

Recipes – Where sizes are specified tins may be within 1inch or 2.5cm of given dimension larger or smaller

Banana Bread. 100g butter; 175g sugar – half muscovado and half caster; 2 eggs; 2 very ripe bananas mashed; 225g self-raising flour; 1 tsp baking powder; 2 tbsp milk; 30g chopped walnuts; 30g sultanas.

Method: Heat oven to 180°C/Gas mark 4. Grease and line a 2lb loaf tin with non-stick baking parchment. Put all ingredients into a bowl and mix well. This is best done with an electric mixer, but if this is not available use a wooden spoon and lots of energy! Place mixture in loaf tin and bake for about 50 minutes or until a skewer inserted into the middle comes out clean. Leave to cool in the tin for ten minutes and then turn onto a wire rack and remove the paper to cool.

Cheese and Onion Pasties. Filling: 250g peeled and cubed potato (about 2cm cubes); 50g butter; 2 medium onions finely sliced; 150g mature cheddar cheese coarsely grated; 1tsp English mustard; flaked sea salt and ground black pepper. To make filling cook potatoes and drain – cool. Fry onions gently in the butter until soft and golden, but not brown – turn into a large bowl to cool. Add cool potato cubes, cheese, mustard, salt and pepper. Mix well. **Pastry:** 450g plain flour; 2tsp baking powder; ½ tsp fine sea salt; 125g cold butter; 2 large egg yolks; 50g parmesan cheese finely grated; about 150ml cold water, beaten egg to glaze. **Method:** put flour salt and baking powder in bowl and rub in the butter until it resembles fine bread crumbs. Add the cheese and mix well. Add water gradually until the mixture comes together into a ball. Leave to rest for half an hour in the fridge. **Assemble the pasties:** Divide the pastry into 6 equal pieces and roll out each to a circle about 15cm in diameter. A dish or plate may provide a good template to cut round to ensure they are even in size. Your pastry should be about 5mm thick. Place one sixth of the filling on each round shaping it into an oval across the centre of the circle. Brush the edges with beaten egg and bring up two sides over the oval filling. Press the edges firmly together and using a knife blade gently tap across the seam to seal. Crimp the edges neatly using a finger and thumb. Your seam should run across the top of the pasty. Place on a baking tray lined with non-stick parchment, brush with beaten egg and bake in a hot oven 200°C/Gas 6 for about 25 minutes until the pastry is golden brown. Makes 6 – show 3.

Cheesecake. 650g Ricotta or full fat soft cheese; 228g crushed digestive biscuits; 85g butter; 225g caster sugar; 2.5ml vanilla essence; 3 medium eggs beaten; 2tbsp thick double cream; 1tbsp sifted cornflour; pinch of salt. **Method:** Heat oven to 180°C/ gas 4. Melt butter and mix with biscuits retaining 1 tbsp dry to sprinkle over the top. Place mixed biscuit crumbs in the base of a 9inch round loose bottom baking tin and press down well. Beat cheese, sugar, salt, vanilla essence together and then beat in eggs gradually. Add cream and cornflour and mix well. Pour mixture over crumb base and sprinkle remaining dry crumbs over the top of the cheesecake. Bake for 35 mins. Switch off oven and leave cheesecake for another 35 mins. Remove from tin when cold. Cover with cling film.