

ANGELA JAMES



DRAGON FOOD!

Aunt Foggerty's famous 'Peppermint and Parsley Patties'

(The food that gives dragons emerald green flames!)

Dragons love 'em!

125g softened butter
55g icing sugar
180g plain flour
1 teaspoon dried parsley
1 teaspoon dried mint
2 teaspoons of peppermint essence
2 drops of wishful thinking

Makes about 40-50 peppermint and parsley patties

1. Heat the oven to 180 C/Gas 5.
2. In a large bowl, beat in the butter and the sugar until smooth.
3. Sieve in the flour, add the dried parsley, dried mint, peppermint essence, and the 2 drops of wishful thinking.
4. Knead to make a dough (should form a ball that holds together – not too dry or too sticky).
5. Turn out onto a floured work surface.
6. Roll out to about ¼ cm thick.
7. Use a 2.5cm (1”) plain round cutter and cut into rounds then place on lightly greased and floured baking trays.
8. Bake in the oven for 10-12 minutes
9. Leave the patties on the trays for a few minutes before removing to a cooling rack. Allow the dragon food to cool completely before storing in an airtight container.
10. Eat and enjoy ... before a dragon gets there first!

NOTE! This recipe is not suitable for those with wheat and/or dairy allergies. A vegan version can be made by substituting the butter with a plant-based alternative.