

Name: _____

Menu

Drinks

- Shandy *Pg. 3*
- Lemon Cucumber Cocktail *Pg. 3*
- Homemade English Lemonade *Pg. 4*

Nibbles

- English Afternoon Tea Sandwiches *Pg. 5*
- French Onion Dip with British Potato Crisps *Pg. 6*
- Asparagus and Bacon Rolls *Pg. 7*

Roast Dinner

- Roast Beef *Pg. 8*
- Roast Vegetable Tray *Pg. 9*
- Gravy *Pg. 9*
- Creamy Mashed Potatoes *Pg. 10*
- Boiled Peas and Carrots *Pg. 10*
- Individual Strawberry Trifles *Pg. 11*
- Coffee, Black Tea and Earl Grey Tea



Shopping List

For 4 ~ 5 people

- Asparagus, fresh 12
- Bacon, 8 strips
- Beef (topside) 1 kg
- Beer
- Black pepper, freshly ground
- Bread 1 loaf
- Butter 100g
- Carrots, 5 large
- Cheddar cheese
- Club soda
- Cream 500ml
- Cream cheese
- Crushed cookies, for garnish
- Cucumbers 3
- Custard
- Dill
- English Mustard
- Frozen peas 1 pack
- Garlic powder 1/2 teaspoon
- Gin
- Ginger ale
- Gravy powder 4 teaspoons
- Ice (crushed ice is best)
- Lemons 6
- Mayonnaise
- Milk 500ml
- Mint, fresh 4 sprigs
- Olive oil
- Onions 5
- Orange juice (or orange liqueur or sherry) 1/2 cup
- Pepper
- Pickles 3
- Potatoes 6 medium
- Pound cake 1
- Pumpkin 1/2
- Rosemary (or sage or other mixed fresh herbs)
- Salt
- Sea salt
- Sour cream 1 cup
- Strawberry jam
- Sugar, granulated white 2 cups
- Sweet potatoes 2
- Vanilla extract
- Vegetable oil

Recipes

Shandy

Ingredients

- Beer Mug
- 1/2 glass beer
- 1/2 glass ginger ale

Directions

1. Fill a glass half full of beer (lighter beer works better).
2. Fill the rest with Ginger Ale, 7-Up or CC Lemon etc.

Lemon Cucumber Cocktail

Ingredients

- Club soda
- Gin
- Squeeze of lemon juice
- Thin slices of lemon
- Thin slices of cucumber
- Sprigs of fresh mint, for garnish (optional)
- Ice (crushed ice is best)

Directions

1. Place a lemon slice and a cucumber slice in a glass.
2. Add ice.
3. Pour in gin.
4. Add a squeeze of lemon juice.
5. Top with soda.
6. Garnish each with a mint sprig.

Homemade English Lemonade

Ingredients

1. 3/4 cup white, granulated sugar
2. 1 cup water
3. 1 cup lemon juice (4-6 lemons)
4. 2 to 3 cups cold water (to dilute)

Directions

1. Place the sugar and water in a small saucepan and bring to a simmer.
2. Stir so that the sugar dissolves completely and remove from heat.
3. While the water is heating for the simple syrup, juice your lemons.
4. Pour the juice and the sugar water into a serving pitcher.
5. Add 2 to 3 cups of cold water and taste.
6. Add more water if you would like it to be more diluted.
(Note that when you add ice, it will melt and naturally dilute the lemonade).
7. If the lemonade is too sweet, add more lemon juice.

Refrigerate until cold and serve with ice, sliced lemons.

English Afternoon Tea Sandwiches

Ingredients

- Loaf of bread
- Cheddar Cheese
- Pickles
- English Mustard
- Cucumber
- Dill
- Cream cheese

Directions - Cheddar Cheese, Pickles and English Mustard

1. Place thin slice of cheddar cheese, sliced pickle and mustard on a slice of bread.
2. Top with another slice of bread.
3. Cut off the crusts.
4. Cut into 4 triangles.

Directions - Cucumber, Dill and Cream Cheese

1. Blend cream cheese and chopped dill together.
2. Spread onto a slide of bread.
3. Add thinly slice of peeled cucumber.
4. Top with another slice of bread.
5. Cut off the crusts.
6. Cut into 4 triangles.

French Onion Dip with British Potato Crisps

Makes 2 cups of dip

Ingredients

- 2 tablespoons olive oil
- 1 1/2 cups chopped onion
- 1/4 teaspoon salt
- 1 cup sour cream
- 1 cup mayonnaise
- 1/2 teaspoon garlic powder
- salt and pepper to taste

Directions

1. Heat the oil in a large frying pan over medium heat
2. Add the onions and 1/4 teaspoon of salt.
3. Cook and stir until the onions are caramelised golden brown (about 20 minutes).
4. Remove the onions from the heat and cool.
5. Mix together the sour cream, mayonnaise, garlic powder, pepper and salt.
6. Stir in the onions when they are cool.
7. Cover and refrigerate before serving.
8. Serve with Potato Crisps

Asparagus and Bacon Rolls

Ingredients

- 8 strips of bacon
- 12 fresh asparagus
- 1 teaspoon vegetable oil

Directions

1. Boil asparagus lightly and drain well.
2. Cut into 5cm lengths.
3. Place two asparagus pieces on a bacon strip (or half strip depending on length).
4. Roll bacon around the asparagus.
5. Secure roll with a toothpick.
6. Repeat.
7. Heat vegetable oil in a frying pan.
8. Saute bacon rolls with a medium heat until lightly browned.

Roast Beef

Ingredients

- 1 kg beef (topside)
- Olive oil
- Sea salt
- Freshly ground black pepper

Directions

1. Take beef out of the fridge 30 minutes before cooking.
2. Preheat oven to 240°C
3. Place beef on roasting tray and drizzle with olive oil
4. Season beef well with salt and pepper, rubbing it all over the meat.
5. Place beef in the preheated oven.
6. Turn the heat down immediately to 200°C
7. Cook for 1 hour for medium beef.
 - For medium-rare beef, reduce cooking time by 5 to 10 minutes
 - For well done beef, extend cooking time by 10 to 15 minutes
8. If cooking roast potatoes and veggies, put them into the oven for the last 45 minutes of cooking.
9. Halfway through cooking, remove the beef from the oven and baste (cover in juices).
10. If the vegetables look dry, add a little water to prevent burning.
11. When cooked, remove from oven.
12. Cover with foil and tea towel and let sit for 15 minutes.

Roast Vegetable Tray

Ingredients

- 3 tablespoons olive or vegetable oil
- 2 sweet potatoes, cut into thick wedges
- 2 Onions, cut into quarters
- Pumpkin, cut into thick wedges
- Bunch of rosemary, sage or other mixed fresh herbs

Directions

1. Preheat oven to 200C.
2. Pour 2/3 of the oil into a roasting tray.
3. Scatter and roll the vegetables and herbs in the oil and season with salt and pepper.
4. Drizzle with the remaining oil.
5. (Can be prepared to this stage up to an hour ahead)
6. Roast the vegetables for 45-55 mins until tender and golden brown.
7. Serve.

Gravy

Ingredients

- 4 teaspoons gravy powder
- 1 cup water
- Meat drippings (as much as you like)

Directions

1. Heat water in a saucepan.
2. Remove from the heat when it reaches a full boil.
3. Add the meat drippings and stir.
4. Add the gravy powder and whisk the mixture for one minute on a low heat or until the gravy thickens.

Creamy Mashed Potatoes

Ingredients

- 6 medium sized potatoes, peeled and quartered
- 50g butter
- 475ml milk
- Salt and pepper to taste

Directions

1. Bring a pot of salted water to boil.
2. Add potatoes and cook until tender but still firm.
3. In a small saucepan heat butter and milk over low heat until the butter melts.
4. Mash the potatoes using a potato masher.
5. Slowly blend milk mixture into potatoes until smooth and creamy (add more or less depending on desired taste and consistency).

Boiled Peas and Carrots

Ingredients

- Frozen peas
- 5 large carrots, washed, peeled and cut into 2cm slices
- 3 tablespoons of butter
- Salt and pepper

Directions

1. Rinse carrots and place in medium saucepan.
2. Cover with cold water.
3. Bring to a boil over high heat.
4. Boil hard for about 4-5 minutes, then turn off heat.
5. Let stand for 3 minutes.
6. Test a carrot; if not tender, boil a little longer.
7. Add frozen peas to saucepan and cook for 2 minutes.
8. Drain well and return to saucepan.
9. Add butter and toss over medium heat to melt.
10. Season with salt and pepper to taste and serve.

Individual Strawberry Trifles

Makes 10 trifles

Ingredients

- Strawberry jam
- 1 fresh pound cake
- 1/2 cup orange juice (or orange liqueur or sherry)
- Custard
- Crushed cookies, for garnish
- Whipped Cream
 - 2 cups of cream
 - 2 teaspoons vanilla extract
 - 1/4 cup sugar

Directions

1. Slice the pound cake into 1cm thick slices.
2. Cut out circles from each cake slice using a glass or cup.
3. Place one cake circle in the bottom of each individual cup.
4. Brush the cakes with orange juice (or orange liqueur or sherry).
5. Spread strawberry jam over the cake.
6. Pour a layer of custard over the jam and then a dollop of whipped cream.
7. Repeat steps 1 ~ 6 once again to make another layer.
8. Cover the trifles with plastic wrap and refrigerate until ready to serve.
9. To serve, remove the plastic wrap. Sprinkle crushed cookies on top.

Quantity Reference

1 teaspoon ≈ 5ml
1 tablespoon ≈ 15ml
1 cup ≈ 250ml