**Home To Roost**

**Mini cheese souffles**

**Ingredients**

**1 to 1 ½ tbsp sunflower oil**

**1 medium onion, finely chopped**

**Half red pepper, diced**

**1 small to medium apple, peeled and finely sliced**

**2 chicken breasts, sliced into 2 cm cubes**

**45g parmesan cheese, finely grated**

**25g strong cheddar cheese, grated**

**25g gruyere, grated**

**3 large eggs, separted**

**Got everything you need?**

**Then let’s get cooking!**

**1. Pre heat the oven to 200fan /220C/ gas 7. Put a baking**

**sheet into the oven to get hot.**

**2. Lightly grease 4 size 1 ramekins (diameter approx 10cm)**

**or 6 smaller ramekins with soft butter.**

**3. Melt the butter in a saucepan.**

**4. Add the flour. Stir over the heat for a few seconds then**

**blend in the milk, whisking until smooth and thickened.**

**5. Remove from the heat and add the mustard and cheeses.**

**6. Stir until melted then add the egg yolks. Season.**

**7. Put the egg whites into a freestanding mixer and whisk**

**until stiff peaks.**

**8. Fold 1 tablespoon of egg whites into the cheese mixture to**

**loosen the consistency then fold in the remaining egg whites.**

**9. Spoon into the ramekins.**

**10. Place the ramekins onto the hot baking sheet and bake for**

**12 minutes for the smaller ramekins or 15 minutes for the**

**larger ones.**

**11. Bake until well risen and lightly golden on top. Serve at**

**once.**

**Home To Roost**

**Egg head sandwiches**

**Ingredients**

**7 eggs**

**4 tbsp mayonnaise**

**Salt and freshly ground black pepper**

**4 slices buttered bread**

**Some ideas for decoration**

**Sliced red pepper**

**Grated carrot**

**Sliced olives**

**Salami**

**Gherkins**

**Chives**

**Peas**

**Basil**

**Got everything you need?**

**Then let’s get cooking!**

**1. Put the eggs in a saucepan of cold water and bring to a boil.**

**2. Reduce the heat and simmer for 7 to 8 minutes.**

**3. Place the eggs in a bowl under cold running water and cool.**

**4. Peel off the shells.**

**5. Slice two of the eggs using an egg slicer or a knife: set aside**

**eight of the slices to make the eyes.**

**6. Place the remaining pieces in a bowl with the remaining five**

**eggs.**

**7. Mash with a fork and add the mayonnaise. Season with salt**

**and pepper to taste.**

**8. Cover the four slices of bread with egg mayonnaise.**

**9. Make the faces using various toppings!**