



Cooking
With
Falcon

contents

Entrée

1 - 12

- Aubergine and Coriander Pâté with Crispy Pitta Bread
- Carrot, Cumin and Fresh Coriander Soup
- Cullen Skink
- Creamy Parsnip Soup
- Grilled Steak & Bacon Salad with a Roquefort Dressing
- Mini Herbed Drop Scones with Feta Cheese
- Moules Mariniere
- Mulled White Wine
- Olive Focaccia
- Organic Rocket Soup
- Peking Duck Wraps
- Spicy Beef Skewers

Dessert

27 - 38

- Bramley Apple Baked Cheesecake
- Chocolate Crêpes with a Boozy Sauce
- Clementine Cake
- Fruity Baked Pudding
- Little Lemon Meringues with Clotted Cream and Raspberries
- Peanut Butter Ice Cream
- Pecan Pie
- Poached Peaches
- Raspberry Bread and Butter Pudding
- Raspberry Champagne Jellies with Mint Cream
- Rhubarb, Banana and Ginger Layers
- Super Summer Pudding

Main

14 - 25

- Baked Red Snapper
- Beef Pad Thai
- Game Pie
- Peppered Tuna Steak with a Gazpacho Salsa
- Roast Loin of Pork with Prosciutto and Bay Leaves
- Roasted Ratatouille
- Prawn and Hot-Smoked Salmon Risotto with Asparagus
- Sage and Parma Ham Pork
- Salt Chilli Trout on a Bed of Wilted Greens
- Spaghetti with Clams
- Summer Roast Chicken with Lemon & Thyme
- Tomato, Olive and Pancetta Pizza

Weekend Bake

40 - 48

- Banana & Hazelnut Muffin
- Blueberry Conserve
- Blueberry Muffins with Cinnamon Crumble Topping
- Chocolate Apples
- Easter Biscuits
- Granary Croissants
- Hot Cross Buns
- Lemon Cupcakes
- Mixed Seed Mini Loaves

Measurements key:

Tablespoon - tbsp, Teaspoon - tsp, Dessertspoon - dstspn, Millilitre - ml, Grams - g, Kilogram - kg

Cooking tip: Always place the baking tray/dish on the centre shelf of the oven, for more even heat distribution.

Serves: 2



Ingredients:

- 4 large aubergines / egg plants
- 4 tbsp thick natural yogurt
- 2 tbsp extra virgin olive oil plus some to brush Pitta bread
- 1 small garlic clove, crushed
- Bunch of coriander, washed and chopped, (save a sprig to decorate)
- Freshly ground black pepper & salt
- Lime juice and lime wedges for serving
- Pitta bread

Aubergine and Coriander Pâté with Crispy Pitta Bread

Preparation method

1. Pre-heat the oven to Fan Forced - 170°C / Conventional - 180°C / Gas - 180°C.
2. If you have a gas hob, lay the aubergines across the pan supports, light the gas and turn the aubergines in the gas flame, using tongs, until the skins have blackened all over and have begun to peel off. This can also be done under the grill.
3. Put the blackened aubergines into a plastic bag and seal. When cool, peel the blackened skin off and put the aubergine flesh into a sieve or colander so that excess moisture can drain off, for about half an hour.
4. Place the flesh into a bowl or food processor and mash or blend briefly so that there is still some texture to the aubergine.
5. Mix in the yogurt, oil, garlic and coriander. Season the pâté with pepper, salt and the lime juice.
6. For the crispy pitta, split the pitta bread horizontally cut in half and brush each cut side with olive oil.
7. Place on to a baking tray and bake for 10 -15 minutes until golden brown and crisp. Allow to cool.
8. Place the pâté into a serving dish surround with the crispy pitta bread; decorate with the coriander sprig and lime wedges. Scoop the pâté up with the crispy pitta bread.

Serves: 2



Carrot, Cumin and Fresh Coriander Soup

Preparation method

1. Put the cumin seeds into a small pan and toast over a med/high heat to release their flavours, they will burn easily so keep them moving in the pan.
2. Fry the onion in the oil using a separate pan until soft. Add the cumin and chilli and cook for a minute before adding the carrots and stock.
3. Bring to the boil and simmer for 10 minutes or until the carrot is soft. Allow to cool slightly.
4. Place into a food processor and whiz to a puree with the coriander, saving 2 sprigs.
5. Return to the pan and reheat adding a little more water or stock if needed.
6. Taste the soup, seasoning with pepper if necessary.
7. Pour into bowls and serve with a spoonful of crème fraiche, a sprig of coriander and a warm crusty roll.

Ingredients:

- 1 tsp cumin seeds
- 1 onion, chopped
- 1 dstpn olive oil
- Small pinch chilli powder
- 400ml chicken or vegetable stock from a pack or cube
- 1 bunch coriander, washed
- Small pot low-fat crème fraiche (optional)
- 6 medium sized carrots, peeled and chopped
- Freshly ground pepper
- Crusty bread rolls (optional)

Serves: 4



Cullen Skink

Preparation method

1. Melt the butter in a large saucepan. Then add the onion and sweat until soft (around 6 minutes).
2. Add the bay leaves, nutmeg, milk, water and the potatoes.
3. Bring to the boil and simmer for 12 minutes until the potatoes are almost cooked.
4. Add the fish and continue to simmer for another 10 minutes.
5. Remove the fish with a large spoon, take off the skin and any bones.
6. Leave to cook, then fork into large flakes. Then remove the bay leaves.
7. Mash the potatoes in the stock, then stir in the cream and bring back to the boil. Add the fish to warm through.

Ingredients:

- 50g unsalted butter
- 1 onion, finely sliced
- 2 bay leaves
- 2 pinches of nutmeg
- 425ml full cream milk
- 250ml water
- 275g potatoes, peeled
- 400g undyed smoked haddock
- 120ml double cream
- 10 slim chives with their flowers (if possible for garnish)

Serves: 6



Ingredients:

- 40g butter
- 1 onion, peeled and sliced
- 700g parsnips, peeled and finely diced
- ½ tsp ground cumin
- 1.2 litres chicken or vegetable stock
- Salt and freshly ground pepper
- 150ml single cream
- Paprika to sprinkle when serving

Creamy Parsnip Soup

Preparation method

1. Melt the butter in a large pan, add the onion and cook without colour for about 5 minutes.
2. Add the parsnips and cook gently for about 3 minutes. Add the cumin, stock and seasoning.
3. Bring to the boil and simmer gently until the vegetables are tender. Cool slightly and puree in a food processor. For a really smooth and silky soup, pass the soup through a sieve.
4. Return the soup to the cleaned pan, check the seasoning and reheat but do not boil. Add the cream, saving a little to swirl on each portion. At this stage if you feel the soup is a little thick add some milk. Re-check the seasoning.
5. When ready to serve, pour the soup into a serving bowl and swirl with the cream and sprinkle with the paprika.

Serves: 4



Ingredients:

- 4 beef steaks (fillet or sirloin)
- Salt and freshly ground black pepper
- 6 rashers streaky bacon, cut into strips
- 125ml olive oil
- 3 tbsp red wine vinegar
- 50g roquefort cheese
- 100g mixed salad leaves
- 4 tbsp fried bread croutons
- 1 avocado, stoned and diced
- 1 tbsp snipped chives and a few chervil leaves to garnish

Grilled Steak & Bacon Salad with a Roquefort Dressing

Preparation method

1. Ensure the steaks are well trimmed, with fat removed. Season with salt and pepper and allow to come to room temperature.
2. Fry the bacon in a dry pan until lightly crisp. Remove from pan and leave to drain on kitchen paper until it is cool enough to crumble.
3. Whisk the olive oil and vinegar in a bowl, crumble the Roquefort and mix then season this dressing with salt and pepper.
4. While the steaks fry in the same pan used for the bacon, carefully arrange the salad leaves in the centre of each plate. Sprinkle the bacon and croutons and avocado over the salad.
5. When the steaks are cooked to your preference, slice each one into four to five slices and place in the middle of the salad.
6. Spoon over the dressing.

Serves: 2 - 4



Ingredients:

- 200g self raising flour
- 1 tsp baking powder
- 2 eggs, beaten
- 200ml milk
- 1 tbsp fresh thyme, finely chopped
- A handful of black olives, chopped (optional)
- Freshly ground black pepper
- Vegetable oil for frying
- 175g feta cheese, cut into small pieces
- 200g small cherry tomatoes, halved
- Extra virgin olive oil to drizzle

Mini Herbed Drop Scones with Feta Cheese

Preparation method

Please Note: You can make the scones ahead and freeze them layered with cling film. Defrost in the fridge overnight.

1. Mix together the flour, baking powder, eggs and milk to create a smooth thick batter, then add the thyme, olives and freshly ground black pepper.
2. Heat some oil on your griddle or in a non-stick frying pan and drop small, bite-sized spoonfuls of the mixture into the hot pan.
3. Cook until golden brown or until bubbles have appeared on the surface, flip over and cook the other side. Remove from the pan and place on to a tray covered in baking parchment and continue cooking more scones until all the mixture is used.
4. Pre heat the grill. Place the scones onto a baking tray (or a double sheet of foil) that fits onto the grill trivet in its lower position.
5. Place the scones onto the tray or foil, top each with a piece of cheese and a tomato half.
6. Grill until the cheese has browned and the tomato heated through.

Serves: 4



Ingredients:

- 1.8kg mussels
- 50g butter
- 3 cloves garlic, crushed
- 1 onion, finely chopped
- 200ml dry white wine
- 2 tbsp flat leaf parsley, roughly chopped

Moules Mariniere

Preparation method

1. Put the mussels in to clean water. Scrub the shells and pull off any beards. Throw away any that have cracked shells or do not close tightly when tapped.
2. Melt the butter in a large pan over a medium heat. Add the onion and fry for 3 minutes, add the garlic and fry for 1 minute. Pour the wine in, cover and bring to the boil.
3. Tip the mussels into the wine. Cover and cook over high for 5 minutes. Throw away any unopened mussels.
4. Divide the mussels between 4 bowls, pour over the buttery juices and scatter with parsley. Serve immediately.

Serves: 4



Ingredients:

- ½ orange, sliced
- 750ml white wine (not dry)
- 4 tbsp of unrefined sugar (or honey)
- 1 stick of cinnamon
- 6 cloves

Mulled White Wine

Preparation method

1. Slice the orange and put all the ingredients in a pan.
2. When the wine begins to simmer and is steaming, take the pan off the heat and remove the spices.
3. Pour the wine into four mugs and serve steaming hot.

Serves: 8



Ingredients:

- 475g strong white flour
- 1 ½ tsp salt
- 7g sachet of easy-blend yeast
- 300ml warm water
- 3 tbsp olive oil
- 150g mixed olives in olive oil, drained and chopped, 3 whole ones reserved
- Extra olive oil to drizzle

Olive Focaccia

Preparation method

1. Pre-heat the oven to Fan Forced - 190°C / Conventional - 200°C / Gas - 200°C.
1. Mix all the ingredients together, apart from the olives, to form a dough.
2. Knead for 5 -10 minutes until the dough becomes smooth and elastic then turn into a greased bowl, cover and leave until it has doubled in size.
3. Knock back the dough and add the chopped olives.
4. Roll into a 25cm (10in) round and turn onto a baking sheet, cover with clingfilm and leave in a warm place until doubled in size.
5. Using your finger dipped in flour, press at intervals over the dough to make dimples.
6. Top with remaining olives then drizzle some more olive oil and bake for 20 - 25 minutes until just firm and golden.
7. Tear into wedges so serve.

Serves: 4



Organic Rocket Soup

Preparation method

1. Gently fry the onion, garlic and leek until tender, but not browned.
2. Add $\frac{2}{3}$ of the rocket, reserving the rest for a garnish and stir well.
3. Add the stock and simmer for 15 minutes. Check the seasoning.
4. Finely chop the remaining rocket leaves for garnish.
5. Using an electric hand blender, blend the soup until smooth. Add the milk and blend again until frothy.
6. To serve , sprinkle with the chopped rocket.

Ingredients:

- 1 onion, finely chopped
- 3 garlic cloves, sliced
- 1 leek, washed and finely chopped
- 250g fresh wild organic rocket, (wash well)
- 475ml chicken or vegetable stock
- Salt and pepper
- 3 tbsp milk or single cream

Serves: 2



Ingredients:

- 2 duck breasts
- 1 tbsp honey
- ½ tsp Chinese 5-spice
- 200g hoisin sauce
- 4 flour tortilla wraps, each cut into 4
- ½ cucumber, sliced into thin ribbons
- 4 spring onions, finely shredded
- 2 carrots, peeled and cut into ribbons

Peking Duck Wraps

Preparation method

1. Pre-heat the oven to Fan Forced - 210°C / Conventional - 220°C / Gas - 220°C.
2. Put the duck on a rack, resting over a tin.
3. Mix the honey, 5-Spice and one tbsp of hoisin sauce then spread over the fatty side of the duck.
4. Cook for 12 minutes until the skin is dark golden, crispy and the duck is just cooked.
5. Microwave the tortillas on high (900W) for one minute, (750W) for 1 ½ minutes.
6. Slice the duck, sprinkle the tortilla with hoisin sauce and top with duck, cucumber and spring onions and a carrot ribbon. Fold and roll up.

Serves: 8



Ingredients:

- 500g mince beef
- 2 tbsp red Thai curry paste
- 2 tbsp coriander, chopped
- 8 fresh lemon grass stalks
- 2-3 tbsp coconut milk

For The Dipping Source

- 50ml rice wine vinegar
- 1 tbsp soy sauce
- 2 tsp caster sugar
- 2 red chillies, deseeded and finely chopped

Spicy Beef Skewers

Preparation method

1. Mix the beef, curry paste and coriander together in a bowl.
2. Divide the mixture into eight portions. Press and squeeze the mixture around the top of the lemongrass stalks.
3. Put in a shallow non-metallic dish and pour the coconut milk over.
4. Leave to marinade for up to 24 hours in the fridge, but no less than two hours to get the maximum flavour.
5. To make the dipping sauce, gently heat the vinegar, soy sauce and sugar in a pan until the sugar has dissolved. Leave to cool, then stir in the chilli.
6. Heat a griddle on the hob if you have one, or your grill, and cook the beef skewers for two minutes on both sides until browned. Serve immediately with the dipping sauce.



Serves: 2



Ingredients:

- 2 Red Snapper, descaled and gutted
- Sea salt and pepper
- 1 cm piece of root ginger, peeled and grated
- 1 garlic clove, crushed
- ½ small red chilli, de-seeded and chopped
- Several sprigs of fresh thyme
- 1 Lime, cut into slices
- 2 tbsp olive oil

Baked Red Snapper

Preparation method

1. Pre-heat the oven to Fan Forced - 190°C / Conventional - 200°C / Gas - 200°C.
2. Cut two large sheets of baking parchment/greaseproof paper and rest them in an ovenproof dish.
3. Make three to four slashes on top of the fish, then season both inside and out with sea salt and black pepper.
4. Rub some of the garlic, ginger, chilli and thyme into the fish, pushing some into the cavity.
5. Add the lime slices then rest each fish in the baking parchment, drizzle with olive oil and wrap up.
6. Bake for 20 minutes until the fish is tender and flakes easily.

Serves: 2



Beef Pad Thai

Preparation method

1. Pour soy sauce over the steak and leave for a few moments.
2. Add the noodles to a pan and pour boiling water over them.
3. Leave to soften for four minutes, then drain and rinse with cold water.
4. Heat the oil in a wok, then add the garlic, chilli and red onion, fry for a couple of minutes and add the steak and stir fry for two minutes.
5. Add the fish sauce and lime juice, then add the noodles to warm through of a couple of minutes.
6. Slowly pour the beaten eggs, leave to set for one minute, then stir well.
7. Mix together the chopped coriander, peanuts and spring onions. Mix half into the Pad Thai. Place into serving bowls.
8. Sprinkle the remaining coriander, peanuts and spring onion mix over the top.

Ingredients:

- 200g fillet steak, cut into thin slices
- 2 tbsp dark soy sauce
- 100g medium rice noodles
- 2 tbsp sesame oil
- 2 cloves of garlic, crushed
- 1 small red chilli, finely sliced
- 1 small red onion, halved and sliced
- 2 tbsp Thai fish sauce
- Juice of 1 large lime
- 2 large eggs, beaten
- 3 tbsp fresh coriander leaves
- 50g roasted peanuts, roughly chopped
- 2 spring onions, finely shredded

Serves: 4



Ingredients:

- 2 tbsp olive oil
- 100g unsalted butter
- 1 onion, chopped
- 300g mushrooms, thickly sliced
- 4 thick rashers of smoked bacon, chopped
- 5 tbsp flour seasoned with salt, pepper, finely chopped thyme and rosemary
- 1kg mixed cubed game (ask your butcher to prepare it for you using pheasant, partridge, grouse, rabbit, venison, wild boar, quail, pigeon, what ever is available)
- 600ml vegetable or chicken stock
- 300ml good red wine
- 2 bay leaves
- 2 bouquet garni
- 6 whole black peppercorns
- 1 packet frozen puff pastry
- 1-2 tbsp milk

Game Pie

Preparation method

1. Pre-heat the oven to Fan Forced - 180°C / Conventional - 190°C / Gas - 190°C.
2. Heat the oil in a thick bottomed saucepan or casserole dish and gently sweat the onion, mushroom and bacon until they have lightly coloured.
3. Put the seasoned flour into a large plastic bag and add all the meat and shake until coated.
4. Turn up the heat and add the meat and stir while browning all over. Add a little more oil if necessary.
5. Now add the stock, wine and herbs then cover and allow it to simmer gently for 90 minutes.
6. Check occasionally and add more stock if its required. This dish tastes even better if its made the day before then, half an hour before you want to serve, gently reheat the game.
7. Prepare 6 pastry lids by turning a pie dish upside down onto puff pastry. Cut around the outline of the dish.
8. Pour the cooked mixture into six individual ovenproof pie dishes.
9. Cut additional pastry into thin strips to put around the edge of each dish, then brush them with water and add the lids, pressing down on each one with a fork to seal around the edges. Using a sharp and pointed knife make two 2.5cm (1in) slits in the pie crust.
10. Cook for 20-25 minutes until golden brown and the filling is piping hot.

Serves: 4



Ingredients:

For the Tuna

- 600g very fresh tuna, cut into 4 steaks
- Salt and pepper
- 25g cracked peppercorns
- 2 tbsp light olive oil
- Wedges of lemon to garnish
- Sprigs of flat leaf parsley to garnish

For the Gazpacho Salsa

- 2 large tomatoes, peeled, de-seeded and diced
- 2 tbsp red onion, finely diced
- 2 tbsp green pepper, finely diced
- 4 tbsp cucumber, finely diced
- 2 tbsp hot chilli sauce
- 2 tbsp sherry vinegar
- 6 tbsp extra virgin olive oil

Peppered Tuna Steak with a Gazpacho Salsa

Preparation method

1. To prepare the tuna, first trim any dark flesh or skin from the tuna steaks.
2. Season with a light sprinkle of salt, and then coat with the cracked black pepper, pressing this firmly into the steaks.
3. Coat the steaks lightly in oil and keep in the refrigerator until ready to cook.
4. To make the salsa, put all the gazpacho salsa ingredients in a medium bowl and allow this mixture to sit for at least 15 minutes before serving to allow the flavours to infuse.
5. Heat a large frying pan to almost smoking point, over a high heat. Sear the tuna steaks for one minute on each side, then place on a warm plate.
6. Surround with salsa and garnish with lemon and parsley, serve immediately.

Serves: 4



Ingredients:

- 3kg skinned and boned loin of pork
- 140g Prosciutto
- Grated zest of 2 lemons
- Bay leaves
- Salt and freshly ground black pepper

For the sauce

- 1 tbsp plain flour
- 4 tbsp lemon juice
- Chicken stock / water

Roast Loin of Pork with Prosciutto and Bay Leaves

Preparation method

1. Pre-heat the oven to Fan Forced - 210°C / Conventional - 220°C / Gas - 220°C.
2. Spread half of the Prosciutto over a chopping board; place the pork on top with the outer (fat) part of the pork resting on the Prosciutto.
3. Sprinkle the lemon zest onto the inside of the meat and season well. Lay the remaining Prosciutto on top of the zest and roll up.
4. Secure the pork with string or silicone bands and thread bay leaves under the string, covering the whole piece of pork. Put the meat on to a trivet over a large roasting tin containing enough water to cover the base.
5. Place into the oven and cook for 30 minutes. Reduce the heat to Fan Forced - 170°C / Conventional - 180°C / Gas - 180°C and continue roasting for a further 25 minutes per 500g. Should the Prosciutto start becoming too brown, cover with some foil.
6. When the pork is cooked, place onto a warm plate, cover with foil and allow to rest for at least 20 minutes.
7. Spoon off most of the fat from the roasting tin and stir the flour into the remaining. Gradually add the stock and lemon juice, adding more stock until the desired consistency is reached and simmer for 5 minutes. Check the seasoning adding more pepper or lemon juice as necessary.
8. Remove the string from the pork and carve into slices, serve with the sauce.

Serves: 4



Roasted Ratatouille

Preparation method

1. Pre-heat the oven to Fan Forced - 190°C / Conventional - 200°C / Gas - 200°C.
2. Take a large ovenproof dish and add the onions, aubergines, courgettes, garlic and peppers, then drizzle with olive oil.
3. Cook for 20 minutes then turn all vegetables over, add the tomatoes and sprinkle over most of the marjoram leaves.
4. Cook for another 25 minutes until the vegetables are tender.

Ingredients:

- 3 small red onions, each cut into 6 wedges
- 1 aubergine / egg plant, cut into chunks
- 200g baby courgettes, halved lengthways
- 2 garlic cloves, sliced
- 150g sweet baby orange peppers, de-seeded and cut into chunky slices
- 4 tomatoes
- 16 cherry tomatoes on the vine (cut vine into 4 bunches)
- 4 tbsp olive oil
- 1 bunch of fresh marjoram

Serves: 2



Ingredients:

- 50g butter
- 1 onion, finely chopped
- 150g risotto rice
- 125ml white wine
- 1 litre hot vegetable stock (low salt if possible)
- The juice and zest of one lemon
- 240g large cooked prawns (defrosted if frozen)
- 150g hot-smoked salmon fillets
- 100g fresh asparagus tips, blanched briefly in boiling water
- Freshly ground black pepper
- 50g Parmesan shavings
- Lemon wedges to serve

Prawn and Hot-Smoked Salmon Risotto with Asparagus

Preparation method

1. Melt the butter in a thick-based pan and gently cook the onion without colour until it is soft.
2. Add the rice and stir to coat all the grains in the butter.
3. Add the wine and cook gently until it is absorbed.
4. Gradually add the hot stock, stirring until each addition is absorbed. Keep stirring until the rice is tender.
5. Flake the salmon and gently fold into the risotto with the prawns and asparagus.
6. Season with the lemon juice and zest, and pepper to taste (there will probably be sufficient saltiness from the salmon to not need to add salt). Stir gently to heat through.
7. Serve scattered with the Parmesan, seasonal vegetables and the lemon wedges.

Serves: 2



Ingredients:

- 250g pork fillet
- 10 sage leaves
- 4 slices Parma ham
- 150ml dry white wine
- 100ml vegetable stock
- 50ml crème fraiche (optional)
- Spaghetti (optional)

Sage and Parma Ham Pork

Preparation method

1. Pre-heat the oven to Fan Forced - 190°C / Conventional - 200°C / Gas - 200°C.
2. Bash the pork between cling film to flatten. Then cut the fillet into 2 thin pieces.
3. Arrange three sage leaves over each piece of pork, then wrap two slices of Parma ham round each, twisting to secure at the top. Place into a greased oven proof dish.
4. Then in a jug, mix together the wine, stock, crème fraiche and the remaining sage leaves which need to be chopped.
5. Pour over the meat and put in the oven for 15 minutes, until the pork is thoroughly cooked.
6. Serve with plain spaghetti.

Serves: 4



Ingredients:

- 4 trout fillets (approx 175g each)
- 8 plum tomatoes, skinned, seeded and roughly chopped
- 4 anchovy fillets
- 4 spring onions, finely chopped
- 2 large, fresh red chillies
- Juice of half a lemon
- 100ml virgin olive oil
- Salt and freshly ground pepper
- 50g baby spinach leaves
- 50g cos lettuce leaves
- 100g cooked peas
- 1 tbsp spring onion, finely chopped
- ½ tbsp red chilli, finely chopped
- 1 tsp Malvern sea salt

Salt Chilli Trout on a Bed of Wilted Greens

Preparation method

1. Sweat the spring onions in a little olive oil for two minutes on a low heat then add the anchovies, chillies and tomatoes.
2. Quickly bring to the boil then simmer for one minute. Remove from the heat, allow to cool slightly and then add the rest of the olive oil, lemon juice and salt and pepper.
3. Set this tomato chilli sauce aside.
4. Remove any remaining bones from the trout fillets, rinse in cold water and drain.
5. Put them in a steamer and season very lightly with salt. Place the steamer on top of a pan of fast boiling water, cover and steam for about five minutes.
6. Quickly skin the cooked fillets.
7. Mix the garnish of spring onion, chilli and sea salt together and set aside.
8. Toss the greens together and arrange in the middle of each plate. To serve, surround them with the tomato chilli sauce.
9. Set the trout fillets directly on top of the greens so that they will wilt from the heat of the fillet.
10. Finally, sprinkle the fish with the mixed garnish and serve.

Serves: 4



Spaghetti with Clams

Preparation method

1. Heat the oil in a pan and fry the onion and garlic for a few minutes.
2. Add the tomatoes and simmer. Then add the clams and parsley and keep on a very low heat.
3. Bring a large pan of salted water to the boil and add the spaghetti. Cook according to packet instructions.
4. Drain, return to the pan and mix with the sauce until thoroughly covered.
5. Serve immediately.

Ingredients:

- 1 tbsp olive oil
- 1 red onion, finely chopped
- 2 cloves of garlic, crushed
- 400g tin of cherry tomatoes (or fresh)
- 350g spaghetti
- 400g can clams, drained
- 4 tbsp freshly chopped parsley



Ingredients:

- 1.4kg corn-fed chicken
- 2 lemons, halved
- 5 cloves of garlic
- 2 red onions, cut into wedges
- 1 bunch of lemon or regular thyme
- 2 tsp coarse sea salt
- 2 tsp coarse ground black pepper
- 2 tbsp olive oil
- 1kg baby new potatoes, scrubbed
- 3 small or 2 large fennels, sliced
- 200ml white wine
- 450ml hot chicken stock
- 1 tbsp cornflour

Summer Roast Chicken with Lemon & Thyme

Preparation method

1. Pre-heat the oven to Fan Forced - 180°C / Conventional - 190°C / Gas - 190°C.
2. Take the chicken and put one whole lemon (cut into half) and two cloves of garlic into the cavity with one red onion cut into wedges and a few sprigs of thyme.
3. Place the chicken in a large roasting tin and sprinkle the salt and pepper over it.
4. Squeeze over the juice from the remaining lemon, push the garlic cloves between the chicken legs and under the neck skin.
5. Scatter over the thyme leaves and drizzle with olive oil. Cover with foil and roast for 20 minutes.
6. Remove from the oven and add the remaining onions, potatoes, fennel, wine and chicken stock.
7. Cover and cook for 45 minutes, then remove the foil and turn over any vegetables that need it.
8. Cook for a further 15 minutes until the juice runs clear when a knife is inserted in the chicken thigh. Transfer the chicken and vegetables to a serving platter.
9. Mix the cornflour with one tbsp of water to make a smooth paste.
10. Heat the roasting tin, with the gravy, directly on the cooker hob and stir in the cornflour.
11. Stir until the gravy is thickened and smooth. Serve the gravy alongside the meat and vegetables.

Serves: 2



Tomato, Olive and Pancetta Pizza

Preparation method

1. Pre-heat the oven to Fan Forced - 190°C / Conventional - 200°C / Gas - 200°C.
2. Sift the flour and salt into a bowl and stir in the dried yeast. Make a well in the centre and gradually work in 150ml warm water and a tablespoon of extra virgin olive oil to form a soft dough.
3. Turn the pizza dough on to a lightly floured surface and knead well for 8 – 10 minutes until smooth and elastic.
4. Put into lightly greased bowl, turn the dough once to coat the surface with oil and cover the bowl with cling film. Leave to rise in a warm place for about 1 hour until doubled in size.
5. Place dough onto a pizza pan or floured baking tray and shape to fit. Brush the top of the dough with the olive oil and allow to rise for 15 minutes.
6. Add the tomatoes, cheese, pancetta and olives to the top of the pizza and sprinkle with the Italian seasoning.
7. Drizzle with any remaining olive oil and season with the pepper.
8. Bake in a hot oven until the pizza is golden and risen.

Ingredients:

For the base:

- 225g strong plain (bread) flour, plus extra to dust
- ½ tsp sea salt
- ½ tsp fast-action dried yeast
- 1 tbsp extra virgin olive oil
- 150ml warm water

For the topping:

- 1-2 tbsp olive oil
- 3 tomatoes, sliced
- 125g mozzarella cheese, drained and sliced
- 75g Pancetta, torn into pieces
- Black olives, sliced
- ½ tsp dried Italian seasoning
- Freshly ground black pepper
- Fresh basil to serve



dessert

Serves: 8 - 10



Bramley Apple Baked Cheesecake

Preparation method

1. Pre-heat the oven to Fan Forced - 180°C / Conventional - 190°C / Gas - 190°C.
2. Rub the butter into the flour until it resembles fine bread crumbs. Stir in the sugar and mix to a soft dough using the beaten egg and water.
3. Transfer the pastry dough to a lightly floured board and roll out to line a 22cm flan ring.
4. Bake for 15 minutes, remove from oven and turn down the heat to Fan Forced - 170°C / Conventional - 180°C / Gas - 180°C.
5. Cube the flesh of one of the apples and put in a saucepan with one tbsp of water to prevent it from burning or sticking to the pan.
6. Cover and cook over a low heat for three minutes to soften apple, remove from heat and cool. Thinly slice the remaining apple(s) and add lemon juice.
7. Lightly beat the cream, cheese, egg yolks, sugar and orange flour water until well mixed.
8. Whisk the egg whites until they form stiff peaks and fold into the cream cheese mixture.
9. Put the cooked apple on the base of the part-baked flan and pour over the topping.
10. Arrange the apple slices on top in concentric circles, as for an apple tart.
11. Sprinkle over the sugar and return to the oven for 25 - 30 minutes until golden and set. Allow to cool before serving.

Ingredients:

For the Pastry Case

- 175g plain flour
- 75g butter, cubed
- 2 tbsp caster sugar
- 1 medium egg, lightly beaten
- 2 tbsp water

For the Filling

- 3 small or 2 medium bramley apples, peeled and cored
- 1 tsp lemon juice
- 150ml double cream
- 250g low fat soft white cheese
- 2 large eggs, separated
- 50g caster sugar
- 2 tsp orange flour water or 1 tsp vanilla extract
- 1 tbsp caster sugar to sprinkle

Serves: 4



Ingredients:

- 100g plain flour, sifted
- Pinch of salt
- 1 medium egg
- 300ml semi skimmed milk
- Sunflower oil, to fry
- 100g unsalted butter
- 100g light muscovado sugar, plus extra to sprinkle
- 1 tbsp brandy
- 50g chocolate, roughly chopped

Chocolate Crêpes with a Boozy Sauce

Preparation method

1. Put the flour and salt into a food processor. Add the egg and milk and process until smooth. Pour the batter into a jug, cover and leave to stand for about 20 minutes.
2. Heat 1 tbsp oil in a 20cm (8 inch) non-stick crêpe pan or small frying pan. Pour 100ml batter into the centre and tilt the pan around so that the batter coats the bottom. Cook for 1 - 2 minutes until golden underneath. Use a palette knife to flip the crêpe over, and cook the other side.
3. Tip the crêpe on to a plate, cover with a piece of grease proof paper and repeat with the remaining batter, using a little more oil as necessary, and stacking the crêpes as they are cooked.
4. Melt the butter and sugar together in a frying pan over a low heat. Add the brandy and stir.
5. Divide the chocolate among the crêpes. Fold each in half, then in half again. Slide each one into the frying pan and cook 3 - 4 minutes to melt the chocolate, turning halfway through to coat with the sauce. Serve the crêpes drizzled with the sauce and sprinkled with extra sugar.

Serves: 2



Ingredients:

- 12 seedless clementines, satsumas or tangerines
- 450g caster sugar
- 200g butter, softened plus a little for greasing
- Grated zest of 1 lemon
- 3 medium sized eggs, separated
- 300g ground almonds
- 100g polenta or semolina
- 150ml pot of natural yogurt
- Crème fraiche, cream or ice cream (optional)

Clementine Cake

Preparation method

1. Pre-heat the oven to Fan Forced - 160°C / Conventional - 170°C / Gas - 170°C.
2. Melt 250g of the sugar in a small pan with 330ml of boiling water, bring to the boil and reduce the heat to simmer.
3. Thinly slice 5 of the fruits horizontally, the ends are not needed. Add the slices to the pan with the sugar and water. Cover and simmer until the skin of the fruit is tender, about 20 minutes.
4. Grease and base line a 25cm / 10" loose bottomed tin.
5. Using a draining spoon, remove the fruit slices from the pan when tender, and arrange over the base of the cake tin.
6. Grate the zest from the 7 remaining fruits and put to one side.
7. Squeeze the juice from 4 and stir into the syrup. Bring to the boil and simmer for about 10 minutes until thick. Allow to cool.
8. Mix the remaining 200g sugar with the softened butter, lemon zest and the set aside zest. Beat in the egg yolks one at a time.
9. Peel the three remaining fruits, removing as much pith as possible, and whiz in a food processor until pulpy.
10. Add the fruit pulp to the cake mixture with the almonds, polenta and yogurt. Then whisk the egg whites until stiff and gently fold in to the mixture.
11. Carefully spoon the mixture into the prepared cake tin and place into a pre-heated oven.
12. Bake until a skewer inserted into the cake comes out clean, about 1 hour, when the cake will be golden brown and risen. Cool the cake in the tin.
13. To serve: Invert the cake on to a serving plate, spoon over some of the syrup to glaze the fruit slices. Serve with cream, ice-cream or crème fraiche and the remaining syrup.

Serves: 8

Fruity Baked Pudding



Ingredients:

- 100g Strawberries
- 100g Raspberries
- 100g Redcurrants
- 100g Blackberries
- 1 large egg
- 15g caster sugar
- 40ml skimmed milk
- 1tsp vanilla extract
- 30g Plain flour, sifted
- ½ tsp Baking powder
- Icing sugar to dust

Preparation method

1. Pre-heat the oven to Fan - 170°C / Conventional - 180°C / Gas - 180°C.
2. Pour fruit into ovenproof dish, no more than two deep. Whisk the egg and caster sugar until pale and fluffy. Then beat the milk and vanilla extract into the mixture.
3. Pour cake mix over the berries and bake in the oven for 15 - 20 minutes, or until the mixture is cooked through and golden on the top.
4. Dust with icing sugar and serve immediately.



Little Lemon Meringues with Clotted Cream and Raspberries

Preparation method

1. Pre-heat the oven to Fan - 100°C / Conventional - 110°C / Gas - 110°C.
2. Take a clean dry bowl and whisk the egg whites and the salt until stiff.
3. Gradually add the sugar, whisking constantly until the mixture is thick and glossy. Carefully but thoroughly fold in the grated lemon zest.
4. Using two dessert spoons, put dollops of meringue on a baking sheet a little way apart.
5. Bake for about two hours until crisp but still snowy-white, leave to cool.
6. Just before serving, sandwich together with clotted cream, pile onto a serving platter, dust with icing sugar and scatter liberally with fresh raspberries (or any seasonal berries).

Ingredients:

- 5 egg whites
- Pinch of salt
- 250g caster sugar
- Finely grated zest of 1 lemon
- 400g clotted cream
- Icing sugar to dust
- 400g fresh raspberries (option to garnish with any seasonal berries)

Serves: 2



Ingredients:

- 450ml milk
- 85g sugar
- 2 free-range egg yolks
- 180g crunchy peanut butter

For the 'Pecan Pie' recipe please see page 33.

Peanut Butter Ice Cream

Preparation method

1. Pour the milk and sugar into a saucepan and heat until the sugar melts.
2. In a bowl, whisk two egg yolks and then slowly pour 100ml of the milk into this bowl, mixing all the time (pour slowly to prevent curdling).
3. When mixed, pour back into the saucepan with the rest of the milk mixture and add the peanut butter, stirring until melted.
4. Allow to cool, stir and pour into a freezer container.
5. Freeze for two hours, then re-stir, repeat and leave overnight.

Serves: 4



Pecan Pie

Preparation method

1. Pre-heat the oven to Fan Forced - 180°C / Conventional - 190°C / Gas - 190°C.
2. Mix all of the ingredients (apart from the pecans) into a blender.
3. Put the pecans in the bottom of the pre-made pastry case and pour in the mixture.
4. Place in the oven and bake for 20 - 25 minutes, until golden.

Ingredients:

- 8 inch pre-made sweet pastry base
- 3 eggs
- 55g brown sugar
- ½ tsp ground cinnamon
- 55g butter
- ½ tsp vanilla essence
- 100g pecan nuts

For the 'Peanut Butter Ice Cream' recipe please see page 33.



Ingredients:

- 150ml white or rose wine
- 300g caster sugar
- Several strips of lemon or lime peel, peeled with a vegetable peeler
- 1 vanilla pod, cut lengthwise to allow the seeds to escape
- 3 bay leaves, fresh if possible
- ½ teaspoon of black pepper corns
- 6 peaches, ripe but still firm

Poached Peaches

Preparation method

1. Place the wine and 300ml of water into a frying pan. Add the sugar, lemon peel, vanilla pod, bay leaves and peppercorns. Bring slowly to the boil to allow the flavours to infuse.
2. Cut the peaches in half and remove the stones by twisting the 2 halves in opposite directions.
3. Gently poach the peaches in the liquid until they are tender, turning and basting occasionally to prevent the peaches discolouring.
4. Remove the peaches from the liquor and allow to cool. Refrigerate the peaches and the liquid until chilled.
5. Place 2 pieces of peach on to a plate and spoon over some of the liquor.
6. Delicious served with vanilla ice-cream.



Raspberry Bread and Butter Pudding

Preparation method

1. Pre-heat the oven to Fan Forced - 170°C / Conventional - 180°C / Gas 180°C.
2. Butter enough bread to cover the bottom of an ovenproof dish, place it butter side down.
3. Scatter half the raspberries over the bread. Butter another layer of bread, again place butter side down and scatter the remaining fruit.
4. Add a final layer of the bread, butter side down.
5. Mix the cream and milk together.
6. Beat in the eggs, brandy and all but one tablespoon of the sugar. Pour this over the bread and raspberries.
7. Sprinkle the rest of the sugar on top and bake for 30 minutes.

Ingredients:

- 8 thin slices of bread, crusts removed
- 110g unsalted butter (kept out of the fridge so that it's ready to spread)
- 350g raspberries
- 450ml double cream
- 200ml milk
- 3 large eggs
- 2 tbsp brandy
- 110g caster sugar

Serves: 4



Ingredients:

- 6 large sprigs of fresh mint
- 75ml of water
- 75g caster sugar
- 75ml of champagne
- Juice of 1 lemon
- 10g pack of gelatine
- 1 pot of cream (2 dsp per serving)

Raspberry Champagne Jellies with Mint Cream

Preparation method

1. Put four mint sprigs, water and one tbsp of the sugar into a saucepan.
2. Bring slowly to a simmer and leave to infuse and cool for 30 minutes, then remove the mint (this is your mint syrup).
3. Meanwhile, put the remaining sugar in another pan with the champagne and simmer for two minutes. Then add the lemon juice.
4. Dissolve the gelatine according to the instructions on the pack, then add the champagne mixture.
5. Line four individual jelly moulds with cling film.
6. Tip in the raspberries and pour in the gelatine and champagne syrup. Leave in the fridge to set for four hours.
7. To serve, stir the mint syrup into the cream, pour around the sides of the jellies and decorate each with a sprig of fresh mint.

Serves: 2 - 4



Rhubarb, Banana and Ginger Layers

Preparation method

1. Cook two small sticks of late season rhubarb by placing in a pan with one dessert spoon of sugar and 300ml water and cook gently until it is soft and begins to break up. Leave aside to cool.
2. Crush 200g of ginger nut biscuits – either use a blender or wrap in a tea towel and crush with a rolling pin (so the crumbs are contained).
3. Put a layer of ginger nuts in the bottom of two to four glass ramekins or drinking glasses.
4. Put two bananas, peeled and broken into pieces, the stewed rhubarb, two tbsps Acacia honey and 200ml crème fraîche in a blender and whizz.
5. Pour a layer of this mix on top of the layer of ginger nuts.
6. Then repeat, using alternate layers until the mixture runs out.
7. Top with a sprig of mint and a slice of banana, dipped in lemon juice to prevent browning.

Ingredients:

- 2 small sticks of rhubarb
- 300ml water
- 200g ginger nut biscuits
- 2 bananas
- 2 tbsps Acacia Honey
- Crème fraîche
- 1 dstspn sugar

Serves: 4



Ingredients:

- 1.15kg mixed fresh summer berries (e.g. raspberries, cherries, redcurrants, strawberries and blackcurrants)
- 175g caster sugar
- 3 tbsp raspberry liqueur
- 1 loaf of crusty white bread, 2-3 days old (not ready sliced or wholemeal bread)

Super Summer Pudding

Preparation method

1. Remove the stalks from the strawberries and cut them in half. Stone the cherries and remove the red currants and black currants from their stalks.
2. Put the sugar in a large pan with the liqueur if using, and 3 tbsp of water.
3. Bring to the boil and simmer gently for 5 minutes.
4. Add the fruit and gently cook for 3 - 4 minutes.
5. Cut the bread into 1 cm / ½ inch slices. Remove the crusts and cut a piece of bread into a circle to fit the bottom of the bowl. (You may find this easier with scissors).
6. With a slotted spoon to drain off some of the juice, put 3 spoonfuls of fruit on the first layer of bread.
7. Cut another layer of bread to fit the bowl. Press it down on top of the fruit. Repeat the layering until the bowl is full, ending with a bread layer.
8. Press down and cover with clingfilm and place a saucer on top, then place a can, eg. tomatoes, on top to weigh the pudding down. Any left over juice can be strained and then served separately with the pudding.
9. Chill over night. Remove the clingfilm, gently run a knife around the edge of the bowl.
10. Place a serving plate face down on top of the bowl and turn everything up side down to invert the pudding on to the plate. Remove the bowl.



weekend bake

Serves: 10



Banana & Hazelnut Muffin

Preparation method

1. Pre-heat the oven to Fan Forced - 180°C / Conventional -190°C / Gas - 190°C.
2. Put 10 deep muffin cases into a muffin tin.
3. Put the hazelnuts into a heavy based pan and dry roast over a low heat, stirring all of the time until the hazelnuts are lightly brown. Tip onto a plate and leave to cool. If the nuts still have their dark skins on, rub them between your hands over a bowl to remove them.
4. Finely chop 25g of the hazelnuts and set aside.
5. Stir the butter, honey, vanilla essence, eggs and bananas together. Tip the flour and baking powder into a sieve and sift over the mixture. If using brown flour tip the bran left in the sieve into the mixture. Add the whole hazelnuts and stir well to combine.
6. Place heaped dessert-spoonfuls of the mixture into the cases. Put into the centre of the hot oven and bake for 15 minutes or until risen, golden brown and cooked through. Brush tops with a little warmed honey and scatter the chopped hazelnuts over. Serve warm or cold.

Ingredients:

- 100g hazelnuts
- 25g butter, melted
- 4 tbsp clear honey
- ½ tsp vanilla essence
- 2 eggs, beaten
- 2 large ripe bananas, mashed
- 150g plain flour (white or brown)
- 1 ½tsp baking powder

Topping

- 1tbsp clear honey

Makes: 1.5kg



Blueberry Conserve

Preparation method

1. Pour the blueberries into a large pan with the lemon juice and water. Simmer for 10 minutes until the fruit is soft.
2. Add the sugar and stir until dissolved.
3. Bring to the boil and boil for 3 - 5 minutes, then add the Certo and boil until it begins to set.
4. Leave to cool, then pour into sterilised jars, cover, seal and label.

Ingredients:

- 500g blueberries
- Juice of 1 lemon
- 700g golden granulated sugar
- 100ml apples pectin extract (certo)
- 60ml water

Serves: 10



Blueberry Muffins with Cinnamon Crumble Topping

Preparation method

1. Pre-heat the oven to Fan Forced - 190°C / Conventional - 200°C / Gas - 200°C.
2. Place paper muffin cases into a muffin tin.
3. Sift together the flour, sugar, salt and baking powder.
4. Combine the oil, egg and milk and mix into the flour mixture.
5. Gently fold in the blueberries, being careful not to over mix, and divide mixture evenly between muffin cases.
- 6 To make the crumble topping: Mix together all ingredients with a fork and sprinkle over the muffins prior to baking.
7. Bake for 20 to 25 minutes until well-risen and golden brown.

Ingredients:

- 200g plain flour
- 150g caster sugar
- ½ tsp salt
- 2 tsp baking powder
- 75ml vegetable oil
- 1 egg
- 75ml milk
- 150g fresh blueberries

Topping

- 100g caster sugar
- 50g plain flour
- 50g butter, softened
- 1 tsp ground cinnamon

Serves: 6



Ingredients:

- 450g chocolate, broken up
- 6 sweet apples (e.g. Pink Lady or Gala)

Chocolate Apples

Preparation method

1. Melt the chocolate by placing it in a bowl over a pan of boiling water, ensuring the bottom of the bowl doesn't touch the water.
2. Remove the stalk, wash the apples and dry.
3. Take six icy pole sticks and push one into the top of each apple to use as a handle.
4. When the chocolate has melted hold the apples by the handles and dip them into it, turning to coat the whole apple.
5. Once completely covered, place them onto a tray lined with wax paper and keep them in the fridge until the chocolate has set.

Makes: 18 - 36 (size varies)



Ingredients:

- 100g butter or margarine
- 75g caster sugar
- 2 eggs, separated
- 175g plain flour
- ¼ tsp ground cinnamon
- ¼ tsp ground mixed spice
- 50g currants

Easter Biscuits

Preparation method

1. Pre-heat the oven to Fan Forced - 180°C / Conventional - 190°C / Gas - 190°C.
2. Cream the butter and sugar together in a food mixer or by hand in a mixing bowl using a wooden spoon until pale and soft.
3. In a separate bowl, whisk the egg whites until they form stiff peaks. Beat the egg yolks into the creamed mixture, then fold in the flour, spices and the currants to make a dough.
4. Finally, stir the egg whites into the mixture using the tablespoon.
5. Roll out the dough on a lightly floured surface and cut out the biscuits.
6. Transfer to the baking sheet and bake for about 12 minutes in the pre-heated oven. Remove and cool on a wire rack.
7. Decorate with sprinkles or write a message on them with the ready-made icing. Store in an airtight tin.



Granary Croissants

Preparation method

1. Add the yeast to the flour and rub in the butter until the mixture resembles bread crumbs.
2. Add the evaporated milk and mix well with a fork. Turn onto a lightly floured pastry board or surface and knead for five minutes, form into a ball.
3. Return the dough to the mixing bowl, cover and leave to rest for 30 minutes in a draught-free place.
4. Grease a baking sheet and pre-heat the oven to Fan Forced - 170°C / Conventional - 180°C / Gas - 180°C.
5. Roll half the dough into a 23cm (9 in) surface. Using a sharp knife, cut the dough into six triangular segments.
6. Working from the outside, roll each piece towards the middle to form a croissant. Bend into a crescent and put on the baking sheet.
7. Repeat with the other half of the dough. Glaze the croissants with beaten egg.
8. Leave in warm place until the croissants have doubled in size (about 45 minutes). Glaze again with beaten egg.
9. Bake in the pre-heated oven for 10 - 15 minutes until golden and risen.

Ingredients:

- 1tsp dried active yeast
- 350g granary or similar malted grain flour
- 75g butter
- 300ml evaporated milk
- Beaten egg, to glaze

Serves: 12



Ingredients:

- 1 level tbsp dried yeast
- 100ml warm water
- 450g plain flour
- 50g brown sugar
- 100ml milk
- 1 level tsp salt
- 1 egg beaten
- 30g softened unsalted butter
- 1 level tsp cinnamon
- 1 level tsp mixed spice
- 30g candied peel, chopped
- 40g raisins
- 40g sultanas
- Egg wash (1 egg and 1 tsp sugar)
- Icing sugar, to dust

For the crosses

- 1 tsp flour
- 1 tsp sugar
- Water, to mix

Hot Cross Buns

Preparation method

1. Mix the yeast with the warm water and a spoonful of the flour and stir until smooth. Allow to sit in a warm place covered for up to 30 minutes or until the yeast starts to bubble.
2. Put the remaining flour, sugar, milk, salt, egg, butter and yeast mixture in an electric mixer with a dough hook, and mix on a slow speed until well blended.
3. Turn up the speed a little and knead until the dough becomes smooth yeast mixture. Add a splash of water or milk if it seems too dry.
4. Add the spices and fruit and mix again briefly until combined. This could be done by hand on a flour-dusted table if preferred. Cover with cling film and leave in a warm place to rise until double in size (up to an hour).
5. Knead the dough gently for a few seconds and cut into 12 equal pieces - shape into balls. Put on an oiled baking sheet, spaced well apart, and cover again as before. Leave to rise again - up to 30 minutes.
6. Pre-heat the oven to Fan Forced - 220°C / Conventional - 240°C / Gas - 240°C.
7. Once risen with the back of a knife, make a cross gently in each bun. Brush with the egg wash.
8. Mix the flour and sugar together with enough water to make a paste.
9. Put this in a small piping bag with a small nozzle and pipe the cross on each bun using the knife markings as a guide. Put in the oven and bake for 10 minutes or until they start to colour, turn down the oven to Fan Forced - 160°C / Conventional - 170°C / Gas - 170°C.
10. Bake for 20 minutes or until they sound hollow on the base when tapped.
11. Dust generously with icing sugar and allow to cool.

Serves: 20



Lemon Cupcakes

Preparation method

1. Pre-heat the oven to Fan Forced - 190°C / Conventional - 200°C / Gas - 200°C.
2. Beat the butter or margarine with the sugar, add the eggs and the self raising flour, add the lemon zest and juice.
3. Mix until smooth and spoon the mixture into 20 paper cake cases and put these into bun tins.
4. Bake for 8 to 10 minutes until risen and golden.
5. Remove from the oven and take the cakes out of the bun tins, leave to cool on a wire rack.

Ingredients:

- 200g butter or margarine
- 200g sugar
- 4 eggs
- 200g self raising flour, sieved
- 4 tbsp raspberry or strawberry jam
- 1 tbsp icing sugar, sieved, to dust

For the icing

- 200g icing sugar, sieved
- 50g butter
- Juice of ¼ lemon
- Yellow food colouring, optional 20 lemon jelly slices

Serves: 6



Ingredients:

- 400g stone-ground wholemeal flour
- 7g sachet easy blend yeast
- 2 tbsp each of linseeds, poppy, sesame, sunflower and pumpkin seeds
- 1 tsp salt
- 2 tsp light muscavado sugar
- 2 tbsp sunflower oil
- 300ml warm water

Mixed Seed Mini Loaves

Preparation method

1. Pre-heat the oven to Fan Forced - 190°C / Conventional - 200°C / Gas - 200°C.
2. Mix all the ingredients together, then knead for 5 - 10 minutes until smooth and elastic.
3. Put into a greased bowl, cover and leave in a warm place until doubled in size.
4. Divide into 6, knead and shape into mini loaves.
5. Place in individual loaf tins then cover and leave until doubled in size.
6. Place in oven and bake for 15 minutes until bases hollow when tapped.



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