



Open Up
Hospice Care
Beaumont House

With a taste
of Home

Make a memorable meal to share with family and friends in exchange for a small donation.

In this booklet there are ideas for simple recipes for a quick lunch to more in-depth for a dinner party to cake recipe for a coffee morning.

3 Orange and almond Cake

5 Parsnip and Leek cake with tomato salsa

7 Mango Chicken

9 Elizabethan Pork

11 Crunch topping Applecake

Coffee morning Cake

Orange & Almond Cake

prep time

15 minutes

cook time

25 min, plus
an extra 5

serves

6 to 8

things you need

1 medium orange

175g / 6oz butter, softened

175g / 6oz muscovado sugar

3 eggs

175g / 6oz SR flour

½ tsp bicarbonate of soda

50g / 2oz ground almonds

here's how

- 1 Preheat oven to 190c / fan 170c/ gas 5
- 2 Butter and line 9in round cake tin.
- 3 Cut the whole orange into pieces removing pips and whizz.
- 4 Tip butter, sugar , eggs, flour, bicarb and almonds in and whizz 10 seconds. Pour into prepared tin.
- 5 Bake 25mins until risen and brown. Allow to cool for 5 mins before turning out onto rack.

helpful notes

Dust with icing sugar before serving

Light Lunch with Friends

Parsnip and Leek Cake with tomato salsa

prep time

30

cook time

15 mins

serves

6 to 8

things you need

1 ½ lb leeks, thinly sliced

3oz butter

3 heaped tsp curry powder

S & p

3lb parsnips

6oz wholemeal bread, toast-
ed and crumbed

2-3 eggs beaten

4-6 medium tomatoes,
peeled and finely chopped
½ red onion, very finely
chopped

1 small garlic clove,
chopped

small splash white wine vine-
gar

½ lime, juice only

½ bunch coriander, roughly
chopped

here's how

- 1 Peel parsnips and cut into pieces. Steam until soft
- 2 Gently saute the leeks in butter until soft
- 3 Whizz parsnips in a food processor until smooth with curry powder, salt and pepper
- 4 Mix into leeks with toasted breadcrumbs and egg until texture able to shape
- 5 Divide mixture and shape into cakes on a lightly floured board
- 6 Fry on both sides until brown then put into warm oven to heat through
- 7 Combine the tomatoes, red onion, garlic, white wine vinegar, lime juice and coriander in a bowl.

helpful notes

Serve with the tomato salsa and mixed green leaf salad

Easy Supper

Mango Chicken

prep time

30

cook time

40 mins

serves

4 to 6

things you need

2 large chicken breasts,
diced

2 tbsp olive oil

2 tbsp butter

1 onion thinly sliced

1 mango peeled and diced

1 Lemon zest

½ tsp ground coriander

½ tsp ground cinnamon

9floz chicken stock

9floz cream

2tsp flour

1 tbsp lemon juice

1 tbsp water

Chopped fresh coriander

here's how

- 1 Brown chicken pieces in oil and butter. Put into dish
- 2 Sweat onion until soft. Add to chicken
- 3 Put mango into pan cook 4 mins stir in zest, coriander, cinnamon and stock.
- 4 Bring to boil and simmer about 10 mins. Add to chicken into oven 30 mins.
- 5 Take from oven, take out chicken put sauce into pan and simmer to reduce and thicken stir in the cream.
- 6 Mix together flour, lemon juice and water and beat into sauce.
- 7 Add chicken and heat through stir in chopped coriander

helpful notes

Serve with rice

Dinner with family

Elizabethan Pork

prep time

30

cook time

60 mins

serves

4 to 6

things you need

1lb diced pork, mixed in 1 tbsp
seasoned flour

4oz onion thinly sliced

7floz red wine

1 clove garlic, crushed

½ tsp nutmeg

1 tsp curry powder

1/8 tsp cayenne

¼ tsp salt and pepper

1 tbsp mixed dried herbs

2oz dried apricots, chopped

3oz dates, chopped

2oz raisins

Zest juice ½ lemon and half or-
ange

1 small apple peeled and diced

1 tsp soft brown sugar

here's how

- 1 Heat 2tbsp oil in a large frying pan add the diced pork and fry until lightly brown, remove to oven dish
- 2 Add the onion and cook until soft. Stir in the nutmeg, curry, cayenne & garlic and cook for two minutes
- 3 Deglaze the pan with the red wine and tip into dish with pork
- 4 Stir in all the other ingredients and cover dish with lid or foil
- 5 Place into oven preheated to 170c and cook for 45 minutes
- 6 Remove from oven and stir and check for seasoning
- 7

helpful notes

Serve with vegetables of choice though goes well with dauphinoise potatoes and green beans

Dinner with family

Crunch Topping Applecake

prep time

30

cook time

60 mins

serves

4 to 6

things you need

6oz butter

6oz light brown sugar

3 large eggs

6oz SR flour

3 tbsp milk

1 cooking apple

4oz sultanas

Topping

1 ½ oz plain flour

1oz butter

2oz demerara

1tsp cinnamon

here's how

- 1 Grease and line 8 inch loose bottomed tin
- 2 Cream together butter and light brown sugar in a food mixer
- 3 Gradually add the eggs then the flour and milk
- 4 Fold in the sultanas. Put half mixture onto base of tin then place sliced apple and top with rest of mixture
- 5 Mix together topping ingredients and sprinkle over
- 6 Bake for 45—55 mins pre-heated oven on 180c until skewer comes out dry of cake
- 7 Allow to stand in tin for ten minutes before removing

helpful notes

Serve warm with choice of custard, cream or ice cream.
Can be made in advance and warmed through

