**BUSY BAKERS**

TUESDAY SEPTEMBER 13th 2022

**BAKED FENNEL GRATIN WITH MASCARPONE**

Serves 6 as a side dish chopping board & sharp knife

2 large fennel bulbs garlic press

2 cloves garlic grater

250g/9oz mascarpone cheese pan with lid

50g/2oz Cheddar cheese colander

25g/1oz Gruyere cheese

Paprika

Salt & pepper

Shallow oven proof dish

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

Method

1. Peel and crush garlic
2. Grate cheeses
3. Cut fennel in half lengthwise through the root and then lengthwise into ½inch slices
4. Remove woody root
5. Cook in boiling, salted water for about 8 mins or until just tender
6. Drain and dry well
7. Arrange in dish and season
8. Mix garlic with mascarpone and place over fennel
9. Scatter with cheeses and sprinkle over paprika
10. Bake for 15-20 mins until golden and bubbling

**ROAST TOMATO SOUP**

Serves 4

500g/1lb tomatoes chopping board & sharp knife

1 red pepper roasting tin

1tbsp rapeseed oil plastic bag

1tbsp balsamic vinegar saucepan with lid

2 cloves garlic stick blender

1 onion jug

1 carrot

500ml/18floz stock

Salt & Pepper

2tbsp fresh parsley

100g/4oz ricotta cheese

Pre heat oven Electric 220C/Fan 180, Gas 6

**Method**

1. Half tomatoes
2. De seed and chop peppers
3. Peel and chop garlic
4. Peel and chop onion and carrot
5. Using ½tbsp oil toss tomatoes and peppers – easier to do this in a bowl or plastic bag
6. Tip into roasting tin and roast for 20mins
7. Drizzle over the balsamic vinegar and roast for a further 10 mins
8. Heat the remaining oil in a large pan, fry onion, garlic and carrot over a low heat – about

10-15 mins (carrot should be tender)

1. Add tomatoes and peppers plus all the juices from the roasting tin, plus stock
2. Cook for 10-15mins. Season
3. Using a stick blender, blend the soup
4. Mix chopped parsley with ricotta
5. Serve soup with a spoonful of the ricotta mixture and warm crusty bread

**BROCCOLI & PEA SOUP**

Serves 2

1tbsp oil chopping board & sharp knife

1 onion garlic crusher

2 sticks celery pan with lid

1 clove garlic grater

200g/8oz broccoli lemon squeezer

150g/6oz fresh or frozen peas jug

500ml stock

1 lemon

100g/4oz ricotta

1tbsp fresh mint

1tbsp pine nuts toasted

**Method**

1. Peel and finely dice onion
2. Dice celery
3. Peel and crush garlic
4. Break broccoli into florets
5. Heat oil and fry onion and celery for about 10 mins
6. Add garlic, stir in well
7. Add broccoli, peas and stock
8. Simmer for 15mins or until broccoli tender
9. Blitz until smooth
10. Take rind and juice from lemon, stir HALF into soup and season. Taste, add more lemon if required
11. Mix ricotta with mint and a pinch of salt
12. Ladle soup into bowl and top with minty ricotta

**GARLIC CHICKEN PARCELS**

Serves 2

2 chicken breasts baking parchment

1 sheet puff pastry rolling pin

150g garlic and herb cream cheese baking tray

Oil

Preheat oven Electric 220C/Fan 200, Gas 7

Method

1. Cut a slit halfway in each chicken breast
2. Flatten chicken breasts between 2 pieces of baking parchment
3. Cut the pastry in half width ways
4. Lay a chicken breast on top and cram the cavities with the cheese
5. Seal the pastry, pinching the edges tightly
6. Brush with oil and bake for 35 mins until golden – you may need to turn the parcel over during cooking, check the chicken is thoroughly cooked
7. Serve with mixed, crisp salad

**GLAMORGAN SAUSAGE ROLLS**

Makes about 18

500g ready made puff pastry chopping board & sharp knife

20g butter frying pan

1 leek grater

1 red onion mixing bowl

200g Caerphilly cheese rolling pin

100g white bread crumbs pastry brush

20g plain flour

2tsp mixed herbs

2tsp wholegrain mustard

2 eggs

Salt and pepper

Baking tray lined with greaseproof/baking parchment

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

Method

1. Clean and finely slice leek
2. Peel and finely chop onion
3. Grate cheese
4. Melt butter and gently fry leek and onion – about 8-10 mins
5. Transfer to bowl and add cheese, breadcrumbs, flour, herbs and mustard
6. Season
7. Add enough egg to bind together
8. Shape into sausages – you may need to chill the mixture. (Wearing gloves is ideal, lightly dusted with flour)
9. Roll pastry and fill with ‘sausages’
10. Seal and cut into desired size – open freeze at this stage/cook from frozen
11. Glaze with beaten egg
12. Bake for 18-20 mins/frozen approx. 25mins

**BLACKBERRY YOGURT PUDDING**

Serves 8

150ml/¼pt Greek or natural yogurt bowl to melt butter (microwave)

175g/6oz caster sugar mixing bowl

120g/4½oz butter sieve

2 eggs

175g/6oz plain flour

1½tsp baking powder

150g/5oz blackberries(raspberries/blueberries/strawberries)

18cm/7inch round cake tin, greased and lined

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

Method

1. Melt butter
2. Mix yogurt, sugar, eggs and melted butter together
3. Sieve flour and baking powder into a bowl
4. Pour in yogurt mixture and stir well to combine
5. Carefully stir in 100g/4oz blackberries
6. Pour into tin and bake for about 50mins
7. Serve with a dusting of icing sugar and remaining blackberries
8. Serve with vanilla yogurt, crème fraiche or ice cream

**SALTED PEANUT AND HONEYCOMBE ROCKY ROAD**

About 25 pieces

200g plain chocolate chopping board and sharp knife

200g milk chocolate mixing bowl

50g butter pan

1tbsp golden syrup wooden spoon

100g salted peanuts spatula

100g marshmallows

100g chocolate honeycomb bars

22cm square brownie tin, greased and lined

Method

1. Chop honeycomb bars
2. Melt chocolate, butter and golden syrup either over a bowl of water or in short blasts in the microwave
3. Stir well
4. Add peanuts and mix well
5. Stir in honeycomb and marshmallows
6. Pour into tin and level out
7. Chill for at least 5 hours, preferably overnight
8. Cut into pieces and store in air tight container