

ALL SAINTS' FEERING
RECIPE CLUB

CHRISTMAS FAVOURITES
SHARED BY OUR READERS



DECEMBER 2015

Baked Spiced Salmon

Shared by Brian Hall

"I discovered this recipe in a cookery book that Yvonne bought me some time ago called "Good Housekeeping New Cooking". I love fish and spicy food and this recipe includes both. The recipe serves 15 people - in our house it doesn't cover 7 servings between us! We sometimes serve this on Boxing Day as an alternative to cold meats and pickles."

Ingredients

1 Salmon fillet, about 1.4 kg (3lb) - remove any small residual bones
10 ml (2 tsp) each mild chilli powder, ground cumin, ground coriander and ground ginger
5 ml (1 tsp) garlic granules
5 ml (1 tsp) sea salt



Method

1. Preheat the oven to 200c/fan oven
190C (400F)/Gas 400F
2. Line a large ring tin with a sheet of foil.
3. Mix together the spices, garlic granules and salt. Rub this mixture over the surface of the salmon, then cut it into 15 pieces on the diagonal.
4. Place the fish in the roasting tin and cook for between 10 - 15 minutes or until just cooked in the centre. Leave to cool.

NOTE: Rub the mixture into the salmon 1 day in advance of cooking and cover and chill overnight.



Chestnut Yule Log

Shared by Georgia Palmer

“I found this in an old French recipe book and I have been making it at Christmas all my married life. I was deeply grateful for it when my new daughter-in-law arrived for Christmas and hated dried fruit in any form!”

Ingredients

1 tin chestnut puree

4oz/110g butter

4oz/110g sugar

4oz/110g cooking chocolate

Icing sugar

Christmas decorations



Method

1. Melt the butter in a large pan and add the sugar and chocolate. Stir until they are dissolved then mix in the chestnut puree.
2. Press the whole mixture through a sieve to ensure the puree is completely mixed in. Leave to cool until it is firm, but not hard. It can always be warmed up again if it gets too stiff.
3. Sprinkle a large piece (at least 50cm long) of greaseproof paper with icing sugar, and drop the mixture onto the paper. Wrap the paper around the mixture and roll it to and fro to make a log shape. Leave to cool in the paper, and serve sprinkled with icing sugar and decorate the top.



Guilt Free Christmas Mince Tarts

Shared by Jo Spencer

Christmas can be a dieter's nightmare but with a few healthy twists, you can still enjoy the deliciousness that is the Mince Tart!

As a member of Slimming World I have lost 3 stones but still been able to continue baking and loving food! This will be my second Slimming World Christmas and I am looking forward to the delights and challenges it will bring...but I will definitely be tucking into these 3.5 syn treats!

Makes 32; Ready in 45 mins plus chilling and cooling

Ingredients

225g plain flour

110g butter or margarine cut into small cubes

Low calorie cooking spray

16 level tbsps. mincemeat



Method

1. Make the pastry by sifting the flour into a mixing bowl, then add the butter or marga and gently rub it in with your fingertips. Add cold water until the mixture is wet enough to mix into a ball. Chill for 30 mins.
2. Preheat oven to 190c or 170c fan or Gas 5 and lightly spray 32 bun tin holes with low calorie cooking spray.
3. Roll out the pastry thinly, cut out 32 rounds with a 7.5cm fluted cutter and line bun tins. Use the pastry trimmings to make little stars for the tops.
4. Divide the mincemeat between the cases put the little stars on top.
5. Bake for 15 minutes or until pastry is crisp then cool on wire rack.

Then you can eat your treats!



Lind's Pavlova

Shared by Liz Bryant

"I was given this recipe many years ago by a Scottish lady and it seems to work every time!"

Ingredients

3 egg whites
Pinch of salt
1 teaspoon cornflour
½ teaspoon vanilla essence
¾ pint double cream
6oz caster sugar
1 teaspoon vinegar

Fruit for decoration



Method

1. Line an 8" sandwich tin with greaseproof paper.
2. Beat the egg whites and salt until very stiff, then beat in half the caster sugar. Mix the remaining sugar with the cornflour and fold into the egg mixture with the vanilla essence and vinegar.
3. Put all the mixture in the tin and spread flat with a knife. Place in a pre-heated oven for 1-1 ¼ hours.
4. Carefully run a knife around the edge of the tin to loosen and turn out onto a serving dish.
5. Whip the cream and spread on the pavlova and decorate with fruit.

Merry
Christmas

School Boy Pudding

Shared by June Strowger

“A simple Christmas favourite.”

Ingredients

½ lb mincemeat

1 egg

4oz self-raising flour



Method

1. Place mincemeat in the basin and beat in the egg.
2. Then fold in the flour and put into a greased pudding basin.
3. Cover tightly with foil and steam in a saucepan, with water half way up the basin, for 1-1 ½ hours. Keep checking the water level, and top up if necessary.

Enjoy!

