



Cooking with Claire @TVInfants

How many ideas can we come up with?

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| <p>Megs Butter Nut Squash Gratin 1 x butter nut squash Cup of cheese Cup of cream (double is best but single will do) 1x medium onion Sprinkle of pepper/salt/mixed herbs Oven proof dish</p> <p>1 x peel, de-seed and slice the butternut squash. Microwave until soft <i>TIP – microwave for short periods of time and check so that it does not over cook, you want it a little softer not completely cooked through.</i></p> <p>Place squash slices into an oven proof dish in layers.</p> <p>Slice an onion and fry until soft.</p> <p>Add double cream and season to taste with salt pepper and mixed herbs or those of your choice.</p> <p>Pour onion sauce over the squash – grate some cheese on top and bake for 20-30 mins at 200 C.</p> | <p>Megs Butter Nut Squash Muffins</p> <p>Basic cake Mix 225g margarine/butter 225g caster sugar 270g Self raising flour 2 eggs 1 tsp Vanilla Essence (optional)</p> <p>1 cup of mashed butternut squash</p> <p>Cream together the butter and sugar until soft and smooth</p> <p>Beat in the two eggs 1 at a time.</p> <p>Sift in the flour and stir it in really slowly.</p> <p>Add the very soft and mashed butternut squash.</p> <p>Place into cupcake/muffin cases and bake for 15-20 mins at 180C</p> | <p>Olive, Rikki and Kirsty's Vegetable stew.</p> <p>Any leftover vegetables that you have lying around can be added to the following base:</p> <p>1 large onion Garlic (clove or powder/granules) to taste. 2 x tins or packets of chopped tomatoes/Passata sauce Salt/pepper/herbs and spices of your choice i.e: Curry powder, chilli mixed herbs, oregano</p> <p>Vegetables we used: Courgettes Peppers Mushrooms Sweetcorn</p> <p>Fry onions until soft in a little oil – add garlic and other herbs and spices that you have. Add rest of vegetables one at a time frying for 2/3 minutes before adding the next. Finally pour over the tomatoes and stir until boiling – reduce the heat and allow to simmer for 20 mins or until vegetables are soft.</p> | <p>Claire and Olives Sweetcorn Fritters.</p> <p>4 large tablespoons plain flour 2 eggs Milk (added to mix until required) 1 x large tin sweetcorn Salt pepper and mixed herbs to taste</p> <p><i>TIP - We also added a little chilli powder, you could add pretty much anything you like to this mix and call it a fritter (grated courgette, finely chopped onions, peppers but I wouldn't add mushrooms due to the water content. If adding additional vegetables I would pre-fry until soft.</i></p> <p>Put the flour in a bowl and add the egg – whisk (hand or electric) whilst slowly adding the milk until it reaches the consistency of very thick custard or a loose mashed potato – it should fall off the spoon in stringy blobs rather than pour like a liquid.</p> <p>Add the tinned sweetcorn and any other veg and mix.</p> <p>Heat a pan and pour in oil (3/4 table spoons). Fry gently until brown and cooked through. Serve immediately – (we put grated cheese on top and placed them in the oven till it browned and bubbled!)</p> |
| <p>Nikki, Kelly and Terri's Baked Frittata</p> <p>Any leftover vegetables that you have lying around can be added to the egg mix, we used onions, mushrooms, courgettes, sweetcorn (tinned) peppers. You'll need a large deep frying pan that is suitable to go under a grill or use an oven dish and bake in the oven.</p> <p>3-4 eggs depending on the size of your oven proof dish – the eggs help the mix to set so the more eggs the firmer the frittata. A little milk (no more than half a cup measurement). Salt/pepper/herbs etc to taste.</p> <p>Whisk the above ingredients in a bowl.</p> <p>Fry the vegetables in a pan with the garlic and herbs until soft once cooked reduce the heat and pour over the egg mix and cook until becoming solid – to finish sprinkle with cheese and place under a grill until cheese bubbles and frittata is solid and cooked all the way through.</p> <p>Alternatively – place cooked vegetables in an oven proof dish, pour over the egg mix and sprinkle with cheese – place in an oven for 20/25 mins at 200 C.</p> | <p>Sweeba, Jomina and Rehema's Pasta Bake.</p> <p>Any leftover vegetables that you have lying around can be added to the pasta mix, we used onions, mushrooms, courgettes, sweetcorn (tinned) peppers.</p> <p>Boil enough pasta to feed your family and fill the oven proof dish. Once boiled drain and stir in 1 to 2 packs of chopped tomatoes or passata sauce.</p> <p>Chop and fry the vegetables you have add salt/pepper and herbs/spices to taste.</p> <p>Add to the pasta and tomato mix – place in the greased oven proof dish – sprinkle with cheese and bake until cheese has gone brown. About 15/20 mins at 200 C</p> | <p>Toyah and Kelly's Stuffed Peppers</p> <p>Peppers (1 per person) Tinned/Frozen sweetcorn Mushrooms Onions Courgette Garlic, salt, pepper and herbs/spices of your choice. Cheese 1 cup of cooked rice (optional) Cook according to the packet instructions and set aside</p> <p>Carefully cut the top of each pepper and de-seed it – keeping it as whole as possible. Microwave the peppers for 3 mins to soften and then place in an oven proof dish for stuffing. In a pan – fry the onions until soft and add the other vegetables that have been finely chopped. Add the rice (optional) and cook for 5 mins. Carefully stuff each pepper until just over filled, sprinkle with cheese – pop into an oven for 15/20 mins (checking after 10) until cheese is bubbling.</p> | |