

SAMPLE KIDS COURSE 02

Beef in Murphys

1.5kg stewing steak
250g bacon
70g butter
500g baby onions
50g seasoned flour
1l Murphys
1 bouquet garni
250g button mushrooms
salt and pepper

Sheperds pie

4 leeks
1k lamb mince
1/2pint lamb stock
dash of worcestershire sauce
3 garlic cloves
1bag potatoes for mashing

Lamb and coriander burgers

1k lamb mince
2 onions
2 garlic cloves
1 egg
2tblsp chopped coriander
2tsp ground cumin

Treacle tart

8 slices white bread
8tblsp golden syrup
zest and juice of 1 lemon
8oz plain flour
2.5oz icing sugar
4oz unsalted butter
1 egg