



Cooking with Claire @TVInfants

Winter Warmers and Comfort Food





Cooking with @ClaireTVI

Bread and Butter Pudding

Ingredients

- 25g/1oz butter, plus extra for greasing
- 8 thin slices bread
- 50g/2oz sultanas
- 2 tsp cinnamon powder
- 350ml/12fl oz whole milk
- 50ml/2fl oz double cream
- 2 free-range eggs
- 25g/1oz granulated sugar
- nutmeg, grated, to taste



Serve with thick creamy custard (homemade if you can)! You can easily adapt it too...see the back page for ideas.

Method

- Grease a 1 litre/2 pint pie dish with butter.
- Cut the crusts off the bread. Spread each slice with on one side with butter, then cut into triangles.
- Arrange a layer of bread, buttered-side up, in the bottom of the dish, then add a layer of sultanas. Sprinkle with a little cinnamon, repeat the layers of bread and sultanas, sprinkling with cinnamon, until you have used up all of the bread. Finish with a layer of bread and then set aside.
- Gently warm the milk and cream in a pan over a low heat to scalding point. Don't let it boil.
- Crack the eggs into a bowl, add three quarters of the sugar and lightly whisk until pale.
- Add the warm milk and cream mixture and stir well, then strain the custard into a bowl.
- Pour the custard over the prepared bread layers and sprinkle with nutmeg and the remaining sugar and leave to stand for 30 minutes.
- Preheat the oven to 180C/355F/Gas 4.
- Place the dish into the oven and bake for 30-40 minutes, or until the custard has set and the top is golden-brown.

Top Tips:

Personally I prefer thick sliced bread, white is **best, but experiment and use what's left over** in the bag for less waste.

You don't have to use cream if you don't want to or even whole milk. If you wanted a slightly healthier option use semi skimmed milk **instead of whole milk and cream but I'd** add an extra egg to compensate.

Sadly it really doesn't taste the same if you use anything other than butter, I always end up using a little more than stated. Brands of spread that are partially butter, like the **spreadable ones are ok if you really don't** want to use butter.

Let it cool just a little once out of the oven, the sultanas or jam/marmalade if you are making changes will be too hot. It also allows the custard bit to firm a little.

Recipe is from:
BBC Food follow the link [here](#)
Top Tips are my own!



Cooking with @ClaireTVI

Fruit Crumble

Ingredients

- 10 sticks of rhubarb
- 4 tbsp water
- 8 tbsp caster sugar
- 1 tsp powdered ginger
- 110g/4oz butter, softened
- 110g/4oz demerara sugar
- 180-200g/6-7oz flour

Serve with thick creamy custard (homemade if you can)! You can easily adapt it too...see the back page for ideas.



Method

- Preheat the oven to 180C/350F/Gas 4.
- Cut the rhubarb into 7½cm/3in long sticks and place on an oven tray, sprinkle with the water and caster sugar and roast in the oven for 10 minutes.
- Once cooked, remove from the oven, sprinkle over the ginger and mix well.
- Fill an ovenproof dish about 4cm/1½in deep with the rhubarb.
- Rub the butter into the flour and sugar to make the crumble topping. Sprinkle over the rhubarb and bake in the oven for 35-45 minutes, or until the crumble topping is crisp and golden-brown and the rhubarb filling has softened and is bubbling.
- Remove and allow to cool slightly before serving with double cream.

Top Tips:

I always add a little more of the topping, I like a thicker top than bottom, nice and crunchy.

You don't have to put the ginger in if you don't want, a bit of cinnamon, or just leave it out, it's up to you.

You can use any fruit, I tend to pre-cook fruit that is just about to go off, or buy it cheap when I see it (especially the yellow stickers), then freeze it and use it when I want. You can make a whole crumble and freeze it, make it in the little foil takeaway trays and write what it is on the top. Instant delicious pudding. Just add custard.

Recipe is from:
BBC Food follow the link [here](#)
Top Tips are my own!



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Tiny Toad in the Hole

Ingredients

2-3 tbsp sunflower oil

85ml milk

1 egg

50g plain flour, sifted

12 mini cocktail sausages
tomato ketchup, to serve



Delicious and look great coming out the oven...puffier the better.

Method

- Preheat oven to fan 180C/conventional 200C/gas 6.
- Put a generous half-teaspoonful of sunflower oil in the bottom of each cup of a deep 12-hole mini muffin pan set on a baking tray.
- Pour the milk into a jug, add the egg, flour and a pinch of salt and whisk everything together with a hand blender or wire whisk until a smooth batter forms.
- Put the muffin pan in the oven for a minute or so until the oil is very hot.
- Carefully remove from the oven and quickly fill the cups just under two-thirds full (this may not seem enough batter, but they puff up in the oven).
- Drop a sausage into each cup and bake for 20-25 minutes until golden brown, well risen and crisp.
- Serve with ketchup.

Top Tips:

Use pork, beef, chicken, fancy or plain sausages, even vegetarian ones, whatever you and your family prefer.

When making the batter, add the wet ingredients to the dry gradually, I find it stops lumps forming, also leave to rest for at least half an hour, longer if you can. For some reason it makes the batter rise better.

In my family, we don't bother with little ones. We use a deep tray, hot oil, big sausages and plenty of thick onion gravy. Warm, simple and delicious. Takes a little longer to cook but looks great all puffy, crunchy on the outside and soft inside.

With bigger sausages, I tend to pre-cook them till they are brown on the outside, when you are making a bigger Toad in the Hole the risk is pale sausages, you want it all brown and delicious and cooked!

Add beans, mash and gravy for a hearty treat. English mustard over ketchup for me too.

Recipe is from:

BBC Good Food follow the link [here](#)

Top Tips are my own!



Cooking with @ClaireTVI

Beef Stew and Dumplings

Ingredients

For the beef stew

- 2 tbsp olive oil
- 25g/1oz butter
- 750g/1lb 10oz beef stewing steak, chopped into bite-sized pieces
- 2 tbsp plain flour
- 2 garlic cloves, crushed
- 175g/6oz baby onions, peeled
- 150g/5oz celery, cut into large chunks
- 150g/5oz carrots, cut into large chunks
- 2 leeks, roughly chopped
- 200g/7oz swede, cut into large chunks
- 150ml/5fl oz red wine
- 500ml/18fl oz beef stock
- 2 fresh bay leaves
- 3 tbsp fresh thyme leaves
- 3 tbsp chopped fresh flatleaf parsley
- Worcestershire sauce, to taste
- 1 tbsp balsamic vinegar, or to taste
- salt and freshly ground black pepper

Method

- Preheat the oven to 180C/350F/Gas 4.
- For the beef stew, heat the oil and butter in an ovenproof casserole and fry the beef until browned on all sides.
- Sprinkle over the flour and cook for a further 2-3 minutes.
- Add the garlic and all the vegetables and fry for 1-2 minutes.
- Stir in the wine, stock and herbs, then add the Worcestershire sauce and balsamic vinegar, to taste. Season with salt and freshly ground black pepper.
- Cover with a lid, transfer to the oven and cook for about two hours, or until the meat is tender.
- For the dumplings, sift the flour, baking powder and salt into a bowl.
- Add the suet and enough water to form a thick dough.
- With floured hands, roll spoonfuls of the dough into small balls.
- After two hours, remove the lid from the stew and place the balls on top of the stew. Cover, return to the oven and cook for a further 20 minutes, or until the dumplings have swollen and are tender. (If you prefer your dumplings with a golden top, leave the lid off when returning to the oven.)
- To serve, place a spoonful of mashed potato onto each of four serving plates and top with the stew and dumplings. Sprinkle with chopped parsley (optional).

For the dumplings

- 125g/4½oz plain flour, plus extra for dusting
- 1 tsp baking powder
- pinch salt
- 60g/2½oz suet (use trex which is vegetable based)
- water, to make a dough



Can't beat a bowl of this on a cold winter day, actually any day!

Top Tips:

In the session we will be using minced **beef as we don't have** time to slow cook the beef. You can make this dish in a slow cooker if you want.

Trex is a vegetarian substitute for suet (which is traditionally animal fat, mostly beef which add flavour to the dish). There are other vegetable suet based products available, check the packs for details.

It says add wine, we won't be using in the session, but you can get a wine flavouring which is alcohol free, otherwise just leave it out.

Recipe is from:
BBC Food follow the link [here](#)
Top Tips are my own!



Cooking with @ClaireTVI

Macaroni Cheese

Ingredients

210g macaroni
50g butter, divided
1 small onion, chopped
2 tablespoons plain flour
350ml milk
1 teaspoon salt
1 teaspoon white pepper
1 teaspoon Worcestershire sauce (optional)
1/4 teaspoon hot pepper sauce, such as Tabasco (optional)
1 teaspoon yellow mustard (English, not American)
225g grated Cheddar cheese*
4 tablespoons grated Parmesan cheese*
125g grated Cheddar cheese*
4 tablespoons grated Parmesan cheese*
110g dry breadcrumbs

Method

- Preheat oven to 180 C / Gas 4.
- Grease a 20x30cm glass baking dish.
- Fill a large pot with lightly salted water and bring to a boil over high heat. Once the water is boiling, stir in the macaroni and return to the boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes.
- Drain and mix with half of the butter.
- While the macaroni is boiling, melt the remaining butter in a saucepan over medium heat. Stir in the onions and cook until the onions begin to soften, about 3 minutes.
- Stir in the flour and cook 5 minutes longer. Add the milk and bring to a simmer, stirring frequently.
- Cook and stir until the milk has thickened, about 10 minutes. Once thick and smooth, stir in the salt, white pepper,
- Worcestershire sauce, hot pepper sauce, mustard, 225g Cheddar cheese and 4 tablespoons Parmesan cheese.
- Stir until the cheeses have melted, then stir in the macaroni until evenly coated.
- Scrape into the prepared baking dish and smooth the top. Toss the remaining Cheddar cheese and Parmesan cheese with the dry breadcrumbs in a mixing bowl.
- Sprinkle evenly over the top of the macaroni.
- Bake in the preheated oven until the macaroni is hot and the crust is golden brown, about 30 minutes.



My endless search for the perfect Mac and Cheese continues...arteries beware!

**Cheese is not automatically vegetarian or halal, it contains Rennet, an enzyme made from animals, look for vegetarian cheese, especially parmesan which you will have to substitute with "Italian style hard cheese" due to EU naming regulations.*

Top Tips:

So, cheese, my favourite, I completely blame my Dad who worked for Kraft when I was little. Ask him and Mum about the teeth marks in the cheese, Cracker Barrel, still love it. Plus Kraft are well known for their Mac and Cheese in a box. On a sad note, my poor Godson hated this dish. When I investigated, his mother (my best friend and a cheese hater) had only ever given him the tinned sort! **Shocked didn't describe it, I took it upon myself as Godmother to introduce him to the real dish. He's never looked back,** him and I are on a mission to find the best **restaurant version (Maxwell's in Covent Garden, also do the best buffalo wings).**

Anyway, no such thing as too much cheese, **don't mess with it too much, but add a bit of bacon (or substitute), a sprinkle of bread crumbs, maybe some spring onions,** but personally I never mess with a classic other than adding more cheese (especially a bit of Gouda or Emmental for gooey ooey flavour).

Recipe is from:

All Recipes follow the link [here](#)

Top Tips are my own!

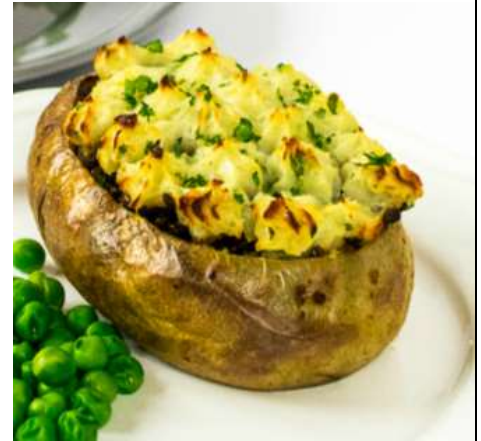


Cooking with @ClaireTVI

Vegetarian Cottage Pie Jackets Spuds

Ingredients

- 4 very large baking potatoes
- 2 tbsp olive or rapeseed oil
- 1 onion, peeled and finely chopped
- 1 stick celery, finely chopped
- 1 carrot, peeled and diced
- 1 parsnip, peeled and diced
- 150 g mushrooms, sliced
- 150 g puy lentils, rinsed
- 2 tbsp tomato purée
- 125 ml red wine
- 1 tsp vegetable stock powder
- 350 ml water
- 2 tbsp dairy-free margarine



An old favourite presented differently, less waste, more fibre. Delicious.

Method

Preheat your oven to 190°C / 375°F / Gas Mark 5. Prick the potatoes a couple of times, spray with a little cooking spray or rub with oil, sprinkle with salt, then bake for 1 hour or until a knife passes easily into the centre. When cooked, remove from the oven and set aside to cool. Meanwhile, heat the oil in a large lidded frying pan or casserole dish, and fry the onion and celery for 3-4 minutes until soft. Add the carrot and parsnip and fry for a further 3-4 minutes, and then the mushrooms. Continue to cook gently for 5 minutes until the mushrooms have released most of their liquid. Add the puy lentils, tomato purée, wine, stock powder and water to the pan, then cover and simmer for 30 minutes or until the lentils are tender. When the potatoes are cool enough to handle, slice off the top of each (about two thirds of the way up the potato). Carefully scoop out the flesh with a spoon, leaving just enough around the skin to keep the shape of the potato. Place the flesh into a large bowl, add the margarine and mash thoroughly until no lumps remain. Season with salt and pepper to taste. Divide the pie filling between the four potatoes, and use a piping bag with a large nozzle to add the mashed potato topping to the pies. (If you are short of time, just dollop it on and spread with a knife instead!). Return the potatoes to the oven for 10-15 minutes until heated through, and the potato topping is turning golden brown.

Top Tips:

So, prior to working for Kraft, Dad was a butcher, so this was not an option in my house, plus my Grandad was a farmer, he **wouldn't** have entertained this dish whatsoever! But times change and we are being encouraged to try meat free options. So...you have a choice here, forgo the lentils and use your favourite mince! Use Quorn mince or soya protein (see Holland and Barret who sell all kinds of meat free options if you **can't see what you are looking** for in your local supermarket). For a while, secretly, when times were tough financially, Mum would mix a little beef mince with lots of soya protein and gravy powder, never knew till after.

Also, I'd add cheese to the top of this because I'm not a vegan and I like cheese.

Recipe is from:

The Veg Space follow the link [here](#)

Top Tips are my own!



Cooking with @ClaireTVI

Roasted Red Pepper Soup

Ingredients

- 3 x red peppers
- 3 x tomatoes
- 2 x red onions
- 3 x garlic gloves
- 1 x tablespoon of vegetable oil
- 1 x pinch of salt and pepper
- 1 x tablespoon of tomato puree
- 1.5 litres of vegetable stock

Method

- Pre-heat an oven at 200c.
- Chop the tomatoes and pepper in to chunks.
- Add the chopped vegetables to a large baking tray and season with salt and pepper.
- Roast in the oven for 45-60 minutes (the tomatoes and peppers may blacken a little, but this is fine and will add to the final taste).
- Remove from the oven and allow to cool.
- Roughly chop the red onions and three garlic cloves.
- Add to a large saucepan and cover with one tablespoon of oil.
- Cook the onions and garlic on a middle heat for 10 – 15 minutes until soft.
- Add a tablespoon of tomato puree.
- Add the roasted tomatoes and peppers to the saucepan and mix.
- Stage three
- Add 1.5 litres of vegetable stock and simmer for 10 minutes.
- Blend the soup with a blender until the soup is smooth.
- Pour into a bowl and serve with wholegrain bread.



Can't beat a bowl of soup to warm you up after a long walk. Better than the tins or packets!

Top Tips:

Soup, you can't beat it for a winter warmer. I'm a fan of good old tomato soup, but there are so many more and to be honest, you can make a soup from most left overs! It's a great waste and money saver as well as a healthy, tasty and filling meal. Mind you, having it with lashings of bread and real butter probably doesn't help the "healthy status".

Be careful blending boiling and very hot liquid with a stick blender (it's what I use), the splashes can scald, if you are using a blender, don't over fill it and make sure the lid is on tight.

You don't have to blend soups, if you do, blend them till they are as smooth or as chunky as you like. It's all about your tastes.

Recipe is from:

New Me London follow the link [here](#) they have lots of healthy tips and ideas and some great recipes.

Top Tips are my own!



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What would you add?

How would you change it?

Macaroni Cheese...

Toad in the hole...

Vege Cottage Pie Jackets...

Roasted Red Pepper Soup...

Beef stew and Dumplings...

Fruit Crumble...

Bread and Butter Pudding...



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Making a list and checking it twice!

www.mysupermarket.co.uk

Shopping List: *From Asda this week...*

When planning the cooking session and shopping list I generally assume that you have some ingredients in the cupboard, like oil, salt, pepper, plain flour, stock cubes, eggs and some herbs and spices.

The costs below show two amounts:

Red costs are the total cost to shop for the items, i.e. when you need 3 tomatoes we generally buy the cheapest option which is a pack of 6, you would then use the others during the week so the pack would *cost 69p* but the cost for the recipe would be half that and will be shown in *green as 35p*.

<i>Item/Recipe:</i>	<i>Total shopping cost:</i>	<i>Cost for the recipe:</i>
<i>Red Pepper Soup</i>	<i>£3.74</i>	<i>£1.57</i>
<i>Tiny Toad in the Hole</i>	<i>£1:50</i>	<i>£1:50 (mostly store cupboard ingredients)</i>
<i>Beef Stew and Dumplings</i>	<i>£10.42 (cheaper cuts of beef are available)</i>	<i>£6.47 (£4 of this is halal mince)</i>
<i>Macaroni Cheese</i>	<i>£8.49</i>	<i>£3.10</i>
<i>Vegetarian Cottage Pie Spuds</i>	<i>£7.47</i>	<i>£3.84</i>
<i>Bread and Butter Pudding</i>	<i>£4.49</i>	<i>£1.74</i>
<i>Fruit Crumble</i>	<i>£4.70 (with tinned rhubarb its £2.10)</i>	<i>£4.70 (with tinned rhubarb its £2.10)</i>

Costs are approximate and based on prices at the time of shopping.

Please note that the majority of these recipes will serve around 4 people depending on portion size.