

Blue Bell Woods Recipes from



Around our World



Cheese Scones

Ingredients

225g self raising flour
Pinch salt
Pinch cayenne pepper
1 tsp baking powder
55g butter
100g cheddar cheese
80-90 ml milk, plus extra for glazing
Extra cheese for topping the scones



Method

1. Preheat oven with the baking tray inside to 200.C (slightly less for fan ovens). In a medium-large bowl sift together the flour, salt, cayenne pepper and baking powder. Sift again to make sure the ingredients are thoroughly combined.
2. Cut the butter into cubes, place in the bowl and then mix with your fingertips to make breadcrumbs. Sprinkle the grated cheese into the breadcrumb mixture and rub in until the cheese is evenly distributed. Try not to mix too much as the heat from your hands may start to melt the cheese.
3. Make a well in the centre of the mixture and pour in enough milk to give a fairly soft but firm dough. Do not pour in all the milk at once as you may not need it all to get the right consistency.
4. Lightly flour a surface and roll out the dough to approximately 2cm thick. Cut out the scones with a medium cutter and then place on the hot oven tray. Glaze the tops with the extra milk and sprinkle a little cheese on the top of each scone before putting in the oven.
5. Bake in the oven for 10-15 minutes or until golden brown and cooked through.

Hedgehog Bread

Ingredients

12oz Strong White Bread Flour

1 1/2tsp Quick Yeast (about half a packet)

1tsp Sugar

Pinch of Salt

1 Tablespoon vegetable oil

220ml of hand hot water

Handful of raisins for decorating the hedgehog face



Method

1. Put the dry ingredients into a bowl and mix to combine them. Add in the table spoon of vegetable oil and then the water. Start to mix together, as it becomes sticky get your hands in the bowl and start to knead the dough.
2. If the mixture is a little sticky add some more strong white bread flour and if it's a little dry sprinkle on some water.
3. Once the dough is combined turn out onto a lightly dusted surface and knead the dough.
4. Once the dough is kneaded divide into 4 or 5 small rolls and shape into mini hedgehogs.
5. Use scissors and cut little spikes in the dough for the spines on the hedgehogs and add little faces to the front of the hedgehogs
6. Leave to rise for an hour until they almost doubled in size.
7. Put in to the oven for about 25 minutes on 200C

Biscuits

Ingredients

100g (4 oz) butter
50g (2 oz) caster sugar
few drops of vanilla extract
175g (6 oz) plain flour



Directions

1. Preheat the oven to 150 C
2. Add butter and sugar in a bowl and mix well until light and fluffy.
3. Add the vanilla, mix, then add the flour and mix well. Roll out to about 5mm. Cut into shapes.
4. Bake for 25 minutes or until golden brown.

Diwali Sweets

Ingredients

1 large and 1 small tin of condensed milk
2 packets of desiccated coconut
Packet of raisins
1 kg (3 lb) icing sugar
a little ground cardamon
a little grated nutmeg

Directions

1. Mix all the ingredients together.
2. Roll into small balls.
3. Place in paper cases and sprinkle with icing sugar and nutmeg.



Chocolate-Dipped Apples

Ingredients

4 apples
16 ounces milk chocolate
8 ounces white chocolate

Various dessert topping
choices



Special equipment:
Bamboo skewers

Directions

1. Arrange toppings in medium sized bowls.
2. Wash and thoroughly dry the apples.
3. Insert bamboo or wooden sticks into apple cores.
4. Melt each kind of chocolate in separate bowls over double boilers. 1 at a time, gently dip the apples into the chocolate and roll around, making sure to thoroughly cover.
5. Place on paper plate.
6. Using a spoon or wooden stick, carefully drizzle the white chocolate over the milk chocolate
7. Use the spoon or stick to make swirls and decorative patterns.
8. Dip the apples into topping bowls or sprinkle toppings over the apples.
9. Place decorated apples in the refrigerator for 15 minutes to harden.

Chinese Fried Rice

Ingredients

3/4 cup finely chopped onion
2 1/2 tablespoons oil
1 egg, lightly beaten
3 drops soy sauce
3 drops sesame oil
8 ounces pork
1/2 cup finely chopped carrot
1/2 cup frozen peas, thawed
4 cups cold cooked rice,
2 cups bean sprouts
2 tablespoons light soy sauce



Method

1. Heat 1 tbsp oil in wok; add chopped onions and stir-fry until onions turn a nice brown colour, about 8-10 minutes; remove from wok.
2. Allow wok to cool slightly.
3. Mix egg with 3 drops of soy and 3 drops of sesame oil; set aside.
4. Add 1/2 tbsp oil to wok, swirling to coat surfaces; add egg mixture; working quickly, swirl egg until egg sets against wok; when egg puffs, flip egg and cook other side briefly; remove from wok, and chop into small pieces.
5. Heat 1 tbsp oil in wok; add pork to wok, along with carrots, peas, and cooked onion; stir-fry for 2 minutes.
6. Add rice, green onions, and bean sprouts, tossing to mix well; stir-fry for 3 minutes.
7. Add 2 tbsp of light soy sauce and chopped egg to rice mixture and fold in; stir fry for 1 minute more; serve.

English Muffin Bread



Ingredients

6 cups flour
2 (1/4 ounce) packages yeast
1 tablespoon sugar
1/4 teaspoon baking soda
2 cups milk
1/2 cup water
2 teaspoons salt
to taste cornmeal

Method

1. Combine flour, yeast, sugar, salt and soda in a large bowl.
2. Heat together milk and water until very warm (120 - 130 degrees).
Add dry ingredients and beat well.
3. Stir in remaining flour to make a stiff batter.
4. Spoon into 2 loaf pans that have been greased and sprinkled with cornmeal.
5. Sprinkle cornmeal on top.
6. Cover and let stand in warm place for 45 minutes.
7. Bake at 400 for 25 minutes

Cucumber-Zucchini Salad



Ingredients

- 2 cucumbers, thinly sliced
- 2 zucchini, thinly sliced
- 1 small sweet onion, thinly sliced (optional)
- 1/3 cup vinegar
- 1/4 cup sugar
- 1/2 tablespoon salt
- 1 teaspoon coarse black pepper, fresh cracked
- 1 pinch red pepper flakes

Method

1. Arrange in alternate layers cucumber, zucchini & onions.
2. Mix vinegar and sugar dissolved in 1/2 cup hot water.
3. Add salt, pepper and crushed red pepper.
4. Add a couple ice cubes to chill.
5. Drain any water formed from cucumbers before adding the dressing.
6. Allow vegetables to marinate in the dressing at least 1 hour before serving.

Moroccan Turkey Meatballs



Ingredients

- 1 lb ground turkey
- 2 tablespoons fresh parsley, finely chopped
- 1/2 medium onion, grated
- 1 1/2 teaspoons paprika
- 1 teaspoon cumin
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon salt
- 1/4 cup oil

Method

1. Mix parsley, onion, & spices with the ground turkey.
2. Make sure it is well blended so that the spices are evenly distributed throughout the mixture.
3. Make 1 inch balls flattened to about 1/2 inch thickness.
4. Pour enough oil to just cover the bottom of the frying pan, heat on medium heat.
5. Place the balls into the heated oil. Turn frequently so they do not burn on the sides. Cook until they are done all the way through.

American Carrot Salad

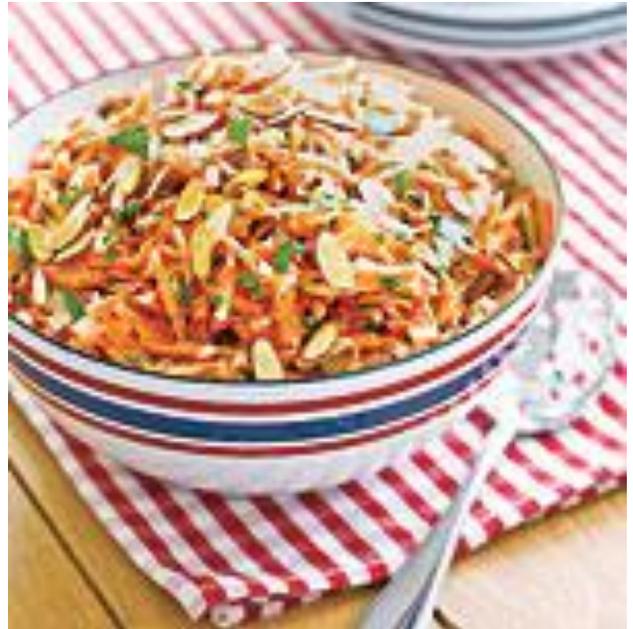
Ingredients

Dressing:

- 1/4 cup lemon juice
- Zest of 1 lemon
- 1 teaspoon Dijon mustard
- 1 garlic clove, minced
- Salt and pepper
- 1/2 cup olive oil

Salad:

- 2 10-oz. bags shredded carrots
- 1 sweet onion (such as Vidalia), finely chopped
- 1/2 cup chopped flat-leaf parsley



Method

1. Whisk together lemon juice and zest, mustard, garlic, salt and pepper.
2. Drizzle in olive oil, whisking constantly. Set aside.
3. In a separate bowl, toss together shredded carrots, onion and parsley.
4. Toss with dressing.

Middle Eastern Lemonade



Ingredients

8 lemons
3/4 cup sugar
1/4 cup mint
4 cups water
ice cube

Method

1. Mash mint and sugar together.
2. Squeeze lemons.
3. Stir together.
4. Add water.
5. Stir and pour over ice cubes in glass.

Caribbean Orange Pineapple Salad



Ingredients

- 4 oranges
- 1 cup cubed pineapple
- pinch sea salt
- pinch black pepper
- 1 clove garlic (crushed)
- 1 tablespoon chopped cilantro
- 1/2 scotch bonnet pepper

Method

1. Peel the oranges and slice them into 1/4 inch slices
2. Peel, remove the core of the pineapple and dice into small pieces
3. Crush the garlic, and finely chop the cilantro and scotch bonnet pepper
4. Place in a deep bowl and combine all the ingredients
5. Allow everything to marinate in the fridge for an hour or so for best results