

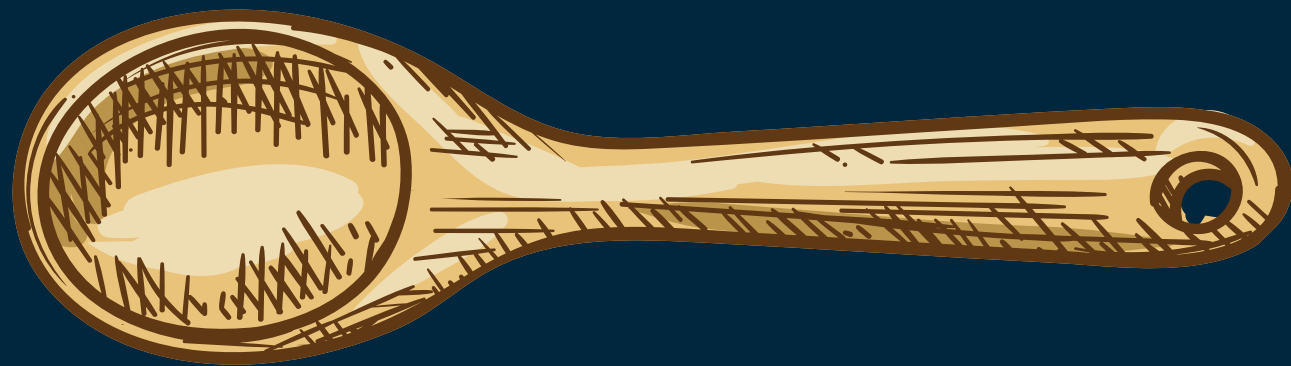
CYC presents...

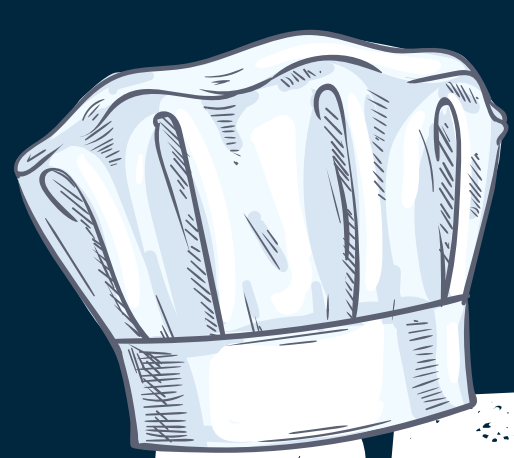


HALLOWEEN



COOKING





BEFORE WE BEGIN...

Just a friendly reminder that every recipe can be altered to suit your dietary needs!

Here are some things that might need to be altered for you:

White chocolate, chocolate chips, cheese slices & beef.





FROZEN



BANANA

GHOSTS



What you'll need to make this delicious treat:

- 200g bar white chocolate, broken into chunks
- 4 medium-large, ripe bananas
- 85g desiccated coconut
- handful chocolate chips
- paddle sticks





THE HOW:

STEP 1: In a small bowl, gently melt the white chocolate in the microwave - in short bursts on high. Set aside for a moment while you get the bananas ready.

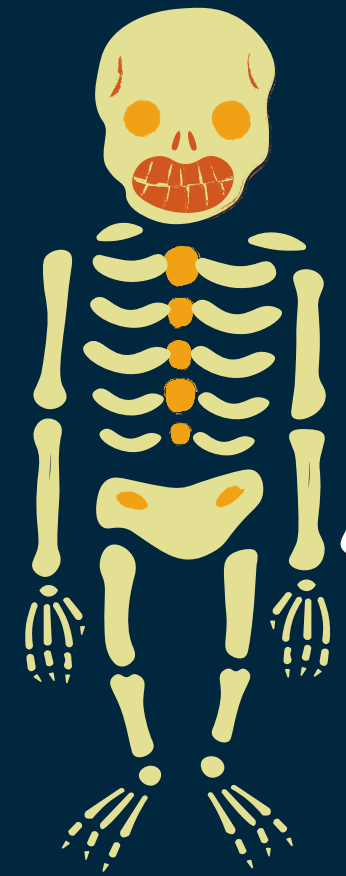
STEP 2: Peel the bananas, cut in half, and push a paddle stick into the middle of each piece. Spread the coconut out in a shallow bowl. Line a large baking tray with baking parchment, and make sure there is room for the tray in the freezer.

STEP 3: Using a pastry brush, coat a banana half in chocolate, letting excess drip away. Sprinkle with plenty of the coconut until coated, then set it on the prepared sheet. Now add two chocolate eyes and a mouth, and if you like, cut a few little eyebrows from the chocolate drops too. Freeze the banana ghosts for at least 4 hours.

STEP 4: Eat and enjoy!

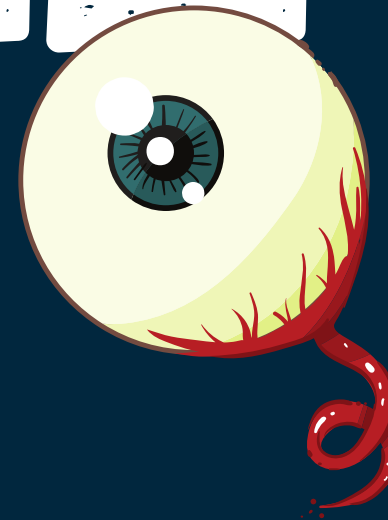


EYEBALL



SNOT-

TAIL

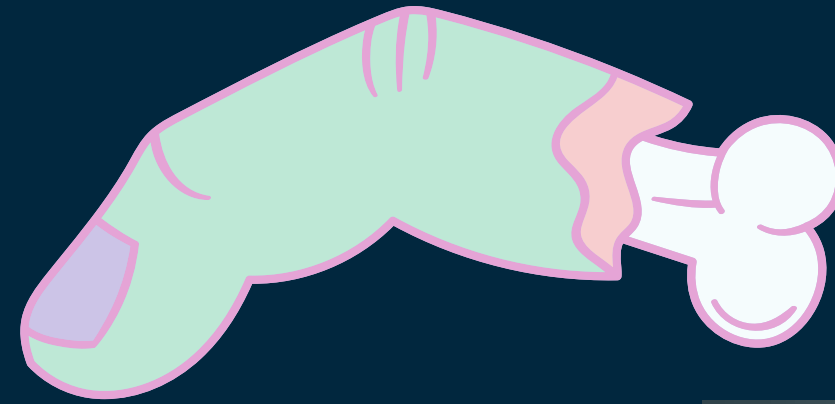


What you'll need to make this delicious treat:

- 135g pack lime jelly
- 700ml apple & pear juice
- 300ml lemonade
- 425g can lychees in syrup
- 10-15 cocktail cherries from a jar
- 10-15 raisins
- cocktail sticks



THE HOW:



STEP 1: Make the jelly following pack instructions and chill until set. Combine the apple & pear juice with the lemonade in a large jug and chill in the fridge.

STEP 2: To make the eyeballs, drain the lychees and poke a hole in each cherry with one of the cocktail sticks. Put the cherry inside the lychee, then push the raisin into the cherry. Press the eyeball onto the end of a cocktail stick and set aside until serving.

STEP 3: When the jelly has set, use a whisk to break it up into small chunks. Spoon into the cocktail glasses and top up with the apple juice mixture. Put an eyeball into each glass before serving.





MONSTER BURGERS

What you'll need to make
this delicious treat:

- 4 slices cheese
- 1 tbsp olive oil
- 600g Angus beef burgers (or equivalent)
- 4 charcoal brioche burger buns, split, toasted
- 4 iceberg lettuce leaves
- 1 tomato, thinly sliced
- tomato sauce, to serve
- 4 cherry tomatoes, halved
- 8 black olives

THE HOW:



Step 1: Place the cheese slices on a clean work surface. Use a small sharp knife to cut triangles from one edge of each cheddar slice to make fangs.

⚠ PARENTAL SUPERVISION REQUIRED ⚠

Step 2: Heat the oil in large frying pan over medium heat. Add the beef patties and cook for 3 mins or until brown underneath. Turn the beef patties. Cook for a further 3 mins or until patties are cooked through. Top the beef patties with cheddar.

Step 3: Divide the bun bases among serving plates. Top with lettuce, beef patties and sliced tomato and drizzle with tomato sauce. Top with bun tops. Place the cherry tomato halves on top of each roll to make eyes. Cut tops from olives and place on cherry tomato halves to make pupils.

