

*Potage bonne femme (Jeni Wright)*

3 carrots medium size, scraped and chopped  
3 leeks medium size, washed and sliced  
3 potatoes medium size, peeled and diced  
1.2 litres chicken stock  
(made with *Stockpot*)  
Salt and pepper  
Butter

Melt a knob of butter in a saucepan. Add the vegetables and cook gently for 5 minutes. Add the stock, seasoning and sugar and simmer for 20 minutes until the vegetables are tender. Blitz with a stick blender. Add a little milk if the soup is too thick. This is nice with croutons of fried bread.

*Apple pie (Jeni Wright)*

8 oz flour	1½ lb cooking apples
Pinch of salt	4 tablespoons raisins
2 teaspoons caster sugar	6 oz soft brown sugar
4 oz <i>Cookeen</i>	Pinch of cinnamon
Cold water	Pinch of nutmeg
	Grated rind of half a lemon

Sift the flour, salt and sugar together and rub in the *Cookeen*. Add enough cold water to bring the mixture together, and chill in the fridge for half an hour. Peel and slice the apples and stir in the other ingredients for the filling. Divide the pastry into two equal halves, roll it out and line your greased pie dish with one half, put in the filling, and cover with the rest of the pastry. Glaze with milk.

Bake in the centre of the oven at 200° C for 15 minutes then reduce the temperature to 180° and cook for another 25 minutes.

*Lentil soup (Mary Berry)*

8 oz red lentils  
1 large onion chopped  
3 sticks celery, chopped  
2 medium sized potatoes, peeled and diced  
1.2 litres chicken stock  
Salt and pepper

Wash the lentils in a sieve under cold running water. Put all the ingredients in a large saucepan bring to the boil, cover and simmer for about an hour until the lentils are tender. Blitz and serve very hot.

*Lamb korma (cookitsimply.com)*

*serves 6*

2 large onions, sliced	2 tomatoes, peeled and chopped
4 cloves garlic	pinch grated nutmeg
2.5 cm (1 in) piece root ginger, finely chopped	pinch ground cinnamon
oil	pinch ground cloves
1 kg (2 lb) boned shoulder of lamb, trimmed and cubed	salt and pepper
1 tbsp ground coriander	150 ml (1/4 pt) water
2 tsp ground cumin	2 tsp cornflour
1 tsp ground turmeric	1 tbsp water
	150 ml (1/4 pt) yoghurt

1. Put half the onions into a blender with the garlic and ginger and blend until smooth.
2. Fry the remaining onion in oil until soft.
3. Remove from the pan and reserve it.
4. Brown the cubed meat, adding more oil if necessary.
5. Remove the meat and keep it with the reserved onion.
6. Add the blended mixture to the pan, stir well and fry for 5 minutes.
7. Lower the heat and add the coriander, cumin and turmeric.
8. Cook these for a further 3 minutes. Add the tomato and cook for 2 minutes.
9. Add the remaining spices and cook them on a gentle heat for 5 minutes, stirring occasionally.
10. Return the meat and onions to the pan with the 150 ml (1/4 pt) of water, bring to the boil, then cover and simmer for 30 minutes.
11. Mix the cornflour with the tablespoon of water and add it to the yoghurt.
12. Stir the yoghurt into the lamb and warm the sauce through.
13. Serve with rice, chapatis, poppadums and chutney.

*Chocolate and almond cake (Delia Smith)*

4 oz butter  
10 oz plain chocolate  
6 oz caster sugar  
6 tablespoons milk  
4 large eggs, separated into yolks and whites  
4 oz ground almonds  
6 oz self-raising flour

Preheat the oven to 220° C. Grate 4 oz. of the chocolate. Cream the butter and sugar together, beat in the egg yolks a teaspoon at a time, and fold in the ground almonds and grated chocolate and the milk. Whisk the egg whites to soft peaks, and fold them into the mixture. Fold in the flour. Spoon the mixture into a prepared 8 inch cake tin and place in the centre of the oven. Reduce the heat to 170° and cook for 1 hour. When the cake is cold, melt the remaining chocolate and spread it over the top of the cake with a pallet knife.