



**Key Stage 4
Food Preparation & Nutrition
Recipe Book**

Mrs Hakin



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Side Dishes

Cauliflower Cheese Special

Ingredients

200g Cauliflower
75g Mushrooms
15ml Oil
2 Rashers Bacon
50g Grated Cheese

White Sauce

25g Plain Flour
25g Margarine
125ml Milk
Seasoning
**ovenproof casserole dish*

Method

1. Cut up the cauliflower into large florets and wash it
2. Put the cauliflower into a pan and just cover with boiling water. Simmer for about 8 minutes until just tender
3. Wash and slice the mushrooms and cut up the bacon
4. Heat the oil and fry the bacon and mushrooms for a few minutes, stirring regularly
5. Make the sauce using the all in one method
6. Add the drained bacon and mushrooms to the sauce
7. Drain the cauliflower, put in to an ovenproof dish and pour the sauce over
8. Sprinkle with grated cheese and brown under the grill or in the oven

This can be served as either a main dish or as a side accompaniment.

Dauphinoise Potato

Ingredients

Baking potatoes
Garlic cloves
Double cream
Salt and pepper
**ovenproof casserole dish*

Method

1. Preheat the oven to 160°C/320°F/gas 2.
2. Slice the potatoes into thin slices, about 3mm thick.
3. Trim the ends off the garlic cloves but don't peel. Grate the cloves on a grater. The flesh will go through the fine holes and the skins will be left behind. Scrape the grated garlic flesh into the bowl with the potatoes. Season the potatoes, with salt and freshly ground black pepper.
4. Pour the cream over the potatoes and mix. Place the potato slices into the dish. Press the potato down so it forms a solid layer. The cream should come to just below the top layer of potato.
5. Place the potatoes in the oven and bake for 1-1½ hours, or until the potatoes are completely tender. (If the cream looks like it's splitting, your oven is too hot, so turn it down a bit.)



Dressings & Preserves

Honey and Balsamic Salad

Ingredients for the Salad

1 Head Lettuce
Torn Handful of Spinach Leaves
10 Cherry Tomatoes,
Sliced 1/4 Red Onion,
Thinly Sliced 175g Cooked Chicken
Breast, Sliced

For The Dressing

1 Tablespoon Olive Oil
3 Tablespoons Balsamic Vinegar
1 Tablespoon Runny Honey
1 Teaspoon Wholegrain Mustard
Salt and Freshly Ground Black
Pepper

Method

1. Simply put the salad ingredients you want in a large bowl.
2. Whisk together the olive oil, balsamic vinegar, honey and mustard in a small bowl; season with salt and pepper.
3. Gently toss the dressing with the salad; serve immediately.



Caesar Salad

Ingredients

Croutons

1 French Baguette,
Cut Into 1cm Pieces
4 Tablespoons Melted Butter
1 Teaspoon Italian Herb Seasoning
1/2 Teaspoon Worcestershire
Sauce
1 Tablespoon Grated Cheese

Salad

1 Large Lettuce
50g Grated Cheese

For The Dressing

2 Cloves Garlic
6 Tablespoons Sunflower Oil
3/4 Teaspoon Salt
1/4 Teaspoon Mustard Powder
1/4 Teaspoon Ground Black
Pepper
1 1/2 Teaspoons Worcestershire
Sauce
1/8 Teaspoon Cayenne Pepper
2 Tablespoons Fresh Lemon Juice
50g Anchovy Fillets
1 Egg

****Container for transporting home***

Method

1. Preheat oven to 150°C (Gas mark 2).
2. Prepare the dressing in a glass jar by combining the garlic, oil, salt, mustard, pepper, Worcestershire sauce, cayenne and lemon juice.
1. Rinse anchovy fillets under warm water, pat dry on kitchen roll and roughly chop them.
2. Place anchovies in jar with other ingredients. Cover with tight fitting lid and shake to mix.
3. To coddle the egg, bring 5cm of water to the boil in a small saucepan. Carefully lower egg into water; remove from heat and let stand for 1 minute.
4. Crack open the egg and with a spoon, scrape out all of the yolk and white into a small bowl.
5. Use a whisk to whip until very frothy. Pour egg mixture into the rest of the dressing and mix well.
6. Prepare the croutons by combining the bread cubes, melted butter, Italian seasoning, Worcestershire sauce and 1 tablespoon grated cheese. Toss well to coat bread, then place in a single layer on a swiss roll tin and bake in preheated oven for 30 minutes.
7. Prepare salad in a large bowl by combining the romaine, 50g grated cheese, dressing and croutons to taste. Toss well to coat and serve.



Lemon Curd

Ingredients

225g Caster Sugar
50g Butter
2 Lemons
2 Large Eggs

Please bring 2 small jars
to take your lemon curd
home in.

Method

1. Preheat the oven to 100°C or Gas Mark 1.
2. Wash the jars thoroughly and dry them out.
3. Place the jars on a baking tray and warm them in the oven.
4. Wash and dry the lemons.
5. Grate the rind from the lemons.
6. Cut the lemons in half and juice them.
7. Beat the eggs in a large glass bowl and add the lemon juice and rind, butter and caster sugar.
8. Place the bowl on top of a saucepan of simmering water.
9. Stir until the mix coats the back of a spoon.
10. Pour into the warm sterile jars, cover, seal and label.
11. Refrigerate.

Tomato Chutney

Ingredients

500g Green or Red Tomatoes (Or Other Vegetables of Your Choice)
150ml White / Red Wine Vinegar or Malt Vinegar
100g Finely Chopped Onions
100g Apples
100g Sultanas (Or Any Dried Fruit of Your Choice)
100g Sugar (White or Brown)
½ Teaspoon Pickling Spices
½ Teaspoon Mustard Powder
½ Teaspoon Ginger Powder
¼ Teaspoon Salt
Pinch Pepper

Please bring 2 - 3 jars to take
your chutney home in.

Method

1. Preheat the oven to 100°C or Gas Mark 1.
2. Wash the jars thoroughly and dry them out.
3. Place the jars on a baking tray and warm them in the oven.
4. Put pickling spices in muslin.
5. Cut vegetables into even sized pieces.
6. Simmer steadily the chopped onions, tomatoes, apples, sultanas, sugar, mustard powder, ginger powder, salt and pepper in the vinegar until it has the consistency of jam. Stir occasionally.
7. Remove spices and pour into the warm jars and seal.



Homemade Raspberry Jam

Ingredients

1kg Raspberries
Juice of 1 Lemon
1kg Bag of Jam Sugar (the one with pectin added)

**Please bring a clean, old jar
with a lid to store the jam in.**

Method

1. Preheat the oven to 100°C or Gas Mark 1.
2. Wash the jars thoroughly and dry them out.
3. Place the jars on a baking tray and warm them in the oven to sterilize them.
4. Put a plate in the freezer to chill.
5. Tip half the raspberries into a preserving pan and add the lemon juice.
6. Mash the berries to a pulp over the heat with a potato masher, then leave to cook for 5 minutes.
7. Tip the cooked berries into a sieve over a bowl, then once all of the juice has drained off, firmly work the pulp through the sieve with a white plastic spoon until you are left with just the seeds.
8. Tip the juice and pulp back into the preserving pan and stir in the sugar.
9. Heat gently, then add the remaining whole raspberries.
10. Bring to the boil, then boil rapidly for 5 minutes.
11. Remove from the heat and drop a little jam onto the chilled plate. Now push your finger through it – it should wrinkle and look like jam. If it does not, boil for 2 minutes, then test again.
12. The top of the jam may look like it has sediment on it, but if you stir it well as it cools, a little of this disappears.
13. Once the jam is ready, pour it into the jars. Place a circle of greaseproof paper on top of the jam and seal the jar. It will keep unopened for a year, although the lovely bright colour will darken a little. Once open, keep in the fridge.



Pasta & Rice

Fresh Pasta Dough

Ingredients

140g/5oz Plain Flour Or Italian '00' Flour
2 Medium [Eggs](#), 1 Whole And 1 Yolk

Method

1. Place the flour in a food processor and pulse it. Add the whole egg and egg yolk and keep whizzing until the mixture resembles fine breadcrumbs (it shouldn't be dusty, nor should it be a big, gooey ball). This takes 2-3 minutes.
2. Tip out the dough and knead to form into a ball shape. Knead it briskly for 1 minute, it should be quite stiff and hard to knead. Wrap in cling film and leave to rest in a cool place for 1 hour before using.
3. Now cut the dough into 2 pieces. For each piece, flatten with a rolling pin to about 5mm/¼ in) thickness. Fold over the dough and pass it through the pasta machine at its widest setting, refolding and rolling 7 times (not changing the setting) until you have a rectangular shape 7.5x18cm/3x7 in. It is important to work the dough until it is nice and shiny, as this gives it the "al dente" texture. Repeat with the second piece of dough.
4. Now you are ready to roll out. Start with the pasta machine at its widest setting, pass the dough through the rollers. Do not fold but repeat this process, decreasing the roller setting down grade by grade with each pass.

Recipe Tips

1. Always cover sitting dough with cling film or a damp tea towel to prevent it drying out.
2. Do not add oil to the cooking water. It is a fallacy that it prevents sticking and is therefore a complete waste of oil.
3. Do not dredge the pasta in flour to prevent sticking, as the flour turns to glue when cooked and, ironically, causes the pasta to stick together. Use semolina flour instead.



Spaghetti Carbonara

Ingredients

3 Large Free-Range Egg Yolks
40 G Parmesan Cheese, Plus Extra To Serve
1 X 150g Pancetta Or Bacon
1 Clove Of Garlic
Extra Virgin Olive Oil

****Container for transporting home***

Method

1. Put the egg yolks into a bowl, finely grate in the Parmesan, season with pepper, then mix well with a fork and put to one side.
2. Cut any hard skin off the pancetta and set aside, then chop the meat.
3. Cook the spaghetti in a large pan of boiling salted water until al dente.
4. Meanwhile, rub the pancetta skin, if you have any, all over the base of a medium frying pan (this will add fantastic flavour, or use 1 tablespoon of oil instead), then place over a medium-high heat.
5. Peel the garlic, then crush with the palm of your hand, add it to the pan and leave it to flavour the fat for 1 minute. Stir in the pancetta, then cook for 4 minutes, or until it starts to crisp up.
6. Pick out and discard the garlic from the pan, then, reserving some of the cooking water, drain and add the spaghetti. Toss well over the heat so it really soaks up all that lovely flavour, then remove the pan from the heat.
7. Add a splash of the cooking water and toss well, season with pepper, then pour in the egg mixture – the pan will help to cook the egg gently, rather than scrambling it. Toss well, adding more cooking water until it's lovely and glossy.
8. Serve with a grating of Parmesan and an extra twist of pepper.



Jambalaya

Ingredients

2 X Chicken Breasts Or 4/5 Chicken Thighs
1 Clove Of Garlic
1 Onion
1 X Stock Cube
1 Tin Chopped Tomatoes
1 Red Pepper
100g Spicy Sausages Or Chorizo
75g Mushrooms
125g Dried Arborio Rice

****Container for transporting home***

Method

1. Prepare vegetables by dicing into even sized pieces and crush the garlic clove.
2. Open the tinned tomatoes.
3. Crumble the stock cube into a measuring jug and add 400 ml boiling water.
4. Slice the chorizo into even pieces.
5. Prepare the chicken on a red chopping board by slicing into even pieces, slice the raw sausages (if using).
6. Fry the vegetables in a large pan, in a small amount of oil, until softened.
7. Add the raw chicken and chorizo/ spicy sausage (if using) stir and cook until the chicken turns white, stir in the dried rice, stir well to coat the rice. Add the tin of tomatoes.
8. Add a third of the stock from the jug and stir whilst the stock is being absorbed by the rice.
9. Add the remaining stock a little at a time stirring to prevent it sticking.(It may take 30 minutes for all the stock to be absorbed and you may need to add more water if the rice is not cooked).
- 10 Check the temperature of the chicken using a food probe, the rice should be al dente.
- 11 Place in your container and wash up.

Ensure this dish is thoroughly reheated before serving.



Chow Mein

Ingredients

100g Chicken, Pork Or Beef (Thinly Sliced In To Strips)
125g Chinese Dried Egg Noodles
1 Small Onion (Finely Chopped)
1 Stalk Of Celery, *Opt* (Thinly Sliced)
½ Red Or Green Pepper (Seeded And Cut Into Thin Strips)
1 Small Carrot (Grated)
100g Beansprouts
2tabsp Oil
1 Clove Of Garlic (Finely Chopped)
1tsp Grated Root Ginger
2tabsp Soy Sauce
2tabsp
Water
Salt And Pepper

****Container to carry Chow Mein home***

Method

1. Prepare all the meat and vegetables before starting as referred to above.
2. Fill a pan with water and bring to the boil. Plunge the noodles into it and cook as shown on the packet. Drain the noodles.
3. Heat the oil in a wok; add the garlic, ginger and onion. Fry for 1min. Add the meat and continue to stir fry for 2-3 min.
4. Add all other vegetables except beansprouts and fry until softened.
5. Add soy sauce, water and seasoning. Bring to the boil.
6. Stir in the beansprouts
7. Put the noodles into serving dish and pile the vegetables and meat on top.
8. If more sauce is required add 100ml chicken stock mixed with 1tsp cornflour in place of water.



Bacon & Mushroom Risotto

Ingredients

1 Tbsp Olive Oil
1 Onion Chopped
8 Rashers Streaky Bacon
Chopped 250g Chestnut Mushroom
Sliced 300g Risotto Rice
1litre Hot Chicken Stock
Grated Parmesan, To Serve

Method

1. Heat the oil in a deep-frying pan and cook the onion and bacon for 5 mins to soften. Add the mushrooms and cook for a further 5mins until they start to release their juices. Stir in the rice and cook until all the juices have been absorbed.
2. Add the stock, a ladleful at a time, stirring well and waiting for most of the stock to be absorbed before adding the next ladleful – it will take about 20 mins for all the stock to be added. Once the rice is cooked, season and serve with the grated Parmesan.

Chinese Stir Fry

Ingredients

1 Small Onion Or 2-3 Spring Onions
1 Clove Of Garlic
½ Green Pepper
25g Mushrooms
50g Celery
50g Carrot
Small Piece Of Cabbage Or Chinese Leaves
30ml Oil
75g Uncooked Chicken Breast

Sauce

5ml Sugar
15ml Soy Sauce
15ml Chicken Stock
5ml Cornflour
100g Long Grain Rice
Little Salt

Method

1. Mix the sauce ingredients in a measuring jug
2. Cut all the vegetables into fine strips and shred the cabbage
3. Dice the chicken into 1cm cubes
4. Half fill a pan with water, add salt if required and bring to the boil. When boiling add the rice and simmer for about 10mins until soft
5. Heat the oil in a wok; add the chicken, garlic, and onion. Fry for 3-4min.
6. Add all other vegetables and stir fry for 2-3 min
7. Add the sauce ingredients, mix well and cook for 1min
8. Drain the rice and rinse with boiling water.
9. Put the rice around the edge of the serving dish and pile the vegetables and meat in the centre



Macaroni Cheese

Ingredients

75g Macaroni (Wholemeal Or White)
Pinch Of Salt
75g Grated Cheese

White Sauce

25g Plain Flour
25g Margarine
250ml Milk
Seasoning - Dry Mustard, Opt

****ovenproof casserole dish***

Method

1. ½ fill a large pan with water, add salt if required, and bring to boil
2. Add the macaroni and simmer for 10-12 min until tender
3. Grate the cheese
4. Make the sauce using the **all in one method**, add 2/3 cheese and mix until melted.
5. Drain the macaroni and rinse with boiling water. Mix together the macaroni and the sauce
6. Pour the mixture into a serving dish, sprinkle with the rest of the grated cheese and brown under the grill or in the oven



Fish

Fish Cakes

Ingredients

1 Medium Potato
200g White Fish E.g. Cod, Coley, Haddock
Salt And Pepper
1 Tbsp Parsley
1 Egg
3 Slices Of Dry Bread Made Into Breadcrumbs

/*Container to carry fish cakes home in

Method

1. Peel potato, cut into 2cm cubes and place in pan. Just cover with boiling water and add a pinch of salt. Boil for 15 mins. until soft.
2. Switch oven on to 200°C, gas 6.
3. Skin the fish if necessary and place on a plastic or Pyrex plate. Add seasoning and cover loosely with cling film.
4. Microwave the fish for 3mins. on high until white and flaky.
5. Flake the fish and remove any bones.
6. Lightly grease baking tray.
7. Make breadcrumbs and place on a piece of greaseproof paper.
8. Beat egg and place on plastic plate.
9. When potatoes are ready, drain, then mash with potato masher. Add fish and parsley and mix well with fork in pan.
10. Divide mixture into 4 or 6 and shape each piece into a round.
11. Dip each round one at a time into the egg, then the breadcrumbs. Place on baking tray.
12. Bake in the oven for 20-30 mins.
13. Remove from oven and cool on cooling tray.
14. To re-heat at home, place in oven (200°C, gas 6) for 20 mins.



Creamed Fish Pie

Ingredients

250g White Fish
75g Button Mushrooms (Opt)
2tblsp Chopped Parsley (Opt)
500g Potatoes
1egg (Opt)

White Sauce

25g Plain Flour
25g Margarine
250ml Milk
Seasoning
Garnish – Parsley, Lemon, Tomato

*** Ovenproof Dish**

Method

1. Peel potatoes, cut up evenly and small and put into a pan. Cover with boiling water and boil for 20min until soft.
2. Put the fish, seasoning, mushrooms and tbsp milk on a plate and put it on top of the boiling potatoes and cover with pan lid. This will steam while the potatoes are cooking.
3. Make the sauce using the all in one method and then add the mushrooms or parsley
4. Drain and flake the fish and remove any bones. Add the fish to the sauce.
5. Put the sauce in to an ovenproof dish
6. Drain the potatoes well, add a little milk and mash well. Beat in the egg and seasoning.
7. Put potato in to a piping bag and pipe it over the fish mixture.
8. Bake in the oven 200°C, gas 6 for 35min until golden brown
9. Garnish



Chicken

Chicken and Dumplings

Ingredients

2 Chicken Breasts
15ml Oil
2 Leeks (Or Onions)
3 Carrots
1 Chicken Stock Cube
(Other Vegetables Can Be Added)

Dumplings

150g Plain Flour
1tsp Baking Powder
2 Tsp Mixed Herbs
Water to Mix

****Ovenproof Casserole Dish***

Method

1. Heat 1 tablespoon oil in a saucepan. Cut the chicken breasts into small chunks, and fry until browned.
2. Remove from the pan and set aside. Chop the leeks and sauté with the carrots, peeled and evenly chopped, for 5 minutes.
3. Return the chicken to the pan and pour in 1 litre stock, made with 1 chicken stock cube. Simmer for 20 minutes.
4. In a separate bowl, combine 1 teaspoon baking powder, 150g plain flour and 2 teaspoons dried mixed herbs.
5. Add a little water and gently knead to form a soft but not sticky dough.
6. Divide the dough into 6 balls and place on top of the chicken.
7. Cover and cook for 12 minutes for a delicious family meal.
(beef can be used but it will take longer to cook)



Chicken and Tomato Casserole

Ingredients

1 Fresh Chicken to Be Jointed In The Lesson
2 Tbsps. Oil (SWP)
1 Onion
2 Sticks Celery
2 Carrots
2 Cloves of Garlic
1 Chicken Stock Cube
400g Tin of Canned Tomatoes
2 Tbsps. Of Tomato Puree.
Salt and Pepper (SWP)

****oven proof casserole dish***

Method

1. Preheat the oven to 180°C/ gas 4.
2. Prepare the vegetables (carrots/celery/onion) into even sized pieces, crush the garlic. Make the stock with the stock cube and 120ml boiling water. Open the canned tomatoes.
3. Heat the oil in a large frying pan and fry the portioned chicken until its browned all over, place in a large ovenproof dish.
4. In the same pan add the vegetables and garlic, fry for two minutes then add the stock, canned tomatoes, tomato paste, salt and pepper. Bring to the boil.
5. Carefully add the sauce to the chicken in the oven proof dish, ensure all the chicken is covered before adding the lid/ foil and cooking in the oven for 45 mins.



Chicken Curry and Naan Bread.

Ingredients

250 G Chicken Breast
1 Onion
½ Jar Of Curry Paste (190g)
150 MI Of Water (Sch)
5 MI Oil (Sch)
1 Small Pot Natural Greek Yoghurt
Optional: Peppers, Mushrooms,
Sweetcorn.

Naan Bread

250 G Strong Bread Flour
1 Sachet Yeast
½ Tsp Salt (Sch)
1 Tsp Sugar (Sch)
150 MI Tepid Water (Sch)
2 Tbsp. Oil (Sch)

****Container for transporting home***

Method

1. Preheat the oven to gas 7 / 210°C.
2. Measure 150 ml tepid water in a jug. Add the tsp sugar and the sachet of yeast, Stir.
3. Sieve the flour into a bowl, add the salt, oil and 2 tbsp yoghurt from the small pot you have bought for the curry. Stir with a spoon to mix.
4. When the yeast has gone frothy in the jug add to the flour and mix together until it forms a ball.
5. Knead the dough on a floured surface for 10 minutes then put back in the bowl and leave to rise for 15 minutes.
6. Clean down your work surface and make the curry by preparing the vegetables and dicing the chicken.
7. Heat the oil in a saucepan and soften the onion and other vegetables if using. Add the diced chicken and cook until it has turned white.
8. Add 190g curry paste and 150 ml water, bring to the boil then turn the heat down so the curry is simmering.
9. Shape the risen dough into Naan breads, place on a baking tray and bake in the oven for 15 to 20 minutes.
10. Check the temperature of the chicken with a temperature probe. Remove from the heat and stir in the remaining yoghurt.
11. When cooked place in container to take home.



Chicken Parmigiana

Ingredients

1 Chicken Breast Fillet 50g Plain Flour
1 Tsp Salt
1/2 Tsp Black Pepper 1/2 Tsp Italian Herbs
2 Eggs
100g Cornflakes
50ml Tomato Pasta Sauce.
40g Sliced Smoked Ham
50g Block Cheddar Cheese
10g Grated Parmesan Cheese

****Container for transporting home***

Method

1. Pre-heat oven to 180°C (gas mark 4)
2. Weigh and measure all ingredients as outlined in the recipe.
3. Place flour into a suitably large container & mix in salt, pepper and herbs.
4. Crack eggs and beat until the same colour all over.
5. Crush cornflakes until all the same sized, small crumb. (you can use a bag and a rolling pin)
6. Butterfly the chicken breast by cutting it in half lengthwise and opening it so it looks like a heart / butterfly. 7. Coat in flour.
7. Dip in and out of egg on both sides of chicken breast.
8. Coat in cornflake crumbs.
9. Dip in and out of egg for a second time.
10. Coat in cornflake crubs for a second time.
11. Place on a lined baking tray and bake for 10 minutes at 180oc.
12. Spoon pasta sauce over crumbed chicken breast fillet, top with ham and grated cheeses.
13. Place back in oven for 15 minutes.



Meat

Burgers

Ingredients

- ½ Tbsp Olive Oil
- 1 Onion, Peeled And Finely Chopped
- 1 X 500g Pack British Beef Steak Mince
- 1 Tsp Mixed Dried Herbs
- 1 Egg, Beaten

****Container for transporting home***

Method

1. Heat the olive oil in a frying pan, add the onion and cook for 5 minutes until softened and starting to turn golden. Set aside.
2. In a bowl, combine the beef mince with the herbs and the egg. Season, add the onions and mix well. Using your hands, shape into 4 patties.
3. Cook the burgers under a preheated grill for 5-6 minutes on each side. While the second side is cooking, lay a slice of cheese on top to melt slightly (if using).

Optional additional step...

4. Meanwhile, fill buns with the lettuce and tomato slices. You could serve with ketchup or alternative condiments if you like.



Meatballs in Tomato Sauce

Ingredients

For the meatballs

1 Tbsp Olive Oil (Sch)
½ An Onion, Finely Chopped (Diced)
1 Clove Of Garlic, Crushed
450g Freshly Minced Beef
1 Tbsp Freshly Chopped Herbs Or 1tsp Of Dried
½ Egg, Beaten
Salt And Freshly Ground Black Pepper
2 Tbsp Olive Oil (Sch)

For the tomato sauce

2 Tbsp Olive Oil
½ An Onion, Sliced
1 Garlic Clove, Crushed
75g Of Fresh Mozzarella, Grated Or Sliced
½ Tsp Sugar
Salt And Freshly Ground Black Pepper
1 X 400g Can Of Tomatoes

***ovenproof dish**

Method

1. Heat one tablespoon of oil in a saucepan over a gentle heat and add the onion and garlic. Cover and sweat for four minutes, until soft and a little golden. Allow to cool – this be used in the making of the meatballs later on.
2. Meanwhile, make the tomato sauce.
3. Heat the oil in a saucepan. Add the sliced onion and the crushed garlic, sweat on a gentle heat until soft and pale golden.
4. Add the canned tomatoes to the onion mixture.
5. Season with sugar, salt and freshly ground pepper.
6. Cook the tomatoes uncovered for approximately 15 minutes or until the tomato softens and it has thickened (while this is cooking make the meatballs).
7. In a bowl, mix the minced beef with the cold sweated onion and garlic. Add the herbs and the beaten egg. Season the mixture with salt and pepper.
8. Divide the mixture into approximately 12 round balls. Cover the meatballs and refrigerate until required.
9. Heat a frying pan and cook the meatballs for about 10 minutes in about two tablespoons of olive oil.
10. When they are cooked, put them into an ovenproof dish with the tomato sauce and top with the grated or sliced mozzarella. Place under a preheated grill until the cheese has melted.



Lasagne

Ingredients

220g Minced Beef
150ml Chopped Tomatoes
¼ Pepper
1 Onion
3 Mushrooms
15ml Tomato Puree
2.5ml Mixed Herbs
4 Sheets Of Lasagne

Cheese Sauce

250ml Milk
25g Plain Flour
25g Margarine
Seasoning
50g Cheddar Cheese

**ovenproof dish*

Method

1. Set oven 180°C / gas 4
2. Finely chop onion, dice pepper and slice mushrooms
3. Dry fry mince in a pan until browned, add the onion and pepper and cook gently for 2-3min
4. Add the tomatoes, puree, herbs and mushrooms to the pan, cover and simmer gently for about 15min
5. Grate the cheese
6. Make the cheese sauce (Roux method) - melt margarine in a small pan, add flour, mix well and cook for 1min. Gradually blend in the milk. Bring the milky mixture to boil stirring continuously until the sauce thickens. Remove from heat and stir in 2/3 cheese.
7. Place ½ the mince mixture in the ovenproof dish, cover with a layer of lasagne and then ½ the cheese sauce. Repeat layers finishing with cheese sauce on the top.
8. Sprinkle with remaining cheese.
9. Bake for about 45min until golden brown and bubbling.



Pastry & Bread

Flaky Pastry

Ingredients

225g/8oz Plain Flour
Pinch Of Salt
80g/3oz Lard
80g/3oz Butter

Method

1. Mix the flour with the salt and rub in half of the lard. Add enough cold
2. water to bring the flour to a soft dough.
3. Mix together the rest of the lard and the butter.
4. Roll out the dough to make a rectangle 12.5 x 25cm/5 x 10in.
5. Dot one third of the butter/lard mixture over two-thirds of the
6. rectangle. Fold the third without any fat on it over the middle third of
7. the pastry. Bring the other third on top. Seal the edges with a rolling
8. pin and turn the dough 90 degrees. Chill for 10 minutes.
9. Repeat stage 4 with half of the rest of the fat and then repeat one more
- time with the remaining fat. Chill for 10 minutes after each folding.
10. Roll and fold one more time without any fat and then chill for 30 minutes.

Sweet Shortcrust Pastry (Pâte Sucrée)

Ingredients

90g Softened Butter
65g Caster Sugar
1 Egg Or 3 Egg Yolks
200g Plain Flour

Method

1. Cream the butter and sugar together in a bowl until well combined
2. Beat in the egg gradually until well incorporated into the mixture.
3. Mix in the flour until it comes together as a ball of dough. Place the pastry onto a floured work surface and knead briefly until smooth.
4. Wrap the pastry in cling film and chill for 30mins. or it can be frozen for a later date.



Puff Pastry

Ingredients

225g/8oz Plain Flour
Pinch Of Salt
30g/1oz Lard
150ml/5fl Oz Cold Water
150g/5oz Butter

Method

1. Sift together the flour and the salt and rub in the lard. Stir in enough of the water to make a soft dough, wrap in cling film and chill for 20 minutes.
2. Put the butter between 2 pieces of greaseproof paper and flatten out with a rolling pin until it is a rectangle 10 x 7.5cm/4 x 3in.
3. Roll out the dough to another rectangle that measures 12.5 x 25cm/5 x 10in.
4. Take the butter out of the paper and put on the dough rectangle. Bring the corners of the dough together to make an envelope. Chill for 10 minutes.
5. Roll out the envelope on a floured surface to make a rectangle that is 3 times longer than it is wide. Fold one third into the middle and then the other third on top. Seal the edges lightly with a rolling pin and turn the pastry 90 degrees.
6. Repeat stage 5 and chill for 30 minutes.
7. Repeat this rolling and folding twice more and then chill for another 30 minutes and then do two more - the pastry will have been rolled and folded six times altogether.
8. Now roll out and use as required.
9. It is important that the pastry is well chilled otherwise the pastry will become greasy and tough when baked. Also the butter might come through the surface, if this happens, dab on a little flour.



Sun-Dried Tomato and Rosemary Palmiers

Ingredients

500g/1lb 2oz Ready-Made Puff Pastry

Plain Flour, For Dusting

1 X 280g/10oz Jar Sun-Dried Tomatoes, Drained And Finely Chopped

Few Sprigs Fresh Rosemary, Leaves Only, Finely Chopped

1 Free-Range Egg, Lightly Beaten

***Container for transporting home**

Method

1. Put the puff pastry on a well-floured surface and bash it with a rolling pin. Usually you need to be quite delicate with puff pastry as it needs to puff up a lot, but for palmiers it only needs to puff up a little.
2. Roll the pastry out into a rectangle about 30 x 35cm/12 x 14in and the thickness of a £1 coin.
3. Spread the tomatoes over the puff pastry and sprinkle over the rosemary.
4. With the shortest end facing you, take both long edges of the pastry and roll them towards each other to meet in the middle.
5. Brush a little egg down the centre to stick the two halves together.
6. Carefully lift into a large baking tray (making sure it will fit in your fridge first) and put in the fridge for at least 30 minutes to chill and harden.
7. Preheat the oven to 200°C/400°F/Gas 6.
8. Remove the roll from the fridge and, using a very sharp knife, slice it into 1cm/½in thick pieces. Lay each piece on the baking tray, cut side up, and brush well with the beaten egg.
9. Bake in the oven for 10–15 minutes until puffed up, crisp and golden-brown and leave to cool on the baking tray.
10. To serve, pile them high on a plate. These are great little canapés for waiting guests.





Spinach & Sweet Potato Samosas

Ingredients

Samosa

2 Large Sweet Potatoes (About 500g), Peeled and Cut Into Small Pieces
1 Tbsp Vegetable Oil, Plus Extra for Brushing (Sch)
2 Garlic Cloves, Crushed
1 Red Chili, Finely Chopped (Opt)
Small Bunch Coriander, Stalks Finely Chopped, Leaves Picked (Sch)
2 Red Onions, 1 Chopped, 1 Halved And Finely Sliced
2 Tbsp Curry Paste of Your Choice
2 Tsp Black Onion (Nigella) Seeds (Sch/Opt)
200g Bag Spinach
270g Pack Filo Pastry (6 Sheets)

Sauce

120g Natural Yoghurt
1tblsp Chopped Mint
Juice & Zest Of 1 Lemon
½ Cucumber Finely Chopped or Grated (Squeeze To Remove Water)

***Containers to take samosas and sauce home**

Method

1. Heat oven to 200°C/180°C fan/gas 6.
2. Peel and dice then dice the sweet potato into small cubes. Place into a large saucepan of boiling water and boil until soft.
3. Meanwhile, heat the oil in a large pan, add the chopped onion and cook for a few mins to soften. Stir in the garlic, (if using) and coriander stalks, stirring for a couple of minutes more until fragrant (the garlic will burn easily, so keep an eye on it).
4. Add the curry paste and half the black onion seeds to the pan, stir for 30 seconds or so until fragrant, then add the spinach and 2-3 tbsp water. Cook the spinach until wilted, then add the sweet potato and any liquid from the bowl. Season well and mash everything together with the back of a spoon, leaving some chunky bits of potato. Leave to cool completely.
5. Unroll the pastry and pull out two sheets to work with – keep the rest covered with a tea towel to prevent it from drying out. Brush both sheets with a little oil and scatter some of the black onion seeds over one sheet. Put the other sheet on top. With the shortest side facing you, cut down the centre to make two long strips. Scoop a sixth of the sweet potato mixture onto the top right-hand corner of the filo in a rough triangle shape. Fold the pastry over on an angle, continuing down the length of the pastry until you reach the bottom and have a neat triangle encasing the filling. Trim off any excess pastry with a knife. Repeat to make six samosas.
6. Put the samosas on a baking tray. Brush with a little more oil and sprinkle over the remaining black onion seeds. Bake for 25-30 mins or until deep golden brown.
7. For the chosen yoghurt sauce mix all the ingredients together in a bowl.



Quiche

Ingredients

Shortcrust pastry

100g Plain Flour
50g Butter Or Margarine
2-3x 15ml Spoons Water

Filling

2 Eggs, Large
125ml Milk
50g Cheddar Cheese, Grated
1 Tomato, Sliced
2 Rashers Bacon (3 Sliced Mushrooms And 1x5ml
Spoon Oil)

**Flan dish or cake tin to prepare and carry it home in*

Method

1. Preheat oven to 170°C / gas 4.
2. Grease a flan ring and baking sheet or a sandwich tin.
3. Make up the shortcrust pasty. [link]
4. Roll out the pastry, on a floured surface, and line the flan ring/sandwich tin.
5. Prick the bottom of the pastry with a fork.
6. Grill the bacon until crispy and slice (fry the mushrooms in the oil for 2-3 minutes).
7. Place the bacon/mushrooms around the pastry base.
8. Grate the cheese and whisk with the eggs and milk.
9. Pour the egg mixture over the pastry base.
10. Place the tomato slices on top.
11. Bake for 25-30 minutes, until golden brown and firm.

Tips

1. Add canned tuna or smoked salmon bits and chopped cooked asparagus for a fancy dinner.
2. Change the Cheddar for goats cheese and add sliced red pepper for a veggie quiche.



Apple Stromboli

Ingredients

175g Strong Plain White Flour
20g Unsalted Butter Or Marg
Pinch Of Salt
1tsp Caster Sugar
1tsp Fast Action Dried Yeast
130ml Warm Water

Filling

2 Eating Apples
1tsp Lemon Juice
40g Soft Brown Sugar
1tsp Cinnamon
Grated Nutmeg
20g Unsalted Butter Or Margarine

Finish

Glaze with milk & dust with icing sugar

****Suitable container for transporting home***

Method

1. Pre heat oven at 220°C/gas 7.
2. Sieve flour and salt into mixing bowl. Melt the butter and add to the bowl with sugar and yeast
3. Gradually add the warm water and mix to a soft but not sticky dough
4. Knead dough for 5mins then put in a greased bowl, cover with cling film and leave to rise until double in size
5. Peel quarter, core and slice apples and put in cold water with lemon juice
6. Mix together other dry ingredients
7. Turn dough out on to floured surface and roll to a 33cm square
8. Drain and dry apples and scatter over the dough leaving 2cm border. Sprinkle the spiced sugar mixture over the apple and dot with the butter
9. Roll dough like a swiss roll, pinch ends together to seal in the filling
10. Cover loosely and leave to prove
11. Brush with milk and bake for 15min at 220C/gas7 and then 25min at 180C/gas4 until deep golden brown
12. Transfer to cooling rack and dredge with icing sugar



Chelsea Buns

Ingredients

225g Strong Plain White Flour
2tsp Fast Action Dried Yeast
½ Tsp Salt
100ml Warm Milk
25g Butter Or Lard
1 Egg

Filling

40g Butter
75g Mixed Dried Fruit
50g Soft Brown Sugar
¼ Tsp Cinnamon

Glaze

2tblsp Clear Honey Or Water With
Sugar Dissolved

****Suitable container for transporting home***

Method

1. Pre heat oven at 220°C/gas 7.
2. Sieve flour and salt into mixing bowl. Rub in butter and stir in yeast
3. Warm the milk and beat the egg and mix together
4. Make a well in the flour and add the liquid and mix to a soft but not sticky dough
5. Knead for 5min and leave in a covered bowl to prove for 10min
6. Knock back dough (knead again) and roll on lightly flour area in to a large rectangle
7. Melt the butter and brush over the dough. Sprinkle with the fruit, sugar and spice and trickle over the remaining butter
8. Roll up dough like a swiss roll and cut into 9 equal pieces. Place them close together on a baking tray or in a cake tin
9. Cover with cling film and leave to prove
10. Sprinkle with castor sugar and bake for 15-20min until golden brown
11. Remove from oven and glaze while still hot



Desserts & Sweets

Crème Pâtissière

The crème pâtissière can be kept chilled for up to 2 days.

Ingredients

100g Caster Sugar
40g Cornflour
2 Eggs
1tsp Vanilla Extract
400ml Milk

Method

1. Beat together the sugar, cornflour, eggs and vanilla extract in a bowl.
2. In a saucepan bring the milk to the boil; remove from the heat just as it starts to bubble up.
3. Pour the hot milk onto the egg mixture, whisking constantly.
4. Return the custard to the pan and bring to the boil, whisking constantly to prevent lumps. As the custard heats it will thicken considerably. At this point reduce the heat to low and cook for a further 2-3 minutes.
5. Turn the crème pâtissière out into a bowl, cover the surface with cling film (to prevent a skin forming) and leave to cool.
6. When cold, beat it well with a wooden spoon before using.

Flapjack

Ingredients

150g Margarine
6tbsp Syrup (150g)

35g Granulated Sugar
350g Rolled Oats

Flavourings

50g Diced Apple
Chopped Dried Apricots
Grated Carrot Or Courgette
Dried Fruit

****container to take flapjack home in / Foil dish provided on request***

Method

1. Grease a swiss roll tin (20 x 30 cm)
2. Oven on 180°C, gas 4
3. Melt the margarine with the syrup and sugar in a large pan.
4. Add the oats, flavouring and salt and mix well.
5. Spread the mixture smoothly in the greased tin.
6. Bake in the oven for about 15 - 20 mins until golden brown.
7. Cut in to squares or fingers while still warm. Cool in the tin and remove carefully.



Cheesecake

Ingredients

250g Biscuits (Choose From Digestives/Gingernuts)
100g Butter
1 Vanilla Pod **Or** 2tsp Vanilla Essence/Extract From School
600g Soft Plain Cheese
100g Icing Sugar
284ml Pot Double Cream

Topping

400g Punnet Of Strawberries or Fruit Alternative Of Your Choice
25g Icing Sugar

****Flan dish or cake tin to prepare and carry it home in***

Method

1. **Make the base:** Butter and line a 23cm loose-bottomed tin with baking parchment or alternatively use clingfilm to line. Put 250g digestive biscuits in a plastic food bag and crush until breadcrumbs using a rolling pin. Transfer the crumbs to a bowl, then pour over 100g melted butter. Mix thoroughly until the crumbs are completely coated. Tip them into the prepared tin and press firmly down into the base to create an even layer. Chill in the fridge until set firmly (make the filling whilst this sets in the chiller).
2. **If you are using a vanilla pod remove seeds from 1 pod:** Slice the vanilla pod in half lengthways, leaving the tip intact, so that the two halves are still joined. Holding onto the tip of the pod, scrape out the seeds using the back of a kitchen knife.
3. **Make the filling:** Place 600g soft cheese, 100g icing sugar and the vanilla seeds/essence/extract in a bowl, then beat with an electric mixer until smooth. Tip in 284ml pot double cream and continue beating until the mixture is completely combined. Now spoon the cream mixture onto the biscuit base, working from the edges inwards and making sure that there are no air bubbles. Smooth the top of the cheesecake down with the back of a dessert spoon or spatula. Leave to set in the fridge overnight.
4. **Un-moulding and topping:** Bring the cheesecake to room temperature, about 30 mins before serving. To un-mould, place the base on top of a can, then gradually pull the sides of the tin down. Slip the cake onto a serving plate, removing the lining paper and base. Purée half the 400g punnet strawberries in a blender or food processor with 25g icing sugar and 1 tsp water, then sieve. Pile the remaining strawberries onto the cake, then pour over purée.



Lemon Meringue Pie

Ingredients

Pastry -

150g Plain Flour
75g Lard or Hard Margarine
Pinch of Salt
Water to Mix

Meringue - 2 Egg Whites

100g Caster Sugar

Filling -

2 Level Tbsp Cornflour (25g)
50g Caster Sugar
2 Large Lemons
150ml Water
2 Egg Yolks
15g Margarine

****Need an 18cm (7in) round flan dish/ring or cake tin***

Method

1. Put the oven on 200°C, gas 6
2. Sieve the flour and salt into mixing bowl, add the fat and rub it in to the flour until it looks like breadcrumbs.
3. Carefully add a little cold water and mix with a metal knife to give a soft but not sticky dough.
4. Knead the dough gently.
5. Roll the pastry dough out on a lightly floured table in a circular shape and to 2mm thickness.
6. Line the flan dish with the pastry and trim off the excess pastry.
7. Lightly fork the base and bake blind for about 10min until pale golden (to bake blind you line the pastry with either a piece of foil or greaseproof paper), remove the foil/greaseproof paper and bake for a further 5min.
8. Prepare the filling - finely grate the lemon rind and squeeze the lemons for the juice.
9. Put the corn flour, sugar and lemon rind in a basin and mix to a smooth paste with a little of the cold water
10. Heat the rest of the water with the lemon juice, pour into the flour mixture, stir well and pour back into the pan.
11. Cook, stirring continually until the mixture comes to the boil and thickens.
12. Simmer for 3 mins. Beat in egg yolks and margarine and gently cook for 1 min.
13. Pour mixture into the pastry flan case.
14. Make the meringue by whisking the egg whites in a large grease free bowl until stiff and peaky.
15. Add ½ the sugar and whisk until shiny & forms firm peaks. Gently fold in rest of sugar.
16. Pile the meringue on top of lemon filling and bake slowly 150C, gas 2 for 30min until pale golden. It can be baked at a lower temperature to give a dry, crisp meringue



Chocolate Profiteroles

Ingredients

Choux Pastry

25g Block butter
40g Plain Flour - Sieved
1 Eggs - Beaten
60ml Water

Chocolate sauce

50ml Water
40g Caster Sugar
100g Good Dark chocolate

Filling

Small Carton Whipping Cream **Or**
Dream Topping and Milk
Icing Sugar to Dust

**Serving Dish/Container*

Method

1. Oven on 200°C, gas 7. Grease baking tray
2. Melt the margarine in the water and bring to boil
3. Remove from heat and quickly add all the sieved flour
4. Beat the mixture until a smooth paste. Allow to cool slightly
5. Beat in the egg gradually to give a smooth glossy mixture
6. Place small teaspoons of mixture on a damp greased baking tray - well spaced, and bake for about 10min until well risen and crisp
7. Split with a sharp knife to allow steam to escape and cool on a rack
8. Fill with whipped cream and pile on to a dish
9. For the chocolate sauce, place the water and sugar into a small saucepan and bring to the boil to make a syrup. Reduce the heat to a simmer and place the chocolate into a heatproof bowl set over the pan. Heat, stirring occasionally, until melted. Take the pan off the heat, pour the syrup mixture into the chocolate and stir until smooth and well combined.
10. Pour the chocolate sauce over the profiteroles, leave to cool and dust with icing sugar



Chocolate Orange Mousse

Ingredients

150g Good Quality Cooking Chocolate
4 Eggs
40g Butter (Not Margarine)
250ml Double Cream
1 Orange
Choc Buttons/ Cherries to Decorate

Method

1. Place chocolate into a Bain Marie and melt over a low heat
2. Separate the eggs
3. Whisk the egg whites to a stiff foam.
4. Whisk the cream to a mayonnaise consistency, put a spoonful to one side for decoration.
5. Zest and juice the orange
6. Once the chocolate has melted add the butter
7. Once the butter has melted beat in the egg yolk, zest and 1 tbsp. Juice (chocolate must not be hot!)
8. Add 1 tbsp. whisked cream to the mixture and beat well. This slackens the mixture.
9. Pour the chocolate and whisked egg white into the whisked cream and gently FOLD together with a metal spoon.
10. Pour the mousse into your container/ dish and allow to set.
11. Decorate with piped cream and decorations.



Mini Pavlovas

Ingredients Makes 6

4 Large Egg Whites
Pinch of Salt (Sch)
250g Caster Sugar
2 Tsp Cornflour (Sch)
½ Tsp Vanilla Extract (Sch)
1 Tsp White Wine Vinegar (Sch)
375 Millilitres Whipping Cream (Whipped)
700g A Combination of Either Blackberries, Strawberries, Raspberries Or
Cherries
Icing Sugar (For Dusting) (Sch)

****Suitable container for transporting home***

Method

You will need 1 baking tray, lined with parchment.

1. Preheat the oven to 180°C/160°C Fan/gas 4/350°F.
2. Whisk the egg whites with the salt until they're holding firm peaks but are not stiff. Gently add in the sugar, one spoonful at a time, still beating, until you've got a bowl full of gleaming, satiny, snowy meringue. Sprinkle in the cornflour, a drop of vanilla and the vinegar on top and fold in to combine.
3. Draw 6 circles of approximately 10cm / 4 inch circles (using a pint glass as a guide, if this helps) on the parchment sheet.
4. Spoon the meringue onto the baking parchment into the delineated circles, and spread and smooth to fill. You want to make the meringue slightly higher at the rims, or just use the back of the spoon to make an indentation in the centre to hold the cream and fruit later.
5. Put into the oven, turn it down to 150°C/130°C Fan/gas mark 2/300°F, and bake for 30 minutes. Turn the oven off and leave them in for another 30 minutes, then take out of the oven to cool. You can transfer them, whilst still on their baking parchment, to wire racks.
6. When you want to assemble them, dollop cream into the indentation, and smooth it with the back of a spoon, leaving the odd peak. Place, one by one, a few of each fruit so that they look well filled but not crammed. Dust with icing sugar.



Cakes & Bakes

Courgette & Cheese Muffins

Ingredients

1 Small Courgette

100g Cheddar Cheese

225g Self-Raising Flour

50ml Oil

175ml Semi-Skimmed Milk

1 Egg

Black Pepper & 1tsp Of Mixed Herbs

****Optional extra – bacon (roughly 4 rashers) – will needed to be cooked before adding to the mixture! / Muffin Cases***

Method

1. Preheat oven to 200°C or gas mark 6
2. Place the muffin cases in the muffin tin
3. Cut the ends of the courgette.
4. Grate the courgette and cheese
5. Mix all the ingredients together to form a smooth batter
*Add bacon here if using!
6. Divide the mixture equally between the muffin cases using 2 spoons.
7. Bake for 20 minutes, until golden.
8. Allow to cool on a cooling rack.

Double Choc Muffins

Ingredients

In the bowl

125g Plain Flour

1 Tsp Baking Powder

25g Cocoa Powder

6 Muffin Cases

50g Choc Chips (Opt)

In a jug

75g Caster Sugar

1 Egg

100ml Milk

2tbsp Oil

Makes 6 Large Muffins

****Container to take muffins home in***

Method

1. Preheat oven 160°C, gas 3 and put out muffin cases
2. Sieve flour and baking powder with cocoa in a large bowl
3. Add choc chips and mix through
4. Mix together the sugar, oil, egg and milk and pour into the bowl.
5. Stir with a fork until combined (do not over beat – it should look lumpy)
6. Spoon or pour muffin batter into the paper cases and bake for 20 mins until well risen, set and cracked at the top.



Victoria Sandwich Cake

Ingredients

Sponge

150g Soft Margarine
150g Sr Flour - Sieved
150g Caster Sugar
3 Eggs - Beaten

Filling/Decoration

2-3 Tbsp Jam
Buttercream - 50g Soft Margarine
100g Icing Sugar
Sprinkling Castor Or Icing Sugar

**Tin to take cake home in*

Method

1. Grease and line base of two 15cm sandwich cake tins
2. Oven on 180°C, gas 4
3. Cream the margarine, sugar in a bowl until light and fluffy
4. Gradually add the beaten eggs, mixing well. If the mixture curdles add a little of the flour with the eggs.
5. Gently fold the flour into the mixture
6. Divide the mixture between the 2 cake tins and level out
7. Bake for 20-25 min until golden brown and spongy
8. Carefully remove from the tins and cool on a rack
9. Make the buttercream by creaming together the margarine and icing sugar until soft
10. When the cakes are cold sandwich together with the jam and buttercream
11. Sieve a little caster or icing sugar on the top of the cake or more buttercream can be used to decorate it further.

To make a deeper cake use a 3 egg mixture i.e. 150g of ingredients



Bakewell Tart

Ingredients

Shortcrust Pastry

25g Hard Margarine
25g Lard
100g Plain Flour
Pinch Of Salt
Cold Water To Mix

Sponge Topping

50g Soft Margarine
50g Caster Sugar
50g Sr Flour
1 Level Tsp Baking Powder
1 Egg

Filling

2x 15ml Jam

Decoration

1 Tsp Icing Sugar

****15cm ovenproof shallow dish or flan ring***

Method

1. Oven on 180°C, gas 4
2. Make the shortcrust pastry - rub the fat in to the flour and salt until fine breadcrumbs, gradually add drops of water and mix to give a soft but not sticky dough
3. Roll the pastry out and line a greased fluted flan ring
4. Spread the jam over the base of the pastry
5. Make up the sponge topping using the 'All-in-one' cake method - it should be a soft dropping consistency
6. Carefully spread the sponge mixture over the jam
7. Bake for 30min until well risen, pale golden brown and spongy. (Remove the flan ring about 5mins before the sponge is cooked)
8. Dredge the tart lightly with icing sugar

Can be served hot or cold



Swiss Roll

Ingredients

75g Caster Sugar
75g Plain Flour
3 Eggs
3 Tablespoons Jam
Swiss Roll Tin (Approx 24x33cm)

****Tin to take swiss roll home in***

Method

- 1 Set oven 200°C, gas 6, grease and line swiss roll tin
- 2 Whisk eggs and sugar together in a bowl until the mixture is very thick and leaves a trail from the beaters
- 3 Fold in the sieved flour very gently using a metal spoon
- 4 Pour into the prepared tin and place in the oven for approximately 10 mins
- 5 Place a sheet of greaseproof paper on a slightly damp teatowel and sprinkle lightly with caster sugar
- 6 Turn the sponge on to the paper and remove the lining paper
- 7 Roll up sponge leaving the greaseproof paper in place and the towel over it
- 8 Beat jam until smooth (if lumpy it can be heated gently in the microwave). Unroll sponge, spread with jam and re-roll minus the cloth and paper. Sieve icing sugar gently over

The swiss roll can be filled with buttercream or other suitable filling



Chocolate & Beetroot Cake

Ingredients

50g Cocoa Powder
175g (6oz) Plain Flour
1½Tsp Baking Powder (**Sch**)
200g Caster Sugar
250g Cooked Beetroot
3 Medium Eggs
200ml (7fl Oz) Sunflower Oil
100g (3½Oz) Dark Chocolate, Finely Chopped

****Tin to take cake home in***

Method

1. Preheat the oven to gas 4, 180°C, then grease and line the bottom of a 23cm (8½ - 9in) springform cake tin.
2. Drain and halve the beetroot, then grate into a large silver bowl. Add the eggs one at a time, then pour in the oil. Blend/beat the mixture until the liquid is just smooth.
3. Sieve the cocoa, flour, baking powder and sugar into the beetroot mixture. Stir the wet and dry ingredients together and mix in the chocolate. Pour into the tin and cook for 45 minutes or until a skewer comes out clean.
4. Remove from the oven and set aside for 10 minutes, then turn out and leave to cool.



Carrot, Courgette and Orange Cake

Ingredients

250g Butter, Softened
200g Caster Sugar
3 Large Eggs
50g Self-Raising Flour
1 Tsp Bicarbonate Of Soda (**Sch**)
Zest 2 Oranges
1 Tsp Mixed Spice (**Sch**)
100g Carrots, Grated
100g Courgette, Grated

For The Icing

Zest 1 Orange, Plus 2-3 Tbsp Juice
140g Icing Sugar

****Tin to take cake home in***

Method

1. Heat oven to 180°C/160°C fan/gas 4. Grease and line the bases of 2 x 20cm round cake tins with baking parchment.
2. Grate the carrot and courgette. Zest the oranges onto a plate – reserve 1/3 of the zest for the icing.
3. Beat the butter, sugar, eggs, flour, bicarb, zest and the mixed spice together, then stir in the carrot and courgette.
4. Divide the mixture between the tins and bake for 20-25 mins or until a skewer inserted in comes out clean. Leave to cool.
5. To make the topping, mix enough of the orange juice into the icing sugar to give a thick, but drizzly icing. Drizzle over the cakes, then scatter with the zest and leave to set.



Chocolate Brownies

Ingredients

200g Dark Chocolate
250g Unsalted Butter
80g Cocoa Powder
65g Plain Flour
1 Teaspoon Baking Powder
350g Caster Sugar
4 Large Eggs

**Container to take brownies home*

Method

1. Preheat your oven to 180°C.
2. Line a 30cm rectangular baking tin with greaseproof paper.
3. Smash up the chocolate into small pieces.
4. In a large bowl over some simmering water, melt the butter and the chocolate and mix until smooth.
5. In a separate bowl, mix together the cocoa powder, flour, baking powder and sugar.
6. Add this to the chocolate mixture, Stir together well.
7. Beat the eggs and mix in until you have a silky consistency

To bake your brownies

1. Pour your brownie mix into the baking tray, and place in the oven for around 25 minutes.
2. You don't want to overcook them so, unlike cakes, you don't want a skewer to come out all clean.
3. The brownies should be slightly springy on the outside but still gooey in the middle
4. Allow to cool in the tray, then carefully transfer to a large chopping board and cut into chunky squares.



Seasonal

Chocolate Yule Log

Ingredients

For the cake -

3 Eggs
85g Caster Sugar
85g Plain Flour (Less 2 Tbsp)
2 Tbsp Cocoa Powder
½ Tsp Baking Powder

For the filling & icing -

50g Butter
140g Dark Chocolate
1 Tbsp Golden Syrup
284ml Pot Double Cream
200g Icing Sugar, Sifted
Icing Sugar And Decoration Of Your Choosing

Method

1. Heat oven to 200°C/fan 180°C/gas 6.
2. Grease and line a 23 x 32cm Swiss roll tin with baking parchment.
3. Beat 3 eggs and 85g caster sugar together with an electric whisk for about 8 mins until thick and creamy (trail on the surface).
4. Mix 85g plain flour (remove 2 tbsp if using cocoa), 2 tbsp cocoa powder and ½ tsp baking powder together, then sift onto the egg mixture. Fold in very carefully with a metal spoon, then pour into the tin.
5. Now tip the tin from side to side to spread the mixture into the corners. Bake for 8-10 mins.
6. Lay a sheet of baking parchment on the work surface. When the cake is ready, tip it onto the parchment, peel off the lining paper, then roll the cake up from its longest edge with the paper inside. Leave to cool.
7. To make the icing, melt 50g butter and 140g dark chocolate together in a bowl over a pan of hot water. Take from the heat and stir in 1 tbsp golden syrup and 5 tbsp double cream from a 284ml pot. Beat in 200g sifted icing sugar until smooth.
8. Whisk the remaining double cream from the 284ml pot until it holds its shape. Unravel the cake, spread the cream over the top, then carefully roll up again into a log.
9. Cut a thick diagonal slice from one end of the log. Lift the log on to a plate, then arrange the slice on the side with the diagonal cut against the cake to make a branch.
10. Spread the icing over the log and branch. Then use a fork to mark the icing to give the effect of tree bark. Scatter with unsifted icing sugar to resemble snow and decorate with holly or alternative decoration.



Vegetarian

Vegetable Lasagne

Ingredients

1 Small Potato
150ml Chopped Tomatoes
½ Small Pepper
1 Onion
50g Mushrooms
1 Carrot
10ml Cooking Oil
2.5ml Mixed Herbs
Clove Of Garlic
150ml Vegetable Stock
Seasoning

Cheese Sauce

250ml Milk
25g Plain Flour
25g Margarine
50g Cheddar Cheeses
Seasoning

4 Sheets Of Lasagne

****ovenproof casserole dish***

Method

1. Set oven 180°C /gas 4.
2. Wash, prepare and evenly chop the onion, potato, mushrooms and pepper
3. Heat oil and sauté vegetables for 5mins.
4. Add the tomatoes, stock, herbs, garlic and seasoning to the pan, cover and simmer gently for about 10min
5. Grate the cheese
6. Make the cheese sauce (Roux method) - melt margarine in a small pan, add flour, mix well and cook for 1min. Gradually blend in the milk. Bring the milky mixture to boil stirring continuously until the sauce thicken. Remove from heat and stir in 2/3 cheese.
7. Place ½ the vegetable mixture in the ovenproof dish, cover with a layer of lasagne and then ½ the cheese sauce. Repeat layers finishing with cheese sauce on the top.
8. Sprinkle with remaining cheese.
9. Bake for about 45min until golden brown and bubbling



Vegetable Soup

Ingredients

1 Onion
1 Carrot
1 Leek
1 Potato
1 Celery Stick
1 X 10ml Spoon Oil
600ml Stock (Water And Stock Cube)
1 X 15ml Spoon Coriander, Chopped
***Container to hold 1 litre of liquid**

Method

1. Peel and chop the onion.
2. Top and tail the carrot, then peel and dice.
3. Top and tail the leek, then slice.
4. Peel and cube the potato.
5. Slice the celery.
6. Heat the oil in a saucepan and fry all the vegetables, except the potatoes, for 5 minutes.
7. Add the stock to the saucepan and bring to the boil.
8. Add the potatoes and simmer for 20 minutes.
9. Stir in the chopped coriander and serve.

Spicy Tomato Soup

Ingredients

1 Onion
1 Carrot
1 Potato
1 X Can Chopped Tomatoes (400g)
500ml Water
1 Stock Cube
1/2 X 5ml Spoon Dried Chilli Flakes
1 X 15ml Spoon Tomato Puree
***Container to hold 1 litre of liquid**

Method

1. Prepare the vegetables:
 - peel and slice the onion;
 - top and tail, peel and slice the carrot;
 - peel and cut the potato into 8.
2. Put all the ingredients into a saucepan.
3. Stir everything together, bring to the boil and then simmer for 20 minutes.
4. Ladle the mixture into the liquidiser and blend until smooth.