

CHEQUERS KITCHEN

Cookery School



This collection of recipes was chosen by the volunteers and participants in the Book & Cook project with our partners from France, Belgium and Romania. We would like to thank the Erasmus+ programme for the opportunity to participate in a fascinating and enlightening transnational project. Our partners are inspiring and have become friends, for which we are very grateful.



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SAVOURY

CAULIFLOWER, POTATO, CHICKPEA & SPINACH CURRY

SERVES 2

PREP TIME: 10 MINS

COOKING TIME: 20 MINS

INGREDIENTS

- 1_{TSP} Ground Coriander
- 1_{TSP} Mustard Seeds
- 1_{TSP} Ground Ginger
- 1_{TSP} Curry Powder (OR GARAM MASALA)
- 1 X 400 G Tin of Chickpeas
- 250 G Baby Spinach
- Natural Yoghurt
- 1 Lime
- Wholemeal Flatbreads to Serve (OPTIONAL)
- 1 Cauliflower
- 800 G Potatoes
- 2 Cloves of Garlic
- 1 Onion
- 1 Long Green Chilli
- 2_{TBSP} Olive Oil
- 2_{TBSP} Unsalted Butter
- 1_{TSP} Turmeric
- 1_{TSP} Ground Cumin

METHOD

1. Separate the cauliflower into florets, then cook in boiling salted water for 5 minutes, then drain, reserving about 150ml cooking water.
2. Roughly chop the potatoes and cook in boiling salted water for 10 minutes, then drain.
3. Peel and thinly slice the garlic and onion, then finely slice the chilli. Heat the oil and butter in a large frying pan over a low heat and sauté the garlic, onion and chilli till softened.
4. Stir in all the spices, season, and cook for a few minutes. Add the cooked cauliflower, potatoes and reserved cooking water, then simmer on a low heat for 10 minutes.
5. Drain and add the chickpeas, then the spinach. Cook, stirring, until the spinach wilts. Transfer to a serving bowl and serve with a dollop of yoghurt and a squeeze of lime juice.



CHEESY-LEEK POTATO PIE

SERVES 4
PREP TIME: 25 MINS
COOKING TIME: 1 HOUR

INGREDIENTS

- 1 Leeks, Cut into Chunks
- Small Knob of Butter
- Pinch of Dried Rosemary
- 140G Melting Cheese (CUT INTO SMALL CHUNKS)
- 500G Short-Crust Pastry (OR PUFF PASTRY)
- 1 Egg, Beaten
- 450G Potato (OR 1 VERY LARGE BAKING POTATO)

METHOD

1. Put the leeks, butter and herbs in a pan, cover and cook over a low heat for about 20 mins until very soft, stirring occasionally.
2. While the leeks are cooking, put the potatoes in a pan of cold water, bring to the boil and simmer for 4-5 mins until just cooked.
3. Drain the potatoes and stir into the cooked leeks. Leave to cool, stir in the cheese and season with plenty of pepper and salt if you want.
4. The filling can now be chilled for use the following day, if you like.
5. Heat oven to 200C/fan 180C/gas 6.
6. Divide the pastry in two and roll one of the pieces to the size of a dinner plate - transfer this to a baking sheet and roll the remaining pastry and any trimmings to a round about 5cm bigger than the first.
7. Pile the filling into the middle of the round on the baking sheet, leaving a 4cm border.
8. Brush the border with the beaten egg, then drape over the larger piece of pastry - trim the edges to neaten, then press the sides together with your thumb. Brush the tart all over with egg.
9. Bake for 35-40 mins until golden then leave to rest for 10 mins before cutting into wedges and serving with beans or greens.

COTTAGE PIE

SERVES 4

PREP TIME: 45 MINS

COOKING TIME: 1 HOUR 15 MINS

INGREDIENTS

- 3_{TBSP} Olive Oil
- 1 $\frac{1}{4}$ _{KG} Beef Mince
- 2 Onions, Finely Chopped
- 3 Carrots, Chopped
- 3 Celery Sticks, Chopped
- 2 Garlic Cloves, Finely Chopped
 - 3_{TBSP} Plain Flour
 - 1_{TBSP} Tomato Purée
- 1 Large Glass of Red Wine (OPTIONAL)
 - 850_{ML} Beef Stock
- 4_{TBSP} Worcestershire Sauce
 - A Few Sprigs of Thyme
 - 2 Bay Leaves

FOR THE MASH

- 1.8_{KG} Potatoes, Chopped
 - 225_{ML} Milk
 - 25_G Butter
- 200_G Strong Cheddar, Grated
 - Freshly Grated Nutmeg

METHOD

1. Heat 1 _{tblsp} oil in a large saucepan and fry the mince until browned – you may need to do this in batches. Set aside as it browns. Put the rest of the oil into the pan, add the vegetables and cook on a gentle heat until soft, about 20 mins.
2. Add the garlic, flour and tomato purée, increase the heat and cook for a few mins, then return the beef to the pan. Pour over the wine, if using, and boil to reduce it slightly before adding the stock, Worcestershire sauce and herbs. Bring to a simmer and cook, uncovered, for 45 mins.
3. By this time the gravy should be thick and coating the meat. Check after about 30 mins – if a lot of liquid remains, increase the heat slightly to reduce the gravy a little. Season well, then discard the bay leaves and thyme stalks.

4. Meanwhile, make the mash. In a large saucepan, cover the potatoes in salted cold water, bring to the boil and simmer until tender. Drain well, then allow to steam-dry for a few mins. Mash well with the milk, butter, and three-quarters of the cheese, then season with the nutmeg and some salt and pepper.
5. Spoon meat into 2 ovenproof dishes. Pipe or spoon on the mash to cover. Sprinkle on the remaining cheese. If eating straight away, heat oven to 220C/200C fan/gas 7 and cook for 25-30 mins, or until the topping is golden. Or follow the steps (below) to freeze..



Easy to prepare. It can be seasoned to taste –
"I like spicy food more than my wife".
Nice and easy to eat.
Has a balance of meat/veg or
protein, potatoes and vegetables
to keep me healthy in my eating

Denis



Heart warming family meal. Good for any
meat (minced) or leftovers. The filling is full of
winter charm and evenings by the fire.
Good to come home to on a cold evening.

Judy



It reminds me of warmth, home and happiness.
Of family dinners with Mum and Dad.
Friendship and nourishment.
It's perfect for a winters evening out of the
cold and into s warm kitchen with loved ones
around a table..

John



GINGER CHICKEN & CASHEWS

SERVES 2

PREP TIME: 5 MINS

COOKING TIME: 10 MINS

INGREDIENTS

- 1 Chicken Breast, Sliced into Strips
 - 1" Ginger, Cut Thinly
 - 2 TBSP Corn Flour
- 1/2 CUP of Cashew Nuts
 - 2 TBSP of Light Soy
 - 1 TBSP of Dark Soy
- Salt, Sugar & Pepper TO TASTE

METHOD

1. Coat chicken strips in corn flour
2. Heat up 3 tablespoons of peanut or vegetable oil.
3. Add in ginger and chicken.
4. Stir fry until cook (just a few mins).
5. Add light and dark soy, some white pepper and a sprinkle of sugar to balance taste.
6. Lastly stir in roasted/toasted cashew nuts. Plate and serve hot.

REAL TOMATO SOUP

SERVES 4

PREP TIME: 5 MINS

COOKING TIME: 25 MINS

INGREDIENTS

- 2 TBSP Olive Oil
- 1 Onion, Chopped
- 1 Garlic Clove, Finely Chopped
- 1 TBSP Tomato Purée
- 400 G Tin of Chopped Tomato
- Handful of Basil Leaves
- Pinch of Baking Soda
- 600 ML Vegetable Stock

METHOD

1. Heat the olive oil in a large pan, then tip in the onion and garlic.
2. Cook over a moderate heat until the onion has softened, about 5 mins. Stir in the tomato purée, then pour in the chopped tomatoes and basil leaves, and bring up to the boil.
3. Turn the heat down and leave to simmer for about 15 mins until thick and full of flavour.
4. If you like a smooth soup, whizz the mixture at this point to form a smooth sauce. This can now be cooled and frozen for up to 1 month.
5. Add the hot vegetable stock.
6. Bring up to a boil (the mixture will froth, but don't worry – it will go away). Gently simmer for about 5 mins until ready to serve.

INDIVIDUAL TOAD-IN-THE-HOLE WITH OVEN BAKED POTATO WEDGES

INDIVIDUAL TOAD-IN-THE-HOLE

SERVES 4

PREP TIME: 15 MINS

COOKING TIME: 30 MINS

INGREDIENTS

- 12 Small Chipolatas (OR 6 LARGE SAUSAGES CUT IN HALF)
- 115G Plain Flour
- 2 Large Eggs
- 250ML Milk
- Pinch of Salt & Pepper
- 4 TBS P Vegetable Oil
- Small Bunch of Chives (OPTIONAL)

METHOD

1. Preheat oven to 220C / 425F
2. To make the batter: Put flour, salt & pepper into a large mixing bowl. Make a hollow in the centre, then break the eggs into the hollow. Add half the milk.
3. Using a wire whisk, gently mix the eggs and milk together, then start to slowly mix the flour into the egg mixture. When all the flour has been mixed in, whisk the mixture well to remove any lumps. Then add the remainder of the milk and mix thoroughly.
4. Using a pair of scissors, snip the chives into small pieces directly into the mixture, and whisk to mix.
 5. Using scissors, snip the links between the sausages.
 6. Put 1 tsp oil into each hole of the muffin tin, and place in the hot oven for 5 minutes.
 7. Remove muffin tin from oven and place on heatproof surface - be careful - the oil will be very hot.
 8. Carefully put 1 chipolata, or half sausage, in each hole and return tin to the oven for 5 minutes.
 9. Pour the batter into a large jug and stir once or twice.
10. Carefully remove the hot tin as before. Pour batter into each hole, so each one is half full. Gently replace the tin in the oven and bake for 20 minutes until golden brown and crispy.
11. Remove from oven and ease each toad out of its hole, with a rounded-blade knife.
12. Eat straight away with salad, or green vegetables, or baked beans

BAKED POTATO WEDGES

SERVES 4

PREP TIME: 10 MINS

COOKING TIME: 30 MINS

INGREDIENTS

- 4 Large Potatoes (OR 6 LARGE SAUSAGES CUT IN HALF)
- 2 TBS P Olive Oil
- Pinch of Salt & Pepper
- Small Bunch of Rosemary (OPTIONAL)

METHOD

1. Heat oven to 200C / 400F
2. Wash and dry potatoes - do not peel.
3. Cut each potato in half lengthwise. Cut each half in half again, and each quarter in half again, until you have 8 wedges per potato.
4. Place wedges into a baking tray, add 2tbs oil and sprinkle with salt, pepper and sprinkle with rosemary (if using). Toss together well with your hands making sure all the wedges are coated with a thin film of oil.
5. Bake in the oven for 30 minutes till golden and crispy.

LUXURY SAUSAGE ROLLS

MAKES 12 LARGE OR 24 SMALL ROLLS

SERVES 6

PREP TIME: 15 MINS

COOKING TIME: 25 MINS

INGREDIENTS

- 3^{TBSP} Olive Oil
- 3 Sheets of Puff Pastry (YOU CAN BUY READY MADE)
 - 1 Carrot, Grated
- 1 Onion, Grated or Very Finely Chopped
 - 1 Courgette, Grated
 - 100g Cheddar Cheese, Grated
 - 1/2^{TSP} Worcester Sauce, if available
 - Bunch of Roughly Chopped Parsley
 - 2^{TBSP} Tomato Sauce
 - Salt & Pepper, for Seasoning
 - 1 Egg + Egg for Egg Wash
- 500g Sausage Meat or Your Choice of Sausages, Deskinned
 - Seeds for Decorating - Poppy, Sesame (OPTIONAL)

METHOD

1. In a large bowl, gently mix the cheese, parsley, onion, tomato sauce, egg, salt & pepper and Worcester sauce
2. Dry the carrot and courgette by squeezing all the water out. You can do this by hand, or in a tea towel. This is an important step, you need them as squeezed out as possible. Then add to the bowl with the other ingredients.
3. Add the sausage meat or squeezed out sausage mix to the bowl.
4. Cut each sheet of pastry in half, to leave you with 6 rectangular strips of pastry, divide the sausage mixture evenly between the sheets and roll into a snake like shape. Position each sausage snake on 1 side of each piece of pastry

5. Crack the remaining egg into a small bowl and whisk with a fork, paint the exposed pastry lightly with the egg mixture. Gently fold the pastry over the mince to create a sausage roll, pressing the edges firmly with the back of a fork where the pastry meets, making sure it is tightly sealed.
6. Brush the sausage rolls with the egg mixture then sprinkle with the poppy & sesame seeds, cut into portions and bake for 20 – 25 min on greased baking tray until golden and cooked through in preheated oven of 180C

Variations and tips

If mixture is too sloppy add breadcrumbs

Serve with ketchup or tomato chutney

Once you have laid the sausage snake onto the pastry you can sprinkle, chilli flakes, curry powder, sultanas, nuts or finely chopped apple or any other seasoning to make different flavoured sausage rolls.



SMOKED MACKEREL & POTATO BAKE IN CREAMY HORSERADISH SAUCE

SERVES 4
PREP TIME: 15 MINS
COOKING TIME: 35 MINS

INGREDIENTS

- 700G Potatoes, Cut into 3CM Cubes
- 1 Small Onion, Thinly Sliced
- 25G Butter
- 200G Smoked Mackerel
- 2TBSP Chopped Dill
- 150ML Double Cream
- 100ML Fish Stock
- 2TBSP Creamed Horshradish
- Green Salad to Serve (OPTIONAL)

METHOD

1. Heat oven to 200C/180C fan/Gas 6. Cook potatoes and onion in boiling, salted water for 6-7 minutes until almost tender. Drain well. Grease a 20 x 20cm baking dish with a little of the butter, then arrange the potatoes in it.
2. Break the fish into chunky pieces, discarding any skin and bones. Tuck the pieces in and around the potatoes, then scatter over the dill. Whisk the cream, stock and horseradish together and season.
3. Pour over the potatoes. Dot the remaining butter over the top, then bake for 20 -25 minutes until golden. Serve with a green salad if you like.

STIR FRY CABBAGE

SERVES 2
PREP TIME: 5 MINS
COOKING TIME: 5 MINS

INGREDIENTS

- 2 Cloves of Garlic
- 1/2 of Big Cabbage, Thinly Sliced in Strips
- 1 Red Chillies, Minced
- Sesame Oil
- 2TBSP of Light Soy
- White Pepper
- 1TBSP of Oyster Sauce

METHOD

1. Heat up vegetable oil
2. Add in garlic and cabbage
3. Add soy & oyster sauce, chillies and white pepper & sesame oil
6. Stir fry until cook but still crisp (al dente). Plate and serve

PORK MEATBALLS IN A CREAMY MUSTARD SAUCE / WITH NOODLES

SERVES 4
PREP TIME: 10 MINS
COOKING TIME: 20 MINS

INGREDIENTS

- 450_G Good Quality Butchers Pork Sausages
- 1 Garlic Clove, Finely Minced
- 3_{TBSP} of Chopped Parsley
- 25_G of Grated Parmesan
 - Salt & Pepper TO TASTE
 - 500_{ML} of Beef Stock
- 250_G Tub of Creme Fraiche
- 1-2_{TBSP} of Dijon Mustard
- Noodles to Serve

METHOD

1. Remove the pork sausages from their skins by slicing down their length and pulling the skin away.
2. Place sausage meat in a large bowl.
3. Add finely minced garlic, Parmesan, chopped parsley, salt & pepper and mix well with your hands.
4. Divide the mixture into 24 balls, (slightly smaller than a golf ball).
5. Warm a non-stick frying pan over a moderate heat and fry the meatballs, turning regularly, until they are evenly brown. Tip away any excess fat that may have accumulated.
6. Pour in 500ml of beef stock and bring to the boil. Turn heat down and simmer for 5 minutes.
7. Add the creme fraiche and mustard and simmer for 15 - 20 minutes.
8. Taste and add more salt & paper if required.
9. Serve in warm bowls on a bed of thick noodles.

TUNA, BROCCOLI & POTATO GRATIN IN CHEESE SAUCE

SERVES 4

PREP TIME: 20 MINS

COOKING TIME: 50 MINS

INGREDIENTS

- 2 x 160G Tins of Tuna
- 700G Potatoes
- 300G Broccoli
- 50G of Butter
- 855_{ML} of Milk
- 75G Cheddar Cheese, Grated
- 1_{TSP} of Dijon Mustard (OPTIONAL)
- Salt & Pepper to Season

METHOD

1. Drain tuna and arrange across the base of a large shallow, ovenproof dish (or 4 individual gratin dishes if preferred).
2. Cut broccoli into small individual florets.
3. Steam broccoli florets for approx 8 minutes (or until just cooked when pierced with a knife). Allow to cool and then scatter evenly over tuna in serving dish.
4. Peel potatoes and cut into thin rounds.
5. Cook in boiling, salted water until tender but not falling apart (approx 8 minutes).
6. Drain and leave to cool while you prepare the sauce.
To make cheese sauce:
7. Place milk, flour and butter in medium saucepan and place over gentle heat.
8. Using a balloon whisk, begin to whisk while bringing sauce to a gentle simmer.
9. Whisk continuously until you have a smooth, glossy sauce, and simmer very gently for 5 minutes.
10. Add grated cheese and whisk again, until the cheese is melted.



11. Stir in a teaspoon of Dijon mustard (if using) and season to taste with salt & pepper.
12. Remove from heat.
13. Pour half the sauce over tuna / broccoli mixture.
14. Arrange the cooked potato slices on top, completely covering the tuna/broccoli mixture and then pour the remaining sauce over the potatoes.
15. Spread the sauce evenly over the potatoes with a knife, making sure the potato is well covered.
16. Cook at 180 degrees Centigrade for approx 35 minutes, or until golden and bubbling.
17. Serve on its own, or with a green salad to follow.

NB: Sliced, lightly fried mushrooms are also a nice addition to this recipe. Add them to the dish with the broccoli.

TUNA FISH CAKES

SERVES 2

PREP TIME: 30 MINS

COOKING TIME: 15 MINS

INGREDIENTS

- 2 x 150g Tuna in Spring Water
- 250g Mashed Potatoes
- 1 Small Onion (OR 2 LARGE SPRING ONIONS)
- 1 Clove of Garlic
- 100g Golden or Panko Breadbrumbs
- 1 TBSP Finely Chopped Parsley
- Salt & Pepper
- 1 Large Egg
- 25g of Butter
- Oil for Shallow Frying

METHOD

1. Peel and dice the potatoes cook in boiling water until soft
2. Drain tuna put into a mixing bowl break up with a fork
3. Chop parsley finely including the stalks add to the tuna
4. Peel & chop onion and garlic finely, cook in a little oil until soft then add to the tuna
5. Drain the potatoes, mash with butter and add to tuna. Season with salt & pepper
6. Mix well and divide mixture evenly into 4 or 6 and shape into flat rounds
7. Crack egg on to a flat plate whisk with a fork
8. Sprinkle coating breadcrumbs on to a piece of baking parchment
9. Place each cake in beaten egg and coat, then into breadcrumbs until completely covered
10. Heat oil to moderate heat cook each fish cake until golden and crispy on both sides, lift carefully on to kitchen roll to absorb surplus oil
11. Serve immediately with vegetables or salad and tartar sauce

APPLE COLESLAW

SERVES 2

PREP TIME: 10 MINS

INGREDIENTS

- 1/4 Hard White Cabbage, Shredded
- 1 Large Carrot, Grated
- 1 Stick of Celery, Thinly Sliced
- 1 Eating Apple, Cored and Diced
- 1/2 Lemon, Juice Only
- 1 or 2 Spring Onions (OR RED/WHITE ONION, FINELY SLICED)
- 1 TBSP Light Mayonnaise
- 1 TBSP Natural Yoghurt

METHOD

1. Prepare all the vegetables and mix together in a large bowl, make sure apple is coated with the lemon juice stopping it from turning brown
2. Mix together yoghurt and mayonnaise stir through vegetables, season with a little salt & pepper if required
3. Optional additional spices may be added at this point such as cinnamon or cumin or coriander or freshly snipped chives

VEGETABLE, NUT & LENTIL KOFTAS

SERVES 4
PREP TIME: 20 MINS
COOKING TIME: 20 MINS



INGREDIENTS

- 2^{TBSP} vegetable oil
- 1 Small Onion, Peeled and Finely Chopped
- 1 Clove Garlic – Peeled and Finely Chopped
 - 1 Carrot – Peeled and Coarsely Grated
- 1 Stick Celery – Trimmed and Finely chopped
 - 1^{TBSP} Curry Powder or Paste
 - 125^G Split Red Lentils
 - 300^{ML} Vegetable Stock
- 1 Small Fresh Chilli – Deseeded and Finely Chopped (OR ¼ TSP CHILLI FLAKES)
 - 1^{TBSP} Tomato Puree
- 100^G Fresh Wholemeal Breadcrumbs
- 50^G Cashew Nuts, Finely Chopped
- 1^{TBSP} Fresh Coriander (OR PARSLEY, FINELY CHOPPED)
 - 1 Egg, Beaten
 - Salt & Pepper
- Garam Masala (TO SPRINKLE ON TOP)

YOGHURT DRESSING INGREDIENTS

- 125^G Natural Yoghurt
- 1^{TBSP} Chopped Fresh Coriander or Parsley
- 1^{TBSP} Mango Chutney

METHOD

1. Heat 2 tablespoons of ghee or oil in a large saucepan and gently fry the onion, carrots, celery, garlic and chilli for 5 minutes, stirring frequently. Add the curry powder or paste and the lentils and cook gently for 1 minute, stirring.
2. Add the stock and tomato puree (paste) and bring to the boil. Reduce the heat, cover and simmer for 20 minutes or until the lentils are tender and all the liquid is absorbed.
3. Remove from the heat and cool slightly. Add the breadcrumbs, nuts, coriander, egg and seasoning to taste. Mix well and leave to cool. Shape into rounds about the size of golf balls (the mixture is quite soft, so use 2 spoons to help shape the rounds, if necessary).
4. Place the balls on a greased baking sheet, drizzle with the remaining oil and sprinkle with a little garam masala, to taste. Cook in the preheated oven for 15-20 minutes or until piping hot and lightly golden.
5. Meanwhile, make the yoghurt dressing. Mix all the ingredients together in a bowl.
6. Serve the koftas hot with the yoghurt dressing

WHITE BEAN TUSCAN SOUP

SERVES 4

PREP TIME: 30 MINS

COOKING TIME: 20 MINS

INGREDIENTS

- 2 Tbsp Extra-Virgin Olive Oil, (PLUS MORE FOR SERVING)
- 1 Medium Onion, Finely Diced (ABOUT 1 CUP)
- 2 Medium Carrots, Finely Diced (ABOUT 1 CUP)
- 2 Ribs of Celery, Finely Diced (ABOUT 1 CUP)
- 4 Cloves of Garlic, Minced
- 1/2 TSP Dried Red Chilli Flakes
- 1 Stock Cube (CHICKEN OR VEGETABLE - DISSOLVED IN 500 ML HOT WATER)
- 2 (15oz) Cans White Beans (CANNELLINI), With Their Liquid
- 4 6-inch Sprigs Rosemary, Leaves Finely Chopped and Stems Reserved
- 1 (3-4 inch) Chunk Parmesan Rind (OPTIONAL)
- 2 Bay Leaves
- 3 to 4 Cups Roughly Chopped Kale, Swiss Chard Leaves or Baby Spinach
- Sea Salt and Freshly Ground Black Pepper
- Parmesan For Serving

METHOD

1. Heat olive oil in a large saucepan over medium-high heat until shimmering. Add onions, carrots, and celery and cook, stirring frequently, until softened but not browned, about 3 minutes.
2. Add garlic and dried red chilli flakes and cook, stirring constantly until fragrant, about 1 minute.
3. Add chicken stock, beans and their liquid, rosemary stems, parmesan rind (if using), and bay leaves. Increase heat to high, and bring to a boil. Reduce to a bare simmer, add kale, cover and cook for 15 minutes.
4. Discard the bay leaves and rosemary stems. Use a hand blender to roughly puree part of the beans until desired consistency is reached. Alternatively, transfer 2 cups of soup to a blender or food processor and process until smooth (start on low speed and increase to high to prevent blender blow-out). Return to the soup and stir to combine.
5. Season to taste with salt and pepper.
6. Ladle into bowls, sprinkle with reserved chopped rosemary leaves, drizzle with extra-virgin olive oil and a grating of Parmesan cheese, and serve with crusty fresh/toasted bread.



CORNISH PASTY

SERVES 6
PREP TIME: 2 HOURS
COOKING TIME: 30 MINS

INGREDIENTS

FOR THE PASTY

- 225G Plain Flour, (PLUS EXTRA FOR DUSTING)
- 1TSP Baking Powder
- 1TSP Salt
- 60G Unsalted Butter
- 1 Free-Range Egg, Yolk Only
- 60ML Water
- 1 Free-Range Egg, Beaten (FOR GLAZING)

FOR THE FILLING

- 50G Swede, Finely Chopped
- 150G Potato, Peeled and Cut Into Cubes
- 50G Onion, Finely Chopped
- 100G Rib-Eye Steak, Cut Into Small Pieces
- 1TSP Chopped Fresh Parsley
- Salt and Freshly Ground Black Pepper

METHOD

1. For the pastry, pulse the flour, baking powder, salt, butter and egg yolk in a food processor until the mixture resembles breadcrumbs.
2. Gradually add the water, a tablespoon at a time, mixing continuously until the mixture just comes together as a dough. (You may not need to use all the water.) Roll the dough into a ball, then wrap it in cling film and chill in the fridge for an hour.
3. Meanwhile, for the filling, bring a pan of salted, boiling water to the boil. Add the chopped swede and potato and cook for 4-5 minutes, until tender, then drain well, refresh in cold water and set aside.
4. Preheat the oven to 180C/350F/Gas 4.
5. Roll the chilled pastry out onto a clean, floured work surface. Cut a large disc from the pastry using a dinner plate as a template. Place the onions in a line down the middle of the pastry disc. Spoon the chopped steak on top, then spoon the cooked potato and swede over it. Sprinkle with the chopped parsley and season, to taste, with salt and freshly ground black pepper.
6. Brush the edge of the pastry disc with some of the beaten egg. Draw the edges of the pastry together and crimp them with your fingers to seal so that the seal sits on top of the filling. Using a knife, make a small hole in the top of the pasty and brush all over with the remaining beaten egg.
7. Place the pasty onto a baking tray and bake in the oven for 25-30 minutes, or until golden-brown.





SWEET

SQUIDGY CHOCOLATE AND PEAR PUDDING

SERVES 8

PREP TIME: 15 MINS

COOKING TIME: 30 MINS

INGREDIENTS

- 100g Butter (PLUS EXTRA FOR GREASING)
 - 150g Golden Caster Sugar
 - 2 Large Eggs
 - 38g Plain Flour
 - 25g Cocoa Powder
 - 1 Tinned Pear, Drained
 - 50g Plain Dark Chocolate (70% COCOA SOLIDS)
 - 12g Flaked Almonds (OPTIONAL)
 - Cream or Ice Cream, to Serve

METHOD

1. Heat oven to 190C/170C fan/gas 5. Lightly grease a roughly 20 x 30cm shallow ovenproof dish. Cream the butter and sugar using a wooden spoon until light and fluffy.
2. Gradually add the eggs to the butter and sugar, beating well with a wooden spoon in between each addition. Sift the flour and cocoa powder on top of the egg mixture, then beat hard with a wooden spoon until thoroughly combined.
3. Pour into the prepared tin or dish and nestle the pears into the chocolate batter. Scatter the chocolate pieces over the batter and sprinkle with almonds, if you like. Can be frozen at this stage.
4. Bake in the centre of the oven for 30 mins or until the mixture is crusty on the surface and lightly cooked inside. Do not allow to overcook, as the cake will become spongy rather than gooey in the centre. Serve warm with cream or ice cream



FRUIT CRUMBLE

SERVES 10

PREP TIME: 20 MINS

COOKING TIME: 40 MINS

INGREDIENTS

- Approx 500G Fruit (4 Apples + 2 Pears)
- 100G Pecan Nut Museli or 50G Oats (+ SOME OF THE SUGAR + 40G Chopped Nuts)
 - 30G + 50G Brown Sugar
 - 100ML Honey
 - 1TBSP Cinnamon
 - 150G Plain fFour
- 125G Butter (ROOM TEMPERATURE)

METHOD

1. Set the oven to 170 degrees fan / 180 degrees centigrade / Gas Mark 4 and use 25g butter to grease dish
2. Peel and core fruit and cut into chunks and/or slices; roll in a TBSP flour
3. Place in buttered dish with 30g sugar
4. Add cinnamon and honey and mix
5. Put in the oven for 10mins
6. Meanwhile put flour in a bowl, ddd cubed butter and 50g of sugar
8. Rub in until mix looks like breadcrumbs
9. Add muesli or oat/nut mix
10. Take fruit out of oven and sprinkle mix over fruit
11. Put back into oven for 30 mins
12. Serve with custard, ice cream or crème anglaise

VARIATIONS

- INSTEAD OF CINNAMON USE VANILLA ESSENCE OR GRATED LEMON JUICE OR TBSP GINGER JAM
 - ADD TBSP DRIED MILK TO TOPPING
 - HANDFUL OF DRIED FRUIT IN WITH THE APPLE MIX
- TRY APPLE AND OTHER FRUITS (RASPBERRY AND CHERRY)
- TOPPING CAN ALSO BE MADE WITH A FOOD PROCESSOR (FLOUR BUTTER SUGAR)



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Our daughter-in-laws favourite dessert.
It can be a good mix of sweet and
crunchy topping with tart tasting fruit,
according to the season. (I like rhubarb).
It's also very good with custard.

Denis

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The harvest in a bowl.
Sweet and tangy with a
satisfying crunch and bathed
in custard or cream for luxury.

Judy



LEMON POSSET WITH LEMON SHORTBREAD

SERVES 6
PREP TIME: 2 HOURS
COOKING TIME: 30 MINS

INGREDIENTS

FOR THE LEMON SHORTBREAD

- 90g Icing Sugar
- 185g Plain Flour
- 60g Cornflour
- 30g Ground Almonds
- 250g Butter, Cut into Cubes (PLUS EXTRA FOR GREASING)
- 2 Drops Almond Essence
- 75g Lemon Curd
- Icing Sugar, for Dusting

FOR THE POSSET

- 600ML Double Cream
- 150g Caster Sugar
- 2 Large Lemons (ZEST AND JUICE ONLY)

METHOD

1. For the posset, place the double cream and the sugar into a large pan over a low heat and bring to the boil slowly. Boil for three minutes, then remove from the heat and allow to cool.
2. Add the lemon juice and zest and whisk well.
3. Pour the lemon cream mixture into six large serving glasses and refrigerate for three hours.
4. Preheat the oven to 180C/355F/Gas 4.
5. For the shortbread, sift the icing sugar, flour and cornflour together into a bowl and add the ground almonds.
6. Transfer the flour mixture to a food processor. Add the butter and pulse until there are no visible lumps of butter.
7. Add the almond essence. Pulse again, then turn the mixture out onto a lightly floured surface and bring together to form a smooth dough.
8. Grease a muffin tray with butter.
9. Divide the dough up and roll into small balls. Place the balls into the muffin cups, flattening the tops slightly with your fingers. The dough should come about one third of the way up the side of each muffin cup to give a nice proportion to the finished biscuit.
10. Transfer to the oven and bake the shortbreads for 8-12 minutes, until they are a light golden colour.
11. Remove from the oven, allow to cool slightly, then, using your thumb, make a small indentation into the top of each biscuit.
12. Let the shortbreads cool for a few minutes, then turn the mould over and tap the shortbreads out. (Be gentle, as the biscuits are fragile while they are still warm.)
13. When all the shortbreads are baked and cooled, dust the tops with icing sugar.
14. Fill the indentations in the biscuits with lemon curd.
15. To serve, place the lemon possets onto plates with a shortbread alongside





CHEQUERS KITCHEN

Cookery School

Chequers Kitchen Cookery School
Golf Road
Deal, Kent
CT14 6RG

E: INFO@CHEQUERS.KITCHEN
T: 01304 362288



*This recipe book has been
designed by Annie Goldfinch.*

