

# Autumn

## **Starter: Welsh Rarebit**

### **Ingredients:**

- 300ml Milk
- 30g Butter
- 30g Plain Flour
- 2 Tsp English Mustard
- 2 Tsp Worcestershire Sauce
- 75g Cheddar Cheese
- 1 Egg Yolk
- 4 Slices Bread

### **Instructions:**

1. Heat the milk in a small pan until just before boiling point.
2. Melt the butter over a medium heat without foaming and then add the flour and cook for 2-3 minutes stirring constantly.
3. Add the milk a little at a time stirring constantly until a smooth white sauce is created.
4. Throw in the cheese, Worcestershire sauce and mustard, and keep stirring until melted and smooth.
5. Remove from the heat and stir in the egg yolk.
6. Lightly toast both sides of the bread; I like to butter my toast, in for a penny in for a pound.
7. Then spread on the cheese sauce topping and return to the grill until nicely caramelised.

(This makes two portions)

## Main: Veg Fajita Lasagne

### Ingredients:

- Tomato purée
- Salsa
- BBQ sauce
- Cumin
- Garam masala (very small amount)
- Turmeric
- Peppers (Chopped)
- Sweetcorn
- Coriander
- Tortilla wraps
- 150ml Soured cream
- Cheese

### Method:

1. Put all ingredients except tortilla wraps, soured cream and cheese into a large bowl and mix together till all is evenly distributed.
2. Cover the bottom of a large, deep oven dish with the fajita mixture.
3. Cover the layer of fajita mix with tortillas, followed by soured cream and cheese.
4. Repeat this sequence until the dish is full or you run out of ingredients; make sure the top layer is cheese.
5. Put in the oven at 180c for 20 minutes or till the mix is warmed through.

## Dessert: Pumpkin Pie

### Ingredients:

- 1 egg, lightly beaten
- 1 tablespoon plain flour
- 150g caster sugar
- 1/2 teaspoon salt
- 375g pumpkin purée
- 350ml evaporated milk
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 2 tablespoons golden syrup
- 1 sheet shortcrust pastry

**Method:**

1. Preheat oven to 230c / Gas 8.
2. Line a 23cm round quiche/pie tin, trimming off the edges to make a neat fit.  
Set aside
3. Add the sugar gradually to the pumpkin purée. Beat well and stir in the flour, salt and spices. Stir in the golden syrup and beat well. Stir in the egg, then slowly add the evaporated milk, mixing until well blended. Pour the batter into the unbaked pastry case.
4. Bake at 230c / Gas 8 for 10 minutes then reduce the oven temperature to 170c / Gas 3 and continue baking pie for an additional 30 minutes or until a knife inserted into the mixture comes out clean.