

## Minestrone Soup Makes 6 Servings

### Ingredients

2 Vegetable Stock Cubes	½ tsp Salt
25ml Olive Oil	Shake of Pepper
1 Large Onion	35g Tomato Puree
3 Celery Sticks	400g Tin Chopped Tomatoes
3 Medium Carrots	400g Tin Red Kidney Beans (drained)
100g Frozen Green Beans	400g Tin Chickpeas (drained)
3 Garlic Cloves finely chopped	100g Macaroni Pasta or similar
1 heaped tsp dried Oregano	Handful of Fresh Basil Leaves
2 tsp Paprika	Parmesan Cheese to serve
½ tsp Chilli Powder	

### Method

1. Dissolve the stock cubes using 750ml hot water.
2. Chop Onion, Celery and carrots into small chunks.
3. Warm the Olive Oil in a Large Pan and add Onion, Celery & Carrots.
4. Fry for a few minutes, Garlic, Oregano, Paprika and Chilli Powder.
5. Stir the mixture to ensure the vegetables are coated with the Herbs.
6. Stir in the tomato puree followed by the stock, chopped tomatoes, red kidney beans and chick peas.
7. Simmer for around 10 minutes then add the pasta.
8. Add the green beans and cook for a further 10 mins
9. Add the pasta, cook until the pasta is cooked – approximately 10 minutes
10. Stir in the basil leaves.
11. Serve with grated Parmesan Cheese.

# Seasonal Apple Pie

9" pie tin.

## INGREDIENTS

### Pastry

- 250 gms (9oz) plain Flour.
- 100gms Butter.
- 50gms Vegetable Shortening: Trex, Flora White or Cookeen.
- 1tsp salt.

### Filling

- 1250g Bramley Apples 1/4-inch-thick apple slices.
- 70g granulated sugar.
- 30g plain flour.
- 1 Tablespoon (15ml) lemon juice.
- 1½ teaspoons ground cinnamon.
- 1¼ teaspoon each: ground allspice & ground nutmeg.
- 1 Tablespoon Sweet Mincemeat.

## Method

1. Make the pastry: cut into 2 halves, wrap in cling film and place in the fridge for a minimum of 15 minutes.
2. Make the filling: In a large bowl, stir the apple slices, sugar, flour, lemon juice, cinnamon, allspice, and nutmeg together until thoroughly combined.
3. Pre-cook: Pour the apple filling into a pan Stir and cook for 5 minutes until the apples begin to soften. Remove from heat and set aside.
4. Preheat oven to 180°C.
5. On a floured work surface, roll out one of the discs of chilled dough (keep the other one in the refrigerator).
6. Place the dough into a 9-inch pie dish and blind bake for approximately 15 minutes at 180°C or gas mark 5/6. Remove from the oven spread a thin layer of mincemeat onto the base, then spoon the apple filling into the base.
7. Finish assembling: Remove the other disc of chilled pie dough from the refrigerator. Roll the dough into a circle that is 12 inches in diameter. Using a sharp knife, cut strips of dough 8 x 1" strips. Carefully thread the strips over and under one another, pulling back strips as necessary to weave.
8. Trim off excess dough. Fold the overhang back towards the center of the pie, and pinch the edges to adhere the top and bottom crusts together. Crimp or flute the pie edges to seal. Cut vents in the lid.
9. Optional: Sprinkle the top with coarse sugar.
10. Place the pie onto a large baking tray.
11. Bake the pie at 180c until the filling is bubbling around the edges, 35–40 more minutes.