



# Synapticloop's recipe book

*"Recipes that we have collected and tested from many of our favourite sources and make available to everybody"*

---

Synapticloop's recipe book

§§

# Table of Contents

## Breakfast

Pancakes.....	6
---------------	---

## Morning Tea

Scones.....	11
Raspberry Muffins.....	13
Banana Bread.....	15
Anzac Biscuits.....	17
Anzac Biscuits Part Deux.....	19
Financiers.....	21
Chrissie's Biscuits.....	24

## Entrees

Cheese Soufflé.....	27
---------------------	----

## Sauces

Applesauce.....	30
Teriyaki sauce.....	32
Mint jelly.....	34
Peanut Sauce.....	36
Bechamel Sauce.....	37
White Sauce.....	40

## Sides

Puree of Potato and Celeriac.....	42
Glazed Carrots with Thyme.....	44

Sweet Potato Gratin.....	46
Aubergine parmigiana.....	48
Miso Marinated Aubergine.....	51
<b>Hors D'Oeuvres</b>	
Sausage Rolls.....	54
<b>Main Courses</b>	
Slow Cooked Leg of Lamb.....	57
Baked Ham.....	60
Mushroom Risotto.....	62
Curry in a Hurry.....	64
Roast Turkey with Pan Gravy.....	66
Bolognese Sauce.....	69
Lasagne.....	71
Gnudi.....	73
<b>Cakes</b>	
Lemon Polenta Cake.....	76
Torta Caprese.....	78
Carrot Cake.....	80
Chocolate Raspberry Loaf Cake.....	82
Greek Yogurt Chocolate cake.....	84
Polenta, almond & orange cake.....	86
<b>Pastry</b>	
Sweet Pastry.....	89
Pastry Cream.....	90

Frangipane / Almond Cream.....	91
--------------------------------	----



---

## Breakfast

Pancakes.....	6
---------------	---

# Pancakes

---

## Information

**Course:** breakfast

**Time:** under 30 minutes

**Skill level:** easy

**Cost:** inexpensive

**Yield:** about 16 3-inch pancakes

## Notes from the field...

- Sprinkle brown sugar over the pancakes and then drizzle lemon juice over it for a sweet 'n' sour taste sensation!

## Ingredients

- ½ stick (4 Tablespoons) butter 60 gram
- 1 cup milk
- 2 eggs
- 1¼ cups flour
- 1 tablespoon sugar
- 2 teaspoons baking powder
- ½ teaspoon salt
- 2 tablespoons vegetable oil

---

*Synapticloop's recipe book*

## **To go with the pancakes:**

- Butter at Room Temperature
- Maple Syrup

## **Directions**

1. If your butter is very cold, cut it into 4 or 5 pieces so it will melt more quickly in the milk. Put the butter and 1 cup milk into a small saucepan and set the saucepan on a stove burner. Turn the heat on to medium. It will only take a minute or two for the milk to get hot enough to melt the butter, so stay by the stove, watch, and stir the milk mixture often. When the milk is hot and the butter is melted, take the saucepan off the burner and let the mixture cool a little.
2. Crack the 2 eggs into a mixing bowl. Beat the eggs together with a fork until the yolks and whites are blended and the eggs become all yellow. Before you add the milk and butter to the eggs, be sure the mixture has cooled. Test it by poking your finger quickly in and out of the saucepan to check. If the mixture is barely warm, add it to the eggs. If it is still hot, let it cool a little longer and then add it to the eggs. Stir the eggs and milk mixture together.
3. Put the 1¼ cups flour, 1 tablespoon sugar, 2 teaspoons baking powder, and ½ teaspoon salt

into a mixing bowl. Stir the flour mixture with a fork, going round and round in the bowl so everything gets mixed together nicely.

4. Add the flour mixture (the dry ingredients) to the egg mixture (the wet ingredients). Stir everything together with a large spoon, The minute you see that the batter (this uncooked mixture) looks moist with lots of lumps, kind of like soupy cottage cheese, stop stirring! If you stir too much, the pancakes will be tough.
5. Spread 1 teaspoon of the vegetable oil all over the bottom of a large skillet, using your fingers or a piece of paper towel. Put the skillet on a burner and turn the heat to medium-high. In a few seconds, sprinkle a few drops of water on the bottom of the skillet, and if they dance, pop, and sputter, the skillet is hot. The first pancake you make is a test pancake to get the feel of how hot the skillet is, and how long it will take to cook the pancake on both sides. Drop one large spoonful of batter into the skillet.
6. As the pancake cooks, watch for tiny bubbles forming on the top and sides, When you see the bubbles all over the topside, this usually means the pancake is ready to turn over. Slide a metal spatula under the pancake and gently turn it over. It should look golden on top. If it looks very brown, turn the heat down a little. Let it cook a



few more seconds, then slide the metal spatula again under the pancake, and lift the edge up so you can look and see if the bottom is golden. If it is, remove the pancake from the skillet onto a plate and cut into the middle. If it isn't runny it is done.

7. Now you are ready to get serious about making your pancakes. Have everything ready to go—butter, syrup, plates, knives, forks napkins—so you can make 3 or 4 pancakes at one time, which is a good serving for each person. Make the pancakes just as you did with the test pancake, this time dropping 3 or 4 large spoonfuls (one at a time) of the batter around the pan, not touching. As you remove the pancakes from the skillet, serve them immediately and finally serve yourself. Then you can make more pancakes for those with hearty appetites. Or your friends can take a turn at being a cook and try their hand at making pancakes.



---

## Morning Tea

Scones.....	11
Raspberry Muffins.....	13
Banana Bread.....	15
Anzac Biscuits.....	17
Anzac Biscuits Part Deux.....	19
Financiers.....	21
Chrissie's Biscuits.....	24

---

*Synapticloop's recipe book*

**\$\$**

# Scones

---

## Information

**Total time:** under 1 hour

**Skill level:** easy

**Cost:** inexpensive

**Yield:** makes 8 scones

## Ingredients

- 1 2/3 cups all-purpose flour, plus more for rolling
- 2 tbsp sugar
- 1½ tsp baking powder
- ½ tsp salt
- 4 tbsp cold butter, diced
- ¼ cup raisins
- 2/3 cup whole milk
- 1 large egg, beaten, for glazing

## Directions

1. Special Equipment : 2½ in (7cm) diameter cookie cutter
2. Preheat the oven to 425°F (220°C). Sift the flour, sugar, baking powder, and salt into a large bowl.

---

*Synapticloop's recipe book*

Add the butter and rub it in with your fingertips until the mixture resembles coarse bread crumbs. Stir in the raisins and make a well in the center. Pour in the milk and stir quickly to make a soft dough.

3. Gently and briefly knead the dough on a lightly floured work surface until it is smooth. Pat into a round about 1in (2.5cm) thick.
4. Cut rounds from the dough using a 2½ in (7cm) diameter cookie cutter and place on a baking sheet. Gather up the scraps, pat out, and cut out more scones until all of the dough is used.
5. Brush the tops lightly with the beaten egg. Bake for 12-15 minutes, or until golden in color. Transfer to a wire rack and serve warm.

# Raspberry Muffins

---

## Information

**Serves:** 12

**Cooking time:** 30 minutes

**Preparation time:** 15 minutes

## Ingredients

- 2 cups all-purpose flour
- 3/4 cup sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/2 cup (1 stick) unsalted butter, melted
- 3/4 cup whole milk
- 1 large egg
- 1/4 teaspoon vanilla extract
- 1 1/2 cups fresh raspberries

## Directions

1. Heat oven to 400° F. Line a 12-cup muffin tin with paper liners or coat it with cooking spray, vegetable oil, or butter.

---

*Synapticloop's recipe book*

2. In a medium bowl, combine 1 3/4 cups of the flour, 1/2 cup of the sugar, the baking powder, and salt. Add the butter and combine. In a second bowl, whisk together the milk, egg, and vanilla. Gradually add the milk mixture to the flour mixture and stir until just combined; the batter will be lumpy. Toss the berries with the remaining flour in a bowl. Gently fold the berry mixture into the batter.
3. Fill each muffin cup 3/4 full. Sprinkle the batter with the remaining sugar. Bake for 17 to 20 minutes or until a toothpick inserted into the center of a muffin comes out clean. Transfer pan to a wire rack to cool for 10 minutes. Serve warm.

# Banana Bread

---

## Information

**Course:** Side dish

**Total time:** under 2 hours

**Skill level:** easy

**Cost:** inexpensive

**Yield:** makes 8 servings

## Ingredients

- 1¾ cups all-purpose flour
- 1½ tsp baking powder
- 6 tbsp butter, plus more for the pan
- 2/3 cup packed light brown sugar
- 3 ripe bananas
- ½ cup plain low-fat yogurt
- 2 large eggs
- ¾ cup walnuts, chopped

## Directions

1. Preheat the oven to 350°F (180°C). Butter the loaf pan and line the bottom with wax paper. Sift the flour and baking powder together into a bowl.

---

*Synapticloop's recipe book*

Add the butter and use your fingertips to rub it in until the mixture resembles bread crumbs. Stir in the sugar.

2. Mash the bananas with a fork - you should have 1 cup. Add the bananas, yogurt, and eggs to the flour mixture and stir until combined. Stir in the walnuts. Spread in the pan.
3. Bake for 1¼ hours, or until a wooden toothpick inserted in the center comes out clean. Transfer to a wire cake rack and let cool 5 minutes. Invert onto the rack, remove the paper, and cool completely.



# Anzac Biscuits

---

## Notes from the field...

- Add raisins to the mixture as an alternate

## Ingredients

- 85g porridge oats
- 85g desiccated coconut
- 100g plain flour
- 100g caster sugar
- 100g butter, plus extra butter for greasing
- 1 tbsp golden syrup
- 1 tsp bicarbonate of soda

## Directions

1. Heat oven to 180C/fan 160C/gas 4. Put the oats, coconut, flour and sugar in a bowl. Melt the butter in a small pan and stir in the golden syrup. Add the bicarbonate of soda to 2 tbsp boiling water, then stir into the golden syrup and butter mixture.
2. Make a well in the middle of the dry ingredients and pour in the butter and golden syrup mixture. Stir gently to incorporate the dry ingredients.

3. Put dessertspoonfuls of the mixture on to buttered baking sheets, about 2.5cm/1in apart to allow room for spreading. Bake in batches for 8-10 mins until golden. Transfer to a wire rack to cool.

# Anzac Biscuits Part Deux

---

## Notes from the field...

- Add raisins to the mixture as an alternate

## Ingredients

- 1 cup plain flour
- 1 cup rolled oats
- 1 cup brown sugar
- ½ cup coconut
- 125 g butter
- 2 tablespoons golden syrup
- 1 tablespoon water
- ½ teaspoon bicarbonate of soda

## Directions

1. Sift the flour into a bowl. Add the sugar, rolled oats and coconut.
2. Melt the butter in a saucepan and add the golden syrup and water.
3. Stir the bicarbonate of soda into the liquid mixture.

4. Add the liquid to the dry ingredients and mix thoroughly.
5. Place walnut-sized balls of mixture on a greased tray and bake at 175°C for 15-20 minutes.

# Financiers

---

## Ingredients

- 1/2 cup (113 grams) unsalted butter
- 1/4 cup (30 grams) all purpose flour
- 1/2 cup (55 grams) ground almonds (can use almond meal/flour)
- 3/4 cup (90 grams) confectioners (powdered or icing) sugar, sifted
- 1/8 teaspoon salt
- 3 large (90 grams) egg whites, lightly beaten
- 1/2 teaspoon pure vanilla extract
- Fresh berries (optional)

## Directions

1. Preheat the oven to 400 degrees F (200 degrees C) with the oven rack in the center of the oven.
2. Place 12 rectangular or boat shaped tartlet molds (each holds about 2 tablespoons of batter) on a baking sheet. (Can also use mini muffin cu
3. Place the butter in a small light colored saucepan over medium heat.
4. Once the butter has melted let it come to a boil, swirling the pan occasionally.

5. As it boils you will notice that a foam will appear on the butter's surface.
6. Continue to cook the butter until it looks clear and the milk solids have dropped to the bottom of the pan and have turned golden brown.
7. Remove from heat and immediately pour through a cheesecloth-lined strainer.
8. Let cool to room temperature.
9. You will need 1/3 cup (80 ml) of brown butter.
10. Use the leftover brown butter to butter the molds (use a pastry brush).
11. In a large bowl whisk together the flour, ground almonds, confectioners sugar, and salt.
12. Make a well in the center and fold in the lightly beaten egg whites, vanilla, and the brown butter.
13. Fill each mold almost to the rim and bake for about 4 minutes (batter is set around the edges but still soft in the center).
14. Remove from the oven and gently place one or two fresh raspberries on top of each.
15. Bake a further 5-7 minutes or until the Financiers have become golden brown around the edges and are springy to the touch.
16. Remove from oven and let cool on a wire rack.

17. These are best eaten warm from the oven, but they can be covered and stored for a few days at room temperature or in the refrigerator

# Chrissie's Biscuits

---

## Notes from the field...

- Mix in additional fillings : Almond butter / hazlenut butter / peanut butter / goji berries / shredded coconut / salt / whatever you fancy really.

## Ingredients

- 90g of coconut oil
- 3 tablespoons of brown rice syrup or maple syrup
- 60g of raw cacao
- Good dark chocolate pieces

## Directions

1. Melt 90g of coconut oil
2. Whisk in the 3 tablespoons of brown rice syrup or maple syrup
3. Then whisk in 60g of raw cacao
4. Pour / Spoon : some of the chocolate into silicon moulds (I use a mini muffin tray size)
5. You can then either let the chocolate set (2 minutes in the freezer) before you add your



fillings or add them straight away before covering with more chocolate.

6. Refrigerate / Freeze : (5 minutes in the freezer if you're in a hurry.) 10 - 20 minutes in the fridge. These need to be kept in the fridge as coconut oil melts very easily.



---

## Entrees

Cheese Soufflé.....	27
---------------------	----

# Cheese Soufflé

---

## Information

**Course:** side dish

**Total time:** under 1 hour

**Skill level:** easy

**Cost:** inexpensive

**Yield:** makes 6-8 servings

## Ingredients

- 30g/1oz butter, plus extra for buttering soufflé dish
- 30g/1oz plain flour ('00' if possible)
- 150ml/5fl oz full-fat milk
- 1 tsp Dijon mustard
- pinch cayenne pepper
- 4 eggs, 4 whites and 2 yolks
- 85g/3oz grated cheese (I use gruyère, but you can use any hard cheese)
- salt and pepper

## Directions

1. Preheat the oven on to 200C/400F/Gas 6.

---

*Synapticloop's recipe book*

2. Heat the milk until just below boiling.
3. Melt the butter, stir in the flour and cook for 1 minute. Take off the heat and gradually beat in the milk. Cook for 1 minute until you have a thick sauce.
4. Season well and stir in the mustard. Cool for 1 minute whilst you butter the soufflé dish.
5. Separate the eggs. Beat the yolks into the sauce along with most of cheese.
6. Whisk the egg whites until you have soft peaks, don't overdo. Fold into the sauce. Fill the dish three quarters full. Run your finger round the edge to get a 'top-hat' finish.
7. Place into an oven dish, top with the remaining cheese and a pinch of cayenne.
8. Place in the oven and cook for 15-17 minutes.



---

## Sauces

Applesauce.....	30
Teriyaki sauce.....	32
Mint jelly.....	34
Peanut Sauce.....	36
Bechamel Sauce.....	37
White Sauce.....	40

# Applesauce

---

## Information

**Course:** side dish

**Total time:** under 30 minutes

**Skill level:** easy

**Cost:** inexpensive

**Yield:** makes 4 servings

## Ingredients

- 1lb 2oz (500g) sweet dessert apples, such as Golden Delicious or McIntosh
- 2 tbsp sugar
- 1 tbsp fresh lemon juice
- 1 cinnamon stick
- pinch of salt
- 2 tbsp butter

## Directions

1. Peel, core, and roughly chop the apples. Combine the apples, 1/2 cup water, sugar, lemon juice, cinnamon, and salt to a simmer in a heavy-

---

*Synapticloop's recipe book*

bottomed, medium saucepan. Cover and cook over medium

2. heat for 12-15 minutes, shaking the pan occasionally, until the apples are tender but juicy. Remove the cinnamon stick.
3. Remove from the heat, Using a fork, beat in the butter. Serve hot or at room temperature.

# Teriyaki sauce

---

## Notes from the field...

- Mirin is a sweet Japanese rice wine, similar to sake but with a lower alcohol content and higher sugar content. If you don't have mirin, you can use sherry with a pinch of sugar added to it.

## Ingredients

- ½ cup soy sauce
- ¼ cup brown sugar
- 1½ teaspoons fresh ginger, minced
- 1 teaspoon garlic, minced
- 1 tablespoon honey
- 1 teaspoon sesame oil
- 3 tablespoons mirin (see note)
- ¼ cup water mixed with 3 teaspoons cornstarch

## Directions

1. Combine all ingredients in a small saucepan, bring to a boil, reduce heat and simmer for about 4 minutes.
2. Remove from heat and let cool.



3. Store in the fridge for up to a week.

# Mint jelly

---

## Notes from the field...

- The tarter the apples, the more pectin they will usually have. If you are using home picked apples, earliest in the season is best, and the smaller apples will have proportionally more pectin as well
- You may wish to also add some finely chopped mint leaves to the mix for some added flavour and colour

## Ingredients

- 4 lbs of tart apples (e.g. Granny Smith), un-peeled, chopped into big pieces, including the cores (including the cores is important as this is where most of the natural pectin is)
- 1 1/2 cups of fresh mint, chopped, lightly packed
- 2 cups water
- 2 cups white vinegar
- 3 1/2 cups sugar (7/8 cups for each cup of juice)

## Directions

---

*Synapticloop's recipe book*

1. Combine apple pieces with water and mint in a large pan. Bring water to a boil then reduce heat and cook for twenty minutes, until apples are soft.
2. Add vinegar, return to boil. Simmer covered, for five minutes.
3. Use a potato masher to mash the apple pieces to the consistency of apple sauce.
4. Spoon the apple pulp into a muslin cloth (or a couple layers of cheesecloth) suspended over a large bowl. Leave to strain for several hours. Do not squeeze as this will make the jelly cloudy.
5. Pour juice into a large pan. Add the sugar.
6. Heat gently, stirring to make sure the sugar gets dissolved and doesn't stick to the bottom of the pan and burn.
7. Bring to a boil. Cook for ten to fifteen minutes, using a spoon to skim off the surface scum. Continue to boil for five minutes.
8. Pour into sterilized jars to within 1/4" from the top and seal.

# Peanut Sauce

---

## Ingredients

- 2 tbsp groundnut or sunflower oil
- 2 shallot, finely chopped
- 1 tsp hot chilli powder
- 2 garlic clove, crushed
- 2 tbsp dark brown sugar
- 220g/8oz unsalted roasted peanuts, ground
- 300ml/10fl oz coconut milk
- ½ lemon, juice only
- Splash of Soy Sauce

## Directions

1. For the dressing, heat the oil in a small pan and fry the shallot until starting to brown. Add the chilli powder and cook for one minute.
2. Stir in a splash of soy sauce, the garlic, sugar and ground peanuts. Stir well.
3. Add the coconut milk a little at a time. Bring to the boil and simmer gently for two minutes. Stir in the lemon juice and season to taste.

# Bechamel Sauce

---

## Ingredients

- 15fl oz/425ml milk
- a few parsley stalks
- 1 bay leaf
- 1 blade of mace or a pinch of powdered mace (optional)
- 10 whole black peppercorns
- 1 slice onion, 1/4 inch (5 mm) thick
- 40g butter
- 20g plain flour
- salt and freshly milled black pepper

## Directions

1. First place the milk in a small saucepan and add the parsley stalks, bay leaf, mace (if using), peppercorns and onion.
2. Then place it over a low heat and let it come very slowly up to simmering point, which will take approximately 5 minutes.
3. Then remove the saucepan from the heat and strain the milk into a jug, discarding the flavourings.

**All this can be done ahead of time, but when you want to make the sauce, use the same washed pan and place it over a gentle heat.**

4. Begin by melting the butter gently - don't over-heat it or let it brown, as this will affect the colour and flavour of the sauce.
5. As soon as the butter melts, add the flour and, over a medium heat and using a small pointed wooden spoon, stir quite vigorously to make a smooth, glossy paste.
6. Now begin adding the infused milk a little at a time - about 1fl oz/25ml first of all and stir again vigorously.
7. Then, when this milk is incorporated, add the next amount and continue incorporating each bit of liquid before you add the next.
8. When about half the milk is in, switch to a balloon whisk and start adding large amounts of milk, but always whisking briskly.
9. Your reward will be a smooth, glossy, creamy sauce.
10. Now turn the heat down to its lowest setting and let the sauce cook for 5 minutes, whisking from time to time.
11. While that's happening, taste and season with salt and freshly milled black pepper.

12. If you wish to keep the sauce warm, all you do is pour it into a warmed jug and cover the surface with clingfilm to stop a skin from forming, then place the jug in a pan of barely simmering water.

# White Sauce

---

## Ingredients

- 25g/1oz butter
- 25g/1oz plain flour
- 600ml/1 pint milk
- salt and white pepper

## Directions

1. Melt the butter in a saucepan.
2. Stir in the flour and cook for 1-2 minutes.
3. Take the pan off the heat and gradually stir in the milk to get a smooth sauce. Return to the heat and, stirring all the time, bring to the boil.
4. Simmer gently for 8-10 minutes and season with salt and white pepper.





---

## Sides

Puree of Potato and Celeriac.....	42
Glazed Carrots with Thyme.....	44
Sweet Potato Gratin.....	46
Aubergine parmigiana.....	48
Miso Marinated Aubergine.....	51

# Puree of Potato and Celeriac

---

## Ingredients

- 1 lb (450 g) potatoes
- 2 lb (1 kg) celeriac
- 2 fat cloves garlic, peeled
- 2 oz (50 g) butter
- 5 fl oz (150 ml) double cream or crème fraîche
- salt and freshly milled black pepper

## Directions

### **First tackle the celeriac.**

1. You will need to have a bowl of cold water ready in which to put the prepared pieces to prevent them browning.
2. Peel the celeriac thickly with a knife.
3. Then cut into approximately  $\frac{3}{4}$  inch (2 cm) cubes.
4. Leave these pieces in the water whilst preparing the potatoes.

### **Now the potatoes**

5. Peel and cut these into 1 inch (2.5 cm) cubes – ie slightly larger than the celeriac.

6. Now place the prepared vegetables in separate saucepans with 1 clove garlic to each saucepan.
7. Pour enough boiling water over the vegetables just to cover them
8. add salt and simmer them for about 10 minutes or until they are tender.
9. Drain each vegetable in a colander
10. place them together in a large heatproof mixing bowl and add the butter and cream or crème fraîche and some freshly milled black pepper. Next, using an electric hand whisk, whisk them to a purée using the slow speed to break them up, then the fast one to whisk them till smooth. Now taste and season the purée
11. place the bowl in a roasting tin half-filled with barely simmering water and it will keep warm quite happily until your guests arrive.

# Glazed Carrots with Thyme

---

## Information

**Total time:** under 30 minutes

**Skill level:** Easy

**Cost:** Inexpensive

**Yield:** makes 4 servings

## Ingredients

- 1lb (450g) carrots, thinly sliced
- grated zest of 1 orange
- ¼ cup fresh orange juice
- 1½ tbsp butter
- 1 tbsp brown sugar
- 1 garlic clove, crushed and peeled
- salt and freshly ground black pepper
- ½ tsp chopped thyme

## Directions

**Prepare ahead - Complete through the end of step 2 several hours in advance, then finish cooking just before serving.**

---

*Synapticloop's recipe book*

1. Place the carrots, orange zest and juice, butter, sugar, and garlic in a small saucepan, and season with salt and pepper. Add enough cold water to barely cover the carrots.
2. Bring to a boil, then cover and cook over a medium-high heat for 8–10 minutes, or until the carrots are just tender.
3. Remove the cover and boil until all the liquid has evaporated and the carrots are glazed and golden at the edges, shaking the pan occasionally to prevent sticking. Just before serving, sprinkle in the thyme leaves.

# Sweet Potato Gratin

---

## Information

**Serves:** 4 – 6

**Prep time:** 15 minutes

**Cooking time:** 70 minutes total

**Total time:** 1 hr 25 min

## Ingredients

- 6 medium sweet potatoes (about 1.5kg in total)
- 5 tablespoons sage leaves, roughly chopped (plus some extra to garnish)
- 6 garlic cloves, crushed
- 2 teaspoons coarse sea salt
- 1/2 teaspoon fresh ground black pepper
- 250 ml whipping cream

## Directions

1. Preheat the oven to 200°C.
2. Wash the sweet potatoes (do not peel them) and cut them into discs 5mm thick.
3. In a bowl, mix together the sweet potatoes, sage, garlic, salt and pepper.

---

*Synapticloop's recipe book*

4. Arrange the slices of sweet potato in a deep, medium-sized ovenproof dish by taking tight packs of them and standing them up next to each other.
5. They should fit together quite tightly so you get parallel lines of sweet potato slices (skins showing) along the length or width of the dish.
6. Throw any remaining bits of garlic or sage from the bowl over the potatoes.
7. Cover the dish with foil, place in the oven and roast for 45 minutes.
8. Remove the foil and pour the cream evenly over the potatoes.
9. Roast, uncovered, for a further 25 minutes. The cream should thicken.
10. Stick a sharp knife in different places in the dish to make sure the potatoes are completely soft
11. Serve immediately, garnished with sage, or leave to cool down.

# Aubergine parmigiana

---

## Ingredients

- 4 aubergines
- flour for dusting the eggplant
- seed oil for frying
- 500 ml of tomato purée
- extra virgin olive oil
- 1 clove of garlic
- a few basil leaves
- 150 g mozzarella fiordilatte, finely chopped
- 3 eggs, beaten
- 100 g of grated Parmesan cheese

## Directions

1. Wash the aubergine and cut them into 5 mm thick slices.
2. Arrange the aubergine slices in a colander with a good sprinkle of coarse salt in between the layers, put a plate on top of the aubergines then place a weight over the plate. Leave the aubergines on the sink for about 30 minutes, they will be less bitter and biting.



3. After this time, rinse all your slices under running water and arrange them on a towel. Pat them dry.
4. Scoop some flour into a bowl and coat the aubergine slices, shaking off the excess flour from each slice.
5. Meanwhile heat the frying oil in a large pan: the best ones are those shaped like a wok: you will use less frying oil.
6. Check if the oil is hot enough sacrificing a slice of aubergine: dip a corner in the oil and when it is surrounded by many small small bubbles it means that the oil is hot enough.
7. Deep fry the aubergines in batches. Let them brown on both sides, it takes about 5 minutes. When the aubergines are golden and crisp, place them in a dish with some layer of kitchen paper, so that the excess oil is absorbed. Season lightly the aubergines with salt (lightly! they have already been under salt for 30 minutes! believe me when I say it's better to taste them to see how much salt they need, it is not much of a sacrifice). Deep fry all the aubergines.
8. Make the tomato sauce. Heat a few tablespoons of extra virgin olive oil in a pan with a clove of garlic. When the garlic turns golden pour the tomato purée, add a cup of water and some fresh basil leaves. Season with a pinch of salt. Cook the tomato purée for about ten minutes, until

it has lost the taste of raw tomatoes and has become a savory and thick sauce.

9. Finally time has come to make the melanzane alla parmigiana. Choose your favourite baking dish (about 30 x 20 cm) and spread a few tablespoons of tomato sauce on the bottom.
10. Arrange a layer of fried aubergines, pour over a part of the beaten eggs, sprinkle with some mozzarella and a generous layer of grated Parmigiano. Spread the tomato sauce on top and keep making layers, until you run out of ingredients. If you have not eaten too many fried aubergine slices - you have my sympathy - you should be able to make four layers. Top with tomato sauce, a few pieces of mozzarella and a lot of Parmigiano.
11. Bake in the preheated oven to 180°C for about 35 minutes, until golden brown on the top.
12. Serve the parmigiana warm or, even better, let it cool down completely and warm it again in the evening or the next day, it will be even more tasty.

# Miso Marinated Aubergine

---

## Ingredients

### Aubergine

- 1 aubergine, small, or 2 Asian eggplants
- 2 tbsp of groundnut oil

### Hatcho miso marinade

- 1 tbsp of hatcho miso paste
- 1 tbsp of runny honey
- 1/2 tsp toasted sesame oil
- 5 tbsp of hot water

### To serve

- 1 tbsp of sesame seeds
- 1 spring onion, finely chopped

## Directions

1. In a shallow dish, stir together the ingredients for the marinade until everything is well mixed, adding just enough hot water to loosen the miso and honey
2. Slice the aubergine in half lengthwise, then score the flesh with a knife cutting deep into the flesh without cutting through the skin. Make diagonal

- cuts about an inch apart, and then repeat in the other direction so you have a diamond pattern
3. Place the aubergine in the dish, cut-side down. Make sure the surface and insides of the slits are all smeared with the marinade. Leave to marinate for at least 30 minutes
  4. When almost ready to roast, preheat the oven to 200°C/gas mark 6. Get ready a baking tray and sheet of baking paper large enough to wrap the aubergine
  5. Remove the aubergine from the marinade and place cut-side up on the baking paper. Bring the edges of the baking paper together and twist to seal, making a little parcel. Place in oven and roast for 20 minutes
  6. After 20 minutes, take the tray out of the oven and open up the parcel. Smear the aubergines with more of the reserved marinade and drizzle the with groundnut oil. Return to the oven and roast uncovered for another 20–30 minutes, or until the flesh is very tender, almost collapsing, and the tops are caramelized
  7. Remove from oven and scatter the sesame seeds and spring onions over to finish. Allow to cool slightly before digging in



---

## Hors D'Oeuvres

Sausage Rolls.....	54
--------------------	----

# Sausage Rolls

---

## Information

**Total time:** under 2 hours

**Skill level:** Moderate

**Cost:** Inexpensive

**Yield:** 24 rolls

## Ingredients

- ½ package thawed frozen puff pastry
- 1½ lb (675g) bulk pork sausage
- 1 onion, finely chopped
- 1 tbsp chopped thyme
- grated zest of 1 lemon
- 1 tsp Dijon mustard
- 1 large egg plus 1 large egg yolk
- salt and freshly ground black pepper

## Directions

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Roll the puff pastry on a lightly floured work surface into a 12in (30cm) square. Cut in half.

---

*Synapticloop's recipe book*

3. Combine the sausage, onion, thyme, lemon zest, mustard, and egg yolk, and season with salt and pepper.
4. Beat the egg.
5. Form half of the sausage mixture into a 12in (30cm) long sausage shape.
6. Place in the center of one pastry strip.
7. Brush the pastry with beaten egg, roll up to enclose the sausage, and pinch the seam closed.
8. Repeat with the remaining pastry and sausage mixture.
9. Cut each roll crosswise into 12 pieces.
10. Place the rolls, seam down, on the baking sheet.
11. Using kitchen scissors, snip 2 cuts in the top of each roll.
12. Brush with beaten egg.
13. Bake for 10–12 minutes, or until golden brown.
14. Serve warm.



---

## Main Courses

Slow Cooked Leg of Lamb.....	57
Baked Ham.....	60
Mushroom Risotto.....	62
Curry in a Hurry.....	64
Roast Turkey with Pan Gravy.....	66
Bolognese Sauce.....	69
Lasagne.....	71
Gnudi.....	73



# Slow Cooked Leg of Lamb

---

## Information

**Course:** main course

**Total time:** around 5 hours

**Skill level:** Moderate

**Cost:** Moderate

**Yield:** 6 people with spare

## Notes from the field...

- You may need to adjust the cooking time dependent on the weight of the lamb

## Ingredients

- 2 (red) onions
- 1 whole bulb garlic
- 3 carrots
- olive oil
- 1 small lamb shoulder, bone in (2.25kg)
- 1/2 a bunch of fresh rosemary
- 2 fresh bay leaves
- 1/2 a bunch of fresh thyme

- 1 cup chicken stock

## Directions

1. Preheat the oven to 200°C/400°F/gas 6.
2. Peel and quarter the onions and garlic cloves, peel and roughly chop the carrots.
3. Rub the lamb with oil, sea salt and freshly ground black pepper. Using a sharp knife, make small incisions all over the lamb, then pick and poke rosemary leaves and quartered garlic cloves into each one.
4. Add the rest of the garlic cloves, the onions, carrots, and herbs into the bottom of a roasting tray
5. Add the lamb to the top of the herbs and vegetables in the baking tray
6. Pour the 1 cup of chicken stock into the base of the tray
7. Cover the tray tightly with a double layer of tin foil and place in the oven. Turn down the oven temperature to 170°C/325°F/gas 3 and cook for 3½ to 4 hours, or until the lamb is soft, melting and sticky and you can pull it apart with a fork.
8. Gently break up the meat, pull out the bones, and extract any herb stalks. Squeeze the garlic out of the skins and mash it in. Shred the lamb, check

the seasoning and serve with some crispy roast potatoes.

# Baked Ham

---

## Information

**Course:** main course

**Total time:** under 4 hours

**Skill level:** Moderate

**Cost:** Moderate

**Yield:** About ½ pound per serving

## Notes from the field...

- Baked ham is an ideal main dish for beginning cooks and the best answer for the harried cook. It requires only that you put it into the oven and set the timer. It suffers no ill effects being reheated as a leftover and is also good cold.

## Ingredients

- 1 ham
- 1 cup brown sugar
- ¼ cup honey, maple syrup, or cider vinegar
- 2 teaspoons dry mustard
- 15 or more cloves
- 1 can pineapple rings (optional)

---

*Synapticloop's recipe book*

- 1 cup brown sugar
- 1 teaspoon dry mustard
- 1 cup orange juice

## Directions

1. Preheat the oven to 350°F. Place the ham on a rack in a shallow roasting pan, fat side up. Bake the ham unglazed until the thermometer reads 130°F, or until 1 hour before the ham is done.
2. Prepare for glazing by scoring the outside fat in a diamond pattern, cutting  $\frac{1}{4}$  inch deep with a sharp knife.
3. Combine the brown sugar with the honey, syrup, or vinegar and the mustard.
4. Mix well and spread over the outside of the ham.
5. Return to the oven for 1 hour to finish baking, brushing, if you wish, every 15 minutes with basting sauce.
6. Let it rest and carve at the table.

# Mushroom Risotto

---

## Information

**Course:** main course

**Total time:** under 4 hours

**Skill level:** Moderate

**Cost:** Moderate

**Yield:** About ½ pound per serving

## Notes from the field...

- Risotto is a Italian rice dish cooked in broth to a creamy consistency. The broth may be meat-, fish-, or vegetable-based. Many types of risotto contain butter, wine and onion. It is one of the most common ways of cooking rice in Italy.

## Ingredients

- 400g carnoli rice
- 300g unsalted butter
- 2 banana shallots
- 1.2l mushroom stock
- 125ml champagne
- 150g grated Parmesan

---

*Synapticloop's recipe book*

- 80ml double cream
- Black pepper
- 25ml truffle oil
- Piecing mushrooms

## Directions

1. Make the porcini broth
2. Melt 200g of butter and soften the shallots
3. Add the rice and stir until covered with the butter and starting to become transparent
4. Add the champagne (or white wine) keep stirring until evaporated
5. Add the broth a ladle at a time.
6. Just before the rice is ready to serve, add 100g of butter and the 150g of cheese and cream
7. Serve quickly
8. drizzle with truffle oil

# Curry in a Hurry

---

## Information

**Course:** main course

**Total time:** under 30 minutes

**Skill level:** Easy

**Cost:** Inexpensive

**Yield:** Serves 6

## Ingredients

- 2 tablespoons canola or other vegetable oil
- 3 tablespoons finely chopped scallions
- 3–4 tablespoons green Thai curry paste
- 2 lbs chicken thigh fillets, cut into strips about 1 1/2 inches by 3/4 inch
- 1 14-oz can coconut milk
- 1 cup boiling water
- enough chicken stock from bouillon or concentrate to make 2 cups
- 1 tablespoon fish sauce
- 1 1/2 cups frozen peas
- 1 1/2 cups frozen soybeans
- 1 1/2 cups frozen slender beans
- 3 tablespoons chopped fresh cilantro

---

*Synapticloop's recipe book*



- cooked rice or noodles, to serve lime wedges

## Directions

1. Heat the oil in a large saucepan, one that owns a lid, and drop in the scallions. Cook, stirring for a minute or two, and then add the curry paste
2. Add the chicken pieces and keep turning over heat for 2 minutes before adding the coconut milk, stock (or rather water and chicken bouillon or concentrate), and fish sauce, and then the frozen peas and soybeans.
3. Simmer for 10 minutes, then add the frozen beans and cook for another 3–5 minutes.
4. Serve with rice or noodles, as wished, sprinkling over the cilantro as you do so. Put a plate of lime wedges for people to squeeze over as they eat.

# Roast Turkey with Pan Gravy

---

## Information

**Course:** main course

**Total time:** half-day

**Skill level:** Moderate

**Cost:** Moderate

**Yield:** Serves 10 to 12

## Ingredients

- 12 – to 14–pound turkey
- 6 to 8 cups stuffing
- 2 celery ribs, chopped
- 1 medium carrot, chopped
- ½ onion, chopped
- 2 parsley sprigs
- Vegetable oil, for basting the bird
- 2 celery ribs, cut in half
- 1 medium carrot, washed and cut lengthwise
- 1 ½ onions, peeled and halved
- ¼ cup all-purpose flour
- Salt and freshly milled pepper

# Directions

1. Wash, and dry the turkey thoroughly. Remove the wing tips, and chop the gizzard and heart.
2. In a small saucepan, combine the wing tips, neck, gizzard, and heart, along with the vegetables for the stock. Add water to cover. Bring to a boil over high heat, skim, and reduce the heat to a simmer.
3. Continue to simmer for 1 ½ hours. or until the neck and bones have fallen apart. Add water as necessary to keep the ingredients covered with liquid. When the stock is cooked, strain., discarding the solids. There will be about 2 cups of stock.
4. Meanwhile, stuff and truss the turkey.
5. Preheat oven to 450° F. Coat the bird with oil and place on a rack in a roasting pan and surround it with the roasting vegetables. Place in the oven and immediately reduce the heat to 325°. After the first 30 minutes, baste the bird every 15 to 20 minutes with the pan drippings and cover with a large sheet to foil when you begin basting.
6. Cook for 15 to 20 minutes per pound, or until the internal temperature reaches 180° F., or until the juices run clear after piercing the leg joint with a kitchen fork. Remove the foil during the last 30 minutes. Juices run clear after piercing the leg joint with a

kitchen fork. Remove the foil during the last 30 minutes to brown the bird.

7. Remove the bird from the oven and let rest while you prepare the pan gravy. Pour off all but 2 tablespoons of fat from the roasting pan over moderate heat. Blend in the flour and cook for 1 minute.
8. Add 2 cups of strained stock and cook, whisking constantly until the gravy is smooth, 8 to 10 minutes.
9. Season to taste with salt and pepper.
10. Strain the gravy into a saucepan and keep warm until ready to serve with the bird.

# Bolognese Sauce

---

## Notes from the field...

- One of the easiest dishes to make quickly
- Add in a tablespoon of mango chutney if so desired

## Ingredients

- 1 lb lean minced beef
- 1 largish onion chopped not too fine
- 2 cloves garlic, chopped not too fine
- 1 long red sweet pepper, chopped not too fine
- 2 cans (14 oz each) of tomatoes
- 2 teaspoons of dried thyme (or equivalent fresh)
- Fresh ground black pepper and salt

## Directions

1. Cook and brown the onions
2. Add in garlic cloves and cook
3. Add in minced meat and cook until done

4. add in the rest of the ingredients and cook until done

# Lasagne

---

## Notes from the field...

- You will need a white sauce and bolognese sauce as well to cook this
- There is some evidence that preparing in advance of cooking (eg leave for an hour after preparation) enhances the flavour

## Ingredients

- Get good Italian dry sheets; no pre-cooking.

## Directions

### Assembly layers:

1. Half the Bolognese sauce, then
2. A layer of lasagne sheets – cut pieces to fit to the edges of the dish; don't overlap layers, then
3. Half the white sauce, then
4. The rest of the Bolognese sauce, then
5. Another layer of lasagne sheets, then
6. The rest of the white sauce.
7. Grate mature cheddar cheese on top.

8. Cook for about  $\frac{1}{2}$  hour at about 200 degrees C



# Gnudi

---

## Ingredients

- 500g ricotta (sheeps if possible)
- ½ a nutmeg, freshly grated
- 100g parmesan, grated plus extra for serving
- sea salt and pepper
- 500g semolina flour
- extra virgin olive oil/butter

## Directions

1. Strain the ricotta in a sieve until no more liquid comes out.
2. Put into a bowl and beat with fork until it becomes light. Grate in nutmeg and stir in parmesan. Season generously.
3. Cool in fridge for 30 minutes.
4. Put half of semolina on a tray to cover the service. Dust the remained over a clear work surface.
5. Take a large spoonful of ricotta mix and roll into short sausage 1.5cm thick, then cut into 2cm pieces. Roll pieces into balls, coat in semolina

and place on tray. Repeat until all the mixture is used up.

6. Fridge for 24 hours.
7. Cook the Gnudi in boiling salted water until they float to the surface (3 mins). Remove with slotted spoon and served with olive oil/melted butter.



---

## Cakes

Lemon Polenta Cake.....	76
Torta Caprese.....	78
Carrot Cake.....	80
Chocolate Raspberry Loaf Cake.....	82
Greek Yogurt Chocolate cake.....	84
Polenta, almond & orange cake.....	86

# Lemon Polenta Cake

---

## Ingredients

- 250g butter , softened
- 250g caster sugar
- 3 eggs
- 100g polenta
- 250g ground almonds
- 1 tsp baking powder
- 3 lemons (3 zested, 1 juiced)
- 4 tbsp limoncello
- 3 tbsp icing sugar

## Directions

1. Heat the oven to 160C/fan 140C/gas 3. Butter and base line a 23cm springform tin. Beat together the butter and sugar until light and fluffy (use an electric hand whisk).
2. Add the eggs one by one and beat between each addition.
3. Fold in the polenta, almonds and baking powder.
4. Mix in the lemon zest and juice.
5. Bake for about 50 minutes-1 hour until the cake is risen and golden (cover the top of the

cake loosely with foil after 30 minutes to stop it browning too much).

6. Make the syrup by warming the limoncello with the icing sugar until the icing sugar has melted. Serve the cake warm cut in slices with a drizzle of limoncello syrup.

# Torta Caprese

---

## Ingredients

- 200g ground almonds
- 200g 70% green and blacks chocolate
- 125g unsalted butter, room temperature
- 150g sugar (I prefer raw sugar, not white processed)
- 4 eggs (I prefer organic/free range, high quality eggs)
- 1 teaspoon of baking powder
- 2 tablespoons of marsala (You may use Port if you cannot find marsala)

## Directions

1. Chop the chocolate very finely, I use a mini food processor on "chop"
2. Beat the butter and the sugar in a bowl until creamy.
3. Beat the eggs thoroughly in a separate bowl and add slowly while beating to the butter/sugar mixture.
4. Add the ground almonds and chopped chocolate, then stir in the baking powder and liqueur.

5. Place the mixture in a 24cm diameter springform cake tin greased with butter or lined with non-stick paper.
6. Bake in a preheated oven at 180 degrees C for about 43mins, a couple of mins less or more depending on your oven.
7. Turn the cake out onto a wire rack to cool, then snow with icing sugar...
8. serve with raspberries and marscapone if you so desire...

# Carrot Cake

---

## Ingredients

### For the cake

- 3 eggs
- 1 cup of sugar
- 1/2 cup olive oil
- 1 and 1/3 cups of plain flour
- 1 and 1/3 teaspoons cinnamon
- 1 and 1/3 teaspoons nutmeg
- 1 and 1/3 teaspoons bi-carb of soda
- 1 and 1/3 teaspoons baking flour
- 2 cups of grated carrots (about 250 gr)
- 1/2 cup of chopped walnuts
- 1 teaspoon of vanilla essence

### For the icing

- 4 oz cream cheese (Philly)
- 3 tablespoons butter (45 gr)
- 1/2 lb icing sugar
- 1 teaspoon vanilla essence

## Directions

1. beat eggs and sugar well until fluffy
2. add olive oil and beat



3. Next you need to get 1 and 1/3 cups of plain flour, 1 and 1/3 teaspoons cinnamon, nutmeg, bi-carb soda and baking flour and
4. sift cinnamon, nutmeg, bi-carb of soda, baking flour into mixture and combine
5. then add grated carrots, chopped walnuts and vanilla, mix it all up and it is done.
6. Cook this mixture in 2 loaf tins at 170 fan forced - for about 30 minutes depends on your oven but you can't kill it, You will smell it.
7. Check with a skewer!!
8. To ice the cake, mix all of the ingredients together well

# Chocolate Raspberry Loaf Cake

---

## Ingredients

- 1 1/2 cup all purpose flour
- 1/2 tsp baking soda
- 1/2 cup natural cocoa powder
- 1 1/3 cups granulated sugar
- 3/4 cup unsalted butter, room temp
- 2 large eggs
- 1 tbsp vanilla
- 1/3 cup plain, honey, or vanilla greek yogurt
- 1/2 cup boiling water
- 2 oz dark chocolate, chopped
- 1 cup fresh raspberries

## Directions

1. Preheat the oven to 325°F.
2. In the bowl of a stand mixer fitted with the paddle attachment, add the flour, baking soda, cocoa powder, sugar, butter, eggs, vanilla, and yogurt.
3. Start the mixer on low speed until the ingredients are moistened, and then turn to medium and mix until smooth and creamy.

4. Slowly drizzle in the hot water and mix on low speed until the batter becomes a thin liquid consistency.
5. Remove the bowl from the stand mixer and stir in the chocolate and raspberries.
6. Pour the batter into a 9 x 4 inch non-stick loaf pan, or if you don't have a non-stick pan, line a regular pan with parchment paper.
7. If you have any left-over raspberries, you can gently press them into the top of the loaf.
8. Bake in the oven for roughly 1 hr 20 min - 1 hr 30 min, or until the loaf splits down the middle, is hard on the outside and soft on the inside. When you touch the top it should feel hard, not soft and jiggy. If you insert a toothpick to test for doneness, it may come out slightly wet, because the batter around the raspberries will be slightly moist. Remove from the oven and let cool.
9. When you remove the loaf from the pan, it will be very delicate. Turn the pan on its side and gently tap the cake onto a piece of parchment paper. Can be stored in the fridge for up to a week.

# Greek Yogurt Chocolate cake

---

## Ingredients

### For the cake

- 235g all-purpose flour
- 300g granulated sugar
- 90g unsweetened cocoa powder
- 1 teaspoons baking powder
- 3/4 teaspoons baking soda
- 1/2 teaspoon salt
- 125ml whole milk
- 125ml Full-Fat Greek Yogurt
- 125ml cup coconut oil (coconut oil should be liquified)
- 2 large eggs + 1 large egg yolk
- 45g unsalted butter, melted
- 1/2 tablespoon vanilla extract
- 190ml cups strong hot coffee

### For the icing

- 5 cups confectioners sugar, sifted
- 1 1/4 cups unsweetened cocoa powder, sifted
- 2 sticks (8 ounces) unsalted butter, VERY soft
- 1/3 cup Full-Fat Greek Yogurt
- 1/3 cup Half and Half
- 1/2 teaspoon salt

- 2 teaspoons vanilla

## Directions

### The cake

1. Pre-heat oven to 180 Degrees C
2. mix all wet ingredients together
3. mix all of the dry ingredients together
4. add dry ingredients to the wet ingredients
5. Cook for 50mins check regularly with skewer...

### The icing

6. mix all of the ingredients together

# Polenta, almond & orange cake

---

## Ingredients

- 450g unsalted butter
- 450g caster sugar
- 450g ground almonds (blitz whole almonds for better texture)
- 2tsp vanilla essence
- 6 eggs
- zest of 4 oranges
- juice of 1 orange
- 225g polenta flour
- 1½ tsp baking powder
- ¼ tsp salt

## Directions

1. Pre heat oven to 160c
2. beat butter and sugar until pale and light
3. stir in almonds and vanilla
4. beat in the eggs one at a time
5. fold in juice, zest, polenta, baking powder and salt

6. spoon into prepped tin and bake for 50 mins



---

## Pastry

Sweet Pastry.....	89
Pastry Cream.....	90
Frangipane / Almond Cream.....	91



# Sweet Pastry

---

## Ingredients

- 220g Sugar
- 310g butter
- 100ml eggs
- 540g flour

## Directions

1. mix all of the ingredients together and roll

# Pastry Cream

---

## Ingredients

- 200ml milk
- 25g sugar
- 1 vanilla bean
- 48g yolks
- 25g sugar
- 16g flour

## Directions

1. mix all of the ingredients together and roll

# Frangipane / Almond Cream

---

## Ingredients

- 200g butter
- 200g sugar
- 3 eggs
- 180g almond meal
- 20g flour

## Directions

1. mix all of the ingredients together and roll