



# Pancakes



## Ingredients

1 egg

4oz of wholewheat flour

pinch of salt

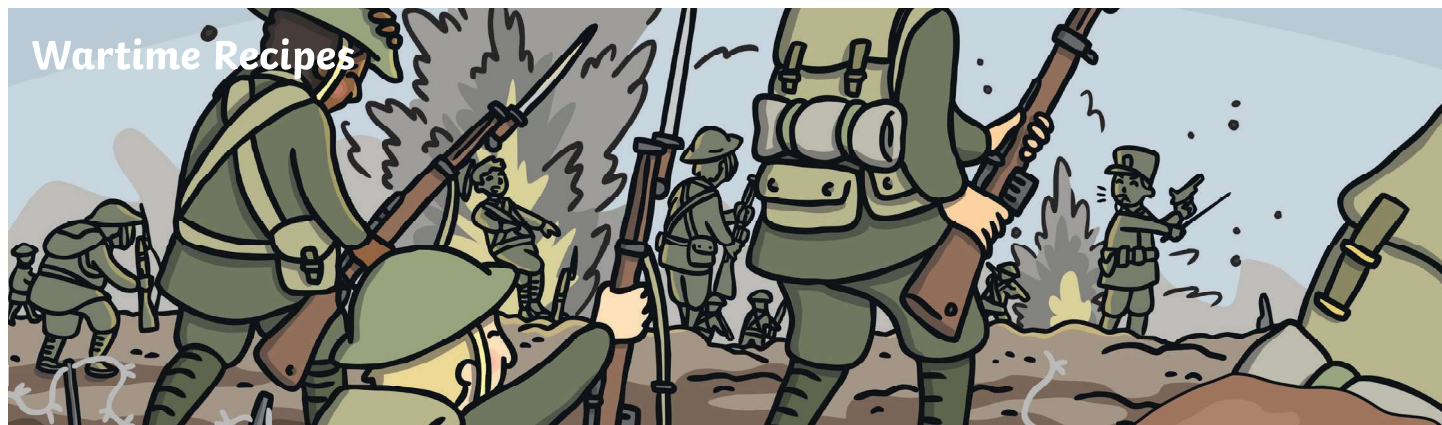
1/2 pint of milk and  
water mixed

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**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

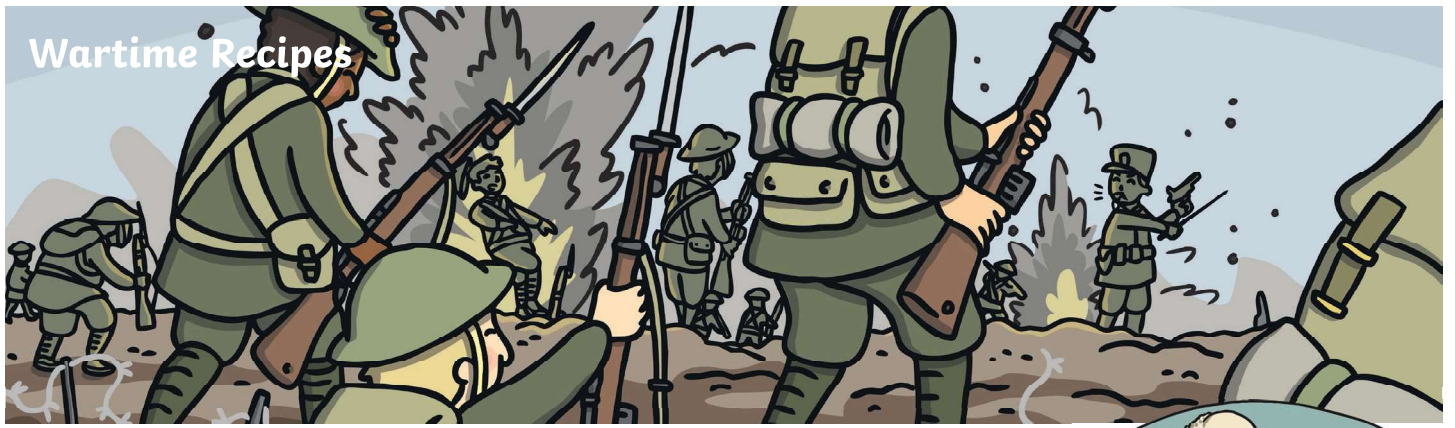
3oz sultanas

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

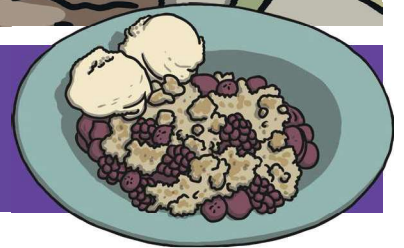
1 teaspoon of all spice (mixed spice) – extra cinnamon, if required

### 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)

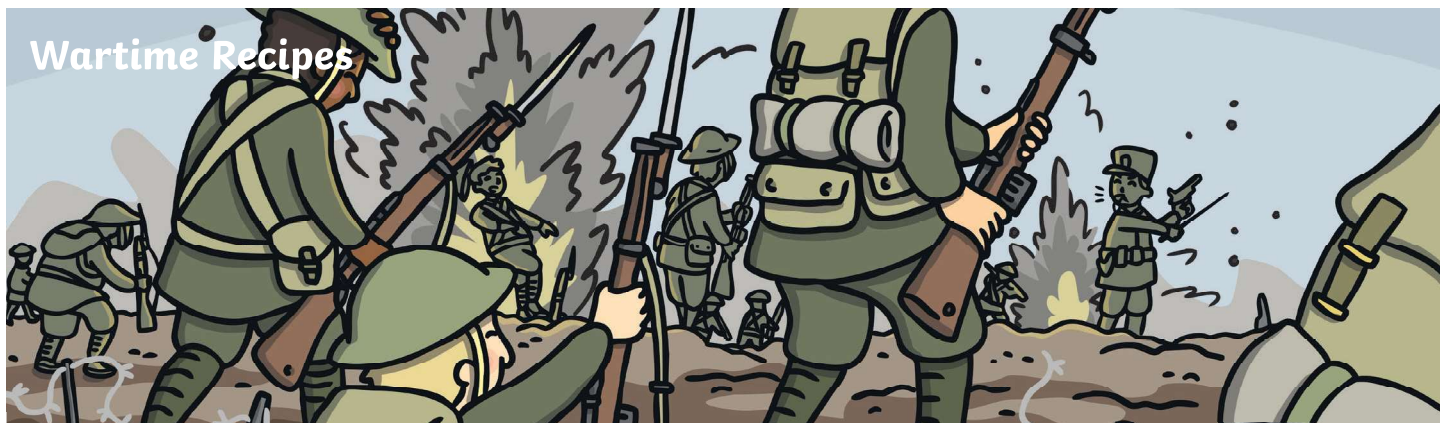
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**Serves 4**

### 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!





# Pumpkin Soup



## Ingredients

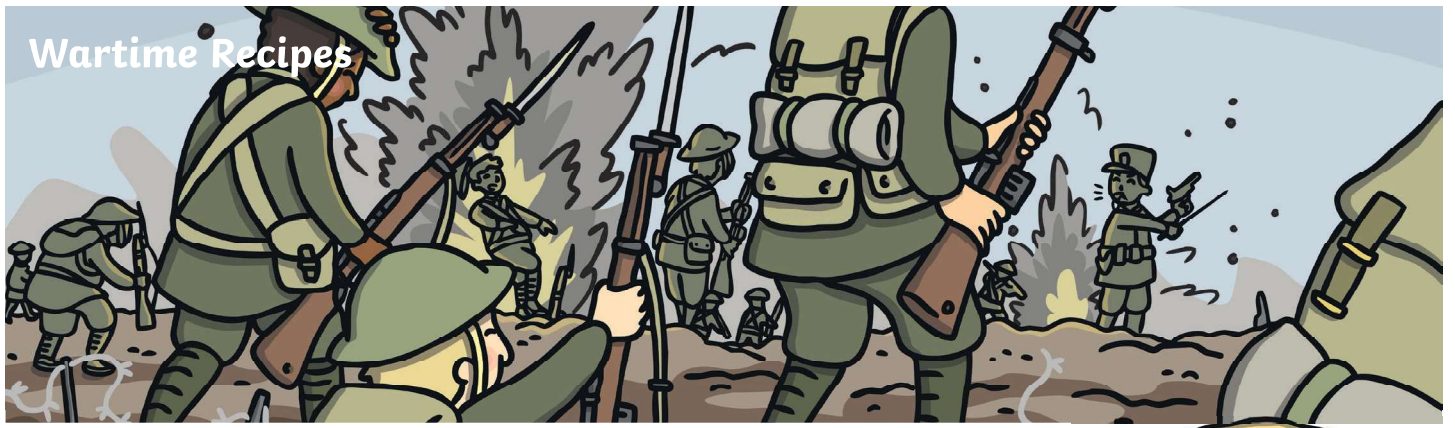
2lbs pumpkin  
1 onion  
1 oz margarine  
salt and pepper  
milk  
1 litre of vegetable stock

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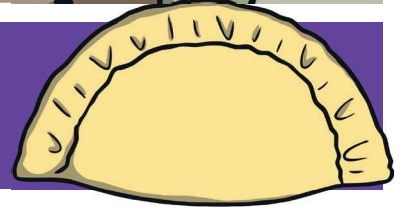
**Makes about 8 bowls**

## 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)

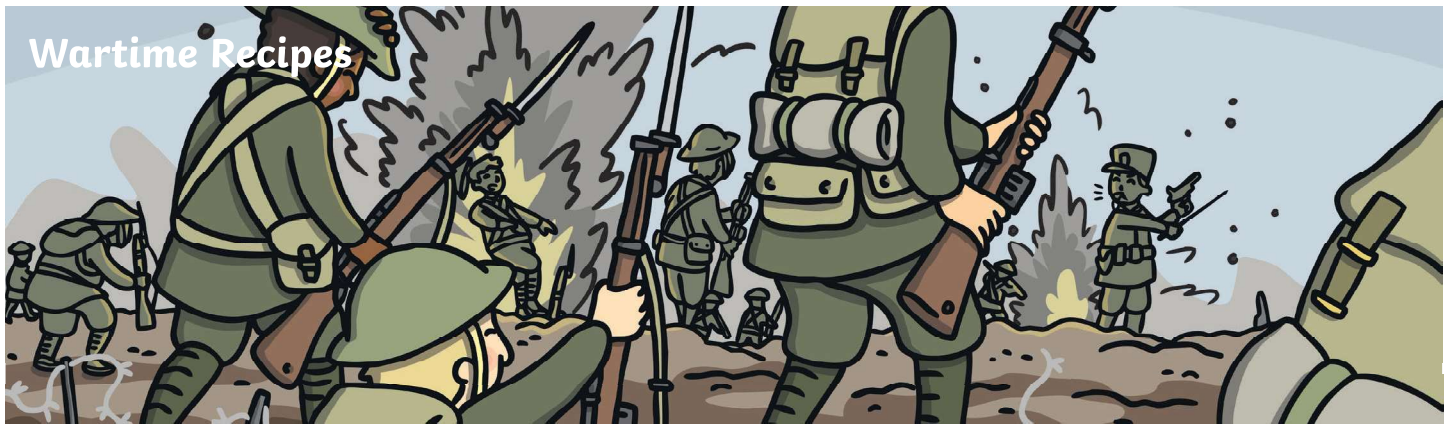
3 to 4oz grated cheese

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!