

CHOPPING CLUB APRIL 2020:

SODA BREAD

This will work really well with wholemeal or plain flour, or a mixture of whatever you have, You don't need bread flour! Self raising flour will also be good, it will just be extra fluffy.

- 450g ANY flour Preheat oven to 200
- 1tsp baking soda Sour your milk - add the lemon juice and vinegar and let it curdle
- approx 400ml milk + 1tbsp of lemon juice or vinegar (OR 400ml buttermilk)
- 1tsp salt

In a large bowl mix flour, salt and bicarb well.
Make a well in the centre of the flour. Pour most of the soured milk in, and start mixing the flour in with your hands, adding more milk if needed. It should be a soft dough, not too sticky.

When it comes together, tip it out onto a floured baking sheet. Wash and dry hands, and then turn the dough over and form it into a round, about 2.5cm deep.

Cut a deep cross in the loaf

Bake at 200 until crust is golden, and the loaf sounds hollow when tapped on the base - around 40

GREG'S EGGS

- 1x onion, chopped Over a medium heat fry onions and garlic and chilli 'till soft.
- 2x cloves garlic, finely chopped Add pepper (if using) and cumin. Season well and fry for another few minutes.
- 1/2 chilli, finely chopped Add tomatoes. Pour in a splash of water, and simmer until flavours mingle nicely.
- 1/2 pepper, chopped (OPTIONAL)
- 1/2 tin chopped toms or 2 large toms Make two little dents in the sauce, and crack an egg into each. Keep simmering over a low heat until eggs are cooked to your liking.
- 1xtsp cumin Salt and pepper on top + anything else you have: eg. grated cheese, herbs, yogurt or pickles.
- 2 eggs Good with rice, bread and butter or on its own.

PLAIN YOGHURT

or make a yogurt sauce - to 100ml yogurt add one v finely chopped clove garlic, lemon juice and salt to taste

PICKLES

QUICK PICKLES

for on top of your eggs or on top of anything else you fancy

- Red onions or cucumber or carrot or tomato sliced VERY thinly
 - 100ml Vinegar
 - 1 tbsp Sugar
 - 2 tsps Salt
 - Water to taste
- Whisk the sugar and salt into the vinegar until dissolved. Taste, and add some water if it's too sharp for you! Add the sliced veg and let them sit in the vinegar for around 10 mins - squeezing occasionally with your hands to help them pickle more quickly. If not using straight away, put into a clean jar or container and refrigerate. They'll keep well for at least 1 week.

KIDS' ACTIVITY: SHAKE YOUR OWN BUTTER

This might occupy (and amaze!) kids (or yourself) for a few minutes

Take a clean jam jar and fill it 1/3 full with ROOM TEMP double cream. Shake the jar (lid on!) for as long as you can stand it. Pass it on to someone else....or take a break and start up again. Put on a song while you do this.

First it'll become whipped cream. Keep shaking. Keep shaking until you can feel that a lump has formed inside the jar. The solids are butter. The liquid is BUTTERMILK. Pour this away. You can keep it, and make some SODA BREAD.

Fill the jar with cold water. Shake for 5 seconds, pour out and fill with clean water. Do this until the water is clear.

Take the butter out, and squeeze out all the remaining buttermilk with the back of a spoon. Add salt if you like and knead in with your hands. Refrigerate.

GRATED CHEESE

CORIANDER

CHOPPING CLUB APRIL 2020:

Wacky cake lives up to its name. It's a VERY weird recipe, which probably has its origins in WW2 rationing. It contains no butter or eggs, but it does contain....vinegar. But somehow, magically, this recipe makes a really tasty chocolate cake without a lot of the normal cake ingredients.

My mum made this for me and my brother for our birthday one year, and it was awful! She is a good cook but hates following a recipe...I don't know what she did, but it was very flat and strangely savoury, just horrible - we still tease her about it! So I was suspicious when I tried it again years later. But if you trust the recipe and go with it, the end result is soft and light, and reminds me of a school dinner sponge cake.

WACKY CAKE

210g plain flour
200g caster sugar
3 tbsp unsweetened cocoa
1 tsp baking powder
6 tbsps vegetable oil
1 tbsp vinegar
1 tsp vanilla
1/2 tsp salt

If you have an 8 inch pyrex/glass/ceramic baking dish you can mix this cake **IN THE BAKING DISH**. You don't need to grease the dish. If using a metal baking tray, mix the batter in a bowl first and then tip into a greased 8 inch square baking tray.

Preheat oven to 180c

In the baking dish or in a mixing bowl, sift together the dry ingredients

Make 3 holes in the mixture

In the first hole pour the oil. In the second hole, the vinegar, and in the 3rd the vanilla extract

Pour the water over the entire things, and mix with a fork until no dry ingredients remain

(Pour into baking tray) and bake until a toothpick inserted into the middle comes out clean, around 30 mins.

Leave to cool and serve with cream, ice cream, your favourite icing on top, custard, icing sugar, fruit, yogurt or as it is.