**RECIPES FROM COOKING NIGHT**

CELERY, CUCUMBER AND GRAPES WITH YOGHURT DRESSING

Ingredients

1/2 cucumber ½ head of celery

8 oz red grapes ¼ pint natural yoghurt

1 tsp runny honey 1 tsp French mustard

Salt & pepper

Slice the cucumber and halve the slices.

Chop the celery, halve and deseed the grapes. Put into a salad bowl.

Mix together the dressing materials, season and pour over the vegetables.

BEES’ KNEES (or sticky chicken)

Ingredients

8 chicken drumsticks 4 tbsp honey

6 drops Tabasco sauce 1 tbsp oil

4 tbsp wholegrain mustard 3 oz dried brown breadcrumbs

Mix honey, mustard and Tabasco. Coat drumsticks. Roll in breadcrumbs and place on a baking dish. Drizzle over oil and roast for 30 minutes at 200C/400F/ gas 6. Serve with salad.

Can be eaten hot or cold.

HONEY FLAPJACKS

Ingredients

3 oz butter or margarine 3 oz sugar

1 tbls runny honey 6 oz rolled oats

Cream together fat, sugar and beat in the warmed honey. Add the rolled oats.

Spread the mixture into a shallow greased tin. Bake at 350F Gas Mk 4 for 40 minutes.

Cool and cut in to fingers or sectors in the tin. Turn out when cold.

(Any dried fruit can be added )

DATE AND CINNAMON CRUNCHIES

Ingredients

6 oz butter or margarine 8 oz chopped dates

3 oz Demerara sugar 1 tbls runny honey

6 oz self raising flour 1 tbls lemon juice

6 oz semolina ½ tsp ground ginger

4 tbls water

In a saucepan heat gently for 4 minutes the dates, honey, lemon juice, cinnamon and water. Cool. Mix well the butter and sugar, add to the flour and semolina and combine well.

Put half this mixture into a Swiss roll tin, press well down. Spread the date mixture over this, then cover with the remaining flour mixture and level the surface.

Cook at 375 F or gas Mk 5. Cut into slices when cold.