



MRS SMITH'S

Apple Chutney

INGREDIENTS

1kg apples peeled &
chopped
500g onions finely chopped
500g sultanas
400g dates chopped
500g soft brown or
demerara sugar
500ml white wine vinegar or
spiced vinegar
2tsp mustard
1tsp mixed spice
1tsp powdered cloves
1tsp salt
Pinch of cayenne pepper

METHOD

1. Place all ingredients in a large heavy bottomed pan and cook gently until sugar has dissolved.
2. Bring to the boil and then simmer until fruit has softened.
3. Stir occasionally and continue to simmer until the mixture is the consistency of jam.
4. When ready pour mixture into warm sterilised jars and seal.

Mrs Smith spent many hours in the autumn making chutney and other preserves, making sure not to waste any of the apples she collected from her tree. This recipe was collected from Mrs Smith and is firm favourite amongst our volunteer team.

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Mrs Smith's
Cottage





COGGLESFORD WATERMILL

Banana Bran Muffins

INGREDIENTS

115g butter
100g brown sugar
3 bananas, mashed
115ml milk
1 tsp vanilla extract
2 free-range eggs
175g wholemeal flour
100g wheat bran
1 tsp baking powder
1 tsp baking soda
¼ tsp salt
handful chopped walnuts

METHOD

1. Preheat the oven to 190C/375F/Gas 5 and grease a muffin tin or line with muffin cases.
2. In a large mixing bowl, cream the butter and brown sugar until fluffy. Add the bananas, milk, vanilla and eggs and mix well.
3. Combine the flour, bran, baking powder, baking soda and salt and blend into the banana mixture. Stir in as many walnuts as you desire and pour the mixture into the muffin tray or cases.
4. Bake for 20-25 minutes or until a toothpick inserted into the centre of the muffin comes out clean. Cool in the tray for five minutes then place on a wire rack to cool completely.

The larger husks of grain (bran) are removed from wholemeal to make white flour, yet it's rich in many plant compounds and minerals. Try mixing into baked goods or sprinkling on smoothies, yogurts and cereals. You can pick up your bran for free in the Cogglesford Watermill shop.

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