

Recipes from NEWS Personal Safety Awareness day

Spicy lentil and apple soup

1 oz oil
1 onion, chopped
1 carrot, chopped
4 oz red lentils
1½ pts water
1 vegetable Oxo
1 desert spoon curry paste
1 cooking apple, peeled and grated when required

Fry onion and carrot in butter for five minutes. Add lentils and water and Oxo and simmer gently for 30 minutes. Blend until smooth. Stir in curry paste and grated apple. Check seasoning and serve.

Chocolate stuff

4 oz marg or butter
3oz syrup
1 oz cocoa powder
8 oz crushed digestive biscuits
2 oz raisins
6 oz plain chocolate

Heat marg and syrup until melted and stir in cocoa. Add biscuits and raisins and spread mixture into lined 11" x 7" swiss roll tin. Leave in fridge to set. Melt chocolate (I use microwave for 2-3 mins) and spread over set mix. When chocolate has set, cut into pieces with a sharp knife. Best kept in a container in the fridge.

Spicy tea bread tray bake

12 oz mixed dried fruit
2 oz mixed peel
2 oz chopped glace cherries
½ pt strong tea
4 oz demerera sugar + extra to sprinkle on top
8 oz self raising flour
1 tsp mixed spice
1 tsp cinnamon
½ tsp grated nutmeg
2 eggs

Soak fruit overnight in the tea. Next day, mix in eggs and add spices, sugar and flour. Stir well. Pour into lined 11" x 7" swiss roll tin and sprinkle lightly with sugar. Bake 30 - 40 minutes at 180°C. Cut into pieces when cool.