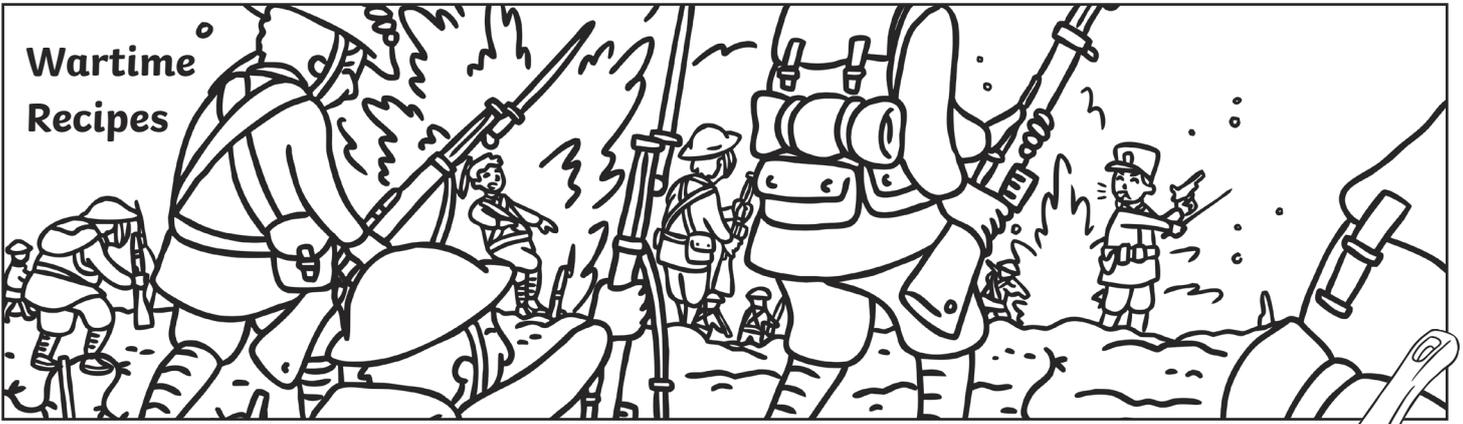


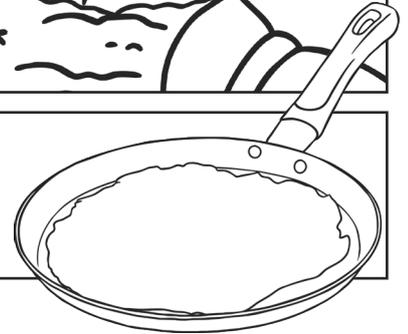
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Pancakes



Ingredients

1 egg

4oz of wholewheat flour

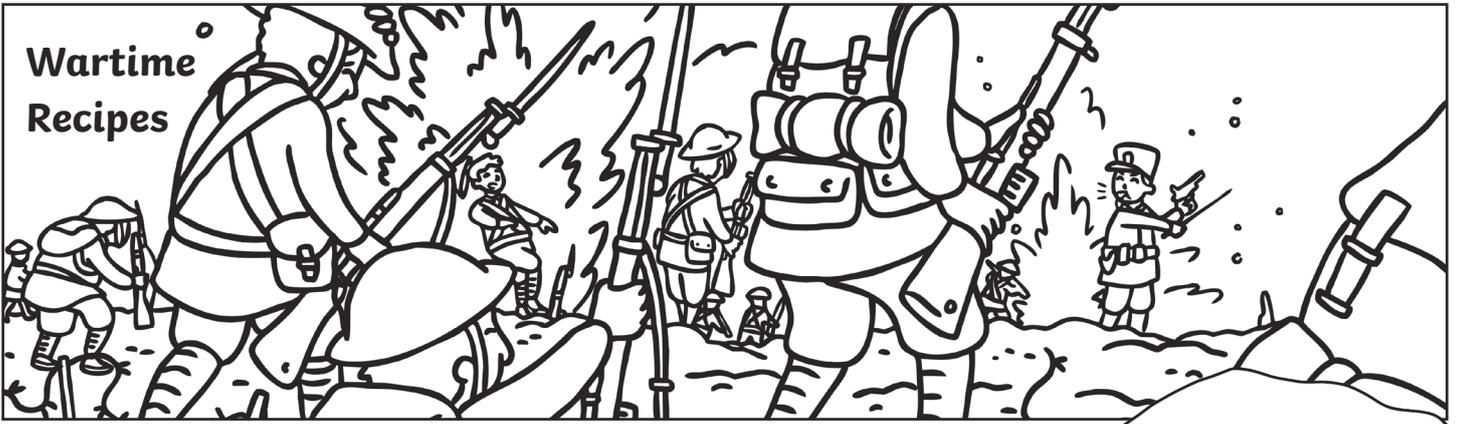
pinch of salt

1/2 pint of milk and
water mixed

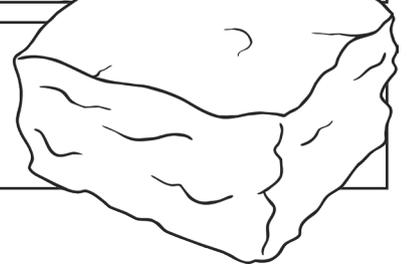
Makes 6-10 pancakes

Method

1. Mix all of the wet ingredients together.
2. Mix all of the dry ingredients together.
3. Once you have mixed the ingredients, slowly add the wet ingredients to the dry ingredients to create a stiff batter then continue to add the rest. Beat it well until it's smooth.
4. Add a little bit of margarine into the pan and wait until it is bubbling.
5. Pour in the batter and cook until both sides of the batter are brown.
6. Serve with either syrup, jam or sprinkle a little bit of sugar.
7. Enjoy.



Eggless Sponge



Ingredients

1/2 pint of tea (without any milk or tea leaves/bags)

3oz butter/margarine

3oz sugar

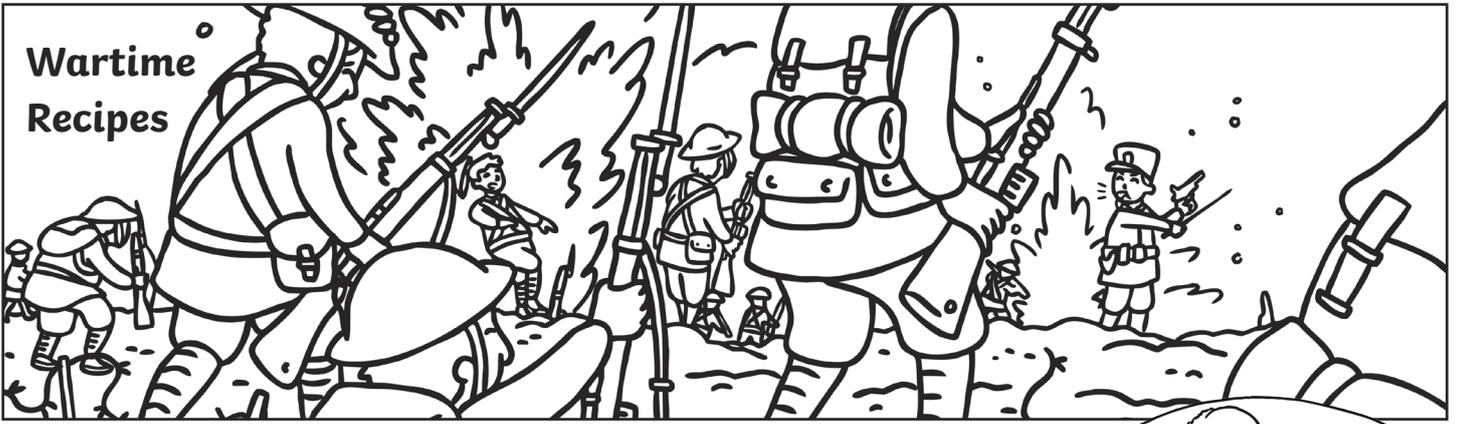
3oz sultanas

10oz wholewheat flour (add 3-4 teaspoons of baking powder)

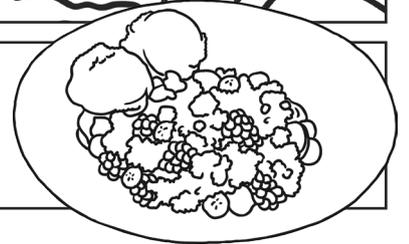
1 teaspoon of all spice (mixed spice) – extra cinnamon, if required

Method

1. Add the tea, sugar, butter and sultanas into a saucepan. Heat gently until the butter has melted and then leave it to cool.
2. Mix all of the dry ingredients together.
3. Add and mix the dry ingredients into the cooled liquid. Beat the mixture well.
4. Grab a 7-inch cake tin and grease it. Put the mixture into it.
5. Cook on 180°C degrees for around 45 minutes.
6. Serve and enjoy!



Pear Crumble



Ingredients

6-8 pears (ripe and with the skins left on)

2 tablespoons of margarine

handful of sultanas

lemon juice/zest if available

1/2 cup of rolled oats

1/2 cup of wholewheat flour

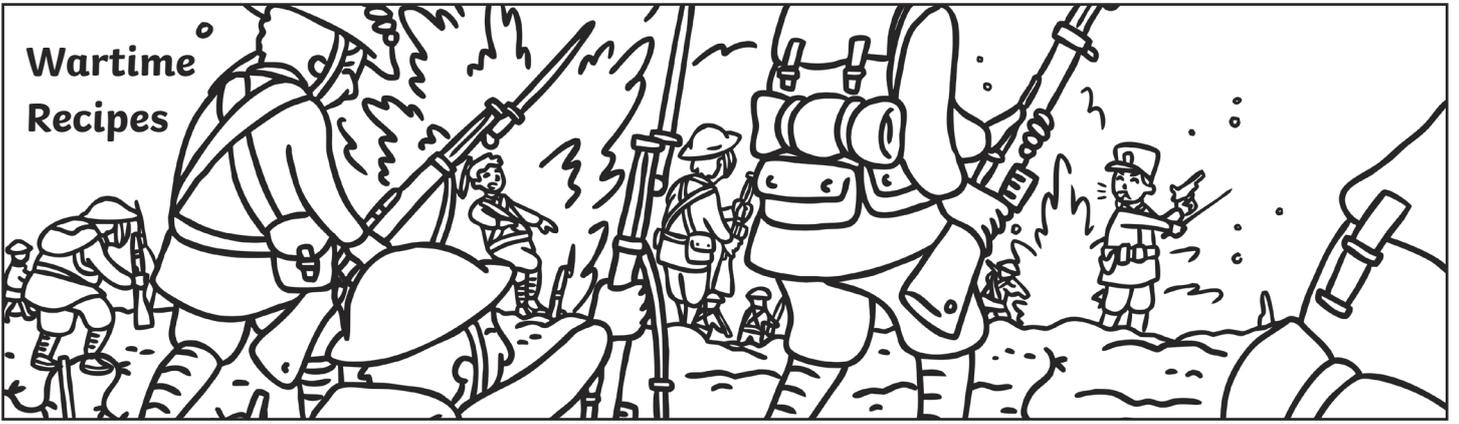
1/2 teaspoon of all spice (mixed spice)

custard powder, sugar and milk (for custard)

Serves 4

Method

1. Core and chop the pears, leaving the skin on.
2. Add some of the lemon juice and zest if available.
3. Add together the sultanas with the pears and lemon juice and place in a 7-inch greased cooking pan.
4. Mix the all spice and the sugar together and sprinkle it over the top of the pears in the pan.
5. Mix 1/2 cup rolled oats and 1/2 cup wholewheat flour together in a bowl.
6. Add in the margarine and mix until the mixture resembles bread crumbs.
7. Sprinkle this mixture over the top evenly.
8. Place it in a pre-heated oven at 200°C for 40 minutes.
9. Make some custard and serve it with the hot crumble.
10. Serve and enjoy!



Spam Hash



Ingredients

2 large potatoes

1/2 onion

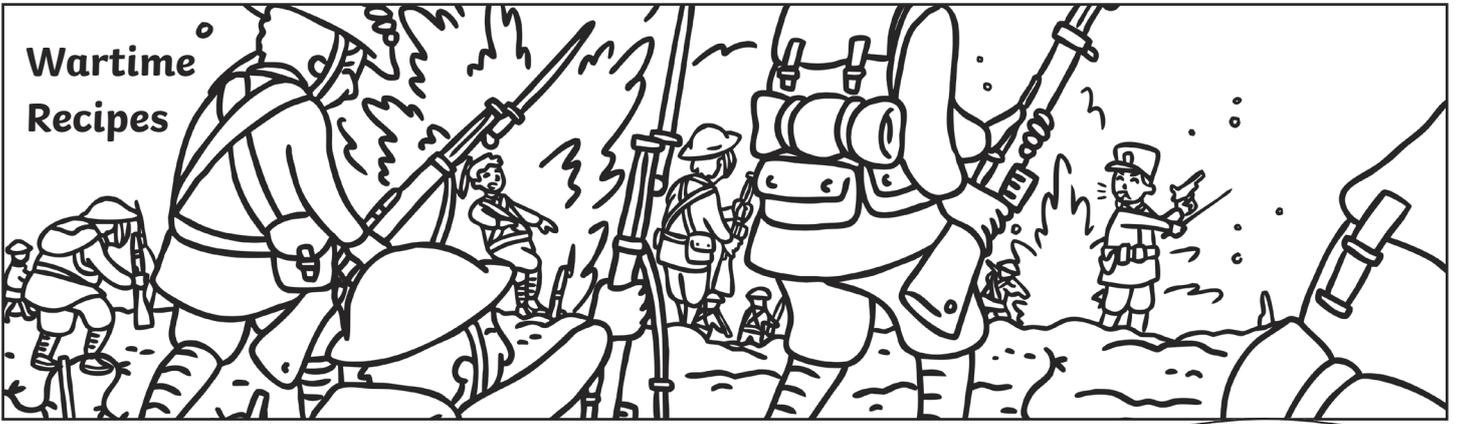
1/4 can of spam or other
tinned cooked meat

tablespoon of butter/
margarine

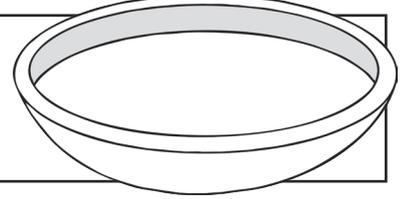
Serves 1

Method

1. Wash the potatoes.
2. Cut them into quarters and boil until they are firm. Remove from the water and let them cool.
3. Chop up the onion.
4. Chop the spam up into chunks.
5. Add the butter to a large frying pan.
6. Add the onions and cook gently until nice and soft.
7. Take the potatoes and chop them into even smaller chunks.
8. Add the potatoes and spam chunks into the pan with the onions and continue to fry and stir them.
9. Turn down the heat and cover the frying pan if possible. Continue to cook for a further 5-10 minutes. If the texture is too sticky, add a little bit of water and stir.
10. Once cooked, serve with your favourite vegetables.
11. Serve and enjoy.



Pumpkin Soup



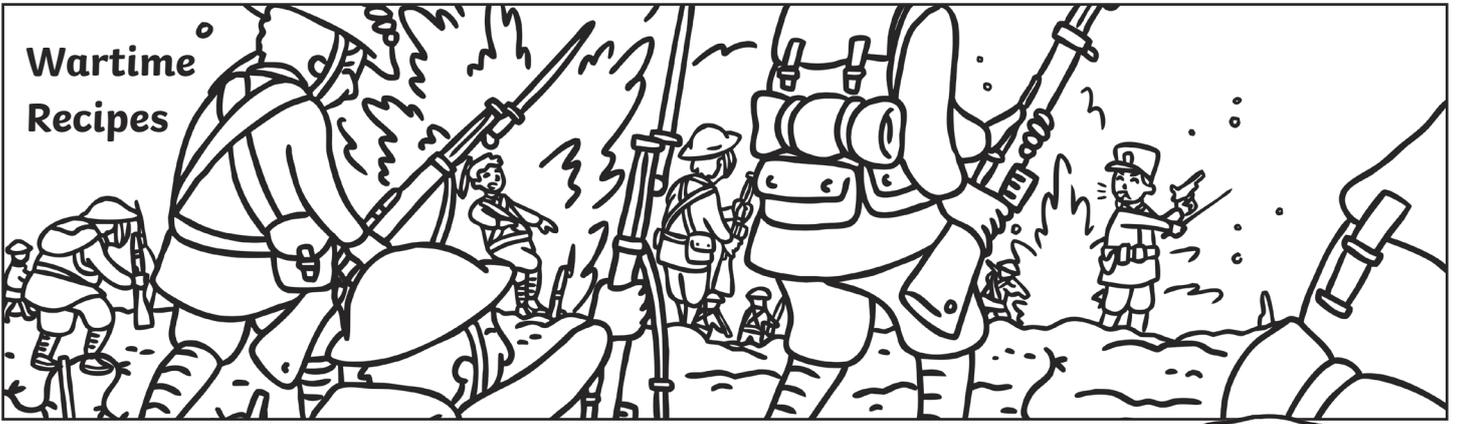
Ingredients

2lbs pumpkin
1 onion
1 oz margarine
salt and pepper
milk
1 litre of vegetable stock

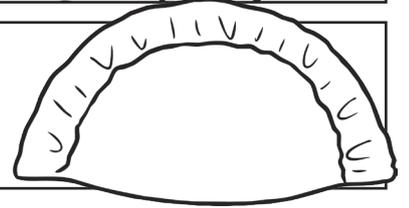
Makes about 8 bowls

Method

1. Cut open the pumpkin and scoop out the seeds inside. Then slice and chop into medium/large chunks.
2. Place the chunks on the baking tray and put the butter/margarine over the top of them.
3. Let it roast for around 45 minutes, only turning it over once or twice.
4. Meanwhile, chop an onion and place it into a large saucepan along with 1 oz of margarine and cook until it is soft.
5. When the pumpkin chunks have cooked, remove the skin and place them into the saucepan.
6. Add vegetable stock.
7. Bring the heat to a simmer and continue cooking for roughly 20 minutes. Stir occasionally.
8. Place all of the contents from the saucepan into a liquidizer or rub it through a sieve. Pulse until it has turned into a thick puree.
9. Put the puree back into the saucepan, add salt and pepper and reheat while adding milk for consistency.
10. Serve and enjoy!



Cheese and Potato Dumplings



Ingredients

2lbs of potatoes

2 reconstituted dried eggs
(or 2 fresh)

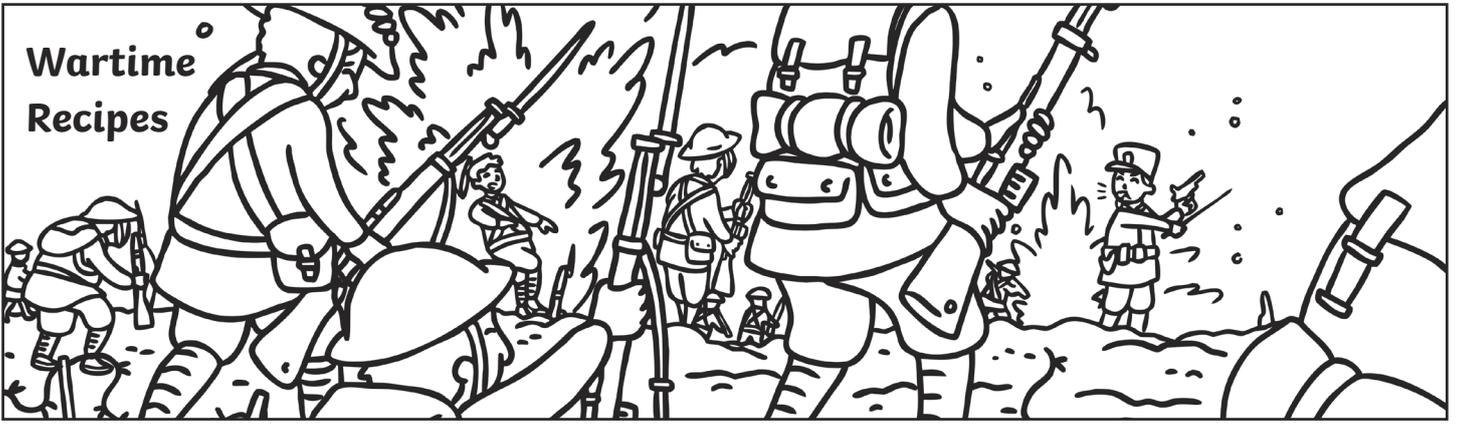
3 to 4oz grated cheese

salt and pepper

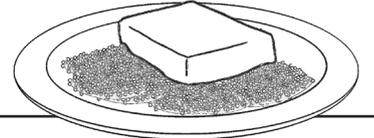
dried herbs, such as
thyme (optional)

Method

1. Peel the potatoes.
2. Cook the potatoes in boiling salted water
3. Once the potatoes have boiled, set them aside for 10 minutes to drain in a colander.
4. Mash the potatoes.
5. Turn the heat low and add the mashed potatoes into the saucepan. Add seasoning and herbs. Mix well.
6. Add the cheese and eggs and mix well again until the potatoes firm up.
7. Once they have cooled a little, form them into 10 balls and add in the remainder of the cheese.
8. Place them on a greased baking tray and bake in a hot oven for 20 minutes or so until they have become brown and crusty.
9. Serve and enjoy!



Cottage Pie

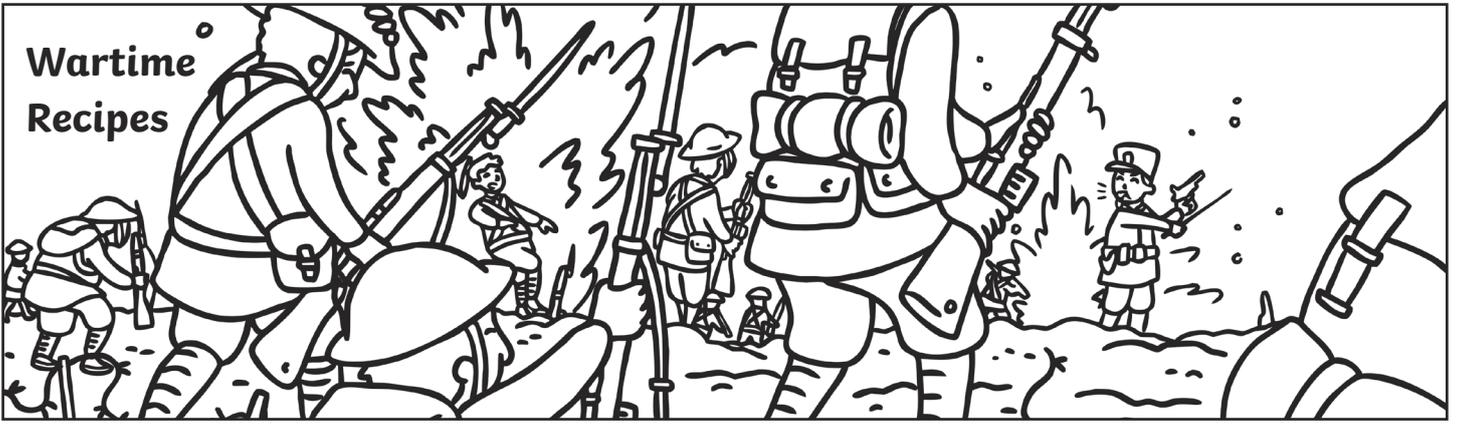


Ingredients

1lb mince beef
several large potatoes
dried herbs
salt and pepper
2oz cheese
beef stock (1 pint or more)
gravy powder
peas and finely-chopped
carrots
chopped onions (optional)
blob of butter or
margarine

Method

1. Brown the mince and add the chopped vegetables, herbs and salt and pepper
2. Add beef stock, stir and simmer for 15 minutes. Add gravy powder towards the end to thicken it up.
3. Meanwhile, chop the potatoes into small chunks and place them in hot salted water. Bring them to the boil and then drain them.
4. Add the butter or margarine to the potatoes and mash them together. Then, add the milk so that the mashed potato is spreadable.
5. Place the beef sauce in a small tray or casserole dish and then spread the mashed potato on top.
6. Sprinkle grated cheese and herbs on the top and place in the oven for 20 minutes at 200°C.
7. Finish off by placing it under the grill to brown.
8. Serve and enjoy!



Bubble & Squeak



Ingredients

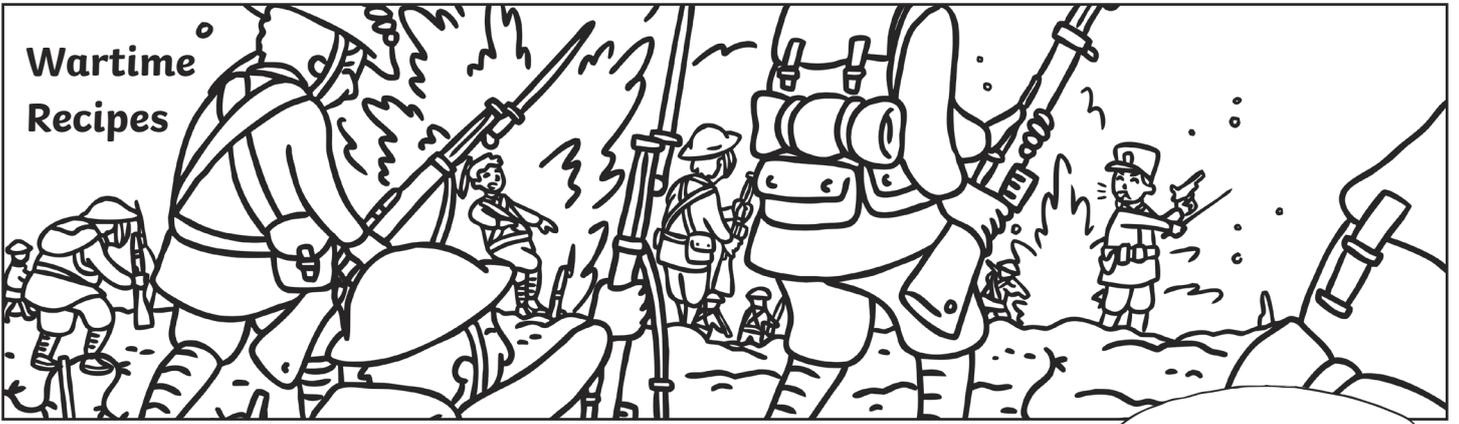
Mashed potatoes

Left over boiled cabbage,
carrots, parsnips, sausages
or vegan alternative
(chopped)

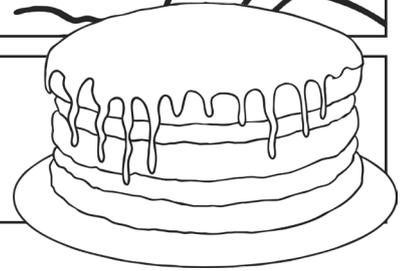
Mushrooms and onion
(chopped)

Method

1. Grab a frying pan and add a tablespoon of margarine. Heat until it bubbles.
2. Drop in the onion and mushroom and fry for a few minutes.
3. Add the chopped veg and meat into the pan. Mix it for a minute or so.
4. Add in the mashed potatoes and mix in with the other ingredients in the pan.
5. Press down the mixture with a spatula to brown and heat through.
6. Keep turning it over and heating it through so the edges brown.
7. Serve and enjoy!



Eggless Chocolate Cake



Ingredients

3oz margarine or fat

7oz plain flour

1 tbsp baking powder

1/2 tsp salt

1 1/2oz cocoa

3oz sugar

1/4 pint warm milk and
water

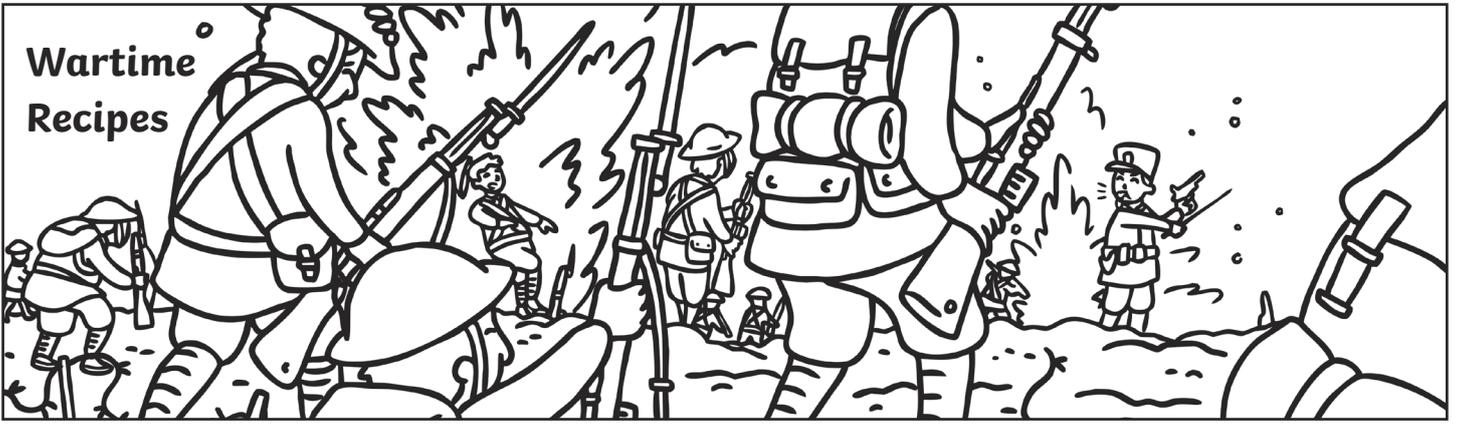
1 tbsp bicarbonate of soda

1 tbsp vinegar

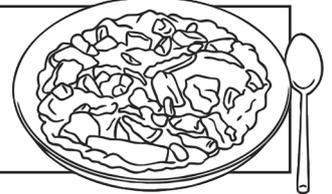
1/2 tsp vanilla essence

Method

1. Rub the margarine or fat into the flour, salt and baking powder.
2. Add together the mixture, cocoa, sugar, milk and water. Mix it altogether.
3. Dissolve the soda in the vinegar to add into the cake mixture, with the essence.
4. Mix everything together and place it into a greased tin to bake.
5. Bake for 1 1/2 hours on 190 ° C / fan 170 ° C / or gas mark 5.
6. Serve and enjoy!



Trench Stew

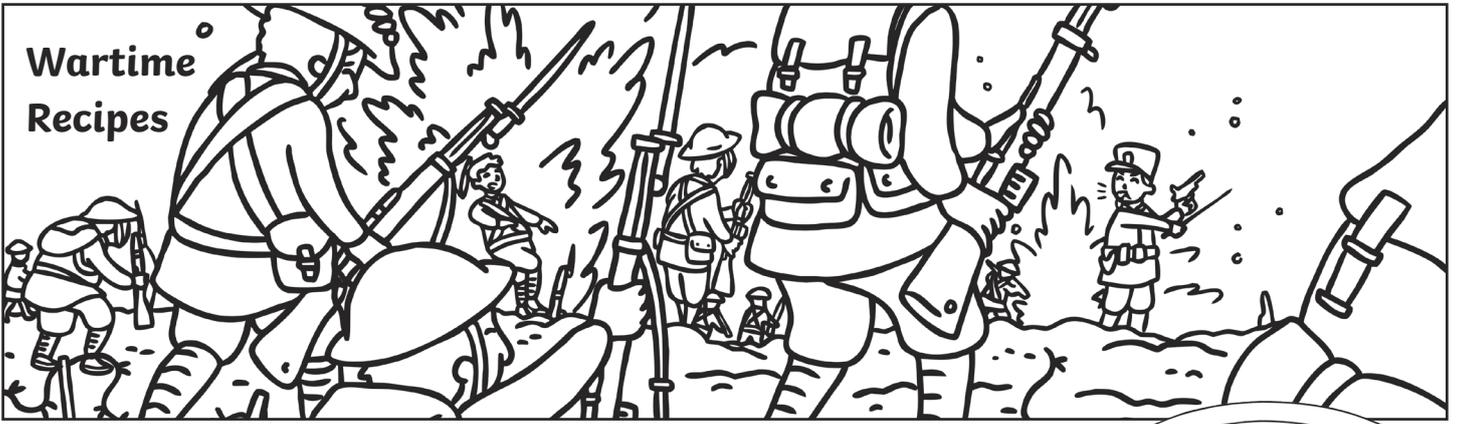


Ingredients

- 1 turnip or large potato
- 1 parsnip
- 1 pint of water
- 2 carrots
- 1/2 stock cube
- Stale bread or 1 biscuit
- 1/2 tin corned beef

Method

1. Chop up the carrots into small pieces.
2. Chop up the other vegetables into larger pieces.
3. Add the vegetables and the 1/2 stock cube to a pint of boiling water.
4. Stir the vegetables until they become tender.
5. Add in the 1/2 tin of corned beef (you can leave this out if you are vegetarian).
6. Crumble in the stale bread or biscuits.
7. Leave and simmer for a few minutes.
8. Serve and enjoy!



Bread Pudding



Ingredients

10oz of stale bread
2oz of margarine or butter
1oz of sugar
2oz of dried raisins or sultanas
1 egg (fresh or dried)
milk to mix
cinnamon
extra sugar for topping

Serves 8 to 10

Method

1. Put bread and a little bit of water into the basin and leave for 10 minutes.
2. Squeeze the bread until it is fairly dry.
3. After, add the bread and all the ingredients (minus the spice) into the empty basin. Add a little bit of milk to give the bread a sticky consistency.
4. Gradually add the cinnamon a little bit at a time until you like the taste.
5. Place all the mixture into a greased pan (like a lasagna pan).
6. Cook at 160°C for an hour until you see that the edges have become brown and the centre is hot.
7. 10 minutes before the end of cooking, sprinkle some sugar on.
8. Allow it to cool. Finally, serve and enjoy.