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St Nicholas Hospice Care

A Registered Charity No. 287773

Cookery Book

With recipes supplied by staff and volunteers









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St Nicholas
Hospice Care

A Registered Charity No. 287773

Welcome

Bringing together a selection of favourite recipes from St Nicholas Hospice Care's staff and volunteers this book is filled with scrumptious savoury snacks as well as tasty sweet treats.

Filled with easy to follow recipes this book is the perfect kitchen accessory for cooks of all abilities.

The Hospice is an independent charity providing specialist care to people with long-term and life-threatening illnesses across west Suffolk and south Norfolk. We are here to support those in the final chapters of their lives who may be coping with illnesses including; cancer, multiple sclerosis, motor neurone

disease and the advanced stages of heart and lung disease.

We aim not just to look after those in our care, but to support their family, friends and anyone else affected by the illness. This can be done either in the Hospice, the patient's own home or the wider community.

We provide our services entirely free to all those who need our help, but to be able to do this we need to fundraise £11,000 every day through the generosity of local people. All the funds raised from the sale of copies of this book will help us continue to raise much-needed funds.

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Conversion Charts

WEIGHTS AND MEASURES

Ounces	Grammes
1oz	25g
2oz	50g
3oz	75g
4oz	100g
5oz	150g
6oz	175g
7oz	200g
8oz	225g
9oz	250g
10oz	275g
12oz	325g
14oz	400g
1lb	450g
1.5lb	700g
2lb	900g
2.5lb	1.1kg
3lb	1.4kg
3.5lb	1.5kg
4lb 6oz	2kg

OVEN TEMPERATURES

Degrees Centigrade	Degrees Fahrenheit	Gas Mark
140	275	1
150	300	2
170	325	3
180	350	4
190	375	5
200	400	6
220	425	7
230	450	8
240	475	9

LIQUID CAPACITY

Imperial	Metric
1/4 pt	150 ml
1/2 pt	300 ml
3/4 pt	425 ml
1 pt	600 ml
1.5 pt	900 ml
1.75 pt	1 litre
2 pt	1.25 litres

U.S. MEASUREMENTS

American Cup	Metric Weight
Rice	225g
Brown rice	200g
Granulated sugar	225g
Butter	225g
Flour	100g

Chef's Comment:

This recipe is vegan
and naturally raw

Vegan Carrot Cake Bites

Ingredients

1 small carrot, grated
150g medjool dates, stoned and roughly chopped
250g pecan nuts
50g raisins
Grated zest of 1 clementine or orange
¼ tsp ground cinnamon
¼ tsp ground ginger
Pinch of freshly grated nutmeg
50g desiccated coconut



Squeeze out any excess liquid from the grated carrot.

Place all the ingredients, apart from the coconut, into a food processor and whizz until the mixture comes together in a large clump, scraping down the sides of the bowl a couple of times, if necessary.

Line a plate of baking sheet with greaseproof paper.

Take a teaspoon of the mixture, roll into a ball and place on the greaseproof paper. Repeat to make 12-14 golf ball-sized spheres in total.

Put the desiccated coconut into a bowl and roll each ball in the coconut to coat. Place the balls on the lined plate and refrigerate overnight.

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Serves: 4-6 people

Chef's Comment:

This is a really easy but rich soup, and I would choose something simple to follow.

Stilton and Broccoli Soup

Ingredients

12oz broccoli

2oz butter

1 pint chicken/vegetable stock

1 large onion

– chopped

1 large /or/ 2 medium leeks

– chopped

1 medium potato

– cut into chunks

Half pint of full fat milk

4 tbsp double cream

4oz good strong stilton cheese

– rind removed and crumbled

Salt and freshly ground black pepper

1 fresh bay leaves and sprigs of thyme



Break the broccoli into florets. Melt the butter into a large pan, and cook the onion and leek until soft but not coloured, add the broccoli and potato, then pour in the stock.

Cover and simmer for 25-30 minutes, until the vegetables are tender.

Cool slightly then pour into a blender or food processor and puree until smooth.

Put the mixture back into the clean rinsed pan and add the milk and double cream to the pan. Season to taste with salt and freshly ground black pepper.

Re-heat gently and at the last minute add the cheese stirring until it just melts (do not boil).



Chicken Liver Pâté

Ingredients

400g chicken livers
150g soft butter (plus 50g extra for the top of the pâté)
1 shallot, chopped
1 garlic clove, crushed
1 sprig of fresh thyme, plus a few extra leaves to decorate
2 tbsp sherry or brandy
50ml double cream
1 tsp green peppercorns in brine (plus a few extra to decorate)

To make the pâté trim the livers of any green bits and sinew. Rinse under cold water and pat dry with kitchen paper. Chop shallots and gently fry in half the 150g of the butter till soft but not coloured.

Raise the heat and add livers and seal on all sides. Add sprig of thyme garlic and crushed peppercorns, cover and simmer till soft to the touch - 10-15 minutes.

Now add sherry or brandy and cook for about 30 seconds. Remove from the heat and transfer to food processor, removing thyme stalk.

Blitz to a paste and add remaining butter and cream. Season with salt and pepper and blend till really smooth.

Spoon into 6 small ramekins and smooth over the surface.

Melt the remaining butter in a pan and leave a few moments for the milky solids to settle to the bottom. Pour the clarified butter on top and decorate with a small sprig of thyme and a few peppercorns.

Leave in the fridge to set for at least 2 hours.

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Chocolate Brownies

Ingredients

400g margarine
650g caster sugar
1½ tsp vanilla essence
4 eggs
200g plain flour
150g cocoa powder
½ tsp baking powder
200 walnuts

Melt the margarine, sugar and vanilla essence gently in a saucepan.

Put all the dried ingredients in a mixing bowl, then add margarine etc to the dried ingredients and mix together with the eggs.

Place in a deep oblong baking tin and cook for about 45 minutes at 180°C.

When cooked, leave in tin to cool covered with a clean damp cloth. When cool cut into squares.



Chocolate Chip Cookies



Ingredients

150g butter
100g caster sugar
100g self-raising flour
100g plain chocolate,
cut into small chunks

Cream butter and sugar together until fluffy.

Fold in flour and chocolate pieces.

Make small balls out of the dough.

Place them on a well-greased baking tray well-spaced out.

Cook for approx 15 minutes or until lightly brown on 180°C.

All in One Carrot Cake

Ingredients

½ pt sunflower oil
3 eggs
300g self-raising flour
400g grated carrot
Pinch of cinnamon
100g walnuts

Mix the first four ingredients together in a bowl then add the last three ingredients, mix well together.

Place in a deep cake tin and cook for approx 1 hour in the oven at 160°C.

Once cooked turn out onto a cooling tray and allow to cool, and then sprinkle with icing sugar.



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Bacon, Mushroom and Onion Suet Roll

Ingredients

Pastry

400g self-raising flour

½ tsp salt

100g suet

1/4pt cold water (approx.)

Filling

300g diced bacon

150g sliced mushroom

½ onion

Mixed herbs

Seasoning

Add all dried ingredients for the pastry in a bowl and mix with water to form a dough.

Roll out into an oblong approx ½cm thick.

Place diced bacon, onion and mushroom on top of pastry, brush the edges with water and roll up like a Swiss roll.

Place on a baking tray and place in the oven to bake for 35 minutes at 180°C.



Muesli Rock Buns

Ingredients

100g self-raising flour

¼ tsp mixed spice

50g margarine

25g soft brown sugar

50g unsweetened muesli

100g of a mixture of ingredients – chopped nuts, glace cherries, coconut
Chocolate chips, chopped apricots or dates. (any selection can be used)

1 beaten egg

A little milk

Add margarine to a bowl of flour and
spice and rub in until breadcrumb
texture.

Add the muesli, sugar and all other
dried ingredients.

Add in the egg, a little at a time and
milk if needed to bind mixture together
(mixture needs to be a slightly sticky
consistence).

Place heaps of the mixture on to a
greased baking tray. Cook at 200°C for
10-15 minutes.



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Cumberland Pie

Ingredients

300g chopped onion
1½ tbsp vegetable oil
1 tbsp plain flour
800g minced beef
150g diced carrots
Small tin chopped tomatoes
4 tbsp Branston pickle
150g breadcrumbs
150g grated cheese



Cook onions and then stir in the flour, add the mince and then gently fry together.

Add carrots and tomatoes stir and cover with a lid and simmer slowly for 15 minutes.

Stir in the pickle and place in a deep dish. Cover with the breadcrumbs and cheese, once they have been mixed together.

Bake in the oven for 30 minutes on 200°C.

Chocolate Teacakes

Ingredients

200g margarine
1½ tbsp golden syrup
1½ tbsp caster sugar
1½ tbsp drinking chocolate
A cup full of sultanas
1 medium packet rich tea biscuits
Cooking chocolate
– melted to put on top

Melt margarine, sugar, syrup, drinking chocolate and sultanas in a saucepan. Crush biscuits and mix into the mixture.

Place in a Swiss roll tin flatten out and cover with melted chocolate.

Allow to set and cut into slices.



Marble Cheesecake

Ingredients

Base

200g crushed digestive biscuits
75g melted butter

Filling

350g full fat soft cheese
100g caster sugar
200ml thick yogurt
300ml double cream
1 sachet gelatine
3 tbsp water
175g dark chocolate
175g white chocolate

Crush the biscuits then add the melted butter and press in to a loose based 8 inch round tin.

Beat together the cheese and sugar with a wooden spoon. Beat in the yogurt. Whip the cream until it is just holding its shape and fold into the mixture.

Sprinkle the gelatine over the water in a heatproof bowl and leave to go spongy.

Place over a pan of hot water and stir until dissolved. Stir into mixture.

Divide the mixture in half and beat the melted dark chocolate into one half and the melted white chocolate in the other half.

Place alternate spoonfuls of mixture on top of the biscuit base. Swirl the filling together with the tip of a knife to give a marbled effect. Level the top with a scraper or a palette knife.

Leave to chill until set before serving.



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Chocolate Caramel Cupcakes

Ingredients

6oz margarine
6oz caster sugar
6oz self-raising flour
3 eggs
1 tsp baking powder
1 tin of Carnation caramel
Milk chocolate
175g white chocolate



With an electric mixer, mix together the margarine, caster sugar, flour, baking powder and eggs until light and fluffy.

Put one teaspoon of the mixture into each muffin case so they will be only half full when cooked.

Cook in the oven at for about 20 minutes.

When cool, cover the cup cakes with a generous layer of caramel, then melt the chocolate and cover the caramel with the melted chocolate.

Allow to set and enjoy.



Yogurt Fruit Cake

Ingredients

1 carton of natural yogurt
1½ cartons of caster sugar
1 carton of sunflower oil
3 cartons of self-raising flour
2 eggs
2 cartons dried mixed fruit
A little vanilla essence

Use the 150g yogurt carton to measure all ingredients.

Mix all ingredients together and place in a greased 7 inch deep cake tin.

Bake for 1-1¼ hours on 160°C.



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Serves:

Makes 15 bars

Chef's Comment:

Dairy free

Sticky Apricot and Almond Bars

Ingredients

100g whole blanched almonds

200g dried apricots

85g porridge oats

85g plain flour

1 tsp baking powder

250g jar of apple sauce

1 tbsp sunflower oil

1 beaten egg

2 tbsp apricot jam

Preheat oven 180°C – Gas mark 4.

Oil and line with greaseproof paper the base of a 7in square tin.

Roughly chop the almonds and finely chop the apricots.

Put all the dry ingredients into a large bowl, mix together the apple sauce, oil and egg then mix into the dried ingredients. Mix thoroughly to make a gooey mixture.

Spoon mixture into the tin and smooth out the mixture.

Bake for 40 minutes or until firm and springy to the touch.



Allow to cool in the tin for a couple of minutes.

Loosen the sides and turn out onto a cooling tray.

Warm the jam for 2-3 minutes then brush the jam over the top of the bars and cut into 15 bars.

Malteser Traybake

Ingredients

100g butter
200g milk chocolate
3 tbsp golden syrup
225g crushed digestive biscuits
225g Maltesers

Melt together the butter, chocolate and syrup then add the crushed biscuits and the Maltesers.

Mix together quickly then pour into a square tin and chill until set.

Drizzle with some melted white chocolate, cut into squares and serve.

For a change why not swap the Maltesers for chunks of Crunchie or Mini Eggs for Easter or maybe chunks of chopped Mars bar.



Chef's Comment:
Egg free

Carrot, Apple and Raisin Cake

Ingredients

225g self-raising flour

½ tsp baking powder

½ tsp salt

1 tsp cinnamon

5 tbsp vegetable oil

1 grated zest of orange

4 tbsp orange juice

140g dark brown sugar

140g grated carrot

1 medium peeled apple (grated)

85g raisins

50g pumpkin seeds

Icing sugar for dusting

Preheat oven 180°C, gas mark 4.

Grease 8-inch round tin.

Mix flour, baking powder salt and cinnamon together in a large bowl.

In a separate bowl mix the oil, orange juice and sugar altogether.

Add the orange mixture to the flour as well as the grated apple, carrot, orange zest, raisins and pumpkin seeds. Mix thoroughly together and place in tin.

Bake for 50-60 minutes until the cake pulls away from the sides.

Cool in the tin, remove from tin and dust with icing sugar.





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