

Microwave Lemon Curd

*½ pt fresh lemon juice [4 or 5 lemons depending on size]
Finely grated zest of 4 or 5 lemons [not essential]
½ pt eggs – well beaten
7oz unsalted butter
1lb 9oz caster sugar*

Using a large microwave proof bowl heat all ingredients EXCEPT THE EGGS on full power till the butter and sugar are dissolved/melted. Do not allow to boil. Stir in the eggs [I strain them through a sieve to avoid stringy bits] then heat in one minute bursts, stirring well between bursts, until the mixture starts to thicken, then use 10 second bursts until the mixture will coat the back of a spoon. If using the zest, at this stage you can if you wish strain out the zest. Pour into jars cover and when cool store in the fridge for up to 6 weeks, but once a jar is opened use within 4 days. I use 8oz jars and the mixture makes 6 [3lb]

Lemon curd ice cream

*½ jar lemon curd;
¼ pt cream– whipped;
½ lb Greek yoghurt.
Mix together and freeze in a margarine tub. Serve in slices.*

Lemon Curd Roulade

Spread a layer of lemon curd over a meringue roulade slab, cover with a layer of whipped cream and roll up. Decorate with candied citron peel.

Mini Lemon Meringue Pies

*Lemon Curd
Individual tart cases
Meringue stars [or frozen rosettes of fresh cream]*

Lemon Curd “Mess”

Like Eton mess but using lemon curd instead of strawberries.

*Lemon Curd
Greek Yoghurt
Meringues [small stars]*

Stir one tablespoon of lemon curd roughly into 3 tablespoons of Greek yoghurt and stir in 4 or 5 crumbled meringue stars, pile into 2 glass dishes and decorate with a whole meringue star. [if you feel indulgent add whipped cream instead of some of the yoghurt]

Microwave marmalade sponge puddings – useless cold

Makes 6 individual puddings or 2 larger puddings each for 3 people

Seville orange marmalade

Zest of two oranges or lemons, finely grated

2 medium eggs and their weight in

plain flour, caster sugar, unsalted butter/marge

1 tsp *baking* powder

1. Rub the inside of five or six microwaveable china cups with extra butter or marge, and put one good tsp of marmalade in the base of each.
2. Put all ingredients together in a bowl and beat thoroughly till smooth and light and fluffy
3. Fill each cup to about two-thirds full.
4. Cover each cup with clingfilm, then microwave in batches of two or three for about a minute. Check to see how cooked they are with a skewer, putting them back in for another 30 seconds each time until a skewer poked in comes out clean.
5. Leave to sit for a minute to settle, then run a knife around the edge of the puddings and upturn on to serving plates. Serve with custard or cream or ice cream.
6. half of this mix will make one moderately large pudding for 3 people.

Mocha self saucing pudding

2oz butter/marge

8oz s-r flour

7oz caster sugar

2oz cocoa powder

Generous $\frac{1}{4}$ pt milk

7oz light soft brown sugar

2 teasp instant coffee powder

Generous $\frac{3}{4}$ pt boiling water

Place butter/marge in a 3 litre microwave proof dish and melt in the microwave [1min]. Stir in flour, caster sugar, 1oz of the cocoa and all the milk – mix thoroughly [it is quite stiff.]. mix the remaining cocoa with the coffee and brown sugar and sprinkle over the top. Carefully pour over the boiling water. Microwave uncovered on high for 12 minutes, stand for 5 minutes before serving.

Golden Syrup self saucing pudding

2oz butter/marge

8 oz s-r flour

5 ½ oz caster sugar

2 tablespoons golden syrup

Generous ¼ pt milk

7 oz light soft brown sugar

Generous ¾ pt boiling water

Melt butter in large microwave proof dish, stir in flour, caster sugar, golden syrup, and milk. Sift brown sugar over the top and then carefully pour over the boiling water. Microwave on high for 12 mins then stand for 5 minutes before serving.

Microwaved Baked Apple

1 large apple – cored

Filling of choice – mincemeat/jam/sugar & nuts/chocolate sweets etc

Syrup/fruit juice/water

Fill apple with filling of choice

Cut a ring round the apple just through the skin and no more

Place in a micro-proof dish [dessert plate]

Cook uncovered for 2-4 mins depending on size of apple.

Fruit Meringue Pudding

1 sliced banana

1 sliced green sharp dessert apple

1 large peach

[for an equivalent amount of plums strawberries apricots etc in season]

1 tablespoon lemon juice

3 egg whites

6 oz caster sugar

Combine the fruit in a large shallow dish and sprinkle with the lemon juice. Beat the egg whites till stiff then add half the caster sugar till stiff and glossy then fold in the rest of the sugar. Spread over the fruit making sure to seal the edges. Cook on medium for 8 minutes till the meringue is firm, give the dish a half turn after four minutes. Brown under the grill for ½ a minute if wished