

## **Roast potatoes, parsnips and carrots - croft house cachers**

Somebody told me that only the British eat roast potatoes. I really hope this isn't true because there is no happiness in the world like a perfect roast potato. Just in case it really is just us here's a recipe for potatoes roasted with parsnips and carrots straight out of Jamie Oliver's mouth. (You can do just potatoes on their own in the oil with nothing else, but this recipe is better.)

Serves 4 - 6

In my eyes, a good roast potato is one of the most important things in cooking. How is it that such a humble little vegetable can make people so happy? Have a go at this recipe – it will give you potatoes that are perfectly crispy on the outside and fluffy in the middle. The principle of parcooking in boiling water, then tossing in flavoured oil and roasting until deliciously golden and crisp, is just about the same for any other root veg, particularly parsnips and carrots, so I've included these in this recipe too.

The best time to put the vegetables into the oven is about 40 minutes before the meat is ready to come out. While it rests there'll be more space in the oven and you'll be able to move the veg up to the top shelf to finish them off to perfection.

To prepare your vegetables

- If you're cooking these separately and not as with my perfect roast chicken, preheat your oven to 200°C/400°F/gas 6
- Peel the vegetables and halve any larger ones lengthways
- Break the garlic bulb into cloves, leaving them unpeeled, and bash them slightly with the palm of your hand
- Pick the rosemary leaves from the woody stalks

To cook your vegetables

- Put the potatoes and carrots into a large pan – you may need to use two – of salted, boiling water on a high heat and bring back to the boil
  - Allow to boil for 5 minutes, then add the parsnips and cook for another 4 minutes
  - Drain in a colander and allow to steam dry
  - Take out the carrots and parsnips and put to one side
  - Fluff up the potatoes in the colander by shaking it around a little – it's important to 'chuff them up' like this if you want them to have all those lovely crispy bits when they're cooked
  - Put a large roasting tray over a medium heat and either add a few generous lugs of olive oil or carefully spoon a little of the fat from the meat you're cooking
  - Add the garlic and rosemary leaves
  - Put the vegetables into the tray with a good pinch of salt and pepper and stir them around to coat them in the flavours
  - Spread them out evenly into one layer – this is important, as you want them to roast, not steam as they will if you have them all on top of each other
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### **Corn Casserole - dhenniger**

- 1 Can Cream Style Corn
- 1 Can Corn Niblets and Juice
- 1 Cup Sour Cream
- 1/2 Stick Melted Butter
- 1 Egg
- 1 Pkg Jiffy Corn Bread Mix

Mix all ingredients in a baking dish.

Bake for 45 minutes @ 350 F degrees or until golden brown

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### **Seven Layer Dinner: ellipirelli**

in a large greased ovenproof dish fill  
half an inch of

- raw thin slices potato
  - raw onion rings
  - sliced carrots
- a few handfull of uncooked rice
- courgettes or peas
- pork sausages or minced meat (sausages work better)  
one can Tomato soup

bake for 2h at 175°C

1h with lid, then 1 hour without the lid.

Turn sausages near the end of the 2 hours, so they brown evenly.

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## Lemon turkey recipe - joefrog

### Ingredients:

1 whole Turkey (weight is dependant on how many servings are required)

1 large lemon, cut into halves

1 sprig of rosemary

salt and pepper to taste

butter or olive oil, whichever you prefer

Heat oven to 350 F degrees.

Rub butter or oil over the skin of the Turkey until it is completely coated.

Take a knife and gently separate the skin from the breast meat.

Slide lemon halves under the skin with the peel side up. This way the juice from the lemon will coat the breast.

Season skin of the Turkey to your preference, and place sprig of rosemary into it.

Cover and place in oven for 30-45 minutes.

Remove cover and continue to roast until juices run clear, basting every 15-20 minutes depending on the size of the bird.

If you've followed these steps correctly, your Turkey should look like the one in the photo.



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## **Mexican Spicy Fish**

Serves 6

### INGREDIENTS

3 - 3 1/2 pounds striped bass or any non-oily white fish (we like tilapia), cut into 6 steaks

1/2 cup corn oil

1 large onion, thinly sliced

1 tablespoon minced garlic

12 ounces tomatoes, sliced

2 drained canned jalapeno peppers, rinsed and sliced

parsley to garnish

For the marinade

4 garlic cloves, crushed

1 teaspoon black peppercorns (or sub 1/2 tsp coarse black pepper)

1 teaspoon dried oregano

1/2 teaspoon ground cumin

1 teaspoon ground achiote (annatto, or can substitute cayenne pepper)

1/2 teaspoon ground cinnamon

1/2 cup white vinegar

salt to taste

1. Arrange the fish in a single layer in a shallow dish. Make the marinade. Using a pestle, grind the black peppercorns in a mortar. Add the dried oregano, cumin, achiote (annatto) and cinnamon and mix to a paste with the vinegar. Add salt to taste and spread the marinade on both sides of each of the fish steaks. Cover and let sit in a cool place for 1 hour.
  2. Select a flameproof dish large enough to hold the fish in a single layer, and pour in enough of the oil to coat the bottom. Arrange the fish in the dish with any remaining marinade.
  3. Top the fish with the onion, garlic, tomatoes and chiles and pour the rest of the oil over the top.
  4. Cover the dish and cook over low heat on top of the stove for 15-20 minutes, or until the fish is done. Garnish with parsley and serve over rice.
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## Tamale Skillet Pie - joefrog

The recipe appears below as it appeared in the paper, but a few notes From me: you'll start to realize that there's no way this will all fit in one skillet. I used a skillet to brown the meat (we used ground turkey), And then transferred it to a medium-sized, 4" deep oven-safe Corning dish and it turned out just fine. Also, that's a LOT of chili powder... could be a mistake. You may want to half that amount, or even use only 1/2 tablespoon, especially if you have kids in the house.

### Filling:

1 pound lean ground beef  
1 (14.5 ounce) can diced tomatoes with green chilies, undrained  
1 (14.5 ounce) can whole kernel corn with red & green peppers, undrained  
1/4 cup water 2 tablespoons chili powder  
1 (6 ounce) package Mexican Style cornbread mix  
4 ounces (1 cup) shredded 4-cheese Mexican cheese blend

### Crust: 1 egg

3/4 cup milk  
1 tablespoon of above cornbread mix  
4 ounces (1 cup) shredded 4-cheese Mexican cheese blend

Heat oven to 375 degrees. Brown ground beef in 10 1/2 inch ovenproof skillet over medium heat for 8-10 minutes or until thoroughly cooked, stirring frequently. Drain.

2. Add tomatoes, corn, water, chili powder and 1 tablespoon of cornbread mix; mix well. Bring to a boil. Remove from heat; stir in 1 cup cheese. Set aside.

3. Beat egg in medium bowl. Add milk and remainder of cornbread mix; beat until smooth. Stir in 1 cup cheese. Pour cornbread mixture over beef mixture.

4. Bake at 375 degrees for 25 to 30 minutes or until golden brown.

Makes six servings.

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## **VENISON HOTPOT- brewmeister**

I found the original recipe online, and made modifications. The original uses beef broth, I prefer vegetable broth, and the original said to cook on high for 3-3.5 hours, I cook it on low for at least 6-8 hours (generally when I am at work).

### Ingredients:

- \* 1-1/2 pounds boneless venison steak, cubed
- \* 1 medium onion, sliced
- \* 1 can (10-1/2 ounces) vegetable broth
- \* 1 tablespoon Worcestershire sauce
- \* 1 tablespoon ketchup
- \* 1 teaspoon curry powder
- \* 1/2 teaspoon ground ginger
- \* 1/2 teaspoon salt
- \* 1/4 teaspoon pepper
- \* 4-1/2 teaspoons cornstarch
- \* 1/2 cup sour cream
- \* 2 tablespoons prepared horseradish
- \* Hot cooked noodles

### Directions:

Place venison and onion in a 3-qt. slow cooker. Combine the next seven ingredients; pour over

venison. Cover and cook on low for 6-8 hours. In a small bowl, combine the cornstarch, sour cream

and horseradish; mix well. Gradually stir into venison mixture. Cover and cook 15 minutes longer or

until sauce is thickened. Serve over noodles. Yield: 4 servings.

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## **Sausage rolls Brabant-style / Brabantse worstbroodjes - geo.Error**

i am from brabant, this is very traditional.. i makesausage rolls brabant with Christmas and Carnaval

250 grams flour  
15 grams yeast (or prepared package)  
250 grams ground pork  
2 tbsps fine bread crumbs  
salt and pepper  
nutmeg and ground clove  
1 egg  
30 grams margarine  
if using yeast: salt, sugar, 225 ml milk

Make a yeast dough as per instructions on the package, or make from scratch: dissolving the yeast in a bit of lukewarm milk and a pinch of sugar, mixing that into the flour, adding the rest of the milk and a pinch of salt.

Let the dough rise for half an hour. In the meantime prepare the filling. Mix the pork with bread crumbs, salt and pepper to taste, pinch of clove and nutmeg. Roll the meat into one sausage of about 1.25cm/?" thick.

Shape and roll the dough and cut into 10x10cm/4"x4" squares. Cut the sausage into 7.5cm/3" lengths and wrap each into a piece of dough. Seal the ends. Place the rolls top-down on a greased baking sheet, cover with a clean towel and let it rise for 15 minutes. Lightly beat the egg and brush it on the rolls. Bake it for about 20 minutes in a preheated oven at 225°C/425°F.

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## **EGG BAKE -team fehling**

Here is something that I usually make for Christmas morning. I have young kids, so it is usually pretty hectic with all the wrapping paper being thrown around and presents all over the place. I usually prepare this the night before (and being that we usually go to bed late and get up early on christmas morning , I just put it in the oven before I go to bed and put the oven on warm. Then when we are ready to eat, it is cooked.

Line a baking dish with pieces of sliced bread. In a seperate bowl mix together eggs and a little milk. (How many eggs depends on how much you are making. For a lasagna pan, you would prob use 18 - 24 or so)

Pour the egg mixture onto the bread until it is coated. Now here is the fun part. You can add whatever you like mixed in with your eggs. (I usually add grated cheese, sausages and cooked bacon -- but you could add whatever you would like to have) Sprinkle the bread with whatever you want to add, then add another layer of bread slices. Then add more egg mixture, and keep doing this until the pan is full.

Bake covered in the oven. I usually put the oven on warm the night before and it slow bakes during the night.

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### **Egg and Ham Casserole - castnfish**

I make this for an easy holiday breakfast. Can be put together and stored in fridge over night ready to be popped in the oven in the morning!

1 pkg frozen shredded hashbrowns  
1 lb diced ham  
1-1/2 cups shredded cheddar cheese  
1 cup shredded monterey jack or mozzarella cheese  
6 large eggs scrambled  
2/3 cup of milk  
salt and pepper to taste

Set aside 1/2 cup of a mixture of the cheeses. Mix all other ingredients in a large bowl. Grease 9x 13 pan with Pam cooking spray (or equivalent). Pour ingredients into pan. Bake in a pre heated 350 F degree oven for 30-45 minutes or until center is done. Remove from oven sprinkle top of casserole with remaining cheese. Let set for 10 minutes. Serves 12. Enjoy!

FYI- For a more cheesier dish, double the amt of cheese!

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### **Broccoli Casserole**

16 oz pkg frozen chopped broccoli (cooked)  
1 can water chestnuts  
1 cup mayo  
1 cup shredded cheese  
2 eggs  
1/2 small onion - chopped  
1 can cream soup of your choice  
bread crumbs (optional)  
salt & pepper to taste

Heat oven to 350 f degrees. Mix all but broccoli in a bowl. Add broccoli. Spray small baking dish with Pam (or other spray) and pour mix into dish. Can sprinkle bread crumbs or a little extra cheese on top if wanted. Bake for 50-60 minutes.

Enjoy!!

Team Noah's Ark

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### **a very good and easy pie crust -tsnyder88**

4 cups flour  
1 3/4 cups vegetable shortening  
1 T. sugar  
2 t. salt  
1 T.vinegar  
1 egg beaten  
1/2 cup cold water

in a large bowl combine flour sugar and salt crumble in the vegetable shortening use your fingers to do this.

in a separate bowl beat the egg vinegar and water together combine this mixture with the flour mixture mix with your hands until it forms a large ball. chill for 15 minutes

it makes enough for four crusts

you can store it in the refrigerator for up 3 days or in freezer for up to six months

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### **Cornish pasties -tsnyder88**

one quantity of pie crust pastry ( eg. above )

1 lb meat (i usually use beef but you can use almost any meat)  
2-3 potatoes  
1 small onion  
1/2 tsp. salt  
black pepper to taste

cut meat and potatoes into 1/2 inch squares. dice onion mix with meat potatoes and salt pepper set aside in refrigerator to chill.

make your favorite pie crust recipe. roll out pie crust like you were making a turnover (about 7-8in diameter circle) put a scoop of filling in center fold crust in half over the filling and pinch edges sealed. put a small slit in the center to allow steam to escape. bake in a 350 f degree oven for about 45 minutes or until the crust is lightly browned. serve hot with brown gravy or ketchup

### **Sweet Potato Pie - 3 happy campers**

#### Ingredients

- \* 1 pound 3 ounces sweet potatoes, peeled and cubed
- \* 1 1/4 cups plain yogurt
- \* 3/4 cup packed, dark brown sugar
- \* 1/2 teaspoon of cinnamon
- \* 1/4 teaspoon of nutmeg
- \* 5 egg yolks
- \* Salt
- \* 1 (9-inch) deep dish, frozen pie shell
- \* 1 cup chopped pecans, toasted
- \* 1 tablespoon maple syrup
- \* Special equipment: steamer basket

#### Directions

Put cubed potatoes into steamer basket and place steamer basket into a large pot of simmering water that is no closer than 2 inches from the bottom of basket. Allow to steam for 20 minutes or until the potatoes are fork tender. Mash with potato masher and set aside.

Preheat the oven to 350 degrees F.

Place sweet potatoes in the bowl of a stand mixer and beat with the paddle attachment. Add yogurt, brown sugar, cinnamon, nutmeg, yolks, and salt, to taste, and beat until well combined. Pour this batter into the pie shell and place onto a sheet pan. Sprinkle pecans on top and drizzle with maple syrup.

Bake for 50 to 55 minutes or until the custard reaches 165 to 180 degrees. Remove from oven and cool. Keep refrigerated after cooling.

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## Kung Pao Chicken

This one is a Joefrog original... based on an older recipe, but modified and perfected by me for our tastes over the last ten years!

Chinese chefs often leave the charred whole chiles in the dish, but you can remove them if you prefer.

1 tablespoon each dry sherry and cornstarch  
1/2 teaspoon salt  
1/8 teaspoon white pepper  
1 1/2 pounds chicken breasts, skinned, boned, and cut into 1/2 inch chunks  
1/4 cup salad oil (use pepper oil for more oomph!)  
Cooking Sauce (recipe follows)  
8 small dried hot red chiles  
1/2 cup salted peanuts (we use cashews instead)  
1 teaspoon each minced garlic and grated fresh ginger (we prefer more of each)  
2 green onions (including tops), cut into 1 1/2-inch lengths  
1 medium onion, halved and sliced

In a bowl, stir together sherry, cornstarch, salt, and white pepper. Add chicken and stir to coat, then stir in 1 tablespoon of the oil and let marinate for 15 minutes. Meanwhile, prepare Cooking Sauce and set aside.

Place a wok over medium heat; when wok is hot, add 1 tablespoon of the oil. When oil is hot, add chiles and peanuts and stir until chiles just begin to char. (If chiles become completely black, throw them out and try again. Remove peanuts and chiles from wok; set aside.

Pour 1 tablespoon more oil into wok and increase heat to high. When oil begins to heat, add garlic and ginger and stir once, then add half the chicken mixture. Stir-fry until meat is no longer pink in center; cut to test (about 3 minutes).

Remove from wok and set aside. Repeat to cook remaining chicken, adding remaining 1 tablespoon oil.

Return all chicken to wok; add peanuts, chiles, and onions. Cook until sliced onions begin to caramelize.

Stir Cooking Sauce and pour into wok; stir until sauce boils and thickens. Makes 4 servings.

### Cooking Sauce

Stir together 4 tablespoons soy sauce, 2 tablespoon each white wine vinegar and dry sherry, 6 tablespoons regular-strength chicken broth or water, and 4 tablespoons each sugar and cornstarch.

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**PINE NUT ROAST - Croft House Cachers (from Here's Health magazine 1984 and our christmas dinner ever since)**

1oz butter  
1 onion  
8oz pine nuts  
4TBS milk  
4oz white breadcrumbs  
2 eggs  
salt and pepper  
nutmeg

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**Stuffing**

6oz wholemeal breadcrumbs  
4oz butter  
1/2 lemon  
1/y tsp dried marjoram  
1/2 tsp dried thyme  
4 TBS fresh parsley  
salt and pepper.

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Fry the onion till tender in the butter, add to the other ingredients (beat the egg and grind the nuts roughly first)

Combine all the stuffing ingredients - easiest to use your hands.

Layer up in a 2lb loaf tin - 1/2 the main mixture, the stuffing (use your hands to mould to shape) then the rest of the main mixture.

Cook at 180 C for about an hour with the top covered in buttered foil, remove foil for the last 10 mins. (I use a paper loaf case, but you would need to grease the tin and coat with breadcrumbs otherwise.)

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**Sweet Potato Casserole - dhenniger**

4 cups Sweet Potato (Baked)  
1/4 cup sugar  
1/4 cup brown sugar  
2 eggs  
1/2 teaspoon salt  
4 tablespoons butter  
1/2 cup milk  
1/2 teaspoon vanilla  
mix and put in 9 x 13" pan

1/2 cup brown sugar  
1/2 cup flour  
3 tbsp butter  
1/2 cup pecans  
mix and spread on top

bake @ 325 F for 30 minutes