

Sweet Potato & Beef Curry

4 Portions

Ingredients

240 gm Diced Beef
1tbsp Olive Oil
 $\frac{1}{2}$ Chopped Onion
 $\frac{1}{2}$ Clove Garlic
1 Sweet Potato Diced
1 Carrot Diced
1 tsp Mild Curry Powder
1 tsp Turmeric
20gm Plain Flour
 $\frac{1}{2}$ Pint Beef Stock
1 tsp Tomato Puree
1 tsp Lemon Juice
Seasoning As required

Method

1. Coat beef with spices and flour.
2. Fry onions, carrot & garlic on a low heat.
3. Add beef and brown gently.
4. Add stock, combine with beef, vegetables & spices.
5. Add lemon juice and diced sweet potato.
6. Simmer gently until the beef is tender, thicken sauce if required & season.

This dish is featured in the spring 2016 menu

Roasted Vegetable Lasagne

4 Portions

Ingredients

6 Sheets Lasagne
 $\frac{1}{2}$ Chopped Onion
 $\frac{1}{2}$ Clove Garlic
 $\frac{1}{2}$ Red Pepper
 $\frac{1}{2}$ Green Pepper
2 Courgette
1 small Tin Chopped Tomatoes
 $\frac{1}{2}$ tsp Tomato Puree
1 tsp Mixed Herbs
Cheese Sauce 1 Pint
Grated Cheese 40gms
1 tbsp. Olive Oil

Method

1. Cut the onion, peppers and courgette into chunks, drizzle over a little olive oil and crushed garlic and roast in the oven for $\frac{1}{2}$ hour.
2. Heat the tomatoes, puree and herbs, then add the vegetables.
3. Make a cheese sauce.
4. Assemble the vegetable mix, lasagne sheets and cheese sauce in layers finishing with a sprinkle of cheese, bake in a moderate oven for 30-40mins.

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Apricot Flapjack

5 Portions

Ingredients

75gm Margarine
150gm Oats
75gm Golden Syrup
25gm Sugar
75gm Dried Apricots

Method

1. Melt the margarine & golden syrup
2. Add all the ingredients & mix well.
3. Line a tin with greaseproof paper.
4. Press the ingredients into the tin.
5. Bake for 30mins until lightly golden
6. Cut into portions while still warm.

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Banana Bread

1 medium Loaf

Ingredients

285gm Plain Flour
110gm Margarine
225gm Sugar
2 Eggs
4 Ripe Bananas mashed
 $\frac{1}{4}$ Pint Milk
1 tsp. Vanilla Essence
1 tsp Bicarbonate of Soda

Method

1. Preheat the oven to 180C/350F/Gas Mark 4
2. Sift the flour, bicarbonate of soda into a large mixing bowl.
3. In a separate bowl, cream the margarine and sugar together until light and fluffy.
4. Add the eggs, mashed bananas, milk and vanilla to the margarine and sugar and mix well then fold in the flour.
5. Grease your tin and pour the cake mixture into the tin.
6. Bake in the oven until golden brown.(30mins-1hour)
7. Remove from the oven and leave to cool for a few minutes before transferring to a wire cooling rack.

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