**BUSY BAKERS**

**TUESDAY NOVEMBER 8th 2022**

**BEEF CASSEROLE WITH STOUT**

Serves 6

6 slices braising steak chopping board & sharp knife

Pepper frying pan

1tbsp flour grater/zester

50g/2oz butter juice squeezer

2tsp oil

6oz/150g carrots

6oz/150g onions

6oz/150g celery

6oz/150g turnip

2 oranges

10floz/300ml bottled stout

5floz/150ml red wine

1 heaped tbsp demerara sugar

Preheat oven Electric 160C/Fan 140C, Gas 3

Method

1. Peel and dice all vegetables
2. Take rind and juice from oranges
3. Dry steaks on paper towel
4. Season steaks and dip in flour
5. Combine butter and oil and seal steaks
6. Remove from pan and tip vegetables into pan, add some orange juice
7. Lay steaks in base of casserole and arrange vegetables on top
8. Combine red wine, orange rind and juice with stout
9. Pour over steaks and sprinkle sugar on top
10. Cover and cook for 2 hours or until the steaks are tender
11. Serve with jacket or mashed potatoes and green vegetables

**CATALAN CHICKEN CASSEROLE**

Serves 2

1tbsp oil chopping board & sharp knife

100g/4oz chorizo frying pan with lid

2 chicken quarters slotted spoon

1 onion garlic crusher

1 garlic clove

1 tin plum tomatoes

200g/7oz tomatoes

1tbsp tomato puree

6tbsp red wine

Pinch sugar

Sprigs of thyme

25g/1oz pitted black olives

Method

1. Cut chorizo into pieces
2. Peel and thinly slice onion
3. Peel and chop garlic
4. Skin and dice tomatoes
5. Heat oil add chorizo and fry for 2 mins, stirring all the time
6. Remove with slotted spoon and drain on kitchen paper
7. Add chicken to pan, cook for about 5 mins each side until golden
8. Add onion and cook for about 5 mins
9. Add garlic, cook for 1 min
10. Stir in tomatoes, puree, wine, sugar and a few sprigs of thyme
11. Return chicken and chorizo to pan. (all the ingredients could be put in a casserole dish and placed in the oven Electric 180C/Fan 160C, Gas 4 for about 1 hour – check chicken cooked)
12. Cover and cook for about an hour. Turn chicken at regular intervals
13. Check chicken is cooked
14. Stir in olives and serve with jacket potato and green vegetables

**WHITE BEAN AND VEGETABLE CHILLI**

Serves 4

2 onions chopping board & sharp knife

2tbsp oil colander

2 cloves garlic garlic press

1 green chilli pan with lid

2tsp mild chilli powder measuring jug

1tsp cumin

2 carrots

1 potato

2 red peppers

432g tin sweet corn

Tin chopped tomatoes

Salt & pepper

2tbsp chopped fresh parsley

300ml/½pt vegetable stock

1tbsp brown sugar

2tbsp tomato puree

Tin cannellini beans, drained

300ml/½pt natural yogurt

125g/4oz cheddar cheese, grated

Method

1. Peel and chop onions
2. Peel and crush garlic
3. De-seed and chop chilli
4. Peel and dice carrots
5. De-seed and dice pepper
6. Heat oil and gently fry onion until soft
7. Add garlic and chill and cook for 2 mins
8. Add chilli powder and cumin, cook, stirring for 2 mins
9. Add carrots, potato, peppers, sweetcorn and tomatoes.
10. Season
11. Add parsley, stock, sugar, tomato puree.
12. Cover and cook for 30mins
13. Drain and add beans
14. Cook for 10mins
15. Serve with spoonful of yogurt and sprinkling of cheese

**PUMPKIN, POLENTA AND CHEESE BAKE**

Serves 6

750g/1½lb pumpkin, sweet potato or butternut squash chopping board & sharp knife

5tbsp oil garlic crusher

900ml/1½pt water roasting tin

150g/5oz polenta large pan with lid

Salt & pepper colander

5tbsp grated parmesan cheese grater

350g/12oz onions mixing bowl

2 cloves garlic

1tsp dried thyme

2 tins chopped tomatoes

2tbsp sun dried tomato puree

200ml/7floz white or red wine

1tsp sugar

350g/12oz mixed grated cheese (Gruyere, Cheddar, Mozzarella)

25x16cm/10x6½in tin lined with clingfilm

Preheat oven Electric 230C/Fan 210C, Gas 8

Method

1. Peel and roughly chop pumpkin/sweet potato/butternut squash
2. Peel and chop onions
3. Peel and chop garlic
4. Put pumpkin/sweet potato/squash in roasting tin and coat with 3tbsp oil
5. Roast for 25mins
6. Boil water and sprinkle in polenta. Cook over medium heat for 10mins
7. Stir frequently. Season well and stir in 3tbsp parmesan
8. Pour into tin and leave until set
9. Heat remaining oil, add onion and cook until soft
10. Stir in garlic, thyme, tomato puree, chopped tomatoes and wine.
11. Bring to boil and simmer for 10-15mins until reduced by a third
12. Add sugar and season
13. Reduce oven temp to Electric 200C/Fan180C, Gas 6
14. Cut polenta into 24 triangles
15. Spoon half sauce into ovenproof dish, arrange half polenta on top
16. Top with three quarters of cheeses and all the pumpkin
17. Finish with layer of polenta and remaining cheeses and 2 tbsp parmesan
18. Bake for 35-40mins
19. Serve with green vegetables

**POTATO & ONION BAKE**

Serves 2

2 large potatoes peeler

1 onion or leek chopping board & sharp knife

Stock colander

Salt & pepper jug

Casserole dish with lid

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

Method

1. Peel and thinly slice potatoes
2. Peel and slice onion
3. Layer in casserole and season
4. Pour over enough stock to cover
5. Cover with lid or foil and bake until tender
6. Remove foil/lid and brown

**RUM AND PINEAPPLE MINCEMEAT**

Makes about 1kg

2 clementines or satsumas chopping board & sharp knife

250g Bramley cooking apples grater

75g butter pan with lid

6tbsp Spiced Rum lemon squeezer

500g dried mixed fruit baking tray/frying pan (toast almonds)

100g dried pineapple pieces

½tsp ground cinnamon

½tsp ground ginger

½tsp ground allspice

1tsp mixed spice

Grating of fresh nutmeg

150g light muscovado sugar

50g blanched almonds

Method

1. Take zest and juice from clementines/satsumas and place in pan
2. Peel and grate cooking apple and add to pan
3. Mix well
4. Add butter, rum, dried fruit, spices and pineapple.
5. Cover and cook over a low heat, stirring from time to time – about 30mins
6. The apple should have broken down and fruit should be plump
7. The liquid should have evaporated
8. Remove from heat and stir in sugar
9. Put almonds into a shallow pan and toast
10. Roughly chop and add to the mincemeat
11. The mixture should be glossy, sugar dissolved
12. Place in sterilised jar, press a waxed disc on top and seal.
13. Leave to cool then store in the fridge for up to a month – this mincemeat does not keep as long as traditional mincemeat.

**PEAR MINCEMEAT**

4-6JARS

1.25KG Caster sugar chopping board & sharp knife

1tsp cinnamon large pan (preserving)

1tsp ground all spice potato masher

1tsp ground cloves sterilised jars

1tsp salt

3.75kg pears

1 large orange

1 lemon

1 tart apple

150g dried apricots

225ml white grape juice

225ml cider vinegar

425g sultanas

375g currants

Method

1. Peel, core and chop pears
2. Quarter lemon and orange and remove pips
3. Peel, core and chop apple
4. Chop apricots
5. In a large pan combine sugar, cinnamon, allspice, ground cloves and salt. Mix well
6. Add pears, apple, orange, lemon and apricots
7. Mash together
8. Stir in grape juice, cider vinegar, sultanas and currants
9. Bring gently to boiling point and simmer until thick, uncovered
10. Spoon into sterilised jars
11. Cool and store in refrigerator. Will keep for up to 12 months

**SLOW COOKER CHRISTMAS PUDDING**

Serves 8

200g dried mixed fruit

100g mixture of dried cherries, cranberries and blueberries

100g glace cherries large bowl

1 orange chopping board & sharp knife

50ml amaretto grater/zester

50ml brandy lemon squeezer

100g dark muscovado sugar

1tsp mixed spice

½tsp cinnamon

Generous grating nutmeg

2 eggs

225g Bramley apple

100g suet

50g blanched almonds

85g SR flour

65g fresh white breadcrumbs

Method

1. Take zest and juice from orange
2. Quarter glace cherries
3. Place all fruits, zest, orange juice, amaretto, brandy, sugar, spices into a large bowl
4. Mix well and cover leave to infuse for at least 24 hours
5. Grease 1litre ceramic or pyrex bowl
6. Line the base with circle of greaseproof paper
7. Peel, core and grate apple
8. Roughly chop almonds
9. Make fresh breadcrumbs
10. Beat eggs
11. Add all remaining ingredients to the fruit mixture
12. Pour into pudding basin and level
13. Cover with buttered, pleated greaseproof and foil
14. Secure with string
15. Trim foil/greaseproof
16. Place in slow cooker and pour boiling water around to come halfway up the basin
17. Cover and cook for 10 hours – check water level at intervals and top up with boiling water if required.
18. Remove from slow cooker and remover papers
19. Store in cool, dark place
20. To serve – heat slow cooker. Securely cover pudding again. Place in slow cooker and pour boiling water to come half way up pudding basin. Heat for 4 hours or until piping hot

No Slow Cooker – Steam for 4 hours. To reheat steam for 1½hours