

TRY THIS
SMASHING
RECIPE



WHAT'S A
POTATO'S
LEAST FAVOURITE
DANCE?
THE MASH
POTATO!



HALLOWEEN MASH O' NINE SORTS

ASK A GROWN-UP TO HELP YOU MAKE THIS DELICIOUS MASHED POTATO RECIPE!



Mash o' Nine Sorts was served to unmarried guests at Halloween with a ring hidden inside. Whoever found the ring inside would be next to get married.

INGREDIENTS

- 900g (2lb) Potatoes, peeled and diced
- 2 Carrots, peeled and diced
- 1 Small turnip, peeled and diced
- 1 Large parsnip, peeled and diced
- 2 Leeks, cleaned and chopped into thin slices, including some of the green tops
- 2 tbsp Single cream
- 175g (6oz) Mature farmhouse cheddar cheese, grated

METHOD

- Pre-heat the oven to 180°C / 350°F.
- Boil the potatoes, carrots, turnip and parsnip together until soft. Mash them thoroughly with a potato masher or hand-held stick blender, and then season with salt and pepper to taste.
- Meanwhile, gently poach the leeks in a little water for about 5 minutes until they just lose their crispness.
- Add the poached leeks to the potato, carrot, turnip and parsnips, and mix in the cream.
- Season well to taste, and then stir in most of the grated cheese, reserving some for the top; transfer the entire mixture into a greased oven-proof dish.
- Scatter the reserved cheese on top and bake until golden-brown, about 30 to 45 minutes.
- Serve piping hot with sausages of your choice!



ENGLISH
HERITAGE

Make this soup with or without the spices depending on your taste



WHAT'S A PUMPKIN'S FAVOURITE SPORT? SQUASH!



HALLOWEEN ROASTED PUMPKIN SOUP

ASK A GROWN-UP TO HELP YOU MAKE THIS DELICIOUS WARMING SOUP!



INGREDIENTS

- 1.5kg (3lb 5oz) Edible pumpkin
- 25ml (1fl oz) Rapeseed oil
- 1 tsp Dried chilli (optional)
- 1 tbsp Coriander seeds (optional)
- 1 Large onion
- 3 Cloves garlic
- 1 Carrot
- 1 Stick of celery
- 1 litre (1¾ pints) Hot vegetable stock

METHOD

- Preheat the oven to 170°C/340° F.
- Halve the pumpkin, remove the seeds (you can keep these for roasting), chop into wedges and remove the skin.
- Place the pumpkin on two large baking trays and drizzle over a little of the rapeseed oil. In a pestle and mortar, grind the chilli and coriander seeds (if using) with a pinch of salt until finely ground.
- Sprinkle the spices over the pumpkin with some black pepper. Roast the pumpkin for one hour, or until soft and slightly caramelised at the edges.
- Meanwhile, roughly chop the onion, garlic, carrot and celery. Heat the remaining oil over a medium heat in a large saucepan, then add the vegetables and cook for 15 minutes or until soft and sweet but not coloured.
- When the pumpkin is ready, add to the pan with the hot stock. Blend with a stick blender, adding a little more water if you like a thinner consistency.



ENGLISH
HERITAGE

Why not try decorating your toffee apples with sprinkles, stars or ginger biscuit crumbs



YOU CAN USE YOUR FAVOURITE APPLES FOR THIS RECIPE!



HALLOWEEN STICKY TOFFEE APPLES

ASK A GROWN-UP TO HELP YOU MAKE THESE DELICIOUS TOFFEE APPLES!



INGREDIENTS

- 10 Wooden skewers (or lolly sticks)
- 10 Golden Delicious apples, scrubbed
- 350g (12oz) Fairtrade light soft brown sugar
- 2 tsp White wine vinegar
- 35g (1½oz) Unsalted English butter
- 2 tbsps Golden syrup

TO DECORATE (OPTIONAL)

- 2 tbsps Halloween sprinkles
- 2 tbsps Sugar stars
- 20g (¾oz) Ginger snap biscuits, crushed



METHOD

- Insert a wooden skewer or lolly stick into the stalk end of each apple. Line a large baking tray with baking parchment.
- Put the sugar in a heavy-based pan with 120ml (4fl oz) cold water and heat gently, stirring until it dissolves. Bring to the boil and add the vinegar, butter and golden syrup. Boil gently for 12 minutes, until it has reached the soft-crack stage (138°C on a sugar thermometer, or the point at which a little of the mixture, dropped into cold water, forms threads that bend slightly before breaking).
- Dip the bottom two-thirds of the apple in the toffee, turning to coat. Working quickly, get the children to add sprinkles, stars or biscuit crumbs to decorate the apples. Leave to set on baking parchment for 15 minutes.



ENGLISH
HERITAGE