

12th May 2020

How to plan a 'Come Dine with Me' menu (including recipes and costings)

Starter – Nan's Special Soup

Overall family rating: ★★★★★

Ingredients:

- 1 medium sweet potato (450g)
- 2 large red peppers
- 2 carrots
- 1 garlic clove
- 1 tin of coconut milk
- 100ml cold water,
- 3 vegetable stock cubes



Method:

1. Prepare the peppers: Chop the peppers in half, remove the stalk and the seeds, rub the skins in oil, put them in the oven skin side up at 200 degrees C and cook in oven for around 20 mins (until the skin starts to turn black.) Once cooked put in a tub with lid and allow to sweat. After 10 minutes (providing cool enough) peel the skin an then shred the skinless peppers into small pieces.
2. Peel and chop the sweet potato, carrot and garlic clove into small pieces
3. Pour coconut milk into soup maker
4. Add the chopped vegetables including the shredded pepper
5. Add the vegetable stock cubes
6. Pour water in
7. Set Morphy Richards soup maker to smooth (it will blend and cook for 19 mins)

Costings:

I chose Tesco as my supermarket as they have an online site and it's the shop Grandad and Auntie C.J are getting our shopping from (as well as Lidl, but they don't have an online site). I think Lidl would be cheaper though.

Ingredients:	Cost:
Sweet potato	£0.99
Carrot	£0.05
Red peppers	£0.45
Coconut milk	£0.90
Vegetable stock cubes	£0.50
	Total £2.89

Main – Chicken and Bacon Pitta Pizza



Overall family rating: ★★★★★

Ingredients:

- 4 wholemeal pitta breads
- 4 tbsp homemade pizza sauce (2 tbsp tomato puree ,2 tbsp tomato sauce, 1 tsp Italian herbs)
- 85g low fat mozzarella
- 4 rashers Canadian bacon
- 170g cooked chicken pieces

Method:

1. Prepare the sauce by stirring together the puree, tomato sauce and Italian herbs
2. Spread 1 tbsp of sauce onto 1 pita bread, repeat for other 3,
3. Sprinkle grated mozzarella on top – make sure to share the cheese equally between the 4 pita breads
4. Shred the bacon into small pieces and place equally on the 4 pitas
5. Share chicken pieces between the 4 pitas
6. Put in pre-heated oven at 200 degrees C for 10-12 mins

Costings:

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Ingredients:	Cost:
Pita breads	£0.45
Tomato puree (we already have ketchup and Italian herbs)	£0.31
Low fat grated mozzarella	£1.70
Canadian bacon	£1.39
Cooked Chicken pieces	£1.99
	Total: £5.84

Dessert – Smartie Egg Brownies

Overall family rating: ★★★★★

Ingredients:

- 200g (7 oz) Smartie Eggs
- 110g (1/2 Cup) Unsalted Butter
- 110g (3.9 oz) Dark Chocolate
- 2 Eggs
- 225g (1 + 1/8 Cup) Golden Caster Sugar
- 1 tsp Vanilla Essence
- 60g (1/2 Cup) Plain flour
- 2 tbsp Cocoa Powder



Method:

1. Lightly grease and line your tin and preheat your oven to 180°C/fan 170°C.
2. Cut half the Smartie Eggs in half (alternatively you could crush them inside a food bag using a rolling pin).
3. Melt together the butter and dark chocolate in a large bowl over a pan of boiling water.
4. Beat in the eggs one at a time until fully mixed in.
5. Stir in the sugar. Continue stirring until it doesn't feel grainy on the bottom of the bowl.
6. Add the vanilla and mix through.
7. Sift in the flour and cocoa powder then fold in *just* until you can't see anymore flour in the mixture.
8. Add half the halved Smartie Eggs into the mixture and mix through.
9. Pour the batter into your 20cm square tin and smooth out. Top with all the remaining Smartie Eggs.
10. Bake for 20-25 minutes until the top is crispy.
11. Allow to cool completely before removing and slicing into 16 bars

Costings:

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Ingredients:	Cost:
200g mini eggs	£2.00
Unsalted butter	£1.49
Dark chocolate	£0.60
Eggs	£0.70
Golden caster sugar	£0.65
Vanilla essence	£1.19
Plain flour	£1.35
Cocoa powder	£2.00
	Total: £8.98

(Please note this seems expensive but lots of the ingredients above won't be used up by this recipe and can be used to make other things.)