

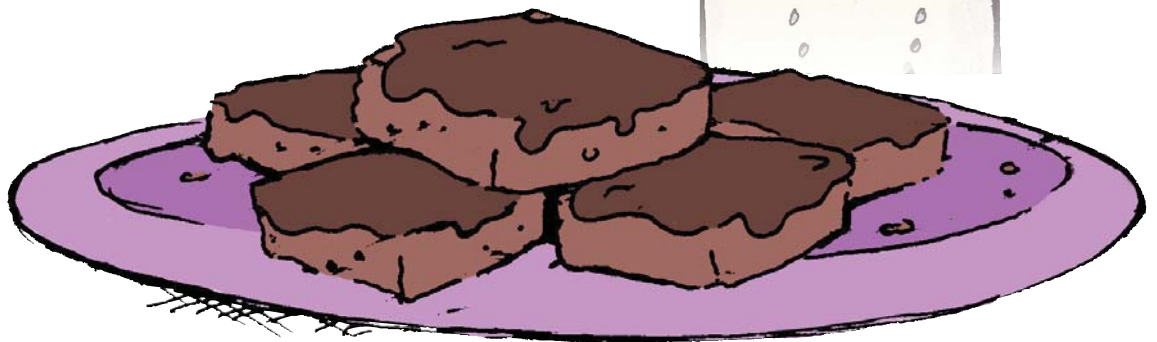
MR BENN



Children's recipes by Gary Rhodes

MR BENN IS ASKING YOU TO TAKE TIME FOR TEA AND HELP TO PROVIDE SPECIAL DAYS FOR SERIOUSLY ILL 16 TO 40 YEAR OLDS. TRY YOUR HAND AT CREATING A TASTY RECIPE BY GARY RHODES AND THEN SHARE THE TREAT WITH YOUR FAMILY AND FRIENDS. HAPPY COOKING!

Please note: children should be supervised by an adult at all times and should not operate knives, a blender, hob or oven themselves.



Melted Chocolate Brownies

MAKES ABOUT 9-12 BROWNIES

INGREDIENTS

100g (4oz) butter
3 x 65g (2" oz) Mars Bars
75g (3oz) rice crispies or cornflakes
100g (4oz) plain chocolate

Extra tip...

Try stirring a few raisins or currants into the mixture with the rice crispies

METHOD

Lightly grease a 15cm (6in) shallow square tin with butter. Cut the Mars Bars into thin slices and place in a large pan with 75g (3oz) of the butter. Leave the mixture over a low heat until melted and then beat until smooth.

Stir in the rice crispies or cornflakes and then spread the mixture into the prepared tin. Chill in the fridge for 1 hour or until set.

To finish, place the chocolate and the rest of the butter into a small bowl and rest it over a pan of simmering water until melted. Spread on top of the set brownies and return to the fridge until set. Cut into squares or bars to serve.

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Gingerbread Biscuits

MAKES ABOUT 20 BISCUITS

INGREDIENTS

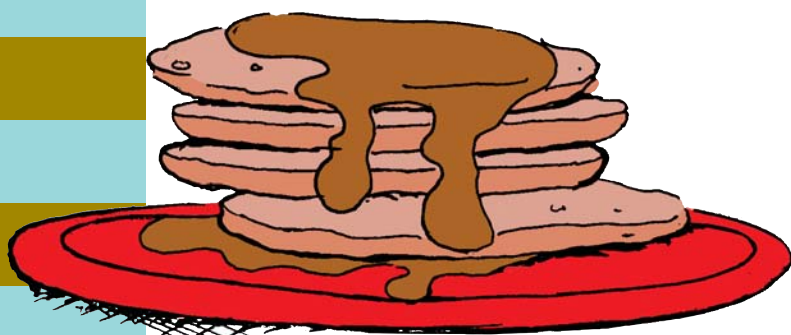
225g (8oz) plain flour
1/4 teaspoon salt
2 teaspoons bicarbonate of soda
1 heaped teaspoon ground ginger
1/2 teaspoon cinnamon
50g (2oz) unsalted butter
100g (4oz) soft brown sugar
100g (4oz) golden syrup
1 tablespoon evaporated milk

METHOD

Pre-heat the oven to 180-200°C / 350-400°F / Gas 4-6 and grease two baking sheets.

Sift together the flour, salt, soda and spices. Heat the butter, sugar and syrup until dissolved. Leave to cool. Once cooled, mix into the dry ingredients with the evaporated milk to make a dough. Chill for 30 minutes.

Roll out the biscuit dough to about 5mm (1/4 inch) thick and cut into fingers, circles or even gingerbread men! Place on the baking sheets, allowing a little space for the mixture to spread. Bake in the pre-heated oven for 10-15 minutes. Remove from the oven and allow to cool.



Chocolate and Pecan Nut Scotch Pancakes

THIS RECIPE MAKES APPROX
25-30 PANCAKES**INGREDIENTS**

175g (6oz) self raising flour
50g (2oz) cocoa powder
25g (1oz) butter
200ml (7 fl oz) milk
2 eggs, beaten
100g (4oz) caster sugar
75g (3oz) pecan nuts, chopped
vegetable oil for frying

METHOD

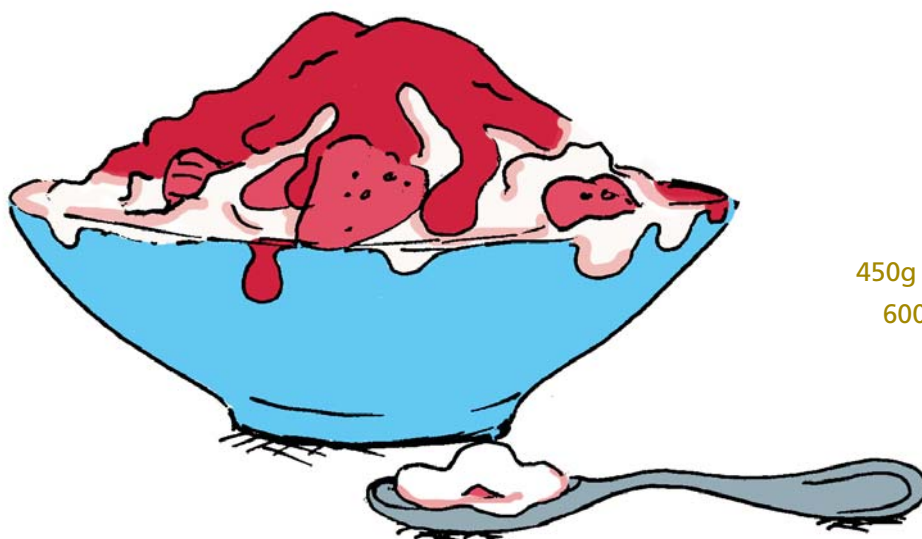
Sift together the flour and cocoa powder. Melt the butter and whisk in the milk, eggs, sugar and a pinch of salt. Pour into the flour and whisk vigorously before stirring in the chopped pecan nuts.

Heat a frying pan with a trickle of oil. Spoon the batter into the pan, 5-6 pancakes at a time, and cook over a gentle heat for a few minutes before small bubbles appear on the surface and the pancakes are ready to be turned over. Continue to fry for a further 2 minutes before removing them from the pan. To keep warm while cooking the remaining pancakes, simply wrap in a warm tea towel.

The pancakes are delicious when served with the maple syrup and extra thick cream.

This recipe contains nuts. Some children are allergic to nuts so please check with a responsible adult before sharing with friends

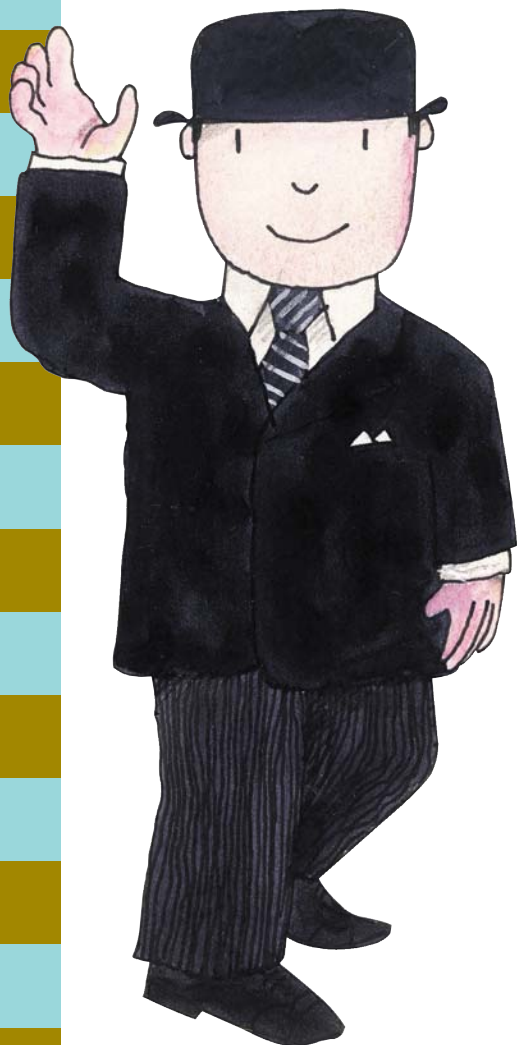
Strawberry Eton Mess with Raspberry Sauce



SERVES 4-6

INGREDIENTS

225g (8oz) raspberries
50g (2oz) icing sugar
4 x individual meringues
450g (1lb) strawberries, hulled
600ml (1 pint) double cream



METHOD

To make the raspberry sauce, place the berries and icing sugar in a blender, quickly blitzing to a puree. Push through a sieve, loosening the smooth sauce with a drop of water, if too thick.

Break the meringues into chunky pieces. Roughly chop two thirds of the strawberries, halving the remainder. Whip the double cream to a soft peak, folding in the chopped strawberries, broken meringues and half of the raspberry sauce to create a ripple effect.

Divide the 'mess' between bowls, finishing each with the halved strawberries and raspberry sauce.

Extra tips ...

A vanilla pod can be halved and scraped of seeds, adding them to the cream before whipping for a rich vanilla taste. The pods can now be divided into long thin strips and used as a garnish.

The strawberries, cream and raspberry sauce can all be spooned and drizzled into pavlova meringue cases, for a different styled dessert.