



*Traditional recipes with a sustainable twist!*





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# What is sustainability?

*Sustainability consists of fulfilling the needs of current generations without compromising the needs of future generations, while ensuring a balance between economic growth, environmental care and social well-being.*

Six tips to help you eat more sustainably

1. Eat more plants. Let's focus on vegetables, beans and nuts. ...
2. Eat a variety of food. This is all about expanding our taste horizons...
3. Waste less food...
4. Moderate your meal...
5. Buy food that meets a credible certified standard...
6. Eat fewer foods high in fat, salt and sugar.





# Main Courses







### The Recipe-

12 sticks of celery, chopped  
1 medium onion  
A handful of finely chopped cabbage  
2 cloves of garlic, crushed  
1 tbsp butter  
3 pints of stock  
1 can of chopped tomatoes  
3 medium sized beetroot roughly grated  
2 medium carrots, grated  
1 large potato, diced  
A handful of fresh dill  
Salt and ground pepper to taste

My husband and my family are originally from Ukraine and tell stories of how beetroot grew in abundance all year round. We never bought it in supermarkets - it was always pulled fresh from the garden. It will always remind us of our own roots and especially with the horror of the current situation in Ukraine it brings us comfort.



### Method-

Melt the butter and fry the onions, celery and cabbage until soft but not browned. Add the tin tomatoes, garlic and stock then bring to boil then let simmer. Add the prepared beetroot, carrots and potatoes. (Any other veg can be added at this stage). Keep simmering until the beetroot and potatoes are soft and cooked. Remove from heat and stir in dill and season to taste with salt and pepper. Serve in individual dishes with a dollop of sour cream and fresh bread. .

Janice Teigar



# Plot-to-Plate Eating

Plot-to-Plate eating, which essentially calls for as much produce as possible to be home grown and harvested. If home growing is not an option, many simply source produce as locally as possible.

Incorporate lots of plant-based produce, as this often requires less energy from fossil fuels, less land and less water than meat.

Where meat is used, sourcing it ethically and sustainably. This means ensuring a high quality of animal welfare and sustainable practices by farmers.

Furthermore, when using meat, encourage a nose-to-tail attitude which sets out to use as much of the animal as possible, in as many ways as possible, so little goes to waste. Reducing food waste, by donating food which is destined to go into the bin to charities.

Buy local, seasonal foods – when you can.

Purchase food with sustainable packaging and encourage recycling.

Freeze leftovers.



# Fajita Pasta Bake



## Method-

Preheat the oven to 400°F (200°C). In a non-stick baking dish, add the pepper, mushrooms and onion. In a small bowl, combine the chilli powder, paprika, garlic powder, cumin, salt and pepper. Pour the olive oil and half of the spice mix over the vegetables and mix well to coat. Bake the vegetables for about 30 minutes, stirring occasionally until tender. In a large pot of boiling water, cook the pasta until just tender. Drain the pasta, reserving about 250ml of the cooking water. Return the drained pasta to the pot and add the roasted vegetables. Add the rest of the spice mix, the reserved pasta water and the sour cream and mix together.

## The Recipe-

1 yellow pepper, seeded and sliced

1 red pepper, seeded and sliced

1 medium onion, diced

1 tablespoon of paprika

1 tablespoon of cumin

1 tablespoon of pepper

400g penne pasta, uncooked

300g grated strong cheese

1 green pepper, seeded and sliced

200g mushroom, sliced

1 tablespoon chilli powder

1 teaspoon salt

3 tablespoons of olive oil

350g sour cream

Fresh parsley, chopped for garnish







# Crispy Pork Fajitas

## The Recipe-

Two mugs worth of cooked pork, shredded (either pull it apart with your fingers or two forks). Shredding meat is a good way to make a little go a bit further and helps the planet and your pocket. Always try to buy pork that is organic, free range or LEAF-Marque. This recipe works perfectly with frozen meat. Check what you have in your freezer and defrost thoroughly before cooking. Or why not try crispy Breaded Cauliflower

1. Chop the cauliflower into large florets. Place them in a large bowl.
2. In a small bowl, mix together the panko, cornmeal, cumin, smoked paprika, garlic powder, turmeric.
3. In a small saucepan over medium heat, whisk together the coconut oil, peanut butter, maple syrup, soy sauce, and hot sauce until fully combined and slightly darkened, 1 to 2 minutes. Pour the sauce onto the cauliflower and stir several times until the cauliflower is well coated.
4. Pour about  $\frac{1}{3}$  of the dry mixture into the bowl with the cauliflower and mix. Repeat twice to stir in the remaining dry mixture to coat all of the cauliflower. Then remove the breaded cauliflower from the bowl with your hands and place it onto a parchment-lined baking sheet. About half of the crumbs will remain in the bowl; you can discard these.
5. Bake the cauliflower for 30 minutes total, flipping the cauliflower with a spatula at the 15 minute mark.

## Marinade

2 tbsp chilli flakes

If making it for children or if you don't like things too spicy, halve the amount of chilli flakes

2 tbsp cumin

2 tbsp oregano

1 clove crushed garlic

1 tsp salt

## Salsa

A large handful of baby plum tomatoes

Small handful of fresh basil

$\frac{1}{4}$  fresh chilli finely chopped

Pinch of salt

A few drops of lemon juice

2 tbsp of extra virgin olive oil

## Filling

1 red pepper, finely sliced

1 yellow pepper, finely sliced

Mature cheddar cheese, grated

Sour cream

Fresh coriander

8 tortilla wraps





### Method-

Mix the marinade together and toss the shredded pork in it to coat, then set aside. If using defrosted cooked meat, you can only reheat this meat once, so only cook what you can eat.

For the salsa, quarter the tomatoes and remove the seeds, then chop and place in a bowl. Layer the basil leaves one on top of the other, roll them up and slice so you are left with ribbons of basil. Add these and the rest of ingredients to the bowl and stir. Season to taste.

Get a frying pan nice and hot and drizzle some oil in. Fry the pork and keep tossing it until it becomes slightly crispy and hot. You are now ready to serve dinner! The tortillas can either be steamed or popped into the microwave. Just follow the packet instructions. Build everything up into a tortilla, wrap it up and try to eat without making a mess!



### **Make the most of your leftovers**

Store in airtight container

Best eaten fresh, but can be stored in fridge for 2 days

Where to store: Fridge

Reheat: Oven or microwave until piping hot. Reheat only once.





# Slow Cooker Irish Stew

## Story-

Memories of cold, wet winter days coming home from school to this warm and nourishing meal. Mum mainly made it on Monday, following Sunday roast, disappointing if she hadn't got it ready. The added flavour of HP brown sauce made it even more enjoyable and my own favourite silver skin pickled onions- I can almost taste it now. Enjoy the meal!

## The Recipe-



1 tbsp sunflower oil

8oz smoked streaky bacon, sliced

2lb lamb cut into bite-size chunks

Small bunch of thyme

3 onions, thickly sliced

5 carrots, cut into big chunks

6 medium potatoes, cut into big chunks

1.5 pints of lamb stock

3 bay leaves

3 oz pearl barley

1 large leek, washed and cut into chunks

Small knob of butter



### Method-

Switch on the slow cooker and heat the oil in a frying pan. Sizzle the bacon until crisp, then transfer to the slow cooker. Brown the pieces of lamb in the frying pan, then transfer to the slow cooker. Add the thyme, onions, carrots, potatoes, stock, bay leaves and enough water to cover the lamb. Cook on low for 7 hours. Stir in the pearl barley and the leek, then cook on high for 1 hour more until the pearl barley is tender. Stir in the butter, season to taste and serve.

Sheila







# Left over Sunday Roast Pasties

*This is a neat little dish for being creative with your leftovers. For best results, keep your leftover veg in the fridge with your roast until you need them for this recipe.*

*The recipe is completely versatile and can be adapted to include whatever ingredients you have left from your roast dinner. It will be great to have different pasties with seasonal vegetables throughout the year.  
Can definitely be served with HP brown sauce and silver skin pickled onions*

## The Recipe-

*½ pack ready rolled short crust pastry*

*100 grams chicken, lamb or pork, cooked and cut into half-inch dice*

*This recipe works perfectly with frozen meat. Check what you have in your freezer and defrost meat thoroughly before cooking.*

*½ cooked carrot*

*1 cooked roast potato*

*50 grams cooked swede*

*10g cooked peas*

*Use up what you have. Broccoli, asparagus, peas and all bean varieties can be used instead.*

*3 tbsp of leftover gravy*

*1 egg*



### Method-

Remember to defrost your meat. Defrost in the fridge and use within 24 hours, or in a microwave on 'defrost' directly before use. This recipe works perfectly with frozen meat. Check what you have in your freezer and defrost meat thoroughly before cooking. If using defrosted cooked meat, you can only reheat this meat once so only cook what you can eat. Preheat your oven to 180°C. Use a large mixing bowl, take the cooked carrot and crush it between your fingers into the bowl, repeat with the swede and potato, and stir in the meat, peas and gravy. Stir until evenly mixed. Take the ready rolled pastry and cut out a circle about 25cm across (alternatively, you can use a medium-sized dinner plate to cut around).

### Make the most of your leftovers

Store in airtight container

Fridge for 2 days

Freezer 3 months

Where to store: Fridge or freezer

Reheat: Oven or microwave until piping hot. Reheat only once.



Firmly pack the filling along the centre line, leaving a 2.5cm margin at the edges. Brush all around the edge of the pastry with the beaten egg. Carefully lift up both sides of the pastry so that they meet at the top, then pinch them together to seal, ensuring there are no gaps. Carefully lift onto a greaseproof-lined baking tray. Now brush the entire pasty with the egg wash. Bake for 45 minutes until golden. Serve and enjoy. Remember to freeze any portions you don't eat this time to save them from going in the bin. A great time saver for a simple meal another day when you may be busy. Simply defrost in the fridge and use within 24 hours.





# Mam's Beef Curry

## Story-

When I was a child, I was a very poor eater. I can't remember ever feeling hungry and food was just an annoyance that interrupted playtime. My mother used to despair over every meal time. There was one meal she made, however, that I absolutely loved and ate it all every time. It was her version of curry which she honed and perfected by trial and error. She still makes it today. Although some of the original ingredients may no longer be available, substitutions can be made.



## The Recipe-

1 tray of beef pieces  
1 medium-size onion  
1 tablespoon of curry powder  
1 tin of mixed veg  
1 fresh red pepper or some  
frozen pepper slices



### Method-

Use a pressure cooker to cook the meat for 6 minutes. While the meat is cooking, fry the onion in a little olive oil. Add the vegetables, curry and chilli powder. When the meat is cooked, add this to the onion, pepper and spices and fry together for a few minutes so that the spices are absorbed by the other ingredients. Stir in the water from the pressure cooker used to cook the meat.

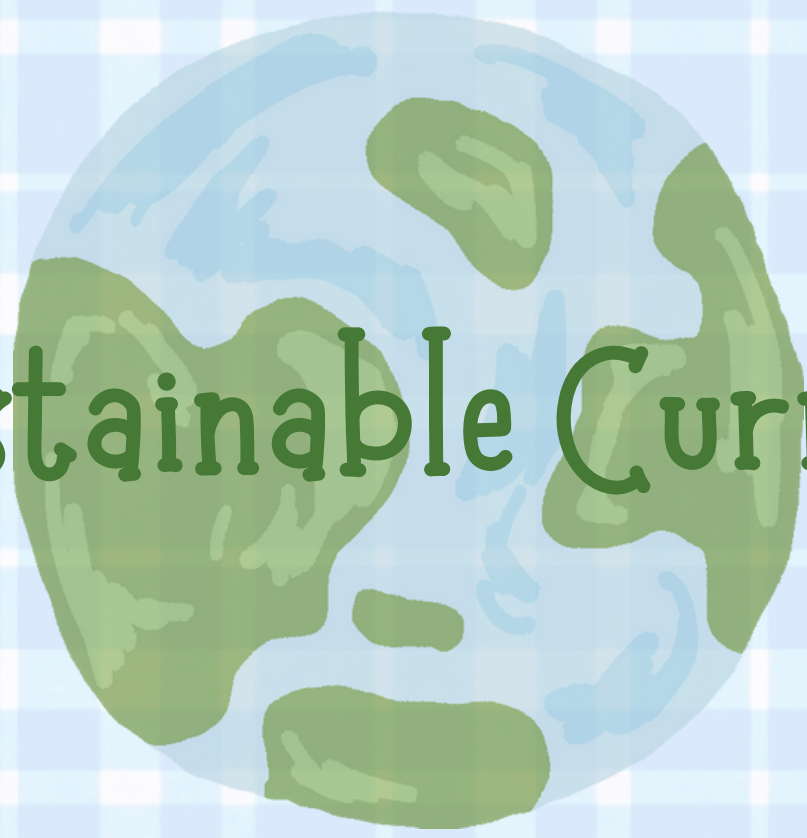
If you don't have a pressure cooker, you can fry the meat with the onion but this curry is best when the meat is really tender so if frying, eat the curry the day after making it. I don't think you can get mixed vegetables in tins these days, but fresh or frozen veg will do.

Julie Croad





# Sustainable Curry



## Method-

In a large pan, combine all the ingredients except the rice, add the vegetable stock and mix thoroughly.

Bring to the boil and reduce the heat to allow the mixture to simmer, stirring occasionally. Cook for 30 minutes until the vegetables are tender and the stock has reduced to produce a nice, thick sauce. Cook the rice as per packet instructions, then serve the curry with the rice and warm naan bread.

## The Recipe-

- 1kg mixed vegetables
- 3 onions, peeled and roughly chopped
- 1 clove garlic, peeled and chopped
- 1 tin chickpeas
- 1 tin chopped tomatoes
- 1 tbsp tomato puree
- 300ml vegetable stock (1 stock cube)
- 400g rice
- why not try brown rice instead of white rice to reduce your carbon footprint and boost the nutrition of the dish!
- 1 tbsp curry powder  
(add more if you like it hotter)
- Naan bread to serve



## **Make the most of your leftovers**

Store in airtight container. Cool quickly

- within 1 hour

Fridge for 24 hours

Where to store: Fridge

Reheat: Oven or microwave until piping hot. Reheat only once





# Slow Pot Hungarian Goulash

## Story-

As a student nurse, I lived in hospital accommodation with people from many parts of the world. One staff nurse was from Budapest and when I was newly married I tried out her recipe that I'd written on the flysheet of one of my text books. I was working as a theatre sister in Sully Hospital in the days when open-heart surgery was in its infancy and things didn't always go according to plan. The slow cooker became my saviour as when coming off a shift at all hours I could just serve up something I'd prepared earlier. The day I made this recipe was a particularly long one and when the hospital transport dropped me off at our flat, I told my husband how I'd been dreaming of Hungarian Goulash for the past few hours. There was a look of horror on his face as he told me how much he'd enjoyed it and assumed that I'd left it for him, he'd eaten the lot! It became a favourite of ours, but always with instructions that it was for sharing.





### The Recipe-

500g beef

1 each (sliced) of medium-sized onion, red pepper and green pepper

2 crushed garlic cloves

2 tbsp of smoked paprika

250g chopped tomatoes

3 tbsp tomato puree

175 ml beef stock

80 ml red wine

1 bay leaf

Sea salt and ground black pepper

1 ½ tbsp olive oil

3 tbsp cornflour

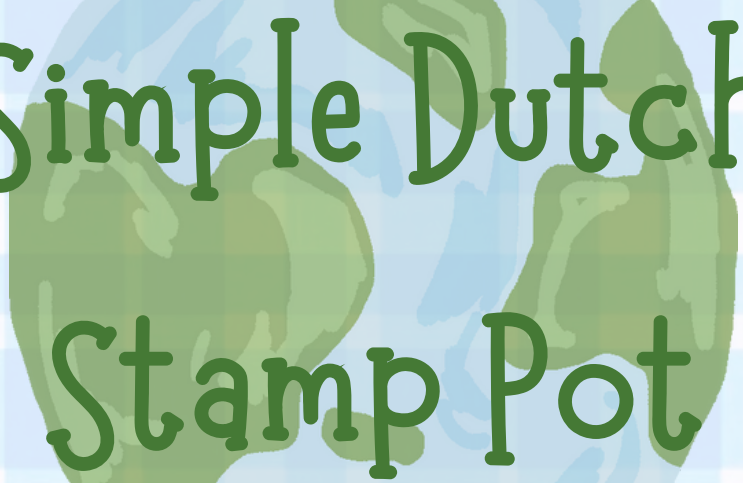
### Method-

Trim any excess fat from the beef and cut into bite-size chunks. Put the beef into a dish with half the olive oil and season with salt and pepper. Mix well. Heat a pan and toss the beef into it, cooking for a few minutes to seal the beef. Put the beef into the slow cooker and pour the wine into a pan bringing to boil for a couple of minutes.

Then add the wine to the beef in the slow cooker. Add all of the other ingredients and stir really well. The slow cooker then needs to be on a low setting and with the lid on left to cook for 8 hours. This may be served with crusty bread or rice and a dollop of creme fraiche is a great addition.

*Yvonne*





# Simple Dutch Stamp Pot

Often served with gravy, this traditional Dutch recipe is now  
a firm favourite when it comes to rustling up dinner using  
only one pot

## The Recipe-

Roughly 12 medium-sized potatoes

No need to peel, just give them a good wash!

2 onions

Use up what you have. Spring onions, leeks or  
shallots work well too.

2 tbsp of olive oil, butter, or creme fraiche

Cabbage, kale or any other green leafy vegetable  
that needs using up

Hard cheese to taste - Cheddar or other

Salt and pepper to taste

To serve - smoked sausage, meatballs or bacon,  
or a meat-free alternative!





### Method-

Roughly slice your onions and green vegetables, chop the potatoes into small chunks and add all to a large pot.

Add water so that it just covers the vegetables and bring to the boil. Once boiling, lower the heat and simmer for 20 minutes. Drain the water and mash all the ingredients together. At this point, you can fry your bacon or sausage in the pot, along with the vegetables, or cook separately and serve on the side. Mix in your butter, creme fraiche or olive oil. Add salt, pepper and grated cheese to taste. Remember to freeze any portions you don't eat this time to save them from going in the bin. A great time saver for a simple meal another day when you may be busy.

**Make the most of your leftovers**

Store in airtight container

Fridge for 2 days.

Freezer 3-6 months

Where to store: Fridge or freezer

Reheat oven or microwave until piping hot.

Reheat only once



# Spanish Omelette



## Story-

I was one of five children, growing up in Spain during the Second World War. My family struggled to make ends meet but we were lucky to be able to grow vegetables and a relative kept chickens. Our family Spanish omelette was a constant dish and since moving to Wales it has become my signature dish

- one to take to any party!

## The Recipe-

2 lbs of potatoes

2 peppers (any colour)

1 large onion

5 eggs

Olive oil

Salt & pepper



## Method-

Chop potatoes and peppers into small pieces and season with salt and pepper. Heat oil in a medium size pan and add the vegetables. Cook slowly until soft, whilst beating the eggs in a bowl before adding to the pan. Mix well and shape the mixture. Gently cook on one side until brown and then turn using more olive oil as required. Can be eaten hot or served cold with a salad.

Maria



# Spanish Omelette with Black Pudding



A speedy and delicious dinner. Get creative and use up any tasty morsels you have left over in your fridge. Try to eat/use snout to tail.



## The Recipe-

Leftover black pudding

2 boiled potatoes, sliced

No need to peel, just give them a good wash!

1/2 a chorizo sausage, skin removed and sliced into coins

1/2 a red pepper, sliced

Handful of spinach

1/2 onion, sliced

Leftover onions can be diced and frozen in an airtight container.

6 eggs

30g Parmesan, grated

Splash of milk

Salt and pepper to taste



### Method-

Heat a pan over medium heat. Add the chorizo and allow to fry for a minute or two, until the oils are starting to release. Add the onion and pepper and cook until starting to soften. Add the black pudding, potato and spinach and fry for another few minutes. Meanwhile, whisk the eggs, milk, salt and pepper together in a large bowl. Add the eggs to the pan, ensuring you get an even layer all over.

Leave to cook on a low/medium heat for around 5 minutes, or until the egg on the top starts to cook. While there's still a bit of wiggle in the egg, sprinkle the cheese over the top of the mixture and transfer the pan to a hot grill until just set (make sure to leave the handle sticking out so it doesn't melt or burn your hand!) Ease the cooked omelette from the pan onto a large plate. Slice, and serve with a side salad.

**Make the most of your leftovers**

Store in airtight container

Time: 2 days

Where to store: Fridge

Reheat: Oven or microwave until piping hot.

Reheat only once.



# Simple Leek and Potato Soup



*This has been a go to recipe for me when I worked and brought up a family and also for the time I was the main carer for my late husband.*

## The Recipe-

Leeks  
Potatoes  
Water  
Chicken stock cube  
Salt & Pepper  
Cream  
Crusty bread  
(optional)



## Method-

*Simply cover the leeks and potatoes with water and bring to boil and then simmer until potatoes start to break up. Add a chicken stock cube and blend together adding salt and pepper to taste. Finally add some cream and serve with crusty bread.*

*Ann Walby*



# Desserts









# Mam's Welsh Cakes

## Story-

This recipe evokes memories of my Dad as well as my Mam. It was my father, a foreman Blacksmith on the colliery who made the bake stone for me when I married in 1969. I didn't use it, as we always asked Mam if we needed any made. But after Mam died, I started using it and still use it to this day. The Welsh Cakes my Mam made travelled to many, many places, including Portugal and France. We took them with us when we visited family and friends as they were always requested, and they still are to this day!

Mam died in 2016, but had suffered with dementia for many years before so my sister and I took up the challenge to learn to make them.

## The Recipe-

1lb self-raising flour

6oz unsalted butter (diced)

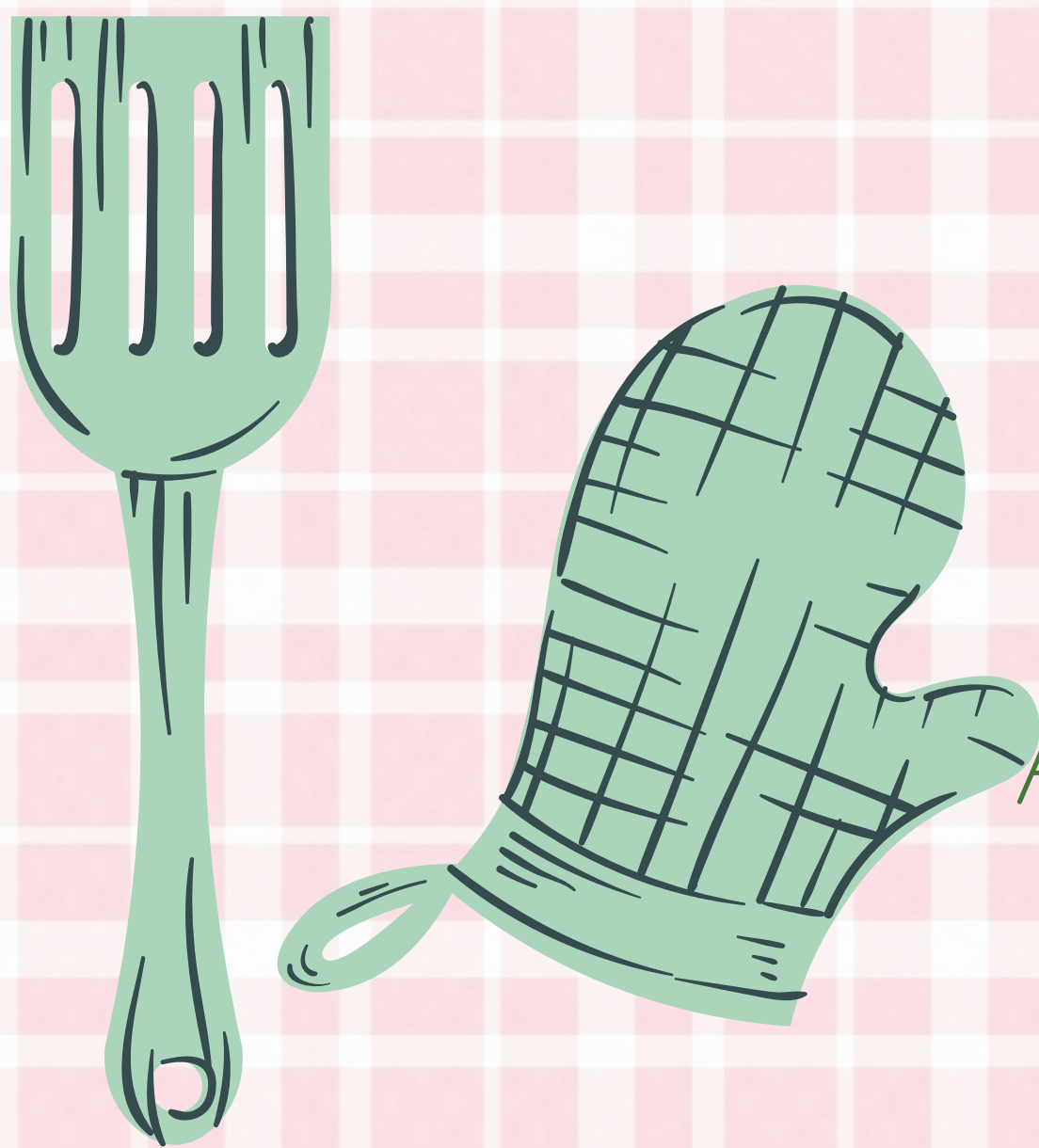
2oz lard (diced)

2 medium eggs (beaten)

A little grated fresh whole nutmeg

6oz caster sugar

2 handfuls of sultanas





### Method-

Rub the cold fat into the flour until breadcrumbs are formed. Add the caster sugar, mix through. Grate a little of the nutmeg and mix through. Add the sultanas, mix. Make a well in the centre of the mixture and add almost all the egg. Mix to form a ball. If it isn't coming together too well, add the rest of the egg and form into a ball. At this point, lightly grease and heat up the baking stone (griddle). When hot, turn down to low and it's ready for cooking the Welsh Cakes when it has cooled a little.



Place the ball of dough on a floured surface and roll out to half inch thickness. Use a medium cutter and cut out the Welsh Cakes (or use heart shape or a smaller cutter if you wish).

Cook the Welsh Cakes until lightly golden on one side, then turn over and cook for the same time on the other side.

They do not take too long to cook and they continue to cook when you take them off the bake stone.

I cover a cooling rack with baking paper and sprinkle with caster sugar before placing the Welsh Cakes on it to cool and sprinkle with sugar.

I store them in a cake tin with a sealed lid.

Enjoy!

Linda Smith







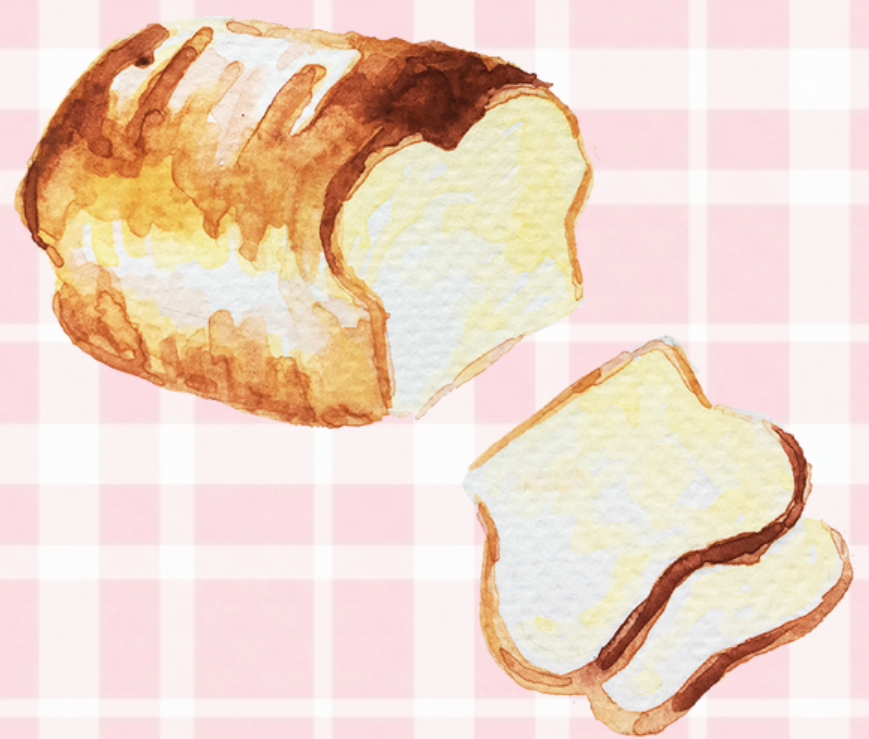
# Bread Pudding

## Story-

This recipe was given to me by a friend about 40 years ago. I live on a farm with three generations under the same roof. As soon as bread is ready, I make bread pudding. My family have quite sophisticated taste in food but all agree that my bread pudding takes some beating - they queue up to get some straight from the oven!

## The Recipe-

1/2 lb stale bread with crusts  
3oz currants  
1 tb milk  
3oz margarine (melted)  
2oz sugar  
1/2 tsp mixed spice  
1 egg



## Method-

Soak the bread in cold water for at least 30 minutes then squeeze out the water. Add all the dry ingredients then mix the egg and milk and add along with the melted margarine. Combine everything well and put the mixture into a greased, ovenproof dish. Bake for about 45 minutes at 200°C.

Rozanni





# Bread and Butter Pudding

*This recipe is great for when you find those stale slices of bread left at the end of the loaf.*

*This versatile dish is easily adapted to avoid allergens and be suitable for most diets. Adding some nutmeg, cinnamon, ginger to the recipe will create a warming flavour*

## The Recipe-

*4 slices stale leftover bread - it's important to use stale bread as fresh bread would create a soggy pudding*

*If you don't have any leftover bread, stale croissants are a great alternative.*

*3 eggs*

*1 ripe banana*

*Use up those bananas which are bruised or riper than you would like to have as a snack.*

*284ml double cream*

*- why not try a dairy-free alternative to the double cream and reduce the climate impact of this dish further.*

*60g dark brown sugar*

*50g sultanas*

*As a variation, use a mix of sliced dried apricots and sultanas if you have both*

*1 tbsp chocolate hazelnut spread*



### Method-

Pre-heat your oven to 160°C. Whisk the cream, sugar and eggs together in a large bowl. Spread the chocolate spread on one side of the bread and cut into triangles, then dip into the egg mix. Layer the bread into a lined loaf tin with slices of banana and the sultanas, leaving the top layer free of banana and sultanas and placing the layer of bread chocolate spread side down to avoid burning the spread during baking. Add the rest of the egg mix to the top of the tin and leave to rest for 20 minutes (or more if possible). Place it in the oven and cook for about one hour - until it is golden. Serve with hot custard, some cream or a caramel sauce. This dish can be pre-made then frozen; if cooking from frozen, cook for a further 5-10 minutes.

#### **Make the most of your leftovers**

Store in airtight container or covered bowl

Fridge for 2 days.

Freezer for 3 months

Where to store: Fridge or freezer

Reheat: Oven or microwave until piping hot. Reheat only once.





# Reducing Waste

We have a part to play too, especially in what we buy, how we prepare, cook and what we throw away and this is what we can teach our families.

10 million tonnes of wasted food every year, 71% comes from in the home.

1. *We cannot continue to produce and eat food in the same way, so we need to think about how to change. Eat less meat and dairy foods.*
2. *Throw away less food*
3. *Buying more locally sourced foods.*
4. *Shop seasonal foods*

Here are some further steps to reduce food waste:

- *Use re-closable and reusable packaging in the fridge to keep opened food fresher for longer.*
- *Remember 'best before' is not the same as 'use by' and food can be eaten after the best before date, as long as the condition of the food is still good.*
- *Make sure you check out the storage details for that food and store according to the advice given.*







# Custard Slices

## Story-

I suspect my motivation was my mother, who made custard slices for my birthday parties when I was young. Although I didn't make the custard slices in the intervening years, there must have been something at the back of my mind because when I joined the local Macmillan Support Group and we held Coffee Mornings, they came into their own. Now, when called upon by venues organisations, I make custard slices.

## The Recipe-

I pack Jus Rol ready rolled short crust  
pastry

- frozen

De-frost before using.

1 ½ Pints of milk

- Semi/full fat

1 tablespoon sugar

4½ tablespoons custard powder

Icing sugar





### Method-

Pre-heat oven to 180°C and unroll pastry on to a baking tray. Place in the oven and bake blind.

Remove from the oven when cooked and slightly brown in colour  
- leave to cool.

Meanwhile, pour milk in a saucepan, saving 3 tablespoons. Mix these in a jug with the sugar and custard powder. Mix to a smooth paste. When the milk almost reaches boiling point, remove from stove and pour over the custard mix. Stir well and pour all the contents into the saucepan.

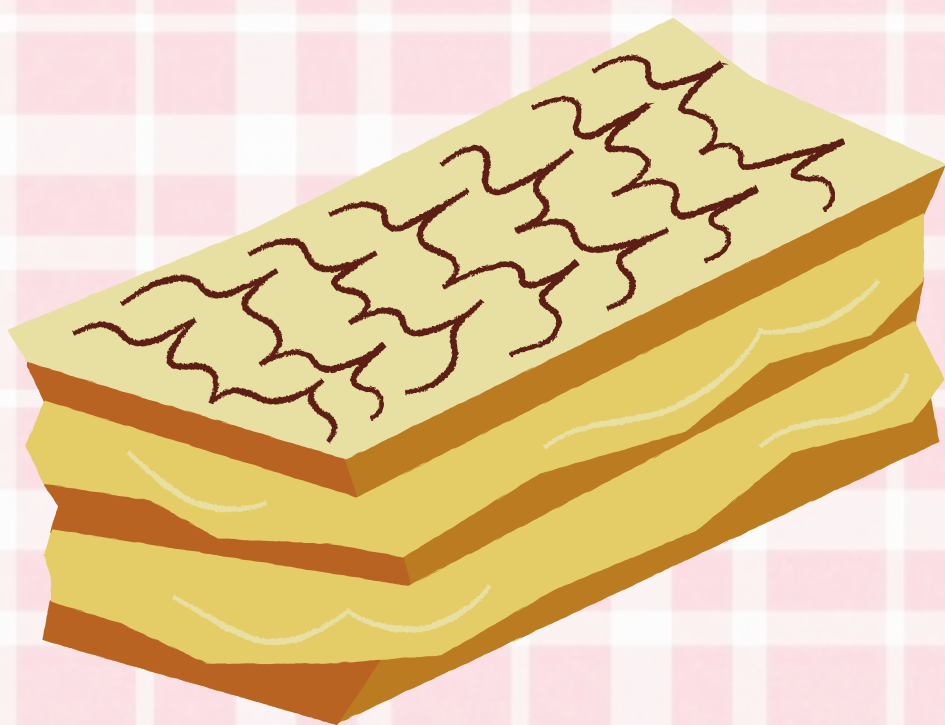
Heat at a medium heat whilst constantly stirring to prevent lumps forming. The custard should now be quite thick in consistency  
- remove from heat.

Cut pastry in half and spoon the custard onto one half. Smooth evenly and place second half on top. Press down gently  
- it is better to put the custard on when it is warm and also the pastry so that the layers adhere.

Finally, when the pastry and custard are completely cold, spread icing sugar over the top. Leave to set before cutting.

Do not refrigerate.

*Yvonne Ruggles*





# Nana's American Cheesecake



## Story-

My Mum went to the USA when she was 26 and got the recipe for this cake. After returning to the UK a year later, she always made this cake for special occasions. When I was old enough I began making it for the same reasons. Children leaving for Uni, returning, going abroad, coming back etc. Unfortunately, we don't make it so much now as it is oh so rich and full of fat and sugar! However, we always remember my Mum with love and affection when we talk about the cake as she was a Jewish Mumma who loved to feed her family, regardless that she may have been making them put on weight as she never had that problem!





## The Recipe-

675g full fat cream cheese

275g caster sugar

6 eggs separated

600ml or 20fl oz sour cream

3 tbs plain flour

2 tsp vanilla extract

1tb lemon juice

1tb finely grated lemon rind



## Method-

Mix all ingredients together except for the egg whites.

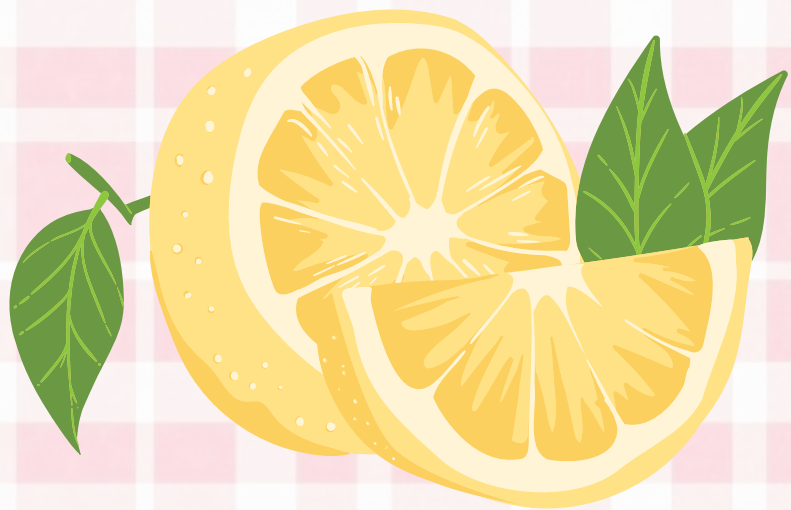
Whisk the whites to froth and add to the mixture, then bake in preheated oven at 180 degrees or fan 160 for one hour. Turn the oven off and open the door. Let the cake remain in for 15 minutes. Before serving, remove sides of tin and sprinkle with icing sugar if desired.

Sharon





My Mum used to make this for a family when I was small and I've never forgotten it!



### The Recipe-

$\frac{3}{4}$  cup cornflakes, crushed

2 tbl sugar

$\frac{1}{4}$  cup unsalted butter

2 pasteurised eggs (separated)

1 can condensed milk

$\frac{1}{3}$  cup fresh lemon juice

1 tsp lemon zest

3 tbl sugar

### Method-

Combine cornflakes, sugar and melted butter into a freezer container lined with foil. Use enough foil to be able to wrap the finish produce if you're leaving it in the freezer for more than a day.

Keep back a few tablespoons of the crumb mixture for the topping.

Press the crumb mixture evenly and firmly around the sides and bottom of the container. Beat the egg yolks until thick and lemon coloured, combine with the condensed milk, add lemon juice and zest. Stir till thickened.

Beat egg whites till stiff, gradually beat in sugar. Fold gently into lemon mixture and pour into the crumb lined container. Sprinkle with the set aside mixture and freeze till firm or overnight.

Remove from freezer 30 minutes before required, cut into pieces and serve with fresh berries.

Glenys





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