



The Bonfire Night Recipe Book



Vegetable Soup

This lovely thick vegetable soup will keep you warm on Bonfire Night!

Ingredients

- 2 litres vegetable stock
- 1 butternut squash
- 2 sweet potatoes
- 1 small swede
- 4 medium carrots
- 1 courgette
- 1 onion
- 2 bay leaves
- 1 tablespoon vegetable oil

Equipment

- Large pan
- Hob
- Vegetable peeler
- Chopping knife
- Chopping board
- Blender
- Wooden spoon

Method

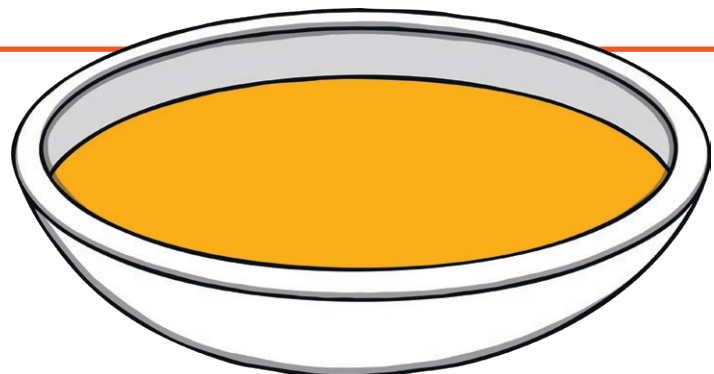
1. Finely chop the onion into thumbnail sized squares.
2. Peel the butternut squash, sweet potatoes, swede, carrots and courgette. Then cut the vegetables into 1 centimetre cubes.
3. Fry the onion in a little oil until it has softened.
4. Add the stock to the pan with the onions.

Top tip: To make sure that the onion doesn't burn, keep stirring. If it starts to cook too quickly, turn the heat down a little and add a splash of cold water to the pan.

5. Add the butternut squash, sweet potatoes, swede, carrots, courgette and bay leaves to the pan and bring to the boil.
6. Let the soup simmer for 25 minutes.
7. After 25 minutes, check that the vegetables are soft. If they are still a little bit hard, cook the soup for a bit longer.
8. Carefully remove the bay leaves and blend the soup until the vegetables are a good size

Top tip: You can make the soup as lumpy or smooth as you like.

9. Serve the soup in bowls. It is great eaten with chunky bits of granary bread and a swirl of cream!



Chilli Con Carne

This Chilli Con Carne is great on jacket potatoes when watching fireworks!

Ingredients

- 400g lean beef or turkey mince
- 1 onion
- 1 glove garlic
- 400g tinned tomatoes
- 400g tinned kidney beans
- 1 tsp chilli powder
- $\frac{1}{2}$ tsp ground cumin
- 1 tbsp olive oil
- A few grinds of black pepper

Equipment

- Large pan
- Hob
- Chopping knife
- Chopping board
- Wooden spoon

Method

1. Finely chop the onion into thumbnail sized squares. Chop the garlic as finely as you can.
2. Heat the oil in the pan and add the garlic and onion. Fry for a few minutes until the onion has softened.
3. Add the mince to the pan with the onion and garlic and cook until browned.
4. Add the tinned tomatoes, chilli powder and ground cumin to the pan and stir together.

Top tip: You can add more or less chilli powder depending on what you prefer. If you're not a fan of spicy food, half a teaspoon is recommended.

5. Bring the chilli to the boil and simmer on a low heat for 30 minutes. Stir the chilli every now and then to ensure it doesn't stick to the bottom of the pan.
6. After 30 minutes, add the kidney beans to the pan and simmer for a further 15 minutes. Continue to stir the chilli occasionally to avoid sticking.
7. Serve the chilli either in bowls with rice or on top of a jacket potato. The chilli tastes great with a dollop of sour cream or a bit of grated cheese on top!



Vegetable Chilli

This yummy veggie chilli is a great alternative to meat chilli.

Ingredients

- 1 red onion
- 1 red pepper
- 2 carrots
- 2 celery sticks
- 4 garlic cloves
- 2 tbsp chilli powder
- 2 tsp ground cumin
- 1 $\frac{1}{2}$ tsp smoked paprika
- 1 tsp dried oregano
- 800g tinned tomatoes
- 400g tinned kidney beans
- 400g tinned black beans
- 2 tbsp olive oil

Equipment

- Large pan
- Hob
- Chopping knife
- Chopping board
- Wooden spoon

Method

- 1.** Finely chop the onion, red pepper, carrots and celery into thumbnail sized squares. Chop the garlic as finely as you can.
- 2.** Heat the oil in the pan and add the garlic and onion. Fry for a few minutes until the onion has softened.
- 3.** Add the chopped red pepper, carrots and celery to the pan and stir.
- 4.** Add the chilli powder, ground cumin, smoked paprika and dried oregano to the pan and stir together.

Top tip: You can add more or less chilli powder depending on how spicy you like your food!

- 5.** Add the tinned tomatoes to the pan and stir together. Simmer for 5 minutes until the sauce is a little thicker.
- 6.** Add the kidney beans and black beans to the pan. Stir everything together really well and then reduce the heat.
- 7.** Simmer on a low heat for 20 minutes. Stir the chilli every now and then to ensure it doesn't stick to the bottom of the pan.

Top tip: You can leave the chilli simmering for longer to create a richer flavour. Add water if needed, to keep the right consistency.

- 8.** Serve the chilli either in bowls with rice or on top of a jacket potato. The chilli tastes great with a dollop of sour cream or a bit of grated cheese on top!

Baked Apples

These tasty baked apples are delicious served with vanilla ice cream or custard!

Ingredients

- 6 apples
- Handful sultanas
- 2 tbsp muscovado sugar
- 1 tsp cinnamon
- Small knob of butter
- 2 tsp demerara sugar

Equipment

- Mixing bowl
- Oven
- Small, sharp knife
- Chopping board
- Wooden spoon
- Apple corer
- Baking dish

Method

- 1.** Turn the oven on at 200C or gas mark 6.
- 2.** Score around the circumference of each apple (ask an adult to help if you need to as this bit is a little tricky).
- 3.** Put each apple on the chopping board and push the apple corer into the middle of each one to remove the core.
- 4.** Mix the sultanas, muscovado sugar and cinnamon together in the mixing bowl.
- 5.** Place your cored apples in the baking dish. Fill the centre of each apple with a bit of the sultana mix until you have used up all the mixture.
- 6.** Add a little blob of butter to the top of each apple and sprinkle over the demerara sugar.
- 7.** Place the apples in the oven for 20 minutes. After 20 minutes, the apples should be nice and soft, but if they are still hard pop them back in the oven for 5 more minutes.
- 8.** Serve the apples either alone, with a scoop of ice cream or a dollop of warm custard!



Gingerbread Biscuits

These
gingerbread
biscuits can
be decorated as
Guy Fawkes for
Bonfire Night!

Ingredients

- 350g plain flour
- 100g butter
- 5½ tsp ground ginger
- 1½ tsp ground cinnamon
- 1 tsp bicarbonate of soda
- 175g light brown soft sugar
- 4 tbsp golden syrup
- 1 medium egg
- Your choice of icing, sweets, nuts and raisins for decoration

Equipment

- Mixing Bowl
- Oven
- Baking tray
- Wooden spoon
- Rolling pin
- Biscuit cutters

Method

1. Turn the oven on at 180C or gas mark 4.
2. Put the flour, butter, ginger, cinnamon and bicarbonate of soda in the mixing bowl.
3. Mix the ingredients together with your hands until you have a crumbly mixture.
4. Add the sugar, syrup and egg to the mixture. Use the spoon at first to mix the ingredients as it will be sticky. The pastry mix should be firm once combined.
5. Roll out the mixture with the rolling pin to about 5 millimetres thick.

Top tip: To stop the mixture from sticking, make sure you put lots of flour on the work surface and on the rolling pin.

6. Use biscuit cutters to cut out shapes. You could use a gingerbread man cutter and then decorate the biscuits as Guy Fawkes!
7. Place each biscuit on the baking tray and bake in the oven for about 12 minutes.

Top tip: If you like your gingerbread chewy in the middle, cook the biscuits for 10 minutes. If you like them crunchy, cook the biscuits for 15 minutes.

8. How about decorating your biscuits with icing, sweets, nuts and raisins? What about making a man in a hat and scarf watching the fireworks for Bonfire Night!
9. Serve your biscuits and enjoy!

Parkin

This syrupy sponge cake from Northern England is sticky and scrumptious!

Ingredients

- 200g butter plus a little extra for greasing
- 1 large egg
- 4 tbsp milk
- 200g golden syrup
- 85g treacle
- 85g soft brown sugar
- 100g medium oatmeal
- 250g self-raising flour
- 1 tbsp ground ginger

Equipment

- Oven
- 22cm square cake tin
- Baking parchment
- Foil
- Butter
- Two mixing bowls
- Large pan
- Wooden spoon

Method

1. Turn the oven on at 160C or gas mark 3.
2. Grease a deep 22cm square cake tin with butter and line with baking parchment.
3. Beat the egg and milk together with a fork in one of the mixing bowls.
4. Add the syrup, treacle, sugar and butter to your pan and heat until the sugar has dissolved. Take the pan off the heat.
5. In the other bowl, mix together the oatmeal, flour and ginger.
6. Add the oatmeal mixture to the pan and mix together. Then add the egg and milk and mix together.
7. Pour the mixture into your lined cake tin.
8. Cook the cake for 50 minutes to an hour, until the cake feels firm.
9. Allow the cake to cool in the tin and then carefully turn it out.
10. If you are patient enough, the parkin could be wrapped in more parchment and foil and kept for 3 to 5 days. This allows the syrup and treacle to do its magic and make the cake even softer and stickier!
11. Whether you are eating the cake straight away or waiting for a few days, serve the cake cut into little squares and enjoy!

