



Mr R. beginning his first cooking lesson!  
Eves Pudding

Ingredients

- 2 cooking apples
- 100g SR Flour
- 100g caster sugar
- 100g soft margarine
- 2 eggs
- A further 25 g of sugar (separate)
- A squirt of syrup



Remember if you don't have weighing scales then 1 rounded tablespoon=25 g approximately.

Method

Heat oven Gas 5 or 170C/ 160C fan/Gas 4

With and measure into a bowl the flour, sugar, margarine and eggs into a bowl.

Mix until smooth and free from lumps using a wooden spoon.  
Wash, peel and rewash the apples.

Cut into quarters, core and slice thinly.  
Place half the apples into a foil dish or ovenproof dish then sprinkle over the remaining 25g of sugar and squirt of syrup.

Cover with the remaining apples.

Carefully spread over the sponge mixture.

Bake for 25- 30 mins until the sponge is golden brown and springy.



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### Ingredients

1 Vegetable soup pack. £1.00  
from Morrisons (or 4 carrots, 1  
small parsnip, 1 onion, 1 small  
turnip)

1 tin chopped tomatoes

1 vegetable stock cube

1 litre hot water (4 mug fulls)

100g lentil (half a mug full)

Pinch of chilli powder if you  
like it spicy

Salt and pepper



### Equipment

Large pan  
chopping board  
vegetable peeler  
vegetable knife  
wooden spoon  
grater



## Lentil and Tomato Soup



### Method

1. Wash and peel the onion, turnip, carrots and parsnip. Rewash.
2. Finely chop or grate the vegetables.
3. Melt a little bit of butter or margarine or heat a splash of oil in the pan over a low heat. Add the vegetables and stir. Leave them for a few minutes until they begin to soften.
4. Dissolve the stock cube in some boiling water and add it to the pan with the remaining water and the tomatoes.
5. Bring to the boil stirring occasionally, when boiling add the lentils.
6. Simmer for about 30 mins until the vegetables are soft and the lentils have disappeared. Stir occasionally and add more water if it gets too thick.
7. When ready season and eat.



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