

How Many Ways Can You Cook An Egg?

Apple and Sultana Pancakes with Cinnamon Butter

MAKES 8 PANCAKES

1. Peel and core the apples, then grate into the largest size of the large grater and rub the other size mesh fine. Then the sultanas with the cinnamon and set to one side. Add the ground ginger to a large mixing bowl with the dissolved butter.

2. To make the batter, add the egg and milk to the mixing bowl, then stir to a good consistency. Mix in the baking powder, sugar (if using), plus any sultanas and sultana juice.

3. Take one of the butter (Cinnamon) about 1/2 tablespoon, and mix well with the remaining cinnamon. Put the tablespoon of butter into a non-stick pan on a medium heat.

4. Using a ladle, add the batter to the pan. The pancakes should be about the size of a Big Mac. Cook for 2-3 minutes on each side, until the pancakes are golden brown. Turn the other side of the pan. When the top is looking nice and bubbled (after about a pouring), gently flip the pancakes using a spatula, or a paper.

HEALTHY TIP These pancakes are not only great with sultanas, but you can also mix them with other fruits to match the season. Peach pieces, sliced oranges or kiwi, banana slices with almonds – once you know the basics of how to make a pancake, you can really be really creative. Experiment with different types in the batter too, like making or ground ginger.

Apple, Onion and Sage Relish

MAKES A LITTLE FEWER THAN A DOZEN

1. Remove the cores from 2 firm, crunchy apples, such as Bramley, Cox, or Jonagold, and grate into a bowl. Add the onion, sage, and vinegar. This relish can also be cooked 'just using the Bramley' with a more appropriate Bramley or Jonagold, and serve on a low heat with a dash of water for a softer, jammy sauce. It's the perfect accompaniment to a lovely Sunday roast with all the fixings!

2. Add the sliced apple to a bowl and add the onion and sage. This technique reduces some of the raw bitterness.

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4. Drain the sliced onion and pat dry. Then add to the hot butter pan. Cook for 2-3 minutes until the onion is soft and golden.

5. Drain the onion into a colander and pat dry. Then add to the hot butter pan. Cook for 2-3 minutes until the onion is soft and golden.

SWEETCORN FRITTERS

MAKES 10 FRITTERS

1. In a large mixing bowl, add the corn, spring onions, sweetener, salt, and egg. Stir well for 2-3 minutes. Then add the flour and mix until the batter is thick and sticky. The batter should be able to run through the fingers with a spoon.

2. For a non-stick pan on a medium heat, add a dash of oil. Then add the batter to the pan and cook for 2-3 minutes until the fritter is golden brown. Turn the other side of the pan. When the top is looking nice and bubbled (after about a pouring), gently flip the fritter using a spatula, or a paper.

MEXICAN STREET CORN

MAKES 10 FRITTERS

1. In a large mixing bowl, add the corn, spring onions, sweetener, salt, and egg. Stir well for 2-3 minutes. Then add the flour and mix until the batter is thick and sticky. The batter should be able to run through the fingers with a spoon.

2. For a non-stick pan on a medium heat, add a dash of oil. Then add the batter to the pan and cook for 2-3 minutes until the fritter is golden brown. Turn the other side of the pan. When the top is looking nice and bubbled (after about a pouring), gently flip the fritter using a spatula, or a paper.

All About Apples

Although some apples are in season all year round, many of them are at their best when the leaves on the trees start to turn brown and the temperature cools. Crunchy, shiny, crisp, juicy apples make a welcome change to the often heavy, warming food of the colder months. But apples baked into pies and puddings are soft and comforting and are a delicious way to greet the autumn season.

Experiment with combining a couple of different apples when cooking for more interesting flavours. If you're able, shopping at loose-pick green-grocers means you can buy a wider variety.

MOST TART

MOST SWEET

Get the best from your apples when cooking, you need to get to grips with their individual flavours and textures. Hard, dense Bramley or Braeburn apples hold on to their juices well, so they are best-suited to chopping and cooking until soft. Perky Cox or Gala apples are sweet and fragrant, so they are great for snacking on, or adding raw to salads or bircher muesli.

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