



**RSPCA
ASSURED**

Dedicated to
farm animal welfare

Fangtastic Halloween recipes



Recipes

A ghoulish selection of treats to help you celebrate at home this Halloween. Whether you're gathering with your closest wizards and witches or having frightful fun with your own little monsters, there's a recipe here for everyone.

We believe that we should all be eating less and better when it comes to meat, fish, eggs and dairy, for the sake of animals, people and the planet. That's why this recipe book includes a mix of dishes using both higher welfare ingredients and vegan alternatives.

Looking for a family friendly Halloween playlist to listen to while you cook? We've added some of our favourite spooky songs to a Spotify playlist: <https://spoti.fi/36RAsPF>

Keep an eye out for RSPCA Assured labelled products, available in most UK supermarkets!



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Where can I buy RSPCA Assured products?



	Eggs	Milk	Pork	Chicken	Salmon	Trout	Turkey (seasonal)	Veal
	✓		✓	✓	✓	✓	✓	
	✓				✓			
	✓			✓			✓	
			✓	✓				
	✓		✓	✓	✓	✓		
	✓		✓	✓			✓	
M&S		✓						
	✓			✓			✓	
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	✓		✓	✓	✓	✓	✓	
	✓							
	✓		✓	✓	✓	✓	✓	✓
					✓			

Subject to local availability, correct as of October 2020

Ingredients

1 pack RSPCA Assured sausages or your favourite meat-free alternative – Try using different flavoured sausages to add variety; pork and apple or caramelised onion for example.

Ready rolled puff pastry

1 RSPCA Assured egg or coconut oil to glaze

Soft organic cheese or vegan alternative

Chopped black olives

A selection of dips and sauces to serve

Savoury tricks

Spooky sausages

Method

Preheat the oven to 200°C/ fan 180°C/ gas mark 6.

Roll out the pastry to 0.5cm thick over a floured surface, and cut into long thin strips, about 0.5cm wide.

Wrap the strips around the sausages to make the mummy wrappings, leaving a gap for the “face” at one end. Brush the pastry with the beaten RSPCA Assured egg or coconut oil and place the sausages on a lined baking tray.

Bake for 20 minutes or until the pastry has puffed and is golden, and the sausages are cooked through.

Remove from the oven and allow to cool slightly before adding little daubs of soft cheese with a small piece of black olive to create the eyes. Serve with sauce!

Preparation time:
10 minutes
Cooking time:
20 minutes
Serves: 6 (or more)
Difficulty: Easy



»» This terrifying take on the classic sausage roll will give your bangers a fun Halloweeny twist. You can make these delicious ‘Mummy rolls’ with RSPCA Assured sausages or your favourite veggie alternative, and serve with a variety of dips to satisfy all tastes.

Ingredients

For the dough

500g strong white bread flour
1 x 7g sachet fast action yeast
1 tsp sugar
1 tsp salt
260 – 300 ml warm water

For the Margherita pizza tomato topping

3 tbsp olive oil
1 medium onion, finely chopped
1 tsp dried oregano
2-3 garlic cloves, finely chopped
1 x 400g tin chopped tomatoes
3 tbsp tomato puree
1 x 125g mozzarella ball, drained, or vegan mozzarella slices

Black pitted olives
Organic cheddar or vegan cheese, grated

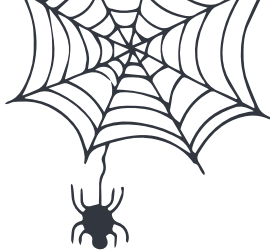
Alternative topping suggestions

RSPCA Assured ham
RSPCA Assured cooked bacon
RSPCA Assured cooked chicken
MSC certified tuna
Sweetcorn kernels, canned or frozen
Sliced mushrooms
Torn fresh basil
Chilli flakes

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RSPCA Assured recipe book

Halloween party pizza



Method

Preheat your oven to 220°C / fan 200°C / gas mark 8.

Mix the flour, yeast, sugar and salt in a big mixing bowl. Create a well in the mixture and slowly add the water and oil to form a dough.

Once your dough has come together, tip it onto a lightly flour-dusted surface and knead for 10 minutes until smooth. This could also be done with a food mixer fitted with a dough hook.

Put the dough into a large mixing bowl, greased with some oil. Cover the bowl with a clean tea towel or cling film and leave to rise for between 60 and 90 minutes, until it has doubled in size.

To make the tomato topping, warm the olive oil in a large, deep frying pan. Add the onion and the dried oregano. Fry over a medium heat until the onion is soft and transparent. Add the garlic and cook for a further minute. Add the chopped tomatoes and tomato paste.

Simmer for about 30 minutes until the sauce has thickened slightly. Whilst this cooks, prepare the other toppings; shape your mozzarella ghosts and olive spiders and set to one side for later.

Check on the sauce. If it is too thick, just add boiling water to loosen the mix. Once ready, take it off the heat until ready to use.

Flour two baking sheets, or dust with cornmeal.

Divide the dough into four pieces (or more if you are making mini-party pizzas). Leave the remaining pieces under a tea towel or cling film, to stop them drying out.

Roll the first piece of dough to as thin as you can get it on a lightly floured surface. Lift carefully onto a floured baking sheet or pizza stone.

Add the tomato sauce, grated cheese and mozzarella ghosts and invite the family to add any other spooky toppings of their choice.

Bake for 10 to 15 minutes, until crisp and golden on top.

Enjoy!



Preparation time:

2 hours

Cooking time:

15 - 20 minutes

Serves: 3 - 4

Difficulty: Easy

»» Pizza is the perfect party food – it's infinitely customisable and easy to make. For a terrifying twist, try adding olive spiders or mozzarella ghosts.

Ingredients

1kg cooking pumpkin, unpeeled
4 small pumpkins, to serve
(if you're not eating the flesh, small carving pumpkins will be fine)
1 onion, chopped into quarters
3 cloves garlic, unpeeled
3 sprigs rosemary
125g RSPCA Assured pancetta
or smoked bacon pieces
400ml chicken or vegetable stock
250ml RSPCA Assured milk
Organic cream or organic feta
cheese to serve
Oil for drizzling
Salt and pepper

Pumpkin and bacon soup



Method

Cut the tops off the small pumpkins and set aside. Remove the seeds and fibres from the middle of each and discard. Using a sharp knife and a spoon, carefully hollow them out. These will be used as bowls, and can be raw or baked. To cook them, bake with their lids on at 200°C/ fan 180°C/ gas mark 6 for 20 to 25 minutes and drizzled with a little olive oil.

Meanwhile, scoop out the flesh and roughly chop the cooking pumpkin into 3cm slices. Save some pumpkin seeds and toast these on a baking tray to use later.

Heat the oven to 200°C/ fan 180°C/ gas mark 6. Put the pumpkin pieces on a baking tray with the onion, garlic and rosemary, and drizzle with oil.

Bake for 20 minutes, then add the bacon or pancetta (keep this separate from the pumpkin on the tray). Bake for a further 20 minutes until the pumpkin is soft inside and brown around the edge.

Set the bacon and rosemary aside. Remove the pumpkin and garlic skin and then add it, along with the onion to a large pan or food processor.

Pour in the stock and RSPCA Assured milk and blend until smooth.

To serve, fill the hollowed-out pumpkins with soup.

Swirl over a little cream or crumble on some feta and scatter with the bacon or pancetta, toasted pumpkin seeds and rosemary.

For a vegan version, replace the bacon with a vegan alternative and serve with your favourite dairy-free cream and feta alternatives!

Preparation time:
15 minutes
Cooking time:
50 minutes
Serves: 4
Difficulty: Medium



»» Everybody loves carving pumpkins at Halloween, but what else can you do with them? This recipe takes the fresh, bright flavour of pumpkin and pairs it with higher welfare RSPCA Assured bacon for a delicious dinner.

Ingredients

For the pumpkin

1 medium-sized pumpkin
(about 1kg)
100g wild rice
1 large fennel bulb
1 tbsp fennel seeds
½ tsp chilli flakes
1 garlic clove, crushed
100g shiitake mushrooms
30g pecans, toasted
1 large pack parsley,
roughly chopped
1 lemon, juiced
Olive oil

For the dressing

3 tbsp tahini
2 tbsp maple syrup
1 garlic clove, crushed
1 knuckle of peeled ginger
(about 1")
pomegranate seeds, to serve

Stuffed pumpkin

Method

Preheat the oven to 180°C/ fan 160°C/ gas mark 4.

Cut the top off the pumpkin and remove the seeds and fibres from the middle. Using a sharp knife and a spoon, carefully hollow it out. Put the pumpkin on a baking tray, pat the inside dry with kitchen roll then rub with 2 tbsp of oil inside and out, and season well. Roast in the centre of the oven for 45 mins or until just tender, with the 'lid' on the side.

Follow the pack instructions for cooking your wild rice, then drain, rinse and set aside.

Dice the fennel bulb into pea-sized pieces, then squeeze over no more than half of the lemon juice (save the rest for the dressing).

Meanwhile, dry toast the pecans in a frying pan so that they begin to colour, then remove from the heat and roughly chop.

Heat 2 tbsp oil in the frying pan and fry the fennel seeds and chilli flakes. Once the seeds begin to become fragrant and pop, stir in one crushed garlic clove.

Remove and discard the tough stems from the mushrooms and break the caps into pieces, then sauté them together with the fennel. Remove from the heat and stir through the cooked rice along with your chopped pecans, then stir in the chopped parsley and season to taste.

Pack the mixture into the cooked pumpkin and return it to the oven for 10-15 mins.

While the pumpkin is finishing up in the oven, use a blender to blitz the ginger, tahini, maple syrup, remaining lemon juice and garlic, and a dash of lukewarm water to make a smooth dressing.

Serve the pumpkin drizzled with the tahini dressing and topped with pomegranate seeds on a bed of steamed kale.



Preparation time:
15 minutes
Cooking time: 1 hour
Serves:
4 as a main meal
Difficulty: Difficult

»» This vegan stuffed pumpkin is a filling blend of nutty, fruity and rich autumnal flavours. Just perfect for a meat-free Halloween centerpiece. Get creative with your presentation for extra spookiness!

Ingredients

Your favourite bread,
sliced for toasting
Pitted black olives
Sliced organic cheese
(or vegan alternative)
Red pepper
Ready-to-eat avocado
Lemon juice
Salt and pepper

Frankentoast

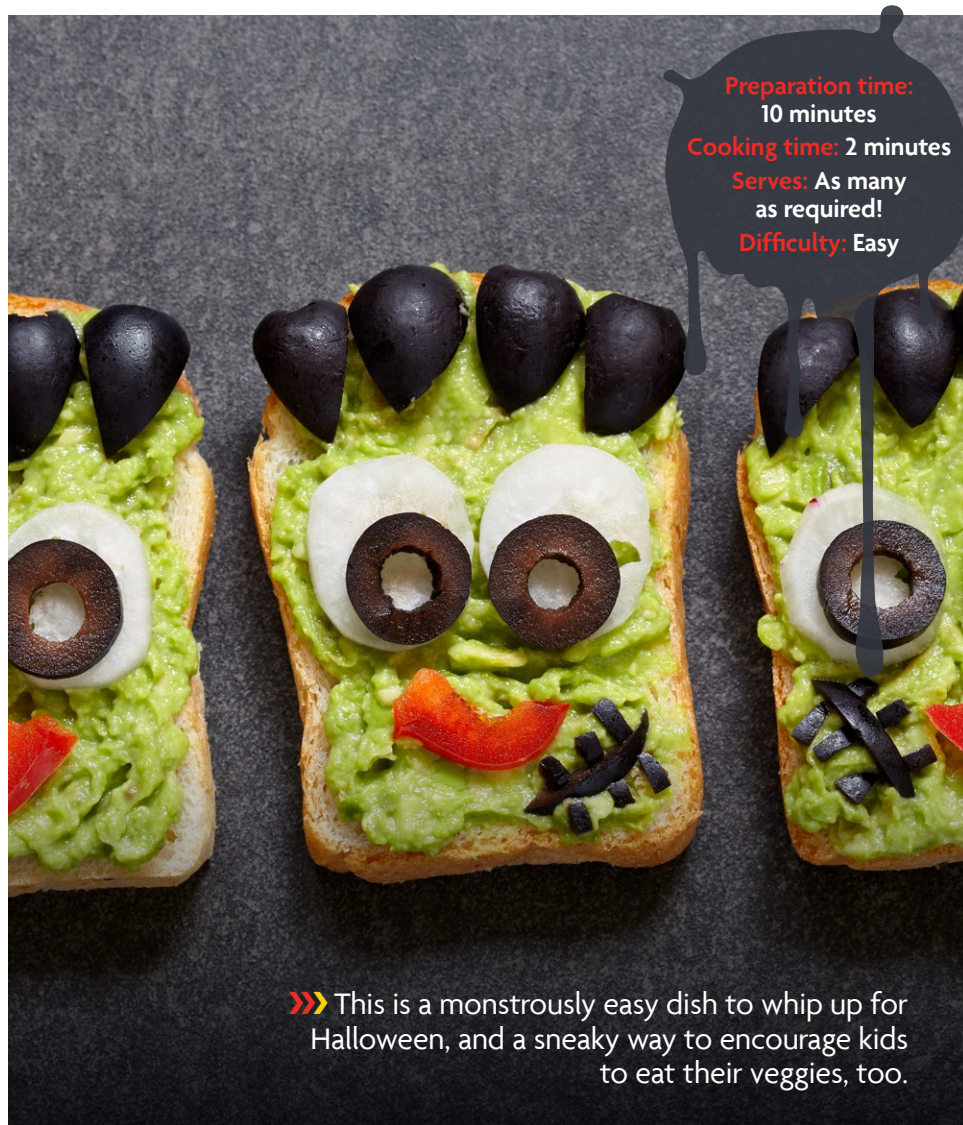
Method

Carefully cut the avocado in half and remove the stone. A large avocado will be suitable for around three slices of bread.

Scoop the flesh into a bowl, with a few splashes of lemon juice to stop the avocado from turning brown. Lightly mash with a fork and sprinkle with a little salt and pepper.

Toast as many slices of bread as needed and set aside to cool while you prepare your remaining ingredients.

Slice the olives, cheese and peppers. Spread the avocado on the toast, and then decorate to create individual Frankentoasts!

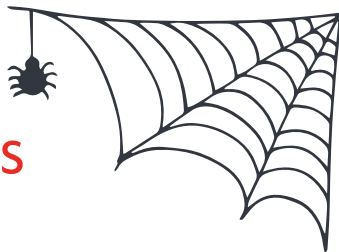


»» This is a monstrously easy dish to whip up for Halloween, and a sneaky way to encourage kids to eat their veggies, too.

Ingredients

RSPCA Assured eggs
Organic mayonnaise
English mustard
Apple cider vinegar
Paprika
Salt and pepper
Sliced, pitted black olives
to decorate

Devilish eggs



Method

Hard-boil the RSPCA Assured eggs, by placing them in a pan of cold water and bringing it up to the boil. Once the water begins to bubble, set a timer for between 7-10 minutes and remove when ready.

The longer you boil the eggs, the firmer they will be, but don't over-boil them or you may end up with a green or grey tinge around the yolk.

Once the eggs have boiled and cooled, slice them in half lengthwise and carefully scoop out the yolk into a small bowl.

Place the egg whites on a serving tray, to be filled in a moment.

Smash the yolks with a fork and add mayonnaise, mustard, apple cider vinegar, salt and pepper and stir it all together until creamy.

For every six eggs you use, you will need two tablespoons of vinegar and one teaspoon of mustard.

Use a small spoon to scoop out mixture and place it back into the egg white, or pipe in with a piping bag fitted with a star shaped nozzle.

Sprinkle paprika on top and decorate with olives sliced into spider shapes for that added spooky touch.

Preparation time:
10 minutes
Cooking time: 7-10 minutes
Serves: As many
as required!
Difficulty: Easy



»»» What's more devilish than Deviled Eggs? Another great party food that is really easy to make and looks great on a buffet table.

Ingredients

125g softened butter
100g caster sugar
A pinch of salt
110g plain flour, sifted
110g self-raising flour, sifted
1 large RSPCA Assured egg, lightly beaten
Splash of RSPCA Assured milk

For the icing:

250g icing sugar
1 RSPCA Assured egg white
Orange food colouring
Lemon juice
Chocolate/ black icing pen
Green icing pen

Sweet treats

Iced pumpkin biscuits

Method

Beat the butter and sugar together until you have a smooth, creamy mixture, then add a lightly beaten RSPCA Assured egg. Stir in the sifted flour and salt and mix – if the dough is too stiff add a splash of milk.

Knead lightly and form a smooth dough ball. Wrap the dough in clingfilm or similar, and place in the fridge for at least half an hour.

Preheat oven to 180°C/ fan 160°C/ gas mark 4.

Roll the dough out on a lightly floured surface. Use a pumpkin-shaped cutter or sharp knife to cut out the pumpkin shapes. Always supervise small children around knives.

Place the pumpkin shapes on a baking tray lined with greaseproof paper and bake for 8 to 10 minutes, until golden.

Leave to cool for 10 minutes then transfer to a wire rack.

To make the icing, first, sift the icing sugar into a bowl. Lightly beat the RSPCA Assured egg white and add to the bowl then whisk until well mixed. Add orange food colouring, just a drop or two at a time, stirring between each addition until you get the colour right. You can add lemon juice to loosen the mixture, a little at a time until the consistency drips from a spoon, but is not too runny.

Place the cooled biscuits on a small rack over a clean pan to catch the icing drippings. Carefully spoon the icing over each biscuit, letting any excess drip into the tin. You can gather up this excess icing and use it to ice more biscuits.

Leave the icing to harden (at least three to four hours) before finishing the design with icing pens.



Preparation time:
45 minutes (plus 30 minutes
chilling time for the dough)

Cooking time: **10 minutes**

Serves: **20** (depending on the
size of your biscuit cutter)

Difficulty: **Easy**

»» Easy to make and simple to decorate, these spooky cookies are perfect Halloween treats to make with your little monsters!

Ingredients

300g good quality dark chocolate –
min 70% cocoa solids

180g unsalted butter or
vegan equivalent

180g caster sugar

4 RSPCA Assured medium eggs,
plus 1 RSPCA Assured egg yolk
or ground flaxseed

115g ground almonds

pinch of salt

115g plain flour, sifted

1 tsp baking powder, sifted

Pack of chocolate fondant icing

Red icing pen

Icing sugar for dusting



Bat brownies

Method

Preheat the oven to 190°C/ fan 170°C/ gas mark 5.

Grease a 23cm square tin with a little butter. Cut a piece of greaseproof paper so that it covers the bottom of the tin and overlaps on two sides – this will help you get the cooked brownie out later!

Place the chocolate and butter in a large bowl, set over a pan of simmering water and heat gently. Don't let the water boil rapidly or overflow into the bowl. Stir until the chocolate and butter are melted.

Remove from the heat and add the sugar, stirring until well combined. Leave to cool for 5 minutes.

Add the eggs and egg yolk one by one, beating well after each egg. You should have a dark glossy mixture. Add the ground almonds, salt, flour and baking powder. Using a metal tablespoon, gently fold in the dry ingredients but be careful not to over mix.

Pour the mixture into the lined tin, smooth the surface with a flat knife and bake for around 20-25 minutes. The brownie should be set, but with a little gooeyness in the middle, so a good way to test if it's done is to push a skewer into the middle. When you take it out it should be fairly clean, but with a few moist crumbs sticking to it.

Whilst the brownie is baking, roll out the chocolate fondant icing and using a small bat shaped cookie cutter or sharp knife, cut out bat shapes from the fondant. Decorate with spooky red eyes.

Leave the brownie in the tin to cool completely, then lift out and cut into squares – you should get around 12 brownies. Dust lightly with icing sugar and place a fondant bat on top of each one.

For a vegan version, you can replace the eggs with flaxseed and use your favourite dairy-free butter alternative!

Preparation time:
40 minutes
Cooking time:
35 minutes
Serves: 12
Difficulty: Medium



» You can make these gooey brownies the day before you need them. Serve cold or give them a quick 20 second blast in the microwave to warm them through just before serving.

Ingredients

For the mousse

100g dark chocolate (minimum 70%), broken into small pieces

100g milk chocolate, broken into small pieces

5 medium RSPCA Assured eggs, separated

1 tsp caster sugar

For the white chocolate spider's web

50g white chocolate, chopped

Spider web chocolate mousse

Method

Put the broken dark and milk chocolate into a bowl set over a saucepan of gently simmering water – don't let the bottom of the bowl touch the water. Leave the chocolate to melt slowly, stirring occasionally.

Meanwhile, beat the egg yolks lightly with a fork.

When the chocolate has melted, remove from the heat and allow it to cool for a couple of minutes before stirring in the egg yolks.

Whip the egg whites until they form soft peaks and then beat in a teaspoon of caster sugar.

Now, using a metal spoon, very slowly fold the egg whites into the chocolate mixture. It takes a while to incorporate them all without beating the air out of the mixture so takes some patience.

Spoon the mixture into 6 individual ramekins and place in the fridge to chill for at least an hour.

Once the mousse is set, melt the white chocolate in a bowl set over a saucepan of gently simmering water as before. Beat until smooth and fill a piping bag with a narrow, writing nozzle or with the tip of the icing bag snipped away. Pipe a spider's web onto each mousse and leave to set.



Preparation time:
60 minutes
Cooking time:
60 minutes
Serves: 6
Difficulty: Difficult



»» This rich and delicious chocolate mousse makes a great treat for Halloween. Be sure to make your delectable dessert even more decadent and use dark chocolate which is at least 70% cocoa.

Ingredients

120g butter, softened
120g caster sugar
2 RSPCA Assured eggs,
lightly beaten
1 tsp vanilla extract
120g self-raising flour, sifted
1 tsp baking powder
RSPCA Assured milk

For the buttercream icing

1 pot of ready-made
chocolate frosting

For the fondant ghosts

1 pack of ready-to-roll white
fondant icing

Ghostly cupcakes

Method

Preheat the oven to 180°C/ fan 160°C/ gas mark 4. Line a 12-hole muffin tin with paper cases.

Cream the butter and sugar together until pale and fluffy. Beat in the eggs a little at a time. Add the vanilla extract and baking powder, and mix together. Fold in the flour with a metal spoon. If the mixture is too stiff, add a little milk.

Pour the mixture evenly into the 12 paper cases, about $\frac{2}{3}$ to $\frac{3}{4}$ full.

Bake for 10-15 mins and insert a skewer into them to check they're done. They are ready when the skewer comes out clean.

Leave to cool for 10 minutes then transfer them to a wire rack.

Place the frosting in an icing bag with a nozzle and swirl onto each cupcake.

Roll out the white fondant icing until it's roughly a quarter of a centimetre thick.

Cut out ghost shapes with a sharp knife (parental supervision advised!) and leave the icing to harden.

When hard, push the icing ghosts into the cupcake frosting, ready to serve!

Preparation time:
60 minutes
Cooking time:
15 minutes
Serves: 12
Difficulty: Easy



»» Another indulgent chocolatey treat, perfect for making with kids! Get creative with the icing – as well as ghosts, you could make creepy bones, gravestones or even eyeballs, decorated with food colouring! Your imagination is your only limit.



Ingredients

For the cupcakes:

180ml almond or soy milk
1 tsp apple cider vinegar
or lemon juice

4.5 tbsp coconut oil,
melted and cooled

1 tsp vanilla extract

130g flour

100g organic sugar

2 tbsp cocoa powder

1/2 tsp baking powder

3/4 tsp baking soda

1/4 tsp salt

2 tsp beetroot powder or vegan red
food colouring (for a really intense
red sponge, add more)

For the cream "cheese" frosting:

1 can full-fat coconut milk
refrigerated overnight (don't use
light coconut milk)

1 tsp vanilla extract

4 tbsp organic sugar

65g vegan coconut-based
cream cheese

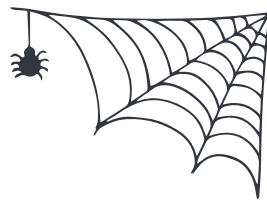
For the berry coulis:

225g raspberries

1/2 small lemon, juiced

2 tbsp icing sugar

Bloody vegan cupcakes



Method

Preheat the oven to 180°C/ fan 160°C/ gas mark 4.

Line a cupcake pan with cupcake liners.

Mix the milk and apple cider vinegar or lemon juice, then set aside for 5 minutes to thicken and curdle.

Add the liquid coconut oil, vanilla extract and food colouring if you are using any. Mix all the dry ingredients together in a bowl (including beetroot powder if you are using that instead of food colouring).

Mix together wet and dry ingredients until smooth, then spoon the batter into the cupcake liners, filling 3/4 of the way full.

Bake for 17-19 minutes, or until a skewer comes out clean.

To make the berry coulis, blitz the raspberries, lemon juice and icing sugar until very smooth, then push through a sieve to separate the seeds.

To make the cream cheese frosting, remove the can of coconut milk from the fridge. The liquid and solids will have separated, so simply scoop out the cream into a mixing bowl.

Add vanilla extract and sugar and whip until the cream forms soft peaks, then add the cream cheese and continue to whip until combined.

Pipe the frosting onto the cupcakes and drizzle with berry coulis to serve.

Preparation time:
30 minutes
Cooking time:
17-19 minutes
Serves: 12
Difficulty: Medium



»»» These creepy cupcakes are a real Halloween delight. With berry coulis "blood", creamy coconut frosting and rich red chocolate sponge, vegans and omnivores alike will gobble up these tasty treats in no time!

Ingredients

50g icing sugar
50g cornflour
10 leaves or sheets gelatine
(or agar for a vegan alternative)
500g caster sugar
1 tbsp liquid glucose
2 RSPCA Assured egg whites
450ml water
Food colouring or icing to decorate

Monster marshmallows



Method

Add the gelatine leaves, one at a time, to 150ml of cold water, and leave them to expand for 4 - 6 minutes.

Now pour 300ml water into a pan, along with the caster sugar and liquid glucose. Warm over a low heat and stir until the sugar has dissolved, then raise the temperature and boil until the syrup reaches 128°C (use a sugar thermometer to check).

While the syrup is heating, but before it reaches 128°C, whisk the egg whites and put to one side. Remove the gelatin leaves from the water and squeeze out any excess moisture.

Remove the syrup from the heat, and carefully add the squeezed-out gelatine leaves (be careful not to burn yourself!) and stir until they have fully dissolved. If you want to add flavour or colour to the marshmallows (e.g. a couple of drops of vanilla essence, green or orange food colouring) now is the time to do so.

Now slowly pour the syrup over the egg whites, whisking continually until the mixture cools and thickens.

Pour the marshmallow out into a large rectangular baking tin, dusted with a mixture of icing sugar and cornflour, and use an oiled palette knife to spread it out evenly. Sift some of the icing sugar and cornflour mix over the top. Leave in a cool place for 4-5 hours, until it's set.

Tip the marshmallow out onto a sheet of greaseproof paper dusted with the rest of the icing sugar mixture. Cut them into cubes, and coat all the surfaces in the powder mixture.

Paint or pipe on monster faces with food colouring, or chocolate icing!

Preparation time:
30 minutes
Cooking time:
20 minutes
Difficulty: Difficult



»» Add them to a steaming mug of hot chocolate or sandwich them between Digestive biscuits with a chunk of chocolate and heat to make deliciously melty S'mores. Marshmallows are a perfectly gooey Halloween treat, and there's something super satisfying about making your own



Our purpose: To give people a high welfare choice by assuring animals are farmed to RSPCA welfare standards.

Our vision: All farm animals have a good life and are treated with compassion and respect.

Our values:

Education – Helping people of all ages become informed and compassionate consumers

Partnership – Working cooperatively with others for the benefit of farm animal welfare

Integrity – Acting with professionalism, accountability, honesty and transparency

Compassion – Showing kindness and respect towards animals, people and our planet