

The online magazine for the over sixties

small frying pan and when it is sizzling, pour in half the egg mixture. Cook over a low heat for 2 minutes or until the base is golden.

4. Place under the hot grill and cook for a further 1 minute or until the top is golden and set. Fold in half and place on a warm plate.

5. Dust with icing sugar and spoon over half the remaining fruit puree. Decorate with cape gooseberries if liked. Serve immediately. Repeat to make a second soufflé omelette in the same way.

**Preparation: 5 minutes**

**Cook time: 5 minutes**

**Serves: 2**

**Calories: 225 per portion**

For more British Lion Egg recipes visit [www.eggrecipes.co.uk](http://www.eggrecipes.co.uk)

Easy Fruit Recipe

**Hedgehog Mango**



This zingy mango recipe is a great way to enjoy delicious fruit.

Easy to make and perfect for vegans.

Created by Mami Xuto from Thai Food Made Easy. It's simple to make, and perfect for lunch or as a starter.

**Ingredients**

- Soft ripened mango
- ½ tsp coconut oil
- ½ tsp coconut sugar
- ½ tsp lime juice
- Pinch of chilli flakes

**Method**

1. Heat the griddle pan.
2. Use the sharp knife and cut the mango in two halves.
3. Put the coconut oil on the flesh side. Then put the flesh side on the heated griddle pan.
4. Leave it for 2-3 minutes or until the charrill effect shows.
5. Remove the mango from the pan, then score the mango into the criss cross pattern.
6. Push the middle of the mango skin inside out to create the curved shape.
7. Scatter the coconut sugar and chilli flakes on top.

That is it! The easiest mango dessert on earth is served.

**Marni's Tips**

You can replace the honey to the coconut sugar.

Sprinkle the desiccated coconut on the top for extra natural sweetness.

For more delicious Thai recipes visit [www.thaifoodmadeeasy.com](http://www.thaifoodmadeeasy.com)

**Ingredients for the Muffins**

- 40g butter, softened, plus extra for greasing
- 40g light soft-brown sugar
- 65g Bonne Maman Tangy Mandarin Marmalade
- 1 zest of an orange
- 25g ground almonds
- 1 large free-range egg, beaten
- 50g plain flour
- ½ tsp baking powder
- 50ml buttermilk or sour milk
- 4 tbsp Bonne Maman Apricot Compote

**Ingredients for the Crumble**

- 30g untoasted muesli
- 15g butter
- 1 tsp plain flour

**Method**

1. Heat the oven to 180°C/ fan 160°C/ gas mark 4.
2. Cream together the butter, sugar, marmalade and orange zest until smooth. Gradually beat in the ground almonds, followed by the egg.
3. Fold in the flour and baking powder, and lastly stir in the buttermilk (or sour milk).
4. Spoon the compote into the bottom of two greased heatproof cups before gently adding the muffin mixture. Put the cups in a shallow roasting tin, then pour enough boiling water into the tin to come halfway up the sides of the cups.
5. Rub together the crumble ingredients and press lightly on top of the muffin mixture.
6. Bake the muffins for 15-25 minutes depending on the size of your cups or until a skewer into the centre comes out clean.

For more Bonne Maman recipes visit [www.bonnemaman.co.uk](http://www.bonnemaman.co.uk)

Speedy Egg Recipe

**Poached Eggs in the Microwave**



Microwaved poached eggs are quick and easy to make and ready in under two minutes. Perfect when you are in a hurry. They are also a handy shortcut when preparing more complicated dishes.

This recipe is by British Lion Eggs.

**Ingredients**

- 1 large British Lion egg
- 3 tbsp cold water
- Pinch of salt
- Dash of vinegar
- Buttered muffin or toast to serve (optional)

**Method**

1. Crack the egg into a large teacup or ramekin filled with 3 tbsp water.
2. Pierce the yolk and white in a couple of places and poach in the microwave on HIGH for 45 seconds.
3. Turn the dish and continue to poach on HIGH for another 45 seconds. Stand for 30 seconds before serving.

For more British Lion Egg recipes visit [www.eggrecipes.co.uk](http://www.eggrecipes.co.uk)

**Tandoori Cauliflower Steaks with Mint Raita Drizzle Recipe**



This colourful vegan recipe is a lovely way to incorporate healthy cauliflower into your diet.

Perfect for a dinner party or as a side dish, it's so easy to make.

This delicious recipe has been created by Ross and Ross Food.

**Ingredients for the Cauliflower**

- 1 large head of cauliflower, cut into "steaks"
- 7 tbsp coconut, cashew or almond yoghurt
- 1.5 tbsp olive oil
- Squeeze lemon juice
- 2 cloves garlic, minced
- Salt and pepper, to taste
- 1 – 3 tbsp Ross & Ross Tandoori Rub or homemade tandoori spice mix – added to taste

**Homemade Tandoori Spice Mix**

Combine equal amounts of cumin, cayenne pepper, ginger, paprika, turmeric, ground coriander and salt

**Ingredients for the Mint Raita**

- 1 cup coconut yoghurt
- 2 garlic cloves, minced
- One-inch chunk ginger, peeled and grated
- Large handful coriander leaves, finely chopped
- Small handful mint leaves, finely chopped
- Zest one lime
- Squeeze lime juice
- 1-3 tbsp coconut milk
- Pinch of Tandoori Rub or garam masala
- Salt and pepper, to taste

**Method**

1. Start by preparing your cauliflower marinade by mixing together all ingredients, adding the spice mix to taste, or according to your tastebuds.
2. Spoon the mixture over the cauliflower "steaks" and use your hands to spread evenly, covering all surfaces of the cauliflower. Leave to marinate for at least half an hour, or ideally overnight.
3. Once ready to cook, preheat your oven to 220°C. Place the steaks on a lined baking tray and allow to cook in the oven until golden, starting to crisp and tender (around 35 minutes).
4. In the meantime, prepare your raita by mixing together all ingredients, adding more or less coconut milk until you reach the texture desired.
5. Serve the cauliflower steaks warm with the raita drizzled on top.

**Serves 1 as a main or 2 as a side**

For more information about Ross and Ross click on [www.rossandrossfood.co.uk](http://www.rossandrossfood.co.uk)