

Fresh perspective

Lawson-West
Solicitors 

Amazing
Staff Recipes
for 2021

a selection of tasty recipes brought to you by
members of staff at Lawson-West Solicitors

Cakes, Bakes, Dishes & Savoury
- recipes we think you'll enjoy



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Christmas Recipe - December 2020



David Heys, Managing Director, Commercial Solicitor, Leicester dheys@lawson-west.co.uk

Sheffield Curry

- from Sheffield, via Enderby!

Ingredients

Splash good quality Rapeseed Oil – healthier than Ghee
3-4 Medium Potatoes, cut into 2cm cubes (peeled, or not)
2 Tins of Chickpeas
200g Baby Spinach
1 White Onion, cut in half and then into rings
2 Large Tomatoes cut into 2cm cubes
4 Cloves of Garlic (more if you like), finely chopped
2 Green Chillies – chopped into rings and deseeded **
2inch piece Ginger – finely grated or finely chopped
200g Passata or half tin chopped tomatoes
200ml Water, and also 2 tbsp Warm Water
4 Medium Tomatoes cut into 2cm cubes
Fresh Coriander – finely chopped

Method for Curry

1. Combine all ground spices in a bowl and mix together, add 1-2 tbsp warm water to a thick paste.
2. Heat a saucepan and slightly boil potatoes with pinch of salt – not quite par-boiled, careful not to over-cook.
3. In an oven-to-hob pan, add splash rapeseed oil. If using meat, throw this in first and fry-off until browned, remove from pan, set aside. Add a dash more oil to the empty pan.
4. Fry whole spices except the cinnamon stick for 1-2 minutes.
5. Add and fry onions 2-3 minutes until softened, add potatoes, gently fry until soft.
6. Add chillies, garlic, ginger and gently stir for 2-3 minutes. Add chopped fresh tomato, add passata/200g tin chopped tomatoes.
7. Have 200ml water ready. Add ground spices, stir very quickly then pour in 200ml water, stir.
8. Add the meat if you are using it. Add cinnamon sticks and chickpeas. Add more water, stir – to look like thin Yorkshire pudding mix.
9. Bring to the boil, add salt and pepper. Taste - add more chillies and garlic if you like to.
10. Add fresh spinach leaves on top – add it all in batches, when each batch wilts add the next.
11. Add lid to pan. Place in hot oven 160°C for 45 mins [or slow-cook 100-110°C for 2 hours]. Don't dry-out. Check every hour, stir and add more water if necessary.

Comments: Optional Meat version: add 2 chicken breasts or 400g neck of lamb cut into 2cm cubes. ** Chilli pith is the hot part of chillies, not the seed.

Whole Spices:

4 Green and 3 Black Cardamon Pods
3 inch stick of Cinnamon Bark (7cm)
3 Whole Cloves

Ground Spices:

1 tsp (heaped) Ground Coriander
2 tsp (heaped) Ground Cumin
2 tsp (heaped) Ground Turmeric
1 tsp (heaped) Ground Fenugreek, or 2tbsp dried leaves). Salt and Pepper to taste.

(Optional):

1 tsp (heaped) Garam Masala – not needed if you have all the whole spices.
2tsp White wine vinegar

For the Rice:

300g (1½ cups) Basmati Rice
1tsp Ground Turmeric
25g Butter, ½ tsp Salt, 3 cups Water
1 handful of Frozen Peas (optional)

Method for Rice

- 30 mins before serving, gently melt butter in large saucepan.
- Add 3 garlic cloves, gently fry for a minute. Take off heat and let pan cool. Add rice, turmeric, salt. Stir, covering all in butter.
- Add tap water, cover and bring to the boil.
- Once boiling, stir once, simmer on low heat with lid for 15 mins. Do not remove lid.
- Take off heat, check the rice is cooked then recover ready for serving.
- Serve in bowls with fresh coriander on top.

January Recipe - 2021



Chocolate Orange Brownies - simply yummy

Ingredients

270g Unsalted Butter

300g Dark Chocolate

420g Dark Muscovado Sugar (or dark brown sugar)

5 Eggs

130g Plain Flour

60g Cocoa Powder

250g Terry's Mini Chocolate Orange Segments

Method

1. Preheat the oven to 160°C Fan.
2. Cut the butter up, break the dark chocolate and melt the two together in a bowl over a pan of hot water then leave to cool.
3. Put the sugar and eggs in a mixing bowl and whisk together until smooth.
4. Pour the melted chocolate and butter mixture in with the sugar and eggs and mix all together with a spatula (be careful not to mix the melted chocolate in when it's too hot as this could scramble the eggs).
5. Sieve in the flour and cocoa powder into the mixture and mix with the spatula.
6. Chop the Terry's chocolate orange segments into chunks and stir into the mixture.
7. Pour into a lined baking tray and bake for around 28 minutes.
8. Take out of the oven and leave to cool for around 2 hours, then put the whole tray into the fridge.
9. Once refrigerated, cut into squares in the size of your choosing.

Comments: for extra indulgence, drizzle warmed dark chocolate over the top



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**"I bake these for
our office charity
bake days.
There's never
any left."**



February Recipe - 2021

Avocado and Strawberry Smoothie - a Valentine special

Ingredients

Half an Avocado, Stoned, Peeled and Cut into Pieces

150g Fresh Strawberries, Halved

4 tbsp Low-Fat Natural Yogurt

200ml Semi-Skimmed Milk

Lemon or Lime Juice to Taste

Honey to Taste. 2 Sprigs of Mint

Method

1. Put all the ingredients into a blender and whizz until smooth. If the consistency is too thick, add a little cold water.

Stay healthy! Avocados are high in fat. But it's monounsaturated fat, which is a "good" fat that helps lower bad cholesterol, as long as you eat them in moderation.



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March Recipe - 2021

Tin Roof Pie - a frozen dessert



Justine Hatcher, BD Manager,
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Ingredients*

- 1/4 cup* (60ml) of Peanut Butter
- 1/4 cup (60ml) Golden Syrup - maybe a bit less to start with, or it can be over sticky!
- 2 x cups (480ml) Cornflakes, use a measuring jug
- 1 litre of Frozen Vanilla Ice Cream
- 2/3s cup of Caster Sugar (150ml)
- 1/3 cup (75ml) of Cocoa Powder
- 3 tbsp Unsalted Butter
- 1/3 cup (75ml) Double Cream
- Decorate: Granulated Brown Sugar or Chopped Nuts/ Peanuts (optional)



Method

1. Mix together peanut butter, golden syrup and cornflakes - press into a pre-greased 9-inch flan dish, preferably loose bottom/quick release type, at least 2.5inches tall. Chill in fridge until hard.
2. Next, on top of the base layer, fill flan dish with 1 litre of vanilla ice cream, press down evenly and place in freezer for 1-2 hours. Smoothe the surface with a palette knife or back of a spoon.
3. Meanwhile make the chocolate sauce 'tin roof' coating - melt sugar, cocoa and butter in a saucepan, allow to cool and then add the double cream into the pan, mix well and allow to cool, then pour over base. Warning: if you pour hot sauce onto ice cream it will melt the ice cream and it will rise to the surface and look awful, it must be fairly cool. Add chopped nuts onto the chocolate layer if desired or a sprinkling of granulated brown sugar. Put back in freezer to chill.
4. To serve, bring out of freezer for 15-20 minutes to warm at room temperature before serving, otherwise it will be too frozen to cut into.

Comments: *this recipe uses US cup sizes

April Recipe - 2021

Mexican Beef Enchiladas - a family favourite

Ingredients

2 Brown Onions, chopped
3tbsp Tomato Puree
1lb Beef Mince
1/2tsp each of Smoked Paprika, Ground Cumin, Chilli Flakes
Pinch of Salt
8 Flour Tortillas
4oz Grated Cheddar Cheese
8 Cherry Tomatoes, Handful Fresh Coriander, 4 Spring Onions
Lime Wedges. Olive Oil

Method

1. Pre-heat oven to 220°C /200°C (fan), Gas 7. Grease an oven dish with olive oil.
2. Peel and finely chop onions. Put kettle on to boil.
3. Add olive oil to a large frying pan (non-stick) on medium heat.
4. Add chopped brown onions and cook for 4 mins. Add a pinch of salt.
5. In measuring jug, dissolve beef stock cube and tomato puree in 400ml of boiling water.
6. In pan of sweated onions, add smoked paprika, ground cumin and chilli flakes and give it a good stir. Add the beef mince and stir/break-up chunks. Cook for 3-4 min until beef is browned.
7. Add the tomato stock and cook on high for 2-3 min, this will reduce and thicken the sauce.
8. Open each tortilla onto a flat surface and spoon some of the beef filling down the centre in a line. Roll-up the tortilla from one edge to the other. Add each tortilla to the oven proof dish, tucking the flaps under. Repeat until all the tortillas are in the oven dish in a row.
9. Sprinkle the grated cheese over the top of the dish and drizzle over with olive oil. Cook in oven for 8-10 mins on the middle shelf until the cheese has melted and tortillas are crisp (but not burnt)
10. While the enchiladas are cooking, make-up a salsa salad. Chop cherry tomatoes in half, finely chop the coriander and spring onions. Add to a bowl with a dash of olive oil and salt and pepper to taste. Stir.
11. Serve the dish with tomato salsa spooned over the top. Add lime wedges (optional).

Comments: Serves 4. Great dish to prepare in advance and just heat-up when needed.



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May Recipe - 2021



Coffee and Walnut Cake - from our expert home baker

Ingredients

For the Cake:

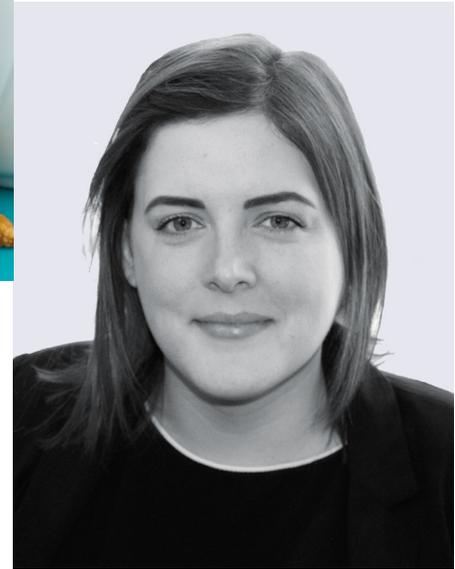
8oz Golden Caster Sugar
8oz Unsalted Butter
8oz Self-Raising Flour
4 eggs
1tsp Baking Powder
2tbsp Instant Coffee
(powdered is best)
4tbsp Milk

For the Topping:

250g Unsalted Butter
500g Icing Sugar
4 tbsp Milk
2tbsp Instant Coffee (powdered)
Chopped or Halved Walnuts for
decoration

Method

1. Preheat the oven to 160°C (Fan)
2. In a bowl, cream the butter and sugar together until very light and pale.
3. Mix the instant coffee with the milk to dissolve, use a little splash of hot water in substitute for some of the milk if using granules as opposed to powder. Ensure the coffee mix is cool before adding to the cake mixture.
4. Add the coffee mix, flour, eggs and baking powder to the butter and sugar mix and mix until just combined. Fold in the chopped walnuts being careful not to over work the mixture.
5. Pour the cake into two greased and lined 8" inch tins and bake side-by-side at 160°C (fan) for 25–30 minutes on a middle oven shelf (use a skewer inserted into the centre of the cake to check it is ready, it should come out clean and the cake will be golden brown).
6. Whilst the cake is baking, mix your icing by first mixing the butter until light and airy. Mix the coffee with the milk to dissolve, again using a little splash of hot water in substitute for some of the milk if using granules as opposed to power. Ensure the coffee mix is cool before adding to the icing mix. Begin adding the icing sugar 100g or so at a time with a splash of the coffee mix as you go (you may not need all the coffee milk mix). Whisk until smooth and light.
7. Remove the cakes from the tins and leave to cool on a wire rack.
8. Once cooled, spread the buttercream over the top of cake then place the other cake on top and repeat, covering the sides too.
9. Decorate the top of the cake with the chopped walnuts or walnut halves.



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June Recipe - 2021



Lemon Posset Cheesecake - double cream indulgence!

Ingredients

Biscuit Base:

- 110g Plain Digestive Biscuits
- 50g Butter
- 25g Light Brown Soft Sugar

Lemon Filling:

- 600ml/20fl oz Double Cream
- 150g Caster Sugar
- 3 Lemons

To Decorate:

- 300ml/20fl oz Whipping Cream (or whipped double cream)
- Optional: Flaked, Toasted Almonds. Fresh Mint Leaves.

Method

1. Grease a deep 20cm loose-bottomed quiche tin, or 8 inch round quick-release cake baking tin. Cut 2-3 whole thin slices from the middle of each lemon and reserve in clingfilm. Empty a shelf in your fridge.
2. Crush digestive biscuits in a food bag with rolling pin or in a food processor. Melt the butter in a saucepan, take off heat, stir in brown sugar and biscuit crumbs, mixing well.
3. Line base of the cake tin with baking parchment. Press biscuit crumbs into the bottom of tin until completely covered, using back of metal spoon to spread evenly. Chill in fridge while making the filling.
4. Add cream, sugar and zest of remaining lemon halves into a saucepan and heat until just boiling, stirring until sugar has dissolved. Remove from heat, leave to stand for 5 minutes.
5. Add lemon juice from lemons and stir until the mixture has thickened slightly. Leave to cool for 5-10 minutes, then spoon onto the biscuit base and level the top.
6. Chill in fridge for several hours, or overnight, until set.
7. To serve, decorate with reserved thin slices of fresh lemon (twisted), dust with icing sugar, add small mint leaves if available. Cut and serve with a spoonful or two of thickly whipped cream, or use piping bag to pipe whipped cream around top of dessert to decorate. Scatter flaked almonds.

Comments: for extra lemon flavour - add even more finely grated lemon zest to the filling just before adding to the biscuit base.



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July Recipe - 2021

Spicy Cheese Thins

- cheesy appetisers with a kick

Ingredients

50g Finely Grated Extra Mature Cheddar

50g Finely Grated Parmesan Cheese

100g Cold Unsalted Butter, in chunks

100g Plain Flour

1tsp Mustard Powder

1/4 tsp Chilli Powder, Mild

Pinch Salt, Pinch Cayenne Pepper

1 Beaten Egg

Method

1. Preheat oven to 180°C. Line a baking sheet with greaseproof paper.

2. Mix butter, plain flour, mature cheddar and parmesan in a large bowl or food processor. No need for liquid.

3. Add spices to taste. Re-mix.

4. On a lightly floured flat surface, roll-out dough with rolling pin to a thickness of 5mm.

5. Cut dough into shapes using a sharp knife or cutters. Transfer shapes to the baking sheet. Lightly brush with beaten egg.

6. [optional] Sprinkle additional grated mature cheddar and parmesan over the shapes.

9. Bake in the bottom shelf of oven at 180°C for 10-12 minutes. Turning the baking sheet once half way through to evenly cook them. Don't overcook, pale golden brown, but cooked-through. Cool on a wire rack.



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**“My husband
makes these
every year.
Great for summer
parties and dips!”**

August Recipe - 2021

Seafood Spaghetti

Ingredients

- 1 tbsp Olive Oil
- 1 Onion, chopped
- 1 Garlic Clove, chopped
- 1 tsp Paprika
- 400g can Chopped Tomatoes
- 1/2 pint Fish Stock
- 300g Spaghetti, roughly broken
- 240g Seafood Mix, frozen or fresh
- To serve: handful of Chopped Parsley Leaves,
Lemon Wedges and Parmesan Shavings

Method

1. Heat the oil in a wok or large frying pan, then cook the onion and garlic over a medium heat for 5 mins until soft. Add the paprika, tomatoes and stock, salt and pepper then bring to the boil.
2. Turn down the heat to a simmer, stir in the pasta and cook for 7 mins, stirring occasionally to stop the pasta from sticking. Stir-in the seafood, cook for 3 mins more until it's all heated through and the pasta is cooked, then season to taste.
3. Sprinkle with the chopped parsley and serve with lemon wedges and parmesan shavings.



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Comments: Try Fruits De Mer seafood mix with calamari, king prawns, scallops and mussels.

September Recipe - 2021

Tray-Baked Pork Chops - with roasted potatoes, parsnips and apples

Ingredients

- 8 Pork Chops or 4 Double Pork Chops
(ask the butcher for double thickness)
- 3 Parsnips
- 3 Tart Apples (Bramleys are best)
- 1.5lb Potatoes
- A Handful of Sage Leaves

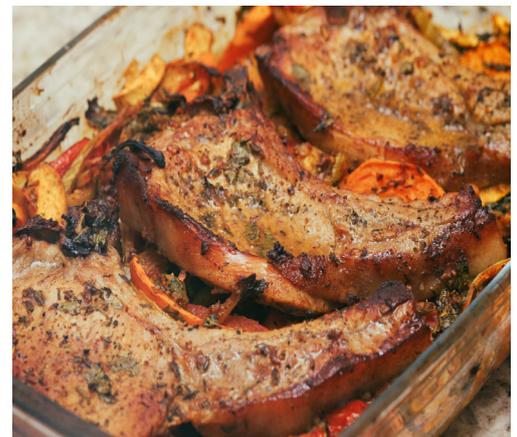
Method

1. In a bowl, crush the garlic and add the lemon zest and juice and sage leaves, add enough olive oil to loosen the mixture.
2. Rub the mixture into the pork chops and marinate in the fridge for about half a day.
3. Preheat the oven to 220°C/Gas 7
4. Quarter the apples, removing the cores.
5. Scrub and slice the potatoes and parsnips, and cut them into 2cm pieces.
6. Put everything together into a suitable metal baking tray, add the pork chops and roast for about 50 mins to an hour, depending on preference. I would suggest using foil for the first 25 mins of roasting if you have a hot dry oven.

Enjoy, preferably with a glass of chilled cider!



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Comments: It works really well with pears and a rosemary marinade too!

October Recipe - 2021

Pear, Stilton and Walnut Rarebit - supremely tasty cheese on toast!

Ingredients

25g Unsalted Real Butter, and more to spread
4 thick slices of Wholemeal Bread
175g Stilton Cheese, crumbled
1 tbsp Milk
1 1/2tsp Wholegrain Mustard
1 small Egg Yolk
2 Ripe Pears, halved lengthways cored and sliced
3 tbsp Walnuts, chopped
Ground Black or White Pepper

Method

1. Heat grill. Lightly toast bread slices on both sides in the grill. Do not burn. Remove from grill. Butter one side of the toast very lightly, allow to melt-in. Put aside, leave the grill on.
2. In a non-stick saucepan, gently melt the 25g butter, crumbled stilton and milk together with the mustard and add pepper (to taste) over a low heat until the cheese melts.
3. Remove saucepan from heat and stir egg yolk into the cheese mixture.
4. Spread the cheese mixture on the buttered side of the toast, right up to the edges and grill on high for 2-3 minutes to brown.
5. Reduce grill temperature to medium and arrange the cut pear slices on top and sprinkle with walnut pieces. Grill for 2-3 more minutes to brown the nuts. Serve. warm.

Comments: Equally delicious with Roquefort or Gorgonzola in place of Stilton, and Ciabatta



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November Recipe - 2021

Ginger Fudge with Melted Chocolate

Ingredients

8oz Butter

12oz Caster Sugar

4tsp Golden Syrup

1 tin Condensed Milk (397g)

1.5 Packets of McVities 'Even More Ginger' Ginger Nut

Biscuits - crushed to breadcrumbs in food processor

Method

1. Put all ingredients, except ginger nuts and chocolate, into a saucepan.
2. Bring to the boil SUPER SLOWLY, with the occasional stir. It will go dark brown (but don't worry).
3. Once boiling, bring back down to simmer for 7-8 mins.
4. Remove from heat, beat with fork or electric beater until it thickens (2-3 mins).
5. Add ginger nut breadcrumbs and quickly bind together with a spoon.
6. Tip into a well-greased swiss roll tin (low and square) and leave somewhere cool to set.
7. When cool, pour over melted chocolate (mark with a knife into squares). Allow to cool fully before cutting into squares.
8. Store in an airtight container if it lasts that long!



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December Recipe - 2021

Christmas Venison Pate - with red wine

Ingredients

1lb Venison (trimmed weight)
1/2 lb Belly of Pork (trimmed weight)
1/2 lb Chicken Livers
1 Small Orange and 1 Lemon
2 Finely Chopped Shallots
2 Garlic Cloves, Crushed
1.5 tsp Fresh Thyme
Bay Leaves, Peppercorns, Cranberries



1 tsp Salt
1 tsp Pepper
Whole Bay Leaves
1 tbsp Red Wine Vinegar
1 tbsp Olive Oil
1/4 pint Full-Bodied Red Wine
1 tsp Gelatin Powder
1 tsp Butter



Method - 2 days

1. Mince or finely chop all three meats into main mixing bowl. Stir until mixed.
2. Melt butter in small frying pan, cook shallots and then garlic over gentle heat until soft.
3. In pestle and mortar, crush 3 black peppercorns and 2 dried bay leaves to fine powder.
4. In main mixing bowl, add zests of a whole orange and lemon, thyme, olive oil, red wine vinegar, shallot and garlic, and a generous pinch of the pepper/bay leaf powder. Mix and stir in red wine. Cover. Leave to marinate overnight. Squeeze orange and save the juice overnight.
5. Next day: season with salt, 1/2-1tsp, fry-off a little bit of mixture and taste saltiness before adding more. Oil and line [2 and 1/4 pint] terrine tin. Add long 14" strip of folded greaseproof paper across shortest length for lifting-out pate later.
6. Turn ingredients into terrine tin, level to the top, packing the mixture well down into the corners and use the back of a spoon to hollow-out the centre top slightly.
7. Cover entire tin and top with greaseproof paper and foil. Stand the terrine in a roasting pan of boiled/very hot water to half way up the terrine tin.
8. Bake in oven, middle shelf 160°C, Gas Mark 3: [2 hours 15mins (min)] to [2 hours 30mins].
9. Using a bulb baster, collect and reserve most of the juices that surround the pate surface. Renew the greaseproof paper and foil covering the tin (leaving the long greaseproof strip).
10. Compress the surface of the pate with a 1.5 to 2lb weight (or a plate and two tins of food on top). Allow foil covered pate to cool in tin with weights on top for 1.5 hours.
11. Drain off further juices, mixing all saved juices with the squeezed juice of the orange, add water to make-up to 1/2 pint. Add the gelatin powder and mix-in cold. Pour the liquid over the pate surface. Decorate with bay leaves/peppercorns/cranberries. Cool. Store in fridge overnight. **Merry Christmas !**



David Heys, Managing Director

“Our team of directors and staff hope you have a lot of fun and enjoyment making these very personal and tasty recipes in 2021!

Wishing you a safe and prosperous New Year.”



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Recipes in this selection may include gluten, dairy, eggs, sugar and nuts. If you have food intolerance or allergies, please use your judgment from reading the ingredients shown to make an informed decision.

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