

Just For Ladies Recipes

Savoury Dishes

Lazy Veggie Chilli

Packet of frozen quorn mince
1 tin of kidney beans
1 tin chopped tomatoes
Frozen chopped onions
Frozen chopped peppers
Garlic (to taste)
Chilli powder (to taste)
Dried chilli (to taste)
Worcester sauce (to taste)
Tabasco sauce (to taste)
A few squirts of one cal spray/fry lite
Salt and pepper (to taste)

Throw it all in (takes 2 mins max)
Put in oven for 50 mins at 180°
Eat it – simples!

Ideal with rice or pasta, grated cheese optional

It is slimming world SYN free!

Sweetcorn and chilli soup

(Serves 6)

25g/1oz butter
2 tbsp extra virgin olive oil
2 onions, finely chopped
½ red chilli, finely chopped
800g/1lb 12oz frozen sweetcorn
1 litre/1¾ pints vegetable stock
2 tbsp lemon juice
5 tbsp chopped flat-leaf parsley, plus extra to serve
Soured cream (optional) to serve

Heat the butter and oil on a large saucepan over a medium heat and fry the onions for about 10 mins until nice and golden, stirring occasionally. Add the chilli to the pan and fry for about 5 mins, stirring occasionally. Add the corn, stock and some salt, bring to the boil and simmer for 10 mins until the corn is tender but still crisp.

Transfer two-thirds of the soup to a food processor and whizz to a course purée. Add this back to the pan and stir in the lemon juice and parsley. Taste for seasoning. Serve with a spoonful of soured cream, if you wish, and some more parsley scattered over.

Thai Fishcakes with Chilli Mayo

(Serves 4)

125 ml (4 1/2 fl oz) mayonnaise
1 bunch(es) spring onions, trimmed
2.5cm (1 in) piece fresh root ginger, peeled and roughly chopped
1 lemongrass stalk, roughly chopped
20 gram(s) pack fresh coriander
Half red chilli, deseeded
5 mls fish sauce (optional)
75 gram(s) fresh white breadcrumbs
225 gram(s) each haddock and cooked, peeled prawns
A little oil for frying
30 mls Thai sweet chilli sauce
20 gram(s) pack fresh basil, roughly chopped
1 fat garlic clove, crushed (optional)
2 limes, halved

Put spring onions, ginger, lemongrass, coriander, chilli and fish sauce (if using) in a food processor and whiz to a rough paste. Add 3tbsp mayonnaise, the breadcrumbs, fish and prawns. Whiz for a further 5 seconds.

With wet hands, shape into eight patties, each about 5cm (2in) in diameter.

Heat a drizzle of oil in a non-stick frying pan. Fry patties for 3-4 mins on each side until crisp and golden.

Mix chilli sauce, basil and garlic, if using, into the remaining mayonnaise. Serve with the fishcakes, lime and spinach leaves.

Chicken and peach bake

Plain crisps
Cooked chicken
Frozen green beans
Cheddar cheese, grated or thinly sliced
Tin sliced peaches
White sauce made with butter, cornflower, milk, salt and pepper

Put a layer of crisps in the bottom of a large casserole dish. Then a layer of chicken, beans and cheese. Top with crisps. Smother the whole dish with white sauce and bake for 20 mins in a medium oven – 180°. Then arrange peaches on top and return to oven for 10 mins. Delicious served with green salad! Serve hot.

Sweet Dishes

Cakes

Welsh Cakes

8oz self-raising flour, sieved
4oz salted butter
1 egg
Handful of sultanas or chocolate drops
3oz caster sugar
Butter for greasing
Milk if needed

Put sieved flour and sugar together. Add butter, sultanas, and egg and mix together until it forms a ball of dough, using a splash of milk to bring the dough together.
Roll out the pastry and cut out circles.
Rub butter on a bake stone, when bakestone is warmed cook the pastry on both sides for 2-3 mins.
Remove from heat and dust with sugar.

Chocolate Guinness Cake

(Makes about 12 slices)

For the cake:

250ml Guinness
250g unsalted butter
75g cocoa
400g caster sugar
142ml sour cream
2 eggs
1 tbs vanilla extract
275g plain flour
2½ tsp bicarbonate of soda

For the topping:

300g Philadelphia cream cheese
150g icing sugar
125ml double or whipping cream

Preheat oven to gas mark 4 (180°C)

Butter and line a 23cm round tin

Pour the Guinness into a large, wide saucepan. Add the butter and heat until the butter has melted. Then whisk in the cocoa and sugar.

Beat the sour cream, eggs and vanilla extract. Then add to the pan. Then whisk in the flour and bicarb.

Pour the cake batter into the tin and bake for 45 mins-1 hour. Leave to cool completely in the tin on a wire rack (its quite a moist cake).

When the cake is cold you can add the topping.

Lightly whip the cream cheese and sieve over the icing sugar and beat together.

Add in the cream and beat until it is a spreadable consistency. Add the topping to the cake so that it looks like a pint of Guinness!

Pineapple Upside Down Cake

Fun and very easy to make. Serve cold, or warm with ice cream for a desert.

3 eggs
7oz self-raising flour
7oz sugar
7oz butter
Pineapple rings
Glacé cherries

Whisk eggs, flour, sugar & butter with electric whisk. Lay pineapple rings at bottom of greased cake tin with cherries in middle of rings.

Put cake mixture on top.

Put in pre-heated oven at gas mark 5 (200°C) for 20-30 mins.

Turn out of tin and serve upside down so that pineapple rings are on top.

Rainbow Cake

3oz block margarine
2 tablespoons golden syrup
2 level tablespoons cocoa
8oz plain biscuits

Topping:

1 block (small) plain cooking chocolate
Coloured sugar strands

Place biscuits in a bag and crush using a rolling pin (or use food processor). Melt margarine and syrup in a saucepan over a low heat. Once melted stir in cocoa. Add crushed biscuits and thoroughly coat with chocolate mixture. Spoon into foil lined oblong tin (approx 7in x 9in). Place in fridge to chill.

For topping melt cooking chocolate and pour over cooled biscuit mix. Sprinkle with sugar strands and chill in fridge for about 2hrs. Turn out onto chopping board and cut into squares with a sharp knife.

Biscuits

Chewy Cinnamon Cookies

(Makes about 40)

1 cup (225g) caster sugar
½ cup (115g) butter
1 large egg
1 tsp vanilla
1½ cup (225g) plain flour
1½ tsp cinnamon
1 tsp baking powder
¼ tsp salt
Cinnamon sugar (sugar and cinnamon powder)

Cream sugar and butter
Beat in egg and vanilla
Combine flour, cinnamon, baking powder & salt
Add to butter mixture
Blend well
Cover and refrigerate for 2 hours (or firm enough to roll into balls)
Shape dough into small balls (¾ inch)
Roll in cinnamon sugar to coat
Set on lightly greased baking trays 1 inch apart
Bake at 350°C for 10 mins

Choc Chip Cookies

(Makes about 16)

125g Unsalted butter
185g soft brown sugar
1 teaspoon vanilla essence
1 egg, lightly beaten
1 tablespoon milk
215g plain flour
1 teaspoon baking powder
250g dark chocolate bits

Preheat the oven to 180°C (350°F, gas mark 4). Line a large baking tray with baking paper.

Cream the butter and sugar with electric beaters in a large bowl. Mix in the vanilla essence and gradually add the egg, beating well. Stir in the milk. Sift the flour and baking powder into a large bowl, then fold into the butter and egg mixture. Stir in the dark chocolate bits.

Drop level tablespoons of the cookie mixture onto the baking tray, leaving about 4cm between each cookie. Bake for 15 mins or until lightly golden...cool on a wire rack.

Ginger Cookies

100g Margarine
1 tbsp golden syrup
175g self raising flour
1 tsp ginger
75g granulated sugar

Melt the margarine and syrup
Sieve the flour and ginger into bowl
Add sugar and melted mixture and mix well
Refrigerate for 15 mins
Place on a greased baking tray
Bake for 10-15 mins at 180°C
Cool slightly before removing to wire rack

Just for Ladies Shortbread

6oz plain flour
4oz very soft butter
2oz caster sugar
1oz cornflour

Mix the sugar and soft butter together with a wooden spoon until it is pale and creamy.
Sieve both the flour and cornflour into the bowl and mix well.

Tip the mixture into a small tin and smooth the surface with the back of a spoon.
Use a fork to score the top and prick holes in the centre of the mixture.
Bake for about 25mins at 325F/17°C/gas mark 3.
When ready, the shortbread will be pale brown.
Sprinkle with caster sugar and cut into slices while hot. Leave to cool.

Extra special shortbread...

Try adding chocolate chips and/or a few drops of vanilla essence.

Choc Crunchies

(Serves 8-10)

200g/8oz digestive biscuits
100g/4oz butter
3 tbsp golden syrup
2 tbsp cocoa powder
50g/2oz raisins
100g/4oz dark chocolate

Butter an 18cm/7in sandwich tin. Seal the biscuits in a strong, polythene bag and bash into uneven crumbs with a large rolling pin.

Melt the butter and syrup in a pan (or microwave on high for about 1½ mins). Stir in the cocoa and raisins, then thoroughly stir in the biscuit crumbs. Spoon into the tin and press down firmly.

Melt the chocolate in a heatproof bowl over a pan of simmering water (or microwave on Medium for 2-3 mins). Spread over the biscuit base and chill for about half an hour.

Keeps for up to 1 week wrapped in foil.

Other yummy things!

Apple Spice Muffins

(Makes 10-12 standard size)

9oz plain flour*
3 tsp (15ml) baking powder
½ tsp (2.5ml) salt
1½ (7.5ml) mixed spice (or try 1½ tsp cinnamon plus
¼ tsp nutmeg and a pinch ginger and cloves)
3-4oz(85-110g) white granulated sugar
1 egg
5flocz (150ml) milk
6oz (170g) finely chopped apple (any type, peeled
and cored)
3flocz (90ml) corn oil (or 3oz (85g) butter, melted)
2-3oz (60-85g) raisins (or chopped walnuts)
2-3 tbsp (30-45ml) soft brown sugar
2oz (60g) walnuts, chopped

Prepare muffin tins. Preheat oven to 375-400°F
(190-200°C).

In a large bowl, sift together (or stir well with fork):
flour, baking powder, salt and spice. Stir in sugar.
In another bowl, beat egg with fork. Stir in milk,
followed by chopped apple and oil/melted butter.
Pour all of wet mixture unto dry. Stir just until
combined, adding raisins/walnuts during the final
strokes. (This batter is thicker than most: apples
release juices as it cooks. However, if the apple is
especially dry, a little extra milk might be needed.)
Spoon into tins. Sprinkle with topping. Bake about
20-25 mins gently. Cool for several mins to make
removal easier.

*with self-raising flour, reduce baking powder to 1 tsp
(5ml)

Chocolate Marshmallow Fudge

Vegetable oil for greasing
70g/2½oz butter
300g/10½oz soft light brown sugar
125g/4½oz evaporated milk
225g/8oz marshmallows
300g/10½oz milk chocolate
75g/3oz dark chocolate (at least 60% cocoa solids)

Grease a 20cm/8in square tin with vegetable oil, then
line with greaseproof paper.

Chop the chocolate into small pieces.

Put the butter, sugar and milk into a pan over a low
heat and melt gently. Once the sugar has dissolved,
add the marshmallows and turn up the heat. Boil the
fudge for 5-6 mins.

Take the pan off the heat and add the chocolate.

Leave for one minute, then stir the mixture together
until all the chocolate has melted.

Pour the mixture into the prepared tin and leave to
set for a couple of hours. Once set, remove from the
tin and cut into squares.

Lemon Squares

1 cup all purpose flour*
½ cup margarine or butter, softened
¼ cup powdered sugar
1 cup granulated sugar
2 teaspoons grated lemon peel, if desired
2 tablespoons lemon juice
½ teaspoon baking powder
¼ teaspoon salt

Heat oven to 350°C. Mix flour, margarine and
powdered sugar. Press in ungreased square pan,
8x8x2 or 9x9x2 inches, building up ½ inch edges.
Bake 20 mins. Beat remaining ingredients about 3
mins or until light and fluffy. Pour over hot crust.

Bake about 20 mins or until no indentation remains
when touched lightly in centre; cool. Sprinkle with
powdered sugar if desired. Cut into 1½ inch
squares. 25 squares;90 calories per square.

*Self-raising flour can be used: omit salt and baking
soda

Spiced Nuts

2 cups mixed nuts
1 cup granulated sugar
2tsp cinnamon
½ tsp nutmeg
½ tsp cloves
¼ tsp salt
2 egg whites

Whisk egg whites into soft peaks

Mix sugar and spices together in a separate bowl
Drop nuts a spoonful at a time into the egg white
then into the sugar/spice mixture, stir to coat
thoroughly

Spread the coated nuts on a baking tray lined with
grease-proof paper

Bake the nuts for 20 mins at 140°C

Allow to cool and break clumps into smaller pieces
If any left over, store in an airtight container

Puddings

Chocolate Trifle

1 chocolate swiss roll
1 sachet chocolate Angel Delight (or supermarket equivalent)
1 sachet Bird's Dream Topping
¾ pint/15fl oz milk

Slice chocolate roll and place at the bottom of a large fruit bowl.

Make up Angel Delight according to packet instructions and pour over chocolate roll.

Gently press roll down to ensure fully covered by the chocolate delight.

Leave to stand for 1-2 mins to set.

Make up Dream Topping according to packet instructions and pour over chocolate delight.

Chill in the fridge for 1-2 hrs (depending on how eager you are to eat it!).

Immediately before serving, sprinkle with chocolate sugar strand to decorate.

Bread and Butter Pudding

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

Grease a 1 litre/2 pint pie dish with butter.

Cut the crusts off the bread. Spread each slice with butter on one side, 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 then 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, 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 mins.

Preheat the oven to 180°C/355F/Gas4.

Place the dish into the oven and bake for 30-40 mins, or until the custard has set and the top is golden brown.

Fiona's Banoffee Pie

(serves 16)

This recipe is especially popular with the students in the church.

Melt 6oz/175g/¾ pack butter, stir in 14oz/400g/1 large pack crushed digestive biscuits and tap into a firm base in the bottom of a 11x9 inch traybake tin with the back of a spoon. (For speed you could use two pre-made 8 inch shortcrust pastry cases).

8oz/250g/1 pack butter
12oz/350g soft brown sugar
12oz/350g granulated sugar
397g tin condensed milk
1 pint/600ml double cream

In a large, thick bottomed saucepan place butter, sugar, condensed milk, half the double cream. Heat slowly until the butter melts, bring to the boil and boil steadily for five to seven mins until it is slightly thicker and golden brown. Stir continuously and turn the pan every so often to ensure that the caramel doesn't burn on the bottom. Remove from the heat and allow to cool until still warm. (For speed you can sit the pan in a washing up bowl of cold water with freezer blocks of ice in it).

Slice bananas into the base and pour over the slightly warm caramel. Chill for a couple of hours until the caramel is solid. (If you are not going to serve the pie the same day, leave the bananas out and put them on top of the caramel in a layer of cream just before serving).

Whip up the remaining cream, pipe into the banoffee pie and serve. (For speed you could use squirty cream as you serve the desert).

Pumpkin Pie

(Makes two victoria sandwich size tins)

1½ cup sugar
4oz margarine
3 egg
2 cups self-raising flour
2 cups pumpkin
1 heaped tsp cinnamon
¼ tsp cloves (optional)
½ tsp salt

Cream sugar with margarine, add 1 egg.

Sift in flour and a pinch of salt.

Mix to a soft dough (add a little milk if necessary)

Press into 2 tins, base and sides.

Dice and cook pumpkin and then mash.

Mix together pumpkin, 1 cup sugar, 2 unbeaten eggs, cinnamon, nutmeg, cloves (optional), ½ tsp salt. When mixed fill pastry cases.

Oven 350°F/Gas mark 4 for unfrozen for approx ½ hr
375°F/Gas mark 5 for frozen for approx ½ hr

White Chocolate and Bailey's Cheesecake

(Makes about 10-12 slices)

For the base

250g shortbread biscuits (I use shortcake biscuits as it makes it cheaper)
100g ground almonds
2 tsp ground ginger
75g melted butter

For the filling

675g cream cheese (I use full fat but you could use low fat)
200g caster sugar
3 tbsp cornflour
2 large eggs, beaten
150ml Baileys
125g white chocolate, chopped

Preheat oven to 180°C/Fan 160°C/Gas mark 4
First grease a round 22-24cm springform or loose bottomed cake tin and line the base with greasproof paper.

To make the base, finely crush the biscuits until they resemble fine breadcrumbs. Best done in food processor, but can be done by putting them in a sealed bag and bashing with a rolling pin (great stress reliever!) Mix in ground almonds, ginger and melted butter. Press well into the base of the cake tin and refrigerate.

Beat the cream cheese, sugar and cornflour (ideally in a food processor or with electric hand whisk). Add in the eggs, cream and Baileys and beat until you have a smooth, creamy consistency. Stir in the white chocolate.

Pour into the tin and sit in a roasting tray filled with 1-2cm of hot water. Cook in the oven for 45 mins until the top is lightly golden and the filling is just set. Remove from the oven and leave to cool before taking out of the tin.

Cut into slices as big or small as you can manage!