

Nelson's
Journey
**Purple
Picnic**
bringing back smiles to bereaved children

Kate Barmby's
Nelsons Journey's
Rocky Road

NELSONS JOURNEY'S ROCKY ROAD

Sometimes life's journey can take you along a rocky road that can feel lonely and never ending but thankfully Nelsons Journey is there to 'walk' with those who need them.

Makes approximately 12

INGREDIENTS

100g Unsalted butter, cubed

75g Golden syrup

300g Chocolate – dark or milk or a mix of both

150g Biscuits broken into small pieces, I like rich tea but use your own favourite or maybe the favourite biscuit of the special person you are holding a picnic to remember

100g Mini marshmallows

100g Natural coloured glacé cherries quartered

100g Smarties, I would recommend using just the purple ones and eating all the other colours – it's a hard job but it's worth the sacrifice!

Heart confetti cake sprinkles

COOKING INSTRUCTIONS

- 1 Line a 12 hole muffin tin with paper cases (preferably purple).
- 2 In a saucepan very gently melt together the butter, golden syrup and chocolate.
- 3 Once the ingredients have melted remove the pan from the heat and leave to cool slightly before stirring in all the other ingredients except for the sprinkles.
- 4 Spoon the mixture into the bun cases and top with sprinkles.
- 5 Chill for 1 to 2 hours before serving.

Love Kate x

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Kate Barmby's
Blueberry and
Lemon Blondies

BLUEBERRY AND LEMON BLONDIES

Sweet cubes of comfort punctuated
with purple berries

Makes approximately 16

INGREDIENTS

325g White chocolate, chopped

150g Salted butter

200g Caster sugar

3 Eggs, beaten

150g Self-raising flour

Finely grated zest of a lemon

150g Fresh blueberries

COOKING INSTRUCTIONS

- 1 Pre-heat the oven to 180°C (160°C fan), Gas mark 4. Line the base and sides of a 20cm deep sided tin with baking parchment.
- 2 In a heatproof bowl sitting over a saucepan of simmering water melt together 200g of the white chocolate with the butter then stir in the sugar.
- 3 Remove the bowl from the heat and gradually add in the beaten eggs, stirring all the time. it's preferable to use a food processor or hand blender if you have one when adding the eggs as the mixture can be hard to get to combine thoroughly.
- 4 Fold in the flour followed by the remaining 125g of chopped white chocolate, lemon zest and the blueberries.
- 5 Spread the mix into the prepared tin and bake in the pre-heated oven for 35 – 45 minutes until the top is firm.
- 6 Remove the cake from the oven and leave it to cool in the tin for at least 30 minutes before cutting into 16 squares.

TIP

White chocolate is very sweet so sharp blackcurrants would also work well in place of the blueberries and will add a deeper hint of purple to your Blondies.

Love Kate x

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Kate Barmby's
Sausage and Beans
Cheesy Grins

SAUSAGE AND BEANS CHEESY GRINS

Pasties to put a smile on your face!

Makes approximately 6

PASTRY

250g Self-raising flour

250g Strong white bread flour

½ teaspoon Fine salt

125g Chilled unsalted butter cut into small pieces

125g Chilled lard cut into small pieces

1 Large egg, beaten

Approximately 50ml Cold water

FILLING

400g Good quality sausagemeat

415g Tin of baked beans with some of the sauce drained off

4 Spring onions, chopped

150g Cheddar cheese, grated

EGG WASH

1 Large egg

½ tablespoon cold water

Pinch of salt

COOKING INSTRUCTIONS

THE PASTRY

- 1 Combine the flours and salt in a large bowl.
- 2 Add the butter and lard in small pieces and rub in with your finger tips.
- 3 Add the beaten egg and enough cold water whilst mixing with a round ended table knife to make a smooth dough. Knead briefly with your hands.
- 4 Shape the dough into a rectangular block, wrap in cling film and chill in the fridge for 20 minutes. Allow the pastry to return to room temperature before rolling.

If you prefer, use shop bought readymade shortcrust or puff pastry.

THE PASTIES

- 1 In a large bowl mix together the sausage meat, baked beans and chopped spring onions.
- 2 Divide the pastry into 6 equal portions and ten roll each portion out into a disc 3 – 4mm thick and approximately 20cm in diameter.
- 3 Spoon a sixth of the filling down the centre of the circle, making sure you leave a 1.5cm border of uncovered pastry.
- 4 Top the filling with a sixth of the grated cheese.

- 5 Beat together the egg with ½ tablespoon of water and a pinch of salt to make a wash.
- 6 Brush around the pastry edge with the egg wash.
- 7 Bring both sides of the pastry disc up to meet at the top in the middle and pinch them firmly together to seal all the way down.
- 8 Press the edge of the pastry together and then lay the pasty on its side on a baking sheet lined with parchment and gently bend it into a smile.
- 9 Repeat the process to make a further 5 pasties.
- 10 Chill for at least 30 minutes before baking.
- 11 Pre-heat the oven to 200°C (180°C fan), gas mark 6.
- 12 Glaze the pasties with some of the remaining egg wash before baking for 15 minutes then lower the temperature to 180°C (160°C fan), gas mark 4 and bake for a further 30 – 40 minutes until the pastry is golden and crisp.
- 13 Allow to cool before serving.

TIP

To make a vegetarian version of these pasties replace the sausagemeat with 400g of cooked diced potatoes.

Love Kate x