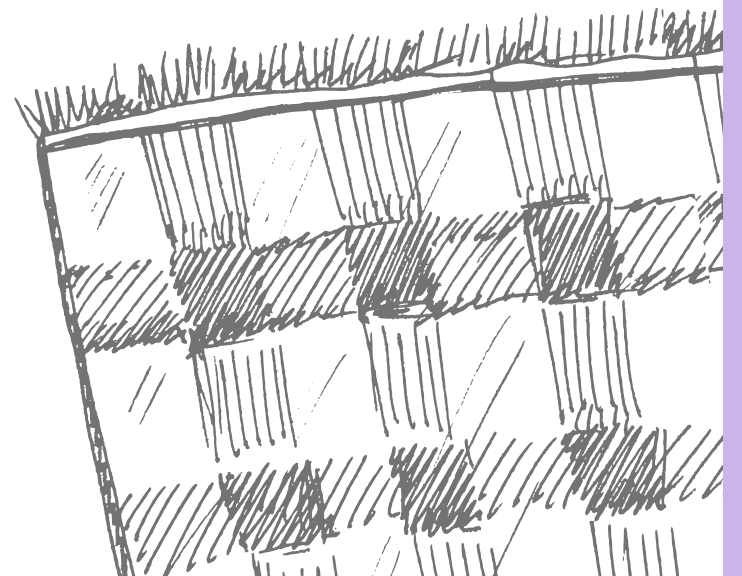


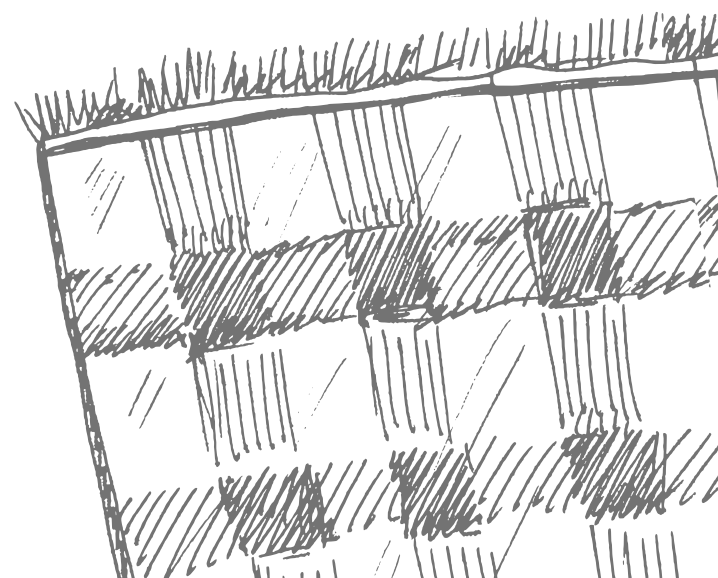
PICNIC WEEK

KEEPING COSTS DOWN ON FAMILY DAYS OUT



WHEN IT COMES TO DAY TRIPS OUT AS A FAMILY THE COSTS CAN SOON ADD UP. ESPECIALLY IF YOU ADD EATING OUT WHILE YOU ARE VISITING ATTRACTIONS! I HAVE HAD A QUICK LOOK AT THE COSTS OF EATING AT SOME ATTRACTIONS AND YOU ARE LOOKING AT ABOUT £20 TO £25 PER ADULT AND £15 TO £20 PER CHILD FOR A BURGER, CHIPS AND A DRINK!

I ALWAYS SUGGEST TAKING A PICNIC WITH YOU IF YOU ARE LOOKING TO CUT THE COST OF A DAY OUT. I HAVE INCLUDED SOME OF MY FAVOURITE PICNIC RECIPES, PERFECT FOR DAY TRIPS WITH THE FAMILY.



SCOTCH EGGS

INGREDIENTS

4 BOILED EGGS (HARD OR SOFT BOILED
IT'S UP TO YOU, BUT MAKE SURE
THEY'RE SHELLED)
1LB SAUSAGE MEAT OR A FEW
SAUSAGES (SKINNED)
A DASH OF WORCESTERSHIRE SAUCE
A LITTLE FLOUR
1 EGG, BEATEN
BREADCRUMBS

METHOD

HEAT OVEN TO 190C.
SPRINKLE THE SAUSAGE MEAT WITH A DROP
OF WORCESTER SAUCE AND MIX. DIVIDE THE
SAUSAGE MEAT INTO 4.
ROLL THE EGGS IN THE FLOUR.
NOW WRAP EACH EGG IN SAUSAGE MEAT,
SEALING THE EDGES TOGETHER WELL.
DIP INTO BEATEN EGG AND THEN INTO THE
BREADCRUMBS.
PUT ON A BAKING TRAY AND BAKE FOR
ABOUT 25 MINUTES.
SERVE HOT OR COLD.

PIZZA PIN WHEELS

INGREDIENTS

1 PACKET (320G) PUFF PASTRY
2 TBSP TOMATO OR BBQ SAUCE
LEFTOVER COOKED HAM AND
VEGETABLES
50G GRATED CHEESE
BLACK PEPPER, TO TASTE

METHOD

PREHEAT THE OVEN: SET IT TO 200°C (180°C FOR FAN OVENS) OR GAS MARK 6. LINE A BAKING TRAY WITH PARCHMENT PAPER.

PREPARE THE PASTRY: ROLL OUT THE PUFF PASTRY INTO A RECTANGLE ABOUT 1CM THICK.

ADD THE TOPPINGS: SPREAD THE TOMATO OR BBQ SAUCE OVER THE PASTRY. TOP WITH HAM, VEGETABLES, AND GRATED CHEESE. SEASON WITH BLACK PEPPER.

ROLL UP THE PASTRY: ROLL THE PASTRY LENGTHWISE INTO A LOG, CREATING A LARGE SAUSAGE SHAPE. SLICE THE LOG INTO 8 PIECES.

ARRANGE ON THE TRAY: PLACE THE PIN WHEELS ON THE PREPARED BAKING TRAY.

BAKE: COOK THE PINWHEELS IN THE OVEN FOR 10–15 MINUTES, OR UNTIL THE PASTRY TURNS GOLDEN AND THE CHEESE MELTS.

HOT DOGS

INGREDIENTS

8 HOTDOGS
8 FINGER ROLLS
TOMATO KETCHUP
MUSTARD

METHOD

BOIL THE KETTLE AND FILL A FLASK WITH THE BOILING WATER.

HEAT THROUGH THE HOTDOGS.

EMPTY THE WATER FROM THE FLASK AND ADD THE HOTDOGS IN AND TIGHTLY SEAL THE LID.

SLICE THE FINGER ROLLS AND WRAP TIGHTLY.

ADD SOME TOMATO KETCHUP AND MUSTARD TO EITHER A SMALL PICNIC BAG OR TUB.

HONEY MUSTARD PASTA SALAD

INGREDIENTS

5 TBSP MAYONNAISE
1 TBSP HONEY
1 TSP MUSTARD
6 SPRING ONIONS, SLICED
1 PEPPER, SLICED
300G PASTA
1 TSP OIL
100G COOKED GAMMON
1 TSP PAPRIKA

METHOD

COOK THE PASTA AS PER THE PACKET INSTRUCTIONS.

DRAIN AND MIX IN THE OIL COATING THE PASTA COMPLETELY AND ALLOW TO COOL.

ADD THE MAYONNAISE, MUSTARD, PAPRIKA, AND HONEY TO A BOWL AND MIX THOROUGHLY.

ADD ALL OTHER INGREDIENTS AND STIR THROUGH ENSURING IT IS ALL COATED EVENLY.

APPLE DOUGNUTS

INGREDIENTS

150G SOFT CHEESE
2 TSP HONEY
3 APPLES
4 TBSP PEANUT BUTTER
SPRINKLES, TO DECORATE

METHOD

MIX THE SOFT CHEESE WITH HONEY AND SET ASIDE.

PEEL THE APPLES AND SLICE THEM INTO 1CM THICK RINGS.

USE AN APPLE CORER OR SMALL ROUND CUTTER TO REMOVE THE CORES, CREATING "DOUGHNUT" SHAPES.

PAT THE APPLE SLICES DRY WITH KITCHEN PAPER.

SPREAD THE PEANUT BUTTER OVER THE APPLE SLICES.

TOP WITH THE SWEETENED SOFT CHEESE, DECORATE WITH SPRINKLES, AND SERVE.

MINI CRUSTLESS QUICHES

INGREDIENTS

BUTTER AND FLOUR FOR GREASING (IF
USING A NON-STICK MUFFIN TRAY,
YOU CAN SKIP THIS)
2 SLICES OF HAM, DICED
1 ONION, DICED
3 EGGS
SPLASH OF MILK
150G GRATED CHEESE
1 TOMATO, CHOPPED

METHOD

PREHEAT THE OVEN: SET IT TO 200°C (180°C FOR FAN
OVENS) OR GAS MARK 6.

PREPARE THE MUFFIN TRAY: IF YOU HAVE A SILICONE MUFFIN
TRAY, YOU CAN USE IT WITHOUT GREASING. OTHERWISE,
GREASE A REGULAR MUFFIN TRAY WITH BUTTER AND
LIGHTLY COAT EACH HOLE WITH FLOUR, ENSURING ANY
EXCESS FLOUR IS SHAKEN OUT.

COOK THE BACON AND ONION: IN A PAN OVER MEDIUM
HEAT, FRY THE BACON AND ONION TOGETHER UNTIL THE
BACON IS FULLY COOKED.

WHISK THE EGGS AND MILK: IN A MIXING BOWL, WHISK
TOGETHER THE EGGS AND A SPLASH OF MILK. ADD THE
GRATED CHEESE AND CHOPPED TOMATO TO THE EGG
MIXTURE.

COMBINE ALL INGREDIENTS: ADD THE COOKED BACON AND
ONION TO THE EGG MIXTURE AND STIR TO COMBINE.

FILL THE MUFFIN TRAY: DIVIDE THE EGG MIXTURE EVENLY
AMONG THE MUFFIN TRAY HOLES.

BAKE: PLACE THE TRAY IN THE PREHEATED OVEN AND BAKE
FOR ABOUT 15 MINUTES, OR UNTIL THE QUICHES TURN
GOLDEN BROWN AND ARE COOKED THROUGH.