

## *Ann's Simple Recipes*

**St Paul's resident culinary queen Ann Easter shares some of her favourite recipes with you.**

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## Banana Loaf

### Ingredients



8oz / 220g Self raising flour  
4oz / 120g Butter  
4oz / 120g Brown sugar  
2 Eggs  
2 Soft bananas  
1oz / 60g Icing sugar

### Instructions

Sift the flour into a large mixing bowl.

Mash the bananas and add to the flour.

Add the sugar, eggs and butter and mix to a smooth batter.

Place the mix into a greased 2lb / 1kg loaf tin.

Bake at gas mark 4 / 160c for 50 minutes.

Check with a skewer that the cake is cooked.

When the cake has cooled turn out and sift icing sugar over the top.

*Chocoholic?*

*Add chocolate chunks to the mix*

*and drizzle melted chocolate on the finished cake.*

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# Cottage Pie

## Ingredients



1lb / 450g Minced Beef  
1 Large red onion  
4oz / 120g Mushrooms  
3 Dessert spoons of gravy granules  
2lb Potatoes  
2oz / 60g of Cheddar Cheese  
1 Large Tomato

## Instructions

Brown the mince in a pan with a little oil.

Chop the onion and mushrooms and add to the mince.

Make up the gravy with 16fl oz / 450ml boiling water and add to the mix.

Stir and place the mince mixture into a large oven tin.

Boil and mash the potatoes and then cover the mince filling.

Slice the tomato and place on the top.

Bake in an oven at gas mark 6 / 180c for 40 minutes.

“All my family love the cheese and tomato topping.

This is my go-to comfort food”

*Top Tip: Use lamb mince for a tasty Shepherd's pie*

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# Coconut cake

## Ingredients



8oz / 225g Self raising flour  
4oz / 120g Butter  
2oz / 60g Desiccated coconut  
2oz / 60g Sugar  
2 eggs  
6oz / 170g Icing sugar

## Instructions

Sift the flour into a mixing bowl.

Beat the eggs and add to the bowl along with the sugar, butter and desiccated coconut.

Mix the ingredients well until they form a creamy consistency.

Grease a 7" / 18cm cake tin.

Add the mix and level with a spoon.

Bake at gas mark 4 for 1 hour or 150c for 50 minutes.

Check with a skewer that the cake is cooked.

When the cake is cold, mix the icing sugar with a small amount of water until it is a thin paste.

Mix in a handful of coconut and spread onto the cake.

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## Apple, Apricot & Pistachio Loaf

"I make this Cake for Sarah, my daughter-in-law. She is **wheat** and **gluten intolerant**, but this recipe is **gluten free**. She find's shop bought versions tasteless, but this recipe should give you a moist flavoursome cake."

### Ingredients



8oz / 225g **Gluten free** self-raising flour  
4 tbsp vegetable oil  
2 oz/ 60g Soft brown sugar  
2 Large eggs  
4oz/ 120g diced dessert apple  
4oz/ 120g Dried apricots  
4oz/ 120g Peeled Pistachios

### Instructions

Sift the flour into a mixing bowl.  
Beat the eggs and add to the bowl along with the sugar, apple, apricots and pistachios.  
Mix the ingredients well until they form a thick batter.  
Using the oil grease a loaf tin.  
Add the batter and level with a spoon  
Bake in a low oven gas mark 2 / 150c for 1 hour.  
Check with a skewer that the cake is cooked.  
Rest in the tin for 30 minutes before turning out.

### *Ann's Top Tip*

*Instead of pistachio's try other nuts such as walnuts or pecans*

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# Chicken, Ham & Mushroom Pie

## Ingredients



1lb / 500g Cooked chicken  
4oz / 125g Chunky ham  
2oz / 60g Mushrooms  
8oz / 250g Frozen puff pastry  
1 Egg  
Thick gravy

## Instructions

Dice the chicken and the ham and slice the mushrooms.

Mix the Chicken, ham and mushrooms with the gravy and pour the mixture into a pie dish.

Roll out the puff pastry and cover the mixture in the pie dish.

Beat the egg and brush onto the pastry top.

Bake in the oven for 45 minutes on gas mark 4 / 160°C

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# Quiche

## Ingredients



18oz (500g) Plain flour  
7ozs (200g) Butter  
Pinch of salt  
2 Eggs  
4ozs (120g) Mature cheddar  
2 Rashers of bacon  
1 Red onion  
½ pint (280ml) of milk

## Instructions

To make the pastry base Sift the flour into a large bowl add the diced butter and rub in with your fingertips until the mixture resembles fine breadcrumbs. Stir in a pinch of salt, then add 2-3 tbsp water and mix to a firm dough. Knead the dough briefly and gently on a floured surface then roll out. Line your flan tin(s) with the dough and bake for 15 minutes at gas mark 4 / 160°C. To make the filling Chop the bacon and the onion and beat the eggs. Mix the bacon, onions, eggs, cheese & milk in a large bowl. Pour the mixture into the tin(s) and bake for 40 minutes on gas mark 5 / 170°C, till firm to the touch.

Try adding other ingredients such as peppers or broccoli.

***Top tip: Use ready made pastry and simply roll it out.***

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## Butternut Squash Soup

*“This is my favourite soup and is one of the easiest to make”*

### Ingredients



1 Butternut Squash –Approx. 1Kg  
1 Large red onion  
1 Pint of chicken stock  
Croutons (optional)

### Instructions

Dice the butternut squash & onion, then boil until soft.

Drain and allow to cool for a few minutes.

Place the squash and onion carefully in a blender and add the stock.

Blend until smooth.

Can be eaten straight away or refrigerated and heated in a pan on a medium heat until bubbling.

Add croutons and enjoy.

*Top tips: For an extra kick add some chilli flakes at blending stage.*

*Buy the butternut squash ready diced into cubes*

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## Sultana Cake

### Ingredients



8oz / 250g Self raising flour  
4oz / 120g Butter  
4oz / 120g Sultanas  
1 Large egg  
2oz / 60g Sugar  
1 teaspoon Mixed spice

### Instructions

Beat the egg

Sift the flour into a large mixing bowl and add the other ingredients (including the egg).

Mix until you have a thick cake batter.

Place the batter into a 7" / 18cm greased cake tin.

Bake on gas mark 4 for 1 hour or 160c for 50mins.

Check with a skewer that the cake is cooked through.

When cool, turn your cake out and sprinkle some sugar on it to finish.

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## Toad In The Hole

### Ingredients



1lb / 500g  
Sausages  
4oz / 120g plain flour  
1 egg  
½ pint / 280ml milk  
Pinch salt  
1 oz / 3g of Lard or dripping

### Instructions

Sift the flour into a large bowl.

Add the egg, milk and salt and whisk to a smooth batter.

(You can use a blender to do this).

Place the lard or dripping into an oven tin and heat at gas mark 7 or 200c until melted.

(It needs to be hot!).

Add the sausages to the tin and cook in oven for 10 mins.

After 10 minutes add the batter mix covering the whole pan.

Bake for a further 30-40 mins until nicely risen.

*Top tip: Replace the sausages for Chops for a tasty alternative.*

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# Crispy Bacon & Feta Cheese Salad

## Ingredients



4 Rashers Bacon  
½ Lettuce  
1 Cucumber  
12 Cherry tomatoes  
2 beetroot  
12 red grapes  
Extra virgin olive oil  
5oz / 150g Feta Cheese

## Instructions

Fry the bacon until crispy and cut into 1" / 2cm pieces.

Shred the lettuce and place on plates.

Cut the cucumber, beetroot & feta cheese into 1" / 2cm pieces.

Slice the cherry tomatoes and grapes in two.

Put the cucumber, tomatoes, beetroot, grapes and feta cheese in a bowl.

Drizzle olive oil over and mix.

The mixture can then be spooned on to the lettuce you plated earlier.

Finally add the warm bacon on top to finish the salad.

*Top tip: Substitute the olive oil with sweet chilli sauce for an extra kick*

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# Honey Loaf

## Ingredients



12oz / 350g Self Raising Flour  
3 level teaspoons Mixed Spice  
4oz / 120g Soft brown sugar  
6 fl oz / 170ml Clear Honey  
2oz / 60g Mixed peel  
¼ Pint / 140ml Milk  
1oz / 30g Lump sugar

## Instructions

Into a large mixing bowl place, the flour, mixed spice, soft brown sugar, honey, peel and milk.

Mix to a thick batter.

Spoon the batter into a greased 2lb / 1kg loaf tin

and bake at gas mark 4 / 160c for 1hr 15mins.

Check with a skewer that the cake is cooked through.

When cooled, turn out and decorate with the lump sugar.

Serve sliced and spread with butter.

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## Prawn Pasta Salad

*“This can be eaten as a starter, a side dish,  
or just as it is with a crusty slice of bread”*

### Ingredients



1lb / 500g Pasta  
4oz / 120g Cooked peeled prawns  
1 6fl oz / 500ml Mayonnaise  
2 Sticks celery  
1 Red pepper  
1 Orange pepper

### Instructions

Boil the pasta until soft. Drain and leave to cool.

While the pasta is cooling prepare the other ingredients:

Wash and drain the prawns.

Chop the celery into thin slices.

Slice the pepper into small pieces.

When the pasta has cooled transfer to a large mixing bowl.

Stir in the mayonnaise.

Finally add the remaining ingredients and mix well.

*Top Tip: Feeling decadent – replace the prawns with crab meat or  
pieces of cooked salmon*

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# Rhubarb Crumble Cake

## Ingredients



10oz / 300g Flour  
5 oz / 150g Butter  
2oz / 60g White sugar  
2 Eggs  
2 tbs Milk  
2 large stick Rhubarb  
250ml Orange Juice  
1 oz / 30g Brown Sugar

## Instructions

Chop the rhubarb into pieces and put it in a saucepan along with the orange juice. Cook on a low heat until the rhubarb is soft but not mushy. When cooked, drain and leave to cool.

Into a large mixing bowl place 8oz / 220g of the flour, 4oz / 120g of the butter, White sugar, eggs and milk. Mix the ingredients together.

Now add half of the rhubarb and mix.

Pour the batter into a greased 7" / 18cm cake tin and prepare the crumble topping

To make the crumble topping, mix the remaining flour and butter along with the brown sugar. When a crumble consistency has been achieved stir in the remaining rhubarb spoon by spoon making sure that the crumble doesn't become too wet.

Spread the crumble over the cake mix.

Bake at gas mark 4 / 160c for 50mins. Check with a skewer that the cake is cooked.

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# Lasagne

## Ingredients



1lb/500g Beef Mince  
1 Large red onion  
4oz/120g Mushrooms  
1 Tin chopped tomatoes  
1 Jar Bolognese sauce  
1 packet of Lasagne sheets  
1 Jar White sauce  
4oz/120g Cheddar cheese

## Instructions

Cook the mince in a saucepan and drain off any excess fat.

Dice the onion and Mushrooms.

Mix the mince, onion, mushroom, tomatoes and bolognaise sauce.

Grease a large oven dish and then cover the bottom with some of the lasagne sheets (4 should be enough).

Add some of the white sauce,

then a layer of meat mix,

then more lasagne sheets,

Then sauce,

then meat and finally another layer of lasagne sheets.

Grate the cheese and add to the top of the lasagne.

Cook in an oven at gas mark 4 / 160c for 1 hour.

*Ann's Top Tip*

*Use spinach pasta for a colourful change*

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