

Karens ingredients to some favourites

Fish Pie (serves 5)

200g Pangasius or any other chunky white fish 50g Parsnips – peeled and diced 100g Frozen Peas
100g Sweetcorn 200g Milk 5g Cornflour –mix with small amount of water 1 tsp Oil 20g Margarine 4
Eggs Cut the Fish into bite sized pieces.

Add oil to pan, then add onion and parsnips and cook gently. Add the fish and milk (adding more water if required) bring to the boil and simmer gently until the fish is cooked. Bring back to the boil and then add the cornflour (mixed with a little milk), let it thicken. Remove from heat and place in a serving dish. Make mashed potatoes. Place on top and cook in moderate oven for approximately 20 minutes.

Chocolate Brownies

Ingredients: 110g Margarine/Butter 85g Plain chocolate 200g Sugar 2 Eggs 5ml Vanilla essence 30g
Flour 25gm Cocoa powder ½ tsp Baking powder Pinch of salt

Melt together the margarine and chocolate in a bowl over warm water. Remove from the heat. Mix together sugar, vanilla essence and eggs. When the chocolate mixture has slightly cooled mix them together. Sieve cocoa, salt, baking powder and fold into the mixture. Pour into a well greased 9 inch square baking tin. Bake for 50mins at 160°C. Remove from oven,