

Crunch Biscuits

Ingredients

- 100g Soft margarine
- 50 g Sugar
- 100g Self-raising flour
- 100g Oats
- 2 teaspoons of Syrup (tip: warm the syrup for easier measuring)

Method

Set the oven to gas mark 6, 180 C

Cream the sugar and margarine together until soft dropping consistency

Add flour, oats, and syrup stir well; the mixture should be a fairly stiff consistency.

Roll into small balls, the size of a walnut

Place well apart on a greased baking tray.

Bake in a pre-heated oven

Cook for approximately 10 minutes or until light golden brown.

Canterbury tart

Ingredients

For the pastry

- 100g/4oz butter, cubed
- 200g/8oz plain flour
- 25g/1oz icing sugar, sifted
- 1 egg, beaten

For the filling

- 4 eggs
- 200g/8oz caster sugar
- 2 lemons, rind and juice only, grated
- 100g/4oz butter, melted
- 2 large Bramley apples (about 350g/12oz in weight), peeled
- 2 dessert apples, peeled and thinly sliced
- 25g/1oz Demerara sugar

Method

1. Pastry. Rub the butter into the flour and icing sugar until it resembles fine breadcrumbs.

2. Stir in the beaten egg and bring together to form a dough. This can also be done in a food processor.

3. Chill for about 30 minutes. Roll the dough out on a floured surface and line a round 28cm/11in (3.5cm/1½in deep) flan tin. Form a lip around the edge. Chill for a further 30 minutes while making the filling.

4. Preheat the oven to 200C/400F/Gas 6.

5. To make the filling, beat the eggs, caster sugar, lemon rind and juice together in a large mixing bowl.

6. Stir in the warm melted butter.

7. Coarsely grate the Bramley apples directly into the mixture and mix well.

8. Remove the tart from the fridge and spread the runny lemon mixture over the base.

9. Level the surface with the back of a spoon and arrange the dessert apple slices around the edge, overlapping.

10. Sprinkle over the Demerara sugar.

11. Put on a heavy baking tray and bake in the oven for about 40-50 minutes until the centre feels firm to the touch and the apples are tinged brown.

Jumper for rescued battery hen. All to be sent to Battery Hen Welfare Trust

Materials:- Double knitting yarn (100g makes approximately 3 jumpers). 2 buttons each jumper
1 pair No 8 (4mm) knitting needles 4mm crochet hook (optional).

Jumper knitted in stocking stitch with garter stitch borders

Cast on 41 sts.

Knit 4 rows straight.

Tab and button holes.

1. Cast on 10sts @ beginning of row. K14. P to last 4 sts. K4.

2. Cast on 10sts @ beginning of row. K to end

3. (K2. yf. K2tog) 3 times. K2. P33. K14.

4. (K2. yf. K2tog) 3 times. K to end.

5. Cast off 10sts. K3. P33. K14.

6. Cast off 10sts. K3. K2tog. K to last 6 sts K2tog. K4.

Dec. 1 st at each end on every following 6th row until 25 sts remain, keeping edges in garter stitch.

Divide for neck.

Work 11 sts. cast off 3 sts work to end and complete this half first.

1. K to end

2. P1. P2tog twice P2. K4.

3. K to end

4. P1. P2tog. P2. K4.

5. K4. K2tog. K2.

Work next 4 rows straight.

10. P2. Inc in next st. K4.

11. K6. Inc in next st. K1.

12. P1. Inc in next 2sts P2. K4.

13. K to end.

14. P7. K4.

Put these 11 sts onto holding pin.

Break yarn and rejoin to other side of neck.

Work to match, reversing shapings and ending at wing hole edge. That's row 13.

Next row K4. P7. Cast on 3sts then from the sts on holding pin P7.K4.

Now K4. Inc into next st. K to last 5sts. Inc in next st. K4

Inc. 1 st at each end of following 6th row until there are 41sts on needle.

Work 6 rows keeping to pattern

Knit 4 rows.

Cast off.

Sew on buttons. Work 1 row double crochet round neck edge if desired.