

April 2024

Spicy Carrot & Potato Soup (Serves 8) with Sourdough Bread, Jam Sponge with Pink Custard

Jam Sponge with Pink Custard

Ingredients:

- 225g (8ozs)SR flour
- 225g (8ozs)white granulated sugar
- 225g (8ozs)Stork margarine, or butter
- 4 free-range eggs mixed with 2 tablespoons milk
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- 2 tablespoons Strawberry or raspberry jam, or any red jam
- Desiccated coconut
- Pink Custard:
 - 1 x 35g sachet strawberry blancmange mix
 - 2 tablespoons white sugar
 - 600ml (1 pint) milk
 - 1 packet of blancmange

Method:

1. Jam and Coconut Sponge: Pre-heat the oven to 180C/160C Fan/375F/Gas mark 4 and grease and line a square (9" x 9") 23cm x 23cm baking tin with baking paper.
2. Put the SR flour, sugar, margarine or butter, eggs, baking powder and vanilla extract into a mixing bowl and beat with an electric mixer for 2 to 3 minutes, until all of the ingredients are blended and are light and fluffy consistency
3. Pour the sponge mixture into the prepared baking tin and bake for 35 to 40 minutes until the cake springs back when touched in the middle, and is well risen and golden brown. Or Air Fry 165c for 30 minutes.
4. Remove the cake from the oven and allow it to cool for 5 minutes before spreading the jam over the top, this is best done when the cake is warm. Then sprinkle desiccated over the jam be as generous as you like! Beware it can be sweet.
5. When cooled cut into squares to serve whilst still warm, with pink custard.
6. **Pink Custard:** Put the blancmange mixture and the sugar into a mixing bowl and add a little of the milk to make a thick paste.
7. Heat the remaining milk in a saucepan until it is hot but not boiling.
8. Pour the hot milk over the blancmange mixture and stir well until dissolved.
9. Pour all of the mixture back into the saucepan and bring to boil stirring all the time so it doesn't "catch" on the bottom of the pan. For a thicker custard, use 450mls (3/4 pint) of milk.
10. Once the mixture has thickened, remove from the heat, pour into a jug and serve with the jam & coconut sponge.

Spicy Carrot & Potato Soup (Serves 8) with Sourdough Bread

Ingredients:

- 1 tbsps. oil
- 1 onion chopped
- 2 large carrots -peeled and roughly chopped into chunks
- 2 sticks of celery roughly chopped
- 2 large baking size potatoes peeled and chopped into chunks
- ½ tsp ground cumin
- ½ tsp ground coriander
- ½ tsp hot chilli powder
- 880ml veg stock (made using 2 stock cubes)
- Pinch of salt and black pepper.
- Redcurrant Jelly Optional

NB. Cut the vegetables small to reduce the cooking time and help with blending.

Method (using NINJA 15-1)

1. Using the Ninja pot, sauté the chopped onions in oil for about 8 minutes until they are going translucent.
2. Add all the other chopped vegetables and stock, add the cumin, coriander, chilli powder plus half a teaspoon of salt and a good shake of black pepper.
3. Pressure cook for 15 minutes with a slow pressure release when finished.
4. Remove the pot and allow the soup to cool for a few minutes. Transfer the soup to a large saucepan and blend it with a stick blender to a smooth consistency.
5. Taste and season as required with salt & pepper and add further spice if needed. Sometimes a teaspoon of Redcurrant Jelly will improve the flavour.