Arusha and Richard's Wedding Cookbook

To Arusha and Richard

On the occasion of your wedding
23rd March 2008

With love from all your family and friends

Your Recipe Book

Arusha and Richard

"Arusha and Richard, it's a great pleasure to present you with this special present on the occasion of your marriage. Your family and friends have all contributed to make up this unique book, which we hope will take pride of place in your kitchen. Richard will assume that its for Arusha, and Arusha will think that its just what Richard needs, but we're sure that both of you will reap the benefits of tried and tested recipes for years to come."

Snacks & Starters

Main Course

Desserts

This & That

Snacks & Starters

"Simply delicious, simple to prepare and always a 'winner'"

Paul Vanner

Baked Shrimps

Serves 6

You will need

1kg large shrimps or small prawns
½ lemon (juice only)
1 onion or shallot (minced / finely chopped)
3 tbsp olive oil
½ cup tomato sauce
3 tomatoes (peeled), chopped and drained
¼ cup chopped fresh parsley
2tbsp chopped fresh basil
2 garlic gloves (crushed)
Salt & freshly ground pepper
0.25kg feta cheese
Fresh basil leaves for garnish

How to prepare

Shell and de-vein shrimps, wash and drain, then sprinkle lightly with lemon juice
Heat oil in a frying pan and cook the onion until soft
Add the tomato sauce, chopped tomatoes, herbs, garlic and salt & pepper to taste
Simmer for 25 minutes, then remove from heat and strain.
Butter large scallop or other shells, or individual oven-proof dishes and spoon a little sauce into each.
Fill with the shrimp and spoon sauce over, then crumble feta over the top.
Set in a baking pan and bake for 15 – 20 mins in a moderate oven (350F) or until the shrimp is cooked and the cheese melted
Garnish with fresh basil and serve hot accompanied by a bottle of dry crisp white wine

'I have always thought that starters are an important part of a meal and prefer them to a dessert. This one is a stunner! I first discovered this starter more than ten years ago and have resurrected it since coming to France as all the ingredients are easily available at our local markets. It is absolutely delicious, light, fresh, attractive and always a winner.'

Patricia Vanner

Pears with Roquefort Dressing

Serves 4

You will need

3oz bunch watercress
4 oz Roquefort cheese
2 large egg yolks
¼ pint olive oil
2 tbsp lemon juice
Freshly ground black pepper
2 large ripe pears
2 tbsp chopped walnuts
Watercress bouquets

How to prepare

Trim watercress, discarding any yellowed or damaged leaves. Wash thoroughly and dry carefully in a tea towel.
In an electric blender or food processor, combine watercress, 2 ounces of Roquefort cheese and egg yolks and blend slowly, adding olive oil gradually as for mayonnaise. Blend until smooth. Strain through a fine sieve. Add 2 tbsp lemon juice and season with freshly ground black pepper to taste.
Peel pears and place in a bowl containing acidulated water (made with 10 fluid ounces of water and remaining lemon juic) to prevent discoloration.
To serve, cover the base of each serving plate with Roquefort dressing.
Quarter and remove core from each pear and thinly slice.
Arrange overlapping slices of pear down center of each plate.
Crumble remaining Roquefort cheese and sprinkle over pear slices together with chopped walnuts.
Garnish each plate with a small bouquet of watercress.

"To Arusha and Richard, a lovely couple who we wish all the joy and happiness in the future. I chose Gazpacho as we've all grown up together and shared so many great times and interests, one of them our love for Spain. I'm sure you'll both visit lots of places during your life together but one tip for this recipe…it's best served when in Spain!"

Natalie Hunt and Grant Silversword

Gazpacho

Serves 4

You will need

1 clove of garlic, peeled
Salt and freshly ground pepper
1 medium sweet onion or mild onion quartered
4 tbsp Romate Sherry Vinegar
190ml Carbonell Extra Virgin Oliver Oil
1 green pepper, seseeded and chopped
½ large cucumber peeled and chopped
700g ripe plum tomatoes, skinned quartered and cored
250ml tomato juice
8 drops Tabsasco Pepper Sauce
8 ice cubes
4 sprigs of fresh basil

How to prepare

Chop and crush the garlic and combine with ½ tsp salt to form a taste. Place the garlic paste, 3 of the onion quarters, the vinegar and 100ml of the oil in a food processor. Blend to a purée. Add the peppers and cucumbers and pulse until finely chopped. Pour into a large bowl.

Reserve 8 tomato quarters and roughly chop the remainder, place in the food processor with 150ml of the tomato juice and pulse to finely chop, then add to the onion mixture. Blend the remaining tomato juice, 150ml iced water and the Tabasco and stir into the soup. Cover and chill in the fridge for at least 2 hours.

Finely dice the reserved tomato and remaining onion and toss together with 45ml of the oil. To serve, crush the ice cubes roughly and ladle the soup into bowls. Garnish with the crushed ice, chopped vegetables and basil sprigs, sprinkle with black pepper and drizzle over the remaining oil. Serve immediately.

"To my big Sis and Rich, here is a Keir special, best cooked by myself.

Lots of love, Keir xx"

Keir Vanner

Gambas Pil Pil

Makes 1 Dish

You will need

1 tsp crushed garlic powder
2-3 cloves garlic
1 pinch parsley
olive oil
2 chilli peppers
1 pinch red pepper powder
1 tsp salt

How to prepare

Peel the prawns and place in an oven dish
Peel the garlics, slice and place in the dish
Put in the crushed garlic, chilli peppers, salt, parsley and red spicy pepper
Add the oil until the prawns are nearly covered
Mix everything together
Place the dish in the oven until prawns are done

"With 16 cloves of garlic this is not for the faint-hearted. It was the 'specialité de la maison' at 2 Kymin Terrace. But Arusha is probably too young to remember that. It is excellent served with potatoes or used as a dip."

Jill Turner

Aïoli

You will need

2 eggs
16 cloves of garlic
juice of a lemon
½-1 pint olive oil
(depending on the size of
the eggs)
Salt and pepper

How to prepare

To make this the lazy way you have to have a liquidiser:
Break the two eggs into the liquidiser (whites as well as yolks)
Add the peeled and crushed cloves of garlic and the lemon juice
Switch on the liquidiser and add the olive oil through the hole
in the top until the right consistency is reached
(note: it doesn't have to be added drop by drop)

"This is good old Delia recipe that does well as a starter for dinner parties or makes a yummy light lunch. I think it was you Roo who got me hooked on Roquefort. Wishing you both many happy years of friends, cooking and married life to come."

David and Sarah

Warm Pear, Walnut & Roquefort Salad

Serves 4

You will need

2 hard dessert pears sliced
40g walnut pieces
150g Roquefort cheese
1 tablespoon walnut oil
2 rounded tablespoons crème fraîche
1 large egg yolk
Bag of herb salad
50g bread, cut into small cubes
1 dessertspoon olive oil
10g butter

How to prepare

Make croutons by blending 10g of the Roquefort with the olive oil in a bowl. Then toss in the bread cubes to get an even coating. Put croutons on a baking tray in the oven for 10-12 minutes until they are evenly brown. These can be made in advance.

When ready to make the salad. Heat walnut oil in a large frying pan over a medium heat and lightly sauté the walnuts for about 1 minute. Transfer them with a draining spoon to a plate.

Add the butter to the pan and saute the unpeeled sliced pears 2-3 minutes on each side until they are brown. Drain the pears on kitchen paper, arrange them on a plate and keep them warm.

Next make the sauce by whisking the crumbled Roquefort with the crème fraîche in a small saucepan over a gentle heat. When cheese has melted drop in the egg yolk and continue to whisk until the sauce thickens just below boiling point. Remove from heat.

Arrange salad leaves with pears on plates and scatter with the walnuts, then pour the sauce over each salad. Finish off with a sprinkling of croutons and serve straight away.

Main Courses

"Hi Guys this is a real quick easy dish that will impress anyone who tastes it, and you'll have bags of energy for post dinner exercises……
May you have a fantastic marriage and live happily ever after.
P.S Richard make sure you stand up to Roo!!"

Simon & Sara Hall

Steak, Peppers & Mange Tout

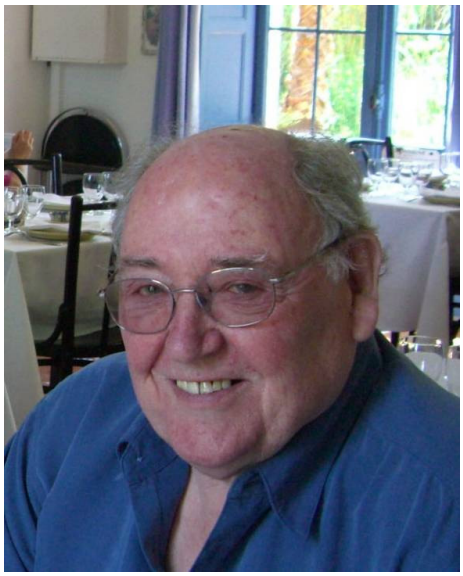
Serves 4

You will need

x4 Rump Steaks thinly sliced
x4 Red Peppers thinly sliced
x4 Portions Mange Tout
Garlic
Ginger
Soy Sauce
Olive Oil
Butter

How to prepare

Thinly dice the steak up and whack it in a pre-heated wok with a knob of butter and tablespoon of olive oil, cook for 5 minutes on medium heat.
Pile the peppers and mange tout in after 5 minutes
Add a good dose of Soy Sauce, pinch of sea salt and black pepper
Cook for a further 3 minutes
After 8 minutes in total add a spoonful of easy Garlic and Easy Ginger
Cook for 2 more minutes
Whack it on a plate and crack open a bottle of Wolf Blass Yellow Label Cabernet Sauvignon
(You can serve with Sautéed potatoes if you're not on a diet)



"Have a great wedding – nobody poisoned with the recipe – at least as yet……"

David Burgess

Prawns with Courgette

Serves 4

You will need

350g. courgettes
1¼ tsp. salt
350 – 400g peeled, good quality prawns defrosted
5 tbs. vegetable oil
6 cloves garlic, peeled, finely chopped
75g. finely chopped fresh coriander (weight without lower stems and roots)
1 fresh hot green chilli, finely chopped
½ tsp. ground turmeric
1½ tsp. ground cumin seeds
¼ tsp. cayenne
1no. 400g tin of chopped tomatoes (drain, retain liquid)
1 tsp. finely grated ginger
1 tbs. Lemon juice

How to prepare

Wash, trim and dry courgettes. Cut them into 40mm. lengths. Cut each slice lengthways into 6mm. wide strips.
Cut the strips crosswise into thirds. Put them in a colander, sprinkle with ¼ tsp. salt, toss to mix and leave for ½hr, drain and pat dry.
Dry prawns well on kitchen paper.
Heat oil in a wide shallow pot, or deep frying pan, when hot put in garlic, stir-fry until medium brown. Put in courgettes, coriander, green chilli, turmeric, cumin, cayenne, tomatoes with ½ their liquid, ginger, lemon juice and the remaining tsp. of salt. Stir to mix and bring to simmer. Add the prawns, stir them in, cover, turn heat low and simmer for
3 mins.
If it looks dry, moisten with some of the remaining tomato juice and simmer for a further 3 mins.
Serve with basmati or 3 grain rice.

"This curry recipe was given to us by my cousin Tess, who was a Lt. Col in the QUARANCS and served in India. She served them to us 45 years ago when she and 3 of her fellow nursing officers spent the weekend with us n The Lodge. "

David Burgess

Fish Curry

Serves 3/4

You will need

450 – 500 gm white fish (cod or hake or monkfish etc.) cut into chunks
4tbs. sunflower or peanut oil
2 medium onions chopped, not too finely
2 large cloves of garlic crushed
400gm. tin of chopped tomatoes
3 tbs. yoghurt

In a bowl mix the following

2tsp. ground coriander
1 tsp. ground cumin
1 tsp. garam marsala
1 tsp. turmeric
½ tsp chilli powder
1 tsp. paprika.
1 tsp. salt

How to prepare

Cook onions and garlic, add just enough water to spices to make a thick paste (not a sauce) add to onions and stir.
Add tin of tomatoes and cook for 10 -15 mins.
Add yoghurt, stir and add the fish – if the mixture is too thick add a little more water.
Reduce heat and continue until fish is cooked.
Serve with basmati or three-grain rice.
This curry freezes well.

"This curry recipe was given to us by my cousin Tess, who was a Lt. Col in the QUARANCS and served in India. She served them to us 45 years ago when she and 3 of her fellow nursing officers spent the week-end with us n The Lodge "

David Burgess

Chicken Curry

Serves 4+

You will need

4 chicken breasts or 2 breasts and 2 thighs (remove any bones of tendons) cut into chunks.
1 large onion chopped, not too finely.
4 large cloves of garlic crushed.
4 tbs. olive oil or 100gm. butter
400gm. tin chopped tomatoes

In a bowl mix the following

4 cardomon seeds
3 cloves
½ tsp. powdered ginger
1 tsp. ground cumin
1 tsp. chilli powder
2 tsp. garam marsala
2 tsp. curry powder or 2 tsp madras curry paste.
1 tsp. salt.

How to prepare

Fry onion and garlic until golden brown.

Add everything except the chicken pieces, reduce heat and stir constantly until the bottom of the pan is clear.

Add the chicken and 275 ml. water, cover pan and simmer gently over a low heat until chicken is cooked.

This curry freezes well.

"Arusha may remember this from 1980's dinner parties when I wanted to impress people with these beautiful slices of colourful rings. It smells good, looks good and tastes delicious. It can be prepared a day in advance and kept in the fridge and it is also gorgeous cold."

Patricia Vanner

Pork Roulade

Serves 4

You will need

12oz pork tenderloin
10-12oz chicken breast
Large handful of parsley
2 cloves of garlic
1 rounded teaspoon green peppercorns
1 ¾ oz can of anchovy fillets
2 large slices of ham, thinly sliced
Lemon juice
Olive oil
Salt and pepper
¼ pt single cream

How to prepare

Slice halfway through the pork fillet along its length, open out and beat out thinly, do the same with the chicken breast.
Chop parsley and anchovies finely, add crushed garlic, peppercorns and anchovy oil to make a paste.
Spread the pork with 1/3 paste and place the chicken on top.
Spread chicken with 1/3 paste, place ham on top and smear with the remainder of the paste.
Roll up from the narrow end, smear with lemon juice and olive oil.
Place in a roasting tin and cover with foil. Roast for 1½ hours at 300F/150C
Baste occasionally and remove foil for the last ½ hr.
Remove to a board and let rest while you reduce the juices in the pan, add cream and finally stir in lemon juice and check seasoning. Serve sliced.

"The taste is terrific - and it's very easy to make but you must both eat it or someone will complain about the garlicky whiff later…… We hope you have a wonderful wedding and send much love to you both."

Do Burgess

Rouille de Pêcheur

Serves 6

You will need

1.5kg (3.3lbs) small squid.
Freeze for 48 hours (cleaned by fishmonger)
12 medium potatoes peeled
3 tomatoes skinned & deseeded & chopped
Good pinch of thyme & 2 bay leaves
Salt & pepper & good pinch of cayenne pepper
Olive oil
Bay leaves

For the aioli:
6 cloves of garlic without sprouts
1 egg yolk at room temperature
1 tsp. Dijon mustard
about ½ pt Olive oil

How to prepare

First make the aioli
Crush the garlic to a pulp and mix well with mustard & egg yolk
Add the olive oil drop by drop whilst beating all the time, when the mixture begins to thicken add the oil in a steady stream.
For the rouille
Defrost the squid a bit and chop into pieces conserving all the liquid.
Put a dash of olive oil in a deep frying pan and when hot put in the squid pieces and the liquid.
Add the chopped tomatoes, thyme, bay leaves, salt, pepper and cayenne and leave all to simmer gently for a good ½ hour. Stirring occasionally.
Then add the potatoes cut into 4 or 6 pieces each and leave until just cooked.
Tip all into a serving dish, then add about 3 good dollops of aioli and mix.
Serve immediately.

"Best wishes for a wonderful journey through life together filled with love, fun and great food. Love, Stephanie, Dan, Ryan and Sean"

Stephanie, Dan, Ryan and Sean Mihalyi

Tucson-Mex Strata

Serves 6

You will need

1 cup bottled salsa
1 cup canned black beans, rinsed and drained
10 6in tortillas, cut into 1-inch strips
Cooking spray
1 cup + shredded monterey jack cheese/white cheese
1 cup low-fat sour cream
1 cup fat free milk
1.5 tsp salt
2 large eggs
2 large egg whites
1.25 cup of thinly sliced green onions

How to prepare

Combine salsa and beans in a bowl. Place one third of the tortilla strips in a 11 x7 inch baking dish coated with cooking spray. Top with one third cheese and one-third salsa. Repeat to make three layers.
Combine sour cream and next 4 ingredients (sour cream to egg whites), whisk, stir in onions. Pour over tortilla strips, sprinkle with last third of cheese. Cover and chill 8 hours or overnight
Preheat oven to 350 degrees
Remove dish from fridge and let stand at room temp for 10 min. Cover and bake 20-30 min. Uncover and bake an additional 10 min until lightly browned.

"Enjoyed this dish with you both and Maggie just before Christmas 2007. Recipe taken from a restaurant in Kaikura, NZ just before I went to see the whales in Nov 2007. Thank you for all the NZ advice Roo. Wishing you a very happy marriage with good food, warmth, love and fun being at the heart of everything you share. "

Ros Stoddard

Roasted Butternut Squash & Spinach Lasagne

"…if music be the food of love, play on"

Serves 4

You will need

1 butternut squash
3 handfuls of spinach
(with maybe a little nutmeg)
1 onion – chopped
} All from Bugels

250 mls cream
1 tub low fat cream cheese
Shavings of parmesan (or stilton)
Chestnuts/cashews/pinenuts toasted to garnish
Lasagne sheets sufficient to cover mixture

How to prepare

Chop the squash into bite sized pieces and leaving skin on gently coat with olive oil, roast until soft and puree with a little cream.
Sauté onion, add spinach and just cook a little.
Add cream cheese to spinach and stir well.
Layer the butternut squash puree first following the usual lasagne process, with the spinach mixture.
Top with lasagne sheets and pour over the cream (Very indulgent!)
Bake for 30 minutes or so then garnish with parmesan (or stilton) and chopped chestnuts if your feeling Christmassy!

Sonnet 116

Let me not to the marriage of true minds
Admit impediments. Love is not love
Which alters when it alteration finds,
Or bends with the remover to remove:
O no! it is an ever-fixed mark
That looks on tempests and is never shaken;
It is the star to every wandering bark,
Whose worth's unknown, although his height be taken.
Love's not Time's fool, though rosy lips and cheeks
Within his bending sickle's compass come:
Love alters not with his brief hours and weeks,
But bears it out even to the edge of doom.
If this be error and upon me proved,
I never writ, nor no man ever loved.

"Sonnet 116 is about love in its most ideal form. It is praising the glories of lovers who have come to each other freely, and enter into a relationship based on trust and understanding. The first four lines reveal the poet's pleasure in love that is constant and strong, and will not "alter when it alteration finds.""

Hazel and David Hughes

Pheasant Casserole

Serves 4

You will need

2 pheasants
Sunflower oil
2 tablespoons of butter
4 ozs of chopped streaky bacon
1 and a half ounces of flour
Half a pint of red wine
Half a pint of stock
2 tablespoons of cranberry sauce or redcurrant jelly
1 teaspoons of thyme
Dozen shallots.

How to prepare

Brown 2 pheasants in 2 tablespoons of sunflower oil and 1 0unce of butter
Put into a casserole
Cook 4 ounces streaky bacon in remaining fat for 3 minutes
Add the flour and cook for 1 minute to thicken
Add 2 tablespoons of cranberry or redcurrant jelly
Add 1 teaspoon of thyme and salt and pepper
Add the shallots
Pour over pheasants and cover

Cook 3 - 4 hours in low oven @140°C
cut up the following day and heat up to serve

" Roo and Rich, we chose this recipe for you because it's associated with many happy Christmas Eves and it's a great warming, winter dish.

We are so privileged to be part of your wedding celebrations. You are such a fabulous couple and we wish you great health and happiness in your life together. We look forward to spending many more happy times with you and sampling some of the lovely recipes in this book!"

Laura, Marco & Jacob Appel

Beef, Cranberry & Chestnut Casserole

Serves 6

You will need

800g diced braising beef
2 white onions, diced
2 carrots, diced
1 leek, finely sliced
Rosemary & Thyme sprigs
3 cloves of garlic, chopped finely
1 tbsp tomato puree
3 tbsp of plain flour
500 ml fresh beef stock
350 ml red wine
1 tin cooked chestnuts
1 packet of frozen or dried cranberries
Salt & pepper
Knob of butter, for frying

How to prepare

Pre-heat the oven to 150 Celsius.
Season the beef with salt & pepper and coat it lightly with flour.
Heat the butter in a large cast iron casserole dish.
Sear the beef until golden brown and remove it from the dish.
Add a little more butter and fry all the diced vegetables, garlic and herbs until they're soft and lightly coloured.
Return the beef to the pan and add the tomato puree, letting it simmer for two minutes.
Add the red wine and scrape the bottom of the pan for a couple of minutes to deglaze.
Pour in the beef stock and bring the casserole to the boil.
Now place the lid on the dish and braise in the oven for 2 hours.
Remove the dish from the oven to add the chestnuts and cranberries, and allow it to simmer for a further 30 minutes on the gas
Check the seasoning and serve with olive oil & parsley mash and fresh green peas

"Here is a wee special favourite dish of mine that I hope you enjoy. Perfect if you have a little bit of spare red wine going which may be unlikely with Roo about! Thank you for being such lovely friends as well as family. Wishing you every blessing in you marriage together."

Tim Watson

Chicken and Chickpeas

Serves 4

You will need

4 tbsp olive oil
4 chicken breasts
2 medium onions, chopped
200ml red wine
400g tin tomatoes
300ml chicken stock
1 tbsp balsamic vinegar
400g chickpeas
Large bunch basil
Salt and pepper
1 head of garlic, broken into individual cloves with the skin left on

How to prepare

Preheat the oven to 180 degrees (Gas mark 4)
On the hob, heat the oil in a casserole dish. Add the chicken breasts and brown on all sides then remove and put to one side
Turn the heat down and add the chopped onions. Stir to make sure the onions absorb all the chicken sediment at the bottom of the pan.
When the onions are soft and have started to colour, add red wine and turn up the heat. Be careful as the wine bubbles and spits. Boil until virtually all the wine has evaporated and the onions are stained red (Roo may find it difficult letting the wine going to waste but it's worth it!)
Add the tinned tomatoes, stock, balsamic vinegar and chickpeas. Rip up half the basil leaves and throw into the casserole. Season with salt and plenty of pepper, stir well and bring to the boil. Turn the heat down to a simmer and carefully arrange the chicken on top of the tomatoes and chickpeas. Sprinkle the whole garlic cloves over the top. Cover the casserole dish and place in the oven for 30 mins. Remove the lid and return to the oven for 30 mins.
Sprinkle the remaining basil over the chicken pieces, check seasoning and serve immediately.

" I left out a vital ingredient
- Love, it goes into all my recipes!
Enjoy, love Sally x "

Sally Morgan

Red Thai Curry

Serves 4

You will need

1 tbsp oil
3 level tbsp red Thai curry paste (take care)
450g / 1lb boned monkfish tail cut into rounds. I use half monkfish and half cod!
350g / 12oz large raw tiger prawns peeled
400ml can of coconut milk - full fat
200ml / 7fl oz fish stock. I use a bit of a cube for that amount
Juice of a lime
1-2 tbsp Thai fish sauce
125g / 4oz mange tout. I blanch them first
3 tbsp fresh coriander
Ready to wok noodles

How to prepare

Heat the oil in a large wok and cook the curry paste for a minute.
Add the fish cut into chunks and the prawns and stir well.
Add coconut milk, stock, limejuice and the fish sauce and bring to the boil.
Add mange tout, coriander and noodles straight from the packet.
Stir and check seasoning. It's ready when the prawns turn pink.
Can also be served with boiled rice or your type of noodles!

"Thought that you deserved something more interesting than Mark's favourite pre-race breakfast of porridge! This is a favourite Friday evening dish of ours, before a long day on the bikes! Hope that you enjoy."

Mark and Kate Lander

Smoked Haddock & Prawn Fish Pie

Serves 4

You will need

1 tbsp olive oil
1 large or 2 small leeks, trimmed and sliced
30g plain flour
300ml milk
200g prawns, cooked and peeled
400g smoked haddock fillets, skinned
3 large/ 6 small potatoes (preferably Maris Piper)
Splash of milk and knob of butter
Salt and ground black pepper

How to prepare

Pre-heat over to 200C/ 400F/ Gas 6
Peel and slice the potatoes and boil in slightly salted water for 15-18 minutes, until ready to mash.
Meanwhile, heat the oil in a large pan and add the leeks, frying for 2-3 minutes until slightly soft.
Add the flour to the pan, stir well and cook for a further 2 minutes
Remove the pan from the heat and gradually stir in the 300ml of milk. Return to the heat and cook whilst stirring well, until the sauce has thickened. Simmer gently for 5 minutes.
Stir in the prawns to the mixture and season well with salt and pepper.
Place half of the mixture in a pie dish. Then place the haddock fillets on top and spoon over the remaining mixture.
Once soft, remove the boiling potatoes from heat, drain and add in splash of milk and knob of butter; mash until smooth and spread over the top of the fish mixture.
Place the dish on a baking tray and cook for 35-40 minutes, until topping starts to turn golden.
Serve with seasonal cooked vegetables or a green salad

"This recipe was in my bible(Outback Cooking in the Camp Oven) when I was the cook in Arnhemland, Australia, for the Buffalo Mustering Company. Unfortunately I never got to try it out though on the guys, as never found a camel roaming nearby! So now I will forward the secret recipe for you to try at your next dinner party instead!

You are a wonderful couple, and feel privileged to have you as friends…… Enjoy ….. Love Michelle x"

Michelle Darch

Camel Stew

Serves 3800!!!

You will need

3 medium sized Camels (Free Range of course!)……
1 ton of salt
1 ton of pepper
500 Bushels of potatoes
200 Bushels of Carrots
3000 Sprigs of Parsley
2 Small rabbits

How to prepare

Pre-heat over to 200C/ 400F/ Gas 6
Cut the camels into small bite size pieces. This should take about 2 months.
Cut vegetables into cubes (another 2 months).
Place meat in a pan and cover with 1000 gallons of brown gravy.
Simmer for 4 weeks.
Shovel in Pepper and salt to taste.
When meat is tender, add vegetables.
Simmer slowly for a further 4 weeks.
Garnish with Parsley.

Will serve 3800 people, but if more expected, add two rabbits.

"Enjoy Arusha and Richard, A recipe for feeding family and friends. Love Rosario and Martin xx"

Rosario and Martin Hunt

Leg of Lamb cooked in Le Creuset Casserole

Serves 8-10

You will need

1 ¾ kg or 4lb Leg of Lamb
2 garlic cloves peeled and chopped
Juniper berries
1 Onion, peeled and chopped
2 carrots, peeled and chopped
Several sprigs of fresh rosemary
Half a bottle of red wine
Salt and ground black pepper
(Additional ingredients required for alternative recipe)

How to prepare

1. Make slits in skin of lamb, push garlic pieces and juniper pieces into slits.
2. Put onion, carrot and rosemary sprigs in base of casserole and place joint on top, season well.
3. Add red wine, cover with foil and lid and set aside overnight.
4. Turn joint over and replace foil and lid.
5. Cook casserole in preheated oven 150 °C of 350°F (Gas mark 4) for 3 hours approx.
6. Serve with mash potato, green beans and Delia Smith's red cabbage.

Alternative from Point 3 above but more fiddly

Blend together 4 fl.oz of port with 6 fl.oz of water, tbsp of tomato puree and tbsp of anchovy essence.
Marinade and cook for 2 hours as above
Remove joint and place in roasting tin, strain liquid from casserole into saucepan, set aside veg and add two tbsp clear honey.
Reduce liquid over high heat and pour over joint.
Increase oven temperature to 200°C and roast for 30 minutes basting frequently.

"This meal won't be a patch on anything you've cooked for us Roo, your cooking puts me to shame. Richard and Arusha, wishing you both a lifetime of happiness"

Kelly Dews

Creamy Paprika Pork

Serves 2

You will need

1 tsp oil
8oz lean pork leg or shoulder steaks, cut into small cubes
2oz chorizo sausage, sliced
1 garlic clove, crushed
1 onion, sliced
1 400g tin of chopped tomatoes
2 tsp paprika
4 tbsp greek yoghurt
freshly chopped parsley

How to prepare

Preheat oven to 160 ºC
Cook chopped pork and chorizo off in a pan with oil until golden brown
Add garlic and onion, cook for further 4 minutes
Add chopped tomatoes and paprika
Place into an oven and cook for 1.5 hours
When serving stir through Greek yoghurt, dust with paprika and parsley
Serve with mashed potatoes and green beans

"I had two choices, my first choice would have been something I used to cook over a wood fire when I was a boy scout. As this was always inedible, I went for my second choice, which I hope will remind Arusha of the country where she spent most of her childhood."

Siarlys Evans

Glamorgan Sausages

Serves 4

You will need

1 egg
½ onion chopped finely
Pinch of herbs (de Provence?)
Pinch of mustard
Salt and pepper
5oz bread crumbs
3 oz grated cheese

How to prepare

Divide egg yolk from white and mix all dry ingredients and bind with egg yolk.
Divide into small sausages and roll in flour.
Dip each into slightly beaten egg white, then roll in same (extra) breadcrumbs and fry in oil.

"With a sister in Scotland, a mother and father in France and Arusha and Richard living in England, I chose something from Wales that is ideal for clog dancers, harpists and vegetarians!!."

Barbara Evans

Anglesey Eggs

Serves 4

You will need

1 ½ lbs potatoes, boiled and mashed
3 leeks ringed and cooked in butter
½ pint of cheese sauce (1oz butter, 1 oz flour, ½ pint milk, salt and pepper and 2oz grated cheese, pinch of cayenne pepper optional)
4 hard boiled eggs
2 oz grated cheese

How to prepare

Lay cooked leeks on bottom of a suitable dish
Cut the eggs in half and put on top of leeks (white side up)
Cover with cheese sauce
Pipe of fork the potatoes on top and sprinkle with the grated cheese
Cook for 20 mins

"Hope this Salmon recipe reminds you a little bit of Vancouver
Many congratulations and best wishes
Love Doug and Karen"

Doug and Karen

Tray baked Salmon with Olives, Beans, Anchovies and Tomatoes

Serves 4

You will need

200g Green Beans
20 Cherry tomatoes
1-2 handfuls of Black olives (stoned)
2 tablespoons of extra virgin olive oil
Salt and pepper
4 x 225g Salmon fillet steaks
2 lemons
1 handful of fresh basil
12 anchovies

How to prepare

Tail all green beans and blanch until tender in boiling water. Drain
Put in a bowl with the cherry tomatoes and olives
Toss in olive oil and salt and pepper
Wash salmon and pat dry. Squeeze juice of half a lemon over the fillets. Season and drizzle a little olive oil over the top.
Preheat the oven and roasting tray at highest temperature
Put fillets of salmon at one end of the tray. Toss the basil into the beans, olives and tomatoes.
Place the bean mix into the tray at the other end from salmon
Lay the anchovies over the green beans
Roast in the preheated oven fir 10minutes then remove and serve with the lemon quarters

We enjoy this with Pizza Express salad dressing and new potatoes.

"This is a simple but very tasty recipe, and one that I have used over a number of years. We hope you find it useful, and that you will even try it out on friends one of these days!
Our very best wishes to you both."

Anthony and Gaynor Ernest

Smoked Haddock Flan

Serves 6

You will need

6oz shortcrust pastry
1 1/2 lb. smoked haddock, cooked and flaked
2 hard boiled eggs, sliced
1 small onion, thinly sliced
1 ½ - 2 lbs. cooked creamed potato
2 oz. grated Cheddar cheese
½ pint milk (infused with slice of onion, herbs, bayleaf and peppercorns)
1 rounded tablespoon plain flour
Salt and pepper

How to prepare

Set oven to 400 degreesF, or Mark 6.

Place an 8-inch flan ring on a baking sheet and line with the pastry. Place the flaked fish on the pastry with the onion on top and sliced eggs around the edge.

Melt butter in a pan, stir in the flour and blend in the strained milk.

Add the cheese and season. Stir constantly until it thickens. Spoon the sauce over the flan. Put creamed potato in a piping bag fitted with a large rose nozzle. Pipe potato around edge of flan and across the centre in a lattice pattern.

Place in oven for 20 – 30 minutes until brown. Serves 4 -5.

"It's not so much the dish but what it represents as to why we chose Paella. This dish simply reminds us of amazing Summers, well any time of year really… in Puerto Banus on the beach and we know it's a place that both Richard and Arusha love as much as Simon and I do. Wishing you both a life time of happiness and many more paellas, not only at sunny Pedros but now in 'Casa Hurd'."

Gabriella Hunt and Simon May

Spanish Paella

Serves 4

You will need

200g paella rice
Olive oil
1.5 pints of chicken/vegetable stock
Chicken or pork cut into chunks
1 large onion, peeled and roughly chopped
1 red pepper, deseeded and roughly chopped into chunks
55g Spanish chorizo cut into small pieces
50g prawns
As much garlic as you want, peeled and crushed
A small glass of dry white wine
1 heaped teaspoon paprika
½ level teaspoon saffron strands
120g ripe red tomatoes, skinned and roughly diced
25g frozen peas
8 large tiger prawns to garnish
1 lemon, cut into wedges, to garnish
Salt and freshly milled black pepper

How to prepare

Heat some olive oil in a paella dish or heavy-based saucepan Add the chorizo, the garlic, onion and pepper and heat until softened. Add the rice, and stir until all the grains of rice are nicely coated and glossy. Now add the paprika and dry white wine. Meanwhile brown the chicken pieces in a separate pan ready to be added later. Once the wine has evaporated, slowly add the hot chicken stock including the saffron, add the chicken pieces and cook for 5 – 10 minutes. Sprinkle in the peas and chopped tomatoes and continue to cook gently for another 10 minutes. Meanwhile, heat some oil with the garlic cloves in a separate pan and add the prawns. Fry quickly for a minute or two then add them to the paella. If you were cooking calamari you would do the same and add them to the paella too. Garnish with lemon wedges and tiger prawns. Serve with cold rose wine and fresh crunchy bread…enjoy ☺

"This is one of our 'go-to' recipes if people are coming over for dinner spur of the moment, as it's quick, easy and very flavourful. We don't always do the potatoes, as they are like yummy plump chips in a way!! Mmmm…

With hugs, kisses and wedded wishes for a marriage that is as warm and cozy as your kitchen!

All our love,

The West Coast Dowlings"

Tracey, David, Trinity and Arielle

Superb Lemon Herb Chicken with Roast Potatoes

Serves 4

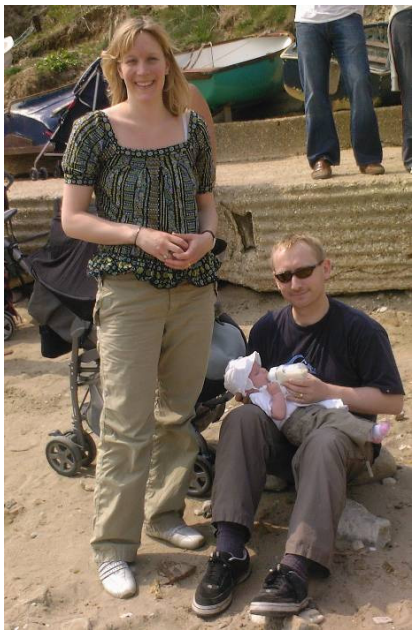
You will need

1 medium chicken, about 1.5 kg (3¼ lb)
1 large lemon
large sprig of sage
large sprig of rosemary
25 g (2 tablespoons) butter, at room temperature
2 garlic cloves, crushed
1 tablespoon olive oil
750 g (1½ lb) floury potatoes, such as King Edward or Maris Piper
sea salt and freshly ground black pepper

How to prepare

Pre-heat the oven to 200 C/400 F/Gas 6. Snip any strings that are binding the chicken legs, then wipe inside the cavity with paper towel and season. Cut the lemon into 5 or 6 pieces and push them into the cavity with the sage and rosemary sprigs. Mix together the butter and garlic with some salt and pepper. Loosen the skin on the breast then, using your fingers, spread the butter between the flesh and the skin. Pull the skin back into place. Place the bird in a large roasting pan and brush all over with a little oil and a sprinkling of course salt. Roast for 30 minutes. Meanwhile, peel and cube the potatoes then cook in a pan of boiling water [not cold first] for exactly 5 minutes. Drain in a colander then shake vigorously to 'fluff up' the outside of the potatoes – this helps give them a lovely, crunchy finish when they are roasted.

Open the oven and quickly toss the potatoes into the pan, shaking to coat them in the buttery chicken juices. Return to the oven for 1 hour, without turning or poking until the chicken is cooked through and golden and the potatoes are crunchy and golden on the outside and fluffy and floury on the inside. Cut the chicken into quarters and serve with the pan juices and roasties.



"Roo & Richard – The key to this recipe is the quality of the wine you drink with it and the amount you drink of it. The more you drink the better the risotto tastes! Hope you have lots of fun cooking up this recipe and others in your married life together. Remember married life in the kitchen should be just as much fun as the bedroom…….be creative, inventive and experiment and you'll continue to have fun and surprise each other three meals a day!!! (Becky will kill me when she reads this!). Lots of love from the three of us. XXX"

Gavin, Becky and Emily Sanderson

Veggie Risotto

Serves 4

You will need

200g Rice
125g Baby Sweetcorn
125g Asparagus tips
1 yellow pepper
1 red pepper
1 courgette
A dozen button mushrooms
A dozen cherry tomatoes
1 medium onion
Stock (1/2 litre) and as needed
Splash of white wine
Tsp wholegrain mustard (optional)
Tsp Marmite (optional)

How to prepare

Chop all veggies and stir fry for 5 minutes
Add the wine, mustard and marmite and stir for 3-5 minutes
Add the rice to the pan and 1/2litre veggie stock
Stir once then cover and simmer for 15-20mins or until rice softened nicely
Serve up and enjoy with a nice bottle of wine

"Friendship, a dear balm…..
A smile among dark frowns:
A beloved light:
A solitude, a refuge, a delight."

Sara and Marc Joyce

Lamb Shanks cooked in Red Wine

Serves 4

You will need

4 good sized lamb shanks
1 large onion
Bottle of red wine (some for the sauce, some for the chef)
¼ to ½ pint of lamb stock
Blackcurrant or cherry jam
Salt and pepper
Cornflower (optional for thickening sauce at the end)

How to prepare

Remove as much fat from the shanks as possible (keeping them intact). Brown them off and set to one side.
Slice onion and sauté until well cooked (but not burnt)
Add ½ to ¾ of the wine + lamb stock to the onions (in large casserole dish), add two dessertspoons of jam (you may want to add more at the end!)
Put shanks in the wine and onion mixture, cover and cook gently for 2-3 hours.
Finally season and thicken sauce if requires.
Enjoy x

"Arusha and Rich, Have a great day and enjoy everyday in the future together I chose this recipe as its easy to prepare and cook. Also warming in a dull, cold winter day and sometimes there is a portion left over for another day.."

Geoff Padfield

Gingered Beef

Serves 4

You will need

675g Braising steak, trimmed and cut into 2.5cm cubes
50g flour
Salt and Freshly ground black pepper
1 ½ - 2 teaspoons ground ginger
3 tbsp oil
1 tbsp grated ginger
1 garlic clove, peeled and crushed
2 onions, peeled and sliced
300ml beef stock
1 x 225g can tomatoes
2 tbsp vinegar
1 tbsp thick honey
1 tbsp Worcester sauce
1 x 425g can ed kidney beans or cannelloni beans drained

How to prepare

Coat the meat with flour seasoned with salt, pepper and ground ginger
Heat the oil in a pan and fry the meat to seal. Transfer to a casserole. Fry the root ginger, garlic and onions in the same fat until lightly browned then stir in the remaining seasoned flour and cook for 1 min.
Gradually add the stock, tomatoes, vinegar, honey and Worcester sauce, with salt and pepper to taste. Bring to the boil. Pour over the beef, cover the casserole and cook in a preheated oven (160 degrees / Gas Mark 3) for about 1 ¾ hours or until almost tender.
Add the beans and stir through the casserole, adjust the seasoning, Replace the lid and return to the oven for 20-25 mins. Serve with jacket potatoes and a salad.

"Dear Richard & Arusha,

Many congratulations on tying the knot! I wish you a lifetime of happiness together. This is my favourite supper dish and has also been a successful dinner party recipe too. Guaranteed not to go wrong!"

Cath Heron

Chicken Myers

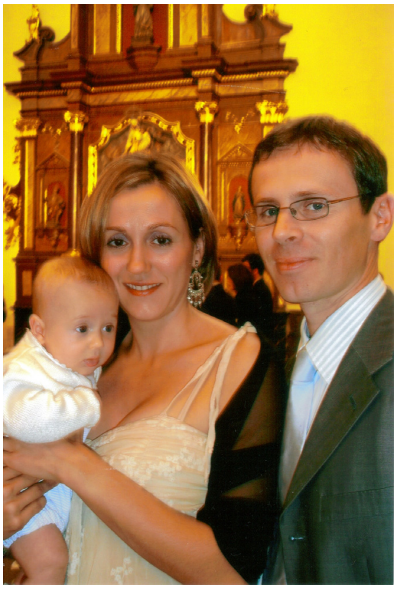
Serves 2

You will need

2 skinless chicken breasts
Broccoli to cover base of dish
1 tin condensed chicken soup
1 dessert spoon curry powder
4 tablespoons of mayonnaise
4 tablespoons of double cream
Cheddar cheese

How to prepare

Place the broccoli in the bottom of a casserole dish.
Lay the chicken breasts on top of the broccoli.
Mix together the soup, curry powder, mayonnaise and cream and spread this over the chicken and broccoli.
Grate the cheese and sprinkle over the top to cover the soup mixture.



"Dear Arusha and Richard, We hope you enjoy this Basque dish. It is easy, light and healthy. It will even keep you fit with all the shaking. We wish you love, love and even more love in your marriage, the rest will then fit in.

From Graham, Leire and Archie.

Vivan los Narios!!"

Graham and Leire

Haddock in Green Sauce with Clams

Serves 4

You will need

8 clams (big ones)
2 spoonfuls of extra virgin olive oil
1 garlic clove peeled and crushed
A nick of flour, salt to your taste
½kg of haddock (organic or fresh) with skin and cut in 4 pieces
1 spoonful of parslip chopped and 1 ½ spoonful of dry white wine

How to prepare

Put to boil 1 litre of water in a big pan. Put in 4 clams in to boil for 5-10 seconds until they open slightly. Take them out and do the same with the other 4. Have a bowl ready, hold the clam above and get the clam out with a knife. Keep the juice in the bowl with the clams.
In a big enough pan (mud or metal, in the Basque country we would use mud) heat up the oil at low heat. Add the garlic until it floats but do not let it go brown (45 seconds or so). Add the flour. Put a bit of salt on top of the fish and put it in pan with skin facing down. Add the parslip. Cook for 3-4 mins moving the pan in circular movements or moving the fish in circles with a wooden spoon Turn the haddock and repeat the same process. The trick is to heat the fish at a very slow temperature. Add the clams its juice and the wine – cook for a further 4 mins but do not let the liquid boil. The natural gelatine of the fish will mix with the oil and create a light green sauce. Add salt to taste and serve immediately.

"As you both know, I (Jo) cannot cook, but this is the first thing I learned to make as a newly married woman! We have had lots of fun making this recipe and we hope you enjoy it too! (It does create a lot of washing up though!) We wish you all the love and happiness in the world and cannot wait to see you both on your special wedding day. Xxxx"

Jo and Lloyd Randall

Smoked Salmon Spaghetti

Serves 4

You will need

450g dried buckwheat spaghetti
2 tbsp olive oil
90g feta cheese, crumbled
Salt
Fresh coriander or parsley leaves, to garnish

Smoked Salmon Sauce:
300ml double cream
150ml whisky or brandy
125g smoked salmon
Cayenne pepper
Pepper
2 tbsp chopped fresh coriander

How to prepare

Bring a large saucepan of lightly salted water to the boil. Add the spaghetti and 1 tablespoon of the olive oil and cook for 8-10 minutes until tender, but firm to the bite. Drain the spaghetti, return to the pan and sprinkle over the remaining oil. Cover, shake the pan, set aside and keep warm.

To make the sauce, pour the cream into a small saucepan and bring to simmering point, but do not let it boil. Pour the whiskey into another small saucepan and bring to simmering point, but do not allow it to boil. Remove both saucepans from the heat and mix together the cream and whiskey.

Cut the smoked salmon into thin strips and add to the cream mixture. Season to taste with cayenne pepper and pepper. Just before serving, stir in the chopped coriander.

Transfer the spaghetti to a warmed serving dish, pour over the sauce and toss thoroughly with 2 large forks. Scatter over the crumbled feta cheese, garnish with the coriander leaves and serve immediately.

"The photo of Gary, Pattie and Bartie, with Blackcomb in the background brings back great memories that the five of us spent together that yesr. Skiing at Blackcomb and Whistler every weekend, sharing food and wine and travel tales filled many of our days and evenings. It was a remarkable season with our two new friends, Rich and Roo. Wishing you all good things in your future endeavors. Love Gary, Pattie, Bartie and Maki."

Gary Albright and Pattie Keating

Grilled Herb Chicken Breasts

Serves 4

You will need

4 large chicken breasts
125ml of lemon juice
50ml Dijon mustard
1 tbsp each chopped fresh rosemary and thyme
1 tbsp chopped fresh parsley
1 tbsp olive oil
2 tsp grated lemon rind
¼ tsp pepper

How to prepare

Wash chicken and pat dry. In a large plastic bag or bowl, combine lemon juice, mustard, rosemary, thyme, parsley, oil, lemon rind and pepper. Add chicken pieces and cover. Close bag or cover mixed marinated chicken in bowl and refrigerate for 2 hours or over night.
Arrange chicken breasts skin side down in 11x7 inch casserole, with thick portions to the outside.
Bake in the oven at 180ºC, until tender (or Barbecue skin side up – basting with marinate and turning often)

Ps. Beware of Gary's not so famous "blackened chicken"

"To Rich and Roo,
Always a memorable evening to share a fondue with friends! Hope to indulge in one with you either in the UK or on the slopes in the near future – forfeits and all!
With lots of love and happiness for your future together,
Jase, Mills, Connor, Bryony and Max
PS: Rich – don't forget to always watch out for spiral staircases when enjoying a fondue and too much wine! (New Year Brancaster c.1994)."

Jason, Camilla, Connor, Bryony and Max Field

Cheese Fondue

Serves 4

You will need

600 g. (21 oz.) shredded cheese (1/2 Gruyere, 1/2 Emmental)
1 garlic clove
1 1/4 c. dry white wine
Bread cubes for dipping
3 small glasses Kirsch (you can find this in a liqueur store)
ground pepper
nutmeg, 3 tsp. cornstarch

How to prepare

Rub a heavy saucepan or heat proof clay fondue pot with the split garlic clove. Dissolve the cornstarch in the kirsch. Put the cheese and wine into the pan and slowly bring to a boil, stirring constantly. When the cheese is completely melted, add the kirsch and cornstarch mixture, stirring vigorously. Continue to cook. Season with pepper and nutmeg
to taste. Serve over an alcohol lamp. The cooking should continue on low heat. Stir constantly with small pieces of bread speared on a fondue fork.. There are several varieties of fondue:
-In the canton of Vaud, fondue is either served Moitié-moitié (half/half), meaning 300 g (10 1/2 oz.) Fribourg Vacherin and 300 g. Gruyere, or only with Vacherin but without wine. The latter version calls for a very ripe Vacherin. The cheese is melted at low heat with 1/3 c. hot water. The fondue should not boil. It is served in a fondue pot over a candle (not alcohol burner).
-In the Jura region, the fondue is made up of at least ½ Jura cheese and enhanced with 1-2 shallots per person. The shallots are eaten last.
-In Geneva, three kinds of cheese are used: Gruyere, Emmentaler and a Vaudois (region) cheese. Then, sautéed chopped morels (fresh or dried and pre-soaked) or diced tomatoes are added.
-In Switzerland, fondue is usually eaten with bite-sized pieces of crusty bread speared onto a fondue fork; however, one can also use small potatoes or potato pieces. Fondue aficionados dunk their bread in kirsch before dipping into the cheese. And don't forget: whoever loses his bread in the pan must pay for a round of beer or a bottle of wine.

"Rice dishes have an important place in the cuisine of northern Italy, particularly in the regions of Emilia-Romagna and Piemonte that lie to the south and west of Milan respectively. In the best of Italian traditions, this is a family recipe that is simple and enjoyable to cook.

Pour two glasses from the second bottle of wine and enjoy.
It tastes better than it looks!
Best Wishes
Judith and Gabriel xx"

Judith and Gabs

Risotto con Porcini

Serves 2

You will need

50g (2oz) butter
2 tablespoons of extra virgin olive oil
1 medium onion, finely chopped
1 glass of good dry white wine
100g fresh mushrooms, sliced
25g dried porcini mushrooms
1 pint or 500ml of chicken stock
Freshly grated Parmesan cheese
1 stick of celery finely chopped
200g Arborio rice

How to prepare

Heat the stock. Put the dried porcini mushrooms in a cup and pour on boiling water. Leave to soak for 5 minutes before draining. Melt the butter with the oil in a deep, heavy pan. Add the onion and celery then sautee until transparent or lightly gold in colour. Add the sliced fresh mushrooms and continue to fry for 2 minutes. Add the rice and stir thoroughly but gently to ensure all grains of rice are coated with the butter and oil. Continue to stir and turn the rice with a wooden spoon for 3-5 minutes to ensure that the butter is absorbed and the whole mixture starts to become dry. Add one glass of the wine, stir well and cover the pot over a low heat until absorbed. Ensure that the chicken stock is simmering and ready to add to the rice. Add one cup of the stock and the porcini mushrooms and stir thoroughly. Continue to stir until most of the liquid has been absorbed by the rice before adding the next cup of stock. Repeat this process until all of the stock has been used and absorbed by the rice, which should be 'al dente'. The gradual, even addition of the stock is the key to making a good risotto. This should take approximately 20 minutes and this time should allow you to enjoy a glass or two together from the remainder of the bottle of wine. We often finish the bottle before the risotto is finished cooking! Once all the stock has been used, turn off the heat. Add the Parmesan cheese and gently stir thoroughly. Cover the pan and let the risotto settle for 2 minutes. Prepare 2 warmed plates for serving by arranging wild rocket around the perimeter and dress with a little olive oil and balsamic vinegar. Place the risotto in the middle of the plate and add more freshly grated Parmesan cheese.

Desserts

"A Bit of Scotland, a bit of Chocolate and lots of yum! – a sure success every time.

Wishing you lots of love, happy memories and good food as you set out on your lives together."

Alice Watson

Scottish Strawberry and White Chocolate Cheesecake

Serves 6

You will need

175g Shortbread biscuits
50g softened unsalted butter
200g melted white chocolate
300g full fat/ medium fat soft cream cheese
200g fromage frais
225g strawberries (roughly chopped)
(For an extra hit of flavour, try using lemon or ginger shortbread biscuits)

How to prepare

Put the shortbread biscuits in the plastic bag and bash with a rolling pin until they resemble breadcrumbs
Mix the biscuit crumbs together with the softened butter and press firmly onto the base and sides of a 20cm springform tin. Refrigerate until needed.
Melt the white chocolate in a bowl on a low height
Beat together the cream cheese and fromage frais until smooth and thick.
Add the strawberries to the cheese mixture with the melted chocolate and mix
Spoon the cheesecake filling onto the biscuit case
Level the top and chill for about 4 hours until set

"Fruit cakes are usually for special occasions and a wedding, between two very special people, is definitely one of those. When you make this cake perhaps you will remember your day as I remember the friend who gave me the recipe years ago."

Maureen and Roy Hurd

Boiled Fruit Cake

Serves 16-18

You will need

Firstly…..

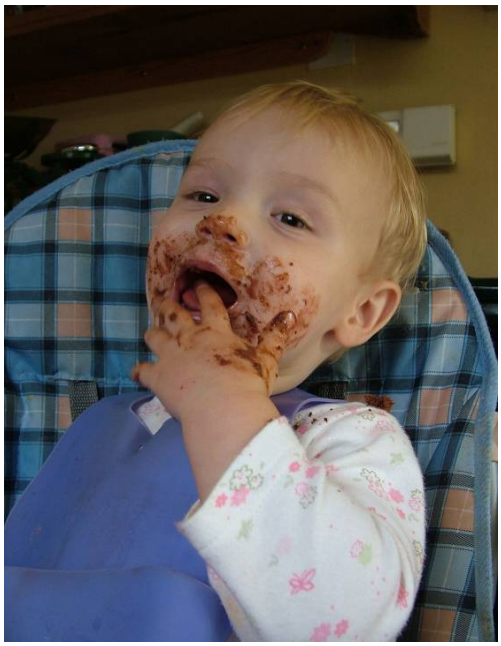
1 cup water
175 oz. soft dark brown sugar
1 teasp. Mixed spice
Half teasp. Bicarb.
225g. butter/marg

Secondly…..

2 beaten eggs
225g. self-raising flour
1 teasp. baking powder

How to prepare

Mix the above "Firstly…." ingredients in a large pan – boil for 6 mins. and allow to cool.
Add the above "Secondly…." Ingredients and stir into the fruit mix
Line an 8 inch cake tin (with a loose base) with brown or greaseproof paper. Add, cake mixture.
Bake at 200 degrees C for 1 hr. (Put foil on top for first 45 minutes). Check to see it is cooked through, if not put it back in for 10-15 minutes.



"YUM-YUM!"

Abbie Hurd

Abbie's Malteser Cake

Serves 8-10

You will need

85g (3oz) Butter
2 tbspn Golden Syrup
2 tbspn Cocoa
170g (6oz) Digestive Biscuits
170g (6oz) Maltesers

How to prepare

Crush the Digestive biscuits and half the Maltesers.
Melt the butter and golden syrup in small heavy based saucepan.
Stir in the cocoa powder, Digestive biscuits and crushed Maltesers until well combined.
Allow to cool slightly, then stir in the whole Maltesers.
Line a 1lb loaf tin with Clingfilm, pour in the mixture and press down well, making sure you don't crush the whole Maltesers.
Chill until set. (About 2 hours).
Slice the chocolate Malteser cake into chunky fingers and serve.

"This is best eaten by candle light in a double ended bath or else it just doesn't taste the same. Lots of love from Becky and Geoff"

Becky and Geoff

Night Before Tiramisu

Serves 6

You will need
3 large egg yolks
2 large egg whites (whisked)
50g caster sugar
225g tub mascarpone
150ml strong cold espresso coffee
3 tbs rum or coffee liquor
125g packet of slim Italian sponge fingers (the crispy ones)
Cocoa powder to decorate

How to prepare
Wisk yolks and sugar
Soften mascarpone by stirring in a large bowl
Combine yolk/sugar mix to mascarpone then fold in whisked egg whites
Soak sponge in spirit and coffee mixture and mix to break up sponges
Layer Mascarpone and sponge mixture in a posh glass so you have about 4 layers
(Chill in between additions if concerned about 'sinking' of the sponge mix into the rest)

Keep in fridge covered, before serving sprinkle a pinch of cocoa on top.

"This dessert always seems to go down well at dinner parties and if you don't happen to have a large flan tin you can always borrow mine!

You've been great neighbours for the past two years and I am delighted that you have decided to 'tie the knot' at last. Wishing you both a wonderful wedding day and many happy years together"

Maggie

Tarte au Citron

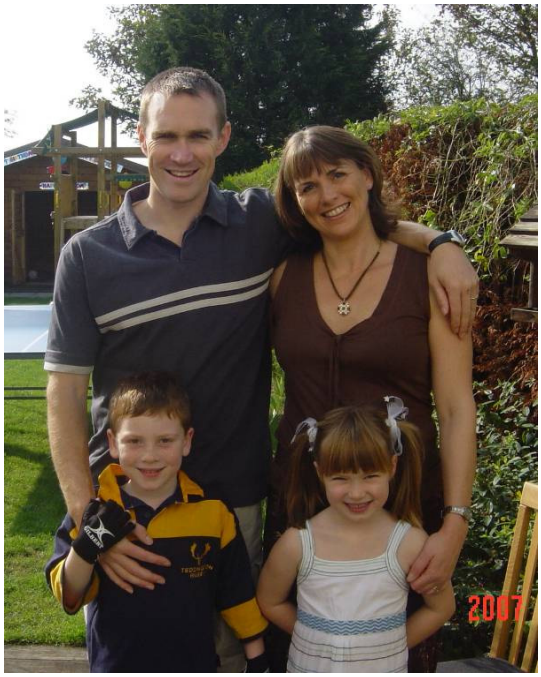
Serves 6

You will need
23cm/ 9inch round flan tin with loose base

For the pastry :
150g (5oz) plain four
75g (3oz) butter, cut into small pieces
25g (1oz) caster sugar
1 egg yolk
cold water to mix

For the filling:
2 eggs (size 3) + 2 yolks
115g (4oz) caster sugar
150ml (1/4 pint) crème fraîche
Juice and finely grated rind of 2 lemons

How to prepare
Sift the flour into a bowl, add the butter and rub in until the mixture resembles fine breadcrumbs. Gently stir in the sugar, egg yolk and enough water to make a firm dough.
Knead the dough until smooth on a lightly floured surface.
Roll out the pastry and line the flan tin. Neaten the edges, then chill in the fridge for at least 30 minutes.
Preheat the oven to 200°C / Gas mark 6
Line the pastry case with greaseproof paper and cooking beans. Bake for 10 -15 minutes, till the pastry is set. Remove pastry case from oven and reduce oven temperature to 170°C
Make the filling: Whisk together the eggs, extra egg yolks and sugar in a bowl until thick and pale. Whisk in the crème fraîche, then stir in the lemon juice and rind. Pour into the pastry case.
Bake for 40 – 45 minutes until the filling is set and lightly browned. Cool in the tin, then remove to a serving plate. Dust with icing sugar and decorate with lemon slices.



"We are very pleased to be celebrating your wedding with you, and we hope that this wedding day occurs without any visits to casualty for tendon surgery!

Good luck for your big day and the rest of your lives together.

Love Mark, Julie, Ben and Phoebe Wilkins"

Mark, Julie, Ben and Phoebe Wilkins

Hot Raspberry and Mascarpone Brûlée

Serves: You decide!!

You will need

Raspberries
Mascarpone Cheese
Caster Sugar
Almond thin biscuits (optional)

How to prepare

Pile raspberries into a ramekin dish (as many as you need). Top with mascarpone cheese and smooth with a palette knife. Sprinkle with caster sugar until completely covered.

Place under a very hot pre-heated grill until sugar begins to caramelise (about 2-4 mins). Serve with almond thins on the side.

Very quick, very easy and very yummy.

"Arusha and Richard I'm sure you'll both enjoy this yummy tart."

Joyce and Mark Vanner

Chocolate Tart

Serves 8

You will need

For the Pastry:
60g butter, plus extra for greasing
125g plain flour
5 tbsp cold water
For the Filling:
200g dark chocolate
75g unsalted butter
2 eggs
75g caster sugar
Icing sugar for dusting
Few raspberries to decorate

How to prepare

Preheat oven to 180C, gas 4. Using a little butter, grease a shallow 20cm round flan tin.
For the pastry, using your fingertips, rub together 60g butter and the flour until the mixture looks like breadcrumbs. Mixing continuously, add the water bit by bit - but take care not to let it become too sticky – until it forms a dough ball.
Roll out on a floured work surface, until pastry is about 3mm thick. Use to line the tin and prick all over the base with a fork. Bake for 10 minutes.
Meanwhile, break the chocolate into a heat-proof bowl, add 75g of butter and place over a pan of simmering water.
Whisk together eggs and sugar until light and creamy. Pour chocolate and butter mixture over and stir thoroughly.
Pour into the pastry case and bake for 10-15 minutes. Leave to cool then dust with icing sugar and decorate with raspberries. Serve with cream.

"This is an express Tiramisu which only takes 20 minutes to make but tastes delicious! Be warned though – it is not for the calorie shy.

Rich and Roo, Wishing you every happiness in the years ahead. Happy cooking!"

Kerry and Phil Rolaston

Express Tiramisu

Serves 6

You will need

175ml (6fl oz) strong black coffee
3 tablespoons Marsala or sherry
3 tablespoons brandy
8 trifle sponges (cut in half lengthways)
250g tub marscapone
284ml carton double cream, lightly whipped
4 level tablespoons icing sugar (sifted)
25g (1oz) cocoa powder

How to prepare

Mix together the coffee, Marsala and brandy.
Place 4 trifle sponges in a serving dish and pour over half the coffee mixture.
Mix together the marscapone, cream and icing sugar and spoon half over the trifle sponges.
Place the remaining trifle sponges on top, and pour over the remaining coffee mixture.
Top with the rest of the marscapone mixture and smooth the surface. Sieve cocoa over the top and chill for at least 2-3 hours before serving

This &
That

"Yummy Chocolate Crispy Cakes!!"

Oliver Dews (Age 4)

Chocolate Rice Crispy Cake

Serves: Just Oliver! Nobody else has a look in!

You will need
1 large bar of dairy milk chocolate
2 cups of rice crispys

How to prepare

Boil a pan of water, place a heat proof bowl over pan, break chocolate up into cubes – trying not to nibble any.
Place chocolate into bowl keep stirring until melted – be careful not to let burn.
Remove from the heat, add rice crispys, stir in until chocolate covers all of the rice crispys, and transfer to a plate.
Smooth out onto plate, place into refrigerator for approx. 2 hours.
Slice into finger size pieces and serve to little monsters

"Here is a good old Welsh recipe I have had many years. Lots of love on your wedding day."

Lilian and Des Taylor

Welsh Cakes

You will need
1 lb flour
4 oz margarine
4 oz lard
4 oz currants
6 oz sugar
½ teaspoon mixed juice
1 teaspoon baking powder
1 egg
pinch salt
2 tablespoons milk

How to prepare
Sift the flour, baking powder and salt together.
Rub in the fat and add the other ingredients
Beat the egg lightly and add with enough milk to make a firm paste.
Roll out on a floured board to a thickness of ½ inch and cut into rounds.
Cook on a greased griddle for about 3 minutes on each side until golden brown.
Cool and sprinkle with sugar.
Serve alone or with butter.

"I'm not really a cook but I like pancakes so this should work fairly well. Have to admit I stole it from Delia though!!!

Have fun x"!

Lisa Turner

Pancakes

Makes about 10-15 pancakes – depending on the pan – but can be halved to make 5-7

You will need

4 oz plain flour (110 g)

2 large eggs

7 fl oz milk (200 ml) mixed with 3 fl oz water (75 ml)

Butter (about 3 tablespoons melted)

Salt

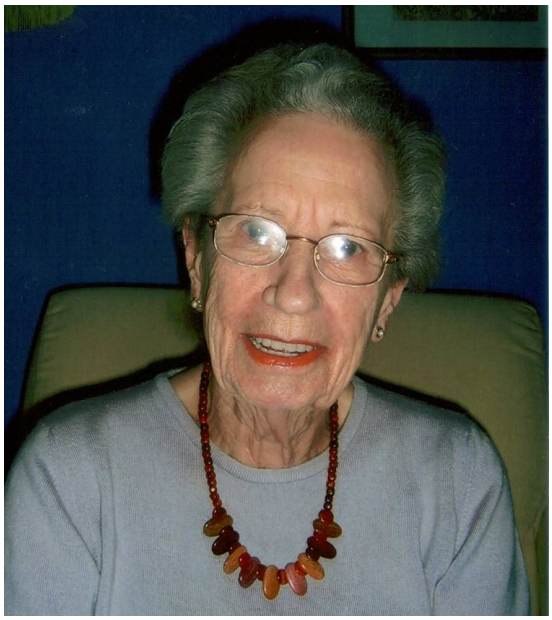
How to prepare

Sieve the flour into a measuring jug (or mixing bowl) and make a well in the centre. Break in the eggs and whisk these (either with whisk or fork) slowly adding in flour from around edge. When the mixture is fairly dense, slowly add the milk and water. Keep going till all the milk and water is added and the mixture is smooth.

Melt the butter in the frying pan and then pour half into the pancake mixture and the other half into a jug to use for frying. Pour the mixture into the frying pan and swirl it round so that it thinly covers the bottom of the pan. Lift the edges to check how it's cooking and turn it as soon as it moves easily away from the bottom. When both sides are done, put on a warm plate in the oven while cooking the rest. The first pancake may be a bit dodgy!

Serve with any topping you like.

If you prefer American pancakes, do as above but add a teaspoon of baking powder to the mixture (or use self-raising) and reduce the amount of milk & water so that the mixture is milkshake consistency.



"I lost the cameo from my ring and never thought to see it again – guess where it turned up? In a piece of Keir's Tiffin!! You can imagine the laughter!

Love and many years of happiness to you both."

Gran

Tiffin

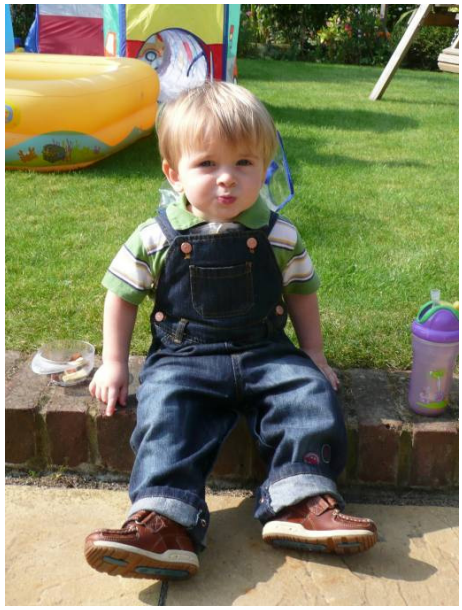
Serves 6+

You will need

½ lb. Digestive biscuits (crushed)
2 tbs. Syrup
2 dessert spoons cocoa
¼ lb. Margarine
1 dsp. Sugar
½ tea cup raisins, walnuts and cherries
8ozs. Chocolate

How to prepare

Put margarine, sugar, syrup in a saucepan and allow to melt over a low heat.
Stir in sieved cocoa
Add raisins, chopped walnuts and cherries and biscuits
Pack into a lined tin (greased)
Cover with melted chocolate
Allow to set
Cut into squares or fingers



"Corin loves to pick the raisins out his muffin first, then crumbling it all over the table before diligently eating every crumb. He hopes you enjoy your muffins as much as he loves his.

We all wish you every happiness both now and for the future. And lots of cake baking and eating sessions! Much love, Cathy, Rick and Corin."

Cathy, Rick and Corin

Corin's Scrummy Pineapple & Raisin Muffins

Makes 12 muffins

You will need

110g / 4oz plain flour
100g / 4oz plain wholemeal flour
1 tsp baking powder
2/4 tsp bicarbonate of soda
1 tsp ground cinnamon
1 tsp ground ginger
½ tsp salt
175ml / 6floz vegetable oil
75g / 3 oz caster sugar
2 eggs
125g / 41/2 oz canned crushed pineapple, drained
100g / 4oz raisins

How to prepare

Preheat the oven to 180 C/ 359 F / Gas mark 4.
Sift together the flours, baking power, bicarbonate of soda, cinnamon, ginger and salt and mix well.
Beat the oil, sugar and eggs together until well blended.
Add the grated carrots, crushed pineapple and raisins.
Gradually add the flour mixture, beating just enough to combine all the ingredients
Pour the batter into muffin trays lined with paper cases.
Bake for about 25 minutes or until golden.
Cool on a wire rack.
Yum yum yum.

"These muffins fill your whole house with a delicious Christmas smell. According to Mum best served with a glass of mulled wine!"

Ieuan and Meg Vanner

Cranberry and Cinnamon Christmas Muffins

Makes 12 muffins

You will need

300g(10oz) Self raising flour
2 level teaspoons cinnamon
1 level teaspoon baking powder
150g(5oz) Demerara sugar
200g(7oz) dried cranberries
250ml(8oz) milk
2 medium eggs
4 tablespoons sunflower oil
12-hole muffin tin, lined with paper cases

How to prepare

Set the oven to fairly hot, Gas mark 6 or 200 C.
Sift the flour, cinnamon and baking powder into a bowl and stir in 125g (4oz) Demerara sugar, and the cranberries.
Lightly beat together the milk, eggs and oil and stir into the dry ingredients. Spoon into the paper cases in the muffin tin.
Sprinkle the reserved Demerara sugar over the top. Bake in the centre of the oven for 15-20 minutes until risen and firm to the touch when lightly pressed in the centre.
Remove from the oven and transfer to wire rack to cool.

"This recipe has been translated from a Swiss recipe book- the brownies are soooo delicious, Richard you will have to be quick to get any before Roo inhales them all!

We wish you a wedding day that is decadent, a future that is rich and a lifetime of sweet memories."

Barbara and Damian Towns

Super-Duper Swiss Brownies

Serves approx 25 squares (depends on how many sweet-tooths you are serving)

You will need

50 g butter or margarine
200g dark or semi-sweet chocolate
2 eggs
100g sugar
1 tsp vanilla sugar or extract
1 pinch salt
100g walnuts, chopped
75g flour

How to prepare

Melt butter in a pan over medium heat. Add chocolate, broken up into squares. Stir until melted, allow to cool lightly.
Combine eggs, sugar, vanilla and salt in a bowl. Stir until mixture lightens in colour. Add the melted chocolate mixture.
Mix walnuts and flour. Add to batter and pour into buttered square pan.
Bake 20 minutes in the middle of pre-heated oven (180 C). The brownies should still be moist inside when removed from oven.
Allow to cool slightly, then cut into squares and allow to cool completely in pan.
Topping- optional, you can dust with cocoa powder or a chocolate glaze if the 200g of chocolate in the recipe isn't enough!

"Yummy!"

We hope this book provides the perfect recipe for your happy marriage……

…..and a lifetime of love, happiness and beautiful meals to share together.

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