

VEGETARIAN COOKERY CLASS – 25TH September 2019
PRESENTER – SHIRLEY

SPECIAL K NUT ROAST

Mix together

6 cups special k

75g grated cheese

1 carton of cottage cheese

1 onion chopped and cooked in 1 tablespoon of cooking oil

1 tin of mushroom soup

4 beaten eggs

75g or 100g chopped nuts

And bake for 30 to 40 minutes on gas mark4 or 175 c



Apple pie

Pastry beat together 250g margarine with 100g caster sugar and in 2 eggs and 500g plain flour and mix. Rest for 1 hour. Roll out and line pie dish fill with peeled sliced apples add sugar to taste cover with pastry, glaze with beaten egg and bake at 180c for 45 minute to 1 hour

