


Eggless sponge cake

 60 minutes

 8 people

Ingredients

- 170 g plain flour
- 3 tsp baking powder
- 70 g margarine
- 65 g sugar
- 1 tbsp golden syrup
- 135 ml milk



Method

- 1 Heat the oven to 195°C/Gas Mark 5.
- 2 Grease a deep seven-inch cake tin.
- 3 Sieve the flour and baking powder into a bowl.
- 4 Mix the margarine, sugar and golden syrup together in a large bowl, until light and fluffy.
- 5 Gradually add a small amount of flour and milk, until they have both been fully added and the mixture is smooth and easy to stir. Add a little extra milk or water if you think the mixture is not smooth enough.
- 6 Pour the mixture into the cake tin and bake in the oven for 20–25 minutes, or until the cake has risen and is golden brown.
- 7 Remove the cake from the oven and let it cool. Place on a serving plate ready to enjoy!



Caution: Check for allergies.

Woolton pie



60 minutes



6 people



Caution: Check for allergies.

Ingredients

For the filling

- 500 g potatoes, diced
- 1 large cauliflower
- 500 g carrots, diced
- 500 g parsnips, diced
- 3 spring onions
- 1 tsp vegetable oil
- 1 tbsp oatmeal
- parsley

For the crust

- 100 g mashed potatoes
- ½ tsp salt
- 200 g plain flour
- 85 g shortening (fat)
- 2 tbsp baking powder



Method

For the filling

- 1 Place all the ingredients, except the parsley, into a large pot.
- 2 Cover the ingredients with water.
- 3 Apply a medium heat and stir occasionally, so that the vegetables do not stick.
- 4 After 20–25 minutes, check that the vegetables are cooked and leave the mixture to cool.
- 5 Pour the mixture into a deep pie or casserole dish.
- 6 Chop the parsley and sprinkle over the top of the mixture, adding salt and pepper to taste.

For the crust

- 1 Mix together the salt, flour and baking powder.
- 2 Gently rub the shortening into the flour mixture.
- 3 Fold the mashed potatoes into the flour mixture, adding water as required so that the mixture can be kneaded and rolled out to form a pie crust.
- 4 Place the crust over the top of the dish and cook in the oven on a setting of 200°C/Gas Mark 6 for 25–30 minutes, or until the pastry is golden brown.
- 5 Enjoy your Woolton pie with a tasty gravy!