



Shortbread recipe

Try 'the very best shortbread recipe' by Mary Berry

225g plain flour

100g caster sugar

100g semolina

50g flaked almonds (optional)

225g butter

25g demerara sugar for dusting

1. Preheat the oven to 160°C/Fan 140°C/gas 3. Lightly grease a 30cm x 23cm roasting or traybake tin.
2. Mix together the flour and semolina in a bowl or food processor. Add the butter and sugar and rub together with your fingertips until the mixture is just beginning to bind together. Knead lightly until the mixture forms a smooth dough.
3. Press the dough into the prepared tin and level it with the back of a spatula or a palette knife, making sure the mixture is evenly spread. Prick all over with a fork, sprinkle over the flaked almonds if using, and chill until firm.
4. Bake for about 35 minutes or until a very pale golden brown. Sprinkle with demerara sugar and leave to cool in the tin for a few minutes, then cut into 30 fingers. Carefully lift the fingers out of the tin with a palette knife and finish cooling on a wire rack. Store in an airtight tin.

We love this recipe in the Sarcoma UK office and you can even try mixing it up with some extra ingredients.

Add lemon zest and juice and thyme leaves to give a fun zing,
or top the biscuits with melted dark chocolate and
sea salt for the chocolate lovers



Homemade sausage rolls recipe

450g sausage meat or vegetarian alternative

1 Onion chopped finely

Olive oil

1 Egg (beaten)

1 tspn chopped thyme or sage

Salt and black pepper

450g ready made puff pastry

Sesame seeds (optional)

Optional ingredients you can add are:

toasted pine nuts, chopped dried apricots, chilli, chopped mushrooms

1. Preheat the oven to 200°C/400°C/Gas 6.
2. Fry the onion in olive oil slowly add salt until translucent and soft. (If you are using mushroom fry these with the thyme and add to the onion.) Set aside to cool.
3. Mix together well the sausage meat, thyme/sage, black pepper and the cooled onions and any other ingredients you wish to add.
4. Roll out the pastry to form a long oblong. Lay a long line of the sausage meat mixture on the pastry making sure there is enough pastry to fold over the mixture to create the roll.
5. Paint one edge of the pastry with the beaten egg to help seal. Fold the pastry over to form a long sausage shape and press down either crimping with your fingers or using a fork. Trim any excess pastry.
6. Using a sharp knife divide the long roll into small sections making individual sausage rolls.
7. Place on a lined baking tray then leave to rest in a cool place for 15 mins.
8. Paint each sausage roll with egg glaze then sprinkle over sesame seeds (optional)
9. Place in the oven and bake for 15-20 mins until sausage meat is cooked through and pastry is crisp.



Vegan sausage rolls recipe

250g Chestnut mushrooms finely chopped

1 Onion chopped finely

Olive oil, salt and black pepper

2 Garlic cloves

70g Fresh breadcrumbs

Fresh thyme

Zest of 1 lemon

1 tsp Dijon mustard

40g Chestnuts finely chopped

1 Pack of ready made puff pastry (vegan)

Toasted pine nuts

Dairy-free milk

Sesame or poppy seeds

1. Preheat the oven to 200°C/400°C/Gas 6.
2. Fry the onions with fennel seeds and thyme in the olive oil until soft.
3. Add mushrooms, mustard and lemon zest.
4. Take off heat and stir in the breadcrumbs, chestnuts and toasted pine-nuts. Mixture should be slightly stiff and left to cool.
5. Roll pastry out to an oblong. Mould the cooled mushroom mix to make a sausage shape down centre of pastry. Dampen the edge of the pastry closest to you, then bring pastry over the filling and seal by pinching or with back of a fork.
6. Cut into small sausage rolls. Place each sausage roll onto a baking sheet and leave to rest for 15 mins. Brush with milk and sprinkle with sesame or poppy seeds. Bake in the oven for 20 mins or until pastry is golden brown.



Hummus recipe

Delicious healthy addition is to your picnic and all you need to make it is a blender!

Chickpea can, drained

Tahini, 3tbs

1 whole lemon

1-2 fresh garlic

60ml olive oil

Za'atar or pine nuts (optional topping)

1. Thoroughly rinse the chickpeas
2. Add the ingredients to a blender and blitz until smooth
3. Optional - top the hummus with toasted pine nuts or za'atar spice before serving



Banana and berry smoothie

200g frozen or fresh berries
1 ripe banana chopped
1 tablespoon of thick yoghurt

250ml almond or cows milk
Grated ginger to your taste
Sprinkle of cinnamon

1. Whizz ingredients together in a blender.
2. If it's too thick, add a little more milk until it's the consistency you prefer.