

BIRCHER MUESLI WITH NUTS AND APPLE JUICE

*Taken from **Organic** by Sophie Grigson.*

This recipe sheet explains everything you need to make a tasty treat that you can use as part of your Roots & Shoots fund-raising activities!

Ingredients:

SERVES 3-4

- 3 tablespoons of rolled oats
- 80 ml of apple juice
- 2 apples, grated
- half a large tub of greek style yoghurt
- honey to taste
- a handful of nuts – whichever you like best, but can be omitted
- fresh fruit – raspberries, strawberries, sliced peaches or nectarines, etc.



Directions:

Soak the oats in the juice for a couple of hours if possible. Grate the apples into the bowl with the oats, then stir in the yoghurt and honey, and the nuts if using them.

Spoon into serving bowls and top with the fruit.



Having published a phenomenal 21 cookery books, Sophie Grigson is certainly synonymous with great food and has a natural ability to teach cookery in an informal and friendly way. Her latest book, The Vegetable Bible, was published by Collins in February 2009.

GRILLED PEACH MELBA

As featured by Sophie Grigson in the BBC series Cook It.

This recipe sheet explains everything you need to make a tasty treat that you can use as part of your Roots & Shoots fund-raising activities!

Ingredients:

SERVES 4

- 4 peaches, halved and stoned
- caster sugar
- 4 scoops of vanilla ice-cream

For the Raspberry Coulis:

- 300g (10 ½ oz) raspberries
- 2 tablespoons caster sugar or to taste
- 1 tablespoon lemon juice



Directions:

To make the raspberry coulis, put the raspberries, icing sugar and lemon juice in a processor or liquidiser and whiz to a purée. Taste and add more sugar if required. Rub through a fine sieve to remove the raspberry pips. Cover until needed.

10-15 minutes before serving, preheat the grill to full heat. Line the grill rack with silver foil, then arrange the peach halves on it, cut sides up. Sprinkle thickly with caster sugar. Slide under the grill and grill until the sugar is sizzling and dotted with brown. Arrange two peach halves on each plate, add a scoop of ice-cream and drizzle over some of the raspberry coulis, then rush to the table.

Serve the rest of the raspberry coulis in a small jug.



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RASPBERRY & WHITE CHOCOLATE MUFFINS

*Taken from mix. by James McIntosh,
a very quick, easy, all-in-one muffin mix.*

*This recipe sheet explains everything you need to make a tasty treat that you can use as part of your
Roots & Shoots fund-raising activities!*

Ingredients:

MAKES 10-12 MUFFINS

- 250g self raising flour
- 2 tsp baking powder
- 100g caster sugar
- 250ml milk
- 1 large egg
- 90ml vegetable oil
- 150g raspberries
- 150g white chocolate chips



Directions:

- Preheat oven to 180°C (160°C if using a fan oven) or Gas Mark 4. Place the muffin cases into a muffin tray.
- Place all of the ingredients apart from the raspberries and chocolate into a bowl and mix to form a smooth batter.
- Gently fold in the raspberries and chocolate.
- Place into the oven for 20-25 minutes until nicely risen and golden on top. Allow to cook slightly and enjoy.
- 2 Oven Aga, cook on the 4th set of runners in the Roasting Oven for 20-25 minutes with the cold plain shelf on top.
- 3 and 4 Oven Aga, cook on the 4th set of runners in the Baking Oven for 20 – 25 minutes.
- Rayburn, cook on the 4th set of runners in the Main Oven with the Thermodial reading Bake for 20–25 minutes.

James says . . .

“These are best eaten within 24 hours, but they do freeze well.”



mix. by James McIntosh, £4.99, Available from www.jamesmcintosh.co.uk plus £1 p&p

SPICY FISH CAKES

*Taken from mix. by James McIntosh,
a really quick dinner or lunch using leftovers, or canned fish.*

This recipe sheet explains everything you need to make a tasty treat that you can use as part of your Roots & Shoots fund-raising activities!

Ingredients:

MAKES 4

- 250g cooked or canned fish
- 250g cooked and mashed potato
- Salt and freshly ground black pepper
- 1 red chilli, chopped
- 1 tsp lemon juice
- 1 egg, beaten
- Fresh bread crumbs
- 1 egg, beaten



Directions:

- Remove the bones and skin from the cooked fish. Flake and mash onto a plate.
- Add fish to mashed potato, beat until smooth.
- Season and add chilli, lemon juice and egg, beat together.
- Form mixture into a large roll on a floured surface, cut into 10 rounds and dip in egg and breadcrumbs.
- Fry in a hot frying pan with a little oil on both sides until browned.
- Serve.

James says . . .

“Fresh breadcrumbs are easy to make by popping some stale bread into a food processor and whizzing.”



mix. by James McIntosh, £4.99, Available from www.jamesmcintosh.co.uk plus £1 p&p