pasta or rice.

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BHUNA Sauce

Ingredients:

- Four large onions chopped
- 1" root ginger peeled & grated
- Two teaspoons cumin
- Two teaspoons coriander
- Two teaspoons paprika
- Two teaspoons turmeric
- Two teaspoons gram masala
- Two teaspoons chilli powder
- Two x 400g chopped tomatoes
- 5 cloves garlic
- Small knob of butter
- Salt and pepper.

Method:

1. Fry all the onion, ginger and garlic in a small amount of butter
2. Add the spices
3. Salt and pepper to taste
4. Add chopped tomatoes
5. Blend all the ingredients using a hand blender
6. Serve with chicken, lamb, prawns or vegetables.

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Clare's Maple and balsamic glazed lamb chops with couscous

Ingredients:

- large handful fresh thyme sprigs, leaves picked
- Eight lamb chops or cutlets
- Vegetable oil
- One bunch spring onions, trimmed and sliced
- 50g flaked almonds
- Handful of fresh mint
- One pomegranate
- 300g couscous
- 200g feta
- Drizzle of extra virgin olive oil
- 25g butter
- Two tablespoon maple syrup
- One tablespoon balsamic vinegar
- Salt and freshly ground black pepper.

Method:

1. Sprinkle the thyme leaves over a large plate with a little salt and pepper, then squash the lamb chops or cutlets into the mix, turning them over to coat both sides
2. Place a large frying pan on a medium heat with oil. Fry the lamb chops for three to four minutes on the first side or until golden brown. Cook the other side for a further three to four minutes, depending how you like them cooked
3. Tip the couscous into a medium bowl, pour boiling water to cover, cover the bowl with cling film and leave for about five minutes

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4. For the glaze, put butter, maple syrup and balsamic vinegar into a small saucepan over a high heat. Bring to the boil and reduce to simmer, leaving for about three minutes, stirring from time to time. When the glaze is thickened and syrupy (a little thinner than golden syrup) remove from the heat and keep warm
5. Check the couscous grains have absorbed all the water and are tender. Then fluff it up with a fork. Crumble the feta cheese in, season with salt and pepper and add a drizzle of extra virgin olive oil. Stir together and re-cover to keep warm
6. Cut into the centre the lamb to check it's cooked to your liking. When ready, remove them and leave to rest for a few minutes. Cover them with tin foil (this will make the chops tender)
7. Add the spring onions and flaked almonds to the frying pan and fry on a medium heat for one to two minutes, stirring them every now and then. Remove from the heat when the spring onions are wilted and the almonds golden brown
8. To serve, divide the couscous between four plates, and place two lamb chops on each plate and drizzle the glaze (and any resting juices) over. Scatter over the onion and almond mixture and tear over the mint leaves. Top with the pomegranate seeds and serve.

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Lorraine's Sundried Tomatoes and Cheese Scones

Ingredients:

- 175g self-raising flour
- One teaspoon mixed herbs
- 25g butter
- 50g grated cheese
- Two teaspoon sundried tomato paste
- Eight sundried tomatoes in oil, chopped
- Two tablespoons milk
- One egg.

Method:

1. Pre-heat oven to 200°C fan
2. Mix the flour and herbs, the rub in the butter
3. Add the cheese, tomato paste and sundried tomatoes and mix
4. Beat the milk and egg together, keep some for glaze
5. Add to ingredients to form a soft dough
6. Flatten the dough out and cut into shapes
7. Brush with egg wash
8. Bake for 10 to 15 minutes, until tops are a golden colour.

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Lemon and Ginger scones

Ingredients:

- 225g self-raising flour, plus extra for dusting
- Two tablespoon caster sugar
- ½ teaspoon salt
- 55g unsalted butter, cubed and chilled
- One lemon, zest and one tablespoon juice
- Two tablespoon chopped stem ginger
- 75ml whole milk, plus extra for brushing.

Method:

1. Preheat the oven to 200 ° C/Gas 6.
2. Mix the flour, sugar and salt in a large bowl. Add the butter and, using your fingers, work in until it reaches a breadcrumb consistency
3. Stir in the lemon zest and make a well in the centre
4. Mix the stem ginger and lemon juice into the milk. Pour into the flour mixture and, using a knife, roughly bring together. Knead briefly and lightly to combine, then pat out on a surface to about 2cm thick
5. Cut out six cm rounds using a pastry cutter. You should make six, re-rolling any trimmings
6. Put them on a lightly floured baking tray and brush with milk
7. Bake for 18 to 20 minutes, until golden. Leave to cool
8. To service, split and spread with clotted cream, and jam or lemon curd.

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Cookies

Ingredients:

- 100g softened butter/margarine
- 100g soft brown sugar
- One tablespoon golden syrup or honey
- 150g self-raising flour
- ½ teaspoon vanilla extract (optional)
- 50g chocolate chips or Smarties.

Method:

1. Preheat the oven to 170°C/160°C fan/Gas 3
2. Beat the butter, sugar and syrup together until soft and creamy
3. Mix in the flour, vanilla extract and add the chocolate chips
4. Divide the mixture into about 15 pieces and roll into balls using your hands
5. Place well apart on greased baking sheets, making sure not to flatten them
6. Bake for about 10 minutes, until a pale golden colour. Don't cook any longer or they'll go crispy
7. Leave to cool on the tray for a few minutes, and then remove from the tray and finish cooling on a wire rack.

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Pineapple Cake

Ingredients:

- 15 oz crushed pineapple
- Four oz margarine
- Six oz brown sugar
- One lb mixed fruit
- One teaspoon mixed spice
- Pinch of salt
- Eight ounces plain flour
- One teaspoon soda bicarb
- Two beaten eggs.

Method:

1. Preheat oven at 350°F /180°C/160° fan
2. Grease and line a 7" square cake tin
3. Put all ingredient except the flour, eggs and soda bicarb into saucepan, and cook
4. Leave cool
5. Beat the eggs and stir into the mixture
6. Sift the flour and soda bicarb together
7. Fold into mixture and place in the tin
8. Bake for 30 minutes
9. Leave to cool in tin.

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Jo's Orange Cake

This is a Love family favourite cake

Ingredients:

- 375g thin skinned oranges
- Six large eggs
- 200g sugar
- 250g ground almonds
- One teaspoon baking powder (gluten free if needed).

Method:

1. Put the oranges in a pan of cold water and boil 2 hours. (I usually do this the day before)
2. Remove oranges after 2 hours and cool
3. Cut in half remove pips
4. Add cooked oranges to food processor and blitz
5. Preheat oven to 190°C/170°C fan/Gas 5
6. Butter and line a 20 cm springform tin
7. Add all the ingredients to the oranges in the food processor and mix
8. Pour mixture into cake tin and bake for around one hour plus.
Regularly check the skewer comes out clean
9. Leave the cake to cool on a rack.

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Jo's Orange Cake ganache

The cake is nice plain, but I usually add Chocolate ganache if it is a special occasion.

Ingredients:

- 200g 70% dark chocolate
- 300mls double cream
- Two tablespoons golden caster sugar.

Method:

1. Break the chocolate into small pieces add to a heatproof bowl
2. Warm the cream
3. Once simmering, pour the warm cream over the chocolate
4. Stir until the mixture is smooth
5. Pour over cake and smooth.

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Refrigerator Traybake

(Definitely NOT Healthy!)

Ingredients:

- Eight ounces plain chocolate
- Eight ounces butter
- Small tin of condensed milk
- Eight ounces sultanas
- One pound digestive biscuits crushed
- Cherries/marshmallows/dash of Brandy optional.

Method:

1. Melt chocolate in a pan
2. Stir in the other ingredients.
3. Pour the mixtures into a lined square tin
4. Place in the fridge until the mixture's set.

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Lemon Drizzle Cake

This was my lovely Mum's recipe. I usually double it and make two, freezes well and defrosts quickly.

Ingredients:

- Four ounces soft butter or baking margarine
- Six ounces caster sugar
- Six ounces self-raising flour
- Four tablespoons of milk (semi skimmed is fine)
- Two large eggs
- One lemon, grated rind
- Two rounded tablespoon sifted icing sugar
- Three tablespoons of lemon juice.

Method:

1. Pre-heat oven at 350°F/180°C/160°C fan
2. Cream the butter and sugar until pale
3. Add the eggs, sifted flour, grated lemon rind and milk
4. Mix well to a dropping consistency
5. Pour into a loaf tin (works best if you use a loaf tin liner),
6. Bake the mixture for around 40 to 45 minutes, or until firm
7. Make the syrup by sifting the icing sugar and adding the lemon juice
8. As soon as the cake comes out of the oven, prick the cake all over with a fork and pour over the syrup
9. Leave until completely cold, then remove from the loaf tin.

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Caren's Pavlova

*Always a favourite in our house – I change it with the occasion or season.
The meringue can be shaped into a Christmas tree, Holly wreath, Easter nest or even a
Halloween ghost!*

Ingredients:

- Four eggs whites
- 225g caster sugar
- One teaspoon vinegar
- One teaspoon vanilla essence
- Two teaspoon cornflour
- 300ml double cream
- Four tablespoon icing sugar
- Handful of your fruit of choice/chocolate reindeer/easter bunnies/mini eggs for the topping.

Method:

1. Pre-heat oven to 130°C, and line baking sheet with parchment paper
2. Whisk the egg whites until stiff. Gradually add spoonfuls of sugar, whisking after each addition until stiff
3. Using a metal spoon fold in the vinegar, half of the vanilla essence and cornflour until well blended
4. Spoon onto parchment paper creating a swirled and peaked effect.
5. Bake for one hour 15 minutes
6. Turn off oven and leave the pavlova to cool completely in oven
7. For topping, place the double cream in bowl, whisk until soft peaks. Then fold in icing sugar and half of the vanilla essence
8. Spoon Chantilly cream onto the pavlova and top with fruit.

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Welsh Rhubarb Cake

Ingredients:

- Three ounces butter
- Three ounces caster sugar
- Two eggs
- Three ounces self-raising flour
- One lb rhubarb, cut into one-inch pieces
- One tablespoon demerara sugar
- Milk
- Two ¼ ounces butter
- Three ounces plain flour
- One ounce caster sugar

Method:

1. Pre-heat the oven to 190°C, and grease an eight-inch cake tin
2. Cream the butter and sugar together
3. Beat the eggs and add to the mixture
4. Fold in the flour
5. Add a pinch of salt
6. Add the milk until a dropping consistency
7. Toss rhubarb in demerara sugar
8. Pour the cake mixture into tin, and then put the rhubarb on top
9. For the topping, rub together butter, flour and sugar. When mixed, sprinkle over the cake
10. Bake the for 45 minutes.

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Ginger Cake

Comes with its own ginger sauce

Ingredients:

- 150g flour
- 300g light muscovado sugar
- One teaspoon baking powder
- Two teaspoon ground ginger
- Two teaspoon mixed spice
- 125ml milk
- 60ml vegetable oil
- One egg
- Six teaspoon butter
- 500ml boiling water

Method:

1. Pre-heat the oven to 220°C/Gas 7
2. Mix 200g of the sugar, ginger & spice, then put to one side
3. Mix the other ingredients together – this can be in dish you're going to bake in
4. Sprinkle over the sugar & spice mix
5. Pour boiling water over the top
6. Bake the cake for 30 minutes
7. Serve with custard or ice-cream.

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Carrot Cake

Ingredients:

- 300g flour (preferably plain)
- One teaspoon cinnamon
- ½ teaspoon bicarb (not necessary if using self-raising flour)
- 200g soft brown sugar (or caster)
- Four eggs
- 250ml sunflower/vegetable oil
- One lemon zested
- One orange zested
- 200g grated carrot
- 150g walnuts (if required)
- Sultanas (if required)

Method:

1. Pre-heat oven to 130°C
2. Sieve all dry ingredients into a bowl
3. Mix oil, eggs, carrot zest, lemon and orange juice in a jug
4. Add wet ingredients to dry ones and mix
5. Place into a loaf tin or eight-inch square tin
6. Bake until cooked (approximately one hour 30 minutes).

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Sticky Toffee Pudding

Ingredients:

- 200g softened butter
- 300g light muscovado sugar
- Two eggs
- 225g self-raising flour
- One teaspoon baking powder
- One teaspoon bicarbonate soda
- Four tablespoons black treacle
- 275ml milk
- One teaspoon vanilla extract
- 300ml double cream.

Method:

1. Pre-heat the oven to 180°C/160°C fan
2. Mix 100g butter, 175g sugar, eggs, self-raising flour, baking powder, bicarb, three tablespoons black treacle in a bowl. Beat the mixture using electric whisk
3. Pour in the milk gradually
4. Pour the mixture into a well-greased wide shallow dish
5. Bake in the oven for 35 to 40 minutes
6. To make the sauce, stir 100g butter, 125g sugar, one tablespoon black treacle, vanilla extra and double cream in a saucepan until well mixed
7. Bring to boil and stir for a minute
8. Pour half of the sauce over the pudding in the dish
9. Serve with the cream or ice cream.

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Australian Crunch

Ingredients:

- Eight ounces butter
- Three ounces coconut
- Five ounces caster sugar
- One tablespoon cocoa
- Three ounces cornflakes
- Five ounces self-raising flour
- Four ounces chocolate (milk/plain/white – you decide)

Method:

1. Melt the butter
2. Add the rest of the ingredients to the butter
3. Add mixture to a baking tray – it's easier to cut if you use a square baking tray
4. Bake for 20 minutes, or until springy
5. Allow to cool
6. Top with melted chocolate
7. Add sprinkles for decoration.

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Chocolate and Pear Bread Pudding

Ingredients:

- 350g brioche loaf
- 70g chocolate chips
- 410g tin pears (drained and quartered)
- Five medium eggs
- 50g caster sugar
- 300ml whole milk
- 200ml double cream

Method:

1. Cut the brioche into medium/thick slices, and cut bottom quarter off each slice
2. Scatter over bottom of a 1.5 litre ovenproof dish
3. Scatter half of the chocolate chips and half of the pears in the dish
4. Top with a layer of brioche then add the remaining chocolate chips and pears
5. Keep the ingredients below the top of the dish
6. In a jug, whisk the eggs and sugar then add the cream and milk
7. Pour the mixture over the pudding
8. Cover and chill for at least one hour
9. Pre-heat the oven at 170°C
10. Sprinkle caster sugar over top then bake for 25 minutes until golden.

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Cherry Ring

Ingredients:

- Four ounces Bran Flakes
- Two ounces margarine
- Four ounces milk
- One egg
- Five ounces plain flour
- Two ½ teaspoon baking powder
- ½ teaspoon salt
- Two ounces sugar
- Four ounces cherries
- Four ounces chopped nuts.

Method:

1. Preheat oven to 180°C
2. Combine the Bran Flakes, milk, egg and margarine, and beat well
3. Sift together flour, sugar, baking powder and salt
4. Add to Bran Flakes mixture, stirring only until combined
5. Fold in cherries and nuts
6. Spread the mixture in a greased 8.5-inch ring mould, filling about $\frac{3}{4}$ full
7. Bake in the oven for 30 minutes
8. Turn out of ring mould, frost with thin icing, decorate with additional cherries and nuts.

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Cherry Chocolate Christmas Cake

Ingredients:

- 200g butter
- 200g dark brown soft sugar
- 100g dark chocolate (we used 80%) broken into chunks
- 75ml brandy
- One teaspoon vanilla extract
- 250g raisins
- 250g currants
- 100g dried cranberries
- 100g dried sour cherries
- 100g mixed peel
- 200g self-raising flour
- 100g ground almonds
- Three tablespoon cocoa
- One teaspoon mixed spice
- Three eggs, beaten with a fork

Method:

1. Put the butter, sugar, chocolate, brandy, vanilla and dried fruits into a large saucepan. Heat gently, stirring occasionally until everything has melted together. Remove from the heat
2. Heat oven to 150°C/130°C fan/Gas 2. Line a deep cake tin, 20cm round or 18cm square, with a double layer of baking parchment. Wrap a few layers of newspaper around the outside and secure with string
3. Mix the flour, almonds, cocoa and spice together. Stir the eggs into the slightly cooled chocolate mixture in the saucepan, followed by the flour mixture. Scrape into your prepared tin and bake for one hour 30

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minutes to one hour 45 minutes, or until a skewer poked in comes out clean.

4. Take care not to overcook as it quickly becomes dry
5. Can feed with brandy/whisky until ready to eat.

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Best No-Soak Christmas Cake

I lost count of the number of times I went to start my cake only to realise I had forgotten to soak the fruit overnight. No more thwarted plans with this recipe – the soaking stage is done during the simmer and works just as well.

Ingredients:

- One-kilogram dried fruit (raisins, sultanas, currants, cherries, cranberries, prunes or figs)
- Zest and juice one orange
- Zest and juice one lemon
- 150ml brandy/sherry/whisky/rum plus extra for feeding
- 250g butter softened
- 200g light brown sugar
- 175g plain flour
- 100g ground almonds
- ½ teaspoon baking powder
- Two teaspoon mixed spice
- One teaspoon ground cinnamon
- 100g flaked almonds
- Four large eggs
- One teaspoon vanilla extract

Method:

1. Place dried fruits, zests and juice, alcohol, butter and sugar in a large pan over a medium heat
2. Bring to the boil, lower heat then simmer for five minutes. Then allow to cool
3. Heat the oven to 150°C/130°C/Gas 2
4. Line a deep 20cm cake tin with a double layer of baking parchment, and wrap a double layer of newspaper outside, tying with string

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5. Add remaining ingredients to the fruit mixture and stir well, making sure there are no traces of flour visible
6. Place the mixture into the tin, level with a spatula and bake in the centre of the oven for approximately two hours until cooked (don't over bake as it'll be dry)
7. Remove from the oven and prick all over. Then pour over two tablespoons of your chosen alcohol
8. Leave the cake to cool completely in the tin.
9. To store, remove the baking parchment and wrap tightly in greaseproof paper
10. Feed the cake regularly but leave a week without before icing
11. Can be served uniced, the Yorkshire way with a piece of Wensleydale cheese.

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A Very Christmassy Mincemeat Shortbread

Ingredients:

- 250g plain flour
- 125g corn flour
- 250g unsalted butter (softened)
- 125g caster sugar (plus extra for sprinkling)
- 125g luxury mincemeat
- 20g flaked almonds
- 20g dried cranberries

1. Grease and line a tin with baking parchment. I used a 29cm x 13cm tin
2. Pre-heat the oven to 160°C
3. Place the flour, butter, corn flour and sugar in the bowl or a food processor. Pulse until the mixture comes together to form a soft, clay-like dough.
4. Press half of the dough firmly into the lined tin in an even layer
5. Spread the mincemeat over the dough
6. On a piece of parchment, shape the remaining dough to fit over the mincemeat, use the parchment to tip the dough into place, push the edges together using your fingertips
7. Cover the mixture with the flaked almonds and stud with the dried cranberries
8. Bake on the middle shelf of oven for 45 to 55 minutes or until the shortbread is a pale golden colour.

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Sarah's Pina Colada

This cocktail is my favourite and reminds me of holidays, sunshine and family fun.

Ingredients:

- 60ml white rum
- 60ml single cream (or half and half with double cream, if you want a thicker drink)
- 100ml pineapple juice
- 10ml lime juice
- ½ teaspoon of Coco Lopez

Method:

1. Mix all ingredients in a shaker with ice
2. Serve in a tall glass with a straw
3. Garnish with pineapple wedge, a cherry or squirty cream.

