

u3a Cookery 23rd June 2023

Vegetable Bake, Hasselback Potatoes, Apple & Cinnamon Pastries

VEGETABLE BAKE

Ingredients

900g Broccoli
900G Cauliflower
3 Carrots cut into thin slices
1 large or 2 small red onions cut into thin slices
200g turnip, swede or parsnips cut into small chunks
Oil for frying and lining the bottom of the dish
2 tablespoon butter
6 tbsp plain flour
1ltr Vegetable Stock (2 veg stock cubes)
200ml milk
200gm grated cheese
200gm grated mozzarella
Salt & Oregano & dried Basil

Method

Place Cauliflower & Broccoli in a pan with a tsp salt and enough hot water to cover the veg and boil for 3 minutes
Drain and set aside
Fry onion & carrot in a pan until softened
Salt & Black pepper to taste
Remove to a plate/dish

Sauce

Melt 2 tablespoon butter in a pan and add 6 tbsp plain flour to make a roue
Add stock slowly to make a smooth mixture.
Add milk and whisk mixture until smooth
Add grated cheese
Add Salt & Oregano & dried Basil to taste
Using an oven-proof dish add olive oil to barely cover the base
Add the drained cauliflower & broccoli followed by carrot, swede & onion and mix them.
Pour the sauce over the vegetables and stir into the veg mixture
Sprinkle grated mozzarella over the top and bake at 180c for 15 min

HASSELBACK BAKED POTATOES

Ingredients

18 small potatoes

200g Butter

Sea Salt

Wash potatoes

Cut across the potatoes at 0.5 cm intervals. I place the handle of a wooden spoon on either side of the potato, this ensures you don't cut all the way through the potato

Microwave for 10 min Alternatively if doing a lot of potatoes pressure cook for 5 mins quick release.

Brush generously with oil or butter and sprinkle with sea salt. You can also sprinkle with spices of your choice i.e. paprika, chilli flakes, and mixed herbs.

You could also top the potatoes with cheese

Place on an oven tray and bake for 30-45 mins or Air Fry 200c for 10 minutes

Apple & Cinnamon Pastries

Ingredients

375g ready-rolled puff pastry

2 Bramley apples

Sugar

1 tablespoon cinnamon

Handful of sultanas

Lemon Juice

Topping: 1 tablespoon icing sugar mixed with a teaspoon of thick cream

Method

Peel & Core Apples then cook in a pan with the sugar until soft and spreadable.

Layout out the pastry sheet and spread the apple over the pastry, leaving a 1" gap on the top and bottom of the pastry.

Sprinkle the sultanas over the apple

Sprinkle cinnamon over the mixture

Eggwash the top and bottom sections of the pastry

Roll tightly starting from the top

Cut into small slices and lay on a baking sheet

Bake 180c for 30 minutes

Allow to cool then using a fork drizzle the pastries with the topping mixture.