

LIFEGROUP RECIPES

Sheffield  vineyard



Hello

A huge thank you to Sarah Wallace for selecting these recipes, including many of her own creations, and presenting this book in such a beautiful and clear way.

For what we about to receive, may the Lord make us truly grateful. Amen.



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Cooking en masse...

Cooking for a large amount of people can seem somewhat daunting, but this little pile of recipes is here to help you out and give you some inspiration. Here are some little extra tips....

Vegetarian

It's quite likely you'll have a vegetarian in your life group. You can either cater for them separately or cook vegetarian for everyone. The vegetarian recipes are indicated with a green V. Alternatively, you can use quorn or other meat substitutes to replace the meat (e.g. in the sausage casserole or chicken curry), or you can increase the quantities of everything else slightly so you won't miss the meat (e.g. in fajitas).

Gluten free

If you need your meals to be gluten free, leave out the flour or invest in a bag of gluten free flour. You can buy gluten free pasta and bread, and rice and potatoes are naturally gluten free. Make sure you check whether the other ingredients you are using are gluten free – things like stock cubes and soy sauce can often have gluten in. It depends on the brand. Be really aware of cross-contamination by wiping down surfaces and using separate butter!

Difficulty

The main courses have been rated “easy”, “a little bit of effort” or “a bit more effort”. The easy ones are things like jacket potatoes that are basic but crowd-pleasing. Recipes that are “a little bit of effort” might require a bit more chopping or stirring, but are still fairly easy. “A bit more effort” means there might be a few more spices than usual, or there are a few more stages to the recipe. Nothing unreasonably hard or masterchefy – still achievable for the unsuspecting life group chef.

Pans

If you're cooking something like a casserole or curry, you'll probably be best using multiple pans. It may seem okay when you're starting, but by the time you add the tins of tomatoes or coconut milk you'll wish you had a bigger pan. Just make sure you add equal amounts of everything to each one as you go along.



Rice

Rice can be quite tricky to get right in large quantities. If you want to avoid a starchy mess at the end, you can buy easy cook rice which has been par-boiled and had the starch washed off it already. Boil it in lots and lots of water, rinse it beforehand and rinse with water from the kettle afterwards too.

Time

It'll take you longer than you think to cook. Remember that you're going to be chopping many more ingredients than normal and things will take longer to fry, so leave yourself plenty of extra time. It's much better to be ready early and have to reheat things or keep them warm in the oven than to have to cut the other elements of life group shorter because the meal wasn't ready on time!

Taste your food

Taste your cooking as you go along! Have you added enough salt and pepper? Does it need a pinch of sugar or a splash of vinegar? If something ends up being too spicy, add something dairy or serve it with some yoghurt or crème fraîche. If you're making something with herbs and spices, taste it when you've added them. Scaling up recipes means that the quantities of spices needed will be slightly different.

Easier food options

There are some times when rustling up a meal from scratch seems a bit much, or cooking for lots of people seems like a huge task. Here are a few ideas for when you're short on time, or you'd rather do a bring and share option.

- Buy some oven pizzas, get someone to bring salad and garlic bread
- Jacket potato sharing feast
- Curry night – rice dish, meat curry, vegetable curry or dahl, samosas, naan bread, chutney... great for a celebration.
- Pasta bake – scale up your favourite pasta dish, put some cheese on top and melt it in the oven for a bit!
- “BBQ” or hot dogs – Simply cook your burgers or sausages under the grill or in the frying pan and serve with ketchup, salad and bread.
- Pasta salad – Cook some pasta, stir through some pesto, some cherry tomatoes and rocket.





Main Courses

Gnocchi & Tomato Bake



Easy

BBC Good Food

For 4	For 12
1 onion	3 onions
1 pepper	3 peppers
1 clove garlic	3 cloves garlic
400g tin tomatoes	3x400g tins tomatoes
500g pack gnocchi	3x 500g packs gnocchi
Pack basil leaves	Pack basil leaves
Half a 125g ball mozzarella	2x125g balls mozzarella

This is a very simple dish and is very comforting. Definitely one for those rainy winter evenings.



1. Chop the onions and the peppers.
2. Heat some oil in a large frying pan. Fry the onion and pepper for 5-10 minutes to soften.
3. Stir in the garlic and fry for another minute.
4. Tip in the tomatoes and gnocchi and bring to a simmer. Bubble for 10-15 minutes, stirring occasionally until the gnocchi is soft and the sauce is thickened.
5. Turn on the grill.
6. Season, tear in the basil and transfer to a large ovenproof dish.
7. Tear over pieces of mozzarella and grill for 5-6 minutes until the cheese is bubbling and golden.

Chickpea and Spinach Curry

Easy

BBC Good Food

For 4	For 12
2tbsp curry paste	6 tbsp curry paste
1 onion	3 onions
400g tin tomatoes	3 tins tomatoes
2 tins chickpeas	6 tins chickpeas
250g spinach	750g spinach
1 tbsp lemon juice	3 tbsp. lemon juice
225g basmati rice	700g basmati rice

This is a fairly quick and simple curry to make. Choose a good quality curry paste like Patak's.



1. Finely chop the onions and fry for about 10 mins until softened.
2. Add the curry paste and fry for a further 3 mins.
3. Boil the kettle and then start cooking the rice.
4. Tip in the tins of tomatoes and bubble for 5 mins until the sauce has reduced.
5. Add the drained chickpeas.
6. Tip in the spinach and put the lid on so that the steam wilts the leaves. You may need to do this in batches if you have lots of spinach.
7. Add the lemon juice.
8. Serve the curry with the rice

Jacket Potato Feast



Easy

Sarah Wallace

For 4	For 12
4 potatoes	12 potatoes
100g cheddar	300g cheddar
1 tin beans (optional)	3 tins beans
2 tins of tuna (optional)	5 tins of tuna (optional)
1 tbsp. mayonnaise (optional)	3 tbsp. mayonnaise (optional)
½ can sweetcorn (optional)	1 can sweetcorn (optional)
Salad, to serve	Salad, to serve
Coleslaw, to serve	Coleslaw, to serve

Jacket potatoes are a really simple, cheap option and great for a bring and share. Serve them with cheese, coleslaw, salad, tuna and sweetcorn, beans, or chilli. All of the quantities of sides are an approximation. Great if you want to make it a bring and share evening.



1. There are a couple of different ways to cook jacket potatoes. If you have plenty of time, put the oven on at 180C and put your potatoes in for at least an hour. If you don't have as much time, you can microwave them for 5 minutes and then cook them for 20.
2. When your potatoes are about to go in the oven, coat with some oil, salt and pepper to get extra crispy skins.
3. Grate the cheese and place in a bowl for people to help themselves.
4. If you're making tuna and sweetcorn, drain the tuna and sweetcorn cans and mix with the mayonnaise.
5. Heat up your beans just before serving.

Tuna and Sweetcorn Pasta Bake

BBC Good Food

Easy

For 4	For 12
400g rigatoni	1.2kg rigatoni
30g butter	100g butter
30g plain flour	100g plain flour
400ml milk	1.2l milk
150g cheddar	500g cheddar
1x160g tuna in water	4x160g tuna in water
1x330g can sweetcorn	2x330g can sweetcorn

Comforting, cheesy, gorgeous pasta bake. Indulgent and yummy on a cold autumn evening.



1. Heat the oven to 180C. Boil the pasta for 9 minutes until al dente.
2. To make the sauce, melt the butter in a saucepan and stir in the flour. Cook for 1 min, then gradually stir in the milk, whisking all the time to make a thick white sauce.
3. Remove the sauce from the heat and stir in all but a handful of the cheese.
4. Drain the pasta and mix with the white sauce, tuna and sweetcorn.
5. Transfer to a baking dish and top with the rest of the grated cheese.
6. Bake for 15-20mins until the cheese on top is golden and starting to brown.

Chicken and Chorizo Ragu

Easy

BBC Good Food

For 4	For 12
120g cooking chorizo	360g cooking chorizo
1 red onion	3 red onion
2 garlic cloves	6 garlic cloves
1tsp smoked paprika	3tsp smoked paprika
80g sundried tomatoes	240g sundried tomatoes
600g skinless boneless chicken thighs	1.8kg skinless boneless chicken thighs
400g tin tomatoes	3x400g tin tomatoes
100ml chicken stock	300ml chicken stock
Juice of 1 lemon	Juice of 3 lemon
4 potatoes	12 potatoes
Sour Cream	Sour cream

Delicious and really simple to make. Vegetarian option: Add a little extra paprika instead of chorizo, and use quorn chicken or a mixture of sweet potato and peppers instead of chicken.



1. Get your jacket potatoes in the oven before you start.
2. Dice the chorizo and fry in a large saucepan/casserole dish for 5 mins until it releases its oil.
3. Add the onion and fry for 5 more mins until soft.
4. Tip in the garlic and cook for 2 more mins before stirring in the paprika and sundried tomatoes.
5. Roughly chop the chicken thighs and fry for 2 mins on each side until they are coated in the spices and beginning to brown
6. Pour in the chopped tomatoes and turn the heat down. Cover and cook for 40 mins until the sauce is thick
7. Stir the lemon juice through
8. Serve with jacket potatoes, salad and a dollop of sour cream.

Cauliflower and Macaroni Cheese



Sarah Wallace

A little bit of effort

For 4	For 12
50g butter	150g butter
50 plain flour	150g plain flour
600ml milk	1.8l milk
150g cheddar	450g cheddar
1tsp mustard	3tsp mustard
1tsp lemon juice	3tsp lemon juice
1 large cauliflower	3 large cauliflowers
300g macaroni	900g macaroni

Roasting cauliflower is a delicious way to add a vegetable into macaroni cheese. If you want even more, roast some tomatoes with a little oil and balsamic vinegar to serve. For an easier option, microwave steam the cauliflower or add peas.



1. Preheat the oven to 200C.
2. Remove the leaves from the cauliflower and break it into small florets. Place on a roasting tray and drizzle with olive oil. Season. Roast for 30 mins, checking and turning over. If you are short on time, you can steam the cauliflower for 10 mins instead.
3. Boil the macaroni for around 10 mins, and then drain.
4. While the cauliflower and pasta are cooking, make the cheese sauce. Melt the butter gently in a saucepan. Stir in the flour and stir for a few minutes with a wooden spoon until the mix bubbles.
5. Take off the heat and add the milk little by little, using a balloon whisk. Beat it constantly so that the milk and flour come together without any lumps.
6. Put the pan back on the heat and cook until the sauce thickens.
7. Grate the cheese and add to the sauce, along with the mustard, lemon juice and some salt and pepper.
8. Mix together the cauliflower, macaroni and cheese sauce and transfer to an ovenproof dish (or several). Switch the oven to grill mode.
9. Top with a little more grated cheese and some breadcrumbs if you want to add some extra crisp, and grill until the cheese is melted on top.

Spaghetti Bolognese

A little bit of effort

Sarah Wallace

For 4	For 12
1 onion	4 onions
2 carrots	4 carrots
2 garlic cloves	4 garlic cloves
2 sprigs rosemary	5 sprigs rosemary
400g beef mince	1kg beef mince
2 tins tomatoes	4 tins tomatoes
Small pack basil	1 pack basil
½ tsp dried oregano	1tsp dried oregano
1 bay leaf	4 bay leaves
1 tbsp. tomato puree	4 tbsp tomato puree
1 tbsp. cocoa powder	2 tbsp. cocoa powder
1 beef stock cube	2 beef stock cube
100ml red wine	250ml red wine
300g spaghetti	900g spaghetti
Salad	Salad
1 stick Garlic bread	3 sticks garlic bread

Spag bol is an absolute classic, so it couldn't be left out of this recipe book. Use quorn or soya mince if you need to make it vegetarian.

The cocoa powder gives it a rich flavour, but if you cant be bothered with all the herbs and extra bits and bobs, it will still taste like a good old Bolognese!



1. Dice the onions and the carrots and crush the garlic.
2. Heat some oil in a large saucepan and fry the onions, carrots and garlic for 10-15 mins until softened.
3. Increase the heat, add the beef mince and cook for 3-4 mins until the beef is browned all over.
4. Add the tinned tomatoes, tear in the basil and add the rest of the herbs, along with the tomato puree, cocoa powder and red wine.
5. Bring to the boil and then simmer for an hour until you have a rich thick sauce. It all look one colour rather than brown mince in a tomato sauce.
6. Boil the spaghetti for 10 mins in salted water and put the garlic bread in the oven.
7. Serve with salad, garlic bread and grated parmesan.

Fajitas

A little bit of effort (Easy option)

Lorraine Pascale

For 4	For 12
3 chicken breasts	9 chicken breasts
2 red onions	6 red onions
2 peppers	6 peppers
1 tin mixed beans	3 tins mixed beans
8 corn or wheat tortillas	24 corn or wheat tortillas
1 garlic clove	3 garlic cloves
1 tbsp. paprika	3 tbsp. paprika
2 tsp ground cumin	6 tsp ground cumin
1 tsp dried oregano	3 tsp dried oregano
2 limes	6 limes
Small bunch coriander	Large bunch coriander
2 ripe avocados	6 ripe avocados
1 spring onion	3 spring onions
1 red chilli (optional)	3 red chillies (optional)
Sour cream (to serve)	Sour cream (to serve)
200g tomatoes	200g tomatoes
Grated cheese (to serve)	Grated cheese (to serve)

Pretty much everyone loves fajitas. You can choose the bits you love – guacamole, salsa, cheese, sour cream etc. This recipe tells you how to make all the elements, but of course you can just buy salsa and guacamole and a spice mix.



1. First, prepare the accompaniments. Grate the cheese and put into a bowl.
2. Chop the coriander leaves and chilli and divide between two bowls. Then cut 1 (or 3) limes in half and squeeze half into each bowl. Chop the tomatoes and add to one of the bowls with some salt and pepper. Halve the avocados and scoop the flesh into the other bowl and mash with a fork. Trip and finely slice the spring onion and add to the guacamole bowl.
3. Peel and finely chop the garlic. Slice the red onion, halve and deseed the peppers and then cut into thin strips and set aside.
4. Cut the chicken into short, thin strips and fry for 2-3 minutes in a large pan. You may have to do this in batches.
5. Add the paprika, cumin and oregano and season well. Halve the other limes and squeeze in the juice and add the reserved garlic, red onion and peppers.
6. Reduce the heat to medium and cook everything for 6-8 minutes until the chicken is cooked through and the peppers are beginning to soften. Drain the beans and add. Cook until they are heated through.
7. Heat the tortillas according to packet instructions.
8. Let everyone help themselves to salsa, sour cream, cheese, guacamole and the chicken and pepper mixture.

Chilli Con Carne

A little bit of effort

Sarah Wallace

For 4	For 12
400g minced beef	1.2kg minced beef
1 large onion	3 large onions
3 garlic cloves	9 garlic cloves
1 chilli	3 chillies
1 red pepper	3 red peppers
Small bunch of coriander leaves	Large bunch of coriander leaves
1 tin kidney beans	3 tins kidney beans
1 tin tomatoes	3 tins tomatoes
2 tbsp. tomato puree	6 tbsp. tomato puree
1 tsp sugar	3 tsp sugar
1tsp ground cumin	3tsp ground cumin
1tsp ground coriander	3tsp ground coriander
1 tsp cocoa powder	1tbsp. Cocoa powder
175ml chicken stock	500ml chicken stock
4 potatoes or 225g rice	12 potatoes or 700g rice

There are so many variations on chilli con carne, and this is just one. You don't have to serve it with rice – you could serve it with jacket potatoes and grated cheese.



1. Finely chop the onions and fry for 10 mins until soft.
2. Add the minced beef and fry for 3-4 mins until browned.
3. Crush the garlic and finely chop the chilli (make sure you taste it for spiciness). Dice the peppers. Add them to the pan and fry for another 3 minutes.
4. Add the beans, tins of tomatoes, tomato puree, sugar, spices and stock and simmer for an hour until it looks rich and reduced slightly.
5. Serve with jacket potatoes (bake for an hour) or rice (boil for 20 mins).

Pinto Bean Chilli



A little bit of effort

River Cottage

For 4	For 12
3 onions	9 onions
2 chillies	6 chillies
2 garlic cloves	6 garlic cloves
2 tsp cumin	6 tsp cumin
1 tsp cayenne pepper	3 tsp cayenne pepper
¼ tsp allspice	¾ tsp allspice
2 courgettes	6 courgettes
1 red pepper	3 red peppers
2 tbsp. tomato puree	6 tbsp. tomato puree
1 tin tomatoes	3 tins tomatoes
1 tin pinto beans	3 tins pinto beans
100ml red wine	300ml red wine
Handful fresh herbs (coriander, oregano, parsley)	Handful fresh herbs (coriander, oregano, parsley)
Guacamole, to serve	Guacamole, to serve
Lettuce, to serve	Lettuce, to serve
Sour cream, to serve	Sour cream, to serve
Grated cheddar, to serve	Grated cheddar, to serve
Rice/wraps/potato wedges/jacket potatoes	Rice/wraps/potato wedges/jacket potatoes

This vegetarian chilli is tomato-based, full of yummy vegetables and beans. You can make it fajita-y and serve it with wraps, or serve with jacket potatoes or rice or potato wedges. It's up to you!



1. Chop the onions finely and dice the courgettes and peppers.
2. Heat some oil in a saucepan over a medium-low heat. Add the onions and sweat, stirring from time to time, until very soft and just starting to take on some colour.
3. Add the chillies, garlic, cumin, cayenne and allspice and stir for a minute.
4. Add the courgettes and red pepper and stir to coat in the spices.
5. Add the tomato puree, tinned tomatoes, pinto beans, red wine and herbs. Pour over 200ml/600ml water and season. Simmer for 30 mins until all the veg are tender and everything is thick and saucy.
6. To serve, put the guacamole, shredded lettuce, sour cream and cheese into small serving bowls. Serve with rice, wraps, jacket potatoes or potato wedges.

Black Bean and Chocolate Chilli



Leon

A little bit of effort

For 4	For 12
1 onion	3 onions
1 red pepper	3 red peppers
1 aubergine	3 aubergine
½ tsp ground cumin	½ tsp ground coriander
1 mild chilli	3 mild chillies
1 garlic clove	3 garlic cloves
½ tin tomatoes	2 tins tomatoes
2 tbsp. soy sauce	6 tbsp. soy sauce
1 tin black beans	3 tins black beans
20g dark chocolate	60g dark chocolate
225g rice	700g rice
4 potatoes or 225g rice	12 potatoes or 700g rice

This vegy chilli is more dark and comforting than the pinto bean chilli. Dicing the aubergine means it breaks down and has a kind of mince-like texture. Delicious!



1. Finely chop the onions, red pepper and aubergines. Finely chop the chilli and crush the garlic.
2. If you are serving with jacket potatoes, get them in the oven.
3. Heat some oil in a large pan and fry the onion and pepper for 5 minutes.
4. Add the diced aubergine and continue cooking for a further 5 minutes.
5. If you are serving with rice, start cooking that now.
6. Sprinkle over the spices, chilli and garlic. Turn up the heat and cook out the spices for 5 minutes.
7. Tip in the tomatoes and soy sauce. Simmer for 10 minutes or until the aubergine is tender.
8. Add the beans to the pan and cook for a few more minutes, then remove from the heat. Add the chocolate and stir until it has just melted.
9. Serve with rice or jacket potatoes.

Sausage, Apple, Leek and Cider Casserole

A little bit of effort

Sarah Wallace

For 4	For 12
500g potatoes	1.5kg potatoes
4 tbsp. crème fraiche	12 tbsp. crème fraiche
Knob of butter	Large knob of butter
2 green apples	6 green apples
8 sausages	24 sausages
3 leeks	9 leeks
1 onion	3 onions
1 tbsp. plain flour	3 tbsp. plain flour
500ml medium-dry cider	1.5l medium-dry cider
1 stock cube	2 stock cubes
1 tbsp. wholegrain mustard	3 tbsp. wholegrain mustard

If you've never tried this, give it a go. It's wonderfully autumnal and warming. I prefer to cook the sausages separately rather than letting them cook in the casserole, otherwise they can go a bit soggy.



1. Peel and cut the potatoes into chunks. Put them in a large pan, cover with water and bring to the boil. Boil for 15-20 mins until tender, then drain and mash with 2 (or 6) tbsp. crème fraiche. Season.
2. Slice the leeks and apples and onions.
3. Turn on the oven or grill and cook the sausages according to packet instructions (about 20 mins, turning over)
4. While the potatoes and sausages cook, heat the butter and oil in a large casserole pan. When the butter is foaming, add the apple slices. Cook for 2 mins on each side and remove from the pan with a slotted spoon.
5. Add the onions and leeks to the pan and cook until softened. The leeks will reduce in size.
6. Add the flour and stir to coat, then add the cider and stock cube. Bring to the boil and simmer for 10 minutes.
7. Stir in the mustard, remaining crème fraiche and apples. Season to taste and serve with the mashed potato.

Sausage, Bean and Paprika Casserole

Sarah Wallace

A little bit of effort

For 4	For 12
8 sausages	24 sausages
1 large onion	4 onions
2 carrots	6 carrots
1 large garlic clove	4 garlic cloves
1 bay leaf	4 bay leaves
2 sprigs thyme	6 sprigs thyme
1 tsp smoked paprika	3 tsp smoked paprika
1 tbsp. plain flour	3 tbsp. plain flour
Splash white wine	200ml white wine
1 tin tomatoes	3 tins tomatoes
200ml chicken stock	500ml chicken stock
1 tbsp. tomato purée	4 tbsp. tomato purée
1 tsp Worcestershire sauce	2 tbsp. Worcestershire sauce
1 x 400g tin butter beans or cannellini beans	3 x 400g tin butter beans or cannellini beans
Tiger bread	Tiger bread

This sausage casserole is more rich and tomatoey than the apple and cider one. If you need it to be gluten free, remember to leave out the flour and check the sausages. You could do half with quorn sausages if you need to, in a separate pan.



1. Cook the sausages according to their packet instructions (oven for about 30 minutes).
2. Slice the onions and finely dice the carrots to the same size, and crush the garlic.
3. In a large saucepan, heat up some oil and fry the onions and carrots until soft. Add the garlic and herbs and fry for another 3 minutes.
4. Add the paprika and flour and cook for 1 minute, stirring so that all the vegetables are coated.
5. Pour in the wine, then the tomatoes and chicken stock. Bring to the boil, and add the tomato purée and Worcestershire sauce. Simmer for about half an hour.
6. Then add some salt and pepper to taste, and the drained tins of beans. If it isn't thick enough, add some more chicken stock or wine. If it is too liquid, continue to simmer with the lid off.
7. When the sausages are done, add them to the casserole. Then pour a little bit of boiling water on the tray and scrape off the caramelised pieces to make a gravy. Add this to the casserole for extra flavour.
8. Serve with slices of tiger bread.

Falafel Burgers



A little bit of effort

BBC Good Food

For 4	For 12
400g tin chickpeas	3x 400g tin chickpeas
1 garlic clove	3 garlic cloves
1 tsp ground cumin	3 tsp ground cumin
1 tsp ground coriander	3 tsp ground coriander
½ tsp harissa paste or chilli powder	1.5 tsp harissa paste or chilli powder
2 tbsp. plain flour	6 tbsp. plain flour
2 tbsp. sunflower oil	6 tbsp. sunflower oil
Toasted pitta bread	Toasted pitta bread
200g tub tomato salsa	600g tub tomato salsa
Green salad	Green salad

First cooked by Beth for her life group, these falafel burgers proved easier than expected to make and are now a firm favourite.



1. Drain the chickpeas and pat dry with kitchen paper. Tip into a food processor along with the onion, garlic, spices, flour and a little salt. Blend until fairly smooth, then shape into patties with your hands. If you don't have a food processor, you can use a stick blender.
2. Heat the oil in a pan. Fry the burgers for 3 mins on each side until lightly golden.
3. Toast the pitta bread.
4. Serve the burgers with toasted pitta bread, tomato salsa and a green salad.

Pizza, Garlic Bread and Salad

A bit more effort / Easy option

Sarah Wallace

For 4	For 12
300g strong bread flour	900g strong bread flour
1 tsp instant yeast	3 tsp instant yeast
1 tsp salt	3 tsp salt
1 tbsp. olive oil	3 tbsp. olive oil
100ml passata	300ml passata
Fresh basil/ 1 tsp dried	Fresh basil/ 3 tsp dried
1 garlic clove	3 garlic cloves
125g ball mozzarella	3 x125g ball mozzarella
<i>Pizza toppings of your choice</i>	<i>Pizza toppings of your choice</i>
2 sticks garlic bread	5 sticks garlic bread
Green Salad	Green Salad

Who doesn't love pizza? I thought it would be a crime to leave out pizza because it's an essential food for life. But if you don't have the time to make it from scratch, just buy some pizzas and everyone will still be excited that they're having pizza! A good option for exam season.



1. Make the base: put the flour into a large bowl, then stir in the yeast and salt. Make a well, pour in 200ml warm water and the olive oil and bring together with a spoon until you have a soft, fairly wet dough.
2. Turn onto a lightly floured surface and knead for 5 mins until smooth. Cover with a tea towel and set aside. You can leave the dough to rise if you like, but it's not essential for a thin crust.
3. Make the sauce: mix the passata, basil and crushed garlic together, then season to taste. Leave to stand at room temperature while you get on with shaping the base.
4. Roll out the dough. If you've let it rise, give it a quick knead, then split into two balls. On a floured surface, roll out the dough into large rounds, about 25cm across, using a rolling pin. The dough needs to be very thin as it will rise in the oven. Lift the rounds onto two floured baking sheets.
5. Smooth the sauce over the bases with the back of the spoon. Tear over the mozzarella and add your toppings. You could use ham and pineapple, chicken, peppers, olives, pepperoni, anchovies, mushrooms...
6. Heat the oven to 220C. Bake for 8-10 mins until crisp. Put the garlic bread in the oven at this point too.
7. Serve the pizza with green salad and garlic bread.

Chicken Curry

A bit more effort / Easy option

Sarah Wallace

For 4	For 12
3 cardamom pods	9 cardamom pods
1 tsp coriander seeds	3 tsp coriander seeds
2 tsp cumin seeds	6 tsp cumin seeds
1 large onion	3 large onion
1 clove garlic	3 clove garlic
1 inch root ginger	3 inch root ginger
1 tsp mustard seeds	3 tsp mustard seeds
1 tsp turmeric	3 tsp turmeric
½ tsp chilli powder	1 tsp chilli powder
500g boneless chicken thighs	1500g boneless chicken thighs
150g natural yoghurt	450g natural yoghurt
1 tbsp. tomato purée	3 tbsp. tomato purée
225g rice	700g rice

Chicken curry. Yum. Go all out and buy naan breads, poppadums, chutneys and beer if you want to make it into a special night. I've included loads of spices here because that's how I make it, but you could use curry paste to save time and buying all the spices. Try using coconut milk instead of natural yoghurt to mix it up a bit.



1. Heat a frying pan and dry fry the cardamom pods with the cumin and coriander. If you have a pestle and mortar, grind until they resemble a small powder.
2. Finely chop the onion, grate the ginger and crush the garlic.
3. Heat some oil in a pan and add the mustard seeds until they start to splutter. Add the onion, garlic and ginger and gently fry for 15 mins.
4. Boil the kettle and start cooking the rice.
5. Meanwhile, chop the chicken with scissors into bite sized pieces.
6. Add the rest of the spices and stir. Cook for a couple of minutes.
7. Add the chicken to the frying pan and cook until browned.
8. Squeeze in the tomato purée and add the natural yoghurt 1 tbsp. at a time.
9. Simmer on a low heat until the chicken is cooked through. There should be no pink sections when you cut into the chicken.
10. Serve the curry with the rice.

Vegetarian Shepherd's Pie



A bit more effort

BBC Good Food

For 4	For 12
20g + 35g butter	60g + 100g butter
1 small onion	3 onions
1 large carrot	4 carrots
1 stick celery	1 head of celery
2 cloves garlic	5 cloves garlic
80g chestnut mushrooms	250g chestnut mushrooms
1 bay leaf	3 bay leaves
1tbsp dried thyme	3 tbsp. dried thyme
200g dried green lentils	600g dried green lentils
Splash red wine	120ml red wine
700ml vegetable stock	2l vegetable stock
1tbsp tomato puree	3tbsp. Tomato puree
800g floury potatoes	2.4kg floury potatoes
40ml milk	120ml milk
20g cheddar	50g cheddar

This takes quite a bit of time, but is definitely worth it. Shepherd's pie is a crowd pleaser, and you won't miss the meat in this recipe. Even Ben (a self-confessed meat lover) chose to cook this and it was delicious. The only drawback is that you'll be left with some leftover wine...



1. Dice the onions, carrots and celery and crush the garlic. Slice the mushrooms.
2. To make the sauce, heat the butter in a pan and gently fry the onions, carrots, celery and garlic for 15 mins until soft and golden.
3. Turn up the heat, add the mushrooms and cook for 4 more mins.
4. Stir in the herbs and add the lentils. Pour over the wine and stock. Simmer for 40-50mins until the lentils are very soft. When the lentils are cooked, season to taste, take off the heat and stir in the tomato puree.
5. While the lentils are cooking, peel and roughly chop the potatoes. Boil for about 15 mins until tender. Drain well, mash with butter and milk and then season.
6. To assemble the pies, divide the lentil mixture between dishes and then top with the mash. Grate over the cheese.
7. Bake in the oven at 190C for 30 mins until the topping is golden.

Thai Red Chicken Curry

A bit more effort

Mary Berry

For 4	For 12
3 skinless and boneless chicken breasts	9 skinless and boneless chicken breasts
1.5 tbsp. thai red curry paste	5 tbsp. thai red curry paste
1 onion	3 onions
2cm fresh ginger	6cm fresh ginger
1 tsp plain flour	3 tsp plain flour
1 tin coconut milk	3 tins coconut milk
1 tsp. thai fish sauce	3 tsp thai fish sauce
1 tsp. light muscovado sugar	3 tsp light muscovado sugar
1 lemongrass stalk, bashed	3 lemongrass stalks, bashed
2 kaffir lime leaves	6 kaffir lime leaves
125g sugar snap peas	375g sugar snap peas
½ lime zest and juice	1 ½ lime zest and juice
1x 225g tin water chestnuts, sliced	3x 225g tin water chestnuts, sliced
225g rice	700g rice

Bored of cooking the same old curry? Try a thai one. You can use green curry paste if you want to. If you need it to be gluten free, leave out the flour. If you can't get hold of lemongrass or lime leaves, it will still be super tasty because those flavours are already in the curry paste.



1. Cut the chicken breasts in half and then into long thin slices. Tip into a bowl and add 1/3 of the Thai curry paste, season with salt and pepper and mix.
2. Heat 1 tablespoon of oil in a deep frying pan, add the chicken slices and fry over a high heat for 5 minutes until just cooked through – you may need to do this in batches. Transfer the cooked chicken slices to a plate.
3. Slice the onions. Add a tablespoon of oil to the pan and fry the onions for 3 minutes. Cover with a lid, lower the heat and cook for another 10 minutes to soften. Get the rice cooking.
4. Increase the heat and grate in the ginger with the remaining 2/3 of the thai curry paste and fry for a minute. Sprinkle in the flour and blend in the coconut milk with the fish sauce and sugar, adding a little at a time. Stir the mixture and bring to the boil. Add the lemongrass and lime leaves whole and season.
5. Return the chicken to the pan, bring back up to the boil and then cover. Reduce the heat and simmer for 5 minutes.
6. Meanwhile, cook the sugar snap peas in boiling salted water for 2 minutes, drain and refresh in cold water.
7. Remove the lemongrass and lime leaves from the curry and discard. Add the lime zest and juice, water chestnuts and sugarsnap peas.

Pea and Paneer Curry



A bit more effort

Meera Sodha

For 4	For 12
550g hard paneer	3x 550g blocks hard paneer
6 cloves garlic	18 cloves garlic
400g ripe tomatoes (not tinned)	1200g ripe tomatoes (not tinned)
1 ¼ tsp salt	4 tsp salt
1 ¼ tsp black pepper	4 tsp black pepper
1 tsp cumin	3 tsp cumin
1 tsp chilli powder	3 tsp chilli powder
1/3 tsp turmeric	1 tsp turmeric
200g green beans, topped and tailed	600g green beans, topped and tailed
200g mangetout	600g mangetout
200g peas	600g peas
225g rice	700g rice
Chapattis or naan breads	Chapattis or naan breads
Plain yoghurt, to serve	Plain yoghurt, to serve

Paneer is a little bit like halloumi – it's delicious when lightly fried. This curry is really fresh and zingy. Use any green vegetables you can find in the supermarket – whatever is in season.



1. Cut the paneer into 1.5cm cubes. Put a couple of tablespoons of oil into a frying pan over a medium heat. When hot, add the paneer and fry for around 4 minutes, until golden and crisp, turning every minute or so. Transfer the paneer to a plate.
2. To make the sauce, put another tablespoon of oil into the pan and, when warm, add the garlic. Stir-fry for a couple of minutes, then add the tomatoes. Cook for around 6 minutes until the tomatoes start to become jammy.
3. Start cooking your rice now.
4. Then add the spices. Stir to mix, cook for a minute and take off the heat.
5. Bring a pan of water to the boil and add the beans. Cook for 2 minutes, then add the mangetout and cook for another 2 minutes. Pop the peas in for a final minute, then quickly drain, allowing the veg to dry properly.
6. Heat up the sauce and add the paneer and vegetables.
7. Serve with hot chapattis or rice and some plain yoghurt.

Roasted Cauliflower Korma



A bit more effort

Meera Sodha

For 4	For 12
2 cauliflowers	6 cauliflowers
2 onions, diced	6 onions, diced
6 cloves garlic	18 cloves garlic
6cm ginger	18cm ginger
¾ tsp cardamom or 8 pods	2 tsp cardamom or 24 pods
1 tsp black pepper	3 tsp black pepper
2 tsp garam masala	6 tsp garam masala
½ tsp chilli powder	1 tsp chilli powder
100g ground almonds	300g ground almonds
2 tbsp. runny honey	6 tbsp. runny honey
500ml Greek yoghurt	1.5l Greek yoghurt
200-300ml milk	400-600ml milk
Handful raisins	Large handful raisins
Handful flaked almonds	Large handful flaked almonds
225g rice	700g rice

Korma is rich and indulgent, and this recipe is unlike your usual curries because it doesn't have cumin or coriander in. The roasted cauliflower is so good you will be snaffling it before it goes in (at least I do anyway).



1. Heat the oven to 180 C and line some large baking trays with foil.
2. Break the cauliflower into bite-sized florets and put into a large bowl. Pour over enough oil to coat and scatter over some salt. Mix with your hands until they are completely coated, and place in a single layer on the baking trays. Roast for 30-40 minutes, until tender and nicely browned in places. Check every 10 minutes in case they start to burn.
3. Put 3 tbsp. oil into a large frying pan and fry the onions. Cook for 12-15 mins until soft and browning. Then crush in the garlic and grate in the ginger.
4. Now is a good time to get your rice cooking.
5. Fry for a couple of minutes, then add the ground cardamom, black pepper, garam masala, chilli powder, ground almonds, honey and some salt to taste.
6. Stir-fry for 3 minutes, then add the yoghurt.
7. Turn down the heat and cook for around 10 minutes, until the sauce starts to turn to a rich gold.
8. When the cauliflower is tender, tip it into the sauce and stir to coat.
9. Thin the sauce to the consistency of pouring yoghurt with milk, and heat through. Check for seasoning and you may want to add more salt.
10. put a small frying pan over a medium heat and add the raisins and flaked almonds. Stir fry until the raisins start to blacken and puff up and the almonds turn golden brown, then take off the heat.
11. Serve the korma with rice and the raisins and almonds.

Enchiladas

A bit more effort

Sarah Wallace

For 4	For 12
3 chicken breasts	9 chicken breasts
2 red onions	6 red onions
2 peppers	6 peppers
1 tin mixed beans	3 tins mixed beans
8 corn or wheat tortillas	24 corn or wheat tortillas
1 garlic clove	3 garlic cloves
1 tbsp. paprika	3 tbsp. paprika
2 tsp ground cumin	6 tsp ground cumin
1 tsp dried oregano	3 tsp dried oregano
330ml passata	1l passata
75g cheddar	225g cheddar
Salad, to serve	Salad, to serve
Guacamole, to serve	Guacamole, to serve

Enchiladas – like fajitas but less messy to eat. You assemble them before baking and put the cheese on top. Use quorn chicken or just more peppers and some sweet potato if you want to make it vegetarian.



1. Cut the chicken into long thin strips. Slice the red onions and peppers into strips.
2. Heat some oil in a large frying pan (or several) and soften the onions and peppers. Add the chicken and fry until browned. Then crush in the garlic and add the spices. Fry for about 5 minutes, then add the beans.
3. To the passata, add another tablespoon of paprika and some salt and pepper. Spoon a few tablespoons of the passata into the frying pan with the chicken and peppers in.
4. Lay out the wraps on a board. Divide the mixture between the wraps. Now start folding them up. First fold down the ends, then roll them tightly.
5. Spread a few tablespoons of the passata on the bottom of a lasagne dish. Put the rolled wraps into the dish. Cover with the remaining passata, pushing it in between all of the wraps.
6. Grate over the cheese and bake in the oven for 30 mins.
7. Serve with salad and guacamole.

Moroccan Vegetable Tagine



A little bit of effort

BBC Food

For 4	For 12
1 sweet potato	3 sweet potatoes
1 aubergine	3 aubergines
2 courgettes	6 courgettes
1 red pepper	3 red peppers
3 tbsp. olive oil	9 tbsp. olive oil
1 small onion	3 small onions
4 garlic cloves	12 garlic cloves
1 tsp coriander	3 tsp coriander
1 tsp cumin	3 tsp cumin
400g tin chopped tomatoes	3x400g tin chopped tomatoes
1 tbsp. harissa paste	3 tbsp. harissa paste
2 tbsp. honey	6 tbsp. honey
100g dried apricots	300g dried apricots
400g chickpeas	3x 400g chickpeas
Handful coriander, to garnish	Handful coriander, to garnish

Tagine made its first SV appearance when Sarah made it at momentum in 2016. It's a really good option for vegetarians and non-vegetarians alike, full of aromatic spices and deep flavour.



1. Preheat the oven to 190C.
2. Peel the sweet potato. Chop the sweet potato, aubergine, courgette and peppers into 1 inch chunks. Slice the onion and garlic.
3. Mix the sweet potato, aubergine, courgette and red pepper in a large bowl. Drizzle over 2/3 the oil and mix to coat. Season generously.
4. Heat a large, non-stick frying pan over a high heat. When the pan is hot, add the vegetables in batches and fry, stirring and turning regularly for 3-4 minutes or until lightly browned.
5. Add the onions and fry for another 5 minutes, until softened. Add the garlic, coriander and cumin and fry for 1-2 mins, stirring frequently.
6. Stir in the chopped tomatoes, harissa paste, honey, apricots and chickpeas until well combined. Simmer for half an hour over a low heat.
7. Boil the kettle and pour over the cous cous, leaving an extra inch of water on top. Cover and allow to soak.
8. Serve the tagine with the cous cous and tear over the coriander.

Mushroom Risotto



A bit more effort

BBC Food

For 4	For 12
50g dried porcini mushrooms	150g dried porcini mushrooms
1 vegetable stock cubes	3 vegetable stock cubes
2 tbsp. olive oil	6 tbsp. olive oil
2 garlic cloves	6 garlic cloves
250g chestnut mushrooms	750g chestnut mushrooms
300g risotto rice	900g risotto rice
175ml white wine	500ml white wine
25g butter	75g butter
Handful parsley leaves	Handful parsley leaves
50g parmesan	150g parmesan

Risotto is a classic. You don't have to use mushrooms – try bacon and leek, or tomato and mozzarella if you want to. Just remember that it takes a while to cook and you have to keep stirring. Keep your stock on the lowest heat to make sure it's still hot when you add it.



1. Put the dried mushrooms into a large and pour over 1 litre boiling water. Soak for 20 mins, then drain into a bowl. Crumble the stock cube into the mushroom liquid, then squeeze the mushrooms gently to remove any liquid.
2. Chop the chestnut mushrooms up.
3. Heat the oil in a shallow saucepan or deep frying pan over a medium flame.
4. Add the onions and garlic, then fry for about 5 mins until soft. Stir in the fresh and dried mushrooms, season with salt and pepper and continue to cook for 8 minutes until the fresh mushrooms have softened.
5. Tip the rice into the pan and cook for 1 min. Pour over the wine and let it bubble to nothing so the alcohol evaporates.
6. Keep the pan over a medium heat and pour in a quarter of the mushroom stock.
7. Simmer the rice, stirring often, until the rice has absorbed all the liquid. Add about the same amount of stock again and continue to simmer and stir. It should start to become creamy, plump and tender. By the time the final quarter of stock is added, the rice should be almost cooked.
8. Continue stirring until the rice is cooked. If the rice is still undercooked, add a splash of water. Take the pan off the heat, add the butter and grate over the parmesan.

Paella

A bit more effort

BBC Good Food

For 4	For 12
1 onion	3 onions
1 tsp paprika	3 tsp paprika
1 tsp thyme	3 tsp thyme
300g paella or risotto rice	900g paella or risotto rice
3 tbsp. dry sherry or white wine	9 tbsp. dry sherry or white wine
400g chopped tomatoes	3 x 400g chopped tomatoes
900ml chicken stock	2.8l chicken stock
400g bag frozen seafood mix	3x 400g bag frozen seafood mix
Juice ½ lemon, other half cut into wedges	Juice 1.5 lemons, 1.5 cut into wedges.
Handful flat-leaf parsley, chopped	Handful flat-leaf parsley, chopped

Paella is a Spanish delicacy. Seafood makes this dish a little more expensive than some of the others, but it is well worth the extra cost.



1. Heat some oil in a large frying pan. Add the onion and soften for 5 minutes. Stir in the paprika, thyme and rice.
2. Stir for 1 min, then splash in the sherry or wine. Once it has evaporated, stir in the tomatoes and stock.
3. Season and cook, uncovered, for about 15 mins, stirring now and again until the rice is almost tender and still surrounded with some liquid.
4. Stir the frozen seafood into the pan and cover with a lid.
5. Simmer for 5 mins, or until the prawns are cooked through and the rice is tender.
6. Squeeze over the lemon juice, scatter with parsley and serve with extra lemon wedges.

Toad in the Hole

A bit more effort

BBC Good Food

For 4	For 12
100g plain flour	300g plain flour
1 egg	3 egg
300ml milk	900ml milk
3 thyme sprigs	9 thyme sprigs
8 sausages	24 sausages
2 tbsp. sunflower oil	6 tbsp. sunflower oil
2 onions	6 onions
1 tsp soft brown sugar	3 tsp soft brown sugar
500ml beef stock	1500ml beef stock
Peas, to serve	Peas, to serve
Mashed potato, to serve	Mashed potato, to serve

I always feel like toad in the hole is an achievement when you can pull it off well. The key is to add the batter to the tray when it is hot. If you want, add some extra herbs or mustard to the batter for interest.



1. Heat the oven to 220C. Tip the flour into the large mixing bowl and stir in the mustard powder with a good pinch of salt. Make a well in the centre, crack in the egg, then pour in a dribble of milk. Stir with a wooden spoon, gradually incorporating some of the flour, until you have a smooth batter in the well. Now add a bit more milk and continue stirring until all the milk and flour has been mixed together.
2. Tip the batter back into the jug.
3. Use scissors to snip the links between the sausages, then drop them into a roasting tin (or tins). Add half of the oil and make sure the base of the tin is thoroughly coated, then roast in the oven for 15 minutes.
4. Take the hot tray from the oven, then quickly pour in the batter onto the hot oil and sausages. Put it back into the oven and bake for 40 mins until the batter is risen and cooked through.
5. While it's coking, make the gravy. Chop the onions (this would be a good moment to use a food processor if you have one). Soften with the remaining oil in a large pan for about 20 mins until golden brown. Sprinkle in the sugar for the final 5 mins.
6. Then add a spoonful of flour and stir to coat the onions. Gradually pour in the stock, stirring well to make a smooth sauce.
7. Cut the toad in the hole into wedges and serve with the gravy, some peas and some mashed potato.

Moroccan Chicken One-Pot

A bit more effort

BBC Good Food

For 4	For 12
2 chicken breasts	8 chicken breasts
2 tbsp. olive oil	6 tbsp. olive oil
1 onion, chopped	4 onions, chopped
80g tomatoes	200g tomatoes
80g ginger	200g ginger
2 garlic cloves	6 garlic cloves
1 tsp turmeric	2 tsp turmeric
1 tsp. each cumin, coriander and cinnamon	2 tbsp. each cumin, coriander and cinnamon
1 small butternut squash, in chunks	2 butternut squashes, in chunks
400ml chicken stock	1200ml chicken stock
1.5 tbsp. brown sugar	4 tbsp. brown sugar
1.5 tbsp. red wine vinegar	4 tbsp. red wine vinegar
80g raisins	200g raisins
½ a red onion	1 large red onion
Zest ½ lemon	Zest 1 lemon
Handful mint leaves	Handful mint leaves
50g feta cheese	100g feta cheese
225g cous cous	700g cous cous

This Moroccan chicken dish is a variation on tagine. It's got those fresh but warming flavours, and it's traditional to have dried fruit in it. Use apricots if you want to make it a tad more luxurious.



1. Season the chicken. Heat 2 tbsp of the oil in a flameproof dish, then brown the chicken on all side, then transfer to a plate. Whizz the chopped onion, tomatoes, ginger and garlic into a rough paste. Fry the onion in the remaining oil in the dish until softened, then add the spices and fry for 1 min more until fragrant. Add the paste and fry for another few mins to soften.
2. Return the chicken to the dish with the squash, stock, sugar and vinegar. Bring to a simmer, then cook for 30 mins until the chicken is cooked through. Lift the chicken out and stir in the raisins, then continue simmering the sauce to thicken while you shred the chicken into bite-sized chunks. Stir the chicken back into the sauce and season.
3. Put the cous cous into a bowl and pour over enough boiling water so there is an inch above the cous cous. Cover and leave to cook.
4. Slice the red onion and mix with lemon zest, mint and feta. Scatter over the dish, then serve with some couscous and yogurt.

Chicken, Kale and Mushroom Pot Pie

BBC Good Food

A bit more effort

For 4	For 12
1 tbsp. olive oil	3 tbsp. olive oil
1 large onion, chopped	3 large onion, chopped
3 thyme sprigs	9 thyme sprigs
2 garlic cloves	6 garlic cloves
350g chicken breasts, cut into chunks	1050g chicken breasts, cut into chunks
250g chestnut mushrooms, sliced	750g chestnut mushrooms, sliced
300ml chicken stock	900ml chicken stock
100g crème fraiche	300g crème fraiche
1 tbsp. mustard	3 tbsp. mustard
100g kale	300g kale
2 tsp cornflour	6 tsp cornflour
375g pack puff pastry	3x 375g packs puff pastry
1 egg	1 egg

Layers of buttery, flaky pastry on top of beautiful creamy chicken and mushrooms. If your group is a student group, this is bound to remind your students of homely cooking.



1. Heat ½ tbsp. oil over a gentle heat in a pan. Add the onion and cook for 5 minutes until it's starting to soften. Scatter over the thyme and garlic and stir for 1 minute.
2. Turn up the heat and add the chicken, frying until golden but not fully cooked. Add the mushrooms and the remaining oil.
3. Heat the oven to 200C/
4. Add the stock, crème fraiche, mustard and kale and season well. Add the cornflour and stir until thickened a little.
5. Remove from the heat and transfer to an ovenproof dish (or two)
6. Roll out the puff pastry and cover each pie with a lid. Slice a cross in the centre and brush with the beaten egg.
7. Bake for 30 minutes until the pastry is puffed up and golden.



Puddings

Squidgy Chocolate Pear Pudding



BBC Good Food

Ingredients

For 4	For 12
100g butter	300g butter
150g caster sugar	450g caster sugar
2 large eggs	6 large eggs
40g plain flour	130g plain flour
25g cocoa powder	75g cocoa powder
½ can pear halves	1 ½ can pear halves
50g dark chocolate	150g dark chocolate
Cream or ice cream, to serve	Cream or ice cream, to serve

Squidgy and gorgeous, this chocolate pudding is a lifesaver from BBC Good food. If you can't find tinned pears, just halve fresh pears.



1. Heat the oven to 190C. Lightly grease a shallow ovenproof dish.
2. Put the butter in a large saucepan and place over a low heat until just melted. Remove the butter from the heat and stir in the sugar until well combined.
3. Whisk the eggs together in a large bowl. Gradually add the eggs to the butter and sugar, beating well with a wooden spoon in between each addition. Sift the flour and cocoa powder on top of the egg mixture, then beat hard with a wooden spoon until thoroughly combined.
4. Pour into the prepared tin or dish and nestle the pears into the chocolate batter. Pout the chocolate on a board and cut into chunky pieces. Scatter over the batter.
5. Bake in the centre of the oven for 30 mins or until the mixture is crusty on the surface and lightly cooked inside.
6. Serve warm with cream or ice cream.

Chocolate Bread and Butter Pudding



Great British Bake Off

Ingredients

For 4	For 12
5 slices brioche loaf	14 slices brioche loaf
30g softened butter	100g softened butter
200ml single or whipping cream	600ml single or whipping cream
400ml full-fat milk	400ml full-fat milk
100g caster sugar	100g caster sugar
150 dark chocolate, broken up	150 dark chocolate, broken up
6 eggs	6 eggs
Icing sugar, for dusting	Icing sugar, for dusting

This recipe looked unsuspecting when I first found it in my bake off book. It didn't have a picture and seemed quite simple. I decided to try it and it was FANTABULOUS. Please, please try this. Ellen even had it instead of a birthday cake.



1. Spread the slices of brioche with the butter. Cut into triangles and arrange them, buttered side up, overlapping and standing up slightly, in the dish.
2. Put the cream, milk and caster sugar into a medium-sized pan. Heat gently, stirring to dissolve the sugar. Remove from the heat before the mixture comes to the boil. Add the chocolate and stir or whisk until the chocolate has melted.
3. Beat the eggs in a large heatproof or a bowl with a lip, then slowly stir in the chocolate cream. Pour this custard into the dish. With a fork gently press the brioche under the custard so it is completely coated (it will bob up again). Leave to soak for an hour.
4. Towards the end of this time, preheat the oven to 160C. Set the in roasting tin pour enough warm water into tin so it comes halfway up the sides of the dish. Carefully slide the roasting tin into the oven and bake for about 40 minutes or until the pudding is just set. Lift the dish out of the roasting tin, dust with icing sugar and serve warm.

Flapjack Cinnamon Apple Crumble



Nadiya Hussian

Ingredients

For 4	For 12
175g porridge oats	500g porridge oats
1.5 tsp lemon zest	4 tsp lemon zest
85g butter	250g butter
70g muscovado sugar	200g muscovado sugar
70g golden syrup	200g golden syrup
700g apples	2kg apples
30g butter	80g butter
1tsp cinnamon	2tsp cinnamon
1 tbsp. muscovado sugar	3-4 tbsp. muscovado sugar
Juice of 1 small lemon	Juice of 2 lemons
1 tsp cornflour	2 tbsp. cornflour
100g raisins	300g raisins

This is a wonderful alternative to a normal crumble. Use any fruit you like – whatever is in season. Plums, strawberries, apples, pears, rhubarb...



1. Preheat the oven to 150C.
2. For the crumble topping, spread the oats on a large baking tray and bake for 10-15 minutes, stirring once, until they are toasted and golden. Once toasted, put them in a bowl and add the lemon zest.
3. Melt the butter, sugar and syrup in a saucepan over a medium heat until the sugar has dissolved. Pour over the oats, give it a good mix and set aside.
4. Put the apples, butter, cinnamon, 1 tbsp. of sugar and the lemon juice into a pan. Cook for about 10 minutes on a medium heat, until the apples have softened slightly. Stir in the cornflour and raisins, then tip the mixture into an ovenproof baking dish (or two).
5. Top with the flapjack mix in an even layer.
6. Bake on the middle shelf of the oven for 40-45 minutes.
7. Serve with custard, cream or ice-cream.

Self Saucing Jaffa Pudding



Ingredients

BBC Good Food

For 4	For 12
50g butter, melted	150g butter, melted
125g self raising flour	375g self raising flour
70g caster sugar	210g caster sugar
25g cocoa	75g cocoa
½ tsp baking powder	1 ½ tsp baking powder
Zest and juice ½ orange	Zest and juice 1½ orange
2 medium eggs	5 large eggs
75ml milk	235ml milk
50g orange milk chocolate	150g orange milk chocolate
100g light muscovado sugar	300g light muscovado sugar
12.5g cocoa	37.5g cocoa
Ice cream or cream	Ice cream or cream

I believe this gold mine from BBC was first discovered by Melissa, who returned home from life group with leftovers of this wonderful creation. I don't know why there were any leftovers...



1. Butter a 1 or 3 litre baking dish and heat the oven to 180C. Put the kettle on.
2. Put the flour, caster sugar, cocoa and baking powder, orange zest and a pinch of salt in a large mixing bowl. Whisk together the orange juice and any pulp left, the eggs, melted butter and milk.
3. Pour onto the dry ingredients and mix together until smooth.
4. Break the chocolate into chunks and scrape everything into the baking dish.
5. Mix 150/450ml water from the kettle with sugar and cocoa for the sauce, then pour this over the pudding batter.
6. Bake on the middle shelf of the oven for 30 mins until the surface until the surface looks firm, risen and crisp. There should be a glossy, rich chocolate sauce underneath the sponge.
7. Serve with ice cream or cream.

Chocolate Brownies



Ingredients

Jocelyn Dimbleby

For 4	For 12
50g butter	150g butter
20g cocoa powder	60g cocoa powder
25g plain chocolate	75g plain chocolate
1 egg	3 eggs
112g light brown sugar	337g light brown sugar
Pinch salt	Pinch salt
25g self raising flour	75g self raising flour

This is my personal favourite brownie recipe. People may disagree, but brownies are a necessary part of life [group]. Have a blind tasting brownie bake-off evening if you want to!



1. Preheat the oven to 180C. Butter a square cake tin or brownie tin or line it with non stick parchment.
2. Put the butter into a saucepan and stir over a gentle heat.
3. Add the cocoa powder and stir until blended, then add the chocolate and stir until it melts. Remove from the heat.
4. Put the eggs in a bowl with the sugar and salt. Whisk thoroughly until light and fluffy.
5. Whisk in the chocolate and butter mixture.
6. Sift in 50g self raising flour onto the mixture and fold in lightly with a large metal spon.
7. Pour into the cake tin and bake for 30 minutes. The brownies are supposed to be gooey in the middle rather than cooked like sponge, but they will have a lovely little crust on the top.
8. Cool in the tin, and cut into squares once cold (it really is much easier).

Eton Mess



Ingredients

BBC Food

For 4	For 12
500g strawberries or other fruit	1.5kg strawberries or other fruit
400ml double cream	1200ml double cream
3x7.5cm meringue nests	9x7.5cm meringue nests

Eton Mess. Ridiculously simple and ridiculously wonderful. Need I say more?



1. Purée half of the strawberries in a blender. Chop the remaining strawberries, reserving some for decoration.
2. Whip the double cream until stiff peaks form, then fold in the strawberry purée and crushed meringue.
3. Fold in the chopped strawberries.
4. Spoon equal amounts of mixture into bowls or glasses. Serve garnished with the remaining strawberries.

Pavlova



Ingredients

Greg Wallace

For 4	For 12
6 egg whites	6 egg whites
375g caster sugar	375g caster sugar
1 tsp white wine vinegar	1 tsp white wine vinegar
750g raspberries or other fresh fruit	750g raspberries or other fresh fruit
500ml double cream	500ml double cream

If you've got an electric whisk, pavlova is really easy. If you haven't, it'll take ages. Use any fruits you like, and you could even do a layer of lemon curd or melted chocolate if you want.



1. Preheat the oven to 150C. In a large bowl, whisk the egg whites until stiff peaks are formed when the whisk is removed.
2. Whisk in the sugar, a tablespoon at a time, until the mixture further stiffens and starts to turn glossy.
3. Whisk in the white wine vinegar.
4. Line a baking tray with baking paper and spoon the meringue into a circle, making a slight dip in the middle.
5. Bake the meringue in the oven for an hour, or until the meringue shell has hardened but not coloured. Turn off the oven and leave the meringue inside until the oven has cooled.
6. Whip the cream. If it overwhips, add a splash of milk and gently mix in.
7. Spread the cream over the cooled meringue and top with the fruit.

Sticky Toffee Pudding



Ingredients

Mary Berry

For 4	For 12
80g butter	200g butter
120g light brown sugar	350g light brown sugar
1 large eggs	4 large eggs
150g self raising flour	450g self raising flour
½ tsp baking powder	2 tsp baking powder
1 ½ tsp bicarbonate of soda	4 tsp bicarbonate of soda
2 tbsp. black treacle	6 tbsp. black treacle
200ml milk	550ml milk
80g butter	200g butter
100 light brown sugar	250g light brown sugar
1 tbsp. black treacle	2 tbsp. black treacle
200ml double cream	600ml double cream

I'm running out of words to describe the puddings in this book now. But sticky toffee pudding is what it says on the tin – sticky and toffee-y. Well worth investing in a jar of treacle for!



1. Preheat the oven to 180C. Butter a wide shallow dish.
2. Put the butter, sugar eggs, flour, baking powder, bicarbonate of soda and treacle into a mixing bowl. Beat using an electric handheld whisk until combined.
3. Pour in the milk gradually and whisk again until smooth. Pour into the prepared dish.
4. Bake for 35-40 minutes or until well risen and springy in the centre.
5. To make the sauce, put the butter, sugar, treacle and double cream into a saucepan and stir over a low heat until the sugar has dissolved and the butter has melted. Bring to the boil, stirring for a minute.
6. To serve, pour half the sauce over the pudding in the baking dish. Serve with ice cream.

Lemon Cheesecake



Ingredients

BBC Good Food

For 6	For 12
110g digestive biscuits	220g digestive biscuits
50g butter	100g butter
25g brown sugar	50g brown sugar
350g mascarpone cheese	700g mascarpone cheese
75g caster sugar	150g caster sugar
Zest of 1 lemon	Zest of 2 lemons
6 tbsp. lemon juice	12 tbsp. lemon juice

I've heard rumours of a certain number of students who are a little obsessed with cheesecake – try making this and see if any of them have unsuspectingly joined your life group.



1. To make the base, put the biscuits into a plastic bag and crush with a rolling pin.
2. Melt the butter in a saucepan, take off the heat and stir in the brown sugar and biscuit crumbs.
3. Press into a loose bottomed cake tin (or 2) and chill in the fridge while making the topping.
4. Beat together the cream cheese, castor sugar, lemon zest and lemon juice until smooth and creamy.
5. Spread over the base and chill for a couple of hours.

Roasted Pears



Ingredients

Sarah Wallace and Ellen Quane

For 4	For 12
4 pears	12 pears
2 tablespoons brown sugar	6 tablespoons brown sugar
1 tsp cinnamon	2 tsp cinnamon
30g butter	90g butter
Ice cream, to serve	Ice cream, to serve

I could try and pretend that this is a healthy pudding, and it is definitely healthier than some. But really, when is pudding ever healthy?! Who cares!



1. Prepare the pears. Cut them into halves or quarters and remove the centre of each.
2. Place into an ovenproof dish and sprinkle over the cinnamon and sugar and dot over the butter.
3. Roast for 30 minutes, or until golden, caremelised and tender. If you think your pears weren't ripe enough to start with, you could always microwave them (use cling film over the dish) before you add the sugar and butter to get them started.
4. Serve with ice cream.

Microwave Sponge Pudding



Ingredients

BBC Good Food

This is a really easy and versatile option.

For 4	For 12
50g butter	150g butter
50g sugar	150g sugar
50g self-raising flour	150g self-raising flour
1 egg	3 eggs
2 tbsp. milk	6 tbsp. milk
Raisins/jam/cherries/syrup /chocolate chips	Raisins/jam/cherries/syrup /chocolate chips



1. Cream together the butter and sugar in a small mixing bowl
2. Beat in the egg.
3. Fold the flour into the mixture and fold in any extra ingredients
4. Place the jam or syrup in the base of a microwaveable bowl.
5. Top with the sponge mixture.
6. Microwave for 3-5 minutes, until the sponge is springy and set.
7. Serve immediately, with custard or a scoop of ice cream.

English Pancakes



Ingredients

Sam Stern

8 Pancakes	24 Pancakes
100g plain flour	300g plain flour
1 egg	3 egg
300ml milk	900ml milk
Toppings	Toppings

Pankcakes, yay! If your life group meets on a Tuesday, there will be a certain day towards the beginning of spring when this recipe may come in handy. If you meet on a Wednesday, I suppose you could pretend it's pancake day!



1. Sift the flour into a bowl. Make a dent in the flour and crack the egg in.
2. Gradually pour in the milk, continually beating to make a smooth batter.
3. Heat a frying pan and spray with oil.
4. Pour 2-3 tbsp. batter into the pan and swirl until it coats the entire surface.
5. Turn over and cook until light brown.
6. Keep the pancakes warm on a plate in the oven at a low temperature.
7. Serve with a variety of toppings – banana and chocolate spread, lemon and sugar, maple or golden syrup, yoghurt and fruit....!

Carrot Cake



Ingredients

Delia Smith

1 Cake

- 175g dark brown sugar
- 2 eggs
- 150ml sunflower oil
- 200g wholemeal self raising flour
- 3 tsp mixed spice
- 1 tsp bicarbonate of soda
- 200g carrots, grated
- Zest 1 orange
- 110g sultanas
- 50g pecan nuts
- 2x 250g mascarpone
- 1 tsp cinnamon
- 1 tbsp. milk
- 1 tbsp. sugar
- 50g pecan nuts
- 75g dark brown sugar
- 1 tbsp. lemon sugar



This truly is a special cake. Why don't you do it for someone's birthday, or another special occasion?
Yet again, buying cake is also a very good option, and no-one will complain because they know they're having cake!

1. Preheat the oven to 170C and roast the pecan nuts for 8 minutes.
2. Place the sugar, eggs and oil in a bowl and whisk together for 2-3 mins until the sugar has dissolved. Next, sift the flour, spice and bicarbonate of soda into the bowl. Tip in the bran left in the sieve. Fold it all in gently.
3. After that, add the carrots, orange zest and 50g pecan nuts. Then divide the mixture evenly between 2 greased and lined tins.
4. Bake near the centre of the oven for 30 minutes.
5. While the cakes are cooking, make the icing by whisking the mascarpone, cinnamon, milk and sugar in a bowl until smooth and fluffy. Then cover and chill until needed.
6. For the syrup glaze, whisk together the sugar and lemon juice in a bowl and when the cakes come out of the oven stab them all over with a skewer and spoon the syrup over evenly. Let them cool in their tins.
7. When cool, spread one third of the icing on one of the cakes, place another cake on top and then cover the sides with the remaining mixture.
8. Cover and chill until ready to serve, and decorate with the remaining pecan nuts before serving.