

Roasted Red Pepper and Pear Soup

- 4 Red Peppers
- 1 stalk of Celery
- 1 medium tin of Pears in juice or syrup
- 1 Onion
- 1 Tablespoon Tomato Puree
- 1 Litre Vegetable stock made from stock cubes.
- Olive Oil

Method

1. Place the red peppers on a tray and drizzle with olive oil. Place in a pre-heated oven, and roast until skins are black.
 2. Remove from the oven and cover with cling film, allow to go cold.
 3. Once the peppers are cold peel off the skin (Optional) and remove the seeds. Chop the flesh.
 4. Chop the onion, celery and place in a thick bottomed pan along with a little olive oil. Cook gently until softened but not coloured.
 5. Add the peppers, stock, tomato puree and pears along with the juice/syrup and bring to the boil. Turn down to simmer and allow to cook for 15 minutes.
 6. Put the soup through a liquidiser or use a hand blender and blend until smooth.
 7. Season, if required and adjust consistency if required.
- Serve.

Savoury Welsh Cakes

- 225g Self raising flour.
- 100g Margarine or butter
- 150g grated Cheese.
- Spring Onion (finely chopped) or chives or sundried tomatoes or dried herbs
- 1 egg
- 1 Tablespoon Oil

Method

- Preheat griddle or flat pan.
- Rub flour into margarine/butter to resemble breadcrumbs.
- Add remaining ingredients, to form pliable dough.
- Roll out on floured surface and cut into circles.
- Place on griddle or pan which is lightly oiled, bake for 3-5min on each side. Serve.

Savoury Sausage Rolls

- 2 Sheets Puff pastry
- 450g Sausage meat
- 100g Streaky bacon (finely chopped)
- 100g Breadcrumbs
- 1 medium Carrot- finely grated.
- Small onion- finely chopped.
- Garlic Puree (Optional)
- Tablespoon Worcestershire Sauce
- Salt and pepper
- 2 Eggs – 1 for egg wash

Method

- Pre-heat oven 180-200°C. Unroll the pastry and half lengthways.
- Lightly fry off the bacon and onion in a little oil, let cool. Add all other ingredients in to bowl and mix together, add bacon and onion mix. Lay a line of mixture down the centre of the pastry and either plait or roll pastry over. Brush with egg wash and cut into 6-8cm and place on baking tray and bake in hot oven till golden brown.

Brie and Cranberry Puffs

1 sheet ready rolled Puff Pastry

Brie

Cranberry sauce (Smooth or with bits)

Method

Cut pastry into 24 small squares.

Place piece of Brie on top and put some cranberry sauce on top.

Fold in corners and brush with egg wash (Optional)

Bake in hot oven (200°C) till risen and golden brown.

Toffee Apple Cheesecakes

Base

90g Butter

300g Crushed Digestive Biscuits

Melt margarine and add in crushed biscuits.

Press into tin or small dishes.

Cheesecake Mix

165g Full fat Cream Cheese

Large carton of double cream

Large tin toffee condensed milk.

Method

Whisk cream and cream cheese together until forming peaks, fold in the tin of toffee.

Pour on top of the biscuit base.

Chill

Topping

Jar of apple sauce (Aldi) with chunks.

Granny Smith apple – small diced

2 Tablespoons Dark brown sugar

1 teaspoon Cinnamon (More to taste if required)

Method

Warm apple sauce in a saucepan, add in diced apple.

Add in sugar and cinnamon to taste.

Simmer for couple of minutes, on low heat.

Cool.

Spoon over cheesecake.

Drizzle with caramel sauce or top with small fudge pieces.

(Optional decorate with whipped cream)

Chill and serve.