

Food for Sport: Helen's Trust Sporting Heroes Charity Calendar 2012

Have you ever wondered what our sporting heroes eat?

Our Charity Calendar for 2012 is packed with photo's of the famous athletes who are supporting us and their "recipies for success". Stars include Lord Sebastian Coe, Sire Steve Redgrave, Jessica Ennis, Ian Stark and Rebecca Adlington.

£4:50 plus p&p



FOOD FOR SPORT
Helen's Trust
Sporting Heroes Charity
2012



**Rebecca Adlington OBE
Steak Pie**

INGREDIENTS

500g stewing steak, cut into cubes
plain flour, seasoned with salt and
freshly ground black pepper, for
dusting
1 tbsp olive oil
1 tbsp chopped fresh parsley
1 tbsp chopped fresh thyme
salt and freshly ground black pepper
green lent beef stock
egg ready-rolled shortcrust pastry
1 Free-range egg, beaten

METHOD

1. Dust the cubed steak with the seasoned flour.
2. Heat the oil in a large heavy-bottomed pan and fry the meat, stirring frequently, until browned on all sides.
3. Add the sliced onions, herbs, salt and freshly ground black pepper and the stock and bring to the boil.
4. Reduce the heat and simmer gently for an hour and a half.
5. Preheat the oven to 190°C/375°F/Gas 5.
6. Transfer the filling mixture to an ovenproof dish. Line the rim of the dish with a thin strip of pastry. Dampen the pastry rim by brushing with beaten egg. Cut a piece of pastry to fit across the top of the dish and place on top, then press the edges together to seal. Decorate with pastry trimmings, make a steam hole in the centre of the pie by slanting with a sharp knife, then brush with more beaten egg.
7. Transfer to the oven and cook for 1-1½ hours. If the pastry gets too brown, cover it with foil. Serve hot.



**American Brunch
Ark Chicken**

INGREDIENTS

1 large chicken
2 large onions, sliced
2 large carrots, sliced
2 large potatoes, sliced
2 large mushrooms, sliced
2 large tomatoes, sliced
2 large courgettes, sliced
2 large aubergines, sliced
2 large leeks, sliced
2 large shallots, sliced
2 large garlic cloves, sliced
2 large spring onions, sliced
2 large red onions, sliced
2 large green onions, sliced
2 large white onions, sliced
2 large yellow onions, sliced
2 large purple onions, sliced
2 large red onions, sliced
2 large green onions, sliced
2 large white onions, sliced
2 large yellow onions, sliced
2 large purple onions, sliced



Postal Order Form

Item	Cost per item	Number	Postage and Packaging per calendar	Total
Food for Sport: Helen's Trust Sporting Heroes Calendar	£4:50		£2:00	

Name: _____

Address: _____

Tel no. _____

Please complete and return with a cheque for the full amount, made payable to Helen's Trust,
To : Helen's Trust, Unit 2, Granby Rd, Bakewell, DE45 1ES

Any questions please contact Catherine on administrator@helenstrust.org.uk or call the office on 01629 812759.

Thank you for your support. Contributions like yours ensure Helen's Trust can help more people with an incurable illness to stay at home should they wish to do so.

From time to time we would like to send you updates about the trust, how your money is used to help and how you can get further involved. Helen's Trust will not share your details with anyone else.

To enable us to keep you updated regularly while minimising administration costs please give us your e-mail address:

If you would prefer not to receive updates please tick this box.