

# cook eat give

the foodie way  
to fundraise!



children's hospice  
SOUTH WEST

## Recipe inspiration

Here are a few of our favourite recipes from our hospices for you to use, or spark some culinary inspiration! Don't forget to share your foodie photos #CookEatGive

### Chicken and chorizo jambalaya

A delicious and easy recipe from our Charlton Farm kitchen.

#### Ingredients

- 1 tbsp olive oil
- 2 chicken breasts, chopped
- 1 onion, diced
- 1 red pepper, thinly sliced
- 2 garlic cloves, crushed
- 75g chorizo, sliced
- 1 tbsp Cajun seasoning
- 250g long grain rice
- 400g tin of tomatoes
- 350ml chicken stock

#### Method

Heat the oil in a large frying pan with a lid, and brown the chicken for 5 to 8 minutes until golden. Remove from the heat and set aside.

Cook the onion for 3 to 4 minutes until soft.

Add the pepper, garlic, chorizo and Cajun seasoning and cook for a further 5 minutes.

Stir the chicken back in, and add the rice, tomatoes and stock.

Cover and simmer for 20 to 25 minutes until the rice is tender.

### Brioche pie

A favourite from Little Harbour kitchen.

#### Dough ingredients

- 250g strong flour
- 1 tsp salt
- 25g caster sugar
- 5g instant yeast
- 70ml milk
- 3 medium eggs
- 125g unsalted butter, softened

#### Filling ingredients

- 280g prosciutto
- 3 tbsp cranberry sauce
- 750g brie, cut into slices
- 1 egg, beaten

#### Method

Place the flour into a food mixer, add the salt and sugar to one side and yeast to the other. Add the milk and eggs, mix on a slow speed for 2 minutes. Increase the speed and mix for 6 to 8 minutes. The dough should be glossy and elastic. Add the butter and mix for 5 minutes, scraping the bowl periodically. Place in a bowl, cover and chill overnight to firm.

Heat the oven to 200C/gas 6.

Tip the dough onto a lightly floured surface and fold a few times. Roll out to a 5mm thick large circle. Lay half the prosciutto in the centre, spread the cranberry sauce over and place the brie on top. Cover the brie with the remaining prosciutto.

Stretch the dough over to encase the filling and seal the edges.

Turn over your parcel and place on a baking tray. Glaze with the beaten egg and score with a criss-cross pattern.

Bake for 20 minutes, until golden brown.

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### Beetroot, spinach and goats cheese couscous

A simple, no cook recipe, popular with families at Little Harbour.

#### Ingredients

Juice and grated zest of 2 large oranges  
200ml water  
280g couscous  
50g walnut pieces  
170g firm goats cheese, crumbled  
12 dried apricots, roughly chopped  
8 small cooked beetroot, quartered  
4 tbsp extra virgin olive oil  
Juice of 1 lemon  
4 handfuls spinach leaves

#### Method

Place the orange zest, juice and 200ml water in a small pan and bring to the boil.  
Place the couscous in a medium bowl and pour the hot liquid over. Mix well, then cover and leave to absorb for 5 minutes.  
Fluff up the grains with a fork, then add the walnuts, goats cheese, apricots, beetroot and season with salt and pepper.  
Mix in the olive oil and lemon juice (or your favourite vinaigrette), then toss well.  
When ready to eat, stir the spinach through at the last minute.

### Sticky toffee pudding

This seriously gooey pudding is always popular at Little Bridge House.

#### Ingredients

175g dates, pitted  
1 tbsp black treacle  
1 tsp bicarbonate of soda  
175g self-raising flour  
75g demerara sugar  
75g dark brown sugar  
50g butter  
1 tsp ground ginger  
2 eggs, beaten

#### Topping

1 tbsp black treacle  
250ml cream  
60g butter  
60g dark brown sugar

#### Method

Place the dates into hot water and bring to the boil, then simmer for 10 minutes.  
Coarsely mash the dates, add the black treacle and bicarbonate of soda.  
Mix the flour, sugars, butter and ginger together.  
Add the eggs and date mix, and combine.  
Bake in the oven at 180C/gas 4 for approximately 30 minutes.  
To make the topping, combine all of the topping ingredients in a saucepan, and gently heat until the butter and sugar are melted.  
Pour on top of the pudding, and place under a medium hot grill for 3 to 4 minutes or until it bubbles.

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