

# The Knackered Chef

Are you short of: (*tick all that apply*)

- time
- energy
- enthusiasm
- ideas
- money
- patience
- hands?

If you can tick 2 or more boxes then you NEED  
this book .....

About the book:

First off let's try to remember how extremely lucky we are to be able to go to the nearest supermarket and buy the food we need to live on: many people in the world don't have this wonderful luxury.

Having acknowledged this, feel free to have a good old moan about having to think of something nutritious to make for a meal each day; having to turn out a reasonable home-made cake for school functions etc; having to perform miracles in the kitchen when worn-out by the myriad additional demands of work and parenting AND doing all this with largely no acknowledgement or praise.

This book is not about gourmet eating or innovative recipes but about meals that can be thrown together with the minimum of fuss - while simultaneously answering the phone; placating a small child; locating lost car keys; shouting at the dog etc!

It isn't a big book because choosing exactly *what* to cook can be part of the problem but, since there are 30 meal suggestions (as well as desserts and baking); you could, theoretically cook something different every evening for a whole month.

Anyway I hope you find it helpful in a small way at least,

Best wishes

*Wendy x*

About the recipes:

The book is divided into the following sections:

**Meat Meals in Minutes**

**Very Quick Veggie Meals**

**Fish in a Flash**

**Desserts in a Dash**

**Breezy Baking**

**Speedy Snacks and Side Things**

- ★ Most of the recipes are based on cooking for four but, except where exact amounts are critical, we have not been too specific – you can vary things according to what you have and how many people you have to feed.
- ★ We have tried (mostly) to stick to ingredients that are easily available in Norway (and to give the English equivalents of any Norwegian ingredients).
- ★ We have only given temperatures for fan ovens since most people seem to have these nowadays. If yours isn't a fan oven then increase the suggested temperatures by about 20 degrees.

*Meat  
meals  
in  
Minutes*

## Speedy Spag.

Tin of cooked ham - diced  
Spaghetti (75g – 100g per person)  
Onion - chopped  
Garlic - crushed  
Mushrooms - sliced  
2 eggs (or more if you are making lots)  
Carton single cream (mat fløte)  
Parmesan

Heat some oil in a large saucepan or frying pan.  
Add the onion and garlic and cook a bit.  
Add the ham and the mushrooms and cook a bit more.  
Meanwhile cook the spaghetti and drain it.  
Whisk the eggs, cream and grated parmesan in a bowl and season well.  
Stir the contents of the bowl and the contents of the pan into the hot spaghetti.  
Serve with extra parmesan, salad, garlic bread or rolls.

## Potato Pie

*A useful leftovers dish*

Good amount of mashed potatoes: real ones, packet mash or a mixture of the two  
A few spring onions – chopped small  
Tin of sweetcorn  
2 tomatoes - chopped  
Packet of frozen peas (selskap erter)  
About 200g tasty cheese –grated  
Some chopped, cooked bacon or ham or cooked chicken or a tin of tuna

In a large bowl stir together all the ingredients but keep back half the cheese.  
Put the mixture in a large, ovenproof dish, scatter with the remaining cheese and bake at 180C for about 20 mins.  
Serve with a green vegetable or salad.

Pølser (hotdog sausages)- cheapish and available everywhere but not really that nice. Try these two ways of making them a bit less bland.

## Beany Supper

Tin of baked beans  
Tin of red kidney beans  
1 tbsp tomato puree  
1 tbsp sweet chilli sauce or a pinch of chilli powder, cayenne pepper or paprika (optional but remember you're trying to get some taste in here)  
Some sliced pølser (or cooked, chopped bacon if you'd rather)  
Put everything in a large pan and heat it up together then put it in a large, shallow, ovenproof dish.

Topping:  
Grated cheese,  
soft butter or marg.  
1 tsp. Worcester sauce.  
Some slices of French bread (or triangles of ordinary bread)  
Mix the cheese, butter and Worcester sauce together and spread the mixture on top of the bread slices. Put the slices on top of the bean mixture and grill until the cheese is bubbling.

## Sort of Goulash

Onions  
Garlic  
2 or 3 peppers (any colour)  
2 tsp caraway seeds  
Tin of tomatoes  
1tbsp sweet chilli sauce or a pinch of chilli powder, cayenne pepper or paprika (optional but see what it says above!)  
Some sliced pølse  
Some crème fraiche or rømme (sour cream)  
(Optional extras: mushrooms, can of sweetcorn)

Heat 1 tbsp oil in a large saucepan or frying pan.  
Add chopped onion, diced peppers and crushed garlic and cook a bit. Add everything else except the crème fraiche then season, cover and simmer for about 20 mins. Add the crème fraiche and heat gently.

## Leek and Bean Hot Pot

Onion - chopped  
Leeks - sliced  
Dried thyme  
Minced beef – about 100g per person  
Salt and cayenne pepper  
Baked beans (or any other cooked beans but may need to add a little liquid)  
Grated cheese  
Breadcrumbs

Fry the onions and leeks in some butter.  
Add the mince, thyme, salt and cayenne pepper and cook for 20 mins.  
Add the beans and heat through.  
Put mixture in an ovenproof dish, sprinkle with cheese and breadcrumbs and grill until golden.

## Chuck it in Chow Mein

Some chicken breasts – thinly sliced  
Marinade: 5 tbsp soy sauce, 2 tbsp sherry, 1 tsp chilli sauce, 1 tbsp oil and 1 tsp corn flour (majsstivelse) all mixed together  
1 packet of egg noodles  
Whatever you have of the following:  
celery, mushrooms, carrots, mange tout, spring onions, swede, parsnip - chopped  
Some cooked ham (can be from a tin)  
Some cooked prawns.

If you have time; stir the chicken into the marinade, cover and leave for 20 mins. (you could skip this bit but make up the marinade anyway and add it with the chicken at the end)  
Put the egg noodles in a bowl of boiling water and leave for 10 mins.  
Meanwhile stir fry all the vegetables for about 5 mins.  
Add the chicken and the marinade and stir-fry until cooked.  
Stir in the noodles, some prawns and some cooked ham and heat through.

## Jambalaya in a Jiffy

Chicken breasts cut into bite-sized pieces  
Onion - chopped  
Garlic - crushed  
2 peppers (any colour) - sliced  
225g rice  
Tin of tomatoes (ordinary or one of those ones with something extra added)  
2 tbsp Worcestershire sauce  
2 tbsp sweet chilli sauce

Cook the chicken in some oil in a wok or a large pan until it changes colour. Set the chicken aside.  
Add the onion, garlic and peppers and cook a bit.  
Add the chicken, rice and tomatoes.  
Fill the empty tomato tin with boiling water and add that.  
Stir in the sauces and bring to the boil.  
Cover and simmer for about 20 mins OR (if time is not a big issue and you've something else you need to do) try covering the pan, turning off the heat and leaving it for half an hour or more. As long as you put the lid on when the dish is boiling (and are not tempted to remove it just to check) it should cook under its own steam - very environmentally friendly!

## Lazy Layers

Not quick but super-easy to prepare and then it looks after itself.

In a large casserole dish layer these (uncooked) ingredients in the following order; adding salt and pepper as you go:

2 large potatoes, thinly sliced,  
2 large carrots, sliced,  
60g uncooked rice,  
2 onions - sliced  
500g good quality minced beef  
2 tins of tomatoes

Cover and bake at 150C for 2-3 hours. Bingo!

Two pork dishes; not quick but a cinch to prepare and then cook whilst you are busy.

## Pork and Apple Warmer

Pork - cut into cubes  
Onions - chopped  
Celery - sliced  
1 tsp ground cumin  
2 or 3 apples – cored and chopped up (but don't bother to peel them)  
75g green or brown lentils  
450ml vegetable stock (can use cubes)  
1 bay leaf (optional)

Fry the pork in a wok or a large pan until brown.  
Add the onions and celery and fry a bit more.  
Add the cumin, lentils and apples.  
Add the stock, bay leaf and some salt and pepper to taste and give it all a good stir.  
Bring to the boil, cover and simmer for at least an hour.

## Piquant Pork

Pork - cut into cubes  
1 tbsp corn flour (majsstivelse) blended with 2 tbsp cold water  
Tin of tomatoes  
125ml white wine or apple juice (if you've drunk the wine)  
2 tbsp mustard  
1 tbsp paprika  
1 tbsp Worcestershire sauce  
1 tbsp tomato puree or ketchup  
1 tsp turmeric  
salt and pepper to taste  
2 peppers (any colour) – chopped

Put everything, except the peppers, into a large pan or an ovenproof casserole and stir well.  
Bring to the boil, cover and simmer (or cook in the oven at 150C) for about an hour.  
Stir in the peppers and cook for another 30 minutes. Serve with rice or potatoes.

*Very  
Quick  
Veggie  
Meals*

## Mozzy Penne

175g penne  
Tin whole tomatoes  
2 tbsp olive oil  
150g mozzarella diced (nice to use the real thing but this dish even works well with that Danish grated mozzarella most supermarkets have)  
125g parmesan  
Fresh basil – chopped (sorry dried won't really do)

Cook the pasta.

Meanwhile heat the tomatoes and olive oil in a pan; breaking down the tomatoes gently with a wooden spoon (or savagely if you've had a bad day).

Add the mozzarella, half the parmesan, the basil and salt and pepper to taste.

Bring to the boil then remove from the heat.

Drain the pasta, put it in an ovenproof dish, pour over the sauce and mix well. Sprinkle with the remaining parmesan and cook at 200C for about 10 mins until golden.

## Basil and Bean Pasta

Onion - chopped  
Garlic - crushed  
1 tsp mixed herbs  
Fresh basil – chopped (again dried won't really do)  
2 tins of tomatoes  
1 tbsp tomato puree  
1 tsp sugar  
Tin of red kidney beans  
Pasta - any sort

Cook the onion and garlic in some oil until soft.

Add herbs, tomatoes, tomato puree and sugar, bring to the boil and simmer for 5 mins. Stir in the beans and simmer for 5 mins. more.

Cook the pasta, drain it and mix in the sauce.

## Wine and Lentil Spag Sauce

Onion - chopped  
Garlic - crushed  
225g chopped fresh tomatoes (best) or 1 tin  
175g red lentils  
400ml water  
Basil – chopped fresh (best) or dried  
4 tbsp red wine (essential)  
3 tbsp tomato ketchup

Fry the onion and garlic in olive oil for 5 mins.  
Add the tomatoes, lentils and water and cook gently for 25 mins.  
Stir in the basil, wine and tomato ketchup and simmer for 10 mins.  
Add salt and pepper to taste and serve with spaghetti and grated parmesan (and more wine!)

## Frugal Nut Loaf

Keep all your stale bread bits to make this.

1 onion – finely chopped  
150ml boiling water  
1 vegetable stock cube  
2 tsp. marmite  
225g mixed nuts and 100g bread -ground together in a liquidiser or coffee grinder until quite fine.  
1 tsp. mixed herbs  
Some tasty cheese – grated or sliced

Sauté the onion in butter or marg in a large pan.  
Dissolve the stock cube in the boiling water then stir in the marmite.  
Add this liquid; the nut and breadcrumbs mixture and the mixed herbs to the onion pan and add salt and pepper to taste.  
Press half the mixture into a loaf tin, put the cheese over it and then put the rest of the mixture on top and press down firmly.  
Bake for 30 minutes at 160C

## Spicy Spuds and Lentils

Onions - chopped  
Garlic - crushed  
1 tsp cumin seeds  
1 walnut-sized piece of fresh ginger – finely grated  
(you can buy fresh ginger; cut it into walnut-sized pieces; freeze it in a small pot and grate it straight from the freezer)  
About 3 medium-sized potatoes cut into 2cm cubes  
225g red lentils  
750 ml water

Fry the onion in a wok or a large pan for 10 mins.  
Add the garlic, cumin and ginger and stir-fry for a bit.  
Add the potatoes and fry a bit more. Add the lentils, water and salt and pepper to taste.  
Bring to the boil then cover, turn heat to low and simmer for 15-20 mins. until the lentils are pale and soft and the potatoes are tender.  
Serve with a green vegetable.

## Mushroom Stroganoff

1 onion - chopped  
4 sticks of celery - sliced  
Mushrooms – about 300g, chopped  
1 tbsp wholemeal flour  
1 tsp marmite  
1 tsp thyme  
Pinch of mace or nutmeg  
Rømme (sour cream)– about ½ a pot  
150ml water

Sauté the onion and celery in a bit of butter for a few minutes.  
Add some more butter and then the mushrooms and cook for a bit more. Stir in the flour, then the water, marmite and herbs.  
Bring to the boil then turn heat to low and simmer for 2-3 minutes.  
Remove from the heat, stir in the rømme and add salt and pepper to taste.  
Heat gently. Serve with rice and peas.

## Spinach and Mushroom Lasagne

1 packet frozen spinach or about 340g fresh  
Pinch of grated nutmeg  
2 tins of tomatoes  
Lasagne – enough to make two single layers in your dish  
Mozzarella – sliced or grated  
Mushrooms - sliced  
Tasty cheese – about 150g, grated

Defrost frozen spinach; or wash fresh spinach and cook in a large covered pan over a low heat for about 5 mins until it wilts. Add the nutmeg and some salt and pepper to taste.  
Spread one tin of tomatoes over the base of a shallow, ovenproof dish and cover it with one layer of lasagne.  
Spread the spinach over the lasagne; lay the mozzarella on top of the spinach and cover this with the other tin of tomatoes.  
Add another layer of lasagne and sprinkle the mushrooms over it.

Make a quick and easy cheese sauce:  
40g butter or marg  
40g flour  
425ml milk  
Grated cheese – about 100g

Put everything except the cheese into a small pan.  
Bring to the boil; whisking all the time and cook for a couple of minutes.  
Remove from the heat, add the cheese and salt and pepper to taste.  
Pour the sauce over the dish and sprinkle some more cheese on the top.  
Bake for about 40 mins at 180C.

## Feta Wedges

Potatoes - cut into small wedges  
Red onions - peeled and cut into wedges  
Peppers (any colour) - cut into (yes you've guessed it) wedges!  
Mushrooms (optional and only cut into wedges if large)

Put all these wedges into a roasting tin, drizzle them with lots of olive oil and then bake for 25-30 mins at 220C.  
Take them out and reduce the oven temperature to 190C.  
Sprinkle the wedges with crumbled feta cheese and some fresh or dried thyme. Bake for another 5-10 mins. Serve with salad.

Two super-quick ideas:

## Pesto Squares

Butterdeig (frozen puff pastry)

Green or red pesto or tapenade

Tasty cheese – grated (or a cream cheese such as snøfrisk)

1 egg - beaten

Butterdeig comes with 5 rectangles to a packet.

Defrost them slightly and then cut each rectangle into two.

(Or forget that and just make Pesto Oblongs – even quicker!)

With a sharp knife score a border line on each pasty square (or oblong) about 2cm from the edge.

Brush this border with the beaten egg.

Spread pesto all over the area inside the border and top with cheese.

You can make the squares more interesting by adding cooked, diced pepper or mushrooms (or cooked bacon, chicken or ham if you're an omnivore).

Bake for about 10 mins at 220C.

## Anne-Tove's Tortillas

1 packet of flour tortillas

Onion - chopped

Garlic - crushed

Tin of chick peas

Tin of sweetcorn

Diced pepper – any colour

Kremfløte, (thick cream) or crème fraiche or rømme (sour cream)

Cheese – grated

Fry the onion, garlic and pepper in oil in a frying pan or a wok.

Add the chick peas and sweetcorn and cook a bit more.

Add the cream and heat through.

Divide the mixture between the tortillas.

Roll them up and put them in a shallow dish or tin.

Sprinkle with cheese and grill until golden (they are moist enough not to need a sauce). Serve with salsa and salad.

*Fish  
in a  
Flash*

## Chinese Steamed Fish

Any sort of white fish – cut into chunks.

A few bacon rashers

Onion - chopped

Red pepper - chopped

1 orange

Tin of any type of white beans – drained

2 tins of tomatoes

1 vegetable stock cube

300ml boiling water

Fry the onion, bacon and pepper in oil in a large pan.

Add the zest and juice of the orange; the beans and the tomatoes.

Dissolve the stock cube in the water and add this to the pan.

Cover and simmer for 5 mins.

Add the chunks of fish, cover again and simmer gently for another 5 – 10 mins until the fish is cooked. Add an optional pot of cooked prawns at the very last minute and serve with crusty bread.

Fish fillets or pieces

4 slices fresh ginger – chopped

(you can buy fresh ginger; cut it into walnut-sized pieces; freeze it in a small pot and use it straight from the freezer)

2 tbsp soy sauce, 2 tbsp dry sherry, 1 tsp brown sugar and 1 tbsp vegetable oil – all mixed together.

2 tsp salt

A few spring onions

Find a round ovenproof dish which will fit into your steamer.

Rub the ginger and the salt into the fish.

Put the soy sauce mixture into your dish; add the fish and turn it so that it is well coated in the mixture.

Cut the spring onions into long strips (including the green parts) and lay these on top of the fish.

Put the dish into your steamer and steam vigorously for 15 mins.

(if you haven't a steamer then prepare the fish in the same way; put it into a shallow, ovenproof dish; cover and cook in the oven at 180C for about 15 mins.) Velly tasty!

## Mediterranean Fish Stew

Any sort of white fish – cut into chunks.

A few bacon rashers

Onion - chopped

Red pepper - chopped

1 orange

Tin of any type of white beans – drained

2 tins of tomatoes

1 vegetable stock cube

300ml boiling water

Fry the onion, bacon and pepper in oil in a large pan.

Add the zest and juice of the orange; the beans and the tomatoes.

Dissolve the stock cube in the water and add this to the pan.

Cover and simmer for 5 mins.

Add the chunks of fish, cover again and simmer gently for another 5 – 10 mins until the fish is cooked. Add an optional pot of cooked prawns at the very last minute and serve with crusty bread.

## Cheats Crab Cakes

1 packet of instant mashed potato

1 red chilli, fresh or dried – finely chopped

1 bunch of spring onions - chopped

2 garlic cloves – crushed

2 tins of crab meat – drained

1 egg - beaten

2 tbsp mayonnaise

Make up the instant mash with  $\frac{1}{2}$  specified quantity of liquid so that it's quite stiff. Put it in a bowl.

Heat some olive oil in a small pan then cook the chilli, spring onions and garlic over a medium heat for 5 mins.

Add this mixture to the potato along with the crab meat, egg and mayo.

Mix well and add salt and pepper to taste.

Shape the mixture into small cakes. If time, chill for a bit in the fridge. Otherwise heat some sunflower oil in a frying pan over a medium heat and cook the crab cakes for 4-5 minutes on each side.

## Mackerel and Potato Fry

Smoked mackerel fillets (the plastic-wrapped ones you find in the supermarket are ideal)

Small potatoes (or big ones cut into chunks)

Cherry tomatoes

Green beans and/or asparagus and/or mushrooms - chopped

Chopped fresh parsley (optional)

Fry the potatoes in some oil in a wok or a large pan until lightly browned.

Add the mushrooms if using and fry a bit more.

Add the tomatoes – whole – and heat until just bursting.

Meanwhile cook the green beans and/or the asparagus in some lightly salted boiling water (or in the microwave).

Flake the mackerel and then toss everything together with a tbsp of olive oil and a dash of lemon juice and serve immediately.

## Baked Salmon

Green beans – topped and tailed

Courgettes – diagonally sliced

2 garlic cloves – crushed

Optional extras: mushrooms, peppers – thickly sliced.

Salmon fillets

Put everything, except the salmon, into a large roasting tin or similar.

Pour over some olive oil, add salt and pepper to taste and toss it all together well.

Place the salmon fillets on the top and add some more salt and pepper.

Mix 2 tbsp olive oil with 2tsp grainy mustard and drizzle this over (just use olive oil if you don't like mustard). Bake for about 15 mins at 200C.

## Salmon en Croute (ooo fancy!)

4 rectangles of butterdeig (frozen flaky pastry)  
1 tbsp chopped fresh dill (or 1 tsp dried)  
A few drops of lemon juice  
3 or 4 salmon fillets plus a few prawns if you have them  
Some frozen spinach – thawed a bit  
Cream cheese (½ a tub of Philadelphia or equivalent)  
1 egg – beaten

Rub the dill and lemon juice into the salmon and add salt and pepper to taste.

Roll out two of the butterdeig rectangles to make them a bit bigger. Put them side by side on greaseproof paper on a baking tray, wet the middle edges and join them to make one piece. Brush around the edge of the whole piece with water.

Mix the spinach, cream cheese and prawns in a bowl and add salt and pepper to taste.

Put the salmon fillets on top of the piece of pastry and spread the cream cheese mixture over them.

Roll out the other two rectangles of butterdeig so that they are a bit larger than the first two and lay them on top; joining them together in the same way as the bottom two pieces. Seal the edges of the nice parcel you have made; prick it in several places with a fork; brush it all over with the egg and bake at 200C for about 30 mins.

## Prawn and Egg Chow Mein

1 packet of egg noodles  
1 bunch of spring onions - chopped  
1 carrot – cut into thin strips  
Some mangetout – cut into strips  
Prawns (tiger prawns or a large tub of ordinary prawns)  
1 garlic clove – crushed  
Walnut-sized piece of root ginger – grated (see tip in Chinese Steamed Fish recipe)  
1 red chilli – finely chopped  
4 large eggs – beaten  
2 tbsp soy sauce

Put the egg noodles in a bowl of boiling water and leave for 10 mins. Meanwhile heat some oil in a wok; add everything except the eggs and soy sauce and stir-fry for 2-3 mins.

Transfer it all to another bowl and cover it to keep it warm.

Heat some more oil in the wok; pour in the eggs and stir them continuously until they scramble.

Add the soy sauce, the noodles and the vegetables to the wok and stir-fry everything for a couple of minutes more.

## Smoked Salmon Pasta

Onion - chopped  
Garlic- crushed  
Mushrooms - sliced  
Smoked salmon  
1 tub of some sort of cream (rømme, kremfløte, crème fraiche)  
Squeeze of lemon juice  
Pasta – any type

While the pasta is cooking, fry up the onion, garlic and mushrooms.  
Add the smoked salmon and cream and cook until warmed through.  
Season and add the lemon juice.  
Mix with the sauce with the pasta or it serve on top.

## Fish Curry in a Hurry

Fish (can use most sorts: mackerel works well) – cut into smallish chunks  
2 onions – chopped  
1 apple – chopped  
2 tbsp flour  
300ml fish stock or 1tsp marmite dissolved in ½ pint water  
1 tbsp curry powder or paste  
150ml single cream or milk  
1 tbsp lemon juice  
25g dried coconut  
Pinch of salt

Fry the fish in some oil in a large pan or a wok.  
Remove the fish, melt some butter in the pan and fry the onions and apple for a few minutes.  
Stir in the flour and stock. Add the curry powder and cook for 10 mins.  
Add the cream, lemon juice, coconut and salt and cook for 2-3 mins.  
Add the fish and simmer until the fish is cooked.

## Fish and Prawn Curry

White fish – cut into smallish chunks

Prawns

2 garlic cloves – crushed

1 tbsp curry powder or paste

2 tbsp tomato puree

2dl kremfløte (cream)

1 dl milk

Grated cheese - optional

Put the fish and prawns in a shallow, ovenproof dish and season.

Mix together the garlic, curry, tomato puree, cream and milk and pour it over the fish and prawns.

Sprinkle with cheese if you fancy it (actually nicer than it sounds).

Bake at 200C for about 20 mins.

Serve with rice and peas.

*Desserts  
in a  
Dash*

## Chocolate Special

Super easy and super delicious - so don't tell too many people!

100g fresh breadcrumbs  
2 tbsp cocoa  
1 tbsp black coffee  
100g brown sugar  
1 tbsp brandy or Baileys or Tia Maria or Kahlua (optional)  
300ml of kremfløte (whipping cream) – whipped until stiff

Mix together everything except the cream.

In a glass dish or a bowl alternate layers of the chocolate mixture with layers of the whipped cream (put the cream on in blobs and then flatten them carefully into a layer). Chill over night in the fridge. This dessert freezes very successfully.

## Banana Brûlée(ooo fancy!)

75g crushed biscuits (digestive or similar)  
150ml Greek (or other thick) yogurt  
Sliced bananas  
2 tbsp brown sugar

Preheat your grill to hot.

Divide the biscuits between 4 ramekins and press down firmly.

Spoon over half the yogurt; add a layer of banana slices and then the rest of the yogurt. Smooth the tops and sprinkle with sugar.

Put under the grill for 1-2 minutes until the sugar caramelises.

Leave to cool then refrigerate for 1 hour (or as long as you've got!).

## Yummy Chocolate Sauce

Makes plain ice cream into a dessert

75ml (whipping cream kremfløte)  
100g chocolate in pieces  
25g butter

Put everything in a saucepan and heat gently, stirring constantly until the chocolate has melted – voila!

# Chocolate Cheesecake

Naughty but nice (and easy!)

Bottom:

100g digestive biscuits (or similar type of plain biscuits)

50g chopped hazelnuts (optional)

15g brown sugar

60g butter

Process biscuits, nuts and brown sugar together (or crush the biscuits, chop the nuts finely and stir in the sugar) and add the melted butter.

Press into an 8" diameter spring-form tin and chill.

Top:

2 x100g packets of chocolate (eg Freia's Dronning Sjokolade)

30g caster sugar

1 packet of Philadelphia cream cheese

1 carton kremfløte (whipping cream) – whipped until stiff

40ml Baileys or Tia Maria or Kahlua or a similar liqueur (optional).

Beat together the sugar and cheese until smooth then fold in the whipped cream.

Melt the chocolate and fold this into the cheese mixture (stir in the liqueur if using).

Spoon into the tin, on top of the biscuit base, and level the surface.

Refrigerate for at least 2 hours.

# Berry Puffs

Frozen puff pastry (butterdeig)

Vanilla krem or whipped, sweetened cream

Berries (any sort)

Icing sugar

Cut each rectangle of butterdeig into 3.

Score the top with a diamond pattern and brush with the beaten egg.

Bake them at 220C for about 10 mins.

They will puff up and you can split them; fill them with cream and berries and serve sprinkled with sifted icing sugar.

## Apple Sponge

125g flour sifted together with 3 tsp baking powder  
125g soft butter or marg  
120g sugar plus 5g vanilla sugar  
2 eggs  
2 tbsp sultanas or raisins (optional)  
1 tbsp lemon juice  
2 apples (can also use tinned or fresh pears, pineapple or mandarin oranges)

Put everything, except the apples, in a large bowl and beat well.  
Put the mixture into a loose-based, lined and greased cake tin.  
Core the apples; cut them into slices and arrange them in a pattern on the top of the cake (or just dump them on if in a hurry or cross about something).  
Bake for about 30 mins at 160C.  
Serve with crème fraiche or ice cream.

## Apple and Apricot Cake/Pudding

Not quick to bake but very easy to prepare

250g flour sifted together with 3 tsp baking powder  
220g sugar plus 5g vanilla sugar  
2 eggs  
½ tsp almond extract  
150g melted butter or marg  
225g apples – peeled, cored and thickly sliced  
100g dried apricots – snipped into pieces.  
25g flaked almonds (or whole almonds thinly sliced)

Grease and line a deep, loose-based cake tin.  
Put everything except the apples, apricots and almonds into a large bowl and beat well.  
Add the apples and apricots and mix them in gently.  
Spoon the mixture into the tin, level the surface and sprinkle with the almonds.  
Bake at 140C for about an hour.  
Serve with crème fraiche or ice cream.

## Spicy Apple Crisp

6 slices of bread - cut into small cubes  
8 glacé cherries (not readily available in Norway but you can leave them out)  
3 tbsp golden syrup (lys sirup)  
50g butter  
25g dried coconut  
Apples – cored and sliced  
2 tbsp mincemeat (saved from Christmas?)

Melt the syrup and butter in a saucepan (or microwave), remove from the heat; add the bread cubes, cherries and coconut and mix well.

Layer the mincemeat and the apple slices in a deep ovenproof dish and top with the bread mixture.

Bake for about 30 mins at 180C.

## Apple and Marzipan Half-Pie

250g shortcrust pastry (see Processor Pastry recipe in the last section)  
300g marzipan  
3 apples (can also use pears or plums) – cored and sliced  
50g sugar  
1tsp almond extract

Roll the pastry into a large circle and put onto greaseproof paper on a baking sheet.

Roll out the marzipan to a circle about  $\frac{3}{4}$  of the size of the pastry one and place in the centre of the pastry.

Mix the apple slices with the sugar and almond extract and pile them onto the marzipan.

Fold over the pastry border and press down gently – it's supposed to look a bit rough and ready so relax!

Bake for 10 mins at 200C and then reduce heat to 170C and bake for another 20 mins until golden.

*Breezy  
Baking*

Bananas going black in the fruit bowl?  
Use them in one of these two recipes:

## Banana Loaf

235g flour sifted with 3 tsp baking powder  
125g butter or marg  
125g brown sugar  
2 eggs - beaten  
150g raisins (optional)  
2 tbsp honey  
3 (2 if large) bananas – mashed

Rub the butter into the flour and add the sugar, raisins, eggs, honey and bananas.

Put into a greased loaf tin and bake at 160C for about 1 hour.

## Banana Scones

50g butter or marg  
235g flour sifted with 3 tsp baking powder  
50g sugar – white or brown  
75g raisins  
1 banana  
milk

Rub the butter into the flour.

Add the sugar and raisins and stir it all together.

Mash the banana in a measuring jug and add milk to make up to 160ml.

Add this mixture to the flour and mix to a soft dough.

Roll out on a floured surface to about 1.5cm thick and cut out small rounds.

Brush the tops with milk and bake for about 10 mins at 220C.

Split in half and butter.

Two cakes where you need to be a tiny bit organised beforehand but then they're a doddle!

## Tea Loaf

375g mixed dried fruit (not readily available in Norway but can just use raisins)  
125g brown sugar  
150ml fresh, hot, black tea  
1 egg  
1 tbsp milk  
50g walnuts – chopped  
225g flour sifted with 3 tsp baking powder and 1 tbsp mixed spice (or nutmeg and cinnamon would do)

Put the fruit, sugar and tea into a large bowl.  
Stir, cover and leave for at least 4 hours.  
Lightly beat the egg and milk together and add to the fruit mixture along with the walnuts.  
Gently fold in the flour mixture.  
Bake in 1 large lined loaf tin for about 1 hour at 160C or 2 small lined loaf tins for about 40 mins. at 140C.

## Coconut Loaf

50g dried coconut  
150ml milk  
100g marg  
200g sugar  
2 eggs  
235g flour – sifted with 3 tsp baking powder

Stir the coconut into the milk and leave to soak for at least 4 hours.  
Beat the butter and sugar together until creamy then beat in the eggs; one at a time.  
Fold in the flour and the coconut mixture.  
Bake in 1 large lined loaf tin for about 1 hour at 160C or 2 small lined loaf tins for about 40 mins. at 140C.

Spices or chocolate chips? It's up to you.

## Spiced Shortbread

225g flour  
1 tsp baking powder  
1 tsp ground ginger  
1 tsp ground cinnamon  
150g hard butter or marg  
100g brown sugar  
2 tbsp honey

Sift the flour, baking powder and spices together into a bowl.  
Add the butter in small cubes and rub it in (can also do this in a processor).

Stir in the sugar and the honey (if the honey is not the runny kind then melt it a little in the microwave)

★

Grease and line a shallow, loose-based, round tin.

Put the mixture in and press it down firmly.

Mark the shortbread with a fork all round the edge and then bake it for 40 mins at 160C.

Mark it into 12 segments whilst still hot; leave to cool for 20 minutes then remove it from the tin and cut it carefully into wedges.

(Can also use an oblong tin. Make fork marks all over before baking and then mark into bars or squares whilst still hot. Cut up carefully after 20 minutes of cooling).

## Chocolate Chip Shortbread

300g flour  
90g sugar  
210g butter or marg  
100g chocolate chips

Mix the flour and sugar together and rub in the butter.

Stir in the chocolate chips and bring the dough together.

Continue as from ★ above.

## Oat Squares

An easy and very reliable form of flapjacks.

They won't either turn into tarmac or become a tin full of crumbs!

225g flour  
3 tsp baking powder  
225g porridge oats  
pinch of salt  
2 tsp ground ginger  
175g sugar  
225g hard margarine  
2 tbsp syrup or molasses or malt extract (or a mixture of these)

Put all the dry ingredients into a large bowl and mix together well.

Put the margarine and syrup in a pan and melt gently (or use a microwave). Add to the dry ingredients and mix well

Press the mixture into a greased oblong baking tin using a fork.

Bake for 20-30 mins at 140C until golden.

Cut into squares whilst warm and leave in the tin until cold.

## Chocolate Rock Cakes

225g flour sifted with 3 tsp baking powder and a pinch of salt  
75g butter or marg.  
100g chocolate cut into small chunks (or 100g chocolate chips)  
70g sugar plus 5g vanilla sugar  
1 egg  
2tbsp milk

Rub the butter into the flour and mix in the chocolate and sugar.

Beat the egg and milk together lightly; add to the flour mixture and mix to a rough dough using a fork.

Pile the mixture in heaps on greaseproof paper a baking tray (or two) and bake at 160C for about 12 minutes.

## Almond or Chocolate Slices

200g butter or marg  
100g brown sugar  
100g white sugar  
1tsp vanilla sugar  
1 egg – separated  
1 tbsp syrup  
1 tsp bicarbonate of soda (natron)  
300g flour  
Some pearl sugar (optional)

Beat the butter and sugars together until creamy.

Beat in the egg yolk and then stir in all the other ingredients except the egg white.

For Almond Slices add 4 tbsp chopped almonds.

For Chocolate Slices add 4 tbsp cocoa and 2 tsp cinnamon.

Roll the dough into long sausages, lay the sausages onto baking paper on baking trays and flatten them a bit.

Brush the tops with the egg white and sprinkle with the pearl sugar.

Bake at 175C for about 15 mins and cut into diagonal slices when still a bit warm.

## Honey Spice Cake

225g flour sifted with 3 tsp baking powder and 1 tsp mixed spice (or nutmeg and cinnamon), 1 tsp ground ginger and 1 tsp ground cinnamon.

150g butter or marg  
100g brown sugar  
3 rounded tbsp honey  
2 eggs  
1 tbsp water

Melt the butter, sugar, honey and water gently together in a saucepan (or a microwave). Cool for about 10 mins then beat in the eggs and the flour mixture.

Pour into an oblong, greased and lined baking tin and bake for about 30 mins at 160C.

Cut into squares when cool.

## Easy Carrot Cake

125g flour sifted with 2 tsp baking powder, ½ tsp salt, 1 tsp ground cinnamon and ½ tsp ground nutmeg.

125g brown sugar

2 eggs

75ml olive oil

1 banana – mashed

125g carrot – grated

40g walnuts (optional)

Add the sugar to the flour mixture and mix well.

Add the eggs, oil and banana and beat well.

Stir in the carrot and nuts and pour into a lined, 20cm square tin.

Bake for about 30 mins at 160C.

Topping:

50g soft butter or marg,

50g cream cheese,

250g icing sugar

1 tsp vanilla sugar

Beat everything together and spread on top of the cooled cake.

## Lazy Lemon Cake

100g soft butter or marg.

175g flour sifted with 3 tsp baking powder

100g white sugar and 75g brown sugar

2 large eggs

6 tbsp milk

Grated rind of 1 lemon

Tip everything into a big bowl and beat until the mixture drops easily off the spoon.

Spoon the mixture into a greased and lined oblong tin and bake for about 30 mins at 160C.

Topping:

50g caster sugar

50g brown sugar

Juice from 1 lemon

Beat everything together and pour over the cake whilst it is still hot.

Let the cake cool before cutting it into squares.

Two quick and tasty biscuits recipes:

## Ginger Nuts

220g flour sifted with 2 tsp baking powder, 3 tsp ground ginger and 2 tsp bicarbonate of soda (natron)

80g brown sugar

100g butter or marg

4 tbsp lys (golden) syrup

Add the sugar to the flour mixture and then rub in the butter.  
Add the syrup and bring the mixture together into a stiff paste.  
Roll small pieces into balls and put them onto baking paper on a  
baking sheet.  
Leave room for them to spread.  
Flatten each ball slightly and bake for about 10 mins at 175C.

## Treacle Biscuits

125g butter or marg  
100g brown sugar  
1 tsp treacle or mørk sirup  
1 egg  
75g flour  
75g oats

Cream the butter, sugar and treacle together.  
Beat in the egg and then stir in the flour and oats.  
Put large spoonfuls onto baking paper on a baking sheet;  
Leave room for them to spread.  
Flatten each biscuit slightly and bake for about 12 mins at 175C.

## Dutch Buttercake

220g flour  
170g butter  
150g sugar (caster)  
1 egg - beaten  
pinch of salt  
About 75g finely chopped candied ginger or 3 tbsp ordinary malt ginger

Knead all the ingredients into a smooth paste but keep back half the beaten egg.

Grease a round cake tin and press the dough into it.

Brush the top with the reserved half of egg.

Decorate the top in squares with the back of a knife.

Bake for 30 mins at 180C until golden brown.

While still hot press the middle of the cake down with the back of a spoon.

Cool and when firm to the touch turn out on wire rack.

This cake should be soft inside (but done!) and hard on the outside.

## Easy Peasy (butter's greasy) Sponge

100g soft butter or marg  
2 eggs  
100g sugar  
2 tsp vanilla sugar  
100g flour  
2 tsp baking powder  
1 tbsp water

Put everything in a large bowl and beat until smooth.

Divide between 2 greased and lined round cake tins and bake for about 30 mins at 160C.

Sandwich together with jam and/or butter icing and dust the top with icing sugar.

*Speedy  
Snacks  
And Side  
Things*

## John Gibbs' Roast Peppers

12 large bell peppers, red, orange or yellow: the riper the better.  
Lots of olive oil

Wash the peppers; de-seed them and cut them into strips 1-2cm wide.

Splash some olive oil on a large baking tray, smearing it out with your finger.

Pack the strips of pepper onto the baking tray right up to all the edges.

Methodically drizzle olive oil over them (i.e. in a continuous thin stream crossing each strip three or four times. If your pouring funnel produces a bigger stream, just one or two passes over each row of pepper strips will do).

Grind sea salt over from on high.

Roast at 175C for about 20 mins, until any strips you've missed with the oil start to go black. If you've got time, turn each pepper strip over. Continue to roast for 5 mins or so; keeping a beady eye on them in case they burn. The strips are done when the flesh has become softer and is no longer crisp and firm.

Arrange in a dish to look like a sunburst (or just throw in a dish if time is short!).

Pour the oil from the baking tray over the strips, carefully scraping it all off. It's delicious, that's why.

This dish looks cheerful and has a sensuous and fragrant, slightly sweetish taste.

Will keep for a week in the fridge. Can also deep freeze. Do two trays at the same time and save CO2 in electricity consumption.

Can also do other vegs like aubergine (use LOTS of oil), parsnip, mushroom, courgette, butternut squash (cut in halves and done after 30 mins), onions and garlicks.

## Baked Tomatoes

Any tomatoes that have gone a bit soft.

Cut the tomatoes into thick slices and arrange in a shallow, ovenproof dish. Sprinkle them with salt, pepper and about 1 tsp of brown sugar. Dab little bits of butter onto the tomatoes and then sprinkle a few breadcrumbs over them. Bake at 180C for about 20 mins.

## Potato Cubes

A change from wedges and good way to make a few potatoes go a bit farther.

Potatoes cut into small cubes: about 1.5 cm square.

1 tbsp dried thyme  
2 tsp dried rosemary  
2 tsp dried oregano  
salt and pepper  
olive oil

Put the potato cubes into a roasting tin and add the herbs and seasoning.

Drizzle olive oil over the tin and, with your hands, toss it all together.  
Bake at 200C until crisp and golden – about 20 mins.

## Saturday Soup

Mixed vegetables e.g. onions, carrots, swede, parsnip – chopped into chunks.

Tin of tomatoes  
1tbsp tomato puree  
1 tsp mixed herbs  
salt and pepper  
2 vegetable stock cubes  
1½ litres boiling water  
A handful of pasta (small soup pasta is good but can use any)

Sauté the vegetables in some oil in a large saucepan until getting soft.  
Add the tomatoes, tomato puree, mixed herbs and salt and pepper to taste.

Dissolve the vegetable stock cubes in the boiling water and add this to the pan.

Bring the soup to the boil then cover and simmer for 20 mins.

Throw in the pasta and simmer for another 10 mins.

Optional:

Put slices of French bread on a baking tray; put grated cheese on top and grill until the cheese melts then float the bread slices on top of the bowls of soup.

## Cheese and Celery Loaf

450g flour sifted with 5 tsp baking powder and 2 tsp salt  
40g butter or marg  
3 sticks of celery – finely chopped  
150g tasty cheese – grated  
1 clove of garlic – crushed  
1 egg  
milk

Rub the butter into the flour and then add the cheese, celery and garlic.

Beat the egg in a measuring jug and make up to 300ml with milk. Gradually add this liquid to the flour mixture and mix to form a soft dough.

Knead lightly and quickly on a floured surface and shape into a rough oblong.

Place in a greased loaf tin and bake at 220C for about 45 mins.

## Cheese Jacks

150g porridge oats (havre gryn, lettkokte)  
150g tasty cheese – grated  
1 egg – beaten  
50g butter or marg – melted  
1 tsp dried rosemary  
salt and pepper

Mix all the ingredients together and press into a shallow, square tin lined with greaseproof paper.

Bake for about 30 mins at 160C until golden.

Cut into squares whilst warm and leave in the tin until cold.

## Crunchy Cereal

400g porridge oats  
50g sunflower seeds  
100g chopped mixed nuts  
100g wheat meal (havrekli)  
75g dried coconut  
25g sesame seeds  
100g brown sugar  
Combine all the above in a large bowl.

150ml water  
150ml oil  
½ teaspoon vanilla essence  
½ teaspoon salt

Whisk these together then stir into the dry ingredients and mix well.

Spread the mixture out on a large baking tray or oven shelf and bake at 160C fan for 20-30 minutes turning occasionally.  
Leave to cool and then store in an airtight container.  
You can add other sorts of seeds if you want to.  
You can also add dried fruit after the cereal has been baked.  
To save time and electricity make double the quantity – it seems to get eaten quite quickly!

## Processor Pastry

If you have any sort of food processor then this short crust pastry is very reliable and quick to make.

250g flour  
pinch of salt  
120g hard butter or marg cut into cubes  
A squeeze of lemon juice  
60ml very cold water

Process the flour, salt and butter quite briefly until it looks like crumbs.

Add the lemon juice and COLD water and process until the pastry comes together in a lump.