**BUSY BAKERS**

**TUESDAY OCTOBER 12th 2021**

**QUICK BEEF WITH MACARONI**

Serves 4

1tbsp oil frying pan & spatula

2 onions chopping board & sharp knife

1 clove garlic garlic crusher

½kg/1lb minced beef pan with lid

1tsp dried oregano colander

175g/6oz macaroni

14oz tin tomatoes

2tbsp tomato puree

2tsp paprika

75g/3oz strong cheese

Preheat oven Electric 180C/Fan 160C, Gas 4

Method

1. Cook Macaroni according to instructions – drain
2. Finely slice onion
3. Peel and crush garlic
4. Slice cheese
5. Put oil in frying pan
6. Add onion, cook for 5 mins
7. Add garlic, cook 2mins
8. Stir in minced beef, cook, stirring all the time – about 10 mins
9. Stir in oregano, pasta, tomatoes, tomato puree and paprika
10. Bring to boil
11. Pour into casserole dish and arrange sliced cheese on top
12. Bake for 20-25mins

**OXTAIL STEW**

Serves 6

1 whole oxtail – cut into pieces chopping board & sharp knife

3tbsp plain flour frying pan

3-4tbsp oil jug

2 onions garlic crusher

2 cloves garlic vegetable peeler

2 carrots

2 sticks celery

4-5 bushy sprigs thyme(½tsp dried)

2 bay leaves

300ml red wine

500ml beef stock

2tbsp tomato puree

Salt & Pepper

Plastic bag

Casserole dish with lid

Preheat oven Electric 150C/Fan 130C, Gas 2

Method

1. Trim excess fat from oxtail
2. Peel and slice onions and carrots
3. Dice celery
4. Crush garlic
5. Put flour, salt and pepper into plastic bag, add ox tail and coat in flour
6. Heat 2tbsp oil in frying pan, brown ox tail in batches
7. Put oxtail into casserole dish
8. Add onions, carrots, celery and garlic to frying pan, cook gently 10mins
9. Pour vegetables over oxtail
10. Heat wine, stock and tomato puree, pour over ox tail
11. Cover and cook for 3 hours, until ox tail is tender

CHICKEN MADRAS

Serves 4

1 onion chopping board & sharp knife

2 cloves garlic food processor

Thumb size chunk ginger large pan with lid

½ red chilli

1tbsp vegetable oil

½tsp turmeric

1tsp ground cumin

1tsp ground coriander

1-2tsp chilli powder

4 chicken breasts

400g tin tomatoes

Small pkt fresh coriander to serve

Method

1. Peel and quarter onion
2. Peel ginger
3. Peel garlic
4. Put onion, garlic, chilli and ginger into food processor until it becomes a paste
5. Cut chicken into chunks
6. Heat oil in large pan and add the paste you have made
7. Fry for about 5 mins, adding a little water if it becomes dry or sticks
8. Add turmeric, cumin, coriander and chilli, mix well
9. Add chicken, stirring well to coat the chicken in the spices
10. Cook until chicken has changed colour, you may need to add a little water to prevent sticking
11. Add tomatoes and pinch of salt. Cover and simmer for about 30 mins, keep checking and stirring.
12. Garnish, sprinkled with fresh coriander when serving

Serve with rice, naan bread and Mango chutney

**CORNFLAKE TART**

Serves 8-10

**Pastry**

8oz/200g Plain four mixing bowl & sieve

2oz/50g lard rolling pin

2oz/50g butter small dish

½tsp salt pan

2oz/50g icing sugar

1 egg yolk + water

**Filling**

2oz/50g butter

5oz/125g golden syrup

1oz/25g light brown, soft sugar

4oz/100g cornflakes

5oz/125g strawberry/raspberry jam

23cm, loose bottomed flan tin

Preheat oven Electric 180C/Fan 160C, Gas 4

Method

1. Pastry – sieve flour, icing sugar and salt into bowl, add butter and lard. Rub in
2. Bind with egg yolk and cold water. Knead lightly and chill for 30 mins
3. On a lightly floured board roll pastry to line flan tin
4. Ease into tin, cover and chill 20 mins
5. Prick base, trim and line with foil and baking beans
6. Bake 15mins, remove foil and bake for further 5 mins, until pastry is dry
7. **Filling** – place butter, syrup and sugar in pan and heat gently
8. Remove from heat and stir in cornflakes, ensure all are well covered
9. Spread jam over base of flan
10. Spoon over cornflakes to cover all jam
11. Bake for 5 mins, until the cornflakes are crisp
12. Serve warm with cream, ice cream or custard