Mains and pudding recipe for Tuesday 23rd February 2021

**Mains**

Crispy Topped Fish with New Potatoes and Green Beans.

**Ingredients**

* 150ml double cream
* 15ml vegetable oil
* 1 packets of plain crisps
* 2 haddock or cod fillets
* Pinch of black pepper
* 1 packet of green beans
* 8 baby potatoes
* ¼ spoon of ground coriander
* ¼ spoon garlic powder

**Method**

1. Wash and dry your hands.
2. Turn oven to 200.
3. Chop the ends off the green beans.
4. Put 15ml of oil into the oven proof dish and brush the dish with the oil.
5. Put the 2 pieces of fish into the oven proof dish.
6. Pour the cream into the measuring jug and add a pinch of black pepper.
7. Put ¼ spoon of garlic powder and coriander into the measuring jug.
8. Set the timer for 1 minute.
9. Stir everything in the jug until the timer beeps.
10. Pour all the contents of the jug over the fish in the oven proof dish.
11. Open the crisp packet and crush the crisps into small pieces.
12. Put the crisps on top of the fish.
13. Put the 8 potatoes into the colander and wash the potatoes under the tap.
14. Put the potatoes into the pan.
15. Fill up the kettle and pour the boiled water into the pan with the potatoes.
16. Turn on the hob and put the pan on the hob to boil the potatoes.
17. Place the dish into the oven and set the timer for 20 minutes.
18. Place the green beans into the collider and rinse under the tap and leave to one side.
19. Sit back and wait for the 20 minute timer to end.
20. When the timer has finished put the green beans into the pan with the potatoes and set a 5 minute timer.
21. When the timer ends turn off the hob and the oven.
22. Take the dish out of the oven and the potatoes off the hob.
23. Place the colander into the sink and drain the water from the potatoes and green beans.
24. Put the green beans and potatoes onto a plate and then place a piece of fish onto the plate and serve.

**Pudding**

Sticky toffee pudding

**Ingredients**

**For the sponge**

* 75g softened butter
* 50g light brown soft sugar
* 2 eggs
* 1 teaspoon vanilla extract
* 140g self raising flour
* 1 teaspoon baking powder

**For the sauce**

* 150ml double cream
* 75g light brown soft sugar
* 25g butter

**Method**

1. Heat the oven to 180 degrees/160 degrees fan/ gas mark 4.
2. Grease and line the bases of a tin or moulds.
3. Cream the butter and sugar together until pale and fluffy.
4. Add each egg individually to the mix.
5. Add vanilla extract and then fold in the flour and baking powder.
6. Once mixed pour mixture into baking tin or moulds.
7. Cover tin with foil and cook in the oven for 25 minutes.
8. Whilst the sponge is cooking you can make the sauce.
9. Pour half the cream and all of the sugar and butter into a small pan.
10. Heat whilst stirring gently until the sugar has dissolved.
11. Turn up the heat and bubble for 3 minutes until the sauce is glossy and thick.
12. Once the sauce is thick stir in the remaining cream.
13. Once mixed take the sauce off the heat.
14. Once 25 minute timer has ended take the puddings out of the oven and place on a plate and serve with the sauce.