

Spicy Pumpkin Soup

Ingredients

2 tbsp olive oil
2 onions, finely chopped
1kg pumpkin or squash,
peeled, deseeded and
chopped into chunks
700ml vegetable
stock or chicken stock
150ml double cream

Method

STEP 1Heat 2 tbsp olive oil in a large <u>saucepan</u>, then gently cook 2 finely chopped onions for 5 mins, until soft but not coloured.

STEP 2Add 1kg pumpkin or squash, cut into chunks, to the pan, then carry on cooking for 8-10 mins, stirring occasionally until it starts to soften and turn golden.

STEP 3Pour 700ml vegetable or chicken stock into the pan and season with salt and pepper. Bring to the boil, then simmer for 10 mins until the squash is very soft.

STEP 4Pour 150ml double cream into the pan, bring back to the boil, then purée with a <u>hand blender</u>. For an extra-velvety consistency you can pour the soup through a fine sieve. *The soup can now be frozen for up to 2 months*.



Spiced Chocolate Chip Cookies

Ingredients

180g butter

2 eggs

250g brown sugar 300g self-raising flour 200g milk chocolate chips 100g white chocolate (for decoration)

1 Tsp cinnamon

1 Tsp mixed spice

Method

STEP 1 Preheat oven to 180°C.

STEP 2 Beat the butter and sugar together until smooth.

STEP 3 Beat the eggs. Add the flour, cinnamon, mixed spice, chocolate chips and eggs to the buttery mix. Mix until smooth. (It might look a weird texture, just keep mixing until smooth!)

STEP 4 Chill the mixture for 20 minutes.

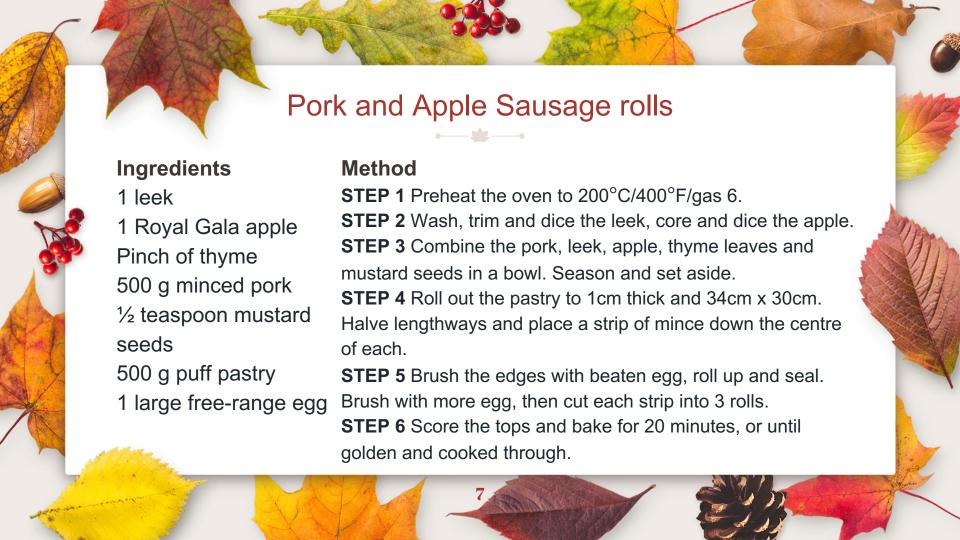
STEP 5 On a baking tray with grease-proof paper, spoon the mixture roughly into about 16 balls. Space out well as they spread a little. Bake for 12-14 minutes until golden.

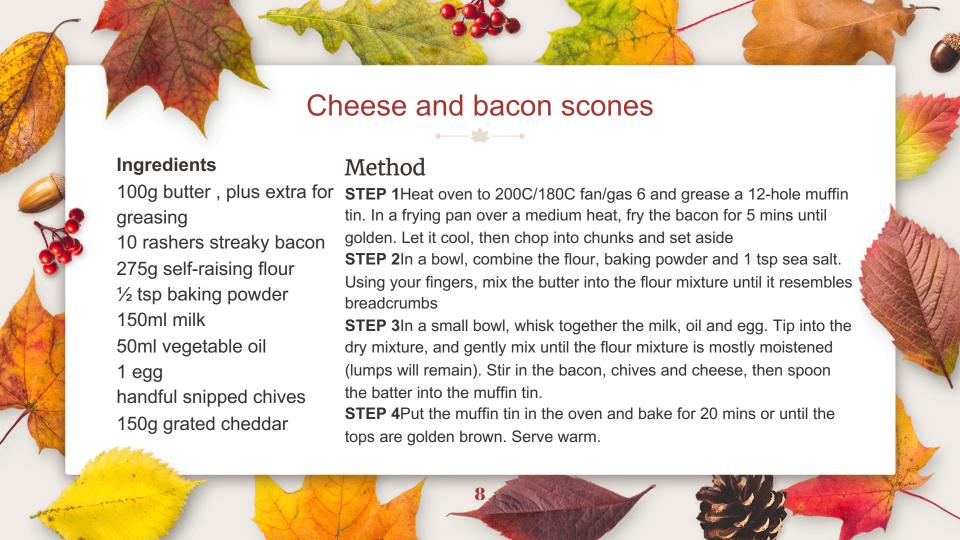
STEP 6 Remove from the oven and leave to cool.

STEP 7 Break up the white chocolate into chunks in a microwaveable bowl. in 15 second bursts, microwave the chocolate until melted.

When the cookies have cooled, drizzle over the white chocolate and enjoy!







Apple Caramel Crumble Muffins

Ingredients Crumble

15g soft butter

25g plain flour

15g demerara sugar

Muffins

15g soft butter

25g plain flour

15g demerara sugar

300g plain flour

1tbsp baking powder

190g caster sugar

210ml milk

1 large egg

100g butter, melted

300g apple, peeled, cored and chopped

into chunks

jar of salted caramel/duche de leche

Method

STEP 1 Preheat oven to 200c/180c fan. Line 12 hole muffin tin. Make the crumble topping by rubbing together the butter and flour till it resembles breadcrumbs. Stir in the sugar and set aside.

STEP 2 For the muffins sift the flour and baking powder into a bowl then stir in the sugar. In a jug, combine the milk, egg and melted butter.

STEP 3 Stir the wet mixture into the dry mixture till combined. Fold in the chopped apple pieces.

STEP 4 Spoon one tbsp of the mixture into the cases. Then place a tsp of salted caramel into the middle of each case, followed by another tbsp of apple mixture on top.

STEP 5 Sprinkle over the crumble topping. Bake for 20-25mins

