



As part of National School Meal's Week, we asked Socius' Chef Owner, Dan Lawrence, to share his rather special version of a school meal classic...

Cornflake Tart

Serves 6

Ingredients

250g Plain Flour

125g Cold Butter

Cold Water

Strawberry Jam (homemade is best!)

75g Golden Caster Sugar

75g Butter

150g Cornflakes

75g Golden Syrup

Method

Rub butter and flour together. Add enough water to make a dough. Chill in the fridge for 30 minutes. Once chilled, roll out the pastry on a lightly floured surface to the thickness of a pound coin. Use it to line a 20cm flan tin or dish. Prick the base, lay a piece of baking parchment on the pastry and weigh it down with baking beans. Bake blind at 200°C for 10 minutes, then remove the parchment and beans, reduce the oven to 180°C and bake for a further 10 minutes.

Meanwhile, melt the sugar, butter and golden syrup in a pan. Add cornflakes and coat entirely in the mixture. When the tart case is cool, spread with jam. Add the cornflake mixture on top and press down with the back of a spoon. Bake at 170°C for 10 minutes.

Let it cool completely before cutting.

"My fondest memory of school was the classic jam and cornflake tart. Much to my mum's dismay, I'd skip the savoury meal and have two cornflake tarts for lunch!"

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S O C I U S

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As part of National School Meal's Week, we asked Benedict's Chef Owner, Richard Bainbridge, to share his rather special version of a school meal classic...

Floating Island

Serves 6

For the Floating Islands

12 Egg Whites
240g Caster Sugar
Sauté Pan Half Filled with Milk
Toasted Almonds

For the Caramel

200g Sugar
50g Glucose
Splash of Water

Real Custard (Crème Anglaise)

275ml Double Cream
150ml Full-Fat Milk
1 Vanilla Pod (Split)
Zest of 2 Oranges
6 Egg Yolks
110g Caster Sugar

Method

Place the egg whites and sugar into a large bowl and whisk until soft peaks. Shape in to mini clouds and poach in the warm milk for two minutes on each side. Remove from the milk and set to one side until needed.

For the caramel add all ingredients in a pan and place on a medium heat until it turns a nice golden colour.

For the custard, pour cream and milk into a heavy-based saucepan. Then scrape in the vanilla seeds and the empty vanilla pod along with the orange zest. Bring slowly to the boil, remove from the heat and set aside to infuse. Whisk the egg yolks and sugar together in a large bowl. Gently re-heat the cream and milk mixture. As soon as it reached boiling point, pour it on to the egg yolks and sugar, whisking all the time. Return the custard to the saucepan and, over a low heat, stirring continuously until the custard thickens enough to coat the back of a spoon.

Immediately remove the pan from the heat, the pass the custard through a fine sieve into a bowl. If you are not using it immediately, push a piece of cling-film tightly down on top of the custard then another piece over the top of the bowl – this will prevent a skin forming.

To dress

Half fill a dessert bowl of custard, place the floating island on top, drizzle hot caramel over the top and add toasted almonds.

PUDDINGS

"A floating Island is a dessert of happiness for me, you can't eat it without having a smile on your face. It's just as happy as the creamy rice pudding I remember from first school!"

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BENEDICTS

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As part of National School Meal's Week, we asked Chef Patron for The Ingham Swan, The Wildebeest and Warwick St Social, Daniel Smith, to share his rather special version of a school meal classic...

Sticky Toffee Pudding

Serves 6-8

Sticky Toffee Pudding

2 x Whole Eggs
1 Tbsp. Bicarbonate of Soda
168g Dates
295ml Water
168g Sugar
168g Self-Raising Flour
56g Butter

Salted Caramel Sauce

100g Sugar
150ml Double Cream
2 pinches of Salt

Method

Pre-heat the oven to 160°C. Line a 30cm x 20cm baking tray with baking parchment. Weigh out all of the ingredients separately.

Put water in a pan, add the dates and bring to the boil. Make a beurre noisette (a type of browned butter) by melting butter gently in a pan over a medium heat. Use a pan with a light-coloured base so you can see the colour change. Swirl the pan occasionally to ensure even cooking. The butter will begin to foam and change colour. Once it is a

toasty-brown colour and you can smell a nutty aroma, take the pan off the heat. The milk solids in the butter will cook faster and settle on the bottom of the pan. Try and leave as much of this sediment behind as possible and transfer the browned butter into a heat-proof bowl to cool. You can strain it through a sieve to help remove any particles.

Using a blender or food processor, add one ingredient at a time and blitz for 20 seconds before adding the next ingredient – cooked dates, eggs, sugar, browned butter, flour and lastly bicarbonate of soda (only 10 seconds for the final blitz). Pour the batter in to the lined tray and bake until dark on top and cooked through (test with a cocktail stick which should come out clean if your pudding is cooked). Leave to cool whilst you make the Salted Caramel Sauce.

Place the sugar in a pan (no water) and heat gently to caramelize, then simmer until it becomes a dark caramel colour. Take off the heat to cool slightly. Stir in the double cream. Stir in two pinches of salt.

This dish is delicious served with vanilla ice cream on the side.

PUDDINGS

"One of my favourite school desserts was Sticky Toffee Pudding and here's my version of that classic dish served with a Salted Caramel Sauce (and not lumpy custard)!"

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WARWICK ST
SOCIAL

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As part of National School Meal's Week, we asked Brasted's Executive Chef, Chris "Buzz" Busby, to share his rather special version of a school meal classic...

Raspberry Jam Steamed Sponge and Custard Serves 6

Sponge

175g Soft Unsalted Butter (plus extra for greasing pudding dish)
175g Light Muscovado Sugar
1 Tbsp. Black Treacle
3 x Eggs
175g Self-Raising Flour

Jam

500g Raspberries
400g Caster Sugar

Custard

½ Vanilla Pod
600ml Whole Milk
4 x Egg Yolks
3 Tbsp. Caster Sugar
4 Tbsp. Cornflour

Method

Butter a 1-litre pudding basin. Cream the butter in a bowl using electric beaters until pale. Add muscovado sugar and beat until pale and fluffy then beat in the black treacle. Beat in the eggs one at a time, adding a large spoonful of the flour with the final egg. Fold in the remaining flour. Spoon the

mixture in to the basin. Cover the mixture with a pleated sheet of foil and tie with string.

Heat 5cm of water in the bottom of a large pan with an upturned plate in the bottom to stop the pudding from touching the bottom of the pan. Add the pudding and steam gently for 2 hours.

Heat the oven to 200°C. Put the raspberries in a baking dish and the sugar in another. Bake both for 30 minutes and then combine in a heatproof bowl, stirring well. This will make instant jam! Allow the jam to cool.

Cut open the vanilla pod and scrape out the seeds. Add them to a pan with the milk and bring to the boil. Remove from the heat and infuse for 20 minutes. Whisk the egg yolks, sugar and cornflour in a bowl. Bring the milk back to just under the boil and beat in to the egg yolk mixture. Return to the pan and stir constantly until the custard thickens but don't let the mixture boil.

Serve the sponge with the homemade jam and custard.

PUDDINGS

"The thought of going back in time and remembering my favourite pudding at school, for me, must be steamed jam pudding and custard. It was the lightness of the sponge, the rich raspberry jam and the warm silky custard. Happy cooking!"

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