



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 §~

Table of Contents

Breakfast	
Pancakes	6
Dips	
Simple Gherkin and Onion Dip	11
Smokey Roasted Aubergine Dip	12
Morning Tea	
Anzac Biscuits	15
Anzac Biscuits Part Deux	17
Chrissie's Biscuits	19
Financiers	21
Raspberry Muffins	24
Scones	26
Entrees	
Cheese Soufflé	29
Sauces	
Applesauce	32
Bechamel Sauce	34
Burger Sauce	37
Mint jelly	39
Peanut Sauce	41
Teriyaki sauce	42
White Sauce	44

Synapticloop's recipe book

~§ Table Of Contents §~

Salads.....	
Cassic Coleslaw.....	46
Fennel and Blood Orange Salad.....	47
Sides.....	
Arancini Balls.....	50
Aubergine parmigiana.....	52
Glazed Carrots with Thyme.....	55
Miso Marinated Aubergine.....	57
Onion Rings.....	59
Potato Latkes.....	61
Puree of Potato and Celeriac.....	63
Sweet Potato Gratin.....	65
Hors D'Oeuvres.....	
Sausage Rolls.....	68
Main Courses.....	
Baked Ham.....	71
Bolognese Sauce.....	73
Curry in a Hurry.....	75
Gnudi.....	77
Lasagne.....	79
Mushroom Risotto.....	81
Roast Turkey with Pan Gravy.....	83
Slow Cooked Leg of Lamb.....	86
Swedish Meatballs.....	89

Synapticloop's recipe book

~§ Table Of Contents §~

Cakes	
Banana Bread	92
Carrot Cake	94
Chocolate Raspberry Loaf Cake	96
Greek Yogurt Chocolate cake	98
Lemon Polenta Cake	100
Polenta, almond & orange cake	102
Torta Caprese	104
Puddings	
Tiramisu	107
Pastry	
Frangipane / Almond Cream	110
Pastry Cream	111
Sweet Pastry	112
Index	
Index	113



Breakfast

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

Synapticloop's recipe book

~§ Table Of Contents §~

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

~\$ Table Of Contents \$~

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

Synapticloop's recipe book

~§ Table Of Contents §~

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.



Dips

Simple Gherkin and Onion Dip.....	11
Smokey Roasted Aubergine Dip.....	12

Synapticloop's recipe book

~§ Table Of Contents §~

Simple Gherkin and Onion Dip

Ingredients

- Cream cheese
- Salad cream
- Finely chopped white onion
- Finely chopped gherkin

Directions

1. Sample cream cheese and salad cream when mixed.
2. Guesswork on flavour, Easy to get it right.
3. Add onion.
4. Add gherkin at the last minute. Green colour makes a halo around gherkin sized piece especially overnight.
5. Can add paprika if you wish

Smokey Roasted Aubergine Dip

Ingredients

The Dip

- 2 aubergines (500g)
- 3 garlic cloves
- 3 tbsp lemon juice
- 1 tsp salt
- 1 tsp smoked paprika
- 1 tbsp tahini
- 1 tbsp extra virgin olive oil
- 1-2 tbsp unsweetened yoghurt/creme fraiche

The Topping

- Handful flat leaf parsley
- 1 tbsp of runny honey
- 2 tsp sesame seeds
- cherry tomatoes

Directions

1. Preheat oven to 200C/400F.
2. Slice eggplants in half length ways, pierce the skin a few times and lightly coat in some oil. Place flesh side down on a baking tray and place in the oven for 35 minutes.

Synapticloop's recipe book

~§ Table Of Contents §~

3. The skin should be starting to deflate, be wrinkled and the flesh really soft. Place a knife through to check, leave in for a few more minutes if it needs it.
4. Leave to cool and then scoop the flesh into a food processor using a spoon, discard the skins.
5. Add roughly chopped garlic, salt, smoked paprika, tahini, lemon juice and olive oil.
6. Blend until smooth, taste and season with some pepper. Add the yoghurt if using and blend once more.
7. Serve straight away or place in the fridge, the flavours will meld if left longer.
8. Top with chopped parsley, cherry tomatoes and sesame seeds!



Morning Tea

Anzac Biscuits.....	15
Anzac Biscuits Part Deux.....	17
Chrissie's Biscuits.....	19
Financiers.....	21
Raspberry Muffins.....	24
Scones.....	26

Synapticloop's recipe book

~§ Table Of Contents §~

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.

Synapticloop's recipe book

~§ Table Of Contents §~

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.

Synapticloop's recipe book

~§ Table Of Contents §~

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.

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

Synapticloop's recipe book

~\$ Table Of Contents \$~

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.

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.

Synapticloop's recipe book

~§ Table Of Contents §~

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

Synapticloop's recipe book

~§ Table Of Contents §~

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

~§ Table Of Contents §~

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.

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

~§ Table Of Contents §~

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.



Entrees

Cheese Soufflé.....	29
---------------------	----

Synapticloop's recipe book

~§ Table Of Contents §~

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

~§ Table Of Contents §~

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.....	32
Bechamel Sauce.....	34
Burger Sauce.....	37
Mint jelly.....	39
Peanut Sauce.....	41
Teriyaki sauce.....	42
White Sauce.....	44

Synapticloop's recipe book

~\$ Table Of Contents \$~

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

~§ Table Of Contents §~

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.

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.

Synapticloop's recipe book

~§ Table Of Contents §~

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.

Burger Sauce

Information

Course: side dish

Total time: under 30 minutes

Skill level: easy

Cost: inexpensive

Notes from the field...

- Try swapping out the tomato relish for gherkin relish

Ingredients

- 1/2 cup whole egg mayonnaise
- 1 tbsp sweet tomato relish
- 1/2 tbsp American mustard
- 1/2 tbsp white wine vinegar
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp sweet paprika

Synapticloop's recipe book

~\$ Table Of Contents \$~

Directions

1. Place all ingredients in a large bowl and mix together

Synapticloop's recipe book

~§ Table Of Contents §~

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

~§ Table Of Contents §~

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.

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.

Synapticloop's recipe book

~§ Table Of Contents §~

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

Synapticloop's recipe book

~§ Table Of Contents §~

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.



Salads

Cassic Coleslaw.....	46
Fennel and Blood Orange Salad.....	47

Cassic Coleslaw

Ingredients

The coleslaw

- 500g savoy cabbage, thinly sliced
- 2 carrots, peeled and shredded
- 3 stalks celery, trimmed and thinly sliced
- 2 green onions, thinly sliced
- 1 white onion, thinly sliced

mustard-mayonnaise dressing

- $\frac{3}{4}$ cup (225g) whole-egg mayonnaise
- 3 teaspoons mustard powder
- 1 tablespoon brown sugar
- 1 tablespoon malt vinegar
- 1 tablespoon lemon juice
- sea salt and black cracked pepper

Directions

1. For the dressing place all of the ingredients and combine
2. Add the coleslaw ingredientstoss to combine

Fennel and Blood Orange Salad

Ingredients

- 1/4 cup hazelnuts or walnuts
- 1 medium-large fennel bulb, leaves and stems trimmed off
- Salt and freshly ground black pepper
- Juice of 1 lemon
- 2 large blood oranges
- 1 small shallot, peeled and cut into paper-thin slices
- 10 mint leaves
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon lime zest

Directions

1. Place nuts in dry skillet and cook over medium heat, stirring, to toast.
2. Let cool.
3. If using hazelnuts, roll them around in a dishcloth (or, if cool enough, in your hands), discarding any loose skins.
4. Coarsely chop nuts; set aside.

Synapticloop's recipe book

~§ Table Of Contents §~

5. Slice about 1/2 inch from bottom of fennel and discard.
6. Slice fennel very thinly on a mandoline, benriner or with a knife, starting with flat bottom side.
7. Toss in serving bowl with salt, pepper and lemon juice.
8. Trim all peel and pith from oranges.
9. Holding peeled fruit over bowl containing fennel, use sharp knife to cut sections from membrane and let them drop into bowl.
10. Squeeze remaining membrane over bowl to sprinkle salad with remaining juice, and discard membrane.
11. Add shallots, mint leaves, olive oil and reserved nuts and toss gently.
12. Sprinkle with lime zest.



Sides

Arancini Balls.....	50
Aubergine parmigiana.....	52
Glazed Carrots with Thyme.....	55
Miso Marinated Aubergine.....	57
Onion Rings.....	59
Potato Latkes.....	61
Puree of Potato and Celeriac.....	63
Sweet Potato Gratin.....	65

Synapticloop's recipe book

~\$ Table Of Contents \$~

Arancini Balls

Ingredients

- Pre-made Risotto
- 1/2 a bunch of fresh oregano , (15g)
- 1 x 150 g ball of mozzarella cheese
- 100 g caciocavallo cheese
- 150 g semi-dried tomatoes

Directions

1. Chop the mozzarella, caciocavallo cheese, and the tomatoes, then combine with the oregano and lemon zest. Season to taste with sea salt and black pepper.
2. To form the arancini, scoop a portion of the cooled risotto into your hand. Spoon 1 tablespoon of the filling mixture into the centre and wrap the risotto around it to seal completely. Repeat with the remaining risotto and filling.
3. For the pane, place the flour, beaten eggs and breadcrumbs into separate shallow bowls. Carefully dip each arancini ball into the flour, shaking off any excess, then the egg, and finally

the crumbs, ensuring the rice is completely coated. Set aside.

4. Pour the vegetable oil into a deep, heavy-bottomed saucepan and place over a high heat. To test the oil is ready, drop in a few breadcrumbs – if they sizzle and float, it is ready.
5. Carefully lower in the arancini with a slotted spoon, in batches of four, and deep-fry for 8 minutes, or until golden and crispy. Transfer to a double layer of kitchen paper to drain.
6. Delicious served with fried capers, fresh oregano and basil leaves, grated Parmesan and the punchy arrabbiata sauce for dunking.

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.

Synapticloop's recipe book

~§ Table Of Contents §~

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.

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
- 1/4 cup fresh orange juice
- 1 1/2 tbsp butter
- 1 tbsp brown sugar
- 1 garlic clove, crushed and peeled
- salt and freshly ground black pepper
- 1/2 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

~\$ Table Of Contents \$~

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.

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

Onion Rings

Information

Serves: 20 onion rings

Prep time: 15 minutes

Cooking time: 15 minutes

Total time: 30 min

Ingredients

- 1 Onion
- 1/2 cup of All Purpose Flour
- 1 Tablespoon of Baking Powder
- 1 Tablespoon of Smoked Paprika (optional)
- 1 Egg
- 3/4 cup of Milk
- 1 teaspoon of ground pepper
- 1 teaspoon of table salt
- Bread Crumbs to coat
- Canola Oil for frying

Directions

1. Rinse the onion and cut into approximately 1/2 cm rings

Synapticloop's recipe book

~§ Table Of Contents §~

2. Carefully separate the rings from each other (setting aside the smaller ones for other recipes)
3. Combine the flour, baking powder, salt and paprika in a medium bowl.
4. Coat each onion ring in the flour mixture and set aside
5. Combine the remaining flour mixture that you coated the onions with, with the milk, egg, and salt and beat well until no lumps remain
6. Coat each onion ring in the above mixture and shake away the excess
7. Coat each onion ring in breadcrumbs
8. Fry the onion rings in a fryer or a pot with oil.

Potato Latkes

Ingredients

- 2 1/2 to 3 pounds potatoes
- 2 onions (peeled)
- 3 large eggs (lightly beaten)
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 to 3/4 cups all-purpose flour
- 1 cup canola oil (for frying)

Directions

1. Line a platter or plate with paper towels and set aside.
2. Peel the potatoes. Place them in a bowl and add enough cold water to cover them, so they won't turn brown. When ready to prepare the latkes, drain the potatoes.
3. Place potatoes and onions in a food processor fitted with a knife blade (also known as the s-blade). Pulse until smooth. Drain the mixture well.
4. Pour the potato mixture into a large bowl. Add the beaten eggs, salt, and pepper, and mix well.

Synapticloop's recipe book

~§ Table Of Contents §~

5. Add enough flour so that the mixture holds together.
6. Pour 1 inch of oil into a large, deep frying pan. Heat the oil over medium-high heat.
7. Carefully drop 1/4 cup of the potato mixture into the hot oil. Flatten the pancake slightly so the center will cook. Repeat with additional batter, taking care not to crowd the pan.
8. Fry for several minutes on each side until golden brown and cooked through.
9. Transfer to the paper towel-lined platter to drain, and continue frying the the remaining latke batter in batches.

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.

Synapticloop's recipe book

~§ Table Of Contents §~

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.

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

~§ Table Of Contents §~

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.



Hors D'Oeuvres

Sausage Rolls.....	68
--------------------	----

Synapticloop's recipe book

~§ Table Of Contents §~

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

~§ Table Of Contents §~

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

Baked Ham.....	71
Bolognese Sauce.....	73
Curry in a Hurry.....	75
Gnudi.....	77
Lasagne.....	79
Mushroom Risotto.....	81
Roast Turkey with Pan Gravy.....	83
Slow Cooked Leg of Lamb.....	86
Swedish Meatballs.....	89

Synapticloop's recipe book

~\$ Table Of Contents \$~

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

~\$ Table Of Contents \$~

- 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.

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

Synapticloop's recipe book

~§ Table Of Contents §~

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

~§ Table Of Contents §~

- 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.

Gnudi

Ingredients

- 500g ricotta (sheeps if possible)
- 1/2 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.

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 1/2 hour at about 200 degrees C

Synapticloop's recipe book

~§ Table Of Contents §~

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

~\$ Table Of Contents \$~

- 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

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

Synapticloop's recipe book

~§ Table Of Contents §~

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.

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

Synapticloop's recipe book

~\$ Table Of Contents \$~

- 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.

Synapticloop's recipe book

~§ Table Of Contents §~

Swedish Meatballs

Ingredients

The meatballs

- 500g beef mince
- 250g pork mince
- 1 onion finely chopped
- 1 clove garlic (crushed or minced)
- 100g breadcrumbs
- 1 egg
- 5 tablespoons whole milk
- generous salt and pepper

Creamy sauce

- dash of oil
- 40g butter
- 40g plain flour
- 150ml vegetable stock
- 150ml beef stock
- 150ml thick double cream
- 2 teaspoons soy sauce
- 1 teaspoon Dijon Mustard

Directions

The meatballs

Synapticloop's recipe book

~§ Table Of Contents §~

1. Combine beef and pork mince and mix with your fingers to break up any lumps. Add finely chopped onion, garlic, breadcrumbs, egg and mix. Add milk and season well with salt and pepper.
2. Shape mixture into small, round balls. Place on a clean plate, cover and store in the fridge for 2 hours (this will help them hold their shape whilst cooking).
3. In a frying pan, heat oil on medium heat. When hot, gently add meatballs and brown on all sides.

The sauce

4. Melt 40g of butter in a pan. Whisk in 40g of plain flour and stir for 2 mins. Add 150ml of veg stock and 150ml of beef stock and continue to stir. Add 150ml double cream, 2 tsp of soy sauce and 1 tsp of Dijon mustard. Bring it to simmer and allow sauce to thicken.
5. When browned, add to an ovenproof dish and cover. Place in a hot oven (180°C conventional or 160°C fan) and cook for a further 30 minutes.



Cakes

Banana Bread.....	92
Carrot Cake.....	94
Chocolate Raspberry Loaf Cake.....	96
Greek Yogurt Chocolate cake.....	98
Lemon Polenta Cake.....	100
Polenta, almond & orange cake.....	102
Torta Caprese.....	104

Synapticloop's recipe book

~\$ Table Of Contents \$~

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

~§ Table Of Contents §~

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.

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

Synapticloop's recipe book

~§ Table Of Contents §~

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.

Synapticloop's recipe book

~§ Table Of Contents §~

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 jiggly. 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

Synapticloop's recipe book

~§ Table Of Contents §~

- 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

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

Synapticloop's recipe book

~§ Table Of Contents §~

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.

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

Synapticloop's recipe book

~§ Table Of Contents §~

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.

Synapticloop's recipe book

~§ Table Of Contents §~

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...



Puddings

Tiramisu.....	107
---------------	-----

Synapticloop's recipe book

~§ Table Of Contents §~

Tiramisu

Ingredients

- 1 cup (8floz/225ml) heavy whipping cream
- 1 cup (8oz/225g) mascarpone cheese, room temperature (see substitute idea below)
- 1/3 cup (2 1/2 oz/71g) sugar
- 1 teaspoon vanilla extract
- 1 tablespoon Amaretto liquor or Brandy (optional but yummy!)
- 2 cups (16oz/450ml) espresso or STRONG coffee at room temperature
- 1 pack Ladyfingers (Boudoir biscuits/Savoardi. Look for eggless if needed)
- Cocoa powder or grated dark chocolate for dusting the top

Directions

1. Beat whipping cream, sugar, and vanilla until soft peaks form.
2. Add in mascarpone cheese and amaretto (if using) and continue to whip to stiff peaks.
3. Dip ladyfingers in coffee (and brandy if using) and place in an 8x8 pan to make the first layer –

Synapticloop's recipe book

~§ Table Of Contents §~

you can fit about 7 cookies in each layer. Don't let them soak as they will fall apart, just a quick dunk in the coffee is enough.

4. Spread half of the whipped cream mixture on top of the first layer of ladyfingers. Repeat process with the second layer of ladyfingers and cream mixture.
5. Dust the top of dessert with cocoa powder using a sieve. Refrigerate for about 2-4 hours (it gets even better in the fridge and is a perfect make-ahead dessert).



Pastry

Frangipane / Almond Cream.....	110
Pastry Cream.....	111
Sweet Pastry.....	112

Synapticloop's recipe book

~§ Table Of Contents §~

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

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

Sweet Pastry

Ingredients

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

Directions

1. mix all of the ingredients together and roll

Index

Almonds

Financiers.....	21
Frangipane / Almond Cream.....	110
Polenta, almond & orange cake.....	102
Torta Caprese.....	104

Apples

Applesauce.....	32
Mint jelly.....	39

Aubergine

Miso Marinated Aubergine.....	57
----------------------------------	----

Aubergines

Aubergine parmigiana	52
Smokey Roasted Aubergine Dip.....	12

Bananas

Banana Bread.....	92
-------------------	----

Beef

Bolognese Sauce.....	73
Lasagne.....	79
Swedish Meatballs.....	89

Biscuits

Anzac Biscuits.....	15
Anzac Biscuits Part Deux.....	17
Chrissie's Biscuits.....	19
Financiers.....	21

Blood oranges

Fennel and Blood Orange Salad.....	47
---------------------------------------	----

Breakfast

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

Burgers

Burger Sauce.....	37
-------------------	----

Cakes

Banana Bread.....	92
Carrot Cake.....	94
Chocolate Raspberry	
Loaf Cake.....	96
Greek Yogurt Chocolate	
cake.....	98
Lemon Polenta	
Cake.....	100
Polenta, almond &	
orange cake.....	102
Raspberry Muffins.....	24
Scones.....	26
Torta Caprese.....	104

Carrots

Carrot Cake.....	94
Cassid Coleslaw.....	46
Glazed Carrots with	
Thyme.....	55

Celeriac

Puree of Potato and	
Celeriac.....	63

Cheese

Cheese Soufflé.....	29
---------------------	----

Chicken

Curry in a Hurry.....	75
Peanut Sauce.....	41
Teriyaki sauce.....	42

Chocolate

Chocolate Raspberry	
Loaf Cake.....	96
Chrissie's Biscuits.....	19
Greek Yogurt Chocolate	
cake.....	98
Tiramisu.....	107
Torta Caprese.....	104

Cream

Tiramisu.....	107
---------------	-----

Dips

Simple Gherkin and	
Onion Dip.....	11
Smokey Roasted	
Aubergine Dip.....	12

Eggs

Cheese Soufflé.....	29
---------------------	----

Entrees

Cheese Soufflé..... 29

Fennel

Fennel and Blood
Orange Salad.....47

Gherkins

Simple Gherkin and
Onion Dip..... 11

Greek Yoghurt

Greek Yogurt Chocolate
cake..... 98

Ham

Baked Ham..... 71

Hors D'Oeuvres

Sausage Rolls.....68

Lamb

Mint jelly.....39
Slow Cooked Leg of
Lamb..... 86

Lemons

Lemon Polenta
Cake.....100

Lettuce

Cassic Coleslaw.....46

Mains

Baked Ham..... 71
Bolognese Sauce.....73
Curry in a Hurry..... 75
Gnudi..... 77
Lasagne..... 79
Mushroom Risotto.....81
Roast Turkey with Pan
Gravy..... 83
Slow Cooked Leg of
Lamb..... 86
Swedish Meatballs..... 89

Mascarpone

Tiramisu..... 107

Meat

Baked Ham..... 71
Bolognese Sauce.....73

Synapticloop's recipe book

~\$ Table Of Contents \$~

Curry in a Hurry.....	75
Lasagne.....	79
Roast Turkey with Pan Gravy.....	83
Sausage Rolls.....	68
Slow Cooked Leg of Lamb.....	86
Swedish Meatballs.....	89

Mint

Mint jelly.....	39
-----------------	----

Mushrooms

Mushroom Risotto.....	81
-----------------------	----

Onions

Cassic Coleslaw.....	46
Onion Rings.....	59
Simple Gherkin and Onion Dip.....	11

Oranges

Polenta, almond & orange cake.....	102
---------------------------------------	-----

Pasta

Gnudi.....	77
------------	----

Lasagne.....	79
--------------	----

Pastry

Frangipane / Almond Cream.....	110
Pastry Cream.....	111
Sweet Pastry.....	112

Peanuts

Peanut Sauce.....	41
-------------------	----

Polenta

Lemon Polenta Cake.....	100
Polenta, almond & orange cake.....	102

Popatoes

Potato Latkes.....	61
--------------------	----

Pork

Applesauce.....	32
Sausage Rolls.....	68
Swedish Meatballs.....	89

Potatoes

Puree of Potato and
Celeriac..... 63

Puddings

Tiramisu..... 107

Raspberries

Chocolate Raspberry
Loaf Cake..... 96
Raspberry Muffins..... 24

Rice

Arancini Balls..... 50
Mushroom Risotto..... 81

Ricotta

Gnudi..... 77

Salads

Cassic Coleslaw..... 46
Fennel and Blood
Orange Salad..... 47

Sauces

Applesauce..... 32
Bechamel Sauce..... 34

Burger Sauce..... 37
Mint jelly..... 39
Peanut Sauce..... 41
Teriyaki sauce..... 42
White Sauce..... 44

Semolina

Gnudi..... 77

Sides

Arancini Balls..... 50
Aubergine parmigiana 52
Fennel and Blood
Orange Salad..... 47
Glazed Carrots with
Thyme..... 55
Miso Marinated
Aubergine..... 57
Onion Rings..... 59
Potato Latkes..... 61
Puree of Potato and
Celeriac..... 63
Sweet Potato Gratin... 65

Sweet potatoes

Sweet Potato Gratin... 65

Synapticloop's recipe book

~§ Table Of Contents §~

Turkey

Roast Turkey with Pan Gravy.....	83
-------------------------------------	----

Vegetarian

Arancini Balls.....	50
Aubergine parmigiana	52
Cassic Coleslaw.....	46
Glazed Carrots with Thyme.....	55
Gnudi.....	77
Miso Marinated Aubergine.....	57
Mushroom Risotto.....	81
Onion Rings.....	59
Potato Latkes.....	61
Puree of Potato and Celeriac.....	63
Sweet Potato Gratin...	65