

## BBQ Chicken

5 portions

### Ingredients

1 boned thigh per person  
1 onion  
1 pepper  
½ teaspoon mixed herbs  
1 teaspoon black treacle  
1 tin chopped tomatoes  
3 teaspoon Worcester sauce

### Method

1. Fry off onions, peppers and mixed herbs
2. Cook for a few minutes, add tomatoes & Worcester Sauce and black treacle
3. Pour over chicken and bake in oven for approximately 40-60 minutes until chicken is tender.



This dish is featured in the Spring 2012 menu



## Spiced Kentfish Apple

5 Portions

### Ingredients

5 cooking apples  
100gms mixed dried fruit  
75 gms brown sugar  
1 teaspoon cinnamon

### Method

1. Remove core from the apple and discard
2. Mix dried fruit, sugar and cinnamon together in a bowl
3. Spoon the fruit mixture into the holes of the cored apples, pressing in to fill well
4. Place stuffed apples into an ovenproof dish, cover with foil and transfer to the oven to bake for 40minutes
5. Remove the foil and cook 15- 20 mins more, until the apples are soft, but not collapsing.

This dish is featured in the Spring 2012 menu



### **Ricotta and spinach cannelloni**

**5 portions**

#### **Ingredients**

**450g spinach  
170g ricotta cheese  
1 garlic clove  
2 eggs  
1 tin chopped tomatoes  
10 cannelloni tubes**

#### **Method**

- 1. Cook the Spinach for 2 minutes in boiling water**
- 2. Drain thoroughly**
- 3. Mix the spinach with the Ricotta, garlic and egg**
- 4. Fill cannelloni tubes using the end of a spoon to push the filling down the tube.**
- 5. Lay in a ovenproof dish and cover with chopped tomatoes**
- 6. Bake in the oven for approx. 40 minutes**

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### **Jam Roly Poly**

**5 Portions**

#### **Ingredients**

**150g self-raising flour  
75g vegetablesuet  
3 tbsp.water  
75g jam**

#### **Method**

- 1. For the pastry, place the flour and suet into a mixing bowl, then mix in the water one tablespoon at a time until the mixture forms a soft dough. (You may not need all of the water.)**
- 2. Roll out until 0.5cm thick.**
- 3. Spread evenly with jam**
- 4. Roll up and lightly wrap in parchment paper, making sure it's sealed**
- 5. Steam for 2 hours**

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