



Week 3: Corned beef hash and apple crumble

Corned Beef Hash

Ingredients:

- 1/2 large or 1 small tin corned beef
- Tin peas
- Tin carrots
- Beef stock cube mixed with small cup of water
- 2 large tins potatoes
- Salt and pepper
- Tablespoon of dried onions (optional)
- Grated crust of bread

Method

1. Chop up the potatoes and corned beef.
2. Add to pan with peas, carrots, beef stock, dried onions and seasoning.
3. Bring to boil and cook for 10 minutes
4. Place in casserole dish, top with the grated crust of bread and grill for a couple of minutes to make a crispy topping.

Apple Crumble

Ingredients

- 1 tin apple fruit filling
- 6 hobnobs (or own brand versions)
- 1 tsp cinnamon or mixed spice (optional)
- 1 tin custard

Method

1. Heat the apple fruit filling
2. Crush the biscuits, add spices if using.
3. Put the apple filling into serving dishes, sprinkle biscuits on top and serve with warmed custard.

Apple fruit filling is hard to find in Darwen supermarkets. If you are feeling adventurous, the larger supermarkets in Blackburn stock it.

Mashing, then heating a tin of pears can be used as an alternative to the apple fruit fillings