

#### **INGREDIENTS**

- 400g/14oz fresh broad beans, (about 300g/10½oz when podded)
  - 1 whole red chilli
  - 2 fat garlic cloves, finely chopped
    - 1 spring onion, thinly sliced
    - 1 lemon, zest and juice only
  - 1 tbsp dried oregano or 2 tbsp fresh chopped oregano
    - ½ loaf sourdough bread, sliced
      - 4 tbsp olive oil
      - 200g/7oz soft goats' cheese

#### **METHOD**

- 1. Heat a large saucepan filled with boiling water. Blanch the beans very briefly (just to soften, not to cook them through).

  Drain and set aside to cool.
- **2.** Roast the chilli over a direct flame on the hob until blackened a little, but not completely charred. Alternatively, char them under a hot grill. Slice open and remove the seeds. Cut the flesh into thin ribbons.
- **3.** Mix the chilli, garlic, spring onion, lemon zest and juice together. Add the oregano and broad beans and lightly crush them as you mix. You don't want a smooth purée, but it needs to hold together.
- **4.** Heat a large griddle pan and drizzle the sliced sourdough with a little olive oil. Place on the griddle and cook on both sides for 1-2 minutes, or until the bar marks appear.
  - **5.** Remove from the heat and spread with the goats' cheese. Top with the broad bean mixture and serve.

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## **INGREDIENTS**

## For the pastry

- 175g/6oz plain flour, plus extra for dusting
  - 75g/2¾oz butter, plus extra for greasing
    - Salt

# For the filling

- 250g/9oz cheddar, grated
- 4 tomatoes, sliced (optional)
- 200g/7oz streaky bacon, chopped
  - 5 free-range eggs, beaten
    - 100ml/3½fl oz milk
  - 200ml/7fl oz double cream
    - 2 sprigs fresh thyme
  - Freshly ground black pepper



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#### **METHOD**

- 1. To make the pastry, sift the flour together with a pinch of salt in a large bowl. Rub in the butter until you have a soft breadcrumb texture. Add enough cold water to make the crumb mixture come together to form a firm dough, and then rest it in the fridge for 30 minutes.
- 2. Roll out the pastry on a light floured surface and line a 22cm/8½" well-buttered flan dish. Don't cut off the edges of the pastry yet. Chill again.
  - 3. Preheat the oven to 190C/170C Fan/Gas 5.
- 4. Remove the pastry case from the fridge and line the base of the pastry with baking parchment and then fill it with baking beans. Place on a baking tray and bake blind for 20 minutes. Remove the beans and parchment and return to the oven for another five minutes to cook the base
  - 5. Reduce the temperature of the oven to 160C/140C Fan/Gas 3.
- **6.** Sprinkle the cheese into the pastry base and add the sliced tomatoes if you are using them. Fry the bacon pieces until crisp and sprinkle over them over the top.
- 7. Combine the eggs with the milk and cream in a bowl and season well. Pour over the bacon and cheese. Sprinkle the thyme over the top and trim the edges of the pastry.
  - 8. Bake for 30–40 minutes, or until set. Allow to cool and set further.
- 9. Trim the pastry edges to get a perfect edge and then serve in wedges.

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# EASY SAUSAGE ROLLS

# **INGREDIENTS**

- 500g/1lb 2oz ready-made puff pastry
  - plain flour, for dusting
  - 1 free-range egg, beaten
- 8 herby sausages (the best you can afford), cut in two
  - Salt and freshly ground black pepper
    - Small handful fresh thyme leaves



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- **METHOD** 1. Preheat the oven to 200C/400F/Gas 6.
- 2. Roll the pastry out on a floured surface to a rectangle of about 48x32cm/19x12½" and bash the pastry with the rolling pin a bit. Puff pastry is made of fine layers and normally you have to be very delicate with it. For sausage rolls the pastry needs to be slightly puffed, but not too much, so bashing it with a rolling pin reduces the amount it puffs up.
  - 3. Cut the large rectangle in half lengthways, then cut both smaller rectangles into eight equal sections. You now have 16 rectangles in total.
  - 4. Cut the large rectangle in half lengthways, then cut both smaller rectangles into eight equal sections. You now have 16 rectangles in total.
- 5. Brush one end of each rectangle with a little of the beaten egg, lay a piece of sausage at the other end, then season the sausage with salt and freshly ground black pepper and sprinkle with thyme leaves. Roll the sausage up in the pastry to enclose and repeat with all the sausages.
- **6.** Put the sausage rolls in the fridge for 20 minutes for the pastry to harden. Once the pastry is hard, remove the sausage rolls from the fridge and score the tops with a sharp knife for decoration, or prick with a fork.
- 7. Brush well all over with the rest of the beaten egg and bake in the oven for 25–30 minutes, or until the pastry has turned golden-brown and looks crisp. Remove from the oven and leave to cool slightly before serving.

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# GRILLED PRAWNS WITH OREGANO AND LIME



16 large (U6) king prawns Salt and pepper ¼ clove garlic, crushed 20 ml chardonnay vinegar 80 ml olive oil, plus a little extra zest and juice of 1 lemon 2 tbsp roughly chopped oregano 1 tbsp roughly chopped parsley 2 limes, cut in half

#### **INSTRUCTIONS**

- 1. Preheat a grill pan over a high heat.
- 2. Split each prawn down the centre of the back and open out, leaving the head and tail intact.
- 3. Place the garlic, vinegar, olive oil, lemon zest and juice in a bowl and mix together. Add the oregano, parsley and season with salt and freshly ground black pepper to taste.
- 4. Drizzle the prawns with a little olive oil, season with salt and pepper, and place shell side down in a roasting pan. Grill under a very hot grill for 3 minutes. Remove from the heat and place on a serving plate.
  - **5.** To serve, spoon the dressing over the top and place the lime halves alongside.

If you don't fancy grilling them, you can always "chuck a prawn on the barby"





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