



Cooking with Claire @TVInfants

How many ideas can we come up with?

Bakewell Tart: Ingredients

For the pastry

- 300g/10½oz plain flour, plus extra for dusting
- 125g/4½oz unsalted butter
- 30g/1oz sugar
- 1 free-range egg, plus 1 extra, beaten, to glaze
- 2 tbsp milk, to bind (if needed)

Alternatively buy a block of short crust pastry from the shop! (£1.30 from tesco ready rolled!)

For the filling

- 225g/8oz butter, softened (*don't substitute with margarine*).
- 225g/8oz sugar
- 225g/8oz ground almonds
- 3 free-range eggs
- 1 lemon, finely grated zest only
- 50g/2oz plain flour
- jar raspberry jam
- flaked almonds, for sprinkling



Preheat the oven to 200C/400F/Gas 6.

Preparation method

- **For the pastry**, place the flour, butter, sugar and egg into a food processor and pulse to combine. If necessary, add a little milk to help bring the mixture together.
- Turn the dough out onto a floured work surface and roll out until large enough to line a 26cm/10in tart tin. Carefully lift into the tin, then place into the fridge to chill for an hour.
- Fill the tart case with a sheet of greaseproof paper weighed down with baking beans or rice. Bake the tart case blind in the oven for 15-20 minutes.
- Remove the paper and beans and brush the pastry all over with beaten egg. Return to the oven for a further five minutes, until golden-brown. Remove from the oven and turn the oven temperature down to 180C/350F/Gas 4.
- **For the filling**, beat the butter and sugar together in a bowl until pale and fluffy.
- Mix in the ground almonds, then crack in the eggs one at a time, beating well between each addition - don't worry if the mixture begins to split, just add a little of the flour.
- Fold in the lemon zest and the flour.
- Spread some of the jam generously across the base of the pastry, leaving a 2.5cm/1in gap around the edge.
- Spread the filling mixture over the jam and sprinkle over the flaked almonds.
- Transfer to the oven and bake for 20 minutes, or until set and golden-brown. Allow to cool in the tin before serving in slices.

Short crust pastry:

- 225g plain flour
- 100g butter, diced
- pinch salt

Method:

Sift the flour into a large bowl, add the butter and rub in with your fingertips until the mixture resembles fine breadcrumbs.

Stir in the salt, then add 2-3 tbsp water and mix to a firm dough. Knead the dough briefly and gently on a floured surface. Wrap in cling film and chill while preparing the filling

Sweet Short crust pastry:

- 500 g plain flour , plus extra for dusting
- 100 g icing sugar , sifted
- 250 g butter , cut into small cubes
- 1 lemon , zest of (optional)
- 2 large free-range eggs , beaten
- 1 splash milk

Sieve the flour into a bowl and sieve the icing sugar over the top. Using your hands, work the cubes of butter into the flour and sugar by rubbing your thumbs against your fingers until you end up with a fine, crumbly mixture. This is the point where you can spike the mixture with interesting flavours, so mix in your lemon zest.

Add the eggs and milk to the mixture and gently work it together till you **have a ball of dough. Flour it lightly. Don't work the pastry too much at this stage** or it will become elastic and chewy, not crumbly and short. Flour your work surface and place the dough on top. Pat it into a flat round, flour it lightly, wrap it in clingfilm and put it into the fridge to rest for at least half an hour.

Cheese, onion and potato rolls.

- 450g / 1lb packet puff pastry
- 2 medium potatoes diced small
- 1 medium onion
- 220g / 8oz Cheddar Cheese 1 egg
- 1 tbsp Chopped parsley
- Salt and pepper to taste.



Method

Peel and chop the potato into small chunks and the onion finely chopped and grate the cheese. Finely chop the parsley. Mix all the ingredients together well in a bowl. Divide the pastry in 4 and roll each piece into a round about 15 cm (6 inches) in diameter. Put a quarter of the cheese mixture on each one, dampen the edge with a little water, then fold over and crimp the edges. Lay the pasties on a floured baking sheet and brush them with milk or beaten egg. Bake them for 45 minutes.

Whatever you want quiche.

Ingredients

1 deep 24cm blind-baked pastry case (readymade pastry).

Filling

5 large eggs
284ml carton single cream
150ml milk
140g Gruyère or cheddar cheese, finely grated
generous grating of nutmeg



Mix the wet ingredients and pour carefully over your choice of filling already placed in the pastry case.

Remember – as long as you keep the basic egg/milk/cream mix you can add whatever meat/vegetable **mix that you want...try smoked haddock and leek** with some cheese – or no meat but a mixture of vegetables – be careful with mushroom, tomatoes and other watery vegetable – sometimes cooking them first helps – with tomatoes place them on top of the wet mix to make a pretty finish.

My favourites are:

Smoked Haddock, leek and mushroom – use the milk you cook the smoked haddock in to flavour the quiche.

Ham/Bacon, onion and asparagus.

Mixed vegetables.

I generally cook the veg, especially onion and mushrooms before I put them in the quiche.

If you don't have cream – or don't want to use cream – just use milk.

Sweet or Savoury Whirls

1 pack of ready rolled puff or flaky pastry (it comes on grease proof paper that you keep it on to help you roll it tightly).
Spread the pastry on a floured board.
Grease a baking sheet and have a sharp knife ready.

Sweet rolls:

Cover the pastry in a thin layer or your chosen ingredients – spread with jam, chocolate spread – sprinkle with raisins, cinnamon and sugar – **use mincemeat if it's a festive treat** – add marshmallows, chocolate buttons – whatever you want or have in the cupboard.

Savoury rolls:

As above but this time think pizza toppings – peppers, onions, tomato, tuna, ham but always Cheese – lots of cheese. Pesto and cheese is delicious.

Roll up so you have a long sausage – make sure you roll it as tight as you can.

Slice carefully into 1cm rolls and place on the baking sheet – bake for about 15mins in the oven – but keep an eye on them – especially if they have sugar or jam – the more ingredients in your rolls the longer they may take to bake.

Cornish Pasties:

Either make a pastry (see above) or buy a short crust block (not roll as you won't have enough to make at least 4 large pasties).

Filling:

350g/12oz good-quality beef skirt, rump steak or braising steak, for speed today we are using mince.
350g/12oz waxy potatoes
200g/7oz swede
175g/6oz onions
salt and freshly ground black pepper
knob of butter or margarine

Preheat the oven to 170C (150C fan assisted)/325F/Gas 3.

Normally you would chop and dice the ingredients above, put in a bowl and season and mix, roll out the pastry and place the filling inside – folding and crimping the pastry brushing with milk or egg before placing in an oven for about 45 minutes or until the pasties are golden-brown. If your pasties aren't browning, increase the oven temperature by 10C/25F for the last 10 minutes of cooking time.

For speed – cook the ingredients together starting with the onion, then the potato, carrot and swede together before placing in the pastry and following the above procedure from then.

Method for rolling out – you can make big ones or small ones depending on the occasion and amount of people you are feeding – big ones take about 45 mins to cook (see above) smaller ones less time.

Cut out circles of pastry using a plate as a guide – divide the mixture up evenly and place in the middle of one side – brush all around with egg/milk and fold over – crimp (squash together in a pattern!) Here are some ideas...

