

MINCHINHAMPTON GOLF CLUB

GOLF WEEK

1st TO 5TH AUGUST 2011

RECIPES

RECIPES GOLF WEEK 2011

Chinese Chews

175g (6 oz)	margarine
175g (6 oz)	self-raising flour
280g (10 oz)	sugar
225g (8 oz)	walnuts chopped
550g (20 oz)	dates chopped
4	eggs
1 tsp	baking powder

a. Mix all. Place on Bake-O-Glide in a baking tray.

2 Oven Aga - Bake on the grid shelf on the floor of the Roasting Oven, cold plain shelf on the 3rd set of runners, for about 35 minutes.

3 & 4 Oven Aga - Bake on the grid shelf on the floor of the Baking Oven for about 35 minutes.

Conventional Cookers - Bake in the centre of a preheated oven, 180°C (350°F) Gas Mark 4 for about 35 minutes.

Citrus Fruity Tray Bake

250g (9 oz)	margarine
425g (15 oz)	self-raising flour
425gm (15 oz)	caster sugar
250g (9 oz)	mixed dried fruit
3	citrus fruit, juice and grated
rind or blitzed	
6	large eggs
1 tsp	baking powder



Selection of Tray
Bakes

a. Mix all. Place on Bake-O-Glide in a baking tray.

2 Oven Aga - Bake on the grid shelf on the floor of the Roasting Oven, cold plain shelf on the 3rd set of runners, for about 35 minutes.

3 & 4 Oven Aga - Bake on the grid shelf on the floor of the Baking Oven for about 35 minutes.

Conventional Cookers - Bake in the centre of a preheated oven, 180°C (350°F) Gas Mark 4 for about 35 minutes.

RECIPES GOLF WEEK 2011

Chocolate Brownies

280g (10 oz)	caster sugar
4	eggs
225g (8 oz)	unsalted butter
85g (3 oz)	cocoa
85g (3 oz)	plain flour
225g (8 oz)	plain chocolate
115g (4 oz)	white chocolate chips
55g (2 oz)	roasted almonds



a. Beat the sugar and the eggs. Add the melted butter. Sift cocoa and the flour and fold in. Add the melted plain chocolate. Add the white chocolate chips and sprinkle the roasted almonds on the top.

2 Oven Aga - Bake on the grid shelf on the floor of the Roasting Oven, cold plain shelf on the 3rd set of runners, for about 20 minutes.

3 & 4 Oven Aga - Bake on the grid shelf on the floor of the Baking Oven for 25 minutes.

Conventional Cookers - Bake in the middle of a pre-heated oven 160°C, (320°F), Gas Mark 3 for about 25 minutes.

Flapjacks

250g (9 oz)	rolled oats
225g (8 oz)	golden syrup
30g (1 oz)	honey
250g (9 oz)	unsalted butter, softened
140g (5 oz)	plain flour
175g (6 oz)	soft brown sugar
175g (6 oz)	mixed dried fruit
Pinch	salt
1	orange, juice & zest



a. Put all the ingredients into a large mixing bowl & stir them together until they are thoroughly mixed without any lumps.

b. Line a baking tray with Bake-O-Glide pour in the flapjack mix and smooth it down.

2 Oven Aga - Bake on the grid shelf on the floor of the Roasting Oven, cold plain shelf on the 2nd set of runners for 25 to 30 minutes.

3 & 4 Oven Aga - Bake on the grid shelf on the floor of the Baking Oven for about 25 to 30 minutes

Conventional Cookers - Bake in the centre of a preheated oven 160°C (320°F) Gas Mark 4 for 30 minutes.

Take the tin out of the oven and allow it to cool for about 5 minutes before removing the flapjack. When it is cool enough to handle, cut it into portions and serve.

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Ham & Cranberry Muffins

85g (3 oz)	cooked ham, chopped
1150g (4 oz)	plain wholemeal flour
25g (1 oz)	wheat germ
2 level tsp	baking powder
½ level tsp	ground cinnamon
50ml (2 fl oz)	semi skimmed milk
50ml (2 fl oz)	sunflower oil
1	egg, lightly beaten
50g (2 oz)	dried cranberries, chopped



- a. Place the ham into a large bowl and stir in the flour, wheat germ, baking powder, ground cinnamon and sugar.
- b. Gradually add the milk and oil followed by the egg and mix well until evenly blended. Finally stir in the cranberries.
- c. Divide the mixture into 6 muffin cases and bake in the oven for 20 minutes or until a skewer inserted into the centre comes out clean

2, 3 and 4 Oven Aga - Bake on the grid shelf on the floor of the Roasting Oven for 15-20 minutes.

Conventional Cookers - Bake in the centre of a preheated oven, 200°C (400°F) Gas Mark 6 for 15-20 minutes.

Leave to cool slightly before serving.

Light Fruit Cake

175g (6 oz)	margarine
175g (6 oz)	self-raising flour
280g (10 oz)	sugar
350g (12 oz)	mixed fruit
4	eggs
1 tsp	baking powder

- a. Mix all. Place in a greased cake tin.

2 Oven Aga - Bake on the grid shelf on the floor of the Roasting Oven, cold plain shelf on the 3rd set of runners, for about 35 minutes or until golden.

3 & 4 Oven Aga - Bake on the grid shelf on the floor of the Baking Oven for about 35 minutes or until golden.

Conventional Cookers - Bake low down in a preheated oven 180°C (350°F) Gas Mark 4 for about 35 minutes or until golden.

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Cheese & Onion Quiche

1 tsp	butter
1	onion, thinly sliced
450g (1 lb)	Gruyere, grated
3	eggs
425ml (15 fl oz)	double cream mixed with a little full milk
Pinch	salt, white pepper and freshly ground nutmeg



Line a 28cm (11 in) fluted flan dish with short crust.

a. Melt the butter in a sauce pan, add the onions and caramelize. Place ½ of the grated cheese in the pastry shell and top with caramelized onions then top with the rest of the cheese.

b. Beat the eggs, milk & salt and pepper and pour over the onion and cheese. Lightly sprinkle with fresh ground nutmeg

2 Oven Aga - Bake on the grid shelf on the floor of the Roasting Oven, cold plain shelf on the 3rd set of runners, for 8-12 minutes then transfer to the Simmering Oven to cook the filling. About 35 minutes.

3 & 4 Oven Aga - Bake on the grid shelf on the floor of the Baking Oven for about 40 minutes.

Conventional Cookers - Bake low down in a preheated oven 180°C, (350°F), Gas Mark 4 for about 40 minutes.

Serve hot as a starter or as a meal with a salad.

Smoked Salmon Mousette

115g (4 oz)	smoked salmon pieces
dash	lemon juice
150ml (5 fl oz)	double cream, stiff peak



a. Mix all together.

Alternative – smoked cod's roe or other smoked fish.

Pipe onto buttered bread, warm blinis or vol au vents.

Watercress, Rocket, Spinach & Goat's Cheese Quiche

55g (2 oz) each watercress, rocket & spinach
350g (12 oz) English goat's cheddar, grated
3 eggs, lightly beaten
175ml (6 fl oz) crème fraiche
Salt & freshly ground black pepper



Line a 28cm (11 in) fluted flan dish with short crust pastry.

- Mix the watercress, rocket & onion. Add half the cheese and mix. Fill the lined quiche tin.
- Mix the eggs and the crème fraiche & pour over. Top with the remainder of the cheese.

Cook as for Cheese & Onion Quiche, about 10 minutes for mini quiches, pictured.

Leek Quiche

Filling

450g (1 lb) leeks
3 eggs
175ml (6fl oz) double cream or crème fraiche
Pinch salt, pepper, nutmeg
Cheddar, grated



- Blitz the leeks in a food processor. Add the eggs and then the cream and the seasoning.

Line a quiche tin with short crust pastry

Cook as for Cheese & Onion Quiche, about 20 minutes for medium quiche, pictured.

Cheddar Sticks with Puff Pastry

- Roll out the puff pastry into a rectangle, coat with clarified butter & sprinkle a little paprika all over.
- Cover half with a thin layer of grated cheddar then fold the other half to cover. Repeat once more.
- Cut into strips and place on Bake-O-Glide in a baking tray or a greased baking tray



2, 3 & 4 Oven Aga - Cook on the 2nd set of runners in the Roasting Oven for 15 minutes.

Conventional Cookers - Cook in the middle of a preheated oven at 230°C, (450°F), Gas Mark 8 for about 15 minutes.

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Welsh Pudding - *Pwddin Cymreig*

A pudding pie. A pastry case with a sponge pudding filling.

2	eggs
Weight of egg	butter, caster sugar, self raising flour
2 tbsps	home made jam
2	lemons, zest only



a. Line a flan dish with pastry. Spread the jam over the base. Cream butter & sugar, beat in the egg and add the flour a little at a time. Stir in the lemon peel. Pour this mix over the jam. Times for medium & mini as for quiches.

2, 3 & 4 Oven Aga - Bake on the grid shelf on the floor of the Roasting Oven for about 10 minutes.

2 Oven Aga - Put a cold plain shelf on the 2nd set of runners, & cook for a further 20 - 30 minutes or until pastry is golden brown.

3 & 4 Oven Aga - Transfer to the grid shelf on the floor of the Baking Oven for about 20 - 30 minutes or until pastry is golden brown.

Conventional Cookers - Place on the bottom of a preheated oven 220°C (425°F) Gas Mark 7 for about 10 minutes. Lower the heat to 170°C (350°F) Gas Mark 4 for about 20 - 30 minutes or until pastry is golden brown.

Butter Tarts - *Tartenni Manyn*

85g (3 oz)	unsalted butter
175g (6 oz)	soft brown sugar
115g (4 oz)	sultanas
1	egg
2 drops	vanilla essence
2 tbsps	single cream
	Milk to glaze



a. Melt the butter in a pan & add the other ingredients. Line a min muffin tray with short crust pastry.

b. Fill the cases with mix. Brush the pastry edges with milk.

2 Oven Aga - Bake on the grid shelf on the floor of the Roasting Oven, cold plain shelf on the 2nd set of runners, for about 20-25 minutes. Adjust for medium & mini.

3 & 4 Oven Aga - Bake on the grid shelf on the floor of the Baking Oven for about 20-25 minutes. Adjust for medium & mini.

Conventional Cookers - Bake in the centre of a pre-heated oven, 170°C (350°F) Gas Mark 4 for about 20-25 minutes. Adjust for medium & mini.

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Jam Tarts

Prepare as for Welsh Pudding but put in more jam and NO sponge filling. Cook in the same way.



Quick Raspberry Jam

250g (9 oz) frozen raspberries
250g (9 oz) caster sugar

a. Put all the raspberries into a large flat oven dish so that the fruit spreads out helps them cook more evenly.

2 Oven Aga – Place on the grid shelf on the floor of the Roasting Oven, cold plain shelf on the 2nd set of runners, for about 25 minutes. Adjust for medium & mini.

3 & 4 Oven Aga – Place on the grid shelf on the floor of the Baking Oven for about 25 minutes. Adjust for medium & mini.

Conventional Cookers - As above & then in the centre of a pre heated oven 170°C (340°F) Gas Mark 4 for about 25 minutes. Adjust for medium & mini.

Remove the dish and in a large bowl stir the sugar into the fruit. Once all the sugar is stirred in, cook over high heat for 5 minutes. Allow to cool a little and spoon the 'jam' into a clean jar. Put the lid on and leave the jam to cool for 1-2 hours. When it has cooled, place the jar in the fridge. This jam will keep for between 7-10 days. This recipe can be used to make any 'berry' fruit jam. Raspberry and Bramble is a nice variation.

Banana Bread

250g (9oz)	ripe bananas
250g (9oz)	brown sugar
3	eggs lightly beaten
pinch	salt
175ml (6fl oz)	milk
85ml 3 fl oz)	vegetable oil
250g (9oz)	plain flour
1 tsp	soda bicarbonate
1 tsp	baking powder



a. Mix the bananas, brown sugar & eggs then add the salt. Stir in the milk then the oil. Add the flour, the soda bicarbonate and the baking powder and blend in a cake mixer.

b. Pour into greased loaf pan and

2 Oven Aga - Bake on the grid shelf on the floor of the Roasting Oven, cold plain shelf on the 3rd set of runners, for about 40 minutes.

3 & 4 Oven Aga - Bake on grid shelf on the floor of the Baking Oven for about 40 minutes.

Conventional Cookers - Bake in the centre of a preheated oven, 180°C (350°F) Gas Mark 4 for about 40 minutes.

Chocolate Almond Cake

350g (12 oz)	blanched slivered almonds
225g (8 oz)	caster sugar
225g (8 oz)	dark chocolate, chopped
6	eggs, separated
½ tsp	almond essence
½ tsp	grated lemon peel
115g (4 oz)	margarine
¼ tsp	salt
	icing sugar



- Grease a 9 ½ in round spring form cake tin.
- Combine the almonds and a third of the sugar in a food processor & blend until almonds are very finely ground. Remove & reserve. Put the chocolate and a third of the sugar in the processor & blend until chocolate is finely ground. Add the almond mixture & blitz.
- Mix the egg yolks and remaining third of the sugar until mixture falls in a heavy ribbon when beaters are lifted, about 5 minutes. Fold in the almond essence and lemon peel.
- Fold in the chocolate almond mixture, then add the margarine.
- Beat the egg whites and salt to stiff peak.
- Fold the whites into chocolate batter & transfer to the prepared cake tin.

2 Oven Aga - Cook on the grid shelf on the floor of the Roasting Oven, cold plain shelf on the 2nd set of runners, for 35 minutes.

3 & 4 Oven Aga - Cook on the grid shelf on the floor of the Baking Oven for 40 minutes.

Conventional Cookers - Cook in a preheated oven 170°C (350°F) Gas Mark 4 for 40 minutes.

Cool the cake completely in the cake tin on a cake rack. Sift powdered sugar over the cake.

Choc Chip Cookies

225g (8 oz)	plain flour
1 tsp	baking powder
140g (5 oz)	butter
175g (6 oz)	caster or light brown sugar
1 tsp	vanilla essence
1	egg beaten
55g (2 oz)	plain chocolate chips
55g (2 oz)	sliced almonds



- a. Sift the flour & baking powder. Cream the butter & sugar, beat until fluffy and add to the flour. Add the essence & egg. Blitz the chocolate & almonds and add to the mix.
- b. Cool, roll in cling film – about 2.5cm (1 in) in diameter & place in the fridge. Slice to cook as biscuits
- c. Place on Bake-O-Glide in a baking tray.

2 Oven Aga - Bake on the grid shelf on the floor of the Roasting Oven, cold plain shelf on the 3rd set of runners, for 8-12 minutes.

3 & 4 Oven Aga - Bake on the grid shelf on the floor of the Baking Oven for 10-15 minutes.

Conventional Cookers - Bake low down in a preheated oven 160°C, (320°F), Gas Mark 3 for 10 - 15 minutes

Tips.

Biscuits will be crisp on the outside and flaky in the centre if you roll the mix thinly and fold it over once before cutting out biscuits. They'll also split open easily when you're ready to butter them.

To re-freshen and heat biscuits, put them in a well-dampened paper bag, twist it closed and put in a 300° oven for several minutes or until warm.

If you want soft-sided biscuits, bake them in a pan with sides and put the biscuits close together.

Alternate flavours

Add some soft fruit or 1 level tbsp cocoa

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Spinach Cakes

450g (1 lb)	spinach, wilted, drained, cooled
85g (3 oz)	watercress, chopped
2	eggs
4 tbsp	Parmesan, grated
1 tsp	nutmeg, grated
30g (1 oz)	fresh breadcrumbs



- Beat the eggs & incorporate the cheese, nutmeg & breadcrumbs. Add to the spinach & watercress & mix well.
- Shape into little golf balls & flatten a little when cooking. (I use an ice cream scoop)

2, 3 & 4 Oven Aga – Place the round Bake-O-Glide on the Simmering Plate & brush a little neutral oil on to it. Fry the cakes on both sides, lid down, for about 3 minutes each side.

Conventional Cookers – Put some oil into a pan, heat and fry the cakes on both sides for about 3 minutes each side.

Chilli Sauce

85ml (3 fl oz)	groundnut oil
30g (1 oz)	fresh ginger finely chopped
6 cloves	garlic finely chopped
1	chilli, deseeded and chopped
85ml (3 fl oz)	each sweet chilli sauce, tomato ketchup & water
6 tbsp	light soy sauce
1tsp	corn flour
30ml (1 fl oz)	Chinese cooking wine
85g (3 oz)	spring onions, chopped

- Heat the oil in a pan; soften the ginger, garlic & chilli.
- Add the chilli sauce, ketchup, water & soy sauce. Bring to the boil, check for seasoning. C. Add the corn flour mixed with the cooking wine, simmer for a minute & add the spring onions.

2, 3 & 4 Oven Aga - Place in simmering oven for 30 minutes.

Conventional Cookers – As above but simmer over low heat.

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Indonesian Satay

450g (1 lb)	boneless meat cut into thin 1 inch strips
½ tsp each	coriander, fennel, cumin & turmeric powders
1 tbsp each	garlic & shallots chopped
1	stalk lemon grass very finely chopped
15g (½ oz)	caster sugar
1 tbsp	groundnut oil
30g (1 oz)	peanut butter
1 tsp	salt



- Marinate the meat in all the ingredients for one day.
- Thread on cocktail sticks and place on a baking tray lined with Bake-o-Glide

2, 3 & 4 Oven Aga – Grill in the Roasting Oven on first set of runners for about 5 minutes.

Conventional Cookers - Grill for about 5 minutes.

Satay Sauce

½ tsp each	coriander, fennel, cumin, cinnamon
1 tsp	dried red chilli powdered
1 tbsp each	sugar & tomato paste
1 tbsp each	fresh onion, ginger, lemon grass
30ml (1 fl oz) each	groundnut oil, coconut cream, water
175g (6 oz)	ground roasted peanuts

- Blitz the spices, chilli, sugar, tomato paste, onion, ginger & lemon grass.
- Add the oil, coconut & water, mix well. & add the peanuts.

2, 3 & 4 Oven Aga - Cook the mixture for 3 minutes on the Simmering Plate & transfer to the Simmering Oven for 30 minutes.

Conventional Cookers – Simmer over low heat for 30 minutes.

Grilled Teriyaki Salmon Bites

85ml (3 fl oz)	soy sauce
85ml (3 fl oz)	rice wine
175ml (6 fl oz)	Mirin (Japanese sweet rice wine)
1 tbsp	caster sugar
1 tbsp	honey
1 tsp	fresh ginger, finely chopped
450g (1 lb)	salmon, cut into 1 inch cubes

Teriyaki Glaze

- Mix the soy sauce, rice wine, Mirin, sugar, honey & ginger & bring to the boil. Allow to cool.
 - Marinate the salmon in the teriyaki sauce for an hour or more.
 - Thread onto a stick and grill until just cooked and caramelized.
 - Top with the remaining teriyaki glaze and a sprinkling of freshly chopped coriander for garnish
- May be served hot or cold.



Teriyaki Beef Kebabs

900g (2 lb)	rump steak cut in 2.5cm (1 in) cubes
175ml (6 fl oz)	soy sauce
85ml (3 fl oz)	medium sherry
1 tbsp	fresh ginger, grated
1 large clove	garlic finely chopped

- Combine the soy sauce, sherry, ginger and garlic. Marinate the beef cubes in marinade mixture for 4 to 6 hours at room temperature. Drain well.
 - Place on skewers.
- For larger bites - alternately add cherry tomatoes, pearl onions and mushrooms between the meat.

2, 3 & 4 Oven Aga – Grill in the Roasting Oven on first set of runners for about 8 -10 minutes.

Conventional Cookers - Grill for about 8 minutes.

Thai Turkey Burgers

Marinade

6 tbsp	sweet chilli sauce
6 tsp	lime leaves, finely chopped
3 stalks	lemongrass, finely chopped
6 tsp	ginger, grated
6 tbsp	olive oil
85g (3 oz)	white breadcrumbs
900g (2 lb)	turkey mince



- Combine all the marinade ingredients in a non-metallic bowl. Marinate for at least 1 hour.
- Divide the mixture into Ping-Pong sized balls, coat lightly in flour and press down slightly to flatten the top and bottom. Chill in the fridge for 1 hour to firm up. Place on Bake-O-Glide on a baking tray.
- Heat some butter in heavy pan until sizzling and golden brown on both sides.

** Aga on Bake-O-Glide on the Simmering Plate

Lamb with Middle Eastern Slaw

Dressing

85ml (3 fl oz)	tahini paste
85ml (3 fl oz)	mayonnaise
85g (3 oz)	fresh mint' finely chopped
1 tbsp	fresh lemon juice
1 tsp	minced garlic
½ tsp	salt
¼ tsp	freshly ground black pepper
¼ tsp	ground paprika
1 small	white cabbage, thinly sliced
2	carrots, grated
350g (12 oz)	lamb, minced
	Extra-virgin olive oil & Seasoning
175g (6 oz)	white breadcrumbs
3	eggs, lightly beaten

- Mix the ingredients along with 85ml (3 fl oz) water to make a smooth dressing.
- Mix the cabbage and carrots, and pour the dressing over the top. Mix well. Set aside for 20 to 30 minutes.
- Cook the lamb mince in some olive oil, and season with salt and pepper to taste. Add the lamb to the slaw.

Cook as for Spinach Cakes