



Cookbook



Mmm...

Irish Tea Brack

Ingredients

- 500g dried sultanas or mixed cake fruit
- 400ml boiling water
- 2 decaffeinated teabags
- 200g moist brown sugar
- 250g self-raising flour
- 1 egg
- ½ tsp of mixed cake spice

Method

1. Brew the tea using 400ml of boiling water and 2 tea bags
2. Put the fruit into the mixing bowl with the tea
3. Leave to soak for minimum of 2hours
4. Mix in the sugar, egg and cake spice
5. Add the flour
6. Line the loaf tin with greaseproof paper and pour in the cake mix
7. Bake for approx. 1hour on 175°C/ Gas Mark 4



Comment: Serve on its own or with butter.

Houmous

Ingredients

- 425g chickpeas
- 60ml lemon juice
- 60ml tahini
- 1 garlic clove
- 2 tbsp olive oil
- ½ tsp ground cumin
- 2-3 tbsp water

Method

1. Strain the chickpeas
2. Add all the ingredients into a food processor and blend until smooth



Comment: Serve with pitta bread or a selection of vegetables for dipping.

Banana Bread

Ingredients

- 2 very ripe bananas
- 140g caster sugar
- 2 eggs
- 1 tsp of baking powder
- 140g butter
- 140g self-raising flour

Method

1. Cream the butter and sugar until light and fluffy
2. Slowly add the eggs, with a little flour
3. Fold in the remaining flour, baking powder and bananas
4. Pour into a loaf tin and bake for about 30 mins at 180°C/Gas 4



Blueberry Flapjacks

Ingredients

- 250g blueberries
- 140g margarine
- 180g plain flour
- 180g oats
- 140g brown sugar
- 130g raisin

Method

1. Put the blueberries in a bowl and squash them with the back of a fork
2. Place the oats, flour, margarine, raisins and sugar into a bowl and rub them together with your fingers until it becomes crumbly
3. Put half the mixture into a greased tin and press it down firmly with your hands
4. Spread the blueberries evenly over the top
5. Pour over the remaining crumbly mixture and pat down lightly
6. Bake for 20minutes at 190°C /Gas 4 until golden brown



Comment: Once taken out of the oven, it may still be a little soft but will harden when cooling

Carrot Cupcakes

Ingredients

- 220g self-raising flour
- 160g caster sugar
- 100g grated carrot
- 1 tsp of baking powder
- 160ml sunflower oil
- 2 eggs
- 2 bananas

Method

1. Peel and grate the carrot. Mash the banana in a bowl
2. Measure all the ingredients into a bowl and mix well until they are all combined and smooth
3. Spoon the mixture into cupcake cases
4. Bake for 15-20 minutes at 180°C/Gas 4 until golden brown



Comment: Serve on their own or with a cream cheese icing.

Icing: Whip cream cheese, icing sugar and a dash of vanilla essence; mix well until smooth. Spoon the icing onto the cakes when cooled.

Russian Salad

Ingredients

- New potatoes, cut into chunks and lightly steamed
- Sweetcorn
- Olives, cut in half
- Peas, boiled
- Hard-boiled egg, cut into bits
- Roasted peppers, cut into strips
- Mayonnaise

Same quantities of everything, except the potatoes which are the main ingredient.

Method

Toss all of the ingredients together in a bowl, gently stir in the mayonnaise.



Comment: It can be served by itself or as a side dish with pasta.

Pitta Pizza

Ingredients

- Wholemeal pitta
- Mozzarella
- Tomato purée
- Your favourite pizza toppings

Method

1. Heat oven to 180°C
2. Spread the tomato purée over the pitta bread
3. Cut mozzarella into strips, place over the pitta and sprinkle on your favourite toppings
4. Cook for around 20 minutes



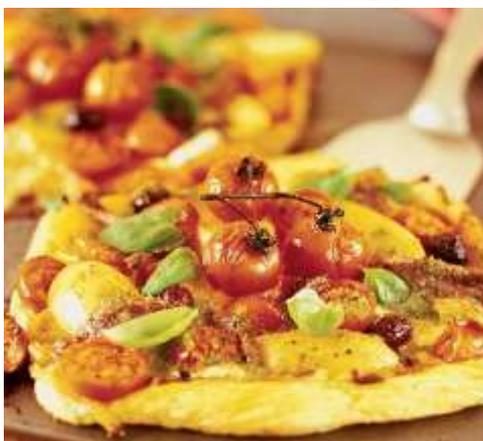
Mediterranean Vegetable Tart

Ingredients

- 1 medium courgette
- 1 medium red onion
- 1 red pepper
- Cherry tomatoes
- Black olives
- 1 egg, beaten
- Pre-rolled puff pastry
- Olive oil
- Mozzarella cut into strips
- Pesto(contains nuts)/Tomato purée

Method

1. Preheat oven to 200°C
2. Unroll pastry sheet onto a lined baking sheet
3. Spread 2 tbsp. of the pesto onto the pastry leaving a good border (2.5cm) all round. Scatter - or place randomly - the prepared vegetables in an even layer on top
4. Break up cheese and scatter over vegetables, finally add the olives.
5. Brush border with beaten egg, then bring up edges all round and pinch to form a 'wall' round filling
6. Brush outside with beaten egg and bake for 20-25 mins until golden.
7. Remove from oven, drizzle with remaining pesto



Mince Pie Pinwheels

Ingredients

- Ready rolled puff pastry
- 200g mince meat
- 1 beaten egg
- Icing sugar for dusting

Method

1. Preheat oven to 220°C
2. Unroll pastry sheet onto a piece of baking parchment or greaseproof paper. Spread mincemeat evenly over pastry
3. With a long side nearest you, roll up like a Swiss roll by gently taking the two corners of paper nearest you and drawing them away from you so the pastry and mincemeat form a long roll
4. Using a sharp knife cut into 18 - 20 slices, and lay cut side down on baking sheet. Brush around outside edges with beaten egg and bake for 12 -15 minutes until pastry puffed and golden
5. Dust with icing sugar to serve if desired



Pastry with Feta Cheese (Turkish Peynirli Pogaca)

Ingredients

- 1 cup plain yoghurt
- 1 cup sunflower oil
- 2 eggs (1 egg is for the dough; the second egg's yolk needs to be separated from the white and only the yolk is used for washing the pastry)
- 1 pinch of salt (optional)
- Self-raising flour
- 1 teaspoon baking powder

For the filling:

- 1 cup crumbled feta cheese
- ½ cup fresh parsley/dill, chopped (optional)

For the glaze:

- Beaten egg yolk
- Nigella seeds/sesame seeds/poppy seeds

Method

1. Make the dough by mixing the yoghurt, sunflower oil and one egg into the flour, baking powder and salt.
2. Grab egg sized pieces from the dough and make it flat in your hands.
3. Put the cheese filling inside, then close it and make it round (or any shape you like!)
4. Place the dough on a greased baking tray, leaving room between each piece.
5. Brush the top of the dough with egg yolk using a pastry brush and sprinkle some sesame/nigella/poppy seeds on top.
6. Preheat the oven to 200°C and bake for 10 minutes. Then turn the heat down to 190°C and bake for 15 minutes more, until they turn golden brown.



Snowmen Bread Rolls

Ingredients

- ¼ cup of warm water
- 1 teaspoon sugar
- 1 teaspoon dried yeast
- 2 cups strong bread flour
- 1 tablespoon oil
- 1 teaspoon salt

Method

1. Add the sugar and yeast to the warm water. Gently stir.
2. Put the flour and salt into a mixing bowl.
3. Add the wet ingredients to the dry. Add the oil.
4. Mix then knead.
5. Shape (for snowmen, place a smaller ball of dough on top of a larger ball) and leave to rise.
6. Preheat the oven to 220°C and bake for 15 minutes.



Courgette Bread

Ingredients

- 1 cup of sugar
- 3 eggs
- 3 cups of flour
- 3 teaspoons of vanilla essence
- 1 cup of oil
- 2 cups of grated courgette
- 1/4 teaspoon salt
- 1 teaspoon of baking soda
- 1/4 teaspoon baking powder
- 3 teaspoons cinnamon

Method

1. Preheat the oven to 160°C
2. Combine all ingredients
3. Pour into 2 greased loaf tins
4. Bake for one hour



Courgette Sweet Bread

Ingredients

- 2 eggs
- ½ a cup of olive oil
- ½ a cup of sugar
- 1 teaspoon of vanilla
- ½ teaspoon of cinnamon
- 1 ½ a cup of plain flour
- ½ teaspoon of baking powder
- ½ teaspoon of salt
- ¼ teaspoon of bicarbonate of soda
- 1 ½ cups of grated courgettes (a bit less than two courgettes)
- ½ cup of raisins

Method

1. Preheat the oven to 180°C
2. In a bowl mix the eggs, olive oil, sugar, vanilla and cinnamon. Add the courgettes (you can put the courgettes in a clean tea towel and wring it to get the water out).
3. In another bowl mix the flour, baking powder, salt, bicarbonate of soda and raisins.
4. Mix the wet and dry ingredients together.
5. Bake for 35 minutes.



Breadsticks

Ingredients

- 90g (2/3 cup) self-raising flour
- 1/8 tsp salt
- 60ml (1/4 cup) milk
- 1tbsp plain flour for dusting
- 1-2 tbsp olive oil

Method

1. Preheat the oven to 220°C/Gas 7/425°F
2. Put the flour, salt and milk into the bowl and mix until they come together.
3. Dust the plain flour onto the board and tip the mixture onto it.
4. Squish and squash the mixture on the board until you get a smooth dough.
5. Take a small chunk of dough and roll it out with flat hands until you get a long, thin worm shape. Repeat.
6. Use the pastry brush to paint oil all over the tray.
7. Put the dough sticks onto the tray and brush more oil on the tops.
8. Bake in the oven for 10-15 minutes (depending on the thickness of the sticks) until they turn golden brown.



Blueberry yoghurt muffins

(Makes 4)

Ingredients

- 3tbsp vegetable oil
- 4tbsp Greek-style yoghurt
- ½ tbsp. honey
- 20g (¼ cup) blueberries
- 65g (½ cup) self-raising flour
- 1/8 tsp bicarbonate of soda

Method

1. Preheat the oven to 180°C/Gas 4/350°F
2. Put the oil, yoghurt, honey and blueberries into the bowl and mix.
3. Add the flour and bicarbonate of soda. Mix until combined.
4. Count out 4 cases into the tray.
5. Use 2 spoons to scrape the mixture into the cases until each is two-thirds full.
6. Bake in the oven for 20 minutes until they feel springy on top.



Raspberry and white chocolate muffin

Ingredients

- 110g butter
- 100g caster sugar
- 150ml milk
- 2 eggs
- 1tsp vanilla extract
- 300g plain flour
- 2tsp baking powder
- 1 bar of white cooking chocolate
- 1 ½ punnets of raspberries

Method

1. Preheat the oven to 150°C
2. Line a muffin tray with 10 muffin papers
3. In a large mixing bowl beat together the butter, sugar, eggs, milk and vanilla until light and fluffy.
4. Add the flour and baking powder, beating well until smooth.
5. Stir in the melted chocolate and raspberries and spoon the mixture into the prepared muffin cases.
6. Bake in a preheated oven for 30-50 minutes until firm to the touch.



Barmbrack

Ingredients

- 100g raisins
- 100g sultanas
- 100g currant
- 50g glacé cherries, halved or quartered
- 50g candied peel
- 300ml hot tea (Earl Grey is especially nice!)
- 50ml whiskey (or another 50ml of tea!)
- 1 egg, lightly beaten
- 250g self-raising flour
- 200g light brown sugar
- 1 level tsp mixed spice

Method

1. Put the raisins, sultanas, currants, cherries and candied peel in a large bowl, one that is big enough to accommodate all the ingredients.
2. Pour over the tea (and whisky is using!) and allow the fruit to soak for at least 30 minutes or even overnight.
3. When you are ready to bake, preheat the oven to 180°C (350°F).
4. Line a 450g (1lb) loaf tin with parchment paper or a loaf tin liner.
5. Add in the beaten egg, flour, sugar and mixed spice to the fruit and tea mixture. Stir well until everything is combined.
6. Pour the batter over the prepared loaf tin.
7. Bake for about 1 ½ hours or until a skewer comes out clean.
8. Leave to cool on a wire rack before slicing.



Pumpkin and Goats Cheese Lasagne (Serves 12-15)

(Butternut squash can be used instead of pumpkin)

Ingredients

FOR THE PUMPKIN FILLING

- 2 x 15ml tablespoons olive oil
- 30g unsalted butter
- 8 sage leaves
- 2 onions, peeled and finely chopped
- 3 cloves garlic, peeled and minced
- 2.2kg pumpkin, peeled, deseeded and cut into 3cm rough cubes (this is about half a decent-sized pumpkin. When prepared, it yields just under 2 kilos)
- 75ml vermouth or white wine (or substitute vegetable stock)
- 60ml water
- 1 x 400g can chopped tomatoes
- salt and pepper

FOR THE TOMATO SAUCE

- 1 x 700g (700ml) bottle passata
- 500ml water
- 2 x 15ml tablespoons sugar
- 2 x 15ml tablespoons Maldon salt or 1 x 15ml tablespoon table salt
- good grinding of pepper

FOR THE CHEESE LAYER

- 450g soft fresh goat's cheese
- 500g ricotta cheese
- 3 large eggs
- good grating of fresh nutmeg

TO ASSEMBLE

- 2 x 300g packets fresh lasagne sheets
- 2 balls mozzarella
- 125g pine nuts toasted in a hot dry pan
- salt and pepper

NOTE: Use a soft goat's cheese log, like Chevrissime blanc, that has no skin and a texture more like that of a goat's curd cheese.

Method

1. To make the pumpkin filling: heat the oil and butter in a shallow casserole and fry the sage leaves over a gentle heat for about 2 minutes. Add the chopped onion and minced garlic to the pan and fry very gently for another 10 minutes or so. Add the pumpkin pieces, turn well in the oniony oil and, after about 5 minutes, add the vermouth (or wine or stock), the water and chopped tomatoes. Simmer, covered, for an hour, stirring occasionally so the pumpkin cooks evenly. Taste for seasoning and leave to cool.
2. For the tomato sauce: simply pour the passata and water into a large jug or bowl, and stir in the sugar, salt and pepper, whisking it all together.
3. To make up the cheese layer: in a separate bowl beat the goat's cheese and ricotta with the eggs, nutmeg, and salt and pepper to taste. Preheat the oven to 200C/180C fan/400F/gas 6, slipping in a baking sheet as you do.
4. To assemble the lasagne, begin by putting 500ml of the cold tomato sauce in the bottom of a roasting tin (measuring approx. 36cm x 26cm x 6cm). Then layer with a third of the lasagne sheets, overlapping them well. Leave the rest of the tomato sauce aside for the time being.
5. Layer a third of the pumpkin filling over the lasagne, and dollop on a third of the cheese mixture, coaxing with a rubber spatula. It won't cover completely; think more of spreading blobs about. Then start again with a layer of lasagne, followed by pumpkin, then the cheese. Repeat once more – lasagne, pumpkin, and the last of the cheese mixture. Pour the remaining cold tomato sauce over, letting it sink down and be absorbed in the layers. Slice and chop the mozzarella balls and dot over the top.
6. Cook in the oven, on the baking sheet, for 1 hour. Once cooked, take out of the oven and let it stand for 15-30 minutes to make cutting and serving easier. (I love this when it's been standing for an hour or so, too.) As you cut and slice, you will notice a shallow tomato-cheesy pool at the bottom of the tin; bread dunked into this is gorgeous.
7. Sprinkle the toasted pine nuts over the lasagne, and cut into squares to serve.

MAKE AHEAD TIP: Up to 2 days ahead, make the pumpkin filling, leave to cool and keep covered, in the fridge. Make the cheese layer and keep, covered, in the fridge. When ready to use, assemble the lasagne and cook as directed.

FREEZE AHEAD TIP: Cook, cool and freeze the cooked pumpkin for up to 1 week. Thaw overnight in the fridge. When ready to use, assemble the lasagne and cook as directed.



Vegetable Soup

Ingredients

- 2 leeks
- 3 large potatoes
- 5 large carrots
- 1 vegetable stock cube

Method

1. Begin by chopping up the leeks, carrots and potatoes
2. Put around a tbsp of oil into a saucepan and put onto a medium heat. Add the leeks and sweat them off for around five minutes.
3. Once the leeks have sweated off add the carrots and continue to cook for a few minutes. Then finally add the potatoes.
4. Boil the kettle, then add 450ml of water into a jug with the stock cube and dissolve. Then add the stock to the saucepan so it just covers the vegetables and then simmer till the vegetables are cooked through.
5. Once the vegetables are cooked pour into a liquidiser and blend until smooth.
6. This makes quite a thick soup so if you like it thinner then add more water from the kettle and blend again.



Guacamole

Ingredients

- 2 avocados
- 1 lemon

Method

Mash the avocados with a fork and add the lemon juice.

Serve it with breadsticks/pitta bread or toast



ACE Muffins

Ingredients

- 2 medium eggs
- 125 ml vegetable oil
- 250 ml semi-skimmed milk
- 200 g golden caster sugar
- 400 g self-raising flour (or same quantity plain flour and 3 tsp baking powder)
- 100 g currants or sultanas

Method

1. Heat oven to 200 C/180C fan/gas 6 and line 2 muffin trays with paper muffin cases
2. In a large bowl beat the eggs lightly for at least a minute.
3. Add the oil and milk and beat until just combined then add the sugar and whisk until you have a smooth batter.
4. Sift in flour (and baking powder if using) then mix until just smooth. Be careful not to over-mix the batter as this will make the muffins tough.
5. Stir in the currants or sultanas
6. Fill in muffin cases two-thirds full and bake for 20-25 minutes, until risen, firm to the touch and a skewer inserted in the middle comes out clean.



Pancakes

Ingredients

- 150 g plain flour
- 2 large eggs
- 300 ml milk
- Sunflower or vegetable oil for frying

Method

1. Put all the ingredients in a bowl and whisk together until you have a smooth batter
2. Heat a small amount of oil in a pan
3. Use a ladle to spoon some batter into the hot pan, then tip the pan around from side to side so the batter is spread evenly around the pan
4. Cook both sides until golden brown
5. Serve with sugar, lemon/orange wedges or with honey/strawberry jam



Madeleines

Ingredients

- 2 eggs
- 110 g caster sugar
- Juice of one small orange
- 1 pinch salt
- 100 g plain flour
- 1 tsp baking powder
- 100 g butter

Method

1. Pre heat oven to 180°C
2. In a bowl cream together the sugar and eggs until light and fluffy
3. Add sifted flour, baking powder, salt and stir gently
4. Squeeze the juice from the orange and add to the mixture
5. Melt the butter
6. Add the melted butter to the mixture and stir well
7. Grease a madeleine tin or a shallow bun tin with melted butter
8. Spoon the mixture into the tin
9. Place in a pre-heated oven for approx 10 minutes or until light golden brown
10. Remove from the oven and sprinkle with sifted icing sugar



Chocolate Fairy Cakes

Ingredients

- 100 g butter
- 100 g soft brown sugar
- 2 eggs
- 75 g plain flour
- 25 g cocoa powder
- Splash of milk

Method

1. Pre heat oven to gas mark 6 (200°C)
2. Cream butter and sugar
3. Sieve flour and cocoa powder in another bowl
4. Beat eggs one at a time and add to the creamed mixture with one spoonful of the flour mix each time
5. Add remaining flour and a splash of milk and mix together
6. Spoon into bun cases
7. Place in centre of the oven for 12 – 15 minutes



Fruit Muffins

Ingredients (makes 12)

- 50 g butter
- 1 egg
- 110 ml milk
- 40 g caster sugar
- 150 g plain flour
- 2 rounded teaspoons baking powder
- 110 g fruit (summer berries or banana is ideal)

Method

1. Mix the dry ingredients (flour, sugar, baking powder)
2. Add the wet ingredients (egg, milk, butter)
3. Add the fruit (if using banana, slice and mash it first) and mix in
4. Spoon into cases (about $\frac{3}{4}$ full) and put into preheated oven (180°C) for 12 minutes (test if they are cooked all the way through by pricking with a skewer, if it comes out clean it is cooked in the middle)



Apple and Honey Muffins

Ingredients (makes 18)

- 220 g plain flour
- 3 tsp baking powder
- ½ tsp cinnamon
- ¼ tsp nutmeg
- 80 g whole wheat/bran flakes
- 40 g raising
- 100 g grated apple
- 2 eggs
- 160 ml honey
- 120 ml milk
- 4 tbsp vegetable oil

Method

1. Sift flour with baking powder and spices
2. Add cereal, raisins and apple
3. Beat eggs well and add honey, milk and oil
4. Add liquid mixture all at once to flour mixture, stirring to blend
5. Grease muffin cups and fill 2/3 full.
6. Bake at 200°C for 18-20 minutes



Jam drop biscuits

Ingredients

- 175 g unsalted butter (softened)
- 1 tsp vanilla extract
- ¼ cup icing sugar (sifted)
- 1 cup plain flour (sifted)
- ¼ cup cornflour
- ¼ cup raspberry jam

Method

1. Preheat the oven to 180°C and line two baking trays with baking paper.
2. Beat the butter, vanilla and icing sugar in the bowl until pale and fluffy.
3. Add the flour and cornflour and mix until a dough forms. The mixture should be like play dough!
4. Lightly dust your hand with some extra flour, and then roll tablespoons of the mixture into balls.
5. Place each onto the trays about 2 cm apart and use your fingers to flatten slightly. Create a big thumbprint in the centre of the dough to create an indent, and then fill each with a small blob of jam.
6. Bake for 10 minutes or until they turn light golden on the edges and the jam is bubbling



Raspberry shortcake

Ingredients

For the base

- 200 g plain flour
- 25 g cornflour
- a pinch of salt
- 75 g caster sugar
- 150 g unsalted butter cut into small pieces, plus extra for the tin

For the filling

- 150 g fresh raspberries
- 125 g raspberry jam

For the topping

- 50 g porridge oats
- 3 tablespoons light brown muscovado sugar

Method

1. Preheat the oven to 180°C. Grease an 18 cm square cake tin with butter.
2. Tip the flour, cornflour, salt and sugar into a bowl. Add the butter and rub it in with your fingertips until the mixture looks like fine crumbs.
3. Weigh out 100 g of the mixture and put on one side for the topping.
4. Tip the rest of the mixture into the prepared tin. Give the tin a shake so it is evenly spread then press it down with your hand to make a firm, even layer. Bake it for 10 minutes, then remove it from the oven. (Leave the oven on)
5. Put the raspberries and jam into a bowl and mix gently.
6. Put the 100 g shortcake crumbs you saved into another mixing bowl. Add the oats and sugar, mix well then squeeze the mixture together with your hands so it comes together into flakes or large crumbs.
7. Gently spread the raspberry mixture over the baked shortcake. Scatter the oat topping evenly over the raspberries. Put the tin back into the oven for another 15-20 minutes, until light golden brown and bubbling around the edges.



Gingerbread men

Ingredients

- 400g plain flour
- $\frac{3}{4}$ tsp bicarbonate of soda
- 2 tsp ground ginger
- 2 tsp ground cinnamon
- $\frac{1}{2}$ tsp ground allspice
- $\frac{1}{4}$ tsp ground nutmeg
- $\frac{1}{2}$ tsp salt
- 180 g unsalted butter at room temperature
- 125 g sort dark brown sugar
- 1 egg
- 125 g black treacle

Method

1. Sift together the flour, bicarbonate of soda, ginger, cinnamon, allspice, nutmeg and salt in a large bowl and set aside.
2. Put the butter, sugar and treacle in a bowl and mix it until is light and fluffy then add it to the flour mixture (couple of tablespoons at a time) until it forms an even dough.
3. Divide it into 3 and wrap each piece in clingfilm. Leave to rest overnight in the fridge.
4. Preheat the oven to 170°C
5. Take the dough out of the fridge and leave it to soften for about 10 minutes.
6. Dust a work surface with flour and roll out the dough to a thickness of about 4 mm with a rolling pin, then cut out shapes with the biscuit cutters.
7. Arrange the cookies on a baking tray and bake them for 10-15 mins.



Potato Latkes

Ingredients

- 2 large baking potatoes
- 1 large egg, whisked
- 3 tablespoons flour
- 1 ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 3 tablespoons butter

Method

1. Peel the potatoes and grate them.
2. Wrap the grated potatoes in a tea towel and squeeze out as much liquid as possible.
3. Combine the potatoes in a bowl with the egg, flour, salt and pepper. Mix well.
4. Melt the butter in a frying pan. Place a tablespoon of the potato mixture into the sizzling butter and cook for 2 minutes.
5. Turn the pancakes over and cook for another 2 minutes, or until crisp on the outside and golden brown.



Sweet Potato Brownies

Ingredients

- 180 g cooked sweet potatoes (about 2 medium ones) –they need to be baked or microwaved, boiling will make them too wet
- 100 g pitted dates
- 100 g melted butter
- 1 egg
- 100 g flour
- 4 tbsp cocoa powder
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp vanilla extract

Method

1. Blend all the ingredients in the food processor until smooth.
2. Bake in a tin lined with baking paper for 18-20 minutes at 180°C.



Melting Moments – a recipe from Gwen, Joe's mummy

Ingredients

- 200g butter
- 100 g sugar
- 1 egg
- 1 tsp vanilla extract
- 250g self-raising flour
- 140g oats

Method

1. Preheat the oven to 180°C/ gas mark 4.
2. Beat the butter and sugar together in a bowl
3. Add the flour, egg and vanilla extract and mix into a dough
4. Place a small quantity of oats onto the table and roll a small ball of the dough into it
5. Press the ball between the palms of your hands to flatten a little
6. Place on to a greased baking tray and put in the oven to bake for 12-15 minutes



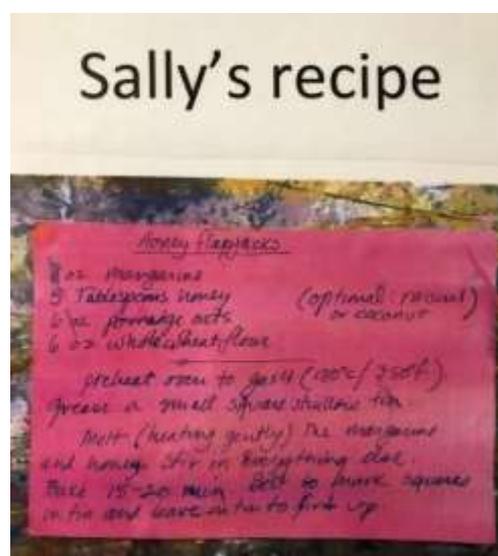
Honey flapjacks – a recipe from Sally West

Ingredients

- 8 oz / 225g margarine or butter
- 5 tablespoons of honey
- 6 oz / 170g porridge oats
- 6 oz / 170g wholemeal flour

Method

1. Preheat oven to gas mark 4 (180°C/350°F)
2. Grease a small square shallow baking tray/tin
3. Melt (heating gently) the butter and honey together
4. Stir in the other ingredients
5. Press the mixture down into the tray
6. Bake for 15 to 20 minutes
7. Mark squares and leave to cool



Sally West was Deputy Head of ACE Nursery School for 28 years until her retirement in 2011. Her original handwritten recipe is shown above right. In 2020 we made a picture based, child- friendly version of the recipe, challenging the children to make the flapjacks largely on their own.

Spiced apple cake – a recipe from Emily, Wilbur's mummy

Ingredients:

130g unsalted butter (room temperature and cubed)
150g caster sugar
3 large eggs, slightly whisked
2 tsp vanilla extract
300g self-raising flour
Pinch salt
200g soured cream

Apple topping:

2 large Bramley apples, peeled, cored and cut into 1.5cm wide wedges (460g)
1 Granny Smith apple, prepared as above (125g)
130g Demerara sugar
1tsp mixed spice

1. Preheat oven to 160°C for a fan oven (otherwise 180° or Gas Mark 4). Grease and line a 23cm round cake tin
2. Place the butter and sugar in a mixing bowl and beat together until light and fluffy
3. Add the eggs and vanilla a little at a time until well incorporated
4. Sift together the flour and salt and add to the above mixture in two or three stages, alternating with the soured cream
5. As soon as everything is incorporated, spoon the batter into the cake tin and set aside.
6. Place all the apple slices in a bowl, mix together the sugar and mixed spice and sprinkle over the apples. Toss to coat, then spoon over the cake batter
7. Bake for 60-65 minutes until the mixture has risen around the apple and the top is crisp, firm and golden-brown. A knife inserted into the mix will not come out clean, as the apples are wet, but you can tell the cake is cooked when you give the tin a little shake and the top doesn't wobble.
8. Remove from the oven and set aside for about 30 minutes before removing from the tin.
9. Serve either slightly warm or at room temperature. When slicing, use a serrated knife to prevent the apples from tearing



NON FOOD RECIPE FOLLOWS



Non- edible

Cooked Playdough

Ingredients

- 3 cups of flour
- 1.5 cups of salt
- 3 tbs cream of tartar
- 3 tbs oil
- 3 cups of water
- Food colouring

Method

1. Into a saucepan add all the ingredients (put the food colouring into the last cup of water you add).
2. Mix all the ingredients well and then put onto a **low** heat
3. You need to keep stirring the mixture continuously and you may think after a little while that it is not working but keep going.
4. Once the mixture comes away from the sides of the pan and begins to form a dough it is cooked and take off the heat.
5. Bring together in a ball and allow to cool, the dough should then last for 1-2 weeks if kept in an air tight container.

