

Recipes

Sunday 26th July

A Selection of 'posh' canapés
(Cheese and Pineapple/ Cocktail Sausages on
Sticks)

Sunday 2nd August

Scones, Cream and Jam (See Enclosed Recipe)

Sunday 9th August

Sharing platter (Dips, Houmous, vegetable Sticks)

Sunday 16th August

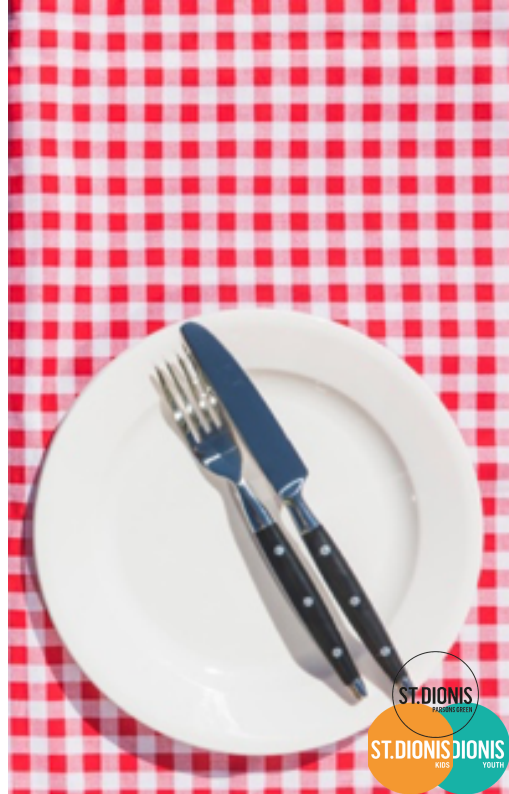
Fish Shaped Biscuits (See Enclosed Recipe)

Sunday 23rd August

Bake your own Bread
(There will be a prize for the best sour dough)

Sunday 30th August

Make your own Breakfast Bap



Palestinian Humous



Ingredients

- 250g Dried Chickpeas
- 1 Tsp Bicarbonate of Soda
- 3 Garlic Cloves, Crushed
- 90ml Lemon Juice
- 180g Tahini
- 1/2 Teaspoon of Ground Cumin
- Pinch of Sea Salt
- 4 Ice Cubes



Method

Soak the chick peas overnight in a large bowl of cold water.

The next day drain the chickpeas, tip them in to a saucepan with the bicarbonate of soda, cover with water and bring to a simmer. After 5mins of cooking, stir the chickpeas and skim off the foam that rises. Cook until the chickpeas are soft but not completely mushy. This could take 30-40 mins. When they are ready, drain them and place the hot chickpeas in a food processor with the garlic, lemon juice, tahini, cumin and salt. Process until the mixture is smooth, then add the ice cubes and process for another 2 full minutes until the mixture is light and creamy. Taste and adjust the seasoning, adding a touch more lemon juice or salt according to taste and splashing a little cold water if it is looking a bit thick.

Transfer to a serving bowl and leave to rest for 1 hour for the flavours to come together. To serve, make a well in the houmous and drizzle over some olive oil.

Scone Recipe



Ingredients

- 450g/1lb self-raising flour
- 2 level tsp baking powder
- 50g/1¾oz caster sugar
- 100g/3½oz butter, softened, cut into pieces
- 2 free-range eggs
- A little milk
- handful sultanas (optional)



Method

Preheat the oven to 220C/200C Fan/Gas 7. Lightly grease two baking trays. Put the flour, baking powder and sugar in a large bowl. Add the butter and rub in with your fingertips until the mixture resembles fine breadcrumbs. Crack the eggs into a measuring jug, then add enough milk to make the total liquid 300ml/10fl oz. Stir the egg and milk into the flour – you may not need it all – and mix to a soft, sticky dough. Turn out onto a lightly floured work surface, knead lightly and work in the sultanas, if using. Roll out to a rectangle about 2cm/¾in thick. Cut into as many rounds as possible with a fluted 5cm/2in cutter and place them on the prepared baking trays. Brush the tops of the scones with a little extra milk, or any egg and milk left in the jug. Bake for 12–15 minutes, or until the scones are well risen and a pale, golden-brown colour. Lift onto a wire rack to cool. Eat as fresh as possible. To serve, split the scones and serve with strawberry jam on the plain scones along with a good dollop of clotted cream.

Butter Recipe

Why not make some butter to go with your bread?



Ingredients

1 small carton of double cream which has been left out at room temperature for between 12 and 24 hours.

Small jam jar. Make sure it is thoroughly clean before use.



Method

Half fill the jam jar with cream which has been at room temperature for at least 12 hours (not more than 24). Screw the lid on securely and turn upside down to ensure no cream leaks. Shake the jar vigorously for a few minutes. You should notice that the cream coats the sides of the jar at first. After a while, you should notice a change in the jar feels as you shake it. Also, the cream will not stick to the sides of the jar so much. At this point, stop shaking and open the lid to look inside the jar. If you have a big lump of yellow butter, you are ready to move onto the next stage. If not, put the lid back on the jar and carry on shaking it. Once you've shaken the jar for several minutes, you should be left with a bright yellow solid in a pale white liquid. Carefully pour the liquid away or into another container (this liquid is called buttermilk and you can use it for cooking). Pour some cold water into the jar and swirl it gently around to "wash" the butter. Pour the water away and repeat this. The butter is now ready to eat. You can spread it onto bread or whatever else you choose.

Easy Bread Recipe



Ingredients

500g pack brown bread mix
25g butter
plain flour, for dusting
12 raisins
6 Flaked almonds (optional)



Method

Make the bread mixture with the butter following pack instructions. It's easiest to use a stand mixer but not difficult to do by hand. Leave the dough to rest for 5 mins, then knead for 5 mins. Cut the dough into six pieces. Dust the surface with a little flour and shape each piece into a ball by rolling it between your hand. Now make it hedgehog-shaped by pulling one side out a little and squeezing it gently into a snout. Be quite firm or it will bounce back. Put the hedgehogs on a baking sheet, cover with a damp tea towel and leave to rise for 1 hr. Heat oven to 200C/180C fan/gas 6. Using kitchen scissors (supervise younger children), carefully snip into the dough to make the spikes on the backs of the hedgehogs. Press raisins in for the eyes and push a flaked almond into the end of each snout. Bake for 15 mins or until the rolls are risen and golden. Will keep for two days in an airtight container.

Fish Biscuit Recipe



Ingredients

100 g butter or margarine
50g light muscovado or Caster sugar
4-5 drops vanilla extract
150 g plain flour
Melted chocolate & Edible metallic lustre dust to decorate (optional).



If you are struggling to find a fish shaped cutter, just use a heart cutter and turn it sideways to make a fish head. Cool huh!?

Method

Cream the butter and sugar together until light and fluffy. Beat in the vanilla. Add the flour and continue to beat well. The mixture will start to clump together into crumbs - at this stage, use your hands to press it into a ball of dough. Wrap in clingfilm and refrigerate for 20-30 minutes. Preheat the oven to 170C. Line a baking sheet with greaseproof paper. Remove the dough from the fridge and unwrap it. Roll out the dough between two sheets of greaseproof paper to a thickness of 4mm. Use a 10cm heart shaped cutter to shape the cookies. Impress scale patterns using a fluted cutter or the wide end of a piping tip. Transfer the cookies to the prepared tray and bake at 170C for 10 minutes or until just starting to turn a pale golden colour. Remove from the oven and cool on wire racks. Once cool, add a dot of melted chocolate for an eye, and brush lightly with edible lustre dust to highlight the scaly patterns (optional).