

Store Cupboard Scones

Ingredients

340g evaporated milk
450g self raising flour
100g butter or block margarine
50g soft light brown sugar
100g raisins or other dried fruit



What is block margarine?
Willow or Stork are examples of this.
Cheaper than butter but they have the same properties when baking.
Margarine in a tub will not give the same results.

If you haven't got evaporated milk you can use any milk, buttermilk or natural yoghurt thinned with a little milk.

Method

1. Preheat oven to 180°C (160°C for fan ovens) Gas mark 4.
2. Rub the cold diced butter into the flour and sugar until it forms bread crumbs.
3. Add the raisins and mix through.
4. Slowly pour in the evaporated milk while stirring together until a soft dough is formed.
5. Tip the dough onto a floured surface and roll to 2.5cm thick, then use a 7 cm pastry cutter to cut out the scones.
6. Re-roll until all the dough is used up.
7. Place the scones on a greased and lightly floured baking tray and brush with remaining evaporated milk.
8. Bake for 20 minutes until golden.

Flapjack

Ingredients

300 g butter or block margarine
180 g golden syrup
200 g soft light brown sugar
400 g porridge oats
¼ tsp ground cinnamon, optional



Instructions

1. Pre-heat your oven to 180°c (160°c for a fan-assisted oven or Gas Mark 4) and line a 28×18 cm tray bake or a 23x23cm square tin with tin foil and grease generously with butter or margarine. Set aside.
2. In a large pan, warm the butter, golden syrup and sugar - stirring regularly - until melted together. This can be done in the microwave, just use a microwave-proof dish and remove to stir frequently.
3. In a large bowl, lightly mix the oats and cinnamon before adding the melted mixture and stirring until all the oats are covered.
4. Transfer the mixture to your pre-lined/greased tray and smooth the mixture into the corners.
5. Bake in your pre-heated oven for about 20 minutes, until the edges are lightly golden and the middle still has a "slight wobble". The edges will have risen a little, so press back down with a cold spoon if desired.
6. Leave to cool a little in the tray before removing, carefully peeling off the tin foil and cutting into your desired sized slices.

Vegetable and Lentil Soup

Ingredients

600g carrots or any other vegetables such as:

- Parsnip
- Turnip
- Leek
- Butternut squash
- Sweet potato

2 teaspoons cumin seeds

Large pinch chilli flakes

140g split red lentils

2 vegetable stock cube

1 litre boiling water

8 tablespoons milk or cream

Method

1. Peel and chop the carrots on a chopping board.
2. Heat a large saucepan and dry-fry the cumin seeds and chilli flakes for 1 min, or until they start to jump around the pan and release their aromas.
3. **Take the pan off the heat and place on a heat-proof pot stand.**
4. Scoop out about half of the seeds with a spoon and set aside.
5. Add the carrot, lentils, crumbled stock cube, boiling water and milk to the pan.
6. Return to the heat and bring to the boil.
7. Simmer for 15 mins until the lentils have swollen and softened.
8. **Take the pan off the heat and place on heat-proof pot stand.**
9. Whizz the soup with a hand blender or in a food processor until smooth (or leave it chunky if you prefer).
10. Season to taste and finish with a sprinkling of the reserved toasted spices.



If you use leftover vegetables you will not need any preparation

Mince and Tatties

Ingredients

- 500g lean minced beef
- 1 large onion (150g)
- 2 medium carrots
- 1 stick celery
- 1 tablespoon sunflower oil
- 2 tablespoon plain flour
- 1 beef stock cube such as Oxo
- 600ml boiling water
- 2 tablespoons Worcestershire sauce, optional
- Salt and pepper
- 8 medium potatoes



If you don't like some of the vegetables in the ingredients change them for ones you do. You can always use frozen vegetables if you haven't got fresh ones!

Method

1. Peel and chop the onion, carrots, celery & potatoes.
2. Fry the onion, carrots and celery in the sunflower oil over a medium heat for about 5 minutes until softened.
3. Increase the heat and add the minced beef to the pan and fry until it is well browned (8-10 minutes).
4. Reduce the heat and sprinkle the flour over the meat and vegetables and stir for a couple of minutes to cook the flour.
5. Dissolve the stock cube in the water then add the stock, Worcestershire sauce and pepper to the pan. Stir until the sauce comes to the boil and starts to thicken. Cover the pan and simmer for about 30 minutes until everything is tender, adding more stock if needed.
6. Meanwhile, cook the potatoes in boiling water for 20-25 minutes until soft. Use a potato masher or fork and mash the potatoes until smooth. Serve with the mince.

Macaroni Cheese

Ingredients

150g macaroni or other pasta
25g butter or block margarine
25g plain flour
400ml milk
100g cheese
1 tbs grated parmesan
Salt and pepper
Pinch of mustard powder, optional

Diluted evaporated
or reconstituted
dried milk can be
used



Method

1. Half fill a large pan with cold water. Add salt and bring to the boil with a lid on.
2. Add the macaroni, return to the boil and simmer until al dente.
3. Grate the cheese.
4. Make the cheese sauce: melt the margarine and stir in the flour to make a roux. Cook for 1-2 minutes. Gradually add the milk a little at a time until it is all added. If you add too much at once it will go lumpy.
5. Bring to the boil **stirring all the time until thickened.**
6. Add most of the grated cheese, leaving a little for the top.
7. Preheat the grill on the hottest setting.
8. Drain the macaroni, shake well to remove excess water.
9. Add the drained macaroni to the cheese sauce and season to taste.
10. Pour into an oven-proof container and top with the remaining grated cheese.
11. Grill or oven bake until golden brown.

Sweet Potato, Chickpea and Peach Curry

Ingredients

2 sweet potatoes
400g canned chickpeas
1 large onion
2 cloves of garlic
Pinch dried chilli flakes
1 x 400g tin of peaches
1 tablespoon sunflower oil
1 teaspoon cumin seeds
1 tablespoon curry powder
1 x 400g tin of chopped tomatoes
1 stock cube
Fresh coriander, optional



Method

1. Peel the sweet potato and cut into even-sized bite-sized cubes. Place in a small bowl with 30ml of water, cover with a small plate and microwave for 5 minutes.
2. Drain the chickpeas and rinse them under cold water.
3. Meanwhile, peel and finely chop the onion and garlic.
4. Drain the peaches, **keeping** the juice, and chop into small pieces.
5. Pour 15 ml oil into a **large**, heavy bottomed pan, and add the diced onion and crushed garlic, then the 5ml cumin, pinch of chilli and 15ml curry powder, and cook gently on a low heat for a few minutes to soften the onion.
6. Add the peaches to the onion mixture in the pan, along with the reserved peach juice, sweet potato and chickpeas, chopped tomatoes, and crumble over the stock cube, then stir together.
7. Reduce the heat, cover with a lid and cook gently for 30 minutes.
8. Add in the chopped coriander, stir.
9. You may need to add a cup of water to the sauce if it starts to get a bit thick. Stir well, and serve with rice or flatbread.

Caribbean Fruity Curry

Ingredients

1 large onion
1-2 peppers
4-6 chicken thighs
1 tablespoon sunflower oil
2-4 tablespoons mild curry powder
100g tinned pineapple chunks in unsweetened juice, drained
100ml pineapple juice
1 can coconut milk
150g tinned kidney beans
1-2 tablespoons hot pepper sauce (depending on how hot you like it)
Fresh coriander, optional

Method

1. Peel and chop the onion.
2. Deseed the peppers and chop into 1½ cm squares.
3. If needed, remove the skin from the thighs. Peel back the skin and grab it with a piece of kitchen paper then pull.
4. Heat the oil in a large pan. Add the chicken and brown well on all over.
5. Add the onions and peppers to the pan, and cook for 5 mins until the vegetables starts to soften.
6. Sprinkle in the curry powder, then add the pineapple cubes, pineapple juice, and the coconut milk. Simmer, uncovered, for 30-40 mins until the chicken is tender and the sauce has reduced and thickened a little.
7. Add the beans and pepper sauce to the pan. Simmer for another 2-3 mins until the beans are warmed through, then scatter with coriander.
8. Stir well, and serve with rice or flatbread.



Remember in recipes like these if you have extra chicken, pineapple or red kidney beans use them. Do not waste them if they will be eaten by your family.

Chicken Jalfrezi Curry

Ingredients

2 medium onions
1-2 pepper
2 garlic cloves
3 chillies
4 boneless chicken breasts or 6 thighs
1 tablespoon sunflower oil
1 tablespoon ground cumin
1 tablespoon garam masala
1 teaspoon ground turmeric
1-2 tins chopped tomatoes
Fresh coriander, optional

If you haven't got separate
spices use 2½ tablespoons of
curry powder

Method

1. Peel the onions and cut into 8 wedges.
2. Deseed the pepper and cut into 2cm squares.
3. Peel and crush the garlic.
4. Finely chop 2 of the chillies - deseed them if you don't like very spicy food. Split the other 1 from stalk to tip on 1 side without opening or removing the seeds.
5. Cut each chicken breast into small bite-sized pieces.
6. Heat the oil in a non-stick frying pan over a medium heat.
7. Add the chicken and whole chilli and cook for 3 minutes or until lightly browned all over, turning the chicken regularly.
8. Add the onion and pepper and cook for a further 3-4 minutes.
9. Add the garlic, chopped chillies, cumin, garam masala and turmeric, then stir-fry for 1-2 minutes to cook the spices. Do not let the garlic or spices burn or they will add a bitter flavour to the sauce.
10. Add the chopped tomatoes and cook for about 8-10 minutes, stirring occasionally until the chicken is tender and cooked through and the sauce has reduced by about a third.
11. Stir well, and serve with rice or flatbread.

If you have no
fresh chillies use
dried ones

Flatbreads

Ingredients

175g self raising flour

½ teaspoon baking powder

175g natural yoghurt or buttermilk

No SR flour?
Use plain + 2
teaspoons of
baking powder

Method

1. Add all the flatbread ingredients to a mixing bowl and mix together with a **fork**, then use clean hands to pat and bring everything together.
2. Dust a clean work surface with flour, then tip out the dough. Knead lightly for a minute or so to bring it all together.
3. Put the dough into a bowl and cover with a plate, then leave aside.
4. Dust a clean work surface and rolling pin with flour, then divide the dough into 4 equal-sized pieces..
5. With your hands, pat and flatten the dough, then use a rolling pin to roll each piece into 15x8 cm ovals, about 2-3mm thick.
6. Use a knife to cut 6 lines into the centre of each round, leaving about 3 cm at each end.
7. Place the pan on a high heat, then once hot, cook each one for 1 to 2 minutes on each side, or until puffed up, turning with tongs.



Chocolate Cake or Muffins

For the cake

225g plain flour
350g caster sugar
85g cocoa powder
1½ tsp baking powder
1½ tsp bicarbonate of soda
2 eggs
250ml milk
125ml sunflower oil
2 tsp vanilla extract
250ml boiling water

For the chocolate icing

200g plain chocolate
200ml double cream

To add more flavour add the
zest of one or two oranges to
the cake mix

Method

1. Preheat the oven to 180C/160C Fan/Gas 4. Grease and line two 20cm sandwich tins with greaseproof paper or put paper cases into a 12-hole muffin tin.
2. **For the cake**, place all the ingredients, except the boiling water, into a large mixing bowl. Beat the mixture until smooth and combined.
3. Add the boiling water to the mixture, a little at a time, until smooth. (The cake mixture will now be very liquid.)
4. Divide the mix between the tins or paper cases and bake for 25-35 minutes, or until the top is firm to the touch and a skewer inserted into the centre of the cake/cakes come out clean.
5. Remove the cakes from the oven and allow to cool completely, in their tins, before icing.
6. **For the chocolate icing**, heat the chocolate and cream in a saucepan over a low heat until the chocolate melts. Remove the pan from the heat and whisk until smooth, glossy and thickened. Set aside to cool for 1-2 hours, or until thick enough to spread over the cake.
7. **To assemble the large cake**, run a round-bladed knife around the inside of the tins to loosen the cakes. Carefully remove the cakes from the tins. Spread a little chocolate icing over the top of one of the chocolate cakes, then carefully top with the other cake. Transfer the cake to a serving plate and ice the cake all over with the chocolate icing, using a palette knife. If making the muffins spread some of the icing on top of each one.

Sticky Toffee Pudding

For the Sponge

200g soft dried pitted dates

200ml boiled water

1 teaspoon bicarbonate of soda

75g butter, softened

2 tablespoons black treacle

50g brown sugar

2 large eggs

150g plain flour

2 teaspoons baking powder

For the Sauce

150g butter, softened

300g brown sugar

1 tablespoon black treacle

200ml double cream

Method

1. Preheat the oven to 180C/160C Fan/Gas 4 and lightly grease 23x23cm square baking dish or cake tin.
2. Roughly chop the dates and put them, boiling water and bicarbonate of soda into a bowl, stir and then leave for 10 minutes.
3. Cream the butter and black treacle together with a wooden spoon on mixer until well mixed, then add the sugar and mix again, beating out any lumps. Beat in the eggs until incorporated - it may curdle!
4. Add the flour and baking powder until you have a smooth, thick batter.
5. Squish the dates a little with a fork, then pour them and their liquid into the batter and beat gently to mix in.
6. Pour and scrape into your dish or cake tin and bake for 30-35 minutes, or until a cake tester comes out clean.
7. To make the sauce, melt the butter, brown sugar and treacle over a very low heat in a heavy-based saucepan. Once the butter has melted, stir gently until everything is melted too. Now stir in the cream, then turn up the heat and when it's bubbling and hot, take it off the heat.
8. As soon as the pudding is out of the oven, prick the cooked sponge pudding all over with a cocktail stick and pour about a quarter of the warm sauce over, easing it to the edges with a spatula so that the sponge is entirely topped with a thick sticky glaze.
9. Leave the pudding to stand for 20-30 minutes, then take to the table, with the rest of the sauce in a jug, and cream to serve.