

EASY FISH CAKES

Ingredients

- 2 medium potatoes
- 200g cooked fish (haddock, mackerel or tinned tuna / salmon)
- 1 small lemon, juiced
- Freshly ground black pepper
- 2 spring onions
- 1 tbsp chopped chives or parsley
- 1 tbsp grated Cheddar
- 1 tsp wholegrain mustard
- 100g cream crackers
- 1 tbsp vegetable oil

Method

1. Preheat the oven to 220C.
2. Wash the potatoes and boil them whole with their skin on for around 20-30 minutes. When the potatoes are soft enough to push a knife through, rinse and leave them to cool.
3. Once cooled, peel the skin off the potatoes and squash the insides into a large mixing bowl. If the potato is still very lumpy, mash a little more with a fork.
4. Next, add the fish and mix through before adding the lemon, black pepper, spring onion, herbs, Cheddar and mustard.
5. Place the crackers into a sandwich bag and use a rolling pin to crush them to crumbs.
6. Wet your hands slightly and roll the fishcake mixture into small balls before flattening them slightly into patties. We would recommend making 2-4. Dampen the outside of the fishcake and roll in the crushed crackers.
7. Pour the oil onto a baking tray and place the fishcakes on top, before flipping them so they have a coat of oil on each side.
8. Place the fishcakes into the oven and bake for 10 minutes on each side, until golden brown.

Ready in:
60 mins

Serves
2-3

Ingredients

- 1 tsp olive oil
- 1/2 onion, finely chopped
- 1/2 carrot, peeled and grated
- 1 small cooking apple, grated
- 250g lean pork mince
- 1 tsp fresh sage, chopped
- 375g pack ready rolled puff pastry
- 1 medium egg, beaten
- 1 tsp poppy seeds
- 1 tsp sesame seeds

Method

1. Preheat the oven to 200C. Heat the oil in a small frying pan and add the onion. Cook until the onion softens, then add the carrot and apple. Once softened, transfer the onion mix into a mixing bowl. Add the sage and pork mince and mix until well combined.
2. Roll the pastry out onto the work surface and cut in half lengthways. Divide the pork mixture into two and place in the middle of each pastry strip.
3. Brush the edges of pastry with the egg, keeping some back for the top. Fold the pastry over the filling and gently seal.
4. Flip the roll over the other way so that the seal is underneath. Cut each strip into approximately 8 rolls then brush with the remaining egg. Sprinkle with the seeds then place on a baking tray. Bake for 25-30 minutes until golden and crisp and the pork is cooked through.

Ready in:
60 mins

Makes
16

PORK AND APPLE SAUSAGE ROLLS

TRIPLE CHOCOLATE COOKIES

Ingredients

- 115g unsalted butter
- 200g white granulated sugar
- 50g cocoa powder
- 2 medium eggs
- 1 tsp vanilla extract
- 175g plain flour
- 1/2 tsp baking powder
- Pinch of salt
- 200-300g chocolate chunks

Method

1. Preheat the oven to 200C and line two baking trays with parchment paper.
2. Place the butter in a bowl and melt in the microwave in short bursts until liquid.
3. Tip the sugar and cocoa powder into a large mixing bowl and pour the butter over the top. Beat together for a couple of minutes.
4. Add in the eggs and vanilla extract then beat again.
5. Next, add the plain flour, baking powder and salt and beat until a brownie like consistency is formed.
6. Add in your chosen chocolate chunks and fold through. A selection of milk and white chocolate works well, but you can use any chocolate for this.
7. Use an ice cream scoop to portion the mixture out onto the tray, leaving a gap between each cookie.
8. Bake in the oven for 10-12 minutes. Once baked, allow the cookies to cool slightly but they are best enjoyed slightly warm.

Makes
15

Ready in:
40 mins

Ingredients

- 200g butter, plus extra for the tin
- 200g caster sugar
- 4 large eggs
- 200g self-raising flour
- 50ml milk
- 2 tsp vanilla extract
- 200g icing sugar
- Coloured sprinkles

Method

1. Preheat the oven to 180C. Butter and line a 20x30cm cake tin.
2. Put the butter and sugar in a large bowl and beat together using an electric whisk until light and fluffy. Add the eggs, flour, milk and vanilla extract and mix again until it forms a smooth batter.
3. Tip the cake mixture into the prepared tin and spread to the edges. Bake in the oven for 40-45 minutes. A skewer inserted into the centre of the cake should come out clean. Once cooked, leave to cool on a wire rack.
4. Finally, prepare the icing. Add water bit by bit to the icing sugar until a thick icing is made. Spread it over the cooled cake and top with sprinkles. Leave to set for 1hour before cutting into squares.
5. Serve with hot custard if you like.

SPRINKLE CAKE

Serves
12

Ready in:
70 mins