

# Recipe Book

(R1)

## Treacle Toffee Fudge

### Toffee

- 2 Mugs of sugar. 1/2 mug of water (agua potable)
- 1/4 tsp cream tartar or a few drops of lemon juice.
- 3oz butter (measure it by proportion of the pack).
- 1/2 mug <sup>syrup</sup> ~~full~~ (warm the cup to get the syrup back out).

Sugar + water in pressure cooker heat gently til sugar dissolved. Add all other ingreds + boil. ~~Push the sides of the pan with~~ DO NOT STIR. Boil rapidly to soft crack stage. Check this by dropping a little of the boiling syrup into cold water - it should form soft threads. Pour into a lightly oiled tin (NOT A PLASTIC PLATE JUMMY). Mark into Sqs + leave to cool.

### Fudge

- 2 mugs of sugar. 3oz Butter 1/2 mug milk. 1/3 pt of water + Molkos made to be quite thick as this is in lieu of condensed milk. 1/2 tsp vanilla.

Put the sugar + milk into p/ <sup>+ stir</sup> cook til sugar dissolved. DONOT STIR. BRING TO BOIL. When a

small blob dropped in cold water makes a soft ball shape which flattens out if you lift it out of the water then you've got it right. Remove pan from heat + add vanilla + beat w/ a wooden spoon until thick + grainy. Pour mixture into tin dish (lightly oiled). Set for 10 mins + mark then cool entirely before eating.

# Pancakes

4 tbs plain flour. ← ABSOLUTELY ESSENTIAL

1 egg.

1/2 pt milk.

Sift flour into bowl with a sort of well in the middle. Break the egg carefully + put it into the well with the milk.

Then carefully + slowly mix the flour into the well fluids until you get a batter.

Heat a little oil in a small frying pan (heavy base if poss). Run the oil around the pan by gently tilting it to + fro. If you've used a bit too much oil pour some out carefully NOT INTO A PLASTIC CUP TAD!

Pour in just enough batter to cover the pan. Do this by putting in a blob that covers about the central 1/2 of the pan + run that around til it spreads out. Cook over good heat for a minute or so + check the fried colour + turn it over when golden. Eat after cooking side 2.

Veg Stew → Nutritional idea. On exped we end up eating veg food as its cheap → less likely to ~~be~~ poison you + there's lots of vegetarians in the club. The basic principles of vegetarianism are pretty easy. Nice fresh fruits + vegetables that are not boiled entirely to a mush provide vitamins. Milk + cheese give calcium + some whole proteins. Washed vegies (with horrible bits only removed) provide trace elements. Protein is balanced as follows :- You need one item from each column in any one meal to balance eat all the amino acids you need :-

Most commonly found types in Spain

Column 1

Pulses.

- Chick Peas. Garbanzos.
- Kidney Beans → Must be boiled for 10 mins minimum
- Beans
- Nuts
- lentils
- ~~...~~

Column 2 ~~grains~~

Grains

- Flour (wheat)
- Pasta ( " )
- Bread ( " )
- Rice - ( Rice → GOSH! )
- Corn ( Maize )
- Oats ( Oats → GOSH! )
- sub sets include
  - (a) macaroni
  - (b) spaghetti
  - (c) vermicelli
  - (d) most types noodles
- Seeds

O.K. You're ready to cook →

Quantities are for 6 CAVERS

~~To cook~~ Pressure Cooker

Chick Peas → boil with water NO SALT. (add it later on sometime)  
keep @ pressure 45 mins.

Beans → NO SALT.  
Keep @ pressure 10/15 mins.

Brown Lentils → pressure @ 5 mins NO SALT.

Potatoes 1" chunks. → old - 3 mins (with salt),  
→ new -

So  
veg stew for 6

Assess what you'd be able to eat yourself like.  
~~Ingredients~~ one whole fried onion, half a pepper, 2/3 potatoes,  
a carrot 1/2 ~~tin~~ tin tomatoes.

RS

