

Gina's Menu of the Month

~ January ~

Starter: Leek and Potato Soup
Serves: 4 to 6 people
Preparation time: 20 minutes
Cooking time: 1 hour



Ingredients:

4 to 6 leeks trimmed and cleaned and chopped into 1/2 inch pieces
2 large or 3 medium potatoes peeled and chopped into cubes
3 Knorr chicken stock cubes or Vegetable stock cubes
2 pints of water
2 oz butter or olive oil
salt and pepper
Cream optional

Sweat the leeks and potato in a pan until the leeks are soft in either the butter or olive oil

Add 2 pints of water to the 3 stock cubes and add to the pan

Bring to the boil and simmer for 30 to 40 minutes

Blend to a smooth consistency and simmer for a further 20 minutes and serve with or without the cream.

Can be served hot or cold with fresh bread.

The cost of this meal is £2.77p

*If you have any questions about the recipes please contact Gina at:
gina.batt@btinternet.com or call her on:
LL: 01536 760553- or - mobile 07713 489651*

Gina's Menu of the Month

~ January ~

Main Course: Roast Belly Pork
(with Crackling) with mash
potato and apple chutney



Serves :4 to 6 people

Cooking & prep time: 3 1/2 to 4 hours

Ingredients:

**1½ to 2 kg pork belly with
bones, skin scored**

Brown sugar

oil

16 large shallots

butter

3 apples

milk

5 meduim to large potatos

salt and pepper

Cider Vinegar

Method: Put the pork skin side up on a rack in a large roasting tray and cook in a cool oven - 150C/fan 130C/gas 2 for about 3 1/2 hours.

Meanwhile, put the shallots in a pan with some water to cover them, bring to the boil and simmer until soft. Peel and decore the apples and chop into 1/2 inch chunks and add to the shallotts. Add 1 table spoon of the vinegar and one table spoon of brown sugar. Simmer and stir until it thickens and all the ingredients are soft. Take off the heat and place to one side until the pork and mash are ready to serve. **(This should take about 45 minutes to an hour to make)**

1 hour and 20 minutes before the pork is ready peel and cut the potatos and put in pan with water, bring to the boil then turn down the heat and slow cook for approx 20 to 25 mminutes (until cooked and soft). Drain the potatos in a sieve, put a knob of butter and a little milk in to the pan with some salt and pepper. Add the potatos and mash until smooth and place in a dish in the bottom of the oven to stay warm. Serve with the pork and some steamed Broccoli spears and or peas.

10 Minutes before serving put the chutney back on the heat to warm up ready to serve.

Cost of this course is £7.79p

If you have any questions about the recipes please contact Gina at:

gina.batt@btinternet.com or call her on:

LL: 01536 760553- or - mobile 07713 489651

Gina's Menu of the Month

~ January ~

Dessert: Pear and Lime Jelly with Cream or Ice Cream

Serves: 4

Preparation Time: 15 minutes

Setting time: 3 to 4 hours

Ingredients:

1 pkt lime jelly

1/4 pint of water

1 large tin of pears in juice or
syrup

Place cubes of jelly into a microwave jug or bowl with 1/4 pint of
water



Heat for 1 minute until all the lumps are gone

Place the tin of pears into a serving dessert dish (1 1/2 to 2 inch
deep bowl or dessert dish)

Pour in the melted jelly and stir well till all the pears are covered

Arrange the fruit to look pretty and place in the fridge to set for 2
to 4 hours

Serve with Cream or ice-cream

This course costs £1.54p

Total for the 3 course meal is £12.01p

*(Prices are based on Sainsburys and maybe cheaper in different stores
depending on offers of the week)*

TIPS: Always wash your hands with warm water and soap after
handling fresh, raw or cooked meats and when working with
different ingredients for each course. NEVER put cooked meat on
the same plate that had raw meat on.

*If you have any questions about the recipes please contact Gina at:
gina.batt@btinternet.com or call her on:
LL: 01536 760553- or - mobile 07713 489651*