

Chocolate Mousse

2oz plain or dark chocolate
2 eggs

Melt chocolate in a bowl, over a pan of boiling water. Separate the eggs (white from Yolkes). Whisk egg whites until stiff. When chocolate is cool, stir in the yolkes, then fold in to chocolate mixture.

Pour into individual dishes or bowls or glasses and fridge to set.
Serves 3-4

Baked Bean Soup

Tin of baked beans
2 tablespoons of oil
1 onion
4 tablespoons of breadcrumbs
1 ½ pints of chicken stock cube
1 tablespoon of Worcestershire Sauce
Pinch of salt and pepper

Fry onion in the oil slowly until the onion is soft. Add all the other ingredients and bring to the boil for about 25 minutes.

Sweetcorn Savoury

1 bunch of spring onions
1 can of sweetcorn
1 can of luncheon meat
1 oz of lard or margarine
4 slices of bread

Trim and chop spring onions, keep a few back for presentation. Drain sweetcorn. Dice luncheon meat and fry in the lard/margarine until brown. Stir in sweetcorn and chopped onions. Once warmed through put in a dish. Toast the bread – cut into triangles and place around the edge of the dish. Decorate with reserved spring onions.

Fried Sardine Sandwiches

8 slices of bread
1 tablespoon of peanut butter
1 can of sardines
4 eggs
¼ pint of milk
2 oz of butter/margarine

Remove crusts from the bread. Blend peanut butter with oil drained from the sardines. Use this to spread on the bread. Then mash the sardines and spread on 4 of the slices.

Beat 2 eggs and stir into 2 tablespoons of the milk. Melt the butter and stir in the eggs and scramble. Cool slightly and add onto the sardines. Press the other 4 slices on top to make a sandwich. Add the other 2 eggs to milk and pour into a shallow bowl or plate. Dip each sandwich into this egg/milk mixture. Heat remaining butter in a frying pan and quickly fry the sandwiches until golden brown.