

## Lesson 10 Recipes

*It does not get easier than this for lovely dessert or sumptuous breakfast, adding a lovely English scone with butter, of course, and a nice cup of "Rosie Lee" (tea). You could have them with cream or a caramel sauce and cream for dinner nice and warm, and then for breakie in the morning, cold with yoghurt.*

### **Baked Apples Stuffed with Incinerated Grapes (*raisins*)**

*Remember we are equating the raisins with incinerating the weakened kleshas.*

Chose some nice organic apples. A selection can be fun.

Some nuts chopped

¼ tsp cinnamon per apple, cloves or cardamom etc..

Raisins, apricots, cranberries, etc....

Brown sugar or agave or honey, etc....

Orange rind

Nob of butter

Scoop out a well using a paring knife or corer and fill with the mixture of your choice.

Bake in a preheated oven 350 degrees in a pan with some water in the bottom.

Partially cover the apples for a little while if you like with foil and then remove after 10 min.

Bake until done but not sloppy.

Serve with cream or custard or yoghurt or "nude". I like to do a selection of apples and pears.

What I don't have straight away goes in the fridge for a nice quick snack or breakfast.

### **English Scones**

8 heaped tbs of organic plain and wheat flour, combined

1 tsp salt

1 rounded tsp *non-aluminum* baking powder

½ cup raisins, apricots, etc..

1 oz butter in small squares

1 desert spoon sugar

Organic milk to bind

Sift the flour, baking powder and salt into a large bowl and add the sugar. Mix well.

Rub in the butter quickly and then add the raisins.

Add enough milk to draw the ingredients together to form a very soft dough.

Press out and roll lightly around 2" thick and cut with a glass or cookie cutter to desired shape.

Place on a greased tray and brush with milk and bake in a fairly hot oven until risen and brown.

Split and lather with gorgeous organic European butter. Some like jam, too.

Experiment and enjoy!