



# Alverton (Not Quite) MasterChef!



After last year's Great Alverton Bake Off, which the staff all really enjoyed doing (and making) and we hope you all enjoyed reading and trying out, we have decided this lockdown to create the Alverton (Not Quite) Masterchef booklet.

We have included our favourite healthy(ish) and hopefully budget-friendly recipes - we hope you enjoy them.

## Healthy Breakfasts

### Lockdown Breakfast

Mrs Daylak: During the first lockdown our family spent more time together as a result and in particular my teenage daughter and I spent a lot more time together than I'm sure we would ordinarily have done had her freedom not been suddenly curtailed. Our favourite way to begin the day was with what is now known as 'Lockdown Breakfast'.

Basically all you need is as follows -

- \* 1 bowl per person eating breakfast

- \* Whatever fruit you should wish for - during spring and summer we chose blueberries, strawberries, grapes, bananas, kiwis, plums, peaches and raspberries. As the seasons have changed and some fruit has become either less readily available or more expensive because it is out of season we have opted for bananas, apples, oranges, pears and grapes.

- \* Plain yogurt - the thicker and creamier the better we think and we choose plain but perhaps you may prefer a fruity yoghurt.

- \* Granola - these are filled with dried fruits, oats, cereals, sultanas, raisins, all sorts.

### Method

Chop whatever fruit you want to into bit size pieces and put them straight into your own bowl. The only limit, we discovered, was the size of the bowl!

When you have all you need add your yogurt then sprinkle granola on top.

We still have it now and it's the best way to start any day we have discovered yet. Toast is tasty, cereal is okay but this? Utterly delicious we think. Enjoy.



### Banana and Blueberry Oat Pancakes (or 1 2 3 pancakes!)

Mrs Hanley: This is definitely not a posh recipe, but it is a firm favourite of our little boy's and is perfect for anyone who has a food intolerance as it is dairy free, sugar free and gluten free (if you use gf oats!).

1 banana

2 eggs

3 tbsp oats

and a handful of blueberries

Put the banana in a bowl and mash it with a fork. Add the eggs and mix them together. Then spoon in the oats and add a handful of frozen blueberries (if you have fresh add them later as a topping!).

Heat a tbsp of oil in a frying pan on a medium heat and spoon in small amounts of the mix. It should make between 14-16 little pancakes but if you fancy bigger ones, just make sure you use a spatula to squeeze the top of them to ensure they are cooked all the way through.

They are perfect as they are as a healthy breakfast or snack, or if you fancy turning them into a treat why not add some maple syrup or yoghurt!

They can be frozen for up to 3 months and are perfect for the whole family (including babies over the age of 6 months as a first food as they are lovely and soft!).

# Light Lunches

## Pizza Faces

Miss Ching: These are one of my favourites! Sometimes I cheat and buy the base to save time. I often have leftovers so save them for the next day.

<https://www.pamperedchef.ca/recipe/MISSING+CATEGORY/Funny+Face+Pizza+for+Kids/1006258>



## Broccoli and Stilton Soup

Mr Higgs: I really like this recipe because it's warming on a winter's day when you come in from the cold, it tastes delicious and is healthy(ish)!

<https://www.bbcgoodfood.com/recipes/broccoli-stilton-soup>



## Patatas Bravas Tortilla

Mrs Gill: This is really easy and tasty and makes a huge tortilla but you can easily halve the recipe.

<https://www.coop.co.uk/recipes/patatas-bravas-tortilla>



## Gouda Quesadillas with Caramelised Apples and Onions

Mrs England: I saw this on the TV recently and tried them. So easy and delicious. Use any cheese you like. I added some mixed spice so experiment! A few dried herbs might be good. Very quick to make.

<https://www.bbc.co.uk/food/recipes/gouda-quesadillas-with-34941>



## Eggy Bread

Miss Roberts: This is a delicious but simple recipe for 'eggy bread'. It can be made with just two ingredients. I have only had the simple, savoury version but you can turn it into french toast by adding fruit, cinnamon etc. One thing I enjoy about making this is the way the bread becomes heavier as it soaks up all of the egg. It's a comforting and quick classic! Hope you enjoy making it as much as I do. 😊

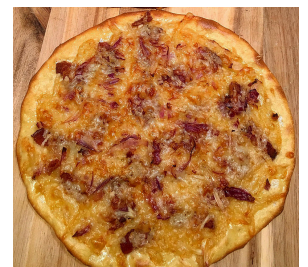
<https://www.rivercottage.net/recipes/eggy-bread>



## Savoury Crepes

Mrs Petty: This recipe was such a life saver for my son on Keto that I have continued to use it as it is so yummy. Instead of using the bacon etc, I cook the batter in a crepe/pancake pan then on an oven tray...I use whatever pasta sauce I have then add mushrooms, ham or what I have left in the fridge then top with cheeses. In the oven (200 degree) for only 10-15 minutes...best pizzas I've ever made and so quick...

<https://www.lonjevy-foods.com/low-carb-savory-crepes>





### **Roasted Butternut Squash Soup with Chilli and Creme Fraiche**

Mrs Harman: This is a lovely warming and tasty soup, especially for those cold winter days!

<https://www.bbcgoodfood.com/recipes/butternut-squash-soup-chilli-creme-fraiche>



### **Cheese Scones**

Mrs O'Rourke: I always make these with the Baking Club because they are so easy and every time I do, I think that I should make them more often at home. They are quick, cheap and easy to make and go very well with a bit of butter and if you are lucky, a dollop of Mrs Harman's green tomato chutney.

#### **Ingredients**

- 225g/8oz self raising flour
- pinch of salt
- 55g/2oz butter
- 25g/1oz mature cheddar cheese, grated
- 150ml/5fl oz milk

#### **Method**

1. Heat the oven to 220C/425F/Gas 7. Lightly grease a baking sheet.
2. Mix together the flour and salt and rub in the butter.
3. Stir in the cheese and then the milk to get a soft dough.
4. Turn on to a floured work surface and knead very lightly. Pat out to a round 2cm/¾in thick. Use a 5cm/2in cutter to stamp out rounds and place on the baking sheet. Lightly knead together the rest of the dough and stamp out more scones to use it all up.
5. Brush the tops of the scones with a little milk. Bake for 12-15 minutes until well risen and golden. Cool on a wire rack.



### **Spring Green Soup**

Mrs Andrews: This is a favourite - and filling - lunch of ours!

#### **Ingredients**

- 200g spring greens
- 50g butter/margarine
- 2 medium potatoes, diced
- ½ leek, finely diced
- 1 onion, finely chopped
- 500ml vegetable stock
- 250ml milk
- Salt and pepper

#### **Method**

- Remove the centre stalks from the leaves of the spring greens, shred and wash well.
- Melt the butter in a pan, add the potatoes, leek and onion, then cover and cook for 10 mins, until softened.
- Add the stock, bring to the boil, then cover and simmer for 15 mins.
- Add the spring greens, cook for a further 3-5 mins until the greens are tender.
- Blend until the soup has a coarse texture
- Return to the pan, add the milk, and then season to taste. Reheat gently for 3 minutes and serve.

### **Naan Bread Pizzas**

Mrs Leiworthy: These are cheap and easy to make. You can even make lots for packed lunch the next day.

<https://realfood.tesco.com/recipes/naan-bread-pizzas.html>



### Herby Cous Cous with Halloumi

Mrs Higgs: I love this recipe as, not only is it packed with fresh herbs (I usually add loads more than the recipe suggests), but it also has crispy, gooey halloumi which I adore! As well as tasting delicious, it is such an easy dish to make - just fry, chop and stir! <http://www.mrsrachelbrady.co.uk/2014/06/herby-cous-cous-with-halloumi/>



### Winter Vegetable Soup

Mrs Ladd: My Granny always served this soup chunky and called it "Stick to your Ribs" soup.

2x parsnip  
2x carrots  
2x potatoes  
1x leek  
1x small turnip  
1x small onion  
1/2 cauliflower  
1/2 small cabbage  
1 1/2 pints of stock  
2oz butter

#### Preparation

Peel and chop all vegetables into chunks.  
Chop the onion into small cubes.  
Melt the butter in the pan, then add the onion and leek.  
Cook until softened 3-4 minutes.  
Pour in the stock.  
Add in the chopped vegetables (not the potato, that is added later).  
Season with salt and pepper.  
Simmer for 20-30 minutes (until veg begins to soften).  
Add the potato and simmer for a further 15-20 minutes (until potato softens).  
Soup can be served chunky or blended.

### Healthy Tomato Soup

Mrs Dennison: A delicious healthy lunch!

#### Ingredients

2 onions  
2 carrots  
2 sticks of celery  
400g cauliflower  
3 cloves of garlic  
1 tin of butter beans  
2 tins of chopped tomatoes  
1 tbsp balsamic vinegar  
2 stock cubes in 800ml boiling water



Soften the garlic, onion, celery and carrot for about ten minutes in a large pan.  
Once soft, add the cauliflower, tins of tomatoes, beans, balsamic vinegar and stock. Mix well.  
Simmer on a low heat for about 40 minutes.  
Blend until smooth and add basil to taste.





# Main Meals

## Tumbledown Roast Chicken Pie with a Cheesy Crumble Topping

Mrs Stevens: This recipe is ideal for using up Sunday leftovers and is completely adaptable. I have made this and added leftover ham, leeks, mushrooms or whatever's available in the fridge. If you have leftover beef you can switch the soup for gravy and add a little mustard powder to the crumble.

### Filling

Left over roast chicken  
Left over vegetables (peas, carrots etc.)  
1 tin of condensed chicken soup  
Seasoning

### Topping

Flour (whatever you have available)  
Butter  
Handful of grated cheddar  
Chopped parsley (optional)

Preheat the oven to 200C/180 fan/Gas 6

Simply place all your chosen filling into a bowl and add the condensed soup. Season well and stir to combine. Pour into a pie dish and set aside whilst you make the crumble topping. There are no quantities as it is something that I have always made by eye and it really depends on how much topping you like. Place flour and cubed butter in a bowl. Season with a little salt and pepper and then use your hands to rub in the butter. Ideally, when combined your topping should look a little like loose scrambled eggs (I do like some chunkier pieces as well). Add the cheddar and parsley and gently mix to combine. Spoon the crumble topping over the pie filling and if you wish sprinkle a little more cheese over the top.

Place in the oven on a tray to catch any dribbles and cook for 30 minutes or until golden brown. Serve whilst hot and ENJOY!!!



## Cheesy Green Pasta Bake

Miss Jenkin: This is incredibly easy to make and delicious! You can add some breadcrumbs to the topping for an extra bit of crunch.

<https://rhitrition.com/our-recipe/cheesy-green-pasta-bake/>



## Pasta with Tomato and Hidden Veg Sauce

Mrs England: I always used to do this with the children. Basically, use your preferred vegetables, whatever is in season. Once you add the tin of tomatoes and liquidise it, they'll never know! And it will always be delicious!

<https://www.bbcgoodfood.com/recipes/pasta-tomato-hidden-veg-sauce>



## Peanut Butter Chicken

Mrs McClure: This is a lovely meal - a real family favourite. I don't put the chillies in though. It freezes well too.

<https://www.bbcgoodfood.com/recipes/peanut-butter-chicken>

### **Cheesy Bean and Lentil Bake**

Mrs Tanner: This is my go-to vegetarian dish, although no members of our household are vegetarians. It is low cost and full of fibre. You can substitute the brown basmati and wild rice for a plain rice which I have done and also leave out the cheese – it's just as good.

[https://www.bbc.co.uk/food/recipes/cheesy\\_bean\\_and\\_lentil\\_71817](https://www.bbc.co.uk/food/recipes/cheesy_bean_and_lentil_71817)



### **Creamy Pesto Chicken Pasta**

Mrs Hughes: Quick, easy and delicious!

<https://www.campbellsoup.co.uk/recipes/creamy-pesto-chicken-pasta>



### **Sausage Cottage Pie**

Mrs Wicks: This is one of our favourite meals. We make it with vegetarian sausages (we like Cauldron Lincolnshire sausages best) and vegetarian gravy but you could easily make it with meat if you prefer. I haven't put amounts on here because it really is up to you – just use the amount you need for your family. Serve it with vegetables and some extra gravy. I'm afraid I don't have a picture but, trust me, it's delicious!

Sausages

Kale

Gravy granules

Potatoes

Leek

Whole grain mustard

Grated cheese

1. Make some mashed potato as you usually would and stir in a thinly sliced leek and some wholegrain mustard to taste.
2. Cut the sausages into chunks. While the potatoes are boiling, roast these for about 20 minutes.
3. Cover the bottom of a dish with kale. Get rid of any really stalky bits.
4. Make gravy.
5. Put the sausage chunks on the kale and pour the gravy over it. You need a reasonable amount but not so much that it's swimming in it.
6. Put the mashed potato on top.
7. Grated cheese on top of that.
8. Cook for 20 minutes(ish) at 200°C (ish!) until the cheese is golden brown.

### **Stuffed Peppers**

Mrs May: This stuffed pepper recipe is delicious and can be adapted easily with other ingredients (or remove the mince for a veggie option).

<https://www.bbcgoodfood.com/recipes/bolognese-stuffed-roast-peppers>



### **Chicken Fajita Pasta**

Mrs O'Neill: This is a quick and easy recipe which is very tasty and healthy.

<https://pinchofnom.com/recipes/chicken-fajita-pasta/>





## Mrs C's "Nothing Goes to Waste in this House" Veg Curry!

Mrs Clive: I make this most weeks with whatever veg needs using up - you can add frozen and / or tinned veg too.

### Ingredients:

Any veg! I usually use some or all of these: onion, carrots, mushrooms, peppers, cabbage, green beans, frozen peas, frozen spinach, frozen or tinned sweetcorn.

Garlic

Potatoes - cook these separately and add at the end of cooking (new potatoes are great but any potatoes will work)

Indian herbs / spices - curry powder / tandoori seasoning / turmeric / garam masala / coriander / mint (basically whatever you have - half the fun is in experimenting to find what combinations you like best!)

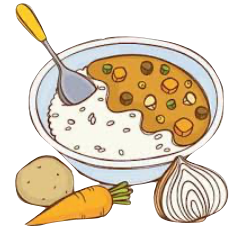
Tin of chopped tomatoes / carton of passata

Half a can of light coconut milk (I freeze the other half for the next curry)

Any flavour stock cube / pot

Chilli if you want to make it a bit warmer!

Salt & pepper



### Method:

Cook the onions and garlic with the spices in some oil until they are turning golden and smelling scrumptious! Add any other veg that's not frozen and continue until it's beginning to soften. Add the tomatoes/passata, stock pot, herbs, salt, pepper and chilli if you're using it and simmer gently for about 20 minutes or so. Add any frozen veg, cook for another 5 - 10 minutes and finally add the coconut milk and potatoes. Give it all another 5 minutes to come together and you have a delicious curry!

Serve with rice and these easy peasy flatbreads (this quantity makes one, so adjust as necessary!)

### Ingredients:

60g plain flour

Drizzle of oil

Pinch of salt

A little water

### Method:

Put flour, salt, oil in a bowl (you could add flavourings such as garlic granules / coriander / chilli powder) and add a small amount of water at a time until the dough comes together and is fairly firm. Roll out very thin on a floured surface and then dry fry in a very hot pan. Once air bubbles start to appear, flip and fry the other side (time taken depends on pan/hob but no more than a couple of minutes).



Enjoy!

## Monkfish and Spiced Aubergine with a Ginger, Basil and Lime Dressing (Mr Coleman)

<https://www.channel4.com/programmes/sunday-brunch/articles/april/monkfish-spiced-aubergine-with-a-ginger-basil-lime-dressing/6298>



## Quick Carbonara

Mrs Hall: This is a quick school night favourite of ours, 10 minutes from start to finish.

Put some pasta on to boil.

While this is cooking fry some bacon bits with mushrooms and garlic until soft.

When the pasta is nearly done, turn the heat down to low on your fried bits and add a good dollop of creme fraiche, stir in a good handful of grated cheese and break in an egg.

Stir it all together until it's a lovely creamy texture.

Drain your pasta and stir in your sauce.

Quickest carbonara EVER!

### Pasta Pomodoro

Miss Rudge: If you are looking for an easy weeknight dinner recipe, give Pasta Pomodoro a try. Serve with a green salad and garlic bread.

<https://www.twopeasandtheirpod.com/pasta-pomodoro/>



Here's one Miss Rudge made.

### Slow Roasted Garlic and Lemon Chicken

Mrs Knowles: Good old chicken tray bake!

<https://www.nigella.com/recipes/slow-roasted-garlic-and-lemon-chicken>



### Roasted Rainbow Veg with Gnocchi and Pesto

Mrs Richards: This is a quick and easy midweek meal.

Roast a variety of veg in a baking tray. Drizzle oil or spray with Fry Light and sprinkle with salt and black pepper. For example:

Red onion

Butternut squash

Aubergine

Courgette

Cherry tomatoes

Red yellow and green pepper

(Anything you want to use up in the fridge before you do another shop)

Whilst veg is roasting...

Boil gnocchi in a pan of water (when gnocchi floats to the top it's ready).

When cooked, drain and pop back into the pan.

Add the roasted veg and mix in a jar of either red or green pesto.

Sprinkle with grated cheese or parmesan (optional).

If you're not keen on gnocchi, you can use pasta or even add vegetarian sausages, sausages or chicken.

### Healthier Lamb Bhuna

Mrs O'Neill: We love curry and this is one of our favourite recipes. It has a lot of ingredients but it's worth it. It's a one-pot meal which means less washing up!

[https://www.bbc.co.uk/food/recipes/lamb\\_bhuna\\_60540](https://www.bbc.co.uk/food/recipes/lamb_bhuna_60540)



### "Mum Can't be Bothered to Cook" Tea

Miss Cooke: This is my girls' favourite "Mum can't be bothered to cook" tea. It's super-quick, cheap and easy!

Fry mushrooms and bacon lardons. Whilst these are frying, cook some pasta, (at the same time throw in some peas with the pasta).

Once everything is cooked mix with Philadelphia.



### Leave Alone Pea and Gammon Risotto

Mrs Small: This is a yummy recipe that is a family favourite in our house.



### Chicken Paella

Miss Williams: This is a great recipe that we're really enjoying at the moment.

<https://www.slimmingworld.co.uk/recipes/chicken-paella>



### Sausagne

Mrs Petty: Recipes from Jack Monroe often use what you have in the cupboard. This is a delicious twist to a lasagne and I often make it using whatever pasta sauce I have.

Mozzarella with another cheese like cheddar and a cream cheese (I have used Laughing Cow before because it was all I had) as a topping is so indulgent but melt in the mouth yummy!

<https://www.copymethat.com/r/Q9Pt8LV/sausagne/>



### One Pot Wonder!

Mrs Stacey: We like to have this as a quick mid week tea. It serves 4 or in our case 2 + our son Alistair!

#### Ingredients

Onion  
Green Pepper or whatever colour you have in the fridge  
Garlic  
Chorizo - optional  
Tin of Tomatoes  
Tin of Taco beans in spicy sauce  
Tin of Salad beans in vinaigrette - drained  
Spinach  
Anything in the fridge you would like to use!

#### Method

In a large shallow pan (I use a large frying pan) gently cook the onion, pepper and garlic. Add the chorizo if using, if not add some mushrooms if you like. When I don't use chorizo I always add smoked paprika to give it some flavour.

When everything is nicely cooked, add the chopped toms, taco beans and mixed beans. Mix together and add as much spinach as you like. Season well.

Leave to bubble away.

If you like, before the end of cooking and before too much liquid has evaporated off, make a small well in the mixture and crack in an egg (or 3 as in Alistair's case). Cover and cook until the eggs are cooked to your liking.

We have ours with Soda bread to mop up any juices or if you would like a more substantial meal have it with a jacket potato.

### Spinach with Chick Peas and Fried Eggs

Miss Cooke: This recipe is tasty and quick!

<https://www.bonappetit.com/recipe/spinach-with-chickpeas-and-fried-eggs>



### Spanish Style Chicken Bake

Mrs Leiworthy: This is a family favourite. It's a quick and easy one-pot, low-fat meal.

<https://www.hairybikers.com/recipes/view/spanish-style-chicken-bake>



### Sausage and Apple Cassoulet

Mr Eddy: This is one of the favourite recipes in the Eddy household!

#### Ingredients:

6 pork sausages (or mushroom sausages for a vegetarian alternative)  
1 large onion  
2 red apples  
1 420g tin of butter beans  
1 tbsp sunflower oil  
15g sunflower spread  
2 tbsp tomato purée  
400ml medium sweet cider (or apple juice)  
1 tbsp instant gravy granules  
Ground black pepper

#### Method:

Preheat the oven to 200C/400F/Gas6.

Place the sausages on a non-stick baking tray and cook for 25 minutes until cooked through.

While the sausages are cooking, chop the onion and fry in the sunflower oil.

Cut the apples into quarters, remove the cores and cut into thin slices. Melt the sunflower spread in a pan and add the apples, cooking them on a medium heat until they begin to colour.

Add the tomato purée and cider to the pan and bring it to the boil. Add the cooked onions, sausages and the butter beans. Cook for a further five minutes.

Add the gravy granules and stir them in until the juices thicken a little.

Serve with a light sprinkling of black pepper.



## Mr Dawe's Sofrito

Mr Dawe: Sofrito is a healthy tomato-based sauce that lies at the heart of Mediterranean cookery. It's incredibly versatile and easy to make and once you've mastered it you can use it to make a variety of different dishes. It's a good sauce to cook for/with kids because it's packed full of (barely noticeable!) vegetables. An easy way to squeeze in some Five-a-Day!

This will make enough sauce to feed 6-8 with pasta, gnocchi, polenta or rice. It will comfortably keep in the fridge for at least 4-5 days (probably a week), or could be frozen (though mine never makes it that far!)

### Ingredients:

#### *For the Sofrito:*

One large red onion  
One largish carrot  
2 sticks of celery  
1 red pepper  
3 cloves of garlic  
Bay leaves and fresh or dried herbs (e.g. basil, thyme, oregano - whatever you have)  
A pinch of chilli flakes (optional - if you like a bit of kick!)  
Salt and pepper (to taste but be generous)  
2-3 tablespoons of olive oil  
2 tins of chopped tomatoes  
A small glass of wine (optional - but adds some depth of flavour)

#### *To turn it into Bolognese:*

c.175g (1 cup) dried puy (speckled) lentils - cooked and drained.

#### *To serve:*

Pasta of your choice (you could also serve with polenta, gnocchi or rice)  
Parmesan (or other) cheese



### What to do:

1. Finely chop all of the vegetables into tiny dice (as small as you can!) and grate or crush the garlic.
2. Heat the olive oil in a thick-based pan over a gentle heat (don't let it burn) and add all of the vegetables and the garlic. Sauté over a gentle heat for 10-15 mins stirring regularly until the vegetables are softened.
3. Add the seasoning, chilli (if using), bay leaves, herbs (fresh or dried) and sauté for a few minutes more. It will smell delicious! You can experiment with the herbs. A teaspoon of dried herbs will probably be sufficient but you'll need more if using fresh.
4. Add the tinned tomatoes, a splash of water and/or the wine if using and stir thoroughly.
5. Cover the pan and simmer long and slow over a low heat stirring occasionally to prevent sticking (at least 45 minutes). You might need to add a drop of water if it looks too thick but don't overdo it because you want the sauce to be thick and rich, not thin and runny.

At this point you have a basic Sofrito that you can use as a tomato sauce with pasta or on pizza by itself. It also forms a great base for a myriad of other dishes, for example:

#### For Bolognese:

1. While the Sofrito is simmering, cover the Puy lentils in water, bring to the boil and simmer until they are cooked - probably 20-30 minutes. Drain and reserve the lentils.
2. When the sauce is cooked through (the tomatoes will have broken down and the sauce will look thick and rich), stir in the lentils, cover the pan and continue to simmer over a low heat while you prepare your pasta.
3. Serve the pasta topped with the bolognese sauce and a grating of cheese if desired. I also like a side of wilted dark leafy greens with this.

#### Other uses for your Sofrito?

1. Instead of adding lentils to the Sofrito before serving, try adding an aubergine or two, cut into large dice and roasted in a little olive oil in a hot oven.
2. Try topping with garlic sautéed mushrooms or ginger sautéed greens.
3. When the vegetables are sautéing, add a teaspoon of fennel seeds and an inch or so of fresh grated ginger to give the sofrito a uniquely southern Italian flavour. I prefer this with the addition of a tin of chick peas instead of lentils and sometimes add roasted aubergine too.
4. Omit all the pulses and just add roasted Mediterranean vegetables - mushrooms, peppers, courgettes, aubergines - to the Sofrito to make a delicious ratatouille.
5. Add a teaspoon of paprika and/or smoked paprika to the sautéing vegetables to give the sauce a Spanish accent. Again, this is good with chickpeas but it also works really well with butterbeans and chorizo (Sainsbury's sell a vegetarian version that's not bad).
6. For a crowd pleasing vegetarian chilli, add a teaspoon each of cumin seeds, cinnamon powder, paprika and/or smoked paprika and more fresh or dried chillis at the sautéing stage to turn it into a spicy base for a vegetable chilli (you can omit the wine for this one). It should be fiery hot before you add the same quantity of puy lentils and a tin of black beans as these will 'dilute' the heat. Additional peppers or roasted aubergine work well here too. Serve with rice, baked potatoes or corn tortillas. For extra special occasions you may add sides of guacamole and sour cream with a twist of lime juice. This will serve 8-10 comfortably.

# Sweet Treats

## Chocolate Fudge Cake (with dairy free option)

Mrs Ward: This is a light and springy chocolate fudge cake with dairy free option. This has become a real family favourite for all our birthdays after we found it looking for a recipe for one of my children who is dairy intolerant. You can't tell the difference and it's delicious!

### Cake ingredients:

175g self-raising flour  
2 tbsp cocoa powder  
1 tsp bicarbonate of soda  
150g caster sugar  
2 eggs  
150ml sunflower oil  
150ml milk (or oat/ soya milk)  
2 tbsp golden syrup

### Chocolate fudge icing:

75g butter (or dairy free alternative)  
175g icing sugar  
3 tbsp cocoa powder  
a drop of milk (or oat/soya milk)

### To make the cake:

1. Preheat the oven to 180°C. Grease and line 2 x 18 cm sandwich tins.
2. Sieve the flour, cocoa and bicarb into a bowl. Add sugar and mix.
3. Make a well in the centre and add syrup, eggs, oil and milk. Beat well with electric whisk until smooth.
4. Spoon mixture equally into the 2 tins and bake for 25-30 mins until risen and firm to the touch.
5. Leave to cool before turning out onto cooling rack.

### To make the icing:

1. Slowly melt butter in a pan.
2. Add cocoa and turn up the heat. Cook it gently for a minute and then add the icing sugar.
3. Add the milk gradually (or dairy free alternative) and keep stirring until you have a glossy paste.
4. Allow to cool, then use the icing to sandwich cakes together and ice the top.
5. Add sweets or decorations!



## Easy Banana Muffins

Mrs England: Great as a fun thing to bake and good for a *fairly* healthy and energy-giving snack.

<https://www.bbcgoodfood.com/recipes/banana-muffins>



## Date and Walnut Loaf

Mrs Ashurst: A really quick, delicious and easy cake to make that the children can do!

### Ingredients

4oz SR flour + 1 tsp baking powder  
3oz margarine  
5oz soft brown sugar  
3oz chopped walnuts  
3oz chopped dates  
¼ tsp grated nutmeg  
2 eggs

### Method

Melt margarine and sugar.  
Beat eggs.  
Beat all ingredients together.  
Pour into loaf tin.  
Bake at 375°F / 190°C for approximately 35 minutes. You may need to cover it part way through so that it doesn't burn.



### Limey Banana

Daisy: Slices of banana with lime juice and a bit of the lime rind grated on it. That's it. Simple but it's so tasty and I can get Sonny to eat this even though he says he now doesn't eat bananas.



### Seville Orange and Pistachio Bread

(Mrs Whipp)

[https://www.waitrose.com/home/recipes/recipe\\_directory/s/seville-orange-andpistachiobread.html](https://www.waitrose.com/home/recipes/recipe_directory/s/seville-orange-andpistachiobread.html)



### White Chocolate Tea Bread

Mrs Petty: Another yummy recipe!

<https://cookingonabootstrap.com/2019/11/09/white-chocolate-tea-bread-recipe/>



### Granola Bars

Miss Hooton: These granola bars are just delicious and a perfect healthy treat for a mid morning or afternoon snack! I love that you can add any ingredient you like to flavour the bars and you can also freeze them for up to a month. I hope you enjoy making them and eating them as much as I do!

#### Ingredients

- 100g honey (or other liquid sweetener)
- 100g butter
- 25g brown sugar
- 50ml water
- 150g porridge oats
- 30g Rice Krispies
- 30g wholemeal flour
- Optional: dried fruit (25g), mixed seeds (25g), desiccated coconut (10g), chocolate chips (75g)



#### Method

1. Preheat the oven to 180c and line a dish with parchment paper. I used an 8x8 inch dish.
2. Add the honey and butter to a jug and microwave gently until the ingredients have melted. You can also do this in a pan on the hob. Add the sugar and water and mix until all dissolved.
3. Add the oats, rice krispies, flour, dried fruit, seeds and coconut to a large bowl and mix. Pour in the the melted butter mixture and mix. Finally stir in the chocolate chips.
4. Transfer this mixture into the prepared dish. Take another piece of parchment paper and use that to push down firmly on the mixture. You need to make it as compact as possible in the dish.
5. Bake in the oven for 20 minutes, leave to cool and then put it in the fridge or freezer for 1 hour. These steps are essential to stop the bars from falling apart.
6. Remove from the fridge and lift the parchment paper out of the dish and cut into small bars.
7. Keep in the fridge or freezer.

It is essential to follow the steps of cooling and refrigerating the bars to stop them from crumbling and falling apart.

### Special Rice Cakes

Mrs Clemens: This is something we often make at home. Very, very simple but very, very delicious!

#### Ingredients:

Plain rice cakes  
Chocolate  
Chia seeds  
Flax seeds  
Desiccated coconut  
Any dried fruit  
Any seeds  
Any nuts

Melt the chocolate, spread over one side of the rice cake and sprinkle on your chosen topping!!

### Spiced Vegan Banana Bread

Mrs Petty: With this recipe I didn't have any of the spices so I used brown sugar and a blob of golden syrup, I've used whatever oil I have in the cupboard (olive oil last time). I normally put in three different kinds of raisins but again it's whatever you have in you cupboard. I normally check it after 15-20 mins, stab it in a few places to check then leave for 10 minutes in the oven. The timings definitely depend on how much moisture you put in.  
<https://cookingonabootstrap.com/2019/11/20/spiced-vegan-banana-bread-recipe/>



### Mr Hammond's Deconstructed Cheesecake

Mr Hammond: As we all know, the deconstructed meal is all the rage in the fine-dining arena, so I thought that this could be the perfect time to introduce the concept to the field of snacks. I am following the same principles: I am taking each constituent ingredient from the classical version of the recipe and breaking it down into its very essence...the elements that make the dish sing... the very heart and soul of the eating experience.

When I think about a cheesecake, the two main factors that stand out for me are the creamy, cheesy topping and the buttery biscuit base. My mouth is watering just thinking about them. I have broken down the recipe and removed all the faffing about to leave the taste-giants at its core; I hope you like it.

#### Ingredients

Digestive Biscuits  
Cream Cheese

#### Method

- 1) Gently remove the digestive from its packet taking great care not to awaken it. These biscuits have been nestled in their bright red chrysalis for several months awaiting their moment of glory.
- 2) Place the biscuit on a bread-board; ensure no buffoon has chopped onions on there previously as this would be a disaster.
- 3) Taking an old butter-knife (bone-handled is preferable, but Sheffield steel handles will do at a push) scoop out an ooze (yes, this is the correct word) of cream cheese and spread it - in a clockwise direction - on the upper surface of the digestive. Do not flatten the cream cheese; let the ridges and troughs on its biscuit foundation remain, as the greater the surface area, the greater the taste.
- 4) Eat.
- 5) Repeat 16 times.