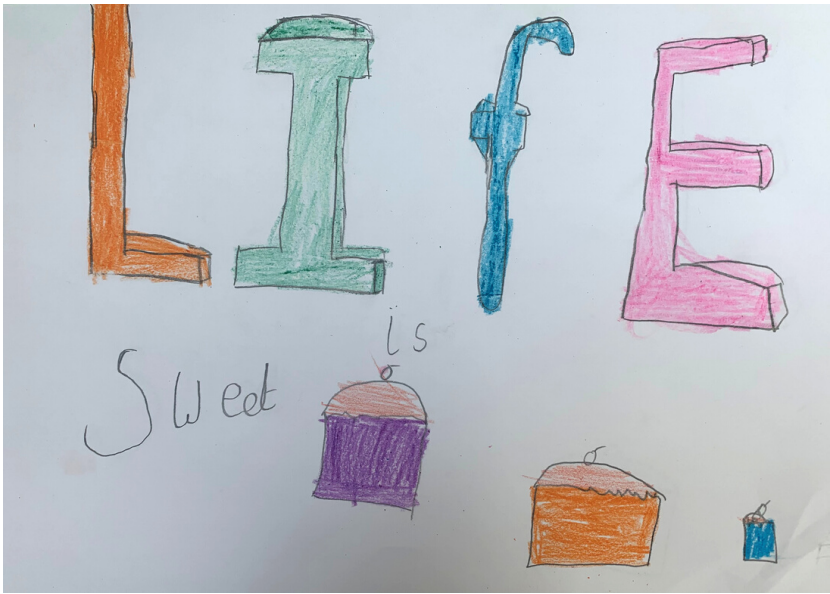


COMBS COMFORTS COOKBOOK



Artwork by Katie and Evie from Combs Brownie Pack

We have really enjoyed compiling this cookbook to be shared by our village community. Thank you to everyone who has contributed their favourite recipes and for your messages of support and encouragement – they have been much appreciated. We hope you will find pleasure in trying out the recipes, many of which are made from store cupboard ingredients, giving the opportunity to try something new, whilst we are unable to get out and about as we used to do.

If you enjoy using the cookbook, we are asking you to consider making a voluntary donation to Blythe House:

www.justgiving.com/fundraising/combscomfortscookbook

Most of us will be familiar with the fantastic work that Blythe House does in our local community, including supporting our fellow villagers who need help and support during the current pandemic.

It is wonderful to be part of the Combs community in these challenging times – and to be able to remain safe in such beautiful surroundings. The following poem perhaps captures the meaning of community:

My community is a place where people work and live
My community is a place where people take and give

My community is a place filled with people I know
My community is a place where I can play and grow

My community is a place that everyone can share
My community is a place where people show they care

My community is a place built for you and me
My community is a place where I always want to be.

In the words of a favourite Combs Brownies song...
Go well and safely...stay well and safely.

Val and Megan Jackson

Disclaimer: We cannot guarantee that the recipes in this cookbook are free from allergens, as this is dependent on your individual medical history and the specific brands of products that you choose to use. We would urge those with known allergies to check the ingredients carefully, before choosing to prepare any of the recipes in this cookbook. The recipes make no claim for originality, but all have proved to be family favourites. All recipes have been submitted in good faith for the purpose of raising money for charitable purposes. The cookbook does not knowingly include any recipes or photographs, other than those individually created by the contributors or those freely available in the public domain on the internet.

BLYTHE HOUSE

Blythe House Hospicecare provides care and services to anyone in our local community affected by life-limiting illnesses such as cancer, heart failure, COPD and neurological conditions like motor neurone disease. The hospice was founded in 1989 by Reverend Betty Packham, with a £1,000 legacy left to her by Stan Blythe, from Fairfield, for whom she cared for in the comfort of her home in the final weeks of his life.

Throughout the ongoing COVID-19 situation, healthcare assistants from the 24/7 Hospice at Home service continue to provide end of life and palliative care in people's homes; the hospice also has volunteers providing services including shopping, prescription collections, telephone support and other tasks like pet walking, across the local area. If you think the hospice could support you or a loved one, please don't hesitate to call: 01298 816 990.

To find out more about hospice care and services, visit:
<https://blythehousehospice.org.uk>





SOUPS, STARTERS AND SNACKS



BIRCHER MUESLI

Shared by Ann Chapman

INGREDIENTS

- 3 tbsps rolled oats
- Orange or apple juice
- 1 washed eating apple with peel
- 2 tbsps chopped walnuts or hazelnuts
- 3 – 4 tbsps natural goats yoghurt or similar (use creamy not set yoghurt)
- 1 tbsp of seeds or pinenuts
- 1 – 2 tbsps runny honey (chestnut honey is good)

GUIDANCE

- Ready in | 15 minutes
- Serves | 1 - 2

METHOD

01

The night before, put an individual pack of rolled oats, from a 'simply oats original' box, into a medium size bowl. The same amount of any rolled oats can be used; approximately 3 tbsps.



02

Add just enough apple or orange juice to soak into the oats (but not too much), The mixture should be stiff.

03

In the morning add apple, nuts, yoghurt, seeds and honey.



04

Combine all the ingredients together to give a porridge consistency. Add more yoghurt or a little cream if needed.

05

Serve with a drizzle more honey and a little fresh fruit.



This has always been a favourite on the breakfast menu of The Wolsey. However, my version is inspired by Cornelia, Riad Villa Maroc, Essaouira.



SWEET POTATO, COCONUT & CHILLI SOUP

Shared by Jane Stokes

INGREDIENTS

- 2 small onions
- 2 cloves of garlic
- 1 fresh red chilli
- 2 big sweet potatoes
- 2 tbsp oil
- 1 tsp salt
- 1/2 tsp freshly ground pepper
- 400ml coconut milk
- 1 litre vegetable stock

GUIDANCE

- Ready in | 35 minutes
- Serves | 4

METHOD

01

Peel and finely chop the onions and garlic. Cut the chilli and chop finely (remove the seeds if you don't like it too spicy).



02

Chop the sweet potatoes. They can be peeled depending on your preference.

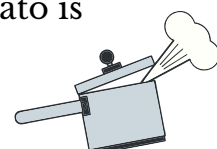
03

Put the oil into a large saucepan over a high heat. Add the onions, garlic and chilli. Cook for 3 minutes, stirring regularly. Add the sweet potato, salt and pepper then reduce the heat to medium and leave to cook for 5 minutes with a lid on.



04

Add the coconut milk and stock. Bring to the boil then simmer for 10-15 mins until the potato is cooked through.



05

Remove from the heat and blend with a stick blender until smooth. Serve with some cream and sprinkle with a little fresh chilli.

This recipe wouldn't normally be on my radar, but such are the joys of having adult children who manage to widen our horizons.



MUSHROOM SOUP

Shared by Megan Jackson

INGREDIENTS

- 90g butter
- 1 medium onion
- 1 rasher back bacon
- 500g mushrooms
- 2 tbsp plain flour
- 1 pint stock made with 2 chicken stock cubes
- 1 pint milk (full or semi skimmed)
- Salt and pepper to taste
- 4 tsps single cream or crème fraiche (optional)

GUIDANCE

- Ready in | 30 minutes
- Serves | 4

METHOD

01

Roughly slice and chop the onion. Melt the butter in saucepan and fry the onion over a medium heat until soft but not browned.

02

Chop the bacon and mushrooms. Add to the pan and cook for a further 5 mins.



03

Sprinkle over the flour. Stir and cook gently for 2 mins. Remove the pan from the heat and gradually add the stock, stirring to blend the flour mix.



04

Add the milk and return the pan to the hob. Heat gently until the soup mixture thickens slightly. Simmer on low heat for 10 mins.



05

Remove the pan from the heat and blitz until smooth using a hand blender. Return the pan to the heat and gently reheat the soup. Season to taste with salt and pepper. Serve with a swirl of cream or crème fraiche and crusty bread.

Homemade soups are a great favourite in our family. This one is a good way to use up mushrooms which are slightly past their best.



CURRIED SQUASH, LENTIL & COCONUT SOUP

Shared by Rita Pollard

METHOD

INGREDIENTS

- 1 tbsp olive oil
- 1 butternut squash, peeled, deseeded and diced
- 200g carrot, diced
- 1 tbsp curry powder containing turmeric
- 100g red lentils
- 700ml low-sodium vegetable stock
- 1 tin of reduced-fat coconut milk
- Coriander and naan bread to serve

GUIDANCE

- Ready in | 30 minutes
- Serves | 6

01

Heat the oil in a large saucepan. Add the squash and carrots then sizzle for 1 minute. Stir in the curry powder and cook for 1 minute more.



02

Tip in the lentils, the vegetable stock and coconut milk; then give everything a good stir. Bring to the boil, turn the heat down and simmer for 15-18 mins until everything is tender.



03

Using a hand blender or in a food processor, blitz until as smooth as you would like. Season with salt and pepper.



04

Serve scattered with roughly chopped coriander and some naan bread alongside.

Tip – if you do not have coconut milk available, use milk and desiccated coconut.

This dish is dairy free and suitable for freezing.



TINNED TOMATO CHUTNEY

Shared by Steve Price

METHOD

INGREDIENTS

- 800g tinned chopped tomatoes
- 1/2lb onion - finely chopped
- 1lb apple - peeled, cored & chopped
- 1/2lb sultanas
- 1/2lb sugar
- 1/2pt vinegar (spiced/pickling)
- 2 tsp mustard powder
- 2" fresh root ginger - grated
- Black pepper – ground plenty

GUIDANCE

- Ready in | 2 hours

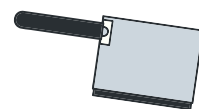
01

Place all the ingredients into a large pan and bring to a boil. Meanwhile, stir frequently to prevent the sugar from burning.



02

Turn down to a simmer. Leave the pan uncovered and stir occasionally, until the liquid has reduced and the mixture has thickened. Roughly 1 and a 1/2 hours.



03

Wait for the mixture to cool somewhat and spoon into warm jars, then seal.

04

Store for a couple of months before enjoying with cheese, cold meats and a glass of your favourite.



An easy to prepare chutney. The difficulty comes in storing it long enough to mature!



STICKY SAUSAGES

Shared by Val Jackson

METHOD

INGREDIENTS

- 30 cocktail sausages (about 400g). You can also use chopped pieces of ordinary sausage.
- 2½ tbsp hoisin sauce
- 1 tbsp french or wholegrain mustard
- 1 – 2 tps sesame seeds (optional)

GUIDANCE

- Ready in | 30 minutes
- Makes | 30

01

Pre-heat the oven to 200°C (180 °C fan).



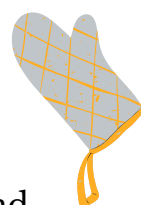
02

Put all the ingredients in a roasting tin and mix together until the sausages are thoroughly coated.



03

Cook for 20 - 25 minutes until the sausages are cooked through.



04

Leave to cool for 10 mins and then serve warm or at room temperature.

This is a great family favourite which is quick and easy to make. They never last long!!



GREEN FRITTATA MUFFINS

Shared by Rachel Gough

INGREDIENTS

- 2 tbsp olive oil, plus extra for greasing
- 1 garlic clove, crushed
- ½ large courgette, grated
- Handful of baby spinach, roughly chopped
- 30g frozen peas
- 4 large eggs, beaten
- 40g Cheddar cheese, grated

GUIDANCE

- Oven | 180°C
- Ready in | 30 minutes
- Makes | 6

METHOD

01 Preheat the oven to 180°C/fan 160°C/gas mark 4. Grease 6 holes of a muffin tin and put a disc of baking paper in the bottom of each.

02 Heat the olive oil in a small frying pan over a medium heat. Add the garlic, courgette and spinach. Cook for 4-5 mins, stirring frequently to prevent the vegetables catching on the bottom of the pan. Remove from the heat and stir through the frozen peas.



03 In a large bowl, gently stir the cooked vegetables and cheese into the beaten egg. Divide the mixture evenly between the prepared muffin holes.



04 Bake for 18-20 minutes, until the frittatas are set and golden. Remove from the oven and leave to cool slightly, before releasing from the tin. Store in a plastic container.



You can replace the courgette, spinach and peas for other ingredients if preferred. E.g. mushrooms and sweetcorn, cheese and tomato, cooked chicken and mushroom, tuna and sweetcorn.



SCOTTISH OATCAKES

Shared by Ann and Ian Fraser

INGREDIENTS

- 200g porridge oats
- 1 tsp salt
- 1 tsp cracked black pepper (optional)
- 50ml olive oil (I found sunflower a good substitute)
- A little boiling water

GUIDANCE

- Oven | 180°C
- Ready in | 30 minutes

METHOD

01 Use a food processor with the oats until they are fine; use only half of the oats if you want coarse oatcakes.

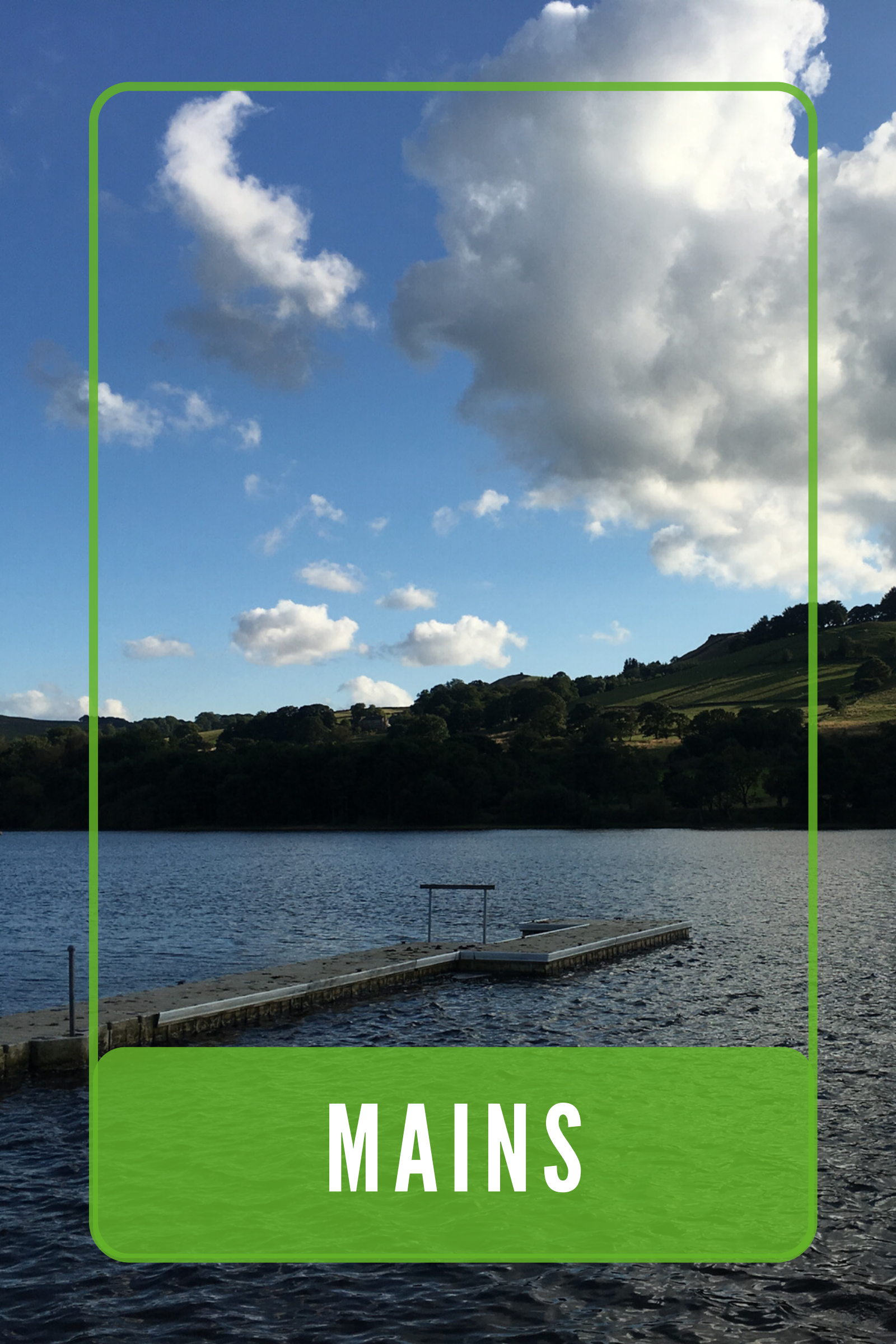
02 Put all of the oats, the salt and pepper and oil into a mixing bowl and add enough of the boiling water to make a soft, malleable dough. Add the water in stages or you can end up with a very sticky lump; yes, I did that!

03 Knead the dough to 30 seconds (I cheated and used my food mixer). Then turn the dough onto a lightly floured board and roll until biscuit thin.

04 Use a 6cm cutter to cut out 18 to 20 oatcakes. I don't have any cutters so I used an empty jam jar, shades of war time!

05 Preheat the oven to 180°C; put the oatcakes on a lined baking tray and bake for approx. 20 minutes until crisp and slightly browned. Use a palette knife to remove the oatcakes and enjoy with many different toppings such as cheese, jam, butter, honey, etc.

Shortly after self-isolating, we ran out of bread and had none of our usual standby, oatcakes. Fortunately, I came across this recipe containing ingredients which I had in the store cupboard and which even I could do; I'm the one who managed to burn a boiled egg!



MAINS



BAKED SEA BASS WITH POTATOES AND TOMATOES

Shared by Rose Stafford

INGREDIENTS

- 2 fillets of sea bass (any other fairly firm fish will do)
- 500g new potatoes cut into roughly 2cm cubes
- 1 red onion cut into wedges
- 250g cherry tomatoes
- 2 tbsp balsamic vinegar
- 2 tbsp olive oil
- 1 tbsp chopped fresh rosemary leaves
- 50g cashew nuts
- 25g flat leaf parsley (could be coriander or basil)

GUIDANCE

- Oven | 200°C
- Ready in | 40 minutes
- Serves | 2

METHOD

01

Preheat oven to 200°C/gas mark 6. Put the potatoes and oil into a roasting tin then shake together.



02

Roast for 15 to 20 minutes. Add the onion, tomatoes, balsamic vinegar and rosemary. Shake to mix well and roast for a further 10 to 15 minutes.



03

Season the fish and add to the vegetables. Roast for a further period depending on the thickness of fish you use. Probably 7 to 10 minutes but try not to overcook it.

04

Add the cashews for the last 5 minutes of cooking time. Serve with the chopped parsley or other herbs.





BRAISED MEATBALLS IN A GOULASH SAUCE

Shared by Nick and Sandra Morgan

METHOD

INGREDIENTS

- 12 meatballs
- 1 tbsp seasoned flour
- Olive oil
- 400g of cherry tomatoes
- Red pepper
- Chopped onion
- Chopped courgette
- Chopped aubergine
- Chopped mushrooms
- Chopped garlic
- Crushed green chilli chopped
- 1 tsp of hot paprika
- Splash of sherry
- Creme fraiche
- Pasta: fettuccine or tagliatelle
- Parmesan cheese
- Fresh basil leaves

GUIDANCE

- Oven | 140°C
- Ready in | 1 hour 20 minutes

01

Preheat oven to 140°C/gas mark 1. Coat meatballs in flour, heat 1 dstspn oil and brown in casserole dish - transfer to plate when done.

02

Heat 1 dstspn oil again and add onion, soften for 5 minutes. Add garlic and chilli and cook for 1 minute.

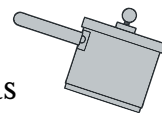
03

Add red pepper, courgette, mushrooms and aubergine. Cook for another 5 minutes. Add in paprika, remaining seasoned flour and splash of sherry - stir in well.



04

Add the meatballs and return to a gentle simmer. Place lid on the dish and put into the middle of the oven for 1 hour.



05

Cook pasta at same time as meatballs. Once ready, toss in butter or olive oil as preferred and place into bowls. Lightly stir creme fraiche into meatball mixture to get a marbling effect.



06

Spoon onto pasta and garnish with parmesan cheese, torn basil leaves and a sprinkle of paprika.

Tip - A good bodied red wine to accompany!!



SAUSAGE, PARSNIP AND APPLE BAKE

Shared by Rose Stafford

INGREDIENTS

- 2 large red onions
- 2 eating apples
- 2/4 parsnips depending on size
- Sausages (how many depends on what type and how hungry you are!)
- 2 tbsp runny honey
- 2 tbsp olive oil
- 1 tbsp red wine vinegar.
- Salt and black pepper

GUIDANCE

- Oven | 180°C
- Ready in | 1 hour

METHOD

01

Pre-heat the oven to 180°C/350°F/gas mark 4. Peel the onions and cut them into wedges.

02

Core the apples and cut into wedges. Peel the parsnips and make them into thin strips using a potato peeler, mandolin or similar. This is important, they need to be thin ribbons to roast successfully.



03

Put the onions and apples into a pre-heated roasting tin with 1 tbsp olive oil. Season with the salt and pepper. Put into the oven and roast for 10 minutes.



04

Stir in the red wine vinegar and pile the parsnip ribbons on. Place the sausages on top and drizzle the rest of the olive oil over, together with more black pepper.

05

Roast for 30 minutes or until golden and crispy. Then drizzle over the honey and roast for a further 5/10 minutes.



Tips - You can use Quorn or other veggie sausages. Serve with some green veg. Leave out the sausage and serve as an accompaniment to pork chops and gravy.



TUNA PASTA

Shared by Cara Boden

INGREDIENTS

- 1 medium/large onion, peeled and sliced or chopped
- 1 generous tsp of sugar
- 1 tbsp olive oil (or rapeseed oil)
- 1 tbsp tomato puree
- 400g tin of chopped tomatoes (or plum/cherry tomatoes)
- 145g tin of tuna (drained)
- 2 - 3 fat cloves of fresh garlic (peeled and crushed)
- 1 - 2 tbsps of tomato ketchup
- 1 - 2 tbsps of mayonnaise
- 2 - 3 tbsps of white wine (optional)
- 1 tbsps unsalted butter
- 1 tsp lemon juice (fresh or bottled)
- 2 tps of veg bouillon powder (or use half a chicken stock cube)
- 1 tsp of Worcestershire sauce
- Large knob of butter
- Fresh dill or parsley, chopped (or dried mixed herbs)
- ground salt and black pepper
- 250 - 300g dried pasta

METHOD

01

Put the olive oil/rapeseed oil in to a heavy based saucepan. Add the chopped onion and the sugar, to caramelise the onions and take the edge off the sharpness of the tomatoes.



02

Once the onions are softened, add the chopped garlic, tomato puree and Worcestershire Sauce (optional) and give it a good stir round to combine.



03

Then add the tinned tomatoes (break down the tomatoes if not using chopped ones) and the tinned tuna. Stir to combine. Add the white wine and stock powder. Stir, and allow the alcohol to cook out.



04

While the sauce reduces, put a large pan of salted water on the hob to boil.

METHOD

GUIDANCE

- Ready in | 30 minutes
- Serves | 4

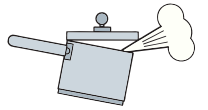
05

Check the flavours of the sauce. Add the lemon juice, mayonnaise, tomato ketchup and unsalted butter. The butter and mayonnaise will balance any over-acidity and the ketchup will add a little depth and sweetness too. Add salt and black pepper as required/according to taste.



06

Put the pasta into the boiling water and cook according to the packet instructions. Al dente is recommended.



07

Chop the dill or parsley and swirl into the sauce - or a shake of dried mixed herbs if you have no fresh herbs.



08

Drain the pasta, retaining a little of the starchy pasta water to add to the sauce - it lends a little creaminess to it and rehydrates it if it has over-reduced.

09

To serve, either stir the drained pasta into the sauce, if your pan is big enough (and you can turn it out into a nicely warmed serving dish if you are being posh!), or serve out the pasta and add the sauce on top. Entirely up to you!



10

If you like, you can drizzle some good quality olive oil on the final dish, and add a sprig of fresh herbs. Shaved parmesan is optional. In Italy it is frowned upon to mix parmesan with fish, but if that's what takes your fancy, then grate away!

This recipe is one of my go-to's when I'm struggling for time. It is quick and easy and always tasty and relies on store cupboard staples. It is also quite flexible as you can adjust it to personal tastes.



CHICKEN IN TOMATO AND RED WINE SAUCE

Shared by Val Jackson

INGREDIENTS

- 4 chicken breast portions
- 1 medium onion
- 1 tin Campbells condensed tomato soup
- 1/2 large jar cranberry sauce
- 5 fl ozs red wine
- 2 ozs butter
- 6 ozs button mushrooms (you can also use ordinary mushrooms cut into halves or quarters)

GUIDANCE

- Oven | 190°C
- Ready in | 40 minutes
- Serves | 4

06

Check that the chicken is cooked through, before serving with rice or new potatoes and a vegetable of your choice.

METHOD

01

Pre-heat the oven to 190°C. Place the chicken portions at the bottom of a deep ovenproof casserole dish.

02



Slice and chop the onion into small pieces. Melt the butter in a saucepan and fry the onion over a medium heat until soft but not browned (5 to 10 minutes).

03

Take the pan off the hob and add the tomato soup. Pour the wine into the soup tin, stir with a spoon and then pour into the pan.



04



The cranberry sauce should now be added. Stir well so that all the ingredients are blended (if you prefer a smooth sauce then this mixture can be liquidised).

05

Add the mushrooms and return the pan to the hob. Heat gently. Pour the sauce over the chicken. Cook until the chicken is tender (approx. 30 minutes).



A recipe which was handed down to me by my mum through a recipe book just like this – and I have in turn passed onto my daughter.

PETJEL AJAM (CHICKEN IN COCONUT MILK)

Shared by Mary Atherton

INGREDIENTS

- 3/4 lb cooked chicken
- 3/4 pt thick coconut milk
- 1 onion, finely chopped
- 1 clove of garlic, smashed and chopped
- 1 inch piece of green ginger
- 1/2 tsp ground chilli
- Basil leaves
- 2 tsps coriander leaves
- 2 tbsps coconut oil

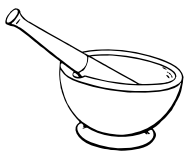
GUIDANCE

- Ready in | 25 minutes
- Serves | 4

METHOD

01

Grind coriander seeds to a powder.



02

Heat oil in wok, fry garlic and onions.

03

Add other spices, coconut milk and basil leaves.



04

Dice chicken and put into the sauce.



05

Cook slowly, without a lid, stirring all the while for 15 minutes. Serve with rice and sweet corn.



Mary kindly shared with us a similar cookbook which was created to raise money for her church, some years ago. It is entitled Famous Folks Food and is packed with recipes from an amazing array of famous people – a fascinating read. This one was contributed by the Blue Peter team.



SLOW COOKER CORN BEEF HASH

Shared by Alisanne Cooper Marshall

INGREDIENTS

- 400g tin of corn beef
- 4 eggs
- 8 large white potatoes
- 200g pickled red cabbage
- 2 white onions
- 2 tbsp worcester sauce
- 2 beef stock cubes
- 2 tsp garlic powder
- 2 tsp parsley
- Salt and pepper

GUIDANCE

- Ready in | 4 and 1/2 hours
- Serves | 4

METHOD

01

Refrigerate the tin of corn beef the night before.

02

Firstly, peel and chop the onions and potatoes as large or fine as you would like (I like mine in cubes a similar size to each other and the corn beef so it is chunky).



03

Slice the corn beef then chop into cubes.

04

Spray a small amount of low cal spray into the base of the slow cooker and add all chopped items. Turning it on the high setting.



05

Pour the worcester sauce over, crumbled the stock cubes and add the garlic, parsley, salt and pepper. Give it a stir. Put the lid on and leave for 4 hours, stirring once or twice in this time.



06

After 4 hours, drain the pickled red cabbage and set it to heat it in a pan. Then fry off 1-2 eggs per person. Layer the items on your plate and enjoy.

Tip - brown sauce is a great accompaniment!



CHICKEN AND CHORIZO JAMBALAYA

Shared by Kath Garvey

METHOD

INGREDIENTS

- 1 tbsp olive oil
- 2 chicken breasts, chopped
- 1 onion, diced
- 1 red pepper, thinly sliced
- 2 garlic cloves, crushed
- 75g chorizo, sliced
- 1 tbsp cajun seasoning
- 250g long grain rice
- 400g can plum tomatoes
- 350ml chicken stock

GUIDANCE

- Ready in | 50 mins
- Serves | 2 - 3

01

Heat the oil in a large frying pan with a lid and cook the chicken for 5 - 8 minutes until golden. Remove and set aside.



02

Tip in the onion and cook for 3 - 4 minutes until soft. Add the pepper, garlic, chorizo and cajun seasoning. Cook for another 5 minutes.



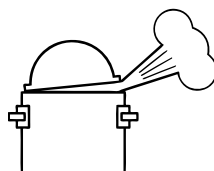
03

Stir the chicken back in with the rice. Add the tomatoes and chicken stock.



04

Cover and simmer for 20-25 minutes until rice is tender.





SPICY SAUSAGE CASSEROLE

Shared by Roger Lucas

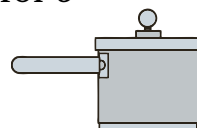
INGREDIENTS

- 2 tbsp olive or rapeseed oil
- 1 onion, finely chopped
- 2 medium sticks celery, finely chopped
- 1 yellow pepper, chopped
- 1 red pepper, chopped
- 6 cooking chorizo sausages (about 400g)
- 6 pork sausages (about 400g)
- 3 fat garlic cloves, chopped
- 1½ tsp sweet smoked paprika
- ½ tsp ground cumin
- 1 tbsp dried thyme
- 125ml white wine
- 2 x 400g cans cherry tomatoes or chopped tomatoes
- 2 sprigs fresh thyme
- 1 chicken stock cube
- 1 x 400g can aduki beans, drained and rinsed
- 1 bunch chives, snipped (optional)

METHOD

01

Heat 2 tbsp of olive or rapeseed oil in a large heavy-based pan. Add the onion and cook gently for 5 minutes.



02

Add 2 finely chopped medium celery sticks, 1 chopped yellow pepper and 1 chopped red pepper and cook for a further 5 minutes.



03

Add the chorizo and pork sausages, then fry for 5 minutes.

04

Stir in the chopped garlic cloves, sweet smoked paprika, ground cumin and dried thyme. Continue cooking for 1 – 2 minutes or until the aromas are released.

05

Pour in 125ml white wine and use a wooden spoon to remove any residue stuck to the pan.



This is a great recipe if you like plenty of flavour!

METHOD

GUIDANCE

- Ready in | 1 hour 15 minutes
- Serves 4 - 6

06

Add two 400g cans of tomatoes, and 2 sprigs of fresh thyme and bring to a simmer. Crumble in the chicken stock cube and stir.



07

Cook for 40 minutes. Stir in a 400g drained and rinsed can of aduki beans and cook for a further five minutes.



08

Remove the thyme sprigs, season with black pepper and stir through some snipped chives, if using. Serve.

HONEY AND MUSTARD CHICKEN WITH PEPPERS

Shared by Cara Boden



INGREDIENTS

- 6 pieces of chicken (these can be legs - my favourite - or thighs, preferably with skin on but it doesn't matter. Don't use skinless breast unless you are desperate, as it helps add flavour and keeps the chicken moist. You can remove the skin once on your plate and offer it to someone else who does - or the dog!)
- 2 or 3 red, orange and yellow peppers (use whatever you have, apart from green as their tart under-ripe flavour would not work in this recipe).
- 1/3 cup smooth Dijon mustard (or grain mustard).
- 1/3 cup clear runny honey (Acacia or similar).
- 1 tbsp extra virgin olive oil
- Salt & ground black pepper
- 2 sprigs of fresh rosemary (or a generous sprinkling of dried rosemary).

METHOD

01

Pre-heat the oven to a medium heat (180°C). Salt the chicken pieces on both sides and lay in a shallow casserole dish.



02

In a bowl, hand-whisk together the mustard, honey and olive oil. Add a pinch of salt and taste to check balance of flavours. Adjust if necessary (add more mustard if too sweet).



03

Spoon the sauce over the chicken pieces in the casserole dish. Place in the middle of the oven and bake for 15 minutes.



04

Meanwhile, de-seed the peppers and slice up into long, thinnish batons.



METHOD

GUIDANCE

- Oven | 180°C
- Ready in | 1 hour
- Serves | 6

05

Remove the chicken from the oven and add the peppers, tucking them and the rosemary sprigs between the meat - or scatter with dried rosemary if you are not using the fresh herb.



06

Replace the casserole dish in the oven and leave to cook for a further 20 to 30 minutes. Check on it after 20 minutes have been reached. If the skins are looking too pale, then raise it up in the oven a bit to brown and caramelise the skins.



07

Exact cooking time will depend on the size of the chicken pieces. They will be cooked when the juices are running clear (or, if you have a meat thermometer, it reads 80 degrees C) and you have a lovely golden sauce of medium consistency to spoon over the dish when you serve it up. The peppers should, of course, be soft and perhaps slightly caramelised as well.



08

If necessary, spoon off some of the excess chicken fat from the sauce before serving. Sprinkle with freshly ground black pepper and serve up with lightly cooked green beans (to add bite and colour) and mashed potato (to soak up the lovely sauce!)

This is a very simple but tasty dish which is great for serving up for supper with friends, or at home with the family when you've run out of ideas or energy! It's one of those no-brainer type of recipes....

CHICKEN THIGHS CASSEROLE

Shared by Vicki Oakes

INGREDIENTS

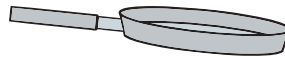
- 6 to 8 chicken thighs
- A little oil
- 1 onion
- 1 to 2 leeks
- 5 carrots
- Thyme
- Bayleaf
- Salt and Pepper
- White wine or sherry a good glug
- 1/2 pint Chicken stock - more if needed

GUIDANCE

- Oven | 180°C
- Ready in | 1 hour 20 minutes
- Serves | 3 - 4

METHOD

- 01** Seal the chicken thighs, then take out of the pan and put to the side.



- 02** Fry the onion and leek. Then add the carrots, thyme, bayleaf, salt and pepper. Cook for 5 minutes.



- 03** Add the wine/sherry and cook off.

- 04** Add chicken from the first step to the pan. Then add the chicken stock.



- 05** Cook in an oven for 1 hour at 180°C.



Tip - You can serve this on a bed of mashed potato or you can add dumplings for 20 minutes, even courgette spirals.



ZUCCHINI SLICE FRITTATA

Shared by Pam Whyte

METHOD

INGREDIENTS

- 3 large eggs
- 1 large courgette (grated)
- 1 chopped onion
- 100g mature cheddar (grated)
- Salt and pepper
- Olive oil for frying

GUIDANCE

- Oven | 175°C
- Ready in | 45 minutes
- Serves | 2

01

Fry the onion in oil for about 5 minutes. Put grated courgette into a tea towel to absorb the moisture.



02

Beat the eggs and season with salt and pepper. Put all the ingredients in a large bowl and mix together.



03

Transfer to a greased dish and bake at 175°C for about 25 to 30 minutes, until firm and golden.

04

Slice and serve with a salad.



MEAT/VEG BURGERS

Shared by Melanie Morten

METHOD

INGREDIENTS

- 1 kg mixed minced meat (I used beef and pork but minced turkey is also good).
- 1 kg any mixed veg blitzed in a food processor (eg. onions, sweet peppers, celery, broccoli, cauliflower).
- 3 cloves of garlic
- 200g breadcrumbs
- 250g strong cheddar grated
- 3 eggs
- Salt & pepper
- Smoked paprika (just because I like it but not necessary for this recipe)

GUIDANCE

- Grill | High
- Ready in | 25 minutes
- Serves | 4

01

Put all ingredients together in a very large bowl and get your hands in and mix it all up together.



02

Shape into rounds to fit burger baps.



03

Put under a grill at high heat and cook for 5 to 10 minutes on each side.



04

This makes quite a lot but any spare can be frozen for later.



This is completely my own recipe to get the grandchildren to eat more vegetables.



CHICKEN TIKKA MASALA

Shared by Tony Jackson

INGREDIENTS

- 4 chicken portions, cut into bite sized pieces
- 1 medium onion
- 2 tbsps oil
- 1 tsp garam masala
- 1 tsp chilli powder
- 1 tsp ground turmeric
- 1 tsp chopped or powdered ginger
- 1/2 tsp salt
- 6 tbsps tomato ketchup
- 225ml water
- 6 tbsps double cream

GUIDANCE

- Ready in | 45 minutes
- Serves | 4

METHOD

01

Slice and chop the onion into small pieces. Add the oil to a pan, before frying over a medium heat until soft but not browned (5 to 10 minutes).



02

Stir in the spices and salt. Fry for a further 5 minutes stirring to prevent sticking.

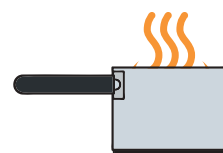


03

Add the chicken, tomato ketchup and water. Cover and simmer gently for 30 minutes.

04

Stir in the cream, heat through and serve.



Tip - A recipe which is quick and easy to make. Yes – it really does contain tomato sauce!!

Serve with plain rice and poppadoms.

SLOW COOKED DUCK CURRY

Shared by Steve Price

INGREDIENTS

- 2 duck breasts
- 1 tbsp veg oil
- 1 onion, finely chopped
- 2 celery sticks, finely sliced
- 3 garlic cloves, finely chopped
- 1 red chilli, finely chopped (or chilli flakes)
- 5cm piece fresh ginger, finely chopped
- Salt & ground black pepper
- 1 tbsp garam marsala
- 1 tsp ground turmeric
- 1 tsp paprika
- 1 tbsp tomato puree
- 2 carrots, finely sliced
- 400g tin chick peas
- 2 x 400g tins chopped tomatoes
- 600ml veg stock [900ml veg stock if using casserole dish]

METHOD

01

Add duck breasts, skin side down, to a heated pan [flame-proof casserole dish]. Cook over medium to high heat for about 5 minutes each side. Remove duck breasts and set aside.



02

Add the oil to the pan [casserole dish], cook the onion and celery over medium heat for 5 minutes. Stir in the garlic, chilli, ginger, salt and black pepper, then cook for 2 minutes. Stir in the spices and tomato puree, cook for another 2 minutes.



03

Transfer to slow cooker. Add carrots, chick peas, chopped tomatoes and veg stock. Submerge the duck breasts into the sauce.



This is a deliciously rich, deep flavoured curry. For a hotter version add more chilli.

Freezes well.

GUIDANCE

- Oven | 180°C
- Ready in | 8 hours 30 minutes
- Serves | 4

METHOD

04

Cook for 8 hours on low. Remove duck breasts and shred the duck meat. Put this back into the slow cooker and stir.



05

*If using a casserole dish in the oven: Bring to a simmer after adding the carrots, chick peas, chopped tomatoes and stock. After adding the duck breasts, cover the casserole and transfer to the oven. Cook for 2 hours in pre-heated oven at 180°C/gas mark 4. Remove the duck breasts and as above shred the meat back in to the casserole and stir.

06

Serve with rice, naan-bread or chapatis.



BEAN AND MUSHROOM CURRY WITH BASMATI RICE AND RAITA

Shared by Rosemary Stafford

INGREDIENTS

- 14oz tin of beans (any beans work but those with a bit of colour look better. Eg. black eyed, kidney but not baked! If you have dried beans you will need to soak and cook them as per instructions on the packet before you add them to the rest of the ingredients.)
- 14oz tin chopped tomatoes
- 1 onion chopped
- 8oz mushrooms sliced
- 3 to 4 cloves of garlic crushed or chopped
- Fresh ginger chopped or grated (optional)
- 1 tsp cumin seeds
- Cinnamon stick
- 2 tsps ground coriander
- 1/2 tsp turmeric
- 1/2 tsp cayenne
- Handful of fresh coriander (chopped)

CURRY METHOD

01

Over a low to medium heat fry together the cumin seeds, chopped onion and cinnamon stick until the onions begin to soften but not brown.

02

Add the garlic and chopped mushrooms and carry on frying gently until the mushrooms have also softened.



03

Add the beans (drained), tomatoes, coriander, turmeric and cayenne and simmer gently with the lid on for about 15 to 20 minutes until the mushrooms are cooked.

04

Season with salt and black pepper and serve with basmati rice and raita. Garnish with the chopped coriander.



GUIDANCE

- Ready in | 40 minutes
- Serves | 3 - 4

RICE METHOD

01

To get my rice to water proportions right, I have an old Tala measuring cup into which I measure 6ozs of rice. This makes 2 very generous portions or 4 small ones.

02

I tip the rice into a sieve and immerse it in cold water in the pan I'm going to cook it in to get rid of some of the dust and starch while I get on with the rest of the meal. When I'm ready to cook it, I give it a good shake in the water and rinse it under the tap then drain it. Then, I measure exactly twice the amount of water to rice into a heavy bottomed pan, salt it and bring it to the boil (I have an old enamel Le Creuset casserole dish which works well.)



03

Once it's boiling, tip in the rice, put on the lid, turn down to a slow simmer and time for 10 minutes. Take the pan off the heat, take off the lid and cover the pan with a tea towel. Put lid back on and rice will carry on steaming. Allow another 10 minutes and it should be done. No water left in the pan and the rice should be fluffy.

RAITA METHOD

01

Grate half a peeled and de-seeded cucumber into a dish, add half a large pot of natural yogurt, a handful of fresh finely chopped mint and season with salt and pepper. Stir.



Tip - Everyone has their own way of making rice. I've included my method which works for me if you want to try it. Firstly, I always use Tilda. It's expensive but seems to come out best in my kitchen.



DESSERTS AND CAKES



BLUEBERRY MUFFINS

Shared by Sue Gough

INGREDIENTS

- 280g plain white flour
- 1 tbsp baking powder
- $\frac{1}{8}$ tsp salt
- 115g soft light brown sugar
- 150g frozen or fresh blueberries
- 2 medium eggs
- 250ml milk
- 6 tbsp sunflower oil or 85g butter, melted and cooled
- 1 tsp vanilla extract
- Finely grated rind of 1 lemon
- Melted butter for greasing (if using)

GUIDANCE

- Oven | 200°C
- Ready in | 40 minutes
- Serves | 12

METHOD

01

Preheat the oven to 200°C/400°F/Gas Mark 6. Grease a 12-cup muffin tin or line with 12 paper cases. Sift together the flour, baking powder and salt into a large bowl. Stir in the sugar and blueberries.



02

Lightly beat the eggs in a large jug or bowl then beat in the milk, oil, vanilla extract and lemon rind. Make a well in the centre of the dry ingredients and pour in the beaten liquid ingredients. Stir gently until just combined; do not over-mix.



03

Spoon the mixture into the prepared muffin tin. Bake in the pre-heated oven for about 20 minutes until well risen, golden brown and firm to the touch.

04

Leave the muffins in the tin for 5 minutes, then serve warm or transfer to a wire rack and leave to cool.



Alternative – for Walnut and Cinnamon muffins, just replace the blueberries and lemon rind with 100g roughly chopped walnuts and 1 tsp ground cinnamon.



FRUIT CRUMBLE

Shared by Ann Chapman

INGREDIENTS

- Enough fresh fruit to half fill your chosen dish. Anything juicy, such as apple, apple and blackberry, gooseberry and apple or rhubarb. Alternatively apricots from a tin with a little juice.
- 75g plain or self raising flour
- 75g rolled oats
- 75g ground almonds
- 75g caster sugar
- 75g butter chopped into pieces
- (this should be cool)

GUIDANCE

- Oven | 190°C
- Ready in | 50 minutes
- Serves

METHOD

01

Pre-heat the oven to 190°C. Get all the ingredients ready; eg peel and cut up the apples. Prepare the fruit, but do not cook.



02



Lightly grease an ovenproof dish with butter. Half fill the dish with the prepared fruit. A little water and sugar / or juice or even elderflower cordial should be poured over the fruit.

03

Put all the remaining ingredients in a mixing bowl. Rub the butter into the dry ingredients using your fingertips until the mixture looks like breadcrumbs. Don't do this too long – just lightly.

04

Tip the dry mixture over the fruit. Make sure it is evenly spread and touches the edges of the dish. Bake in the centre of the oven for 40 mins, until the topping is golden brown and the juices are bubbling.



Tip – very good with ice cream, yoghurt or creme fraiche



AUNTIE MU'S BARN BRAC

Shared by Rose Stafford

INGREDIENTS

- 8oz sultanas
- 8oz raisins
- 8oz brown sugar
- 12 oz self-raising flour
- 1 beaten egg
- 1 cup of cold tea

GUIDANCE

- Oven | 190°C
- Ready in | 50 minutes

METHOD

01

Mix together the fruit and sugar in a large mixing bowl. Add a cup of cold tea and leave to soak overnight.



02

Add the flour, beaten egg and mix well.



03

Put the mixture into a large loaf tin, that has been well greased and lined with grease proof or baking paper.

04

Put into a pre-heated oven at 190°C for about an hour. Check after about 40 minutes. Cover the top or wrap round with baking paper if it is looking too brown. Once it's done, let it cool completely on a wire tray. Best buttered and eaten with a slice of strong cheddar!



Tips – I use whatever dried fruit I have in the cupboard as long as it adds up to 1 lb in total. The loaf keeps well and often tastes even better the next day. If your crust seems a bit hard once it's cooled, don't worry as when it's been wrapped in foil or kept in your cake tin for a few hours it will soften nicely.



DATE SLICE

Shared by Vicki Oakes

METHOD

INGREDIENTS

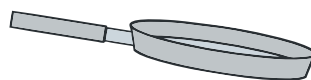
- 75g butter
- 2 tbsp golden syrup
- 75g raisins
- 75g dates chopped
- 200g digestive biscuits (crush in a plastic bag using a rolling pin to crush)
- Melted chocolate for topping

GUIDANCE

- Ready in | 1 hour

01

Melt the butter and syrup in a pan.



02

Add the dates, raisins, biscuits and mix.



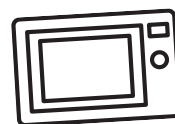
03

Put mixture into a 7" tin or any square tin.



04

Melt the chocolate (you can use any or a mix) in a bowl over a pan of hot water or carefully in the microwave.



05

Spread over the top and put in the fridge to set. Once set, cut into squares.



SKI CHALET BROWNIES

Shared by Georgina Boden

INGREDIENTS

- 185g dark chocolate
- 185g unsalted butter
- 3 eggs
- 275g caster sugar
- 40g cocoa powder
- 85g plain flour
- 50g milk chocolate
- 50g white chocolate

GUIDANCE

- Oven | 180°C
- Ready in | 40 minutes
- Serves

METHOD

01

Preheat oven to 180°C/fan 160°C. Melt 185g of dark chocolate and 185g of butter together in a glass bowl over a pan of boiling water. Once melted and mixed together, leave to cool.



02

In a separate bowl, whisk 3 eggs and 275g of caster sugar together until they look thick and creamy

03

When cool, pour the chocolate and butter into the egg and sugar; fold in gently. Then sieve in 40g cocoa powder and 85g of plain flour into the mixture. Once again gently fold this in until all combined.



04

Chop up 50g of milk chocolate and 50g of white chocolate (or however much you want) into small chunks (whatever size you wish) and stir into the mixture. Now pour into a grease proof lined tin and put into the oven for about 20 minutes.



05

Take it out and test with a skewer. These brownies are best when still a bit soft inside. Leave to cool and then cut into small rectangles. A little goes a long way!

I made these regularly for guests while working as a Chalet girl in the French Alps last year.



CHERRY SCONES

Shared by Judy Parker

INGREDIENTS

- 1 lb self-raising flour
- 4oz margarine
- 4oz castor sugar
- 4oz chopped cherries
- 1 egg beaten
- 1/4 pt milk
- 1 tbsp demerera sugar

GUIDANCE

- Oven | 180°C
- Ready in | 40 minutes
- Makes | 10

METHOD

01 Rub margarine into flour until it looks like breadcrumbs.

02 Add the sugar and cherries, mix well.



03 With a fork stir in almost all of the egg and milk mixture until it comes together as a soft dough.



04 Roll out and with a cutter make 10 scones. Brush with remaining spoonful of egg mixture, top with tablespoon of demerera sugar to give a sparkle effect when cooked.



05 Bake for 18 - 20 minutes at 180°C on the middle shelf of the oven.



BRAN BUD LOAF

Shared by Janet McNicol on behalf of Combs Brownies

INGREDIENTS

- 1 cup All-Bran
- 1 cup sugar
- 1 cup mixed fruit
- 1 cup milk
- 1 cup self-raising flour

GUIDANCE

- Oven | 150°C
- Ready in | 2 hours 30 minutes

METHOD

01

Preheat oven to 150°C/300°F/gas mark 2. Soak all the above (except flour) in the milk for 30 minutes.



02

Add the flour to the ingredients and mix.



03

Put into a greased loaf tin and bake for 1 and a half hours.



04

Turn out and let it cool. Then cut into slices to serve.





GRANDDAD'S SIMPLE BREAD PUDDING

Shared by Carolyn Marks

METHOD

INGREDIENTS

- One small bread loaf
- 4oz butter or marge
- 4oz caster sugar (plus a little for dusting)
- 6oz mixed dried fruit or any dried fruit
- 2 tsp mixed spice
- 1 egg (beaten)

GUIDANCE

- Oven | 150°C
- Ready in | 2 hours

01

Grease large oven-proof dish. Pre-heat oven temp 150°C. Break the bread into a large mixing bowl and cover with cold water to soak. Leave for ten minutes and then drain squeezing most of the water out, but still allowing the bread to stay moist.



02

Into the bowl add the butter, sugar, mixed fruit, spice and egg. Mix thoroughly.



03

Place in the oven-proof dish and cook for 1 and a half hours, or until firm and golden brown.



04

Dust with a small amount of additional caster sugar once cool.

Can be eaten hot or cold.



CHOCOLATE BRANDY CAKE

Shared by Janice Palmer

INGREDIENTS

- 225g butter
- 225g dark chocolate
- 3 tablespoons Brandy
- 225g digestive biscuit crumbs
- 85g walnuts broken into bits
- 85g glace cherries chopped
- 2 large eggs

GUIDANCE

- Oven | 180°C
- Ready in | 40 minutes

METHOD

01 Melt the butter and chocolate in a pan over a gentle heat. Stir until well mixed and then cool.

02 Add Brandy ,biscuit crumbs, broken walnuts, chopped cherries.

03 Whisk eggs and sugar until really thick and pale and fold into the chocolate brandy mixture.



04 Line a 2 pint/1.1 litre loaf tin with siliconized paper. Pour the chocolate brandy mixture into the prepared tin and cover with cling film and put in the fridge to set.

05 When it is really hard run a palette knife down the sides between paper and tin. Turn cake on to a plate and peel off the paper.



This cake is quite rich so you do not need large servings. Delicious served with a little cream .



MOLLY'S BRILLIANT BANANA BREAD

Shared by Helen and Molly Bessell

METHOD

INGREDIENTS

- 140g softened butter
- 140g caster sugar
- 2 eggs, whisked
- 140g self raising flour
- 1 tsp baking powder
- 2 ripe mashed bananas
- 50ml rum - dark or spiced (optional)

GUIDANCE

- Oven | 180°C
- Ready in | 1 hour

01

Heat the oven to 180°C/165°C fan/gas mark 4 and line a 2lb loaf tin.



02

Cream butter and caster sugar until light and fluffy

03

Slowly beat in whisked eggs with a little of the self raising flour.

04

Fold in remaining flour, baking powder and bananas.



05

Pour into tin. Bake for 30-40 minutes until a skewer comes out clean.



06

Cool for 10 minutes in the tin and then remove onto a wire rack. Decorate and enjoy!

Tip – Very nice slightly toasted with yoghurt and granola! The addition of rum turns it into a brilliant boozy banana bread.



CHOCOLATE WALNUT BROWNIES

Shared by Judy Parker

METHOD

INGREDIENTS

- 1lb butter/ margarine
- 1lb plain chocolate
- 2lbs caster sugar
- 8 beaten eggs
- 1lb plain flour
- 1lb chopped walnuts
- Pinch of salt

GUIDANCE

- Oven | 140°C
- Ready in | 40 minutes

01

Melt the butter and chocolate in a pan.



02

Put the rest of the ingredients in a bowl and mix to a rich, dark, wet consistency.



03

Pour into 2 baking trays - 1" deep - lined with baking parchment. Cook on a medium/cool oven temperature (140°C) for 25 to 30 minutes. The brownie should feel as though it has a crisp shell on the top, but still not quite cooked underneath.



04

Remove and cool completely before slicing.



Alternative - If preferred you can exchange the walnuts for several handfuls of chocolate chips scattered over the top of each tray before baking.



GINGER CAKE

Shared by Ros Price

INGREDIENTS

- 4oz margarine
- 4oz brown sugar
- 8oz golden syrup
- 8oz plain flour
- 4 level tsp ginger
- 1 level tsp bicarb soda
- 1/4 pint milk
- 1 beaten egg

GUIDANCE

- Oven | 160°C
- Ready in | 1 hours 45 minutes

METHOD

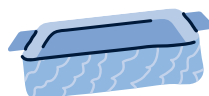
01

Put all of the ingredients in a bowl and mix well together using a whisk.



02

Grease and line a deep 8 inch cake tin. Pour the mixture in ready for the oven.



03

Bake at 160°C/325°F/gas mark 3 for one and a quarter to one and half hours. Test the mixture with a skewer after 1 hour to see if baked.



Tips – We like it with chopped stem ginger added to the mix. It also goes nicely served with a helping of greek yoghurt. Freezes well.



GIN AND TONIC CAKE

Shared by Kath Garvey

METHOD

INGREDIENTS

For the cake:

- 200g softened, unsalted butter - plus extra for greasing
- 175g caster sugar
- 4 medium eggs
- 200g self-raising flour
- ½ tsp baking powder
- Finely grated zest of 1 unwaxed lemon
- 75ml gin

For the syrup:

- 60g caster sugar
- 50ml tonic water
- 2 tbsp gin

For the icing and decoration:

- 50g granulated sugar
- Juice of 1/2 lemon
- 1 tsp gin
- 1 lemon very finely sliced

01

Preheat the oven to 180°C/350°F/gas mark 4. Butter a 900g loaf tin and line the base and sides with baking parchment.

02

Put butter and sugar into a bowl and whisk until pale, light and fluffy.



03

Lightly beat eggs in a jug. Pour them bit by bit into butter and sugar mix, whisking all the while.



04

Gently fold in the flour, baking powder and lemon zest. Pour in the gin and give a gentle stir. Spoon into the prepared tin.



05

Bake for 1 hour. (After 55 minutes, insert skewer into centre – if it comes out clean, keep out of the oven, if not, give another 5 minutes).

GUIDANCE

- Oven | 180°C
- Ready in | 20 minutes
- Serves 4

METHOD

06

Meanwhile, make the syrup. Put the sugar and tonic water into a small pan and set over low heat. Stir until sugar dissolves. Increase the heat and boil for a minute without stirring.



07

Measure out 2 tbsp of the syrup into a small bowl and mix in the gin (discard remaining syrup).



08

Once the cake is out of the oven, use a skewer to make 8 holes in it. Drizzle the gin syrup over the top of the cake and leave to cool in the tin.



09

Turn out the cake, turn it right side up again and place on wire rack. Mix together ingredients for the icing and spoon onto cake. Arrange lemon slices along the top. Leave to set. Eat, with a glass of G & T alongside, naturally!

LUXURY LEMON SWEET

Shared by Janet McNicol

INGREDIENTS

- 9oz caster sugar
- 1 and a 1/2 pints double cream
- Juice of 3 lemons

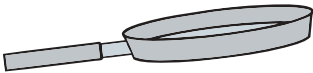
GUIDANCE

- Ready in | 10 minutes
- Makes | 6

METHOD

01

Boil the sugar and cream for 2 - 3 minutes.



02

Add the lemon juice and then allow to cool. Pour into glasses.



SPAGHETTI DESSERT

Shared by Mary Atherton

METHOD

01

Boil the spaghetti without salt - don't overcook.



02

Mix together the cream, brandy and sugar.



03

Pour over the cooked spaghetti.

INGREDIENTS

- Spaghetti.
- 1 carton double cream
- 2 tbsps brandy
- Caster sugar to taste

GUIDANCE

- Ready in | 20 minutes
- Makes | 4

Another contribution from the Famous Folks Food cookbook. This one came from Spike Milligan and is a typically wacky idea.

CONVERSION CHART

Weight

Oz	Grams
1/2	15
1	30
2	60
3	90
4	110
5	140
6	170
7	200
8	225
9	255
10	280
11	310

Oven

Gas	°F	°C	Fan
1	275	140	120
2	300	150	130
3	325	170	150
4	350	180	160
5	375	190	170
6	400	200	180
7	425	220	200
8	450	230	210
9	475	240	220