

Lockdown Baking! January 2021

Light Bites Resolutions

One of many resolutions made at the beginning of a New Year, is to try to eat healthier, with this in mind we have chosen recipes this month using lighter ingredients. We hope these will tickle your tastebuds!

Wishing you all a Happy and Healthy New Year.

Carol and Heather

Spinach and Feta Filo Pie

Ingredients

1 tbs olive oil
200g sliced mushrooms
1 small onion, chopped
150g spinach
150g feta cheese
1 egg, beaten
Pinch of dried chilli flakes
½ chopped red chilli if liked
Seasoning
8-10 sheets filo pastry (10 for large dish)
25g melted butter for glazing
Optional: 75g chopped ham or cooked chicken



Method:

1. Heat oven to 180°C
2. Grease a shallow dish or roasting tin
3. Heat the oil in a frying pan, and cook the mushrooms and onions until soft
4. Add the chilli and spinach stirring until wilted, cool
5. Stir on the egg, and meat if using
6. Lay 4 sheets of filo in the dish, overlapping the sides
7. Spoon in the filling
8. Lay 2-3 sheets of filo on top, brush with butter
9. Cut 2-3 sheets of filo into squares, brush with butter
10. Scrunch up each on the squares of filo
11. Place them tightly packed on top of the pie
12. Brush over with extra butter
13. Bake for 15-20 minutes until golden

Cheese and Vegetable Muffins

An excellent way of using up old pieces of cheese and root vegetables

Ingredients:

250g SR flour or wholemeal +1 tsp baking powder
½ tsp mustard powder
½ tsp salt
1 egg, beaten
250ml milk
50g melted butter
200g cooked, chopped carrot and parsnip
125g mix of grated cheddar, blue cheese or brie
1 tsp dried mixed herbs

Method:

1. Heat oven to 200°C
2. Fill 12 hole muffin pan with paper cases
3. Mix flour, mustard and seasoning in a large bowl
4. Mix together the milk, egg, butter, chopped veg, cheese and herbs
5. Stir this into the flour and stir gently. Do not mix too much
6. Spoon into the paper cases
7. Bake for 17-20 minutes until golden, risen but springy to the touch
8. Cool on a rack. Best eaten warm



Mango Chilli Chicken Wrap

Ingredients:

1 shallot
1 garlic clove
1 red pepper
½ lemon
½ red chilli
1 bunch coriander
1 gem lettuce
1 carrot
280g diced chicken
1 tbsp tomato puree
1 tbsp curry powder
2 tbsp mango chutney
4 soft tacos



Method:

1. Preheat oven to 200°C
2. Halve, peel and thinly slice the shallot. Peel and grate the garlic. Halve the pepper, discard the seeds and thinly slice. Zest and half the lemon. Half the chilli lengthways deseed and finely chop. Roughly chop the coriander (stalks and all). Trim the root from the gem lettuce, half lengthways, thinly slice widthways. Trim and coarsely grate the carrot.
3. Heat a drizzle of oil in a large frying pan over a medium-high heat. Once hot add the diced chicken and sliced pepper. Season with salt and pepper. Stir fry until the peppers have softened and chicken is golden (around 6-8 minutes). Lower the heat and add the shallot to the pan
4. Continue to stir fry until the shallot is softened and the chicken is cooked, 3-4 minutes. Meanwhile mix together the garlic, lemon zest, tomato puree, curry powder and ½ the mango chutney in a bowl. Once the chicken is cooked, stir the mixture into the pan until combined. When everything begins to char, cook for 1 minute, then remove from heat.
5. Pop the soft tacos on the middle shelf of oven to warm through, 2-3 minutes.
6. Meanwhile, pop carrot, lettuce, ½ the coriander, pinch of chilli in a bowl with squeeze of lemon and drizzle of oil. Season with salt and pepper. Toss to combine
7. To assemble, lay out the taco and spread the remaining mango chutney in the centre of each one. Share the salad between each wrap. Add the mango chicken on top. Sprinkle over some of the remaining chilli and coriander. Fold over one end to encase the base of the filling and roll up. Serve with the remaining salad on side

Posset

Ingredients:

425mls Lighter Crème Fraiche
100g caster sugar
2 lemons
raspberries, to serve
6 ramekins

Method:

1. Place the crème fraiche and sugar in a saucepan. Strip the peel from lemons with peeler and add to the crème fraiche.
2. Bring the mixture to a rolling boil and allow it to boil vigorously for 5 minutes, stirring often so bottom doesn't burn.
3. Squeeze the juice from the lemons and add to crème fraiche
4. Remove from heat and strain through a sieve
5. Pour the mixture into ramekins. If using glasses, cool slightly before pouring in.
6. Chill in the fridge for 4 hours. Decorate with raspberries
The posset will keep in the fridge for 3 days

