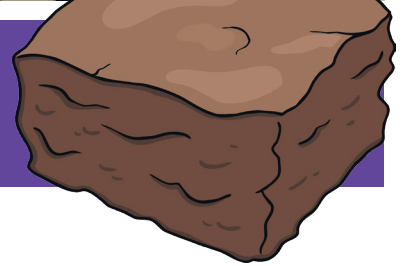


Eggless Sponge



Ingredients

1/2 pint of tea (without any milk or tea leaves/bags)

3oz butter/margarine

3oz sugar

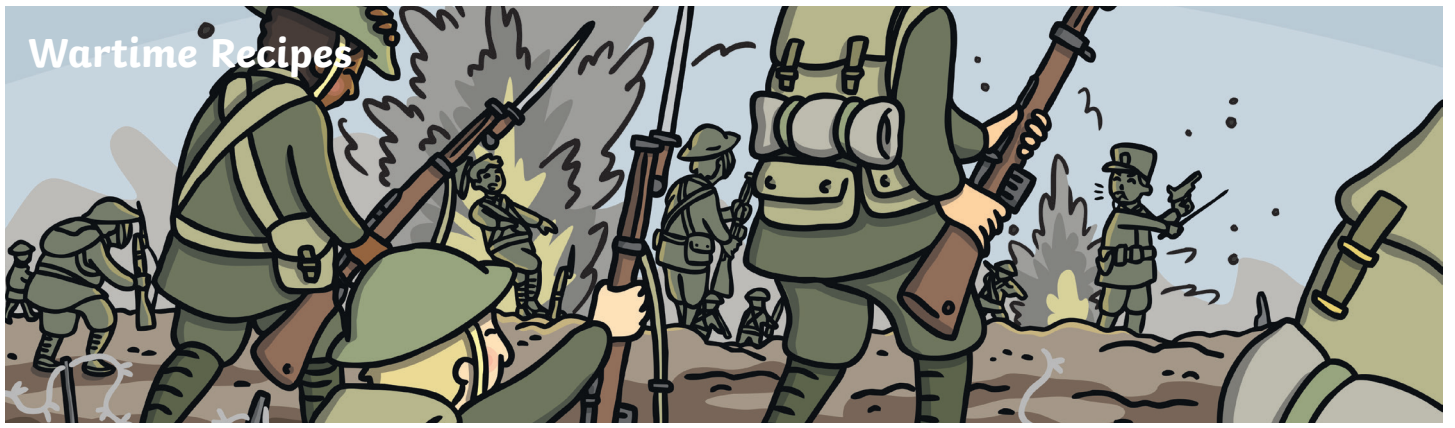
3oz sultanas

10oz wholewheat flour (add 3-4 teaspoons of baking powder)

1 teaspoon of all spice (mixed spice) – extra cinnamon, if required

Method

1. Add the tea, sugar, butter and sultanas into a saucepan. Heat gently until the butter has melted and then leave it to cool.
2. Mix all of the dry ingredients together.
3. Add and mix the dry ingredients into the cooled liquid. Beat the mixture well.
4. Grab a 7-inch cake tin and grease it. Put the mixture into it.
5. Cook on 180°C degrees for around 45 minutes.
6. Serve and enjoy!



Spam Hash



Ingredients

2 large potatoes

1/2 onion

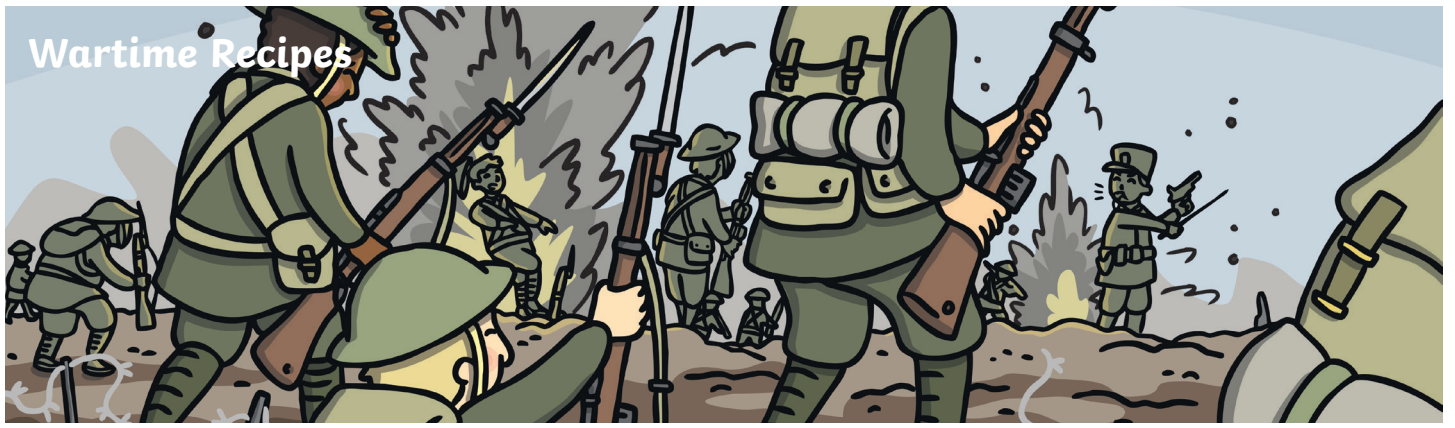
1/4 can of Spam or other
tinned cooked meat

tablespoon of butter/
margarine

Serves 1

Method

1. Wash the potatoes.
2. Cut them into quarters and boil until they are firm. Remove from the water and let them cool.
3. Chop up the onion.
4. Chop the spam up into chunks.
5. Add the butter to a large frying pan.
6. Add the onions and cook gently until nice and soft.
7. Take the potatoes and chop them into even smaller chunks.
8. Add the potatoes and spam chunks into the pan with the onions and continue to fry and stir them.
9. Turn down the heat and cover the frying pan if possible. Continue to cook for a further 5-10 minutes. If the texture is too sticky, add a little bit of water and stir.
10. Once cooked, serve with your favourite vegetables.
11. Serve and enjoy.



Bubble & Squeak



Ingredients

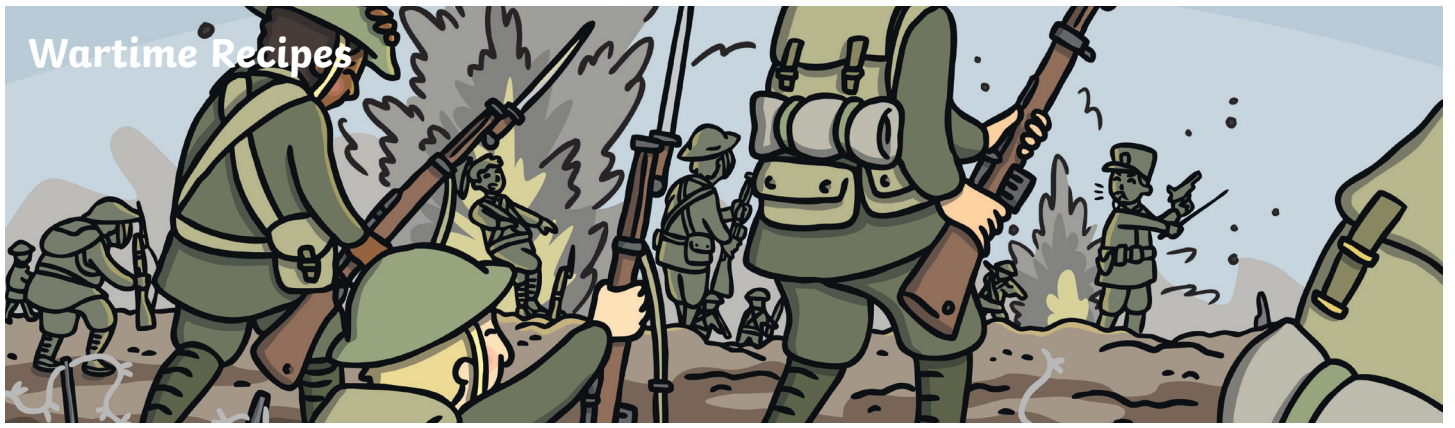
Mashed potatoes

Left over boiled cabbage,
carrots, parsnips, sausages
or vegan alternative
(chopped)

Mushrooms and onion
(chopped)

Method

1. Grab a frying pan and add a tablespoon of margarine. Heat until it bubbles.
2. Drop in the onion and mushroom and fry for a few minutes.
3. Add the chopped veg and meat into the pan. Mix it for a minute or so.
4. Add in the mashed potatoes and mix in with the other ingredients in the pan.
5. Press down the mixture with a spatula to brown and heat through.
6. Keep turning it over and heating it through so the edges brown.
7. Serve and enjoy!



Trench Stew



Ingredients

- 1 turnip or large potato
- 1 parsnip
- 1 pint of water
- 2 carrots
- 1/2 stock cube
- Stale bread or 1 biscuit
- 1/2 tin corned beef

Method

1. Chop up the carrots into small pieces.
2. Chop up the other vegetables into larger pieces.
3. Add the vegetables and the 1/2 stock cube to a pint of boiling water.
4. Stir the vegetables until they become tender.
5. Add in the 1/2 tin of corned beef (you can leave this out if you are vegetarian).
6. Crumble in the stale bread or biscuits.
7. Leave and simmer for a few minutes.
8. Serve and enjoy!