



Mums know best!
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All recipes have been submitted by members of the public.
The BBC accepts no responsibility for the accuracy
or the ownership of these recipes.

Episode One, Family Favourites:

Maureen's Recipes

Beany Mince

Serves 3-4

Ingredients

½ lb steak beef mince
1 large tin baked beans
1 onion, finely chopped
4oz carrot, finely chopped or grated
approx. 1-2ozs turnip (or swede) finely chopped
1 generous tablespoon tomato puree

Method

1. Brown mince in a pot, add onions and continue cooking until the onions have softened.
2. Add carrot and turnip with about ¼ pt of boiling water (too much water will make the final dish sloppy, better to add more as needed)
3. Cover and cook until the meat and veggies are ready.
4. Add tomato puree and beans (including liquid)
5. Heat everything through and season lightly.
6. Serve with pasta, rice, mashed potatoes or wraps -and veggies. (We've done it every way depending on what was in the cupboard and what Mum felt like making!)

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Episode One, Family Favourites:

Maureen's Recipes

Cheese Pie

Serves 6

Ingredients

- 1 ½ lbs potato
- 1 ¼ lbs white mature cheese, grated
- 2 ozs fresh breadcrumbs
- Seasoning, butter and milk
- Sliced tomatoes to garnish

Method

1. Boil potatoes in slightly salted water until soft.
2. Drain and mash well with a large knob of butter and milk. Season with ground white pepper (tastes better in mash than black) Add approx. 1/3 grated cheese and mix well.
3. In a 2-3 ins. deep ovenproof dish, layer the potato mixture with ½ of the remaining cheese. Season with pepper, and then add the last of the potato mix. Top with the remaining cheese mixed with the breadcrumbs.
4. Place in an oven heated to 180°C (160°C fan) for approx 25 – 30mins garnishing with the tomatoes for the last 10mins until the top is golden and crisp.
5. Serve with seasonal vegetables.

A variation is to soften a medium finely chopped onion in a very small amount of olive oil and add to the potato/cheese mixture.

Lovely comfort food!

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Episode One, Family Favourites:

Maureen's Recipes

Chilli Con Carne (Barry's version)

Serves 2

Ingredients

½ lb minced steak beef
1 large onion, finely chopped
1 green and 1 red pepper
1 beef stock cubes
Dash of Worcestershire sauce
2 small Birdseye chillies, chopped
1-2 tablespoons ground cumin(start with one and taste)
Juice of 1 lime
1 tin chopped tomatoes
2 tablespoons tomato puree
1 tin red kidney beans
1oz chopped coriander
Couple of splashes of Tabasco sauce
Salt and black pepper to taste

Method

1. Brown mince
2. Add onion, peppers, stock cube, Worcester sauce, chillies, couple of dashes of Tabasco, tin of tomatoes and tomato puree.
3. Add the cumin and lime juice. Season with salt and pepper. Add the chopped coriander. Cover and simmer until meat is ready.
4. Serve with rice or on top of lightly salted tortilla chips(and grated Monterey jack cheese – grill if latter)
5. Wipe serving dish with juice of ½ lime and serve with lime halves on top. Add more chopped coriander (lots) at the end.
6. Serve with a cold beer and book a Fire engine...

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Episode One, Family Favourites:

Maureen's Recipes

Chilli con Carne (Elaine's version)

Ingredients

- 1 large onion, chopped
- ½ lb steak beef mince
- 1 tin of beans, (red kidney, blackeye or cannelloni)
- 1 400 g tin chopped tomatoes
- 1 dessertspoon chilli powder
- 2-3 cloves of garlic
- 1 small carrot grated
- 1 beef stock cube
- ¼ to ½ pt boiling water
- 2 dessertspoons concentrated tomato puree
- ½ each red, yellow and green pepper

Method

1. Brown mince
2. Add onion and garlic and cook to soften.
3. Add all other ingredients and simmer for 1 hr or so.
4. Season to taste.
5. Serve with rice, wraps, pasta or over a jacket potato (with grated cheese on top)
6. This is actually better eaten the next day.

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Episode One, Family Favourites:

Maureen's Recipes

"Grown-up Chilli"

Serves 3-4

Ingredients

½lb steak mince beef
2 onions, chopped
2 cloves garlic, chopped (or about 2 teaspoons garlic puree)
2 tablespoons tomato puree
Tin of tomatoes
1 beef stock cube
1 teaspoon dark soft brown sugar
1-2 teaspoons chilli flakes (start with one !)
1 tin of red kidney beans, drained and rinsed
Salt and pepper to season

Method

1. Brown the mince then add onions to soften.
2. Add everything else (except seasoning) and leave to simmer for about 1 hr, stirring and checking there's enough liquid.
3. Add boiling water as necessary.

The best beany mince / chilli in our family's opinion is the one I made in a pressure cooker to take on holiday for our first evening meal. This was known as 'caravan chilli' and always tasted better and different than the same recipe eaten at home!

The chilli freezes well, if there is any left.

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Episode One, Family Favourites:

Maureen's Recipes

Rumpy Pumpy Soup (or Red Lentil Soup)

Ingredients

3-4 pts ham stock (ribs or hock, preferably made night before to allow flavour to develop)
8 oz red lentils
16 oz carrot, peeled and chopped
8 oz turnip (swede) peeled and chopped
12 oz onion, finely chopped
Any other 'secret' veggies like sprouts, leeks, finely chopped cabbage - even a tin of chopped tomatoes.

Method

1. Cook vegetables in ham stock until soft and then add the lentils.
2. Stir frequently at this stage as lentils can burn quite easily.
3. When our children were small, I liquidised the soup (to disguise the secret veggies) but it is just as good pulped down a bit with a potato masher which will leave some 'bits' to enjoy.
4. If using a hock, remove any ham meat, chop finely and add to the soup.
5. Season to taste at this stage. (I sometimes add potato chunks to cook in the soup. This makes the soup a more filling meal)
6. 1 -2 teaspoons of cumin can be added to the basic recipe to give it a curry flavour.

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