

Baking & Sharing! June 2021

Food for Summer Eating

The month of June signals the onset of Summer. What a better way to enjoy the warmer weather than sharing tasty meals with family and friends, be it indoors or outdoors

Love Carol and Heather.

Members would love to see what you've been baking. Please send a photograph into Norfolk WI News. Email details: magazine@norfolkwi.org.uk

Love Carol and Heather

Mediterranean Chicken traybake

Ingredients

4 chicken legs
4 cloves garlic
3 tbsp vegetable oil
1 tsp dried mixed herbs
2-3 large sweet potatoes cut in chunks
2 onions cut in 1/4s
1 red pepper in chunks
Optional: ½ aubergine cut in wedges
Few button mushrooms
Mix of white and sweet potato
To serve: 150g Greek yogurt
mixed with 1 or 2 tsp hot sauce

Method

1. Heat oven 200°C/ Fan 180°/ Gas 6 **Cook for 40-45 minutes**
2. Crush the garlic and mix with the oil and herbs in a large bowl
3. Toss the potatoes and onions in the oil mix, then spoon them into a roasting tin
4. Brush some of the mix on the chicken then place on top of the vegetables. Keep remainder of oil for the vegetables. Bake for 20 minutes
5. Mix the red pepper, mushrooms and aubergine in the remainder of the oil then add to the tin for the last 20 minutes of the cooking time. Give the tin a shake to prevent vegetables from sticking
6. Check chicken is cooked with a skewer-juices should run clear
7. Remove from oven and rest for 5 minutes
8. Spoon the sauce over the chicken and serve with green salad



Lemon and Elderflower Drizzle Pudding

Ingredients

175g softened butter
50g Greek yogurt
150g caster sugar
100g plain flour
75g ground almonds
1½ tsp baking powder
3 large eggs
1 lemon – zest
2 tbsp elderflower cordial, undiluted



Drizzle – 100ml elderflower cordial, undiluted
3 tbsp lemon juice
1 tsp caster sugar

Method

1. Heat oven 180°C / Fan 160°C / Gas 4
2. Grease an oven proof dish or baking tin about 25x15x5cm (hold about 1½ litres water)
3. Put all except the elderflower cordial in a food processor and mix until smooth, then pour in the cordial
4. **OR** beat the butter, sugar and lemon zest until creamy, mix in yogurt and beaten eggs, then fold in the dry ingredients and the cordial
5. Put the mixture into baking tin and bake for 25 minutes, cover with foil if browning too much
6. Drizzle – mix together
7. When cooked, prick holes in the top of pudding and drizzle the syrup over
8. Delicious eaten warm with cream

Pear & Frangipane Tart

Ingredients

For the Pastry:

I bought shortcrust pastry

For the Crumble;

25g unsalted butter
25g flaked almonds
25g light brown soft sugar
25g plain flour

For the Frangipane;

175g unsalted butter
175g caster sugar
3 large eggs, beaten
50g plain flour
175g ground almonds,
drops of almond extract,
8 tinned pear halves in juice, drained

Method

1. Heat oven to 200°C, Fan 180°C, Gas 6
2. Lightly flour a work surface and roll out the pastry. Use to line a 30.5 x 19cm rectangle tin, leaving some pastry overhanging the edges. Leave 30 minutes
3. To make the crumb topping, melt the butter in a small frying pan and add remaining ingredients. Fry, stirring occasionally, for 3-4 minutes until golden and toasted. Empty into a bowl and leave to cool
4. To make the frangipane, using a handheld electric whisk, beat the eggs. Fold in the flour, ground almonds and almond extract and set aside.
5. Line the pastry with a large sheet of baking parchment, fill with baking beans or uncooked rice
6. Bake for 15 minutes until pastry sides are set, then carefully remove the parchment and baking beans/rice
7. Cook for a further 5 minutes.
8. Remove from oven and trim edges with a serrated knife. Cool for 10 minutes
9. Reduce the oven temperature to 160°C, 140°C Fan, mark 6
10. Spoon the frangipane into the baking case and smooth. Lay on the pears, cut side down. Sprinkle over the crumble topping and bake for 50 minutes, until the frangipane is set and lightly golden
11. Leave to cool in the tin



Lemon and Garlic Chicken Flatbreads

Ingredients

2 skinless breasts cut into strips
1 lemon
1 teaspoon dried oregano (optional)
1 crushed garlic clove
pinch cinnamon
1 tablespoon olive oils
4 flatbreads
4 tablespoons Greek yogurt
¼ red pepper
1 little gem lettuce finely chopped

Method

1. Heat barbecue if cooking outside or griddle pan if indoors
 2. Put the chicken on a bowl. Pare strips of zest from lemon using a vegetable peeler, then juice the lemon. Add the peel and half lemon juice to the chicken with the oregano, garlic, cinnamon and oil. Mix well, cover and chill for an hour. The lemon juice will start to cook the chicken, so don't leave for too long. Thread the chicken strips onto two metal skewers – if using a barbecue to prevent them from falling through (you don't need this if using a griddle pan).
 3. Grill for 2 minutes each side. The strips will cook through quickly so don't leave them too long. Season if you wish
 4. Warm the flatbreads on barbecue/griddle for a minute, then transfer to plates and spread each with ½ tsp yogurt
 5. Divide the chicken strips between them, then dot on the remaining yogurt and sprinkle over the pepper and lettuce
 6. Fold or roll the flatbreads to eat
- Serves 4

