**Wartime Cauliflower Cheese with Bacon**

* 1 fresh cauliflower
* 2 tablespoons cornstarch
* 1/2 pint milk
* 1 onion or 1 leek
* 2-4 oz. (1/2 -1 weekly ration) of bacon
* 2 oz. cheese
* salt and pepper
* horseradish or mustard
* knob of butter

**Method**

1. Steam or boil the cauliflower and then drain well
2. While it’s cooking make the sauce. Mix the cornstarch into a thick paste with a little of the milk, add the rest of the milk and add a knob of butter.
3. Place on heat and slowly bring to a simmer stirring all the time, lower heat and add in salt & pepper, a little horseradish or dried mustard
4. Fry onions or leeks and chopped bacon in a separate pan
5. When browned add to white sauce and mix in well
6. Place cauliflower piled up in ovenproof dish
7. Pre-heat grill/broiler to quite high
8. Pour THICK sauce over the top
9. Grate the 2 oz. of STRONG cheddar over the top, sprinkle with salt and pepper
10. Place under grill until topping is nice and browned

*Serves 4 if serving with large backed potato and veggies*

THIS DISH is pretty frugal too.

**Homity Pie**

Ingredients

For the pastry

* 125g/4oz plain flour, plus extra for rolling
* 125g/4oz wholemeal flour
* 150g/5oz butter
* 1 free-range egg, beaten

For the filling

* 850g/1lb 14oz floury potatoes, such as Maris Piper or King Edward, peeled and cut into quarters
* 25g/1oz butter
* 1 tbsp. sunflower oil
* 3 onions, halved and sliced
* 2 garlic cloves, crushed
* 100g/3½oz baby spinach leaves
* 175g/6oz mature cheddar cheese, coarsely grated
* 2 tbsp. chopped fresh parsley leaves
* 250ml/9fl oz. double cream
* pinch freshly grated nutmeg
* flaked sea salt and freshly ground black pepper

**Method**

1. Put the flour and butter in a food processor and blend until the mixture resembles fine breadcrumbs. Add the egg and pulse until the mixture just comes together as a dough. Bring the dough together and flatten into a round.

2. Put the pastry in the centre of a 20cm/8in springform cake tin and carefully ease it over the base and up the sides of the tin.

3. Cook the potatoes in boiling water for 15 minutes, or until just tender. Drain in a colander, tip back into the saucepan and cut into 3cm/1¼in pieces with a round-bladed knife.

4. Melt the butter and oil in a frying pan and fry the onions gently for 15 minutes, or until soft and pale golden-brown. Add the garlic and cook for two further minutes, stirring regularly.

5. Preheat the oven to 200C/180C (fan)/Gas 6.

6. Add the onions and garlic to the potatoes and sprinkle with 100g/3½oz of the cheese and the parsley. Add the spinach leaves and season with nutmeg, salt and freshly ground black pepper. Mix all the ingredients together until well combined.

7. Spoon the filling mixture into the pastry case. Pour over the cream and allow it to drizzle down between the layers. Sprinkle the remaining cheese on top. Place the tin on a baking tray and bake in the oven for 40-45 minutes, or until the pastry is crisp and pale golden-brown.

8. Leave the pie to cool in the tin for 10 minutes. Remove the pie from the tin and place it on a serving plate. Cut into thick wedges with a sharp knife.

**Muscovado flapjacks**

Ingredients

* 75g of brown sugar
* 75g of muscovado sugar
* 150g of butter
* 275g of porridge oats
* 1 heaped teaspoon of ground cinnamon
* 1/2 teaspoon of table salt

**How to make the Muscovado Flapjacks**

1. Pre-heat the oven to 180 degrees.
2. Line a small baking tray with a piece of non-stick baking sheet – Prue uses an oven liner.
3. Slowly melt the sugar and butter together in a medium sized saucepan.
4. Once this has turned into a liquid, stir in the oats, cinnamon, and salt. Then spoon into the baking tray and press down flat with the back of a spoon.
5. Once flat, score through to make twelve flapjacks.
6. Bake for twenty minutes until golden and set.
7. Take out of the oven and leave until warm, then separate between the already scored edges.