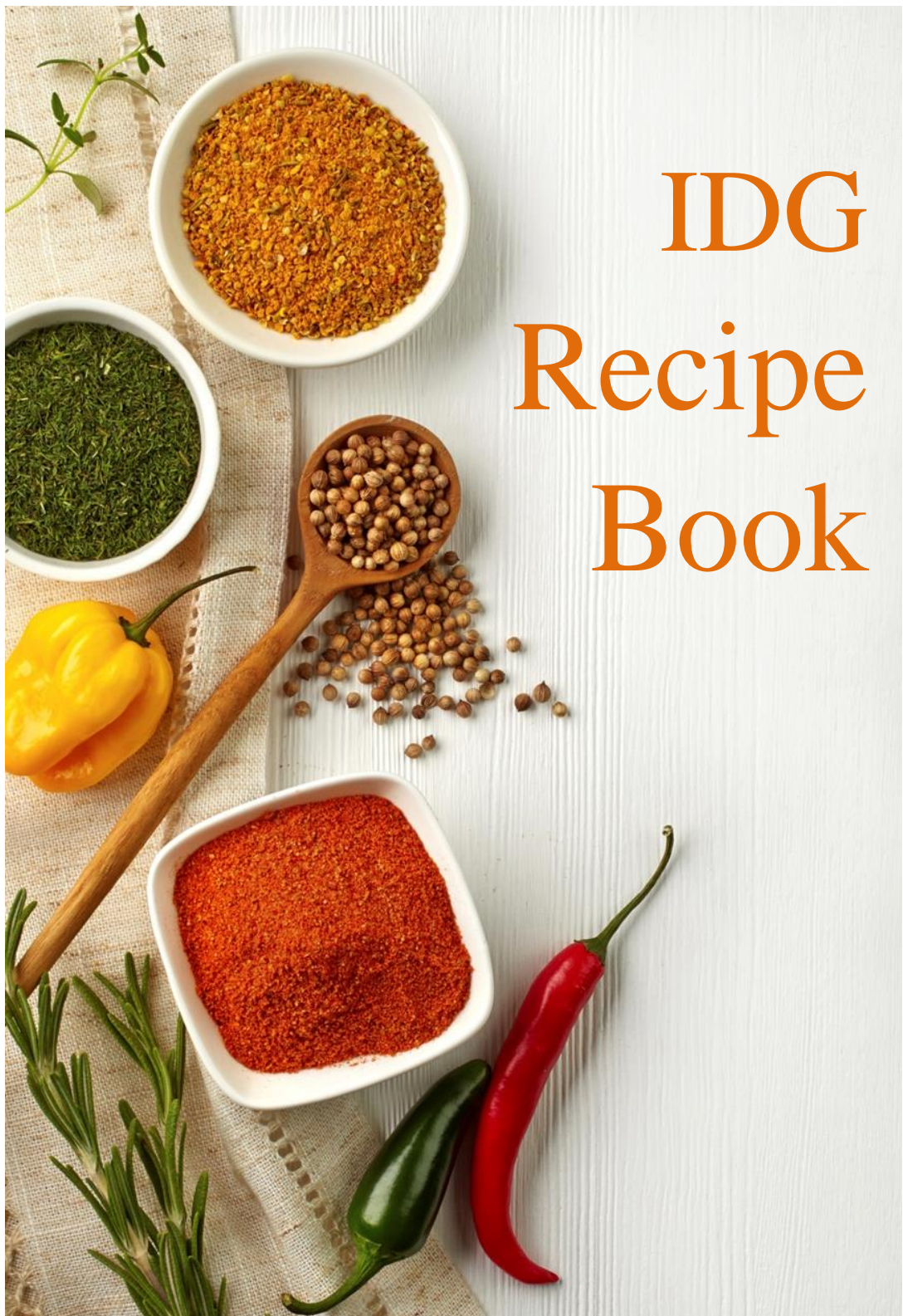


IDG Recipe Book



INTRODUCTION

On behalf of Islesburgh Drama Group I hope you will enjoy trying some of the many recipes that we have gathered together. We were delighted that both past and present members shared their well loved favourites while friends of the group also contributed to this publication. We are indebted to the many 'well known' people who responded to our appeal and I am sure you will find some of their recipes interesting!

Remember that while every care has been taken in the reproduction of these recipes Islesburgh Drama Group are not responsible for the outcome of any recipe you try from this book.

Happy cooking!

Morag Mouat – Chair

STARTERS

FISH

MEAT

VEGETARIAN

SWEETS, CAKES & OTHERS

Designed by

SCENARIO  designs

Roasted Tomato Soup with Puree of Basil & Olive Croutons

Contributed by Delia Smith

At first you're going to think 'Why roast tomatoes, just for soup?' but I promise you that once you've tasted the difference you'll know it's worth it – especially in the spring when it's hard to get really ripe, full-flavoured tomatoes. And roasting really isn't any trouble, it just means time in the oven. Serves 6.

Ingredients:

3 lb (1.35kg) ripe, red, firm tomatoes
about 1oz (25g) fresh basil
3 fat cloves garlic, unpeeled
4 tablespoons extra virgin olive oil, plus extra for dipping
1 large potato, about 6oz (175g)
2 rounded teaspoons tomato purée
1 dessertspoon balsamic vinegar
salt and freshly milled black pepper

For the croutons:

3oz (75g) ciabatta, crusts removed, cut into small dice
1 tablespoon extra virgin olive oil
1 level tablespoon black olive paste

Pre-heat the oven to gas mark 5, 375°F (190°C).

Equipment:

You will also need a good solid, shallow roasting tray about 14 x 11 x ¾ inches deep (35 x 28 x 2 cm deep).

Method:

First of all, skin the tomatoes by pouring boiling water on them, leave for 1 minute exactly before slipping the skins off.

Now, slice each tomato in half and arrange the halves on the baking tray, cut side uppermost. Place the garlic cloves on the tray as well, leaving their skins on. Then season everything with salt and pepper and sprinkle a few droplets of olive oil on each tomato half and some on the garlic – about 2 tablespoons in all.

Then finally top each one with a piece of basil leaf (dipping the leaf in oil first to give it a good coating). Now pop the whole lot into the oven and roast for 1 hour or until the edges of the tomatoes are slightly blackened. While the tomatoes are roasting, prepare the croutons by placing the bread cubes in a bowl, with the oil and the olive paste, then toss them around to get a good coating of both.

About 20 minutes before the end of the roasting time, peel and chop the potato, place it in a saucepan with some salt and 1 pint (570 ml) of boiling water. Add the tomato purée then

simmer for about 20 minutes. When the tomatoes are ready, remove them from the oven, but leave it switched on.

Arrange the croutons on a small baking tray and put them in the oven to bake for about 8 minutes using a timer. Now scrape the tomatoes and all their juices into a food processor, rescue the garlic cloves from the tray, and then simply squeeze the pulp to join the tomatoes and discard the skins.

Then add the contents of the potato saucepan and whiz everything to a thick purée, not too smooth. If you want to, you can sieve the pips out, but I prefer to leave them in because I prefer that texture. The soup is now ready for reheating – very gently. Just before serving the soup make the basil purée. Strip the leaves into a mortar, sprinkle them with half a teaspoon of salt, then bash the leaves down with the pestle. It takes a minute or two for the leaves to become a purée. Now add the remaining 2 tablespoons of olive oil and the balsamic vinegar and stir well.

To serve the soup, pour it into warm serving bowls and drizzle the basil purée on the surface, then finally sprinkle on the croutons and serve with some ciabatta bread warmed through in the oven.

*© The Delia Collection: Soup, Delia Smith, BBC Books, 2003.
Recipe is reproduced by the kind permission of Delia Smith.*

Mulligatawny Soup

Contributed by Sally Magnusson

Ingredients:

1 medium sized carrot
1 medium sized onion
1 medium sized potato
1 medium sized cooking apple
2 tbsp oil
2 crushed garlic cloves
1 tbsp curry powder
½ pt tomato juice
2 pt vegetable stock
salt to taste



Method:

Chop the vegetables and apple. Heat the oil in a large saucepan and sauté the vegetables and apple until the onion is transparent. Add garlic and curry powder and cook, stirring for 2 minutes. Add all the liquids, bring to the boil, reduce heat, cover and simmer for 30 minutes. Allow to cool slightly then blend in small quantities in a liquidiser. Reheat to serving temperature and adjust seasoning to taste.

Serve with garlic or crusty bread.

Cullen Skink

Contributed by The Rt Hon Alex Salmond MSP

Ingredients:

Two medium smoked haddock or Finnan haddock or one large haddock on the bone
2 medium onions
pint of milk
1 lb of potatoes
2 oz of butter

Method:

Put fish in cold water, enough to cover. Bring to the boil and simmer for 10 minutes. Take out fish and remove bones and skin. Flake fish. Cook onion in the 2 oz of butter, taking care not to brown the onion. Cook potatoes and mash with a knob of butter. Add liquid from fish, pint of milk and onion. Salt, pepper and a small amount of parsley may be added to taste.



Nicola's Healthy Lentil Soup

Contributed by Nicola Sturgeon MSP

Ingredients:

4 large carrots
2 onions
2 large leeks
4 large potatoes
¾ cup red lentils
2 ham stock cubes
bunch parsley

Method:

Melt a little butter in a large soup pan and add the chopped carrots, onions and leeks and allow to soften slightly. Dissolve the stock cubes in a pint and a half of boiling water and add to the softened veggies and bring back to the boil, then add the red lentils and potatoes. Allow to cook until all the ingredients are soft and fully cooked. When cool blend the soup, sprinkle with chopped parsley and serve with wholemeal bread.

Cucumber Soup

Contributed by Beattie and Ian Dunn

Ingredients:

1 pint chicken stock
1 small cucumber
1 small onion
1 oz butter
1½ oz flour
¼ pint milk*

* As an alternative to milk, use double cream, thicken with cornflour.

Method:

Peel cucumber and slice. Finely chop onion. Melt butter in pan. Sauté onion until soft. Add cucumber and stock, simmer for 30 minutes. Mash contents of pan. Add flour/milk and mix. Bring back to the boil and simmer 2 minutes. Garnish with finely chopped parsley.

Serves – 4

Cooking time – 30 minutes

Cullen Skink

Contributed by Richard Wilson

Poach about two pounds of smoked haddock and a large chopped onion in a little water until tender. Remove the skin and bones from the fish and flake it. Return the fish to the pan and add one and half pints of milk. Bring to the boil. Then add about half a pound of cooked, diced potato, or more for a thicker soup. Cut two ounces of butter into small pieces and add to the soup. Season to taste and add a little cream before serving.

This makes four good portions as a main course or eight as a starter.



Carrot, Coconut & Cumin Soup

Contributed by Donna-Marie Leask

Ingredients:

2 tbsp olive oil
1 red onion
1 clove garlic, peeled and crushed
1 lb carrots, peeled and diced
1 tbsp cumin seeds
1 tsp Thai green curry paste (optional but gives a hint of heat to soup)
1 tin coconut milk
1½ pints vegetable stock
Salt and freshly ground black pepper

To garnish: 1 oz flaked almonds mixed with chopped fresh coriander to garnish (optional)

Method:

Heat oil in pan and gently fry onion, garlic, carrots and cumin for 5 minutes. Stir in green curry paste, coconut milk and stock and bring to boil. Cover and simmer gently for 30 minutes, until the carrots are tender. Transfer in batches to food processor and blend until smooth. Return to rinsed pan and reheat gently. Season, serve and garnish as desired. This is super served with homemade crusty bread.

Fassoulatha (Green Bean Soup)

Contributed by The Right Hon. Helen Clark, New Zealand

Ingredients:

2 cups haricot, cannellini, lima, or black-eyed beans
8 cups water
1 large onion, finely chopped
1½ cups chopped, peeled tomatoes
2 tablespoons tomato paste
1 cup chopped celery, including leaves
1 cup diced carrot
½ cup olive oil
freshly ground black pepper
½ teaspoon sugar
salt
chopped parsley for serving



Method:

Wash beans well in several changes of water. Place in a large pot with the 8 cups of water and bring them to the boil. Boil for 2 minutes. Remove from heat and leave pot covered until beans become plump. Time varies according to beans, with the smaller beans plumping in one hour; larger beans take about two hours. Add remaining ingredients except salt and bring to the boil. Cover pot and boil gently for 1½ hours. Add salt to taste and cook for a further 30-60 minutes until beans are tender. Again time depends on beans. Serve hot in soup plates, sprinkling chopped parsley on each serve. Crusty bread, black olives, cheese, and wine can accompany Fassoulatha for a complete meal.

Serves – 8

Cooking time – 2½-3 hours

Cockles

Contributed by Julie Walters

Ingredients:

¼ pt fresh cockles
2 slices of wholemeal bread
butter
freshly ground pepper

Method:

Butter bread, place cockles on one piece, sprinkle with pepper, cover with the other piece, open mouth, shove in, clamp teeth down on bread and masticate – OK?



Seared Smoked Salmon with Apple Salad & Horseradish Cream

Contributed by Nick Nairn

Ingredients:

Horseradish Cream

40g freshly grated horseradish
90g mayonnaise
90g good crème fraîche
a squeeze of lemon juice
pinch of salt

Apple and Watercress Salad

2 medium eating apples skin on, cored and grated
2 spring onions, finely sliced at an angle
150g watercress, thick stalks removed
1 tsp lemon juice
1 tbsp olive oil

1 tbsp sunflower oil

4 x thick pieces of smoked organic salmon, each weighing 85–90g

Method:

Start by making the horseradish cream. In a bowl, mix together the horseradish, mayonnaise, crème fraîche, lemon juice and salt. Set aside.

Grate the apple into a medium-sized bowl and add the spring onions, watercress, lemon juice and olive oil. Toss everything together using a fork.

When almost ready to serve, heat a frying pan over a medium heat, add the sunflower oil and when hot, lay the smoked salmon portions in the pan. Sear for only 30 seconds on each side, remove and drain on kitchen paper.

To serve, divide the salad between four plates. Place the salmon next to the salad and dress with a dollop of the horseradish cream. Serve immediately.

Serves – 4 as a starter

Thai Green Olick

Contributed by Glynn Wright

Ingredients:

400g grams Ling cut into cubes
1 tablespoon olive oil
1 medium onion finely chopped
4 tsp ground coriander
2 tsp ground cumin
1 tsp turmeric
1 tsp chopped garlic
1 tsp chopped ginger
1 tsp chopped chillies
½ a cup of good fish stock
1 large tin coconut milk
4 kaffir lime leaves
1 tablespoon fish sauce
1 lime zest and juice

Seasoning

3 tablespoons chopped coriander

Method:

Fry onions in oil till soft. Add ground coriander/cumin/turmeric/garlic/ginger and chilli. Stirring all the time cook for two minutes. Add coconut milk/stock/lime leaves/lime zest and juice and fish sauce. Cook for 2 minutes. Add Ling and simmer till just cooked 3-5 minutes maximum. Season and finish with chopped coriander. Serve with sticky rice /boiled rice/Nan bread.

ENJOY!



South African Fish

Contributed by Bert Sinclair

This is a uniquely South African dish with a strong Cape Malay influence. I selected it for Shetland due to the Shetlanders love of fish and hope that everyone enjoys it. This is usually only made on either the Wednesday or Thursday before Easter and eaten on Good Friday. The longer it stands before eating the better the taste. Any kind of white fish pieces will do such as haddock (not smoked) – either with bones or filleted but boned fish has a stronger flavour.

Method:

Flour and fry 2kg seasoned fish in cooking oil. Put aside to cool in a dish which has a lid and the fish takes up about half the space – pour over the leftover oil from the pan – leave uncovered to cool. Peel 6 large onions and slice into thick rounds – about quarter inch thick – some can be slightly thinner.

Into a large pot put 500ml brown vinegar, 250ml water, 1-2 cups sugar (this depends on strength of vinegar and personal preference), 6 bay leaves, 10 cloves, 2 cinnamon sticks in pieces, 1 tsp peppercorns, 1 tsp mustard seeds, 1 tsp nutmeg, 1 tsp turmeric, 1-2 tbsp curry powder (either medium or strong depending on taste) and bring to the boil. Check taste is sweet and sour ... if not then adjust either vinegar or sugar accordingly – boil for about 30mins.

Add onion rings and blanch for 5 minutes – they should have some larger rings which are still crunchy with some thinner soft rings. Layer the fish, onions and pickling juice in the dish – with the last layer being onions and when cool cover and leave to stand overnight – there should be enough of the juice to cover completely.

Serve with buttered Hot Cross Buns or slices fresh bread.

Will last week to 10 days if covered – **do not put in the fridge.**

Fish & Potato Pie

Contributed by Judith Leask

Ingredients:

1lb cod fillets, skinned and cut into 1 inch pieces
1lb haddock fillets, skinned and cut into 1 inch pieces
4 potatoes, cooked and sliced
4 fl oz (½ cup) milk
2 eggs
1 teaspoon salt
¼ teaspoon white pepper
3 tomatoes, sliced
2/3rds cup fine, dry breadcrumbs
½ cup Cheddar cheese, grated
2 tablespoons butter cut into small pieces

Method:

Preheat the oven to 350°F (Gas mark 4, 180°C). Arrange the fish pieces and potato slices in alternating layers in a medium sized baking dish, finishing with a layer of potatoes. In a small bowl beat the milk and eggs together with a fork. Add the salt and pepper and pour the mixture over the fish and potatoes. Arrange the tomatoes on top of the dish. In a small bowl combine the breadcrumbs and cheese. Sprinkle this over the tomato slices. Dot the pieces of butter over the top. Place the dish in the oven and bake for 55 to 60 minutes or until the top is brown and crisp. Remove the dish from the oven and serve immediately.

I am delighted to send one of my favourite recipes for publication in Islesburgh Drama Group's "Personalities Favourites" recipe book in aid of building a workshop/store.

Islesburgh Drama Group is very dear to my heart, having been a past member. Being present at the 60th Anniversary of the group, brought back many happy memories.

Good Luck with your venture.

Judith Leask

Salmon Risotto

Contributed by Celia Walker, Past President, NODA

A quick and easy recipe for one. Multiply the amounts to serve larger numbers of people.

Ingredients:

125g salmon fillet, skinned and diced
2 inch of cucumber, peeled and diced
2 or 3 spring onions, chopped
a knob of butter
½ pint of hot chicken stock
½ a cup of risotto rice
a dash of white wine

Season with fresh or dried tarragon, salt and ground black pepper

Method:

Melt the butter in a saucepan, add the diced cucumber and spring onion and cook gently for a couple of minutes without letting the onions colour. Add the rice and stir to coat the grains with butter. Add the stock, wine, tarragon and seasoning and simmer for 10 minutes uncovered. Add the salmon and cook for a further 5 minutes stirring occasionally. Turn off the heat, cover the pan and allow the risotto to stand for 5 minutes.

Serve immediately.

Roast Salmon with Spiced Coconut Crumbs

Contributed by Audrey Spence

Ingredients:

4 salmon fillets
1 oz butter
4 crushed cardamom pods
1½ tbsp desiccated coconut
pinch chilli
½ tbsp grated root ginger
1 garlic clove chopped
½ tsp ground coriander
pinch of turmeric
1 tbsp chopped coriander

Method:

Melt butter in pan, add crushed pods and coconut, stir fry for 2-3 minutes until coconut starts to toast. Stir in chilli, ginger, garlic, ground coriander and turmeric. Cook for 1 minute, leave to cool. Lay salmon on greased oven dish. Scatter chopped coriander on salmon. Spread coconut mixture on top. Cover with cling film and chill for 1 hour. Cook in oven at 180C for 15/20 minutes until cooked. Suggested accompaniments - Stir fry Thai veg, noodles and Thai Style Sauce

Thai Style Sauce Ingredients:

2 tbsp vegetable oil
1 medium onion finely chopped
2 tsp curry powder
2 tsp finely chopped fresh ginger
1 clove garlic crushed
1 tbsp soy sauce
400 ml tin coconut milk
1 tsp mango chutney
squeeze of lime juice and seasoning

Method:

Heat oil in pan, add onion, curry powder, ginger and garlic, cook, stirring until onion is soft. Stir in soy sauce and coconut milk, simmer uncovered until sauce is slightly thickened. (May need to thicken slightly with a little cornflour) Add mango chutney, lime juice and season to taste.

‘Salmonchanted Evening’

Contributed by Diane Legget

This recipe is always a show stopper! It has stage presence, energy and its audience is never disappointed! – Enjoy!

Ingredients:

2 x Shetland salmon fillets
8g butter
2 sweet oranges
1 lemon
1 heaped tspn dried rosemary or 1 chopped fresh sprig
300ml fish stock
2 tbsp double cream
1 tsp redcurrant jelly
salt and pepper

Method:

Heat the butter in a non-stick frying pan. Lightly season salmon, place in pan and cook for 1 minute per side. Turn down heat and cook until fish just done, do not overcook. Remove salmon to plate and keep warm. Add to pan, zest and juice of oranges and lemon, the stock and rosemary. Bring to the boil and reduce by half. Add the cream and jelly and return pan to heat, let sauce thicken. To balance, add more oranges or jelly – down to taste! Place the salmon on warm plates, spoon sauce over and sprinkle some rosemary to decorate.

FINALE – Serve with buttered French beans and roast potatoes.

Serves – 2

Thai Red Fish Curry

Contributed by Donna-Marie Leask

This is not a hot dish!

Ingredients:

2 tbsp vegetable oil
450g/1 lb skinless cod fillet (I use monkfish or tusk as a cheaper option)
25g/1 oz seasoned flour
1 clove garlic, crushed
2 tbsp red curry paste
1 tbsp fish sauce
300ml/10 fl oz coconut milk
175g/6oz cherry tomatoes, halved
20 fresh basil leaves

Thai fragrant rice, to serve

Method:

Heat the vegetable oil in a large preheated wok. Using a sharp knife, cut the fish into large cubes, removing any bones with a clean pair of tweezers. Place the seasoned flour in a bowl. Add the cubes of fish and mix until well coated. Add the coated fish to the wok and stir-fry over a high heat for 3-4 minutes, or until the fish just begins to brown at the edges. In a small bowl, mix together the garlic, curry paste, fish sauce and coconut milk. Pour the mixture over the fish and bring to the boil. Add the tomatoes to the mixture in the wok and leave to simmer for 5 minutes. Roughly chop or tear the fresh basil leaves. Add the basil to the wok, stir carefully to combine, taking care not to break up the cubes of fish. Transfer to serving plates and serve hot with fragrant rice – delicious!

Tip: Take care not to overcook the dish once the tomatoes are added, otherwise they will break down and the skins will come away

Preparation – 5 minutes.

Cooking Time – 15 minutes

Smoked Mackerel Pâté

Contributed by Michael Gray

Ingredients:

4 smoked mackerel fillets
85g (3oz) low-fat soft cheese
142ml (5fl oz) pot whipping cream
squeeze of lemon juice
15ml (1 tbsp) horse-radish cream

For the Salsa

4 tomatoes, peeled, deseeded and chopped
½ cucumber, peeled, deseeded and chopped
2 tbsp chopped fresh chives
15ml (1 tbsp) olive oil

Method:

Skin the mackerel. Put in a food processor with the soft cheese, cream, lemon juice and horseradish. Season well and process for 1-2 minutes until just smooth. Remove, put in dish, cover and chill for 2 hours.

For the Salsa

Mix together the salsa ingredients, season well and serve with the pâté.

Garnish with chives. Serve with melba toast.

Scallops in a Cream & Curry Sauce

Contributed by Morag Mouat

Ingredients:

1 medium onion
1 clove garlic
2 thin slices pared fresh ginger
1 tblspn oil
2 heaped tspns medium curry powder
¾ pint vegetable stock
1 tspn tomato puree
1 tblspn mango chutney
2 oz creamed coconut
juice ½ lemon
fresh scallops – however many you will each eat!
8 oz cooked and peeled prawns
2 oz butter
2-3 tblspns double cream

I use scallops but also make this recipe with a firm white fish i.e. cod or ling. First dip fish in milk, roll in flour and then fry in butter.

Method:

Peel and finely chop the onion, peel and crush the garlic and finely chop the fresh root ginger. Heat the oil in a saucepan, add the onion and fry gently to soften. Stir in the garlic and ginger and cook for another minute. Stir in curry powder. Stir in the vegetable stock, add tomato puree, mango chutney and the crumbled coconut cream. Bring to the boil, stirring until thickened. Simmer gently for 5 minutes, then draw off the heat and add lemon. Taste for flavour. Trim scallops and if yours have roes, detach and keep whole. If prawns are frozen make sure they are thawed and pour off any juices. Melt butter in a large frying pan. Add scallops and fry for 1-2 minutes depending on size, then add roes and cook for another minute. Add cream and prawns to curry sauce and allow to warm through then pour over cooked scallops. Serve with rice and green vegetables.

Serves – 4

Cod Wrapped in Parma Ham with Pan Haggerty

Contributed by Stanley Manson

Ingredients:

4 x 200g fillets of cod or haddock
12 slices Parma ham
2kg Potatoes
1 large onion
300g mature cheddar
2 good sprigs thyme
600ml chicken or vegetable stock
Parmesan cheese
50g butter
Salt & pepper
4 tablespoon oil

Method:

Peel and thinly slice potatoes, peel and thinly slice onion, remove thyme from stalks and grate the cheddar. Butter an ovenproof dish and layer potato, onion, thyme and cheese reserving 100g cheese for the top. Season each layer with pepper only. There should be at least 3 layers. Pour over the stock to just under the top layer. Grease one side of a sheet of foil and cover the potatoes. Bake at 200 C or Gas 7 for about 45 minutes. Remove from oven, take off foil – the potatoes should be tender – and sprinkle the remainder of the cheese on top. Return to the oven for another 20 minutes or until golden.

Season the fish and sprinkle with parmesan, wrap each fillet with 3 slices of Parma ham making sure that the ends of the ham are tucked under the fish. Heat oil in a pan and place fish topside down to seal them. Turn after a minute, after a further minute put the fillets into the oven turned up to 220 C Gas 8 and bake for about 8 minutes. Remove cod from the oven and slice each fillet into 3 pieces. To serve, place a good spoonful of the potatoes onto four plates, fan out fish and set it next to the potato. Serve with a selection of buttered vegetables.

Risotto con Polpa di Granchio

Contributed by Pearl Hunter

Ingredients:

4 tablespoons olive oil
1 small red onion peeled and finely chopped
2 small fennel bulbs chopped
3 garlic cloves peeled and chopped
10 fennel seeds crushed
2 small dried chillies crumbled
300g (10oz) risotto rice
1 x 800g (1¾lb) tin peeled tomatoes
1.5 litres (2½ pints) fish stock
Maldon salt and freshly ground black pepper
75 ml (2½ fl oz) Italian oaked Chardonnay
2.25 kg (5lb) crab cooked and cooled, white and dark meat separated
juice of 2 lemons
1 bunch flat leafed parsley roughly chopped
extra virgin olive oil

Method:

In a heavy based saucepan heat the olive oil and stir in the onion and fennel and cook until soft and just colouring. Then add the garlic, fennel seeds and chilli, cooking till the garlic begins to change colour. Add the rice and stir to coat it all with oil then add the tomatoes. Increase the temperature slightly and add the Chardonnay stirring constantly until all the wine is absorbed by the rice. Reduce the heat to low and ladle by ladle stir in the stock ensuring each ladleful is absorbed before adding the next. Continue until the rice is cooked but still crunchy probably about 20 minutes. Add the crab meat, brown first with the lemon juice then the white and stir gently until the meat is heated through. Add the parsley and any left over fennel leaves and a little extra virgin olive oil to taste and add the seasoning to taste.

Mango Chicken

Contributed by Sir Cliff Richard

Ingredients:

1 jar mango chutney (Sharwoods if possible)
4 tablespoons mayonnaise
4 tablespoons clear honey
1 dessertspoon mild curry powder
4-6 large chicken thighs

Method:

Mix chutney, mayonnaise, honey and curry powder together and pour over chicken thighs in a casserole dish. Cook for about 1½ hours at 190°C (170°fan) Gas Mark 5.

This dish is quite sweet, so serve with plain vegetables such as green beans and new potatoes.



Marinated Chicken with Vegetables on a Bed of Fresh Baby Spinach

Contributed by Fiona Bruce

Method:

Cut up in chunks some tomatoes, aubergine, fennel and red onion. Toss in olive oil and put in a baking tray with a few cloves of unpeeled garlic, salt and pepper and herbs. Roast on high for 40 minutes. Turn occasionally.

Marinate 2 chicken breasts in olive oil and soya sauce for 20 minutes. Then cook on a griddle pan - should take about 10 minutes. Place a bed of raw baby spinach on a plate. Put the roasted vegetables on top.

Slice the chicken breasts widthways into about 5 pieces and place on top of vegetables.

Enjoy!



Sweet and Sour Balti Chicken

Contributed by Audrey Spence

Ingredients:

3 tblsp tomato puree
2 tblsp natural yogurt
1½ tsp garam masala
1 tsp chilli powder
1 tsp garlic pulp
2 tblsp mango chutney
1 tsp salt
½ tsp sugar (optional)
3-4 tblsp corn oil
4 chicken fillets cubed
¼ pint water
2 tblsp chopped fresh coriander
2 tblsp single cream (can use crème fraîche)

Method:

Blend together tomato puree, yogurt, garam masala, chilli, garlic, mango chutney, salt and sugar (if using) in a medium bowl. Heat the oil in a wok or deep frying pan. Lower heat slightly and pour in the spice mixture. Bring to boil and cook for 2 minutes, stirring occasionally. Add chicken pieces and stir until well coated. Add the water to thin the sauce slightly. Add lid to pan at this point. Continue cooking until chicken is cooked. Finally add the coriander and cream/crème fraîche and cook for 2-3 minutes.

Serves – 4

Pesto Chicken Salad

Contributed by Jean Sinclair

Method:

Whisk together 4 tbsp pesto, 3 tbsp white wine vinegar, splash of lemon juice and 4 tsp olive oil. In a bowl, gently toss together 3 chopped cooked chicken breasts, 100g halved cherry tomatoes, 150g cooked new potatoes, the pesto dressing and 2 tbsp toasted pinenuts. Place a handful of rocket on a serving platter and top with the chicken mixture. Add freshly ground pepper and serve.

Serves – 4

Chicken Divan

Contributed by Lorraine Jamieson

Ingredients:

1 packet frozen broccoli
2 cans condensed chicken soup
2 tsp mild curry powder
1 tblsp lemon juice
2 tblsp mayonnaise
2 ozs grated cheese
2 ozs breadcrumbs

Method:

Cook broccoli, drain and place in ovenproof dish. Brown chicken then poach in chicken stock. Dice and place on top of broccoli. Mix soup, curry, lemon juice and mayonnaise together. Pour over the chicken and top with cheese and breadcrumbs. Top with some flakes of butter. Cook for 45 minutes at 180°C.

Chicken Baked in Honey & Ginger

Contributed by Joyce Williamson

Ingredients:

4-6 chicken fillets
2 tablespoons vegetable oil
1 teaspoon dried mint
1 teaspoon dried marjoram
2 cloves garlic, grated
1-1½ inches root ginger, grated
4-6 mushrooms, sliced
a generous sprinkling of soy sauce
1 tablespoon clear honey
1 tablespoon vegetable oil
salt and pepper

Method:

Cut chicken fillets into large chunks and fry in 2 tablespoons oil until brown, then place in a shallow ovenproof dish. Sprinkle with herbs, garlic, root ginger, salt and pepper. Arrange mushrooms under and on top of the chicken. Sprinkle with soy sauce, and drizzle with honey and 1 tablespoon oil. Cover with tinfoil and cook for 1-1½ hours at 180°C. Serve with fresh pasta, broccoli or parsnips.



Marion's Turkey & Broccoli Curry

Contributed by The Websters

Ingredients:

2 tsp oil
1 onion, sliced
4 turkey fillets, cubed
2 garlic cloves, crushed
1 red chilli, finely chopped
2 tbsp curry paste
8 oz broccoli
8 oz peppers (red or green), sliced
1 tin coconut milk and ¼ of a tin of water

Method:

Soften onion. Add turkey and garlic. Stir-fry on medium heat until turkey is no longer pink. Add coconut milk and other ingredients. Bring to boil and reduce heat. Simmer for 20 minutes until turkey is cooked. Serve with boiled rice and chopped coriander. Mushrooms, sweetcorn, peas and other vegetables can be added if you wish.

Chorizo, Tomato, Rocket & Black Olive Penne

Contributed by Gary Lineker

Ingredients:

200-300g (7-10oz) penne pasta
125g (4½oz) chorizo, sliced
250g (9oz) cherry or baby plum tomatoes, halved
2tsp balsamic vinegar
50g (1¾oz) rocket
2-3tbsp tapenade
freshly ground black pepper

Method:

Cook the penne until al dente. While it is cooking, heat a drop of oil in a frying pan and fry the chorizo until crisp. Add the tomatoes and vinegar. Cook briefly until the tomatoes start to break down. Drain the pasta, tip in the sauce and toss together with the rocket and tapenade. Season with pepper and serve.

Serves – 2

Mince & Tatties

Contributed by Ma Broon

One of Oor Wullie's favourites!

Ingredients:

500g of minced beef
3 carrots, chopped
1 large onion, chopped
500mls of gravy stock
1 tablespoon of Worcester sauce – optional
4 large potatoes for the mash

Method:

Peel the potatoes and carrots. Boil potatoes as normal adding a small amount of milk and butter just before mashing. This should be done while the mince is cooking so that they are ready at the same time. Brown the mince in its own oils over a medium heat along with the chopped onions. Remove from the heat and drain any excess oil. Add the chopped carrots, Worcester sauce if used and the gravy stock mixture and return to the heat. Bring to the boil, turn down the heat and gently simmer for about thirty minutes. If a thicker stock is needed then add some cornflour or gravy thickener (Bisto), mixed with a little water, while the mince is cooking. Herbs like thyme or rosemary could be added about ten minutes before the end of cooking if wished. More traditional Scots chefs would add some oatmeal at the beginning of the recipe. Serve with the mashed potato and any additional vegetables such as neeps or Oor Wullie's favourite – peas!

It's braw!

If you want to finish off with a jeely piece like Oor Wullie, just take two slices of white bread, spread generously with butter and your favourite jam and enjoy – some cheddar cheese makes it even better!

Serves – 4



Oor Wullie © The Sunday Post D.C.Thomson&Co.,Ltd

Pepper Steak

Contributed by Malcolm Bell

Ingredients:

good quality 'thick cut' steak (fillet/rib-eye/sirloin)
2 shallots
2 garlic cloves
4 or 5 brown mushrooms (optional)
olive oil
crème fraîche
tablespoon good quality Cognac or brandy
freshly crushed black peppercorns
sea salt
½ glass red wine
unsalted French butter
freshly chopped parsley

Method:

Prepare the steak. Crush the pepper corns and rub into the steak along with a little olive oil. Do not salt at this stage. Set aside at room temperature.

Finely chop shallots and fry in a little olive oil with the garlic cloves which should be peeled and crushed.

Slice the mushrooms and add to the shallot and garlic mix. Fry until cooked and then add a knob or two of butter and allow to melt. Remove from the heat and reserve for use later.

Heat a heavy bottomed frying pan (if possible the one used to cook the shallot/mushroom mixture). Do not add oil to the pan. Sprinkle some ground sea salt on both sides of the steak. Sear both sides over a high heat to your preferred option. (As a rough rule of thumb 1 minute each side for rare, 2 minutes for medium and 4 minutes for well done). Flambé with the cognac and about halfway through the cooking add butter which should be allowed to foam. Spoon over the steaks during the cooking process.

Once cooked remove the steak from the pan and allow to rest (very important) on a warm plate.

Return the pan to the heat retaining the pan juices. Add half glass of red wine to the pan and deglaze reducing the contents by about half. Once reduced, add the mushroom and shallot mixture and combine. Then, add 2-3 tablespoons of crème fraîche and combine well. You can also add some whole black peppercorns at this stage to taste if you wish.

Place steak on serving plates and spoon over the creamy pan mixture.

Garnish with freshly chopped parsley.

Serve with homemade French fries and a crispy salad on the side.



The photo was taken by the River Loire at Chinon in France where I first found this recipe.

Hot & Spicy Up~Helly~Aa Mince

Contributed by Guizer Jarl's Squad 2010

Ingredients:

500g of the best Globe steak mince
230g tomato ketchup
50g Demerara sugar
1 teaspoon of Worcester sauce
½ teaspoon of salt
squeeze of lemon juice
2 tablespoon of cider vinegar
1 teaspoon of Tabasco
1 large onion
2 large carrots
rice for 4

Method:

Finely chop onion and fry, then brown mince with a little oil. While onions and mince are cooking start weighing out all other ingredients into a separate bowl. When mince is fully cooked add all ingredients to pan. Add a little water (50ml) to thin out sauce. Simmer mince for 15 minutes. Put rice on, chop carrots into fine sticks, then add just 5 minutes before serving.

This is meant to feed 4 but there is never anything left ;-)

Vietnamese Beef Stew

Contributed by Katherine Jamieson

Ingredients:

3 lbs stewing beef
6 stems lemon grass
2 tbsp groundnut oil
6 slices fresh ginger
6 crushed garlic cloves
2-3 tsp crushed chillies
1lb carrots

For the sauce:

1½ pints stock
3 tbsp soy sauce dark
3 tbsp soy sauce light
2 tsp five spice powder
2 tsp salt
3 oz granulated sugar
3 tbsp rice wine/sherry
4 star anise
2 tbsp tomato puree

For the garnish:

6 tbsp fresh basil
6 tbsp fresh mint

Method:

Fry cubed beef in the oil, remove from pan. Fry vegetables, put the meat back in pan. Add all the sauce ingredients and simmer for 2 hours. Add carrots and cook for another 30 minutes at least. Serve with rice.

Cooking time – 2½ hours (but worth every minute!)

Beef Goulash

Contributed by Sheila Manson

Ingredients:

2 tablespoons olive oil
1½ lb chuck steak trimmed and cut into cubes
¼ level teaspoon salt
3 medium onions peeled and chopped
2 cloves garlic peeled and crushed
2 level teaspoons paprika
1½ level teaspoons caraway seeds
8 fl oz dry red wine
3 medium carrots peeled and sliced
3 level teaspoons tomato puree
½ pint beef stock
1lb potatoes peeled and diced
2 green peppers de-seeded and sliced
5oz soured cream
¼ level teaspoon paprika and
2 tablespoons chopped fresh parsley to garnish

Method:

Preheat oven to 180 C Gas 4. Heat the oil in a large flameproof casserole and brown the beef. Transfer the meat to a plate sprinkle with salt and reserve. Add the onions and the garlic to the pan and soften over a low heat. Turn up the heat and continue cooking until onions are golden brown. Stir in the paprika and caraway seeds and cook for 1 minute. Add the wine bring to the boil and cook for 3 minutes, until liquid has reduced slightly. Mix in the carrots, tomato puree and stock, and return the beef to the casserole. Bring to the boil, cover and place in the centre of the oven. Cook for about 1 hour 10 minutes, or until beef is almost tender. Take the casserole out of the oven and stir in the potatoes and green peppers. Cover and cook for another 30-35 minutes or until potatoes are done. Spoon the soured cream on top of the goulash, sprinkle with paprika and parsley. Serve with crusty bread.

Medallions of Beef Bunnahabhain

Contributed by Beattie and Ian Dunn

Method:

Fillet steak as required, palm size cut 1 inch thick. Cut pocket in steak (half thickness). Stuff with black pudding. Coat frying pan with olive oil, heat. Add butter to pan and fry steak as required, ensuring black pudding is heated through.

Whisky Sauce

Heat a tub of double cream. Mix 1 teaspoon cornflour, and a level teaspoon of dry mustard. Add red and green pepper to mix. Add a good dram of Bunnahabhain whisky. Add to heated cream. Bring to the boil, and simmer 2 minutes stirring continuously. Pour over the steak.

Szechuan Chilli Beef

Contributed by Sheila Manson

Ingredients:

250g/9oz lean sirloin steak thinly sliced
2 red chillies, deseeded and shredded
2 garlic cloves, crushed
1 piece root ginger, peeled and chopped
5 spring onions, trimmed and shredded
2 carrots cut long ways into matchsticks
2 celery sticks cut long ways into matchsticks
1 tablespoon soy sauce
2 tablespoon dry sherry
1 tablespoon hoisin sauce
Salt and freshly ground pepper
Spray oil

Method:

Sprinkle the strips of steak with a little salt and plenty of black pepper. If you have time leave to marinade for 1 hour. Spray a wok with oil and place over a medium heat. When oil is hot, tip in the steak strips and stir-fry briskly for 1 minute to sear them on the outside. Add the chillies, garlic, ginger, spring onions, carrots and celery and stir-fry for 1-2 minutes. Stir in the soy sauce, dry sherry and hoisin sauce and cook for 2 minutes. Serve immediately with some boiled rice or noodles and crusty bread.

Serves – 2

Preparation time – 15 minutes

Cooking time – 5 minutes

Child Care Slow Roast Shoulder of Lamb

Contributed by The Right Hon. David Cameron MP, Prime Minister

This is one of the Prime Minister's favourite recipes.

Method:

Take one shoulder of lamb, pierce it a few times and rub in garlic and rosemary. Rub the joint in oil and black pepper. Place some thyme underneath it and stuff it in a large casserole. Chop up three big carrots, three leeks, a handful of baby tomatoes, three sticks of celery and any other root vegetables you have lying around. Pour one tin of plum tomatoes over the top. Pour in one whole bottle of red wine. Throw in a whole bulb of garlic (cloves separated) and crumble two small dried red chillies over the top. Put in the oven for 3½ to 4 hours: first half hour in at 180° and then turn oven down to 140°.

With thanks to Jamie Oliver.

Lamb Chops in Whisky Sauce

Contributed by Morag Mouat

Ingredients:

plain flour
English mustard
lamb chops
4 oz mushrooms
oil for frying
1 tblspn brown sugar
1 tblspn vinegar
3 tblspn whisky
6 tblspn water
seasoning

I do 2 chops per person and usually use mutton chops but with lamb you may want to do 3 per person especially if there are men at the table!

Method:

Coat the chops with mustard using a pastry brush and then coat in flour. Heat the oil in a pan and then brown the chops. Mix together the sugar, vinegar, whisky and water. I tend to double up these ingredients as we like lots of sauce with the chops. Pour over the browned chops and then cover and cook for 30 minutes. I serve with braised rice or new potatoes and buttered cabbage.

Serves – 4

Lamb Cutlets Shrewsbury

Contributed by Alan Titchmarsh

Ingredients:

8 lamb cutlets
½ oz vegetable fat
4 ozs button mushrooms
4 tbsps redcurrant jelly
2 tbsps Worcester sauce
juice of 1 lemon
1 level tbsp plain flour
¼ - ½ pt stock
salt and freshly ground pepper
pinch ground nutmeg
chopped parsley



Method:

Trim excess fat from cutlets. Heat fat in a frying pan, brown cutlets on both sides in hot fat. Trim and slice mushrooms. Remove cutlets from pan and place in a casserole dish with mushrooms. Measure redcurrant jelly, Worcester sauce and lemon juice into a saucepan. Stir over low heat until jelly has melted and ingredients are blended. (Stirring with a whisk often helps redcurrant jelly to soften.) Draw off the heat. Add flour to hot fat remaining in frying pan and if necessary, add extra to help absorb the flour. Stir over low heat for about 10 minutes until a golden brown. Stir in jelly mix and then sufficient stock to make a thick gravy. Bring to boil stirring all the time to get smooth. Season with salt, pepper and nutmeg. Strain over cutlets. Cover and place in a moderate to slow oven (325° F, 170° C or Gas 3) and cook for 1½ hours. Sprinkle with parsley and serve.

Serves – 4

Time taken – 2 hours

Marinated Stir Fry Shetland Lamb

Contributed by Tavish Scott MSP

Ingredients:

1lb Shetland lamb cut into cubes
1½ tbs oil for frying
¼ pint chicken stock
4 oz cabbage shredded
2 tbs stem ginger or ¼ tsp ground ginger

For the Marinade:

3 tbs soy sauce
2 tbs wine vinegar
2 tbs brown sugar
1 clove garlic crushed

Method:

Mix lamb into marinade ingredients and leave for at least 2 hours. Heat half oil in pan and stir fry lamb for 5-8 minutes. Add stock and cook for further 5 minutes. Remove lamb and keep warm. Heat remaining oil and stir fry cabbage and ginger for 2-3 minutes. Stir the lamb into vegetables and serve.



Jamaican Pork Chops

Contributed by John Johnston, BBC Radio Shetland

Ingredients:

1 tsp olive oil
4 pork chops
1 onion, sliced
1 garlic clove, crushed
2 tbsp brown sugar
½ red pepper
1 tbsp chopped ginger
8oz crushed pineapple
¼ pt chicken stock
½ pt white wine

Method:

Heat oil and brown chops, remove from pan. Brown onion, add garlic and sugar and cook for a few minutes. Then add peppers, ginger and pineapple and cook for 5 minutes. Place the chops in an oven proof dish, add all other ingredients including salt and pepper, then cover with foil. Bake in the oven for 1 hour on a medium heat.



Chestnut and Vegetable Burgers

Contributed by Carol Vorderman

Ingredients:

125g (4oz) couscous
150ml (5fl.oz) hot vegetable stock
1 tablespoon (15ml) extra virgin olive oil
1 onion, finely chopped
2 carrots, grated
1 courgette, finely diced
200g (7oz) dried chestnut pieces
1 egg, beaten
3 tablespoons (45ml) chopped chives
a little low-sodium salt and freshly ground black pepper
extra olive oil for brushing

Makes 8 burgers

Method:

Place the couscous in a bowl. Pour over the hot stock and leave to stand for 15 minutes until the stock has been absorbed. Meanwhile, heat the oil in a frying pan and cook the onion over a moderate heat for 5 minutes. Add the carrot and courgette and continue cooking for 5 minutes. Remove from the heat. Add the chestnuts, couscous, egg, chives and seasoning. Mix well. Divide the mixture into 8 and firmly press into burger shapes. Chill until ready to serve. Heat the grill. Place the burgers on a grill tray, brush with a little olive oil then cook for about 15 minutes, turning carefully halfway through the cooking time.

Health Statistics:

Chestnuts are low in fat and provide potassium, B-vitamins and vitamin E. Couscous supplies complex carbohydrates and the carrots are super-rich in betacarotene, a powerful antioxidant that helps protect against cancer and heart disease.

Afghani Pumpkin

Contributed by Sandra Voe

I've been a vegetarian for about 30 years and this is my very favourite dish. I found it in an Afghani restaurant years ago and have made it loads of times. We all love it!

Ingredients:

half a large pumpkin or whole butternut squash
creamed coconut or coconut milk
curry spices, chilli, small piece of ginger
vegetarian stock
lump of butter
plain yoghurt

Method:

Wash pumpkin, scrape out seeds and chop in good sized chunks – the skin can stay on. Melt butter or oil, add spices generously, cumin, coriander, chilli and finely chopped ginger. Add pumpkin chunks and cup of stock. Don't overcook or pumpkin will get too soft. Add lump of coconut block or half tin coconut milk. Before serving stir in some good plain yoghurt. Serve with nice and dry boiled rice and grated carrot salad.

Delicious!

Chestnut Roast

Contributed by Sally Boazman

Please feel free to put my name to Gillian McKeith's Chestnut Roast which is the dish I now serve every Christmas! It's definitely my favourite. Good luck with the book – I visited Shetland last year and loved it.

Ingredients:

1 tbsp olive oil, plus extra to grease the tin
1 large red onion, peeled and finely chopped
3 garlic cloves, peeled and crushed
1 large leek, washed, trimmed and sliced
2 carrots, trimmed, peeled and sliced
1 large parsnip, trimmed, peeled and chopped
200g vacuum-packed chestnuts
100g pine nuts
3 tbsp chopped fresh parsley
2 tbsp chopped fresh thyme
2 tsp finely chopped fresh rosemary
2 tsp wheat-free vegetable bouillon powder
100g soft mild goat's cheese (optional)
fresh rosemary sprigs and bay leaves

Method:

Preheat the oven to 180C/gas mark 4. Take a 24-cm ring-shaped cake tin and use it to cut out a circle of greaseproof paper. Cut a hole in the centre of the paper 2 cm larger than the hole in the tin. Make 1-cm cuts, 3 cm apart, around the inside and outside of the paper circle. Brush the tin with a little olive oil, line with the paper and brush with a little more oil. Heat 1 tablespoon olive oil in a large frying pan. Gently cook the onion and garlic for 3-5 minutes, stirring occasionally until softened but not coloured. Add the leek, carrots and parsnip with 375 ml water.

Bring to the boil, then lower the heat and simmer for 6-8 minutes. The water will have evaporated and the vegetables should be tender when pierced with a knife. Allow to cool in the pan for 10 minutes. Place the chestnuts in the food processor and blend for 10-15 seconds until roughly chopped. Transfer to a large bowl and add the vegetables, pine nuts, parsley, thyme, rosemary and bouillon powder. Mix well and spoon half the mixture into the prepared ring mould, pressing down well. Dot with half the cheese, if using, and then top with the remaining vegetable mixture. Dot with the rest of the cheese.

Bake for 40-45 minutes until lightly browned. Remove from the oven and allow to cool in the tin for 5 minutes. Carefully loosen with a palette knife and turn out on to a warmed serving plate. Garnish with the fresh rosemary sprigs and bay leaves.

Serves – 4



Tropical Cashew Nut Rice Salad with Mango

Contributed by Lorraine Kelly

My Favourite Healthy Recipe. This salad is made in minutes and is so easy to whip up. You can buy ready cooked brown rice in tins or cook a batch yourself. Don't nibble on any extra cashews!

Ingredients:

4 heaped tablespoons of cooked brown rice
1 tablespoon (15g) of salted cashew nuts
1 fresh mango (peeled)
juice of a lemon.
1 tablespoon of chopped parsley
1 tablespoon of chopped chives
½ red pepper
small bunch of spring onions finely sliced
lettuce leaves to serve with the salad
salt and pepper



Method:

Heat a small frying pan on a moderate heat and roughly chop the cashew nuts on a board. Place the nuts in the heated frying pan to heat up slightly. This releases more flavour from the nuts, so cuts down on the amount you have to use. Meanwhile, cut the mango flesh into small cubes, along with the red pepper. Mix the two ingredients in a bowl with the cooked brown rice. Now add the chopped chives, spring onions, parsley, lemon juice and continue to mix. Once the cashew nuts have toasted slightly, mix half of them into the salad and reserve the remainder for garnishing the top. Season to taste and serve in a suitable serving bowl with some lettuce garnish and finally sprinkle with the reserved cashew nuts.

Carrot Risotto

Contributed by Steven Robertson

The following recipe is one of my very favourites both to make and eat. It is one that I got from the 'Italian Bible' of cooking, *The Silver Spoon*, and I have just modified it a bit over the years. I have chosen it as I particularly love Italian cooking.

Ingredients:

1 litre of good vegetable stock
4 young carrots – chopped
1 small leek or a stick of celery – finely chopped
1 small onion – finely chopped
125ml dry white wine
2 tablespoons single cream
30g butter
200g risotto rice
40g finely grated parmesan cheese
salt / pepper / good olive oil

Method:

Prepare the stock and have it hot and ready. Puree the carrots and the wine in a food processor. Melt the butter with a splash of olive oil in a big and reasonably deep frying pan. Add the finely chopped onion with either the leek or celery. Season well at this point and cook for 5 minutes on a low heat. Add the carrot and wine puree to the pan. Increase the heat to medium and cook for a few seconds, then stir in the rice. Add a ladleful of hot stock – cook – stirring until all stock is absorbed. Continue adding the stock, a ladleful at a time, until all the stock is absorbed by the rice in this way, stirring regularly. This will take 18-20 minutes.

About 5 minutes before the rice is tender season the dish again – to taste! – and stir in the parmesan and the cream. Cover the pan, take it off the heat and let it rest for two minutes – no more – then serve!



Penne Arrabbiata

Contributed by Walter Smith OBE

Control the heat of the dish by using more or less hot red pepper.

Ingredients:

¼ cup extra-virgin olive oil
3 large garlic cloves, minced
1½lb tomatoes, preferably plum tomatoes, peeled, seeded and coarsely chopped,
or
2 x 400g tins imported Italian tomatoes with their juice, chopped
1 or 2 dried hot red chillies, broken into pieces, or 1 hot red pepper flakes
salt to taste
1lb penne or other short thick round pasta
6 quarts water



Method:

Heat the oil in a heavy saucepan over medium-high heat and sauté the garlic, stirring constantly, until it is just beginning to turn golden – about 10 minutes. Add the tomatoes and chillies, reduce the heat to medium-low, and continue cooking until the tomatoes are soft and the sauce is dense but not pureed – about 20 minutes. Remove from the heat and taste for seasoning, adding more salt if necessary. Cook the pasta. Drain thoroughly, turn into a warm serving bowl and pour the sauce over it. Serve immediately.

Served – 4 to 6

Mediterranean Rice Salad

Contributed by Jennie Atkinson

This is a refreshing (but filling) quick salad made in minutes – ideal when dashing out to rehearsals!

Ingredients:

225g (8oz) long grain rice, cooked and cooled in the fridge
one mozzarella cheese, cut into chunks
2" piece of cucumber, chopped
12 cherry tomatoes, halved
12/15 green olives, halved

For the dressing:

2 tablespoons of extra virgin olive oil
½ tablespoon of red wine vinegar
1 tablespoon of lemon juice

To serve:

Slices of Parma ham
thinly sliced large tomatoes
torn basil leaves

Method:

Mix together the rice, cucumber, cherry tomatoes, olives and mozzarella. Combine well.

Make the salad dressing by whisking together the oil, vinegar and lemon juice. Season to taste with salt and pepper and add to the rice mixture.

Arrange the sliced tomatoes around the edge of each serving plate and pile the rice salad in the middle. Garnish each portion with crumpled Parma Ham and torn basil leaves.

Notes:

Also delicious with feta cheese instead of mozzarella.

Makes a nice starter for six.

Great for using up leftover rice!

Triple the ingredients and omit the Parma ham and sliced tomatoes when making for a party.

Serves – 2 to 3

Jam Roly Poly

Contributed by Ma Broon

One of Oor Wullie's favourite puddings!

Ingredients:

250g / 8oz self-raising flour
pinch salt
125g / 4oz shredded suet
6-8 tbsps water
4 tbsps raspberry jam, warmed
a little milk
1 egg, beaten
caster sugar



The Broons © The Sunday Post D.C.Thomson&Co.,Ltd

Method:

Preheat the oven to 200C / 400F / Gas 6. Sift the flour into a bowl with the salt. Add the suet and sufficient water to create a soft, but not too sticky, dough. Turn the dough out onto a floured board and roll out to a rectangle about 20 x 30cm / 8 x 12in. Brush the pastry with the warmed jam, leaving a ½ inch border all round. Fold in this border and brush with milk. With the short side towards you, roll up the pastry loosely and seal the ends well. Place on a greased baking sheet, with the sealed side underneath. Brush with the beaten egg and sprinkle lightly with caster sugar. Bake in the oven for 35 - 40 minutes until golden brown. Remove from the oven, sprinkle on a little more sugar and serve hot with home-made custard.

Really braw!

Favourites Pudding

Contributed by Ian McKellen

Slice your favourite sponge cake and arrange in your favourite dish.
Smear with your favourite jam and optional berries in season.
Pour over your favourite melted ice-cream to moisten the pudding.
Keep for a couple of hours in the fridge and serve to your favourite guests.

enjoy!

Ian McKellen

Banana and Peanut Butter Milk Shake

Contributed by Paul O'Grady

Ingredients:

2 bananas
½ pint of soya milk
1 generous tablespoon of peanut butter
1 scoop of vanilla ice cream (optional)

Method:

Put all ingredients in a blender and switch on. This is a simple and delicious recipe but also flexible. It can be adjusted to your personal taste. If you want a stronger peanut flavour, increase the peanut butter. If you want it creamier then just increase the soya milk and/or ice cream. You can lose the ice cream and add a handful of seeds and wheatgerm/flax seed oil if you want the healthy nut version.

This is a fantastic way of taking in healthy ingredients which can be a bit boring.

Fudgy Squares

Contributed by Sheila Donald

I'm delighted to send you the following recipe and very flattered to be asked! It's a 'must have' treat whenever my family are staying and was given to me years ago by a very dear friend.

Ingredients:

1lb crushed digestive biscuits
½lb butter
12oz caster sugar
large tin condensed milk (sweet)
cooking chocolate (milk or plain)

Method:

Melt butter in a large pan and add sugar and condensed milk. Mix and stir for 6-8 minutes without boiling. Add biscuit crumbs. Spread and press onto lightly greased or lined Swiss roll tin and coat with melted chocolate.

Banana and Pecan Bread

Contributed by Julie Etchingham

Ingredients:

125g butter
175g soft brown sugar
2 eggs
280g plain flour
1tsp bicarbonate of soda
pinch of salt
125ml milk
3 medium ripe bananas
1tsp vanilla extract
75g pecan nuts, chopped

Method:

Heat oven to 180°C / Gas Mark 4. Lightly oil 25cm x 11cm (10in x 4in loaf tin). Cream together butter and sugar until smooth. Add one egg and beat well, add the second and continue to beat well. Sift in half the flour with the bicarbonate of soda and salt, and mix well. Mix in the milk, then the remaining flour. Mash the bananas and then fold them into the mixture, and add in the vanilla and pecan nuts. Pour the mixture into the prepared loaf tin and level the top. Bake for approximately an hour until a skewer inserted in the middle comes out cleanly. If the top of the loaf browns too quickly, cover it loosely with foil. Allow to cool in the tin for around 20 minutes, then turn out. Beautiful and moist, the loaf can be served on its own or with butter – and will keep for days.



Tiramisu

Contributed by Steven Robertson

The following recipe is one of my very favourites both to make and eat. The Tiramisu recipe is a fairly traditional one with just some personal additions.

Ingredients:

For a dish 9in / 5in/ 2in

100g icing sugar
150g (16) sponge fingers
1 cup freshly brewed coffee (strong)
1 nip of whisky – recommend “JURA”
3 egg yolks & 2 egg whites
40g dark chocolate - 75% cocoa if you have it
250g Mascarpone cheese

Method:

Beat the egg whites into stiff peaks and set to one side. Meanwhile, add the egg yolks to the icing sugar and whisk into a foaming light mix. Fold the mascarpone cheese into the egg yolk and icing sugar mix. (Tip - when folding in the Mascarpone make sure you have taken it out of the fridge about 45 minutes before you use it, as it will fold into the mix better!). Then fold in the stiff egg whites. This is your cream mix!

Finely grate or chop the chocolate in a food processor or with a knife until it is in fine small chunks and grains. Add the nip of whisky to the freshly brewed coffee. To assemble, place a layer of the sponge fingers in the bottom of your dish then brush them with half the coffee and whisky - you will have to brush both sides of the fingers as you place them into the dish.

Then layer half of the cream mix on top of the first layer of moistened fingers and spread half of the crushed chocolate bits over the first layer of cream mix.

Then add your second layer of fingers, brush with remaining coffee and whisky, top with the remaining cream mix and cover with the last of the chocolate bits. Place the dish in the fridge overnight. Serve!

Cloutie Dumplin

Contributed by Robbie Shepherd

Thanks for getting in touch and aa success tae the Islesburgh Drama Group. I've just had a slice o my wife's dumplin an it's a favourite o mine and ithers. Here's Esma's ain words.

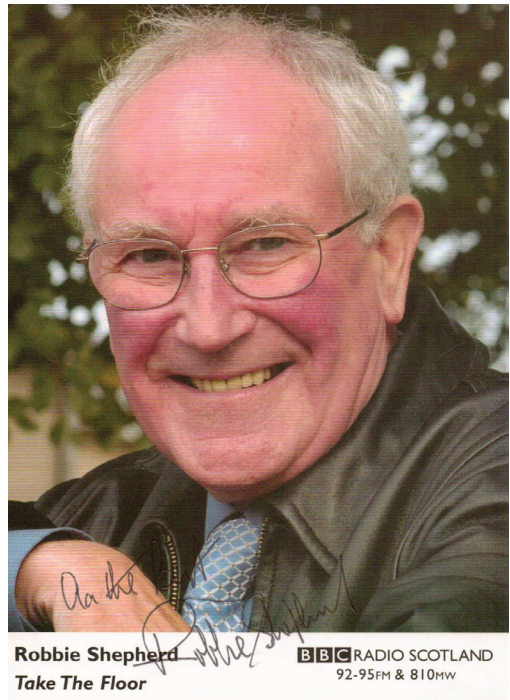
Ingredients:

2 cups self-raising flour (240g)
1 cup sultanas (120g)
1 cup currants (120g)
¼lb Atora suet or margarine (105g) or ½ marg and ½ Atora (52g each)
1 teaspoon baking soda (bicarb.)
1 teaspoon mixed spice
½ teaspoon cinnamon
¼ teaspoon ground cloves
3 dessertspoons sugar
1 dessertspoon treacle

Method:

Mix all together with 1½ cups (approx.) milk. Scald and flour cloth. Tie securely with string and boil for 3 hours. Remove from cloth very carefully. (Eat quite soon as it's made with self-raising flour).

Aa the best



Dark Muscovado Brownies

Contributed by Sue Lawrence

Makes 16 - 20 brownies

They are seriously chocolatey, wonderfully rich and squidgy yet surprisingly light because of the low flour content. Variations are endless: add 70g / 2½oz chopped toasted walnuts or pecans or chopped dried apricots to the batter. You can even bake it whole, as a brownie cake by first lining the brownie pan with greaseproof paper, lightly buttered, then instead of cutting into squares, leave until completely cold before lifting out whole, ready to ice or decorate with whipped cream and fruit. Another idea is to serve them as tiny squares for petit fours: it is easier to line the tin and chill the baked brownie completely before removing the entire lining paper and cutting into tiny squares. Apart from serving with tea or coffee, freshly baked brownies, rather like freshly baked cookies are also wonderful served with a glass of ice-cold milk. And finally, they are perfect for pudding, warmed slightly and served with a dollop of best ice-cream and some fruit; I like raspberries, brambles or orange slices. A slug - or drizzle depending on who is in charge of the bottle - of Crème de Cassis or Cointreau over the lot and you have a truly memorable pudding.

Ingredients:

350g / 12oz dark chocolate (55-70% cocoa solids)
200g / 7oz butter
250g / 9oz dark Muscovado sugar
3 large free-range eggs
70g / 2½oz plain flour, sifted
1 tsp baking powder

Method:

Melt the chocolate and butter together (I do this in the microwave but it can be done in a bowl over a pan of gently simmering water) then stir until smooth. Place the sugar in a bowl: if it is slightly lumpy, either break it up with your fingers or warm very, very slightly in the microwave (for a couple of turns) then stir it. Add the eggs one at a time, beating after each addition. Slowly add this to the melted chocolate mixture, stirring well. Sift in the flour, baking powder and a pinch of salt and gently fold together. Tip into a buttered, deep 23cm / 9in brownie pan and bake at 170°C / 325°F / Gas 3 for 35 minutes, or until a wooden cocktail stick inserted into the middle comes out with some moist crumbs adhering. It should also feel just firm when you place the palm of your hand gently on top. Remove the tin to a wire rack and allow to cool for half an hour or so then cut into 16 or 20 brownies. Leave until completely cold before removing the brownies.



Mulled Wine Christmas Cake

Contributed by Kevin Macleod from “The Singing Kettle”

This makes a very moist cake and the Christmassy smells as you make it really put you in a Festive mood. It's also fairly easy and unmessy to make.

Ingredients:

75ml ruby port
75ml red wine
zest and juice of 1 orange
½ teaspoon of ground cinnamon
½ teaspoon of ground nutmeg
½ teaspoon of ground cloves
125g of dark muscavado sugar
125g unsalted butter
250g of mixed dried fruit (I love cranberries, sultanas, apricots, golden raisins, even a few glace cherries – whatever takes your fancy)
2 x 400g jars of good mincemeat
50g of walnut nuts – roughly chopped
50g of pecan nuts – roughly chopped
3 large eggs – lightly beaten
250g of plain flour
2 teaspoons of baking powder

You will also need a 20cm square cake tin, greased and lined on bottom and sides with baking parchment paper.

Method:

Put the port and wine in a saucepan, add the spices and zest and juice of the orange. Gently warm for a few minutes. Cube the butter. Add the dried fruit, sugar and butter to the liquid. Heat for about 5 mins till the sugar has dissolved and the butter has melted. Tip into a large bowl and leave to steep for 30 mins or so. Preheat the oven to 150°C (130°C for fan oven)/ Gas 2. Stir mincemeat, nuts, eggs, flour and baking powder into the fruity mixture. Stir well to combine everything. Tip into prepared cake tin. Bake for 1 hour 30 mins – or until the top is dry to the touch. A skewer inserted will come out sticky but cake will be ready. Leave to cool completely. Remove from tin and wrap in baking parchment and foil, then keep in an airtight container until you are ready to decorate it.

It will keep this way for at least a month. It also freezes well. You can decorate it a couple of days ahead. I like traditional marzipan and icing!

Yum!



Jägermeister Cake

Contributed by Rae Simpson, Sigurd “Snake-Eye” Ragnarsson, Lerwick Jarl 2010

Ingredients:

A cup of water
A cup of sugar
Four large eggs
Two cups of dried fruit
A teaspoon of baking soda
A teaspoon of salt
A cup of brown sugar
Lemon juice
A bottle of Jägermeister

Method:

Sample the Jägermeister to check for quality.
Take a large bowl. Check the Jägermeister again, to be sure it is the highest quality.
Pour one level cup and drink. Repeat.
Turn on the electric mixer, beat one cup of butter in a large fluffy bowl.
Add one teaspoon of sugar and beat again.
Make sure the Jägermeister is still okay. Cry another tup.
Turn off the mixer.
Break to leggs and add to the bowl and chuck in the cup of dried fruit.
Mix on the turner. If the fried druit gets stuck in the beaterers pry it loose with a drewscriver.
Sample the Jägermeister to check of tonsisticity.
Next, sift two cups of salt or something. Who cares?
Check the Jägermeister.
Now sift the lemonn juice and strain your nuts.
Add one table. Spoon. Of sugar or something. Whatever you can find.
Grease the oven. Turn the cake tin to 350 degrees.
Don't forget to beat off the turner.
Thfrow the bowl out of the window, check the Jägermeister again and to go bed.

Tipsy Bananas

Contributed by Douglas J Clark, NODA Regional Rep, District 9

Ingredients:

4 bananas
¼ pint sweet white wine
grated rind of 1 lemon
4 level tablespoons of soft brown sugar
½ level teaspoon of grated nutmeg
a good pinch of ground cinnamon

Method:

Peel the bananas and arrange in an ovenproof dish. Mix the wine, lemon rind, sugar and spices. Pour over the bananas and bake at Gas Mark 8, 450 F, 230 C for 15 - 20 minutes. Serve hot or cold, with ice cream or single cream.

Serves – 4



Whalsay Duff

Contributed by Charlie Simpson

This is a pudding of veritable pedigree, guaranteed to leave you warmed up and stunking. Its name in Whalsay is duff; Scots may recognise it as similar to cloutie dumpling, but it's simpler and nearer to the original medieval version.

This recipe came originally from Clate, to me through a kind old family neighbour at the Cready Knowe, so here goes:

In a muckle lem basin, put six ounces of self-raising flour, the same weight of brown breadcrumbs, suet and sultanas. Follow with four ounces each of raisins and soft brown sugar, and top off with two teaspoons of cinnamon and a teaspoon each of ground ginger and baking soda. Mix all this thoroughly and moisten with milk until it all clings together in a lump - maybe about a cupful at most. Wring out a dishcloth in boiling water and sprinkle it with flour. Make the lump of duff into a cylindrical shape to fit into a muckle pot, roll up and tie with string like a Christmas cracker, and simmer gently for no more than an hour and a half. After this time, drain the pot, unroll the cloot and get the duff on a plate. This is the hardest part of the exercise, with a high risk of scalded fingers.

Hew the duff in muckle slices and consume, drookled in custard if you're really hungry, milk or cream if you're short of space. Then stunk, for hours. Happy eating!

From 'In Da Galley', pp 71-72.

Baked Bananas

Contributed by Joyce Williamson

Ingredients:

4 bananas, peeled and sliced
4 tablespoons rum
4 tablespoons orange juice
50g (2oz) ginger biscuits, crushed
40g (1½ oz) soft brown sugar
150ml (¼ pint) double cream

Method:

Place the sliced bananas in a glass dish. Mix the rum and orange juice together and pour over the bananas. Mix the biscuits and sugar together and sprinkle over the bananas. Cover the dish and cook for 2 minutes in the microwave. Turn the dish round and cook for a further 2 minutes. Uncover and pour the cream over the baked bananas. Serve at once.

Microwave setting: Maximum (full).

Apple Cake

Contributed by Gibby Inkster, New Zealand

Ingredients:

2 cooking apples
½ cup raisins
1 cup sugar
1 tsp baking soda
1½ cup flour
1 tsp cinnamon
½ tsp salt
½ tsp all spice
4oz butter
½ tsp nutmeg
1 egg
½ cup chopped walnuts
3 tbsp milk

Method:

Peel, core & dice apple. Put in bowl & sprinkle with sugar. Sift flour, baking soda, salt & spices. Melt butter. Beat egg. Mix all together. Add nuts, raisins & milk. Bake in a greased hole tin 180°C for 50 minutes. Sprinkle with icing sugar before serving.

Deelish warm with whipped cream!

Dee's Banana Cake

Contributed by Dee Inkster, New Zealand

Ingredients:

4oz butter
1 egg
3 bananas
1 tsp baking soda
6ozs sugar
7ozs flour
2 tspns baking powder
4 tablespoons milk

Method:

Cream butter and sugar. Mash bananas. Add eggs, bananas, milk and baking soda to creamed mixture. Sift flour and baking powder and add to mixture. Make in ring tin. 35minutes at 350°F or 180°C.

Dee's Yummy Orange Cake

Contributed by Dee Inkster, New Zealand

Put in blender:

½ cup butter
1 cup raw sugar
2 eggs
1 whole orange quartered. Pips and skin, the whole shooting caboodle.
¾ cup sour milk
1 teaspoon baking soda

Blend all together, but do not blend the orange too much as it is best if it is still a little chunky.

Add:

1 cup raisins
1½ cup flour, a mixture of white and wholemeal
grease cake tin and pour in mixture
cook for ¾ hour at 160°C / 325°F

This is a soft moist cake.

Best Apple Cake

Contributed by Jean Sinclair

This cake is delicious hot with custard or ice cream, as well as a cold tea time treat! Leave the skins on the apples – that's what makes it so tasty! It cannot go wrong!

Ingredients:

6oz self-raising wholemeal flour (non wholemeal will do)
1 level teaspoon cinnamon or to taste
4oz chilled polyunsaturated margarine or similar
4oz light brown sugar or castor
3oz sultanas
8oz cooking apples – washed, cored, and chopped into fairly large chunks
(I like plenty so I use two fairly large cooking apples)
2 large eggs, beaten

Method:

Set oven to 350°F/180°C (Gas Mark 4). Sieve flour and cinnamon together into a bowl. Rub in the margarine until mixture looks like rough breadcrumbs. Add sugar and sultanas. Stir in the apples. Add the beaten eggs. The mixture will seem a little stiff but it will become moist as the apples cook. Put mixture into greased 7inch cake tin or 1lb loaf tin. Bake for approximately 1 hour – cover for the last few minutes if it is getting too brown. Dust with icing sugar before serving then enjoy!

Auntie Anne's Easy Fruit Cake

Contributed by Audrey Spence

Ingredients:

1 large tin of condensed milk
1 egg
6 oz self raising flour
1½lb mixed dried fruit (8oz currants 8oz sultanas 8oz raisins)
4 fluid ounces of water

8 inch square tin. Don't need a deep one.
Line with greaseproof paper

Oven temp 150°C, 300°F, Gas Mark 2

Method:

Place fruit and water in pan. Simmer for 1 minute then leave to cool. Add flour, egg and condensed milk. Mix. Spoon into lined tin. Cook for 2 hours. Cover with foil and leave until completely cold. Keeps for weeks.

Gluten-Free Chocolate Brownies

Contributed by David Grieve

Ingredients:

200g plain chocolate
115g unsalted butter
175g ground almonds
175g caster sugar
1 tsp vanilla essence
4 eggs, separated

Method:

Grease and line the base of an 18cm (7inch) x 28cm (11inch) deep Swiss roll tin. Preheat the oven to 180°C/350°F/gas mark 4. Place a large heatproof bowl over a pan of hot water. Break the chocolate into pieces and melt in the bowl. Add the butter and stir until melted. Remove the bowl from the heat and stir in the almonds, sugar and vanilla essence. Beat the egg yolks together and add to the chocolate mixture. In a separate bowl, whisk the egg whites until stiff, then carefully fold into the chocolate mixture. Spoon the mixture into the tin and make sure the surface is level. Bake for 45-50 minutes until it is risen, firm to the touch and lightly cracked on top. Allow to cool in the tin, then cut into squares.

Key Lime Pie

Contributed by Katherine Jamieson

Ingredients:

200g ginger biscuits
85g butter
135g lime jelly – 1 packet of cubes
3 limes juice and zest
1 pt double cream
60g chocolate

Method:

Line a 3in x 8in round loose bottomed tin. Crush the ginger biscuits, whilst melting the butter in a pan. Put the crushed biscuits in the melted butter. Put in the tin, pressing down firmly with the back of a spoon. Chill in fridge. Tear 1 packet of lime jelly into cubes and dissolve in ¼ pt boiling water. Stir in the juice of 3 limes. Whip 1pt double cream until its just holding its shape. Fold into the jelly. Spoon over the base and let set in the fridge. Once it is firming up, melt the chocolate and drizzle over the top. Sprinkle lime zest over the top. Return to the fridge to set further. Will need about 3 hours chilling time altogether.

Lemon Paradise

Contributed by Catherine Willn

You will need a 2 lb loaf tin and a piping bag with large star attached to decorate.

Ingredients:

1 large can condensed milk
Rind and juice of 3 lemons
3 large eggs, separated
1 packet trifle sponges

Decoration:

¼ pint double or whipping cream
3 lemon slices

Method:

Lightly grease tin and line with cling film. Pour condensed milk into bowl. Stir in lemon rind, juice and egg yolks. Whisk egg whites to peaks and fold into lemon mixture. Cut sponges in half to make them thinner. Place quarter of them in tin. Spoon over a third of the lemon mix. Continue layering, ending with sponge. Cover with cling film and place in fridge for 24 hours at least. Turn out carefully and decorate with half the cream and lemon slices. Serve with rest of cream.

Rich Chocolate Mousse

Contributed by David Grieve

This recipe is best made the day before to allow mousse to set properly.

Ingredients:

225g plain chocolate, broken into pieces
4 eggs, separated
15ml rum/cointreau (optional)
15g butter

Method:

Melt chocolate in a large bowl over a pan of hot water. When melted, stir in the egg yolks, one at a time, the alcohol and the butter. Whisk the egg whites in a clean dry bowl until stiff and fold them into the chocolate mixture until thoroughly mixed. Put in fridge overnight.

To freeze: Spoon into 4 small dishes, cover, seal and freeze.

To serve: Thaw in fridge for 2 – 3 hours and serve chilled.

Serves – 4

Raspberry & White Chocolate Cheesecake

Contributed by Alison and Ronnie Martin

Ingredients:

Base

150g Amaretti biscuits
80g unsalted butter, melted

Filling

400g white chocolate, broken up
200g packet full fat soft cream cheese
50g caster sugar
250g pot mascarpone
400ml crème fraîche

To decorate

100g white chocolate
150g raspberries

Method:

Base:

Crush the biscuits until they look like fine breadcrumbs. Transfer to a mixing bowl and add the melted butter. Mix thoroughly, then spoon into a 20cm springform cake tin. Press down firmly with the back of a wooden spoon. Chill for 10 minutes.

Filling:

Melt the chocolate and then leave to cool. In a bowl, beat together cream cheese, sugar, mascarpone, and crème fraîche. Add the cooled chocolate, beat until smooth. Pour the chocolate mixture on top of the biscuit base. Smooth out and place in the fridge to set for 2 hours or leave overnight. Take it out of the fridge 20 minutes before serving, so the texture is creamy.

Decorate with chocolate curls made as follows:

Melt the chocolate, pour over the back of a baking tray and spread out. Chill for 10 minutes. Steady tray against a wall and push a large knife at a 30 degree angle slowly away from you, cutting across the chocolate. Top the cheesecake with the curls and pile on the raspberries.

Serves – 10

Neiman-Marcus Cookies

Contributed by Dave Ferrier

My daughter & I had just finished a salad at Neiman-Marcus Cafe in Dallas & decided to have a small dessert. Because our family are such cookie lovers, we decided to try the "Neiman-Marcus Cookie". It was so excellent that I asked if they would give me the recipe and they said with a small frown, "I'm afraid not." Well, I said, would you let me buy the recipe? With a cute smile, she said, "Yes." I asked how much, and she responded, "Two fifty." I said with approval, just add it to my tab.

Thirty days later, I received my VISA statement from Neiman-Marcus and it was \$285.00. I looked again and I remembered I had only spent \$9.95 for two salads and about \$20.00 for a scarf. As I glanced at the bottom of the statement, it said, "Cookie Recipe - \$250.00." Boy, was I upset!! I called Neiman's Accounting Dept. and told them the waitress said it was "two fifty," and I did not realize she meant \$250.00 for a cookie recipe.

I asked them to take back the recipe and reduce my bill and they said they were sorry, but because all the recipes were this expensive so not just everyone could duplicate any of our bakery recipes ... the bill would stand.

I waited, thinking of how I could get even or even try and get any of my money back.

I just said, "Okay, you folks got my \$250.00 and now I'm going to have \$250.00 worth of fun." I told her that I was going to see to it that every cookie lover would have a \$250.00 cookie recipe from Neiman-Marcus for nothing. She replied, "I wish you wouldn't do this." I said, "I'm sorry but this is the only way I feel I could get even," and I will.

So, here it is, and please pass it to someone else or run a few copies.... I paid for it; now you can have it for free.

Ingredients:

2 cups butter, 4 cups flour, 2 tsp. soda, 2 cups sugar, 5 cups blended oatmeal**,
24 oz. chocolate chips, 2 cups brown sugar, 1 tsp. salt, 1 8 oz. Hershey Bar (grated),
4 eggs, 2 tsp. baking powder, 3 cups chopped nuts (your choice), 2 tsp. vanilla

** measure oatmeal and blend in a blender to a fine powder.

Method:

Cream the butter and both sugars. Add eggs and vanilla; mix together with flour, oatmeal, salt, baking powder, and soda. Add chocolate chips, Hershey Bar and nuts. Roll into balls and place two inches apart on a cookie sheet. Bake for 10 minutes at 375 degrees.

Makes 112 cookies.

Have fun!!! This is not a joke – this is a true story.

White Chocolate Mousse with a Compote of Summer Fruits

Contributed by Doreen Gray

You will need a 900g (2lb) loaf tin, lightly greased and lined with cling film.

Ingredients:

For the Mousse

11g (1 sachet) powdered gelatine
200g (7oz) white chocolate
500g carton Greek yogurt
1 tsp vanilla essence
284ml carton whipping cream, whipped

For the Compote

250g (9oz) mixed redcurrants and blackcurrants, stemmed if fresh
175g (6oz) caster sugar
500g (1lb 2oz) fresh strawberries, hulled
500g (1lb 2oz) fresh raspberries
(if using frozen summer fruits omit water)

Sprigs of mint or fruit leave, to decorate

Method:

For the Mousse

Sprinkle the gelatine over 3 tablespoons water in a small heatproof bowl, then leave to soak until spongy. Meanwhile break the chocolate into pieces and put it into a bowl over a pan of simmering water, (the water must not touch the bowl), stir occasionally until melted. Remove the bowl of chocolate, then put the bowl of gelatine in the pan of water and leave to dissolve. Stir the yogurt and vanilla essence into the melted chocolate, then add the dissolved gelatine. Fold in the whipped cream, then pour into the loaf tin. Chill until firm. Cover with cling film and keep chilled.

For the Compote

Put the currants in a pan with the sugar. Add 2 tablespoons water if using fresh currants (frozen currants won't need this) then cover and simmer for 5 minutes under tender and syrupy. Cool, then tip into a bowl with the strawberries (halved if large) and raspberries, but don't stir or you will damage the fruit. Chill.

To serve, remove the mousse from the tin. Cut into thick slices and place on large plates. Spoon over the fruit compote and decorate with fresh mint or fruit leaves.

Mimi's Easy Peasy Lemon Squeezy Cheesecake

Contributed by Mandy Phillips

Ingredients:

Base:

12-15 digestive biscuits, crushed (or half and half Digestives and Ginger Nuts)
3oz butter

Topping:

300ml double cream
big tin condensed milk
juice of two large lemons

Method:

Grease an 8 inch loose bottomed flan tin. Melt butter and add crushed biscuits. Press into bottom of flan tin and chill. Beat together cream, condensed milk and lemon juice until mixture forms soft folds (be careful not to make it too stiff and buttery). Spoon onto chilled base and leave to set in fridge for a few hours or overnight. Decorate with fruit, chocolate or whatever takes your fancy. Consume with relish!

Rhubarb Chutney

Contributed by Lorraine Jamieson

Ingredients:

2 lbs chopped rhubarb
1 lb sugar
¾ pint vinegar
1 tblsp salt
2 tsps ginger
½ oz curry powder
½ lb raisins
½ lb chopped onions
½ tsp pepper

Method:

Place all ingredients in a large pan and boil uncovered for 30 minutes. Can be longer depending on preferred consistency.