**BUSY BAKERS**

**TUESDAY FEBRUARY 9th 2021**

**PROFITEROLES**

**CHOUX PASTRY**

5floz water measuring jug

50g/2oz butter pan

62g/2½oz plain flour wooden spoon

2 eggs small bowl

**CHOCOLATE SAUCE**

175g/6oz good plain chocolate pan

¾oz/20g butter wooden spoon

3tbsp water

3tbsp golden syrup

1tsp vanilla essence

**Filling**

300ml/½pt double cream mixing bowl

Icing sugar to sweeten cream whisk

Preheat oven Electric 220C/Fan 200C, Gas 7

Method

Making **Choux Pastry**

1. Beat eggs
2. Put water and butter into pan and heat gently until fat has melted
3. Bring to boil, when bubbling vigorously, remove from heat and quickly stir in the flour
4. Beat quickly with wooden spoon until the mixture forms a ball
5. Cool slightly
6. Beat in egg a little at a time until the pastry is smooth and glossy
7. Place about 24 teaspoonfuls on greased baking tray
8. Bake 15-20mins – check the profiteroles are dry inside, you might need to put a hole in them and return to oven for few mins.
9. Cool and wire tray
10. **Chocolate sauce** – break chocolate into small pieces.
11. Place in pan with water, syrup and butter
12. Heat gently until chocolate is melted
13. Beat in vanilla essence. Leave to cool
14. Whip cream, adding icing sugar to sweeten
15. When profiteroles are cool, make a slit and insert cream.
16. Arrange on serving dish and pour chocolate sauce over when you are ready to serve

**CIDER BAKED PORK CHOPS**

Serves 4

75g/3oz mushrooms chopping board & sharp knife

1 cooking apple jug

1 onion grater

4 pork chops liquidiser for crumbs

½pt cider

1 tbsp oil/fry light

50g/2oz fresh breadcrumbs

100g/4oz grated cheese

Sage

Salt & pepper

Casserole dish – lightly greased

Preheat oven Electric 200C/Fan 180C, Gas 6

Method

1. Peel and slice onion
2. Peel and slice apple
3. Peel and slice mushrooms
4. Peel, core and slice apple
5. Heat oil in frying pan and brown chops, put to one side
6. Add onion ,mushroom and apple cook for 2-3mins
7. Place vegetables in base of casserole
8. Season with salt, pepper and a sprinkle of sage
9. Lay chops on vegetables
10. Pour over cider and cook for 1 hour or until tender
11. Mix cheese with breadcrumbs
12. Sprinkle over chops and return to oven for further 20-30mins

**CHICKEN HOT POT**

Serves 4

Low calorie cooking spray chopping board & sharp knife

2 onions colander

200g/8oz bacon frying pan

Sprig of fresh rosemary jug

4 chicken breasts

200g/8oz swede

2 large carrots

2 parsnips

1 leek

2 large potatoes

100g/4oz lentils

700ml chicken stock

Salt & Pepper

Preheat oven Electric 180C/Fan 160C, Gas 4/slow cooker for 2-3 hours

Method

1. Peel and chop onions
2. Peel and cut carrots, swede, potatoes and parsnip into bite size chunks
3. Wash and slice leek
4. Remove fat from bacon and cut into pieces
5. Cut chicken into bite size pieces
6. Spray frying pan and cook bacon, leek and onion for about 5-6mins
7. Add chicken and allow to colour
8. Place in casserole
9. Add remaining vegetables to pan and cook for about 5 mins
10. Stir in 300ml stock and lentils bring to boil
11. Add remaining stock, rosemary and season
12. Pour over chicken and mix
13. Cover tightly. Cook for 40-60mins until tender
14. Remove lid and cook for 10mins, to reduce stock