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## Finger sandwiches / Egg and cress

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Made with a soft bread and moist fillings, these sandwiches are easy to eat and so tasty. They're all rich in protein to provide valuable nourishment, too.

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## Finger sandwiches / Egg and Cress

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### Ingredients

4 eggs hard boiled and lightly  
mashed with a fork  
3tbsp mayonnaise (recipe below)  
1tsp finely chopped chives  
2 handfuls of cress  
8 slices of soft wholemeal or white bread  
Salt and pepper to taste  
Butter for spreading

Preparation time: 10 minutes  
Cooking time: 7 minutes  
Serves: 12

*Shortcuts: buy mayonnaise*

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### Mayonnaise

Of course, you can buy good mayonnaise  
but homemade tastes incredible.

2 egg yolks  
Pinch of salt  
1tsp of Dijon mustard  
200ml groundnut oil  
60ml extra virgin olive oil

Preparation time: 5-10 minutes  
Serves: 12

### Method

Gently combine the ingredients in a bowl.

Butter the bread. Top half the slices with the egg  
mixture and cress, then the remaining bread.

Remove the crusts from the bread and cut  
each sandwich in to four fingers.

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### Method / Mayonnaise

Place the egg yolks in a bowl and whisk for several  
minutes. Add the salt and Dijon mustard and continue  
to whisk for another minute or so until the yolks are thick.

Slowly drizzle in the groundnut oil, in a very thin stream  
or a few drips at a time, whisking constantly.

As the mixture starts to thicken you can add the oil more  
quickly. When the mixture becomes very thick add a few  
teaspoons of water to thin a little and keep whisking.

Once all the groundnut oil has been added begin  
adding the olive oil, continue to whisk constantly.  
The mayonnaise should be glossy and thick.

You can make this using a food processor,  
just be sure to add the oil a little at a time.



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## Finger sandwiches / Chicken and watercress with mayonnaise

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Made with a soft bread and moist fillings, these sandwiches are easy to eat and so tasty. They're all rich in protein to provide valuable nourishment, too.

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Finger sandwiches / Chicken and watercress with mayonnaise

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**Ingredients**

2 free range chicken breasts, skin and bones removed  
2 garlic cloves  
4tbsp mayonnaise  
3 large handfuls of watercress, washed  
8 slices of soft white or wholemeal bread  
Salt and pepper to taste  
Olive oil  
Thyme  
Bay leaf  
Strip of lemon zest  
Butter

Preparation time: 5 minutes  
Cooking time: 20 minutes  
Serves: 12

*Shortcuts: buy mayonnaise and ready-cooked chicken breasts.*

Mayonnaise

Of course, you can buy good mayonnaise but homemade tastes incredible.

2 egg yolks  
Pinch of salt  
1 tsp of dijon mustard  
200ml groundnut oil  
60ml extra virgin olive oil

Preparation time: 5-10 minutes  
Serves: 12

**Method**

Preheat the oven to 180°C.

Season the chicken. Place on a foil-lined tray, drizzle with olive oil, add thyme, garlic cloves, bay leaf and strip of lemon zest. Cover with foil and bake for approximately 20 minutes until the chicken is cooked through but moist and tender.

Allow to cool, then slice the chicken finely.

Butter the bread. Place the sliced chicken on half of the slices. Top with mayonnaise, watercress and the remaining bread.

Remove the crusts from the bread and cut each sandwich in to four fingers.

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Method / Mayonnaise

Place the egg yolks in a bowl and whisk for several minutes. Add the salt and Dijon mustard and continue to whisk for another minute or so until the yolks are thick.

Slowly drizzle in the groundnut oil, in a very thin stream or a few drips at a time, whisking constantly.

As the mixture starts to thicken you can add the oil more quickly. When the mixture becomes very thick add a few teaspoons of water to thin a little and keep whisking.

Once all the groundnut oil has been added begin adding the olive oil, continue to whisk constantly. The mayonnaise should be glossy and thick.

You can make this using a food processor, just be sure to add the oil a little at a time.



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Finger sandwiches / Smoked salmon with cream cheese and lemon zest

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Made with a soft bread and moist fillings, these sandwiches are easy to eat and so tasty. They're all rich in protein to provide valuable nourishment, too.

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Finger sandwiches / Smoked salmon with cream cheese and lemon zest

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**Ingredients**

150g cream cheese  
2 lemons, juice of 1 and zest from both  
250g smoked salmon  
8 slices of soft white or wholemeal bread  
Handful of finely chopped dill

Preparation time: 5 minutes

Serves: 12

**Method**

Combine the cream cheese with the dill, lemon zest and juice of half a lemon. Spread the mixture over 4 slices of bread.

Top with the smoked salmon and drizzle with the remaining lemon juice. Place the remaining slices of bread on top.

Remove the crusts from the bread and cut each sandwich in to four fingers.



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## Milk loaf

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This soft, flavoursome white bread won't hurt a sore mouth and is easier to chew than other loaves.

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## Milk loaf

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### Ingredients

460g whole milk  
19g fresh or dried yeast  
605g white bread flour  
13g fine sea salt  
15g caster sugar  
50g butter

Preparation time: 30 minutes  
Cooking time: 40-50 minutes  
Serves: 12

### Method

In a saucepan, warm the milk to around 38°C.

Add the yeast and wait around 10 minutes until little bubbles form on the surface of the milk.

Place the flour into a mixer with a dough hook attachment and add the salt and sugar.

Add the warm milk and knead the dough for 7 minutes.

Add the butter and knead for another 5 minutes until the dough is stretchy.

Cover the mixing bowl with cling film and leave the dough to rise to double in size.

Knock back the dough, shape and place in a 1.1kg bread tin.

Leave to prove until double in size

Bake at 240°C in a non-fan oven for approximately 30 minutes. If you are using a fan oven reduce temperature to 200°C and increase time slightly.