



Key Stage 4
Food Preparation & Nutrition
Recipe Book

Mrs Hakin



Cauliflower Cheese Special

Side dishes

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. Use scissors to cut the bacon straight into a frying pan.
4. Heat the oil and fry the bacon and mushrooms for a few minutes, stirring regularly
5. Add the drained bacon and mushrooms to the sauce
6. Drain the cauliflower, put in to an ovenproof dish.
7. USING THE SAME SAUCEPAN - Make the sauce using the all in one method – flour, butter and milk into a pan. Whisk on a medium heat until thick. Season.
8. Pour over vegetables/bacon/mushrooms.
9. Sprinkle with grated cheese.

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



Dauphinoise Potato

Ingredients

250ml double cream

250ml milk

2 garlic cloves

4 large King Edward or Maris Piper potatoes

50g grated gruyère cheese or one of your choosing (optional)

****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.)



Coleslaw

Side dishes

Ingredients

Quick Mayo

- 1 egg cold from the fridge
- 200 ml sunflower oil
- 1 tablespoon white wine vinegar or lemon juice (sch)
- 1/4 teaspoon salt (sch)
- 1 teaspoon Dijon mustard (optional)

Vegetables

- 1 onion
- 1 carrot
- 1/2 cabbage

Choose vegetables to suit you – if you remove a vegetable double up another

Method

1. Slice the onion, shred the cabbage and peel and grate the carrot. Put these into a large bowl.
2. Put all the mayo ingredients into a tall measuring jug.
3. Follow this order: egg (be careful not to break the yolk), oil, white vinegar, salt, Dijon mustard.
4. Insert the hand blender and push it all the way to the bottom of the jug.
5. Turn it on at the highest speed and DO NOT move the blender for 20 seconds.
6. Almost instantly the mixture will begin to emulsify and look like mayo. Now you can move the blender up and down to incorporate any oil that is sitting on the top.
7. Mix your mayo with your vegetables. Season where needed.



Honey and Balsamic Salad

Dressings
and
preserves

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

Dressings
and
preserves

Ingredients

For the 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

****Container for transporting home***

For the 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 (or Henderson's relish)
- 1/8 Teaspoon Cayenne Pepper
- 2 Tablespoons Fresh Lemon Juice
- 50g Anchovy Fillets
- 1 Egg

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.
3. Rinse anchovy fillets under warm water, pat dry on kitchen roll and roughly chop them.
4. Place anchovies in jar with other ingredients. Cover with tight fitting lid and shake to mix.
5. 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.
6. Crack open the egg and with a spoon, scrape out all of the yolk and white into a small bowl.
7. Use a whisk to whip until very frothy. Pour egg mixture into the rest of the dressing and mix well.
8. 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.
9. 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

Dressings
and
preserves

Ingredients

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

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.

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



Tomato Chutney

**Dressings
and
preserves**

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

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.

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



Homemade Raspberry Jam

Dressings
and
preserves

Ingredients

500g Raspberries

Juice of ½ Lemon

500g 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.



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/ $\frac{1}{4}$ 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

Pasta and
rice

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.



Spinach & Ricotta Ravioli

Pasta and
Rice

Ingredients

360g '00' flour or strong white bread flour, plus extra for dusting

4 free-range eggs

200g fresh spinach, washed and drained

200g ricotta

40g Parmesan (or a vegetarian alternative), finely grated plus extra to serve

1 lemon, grated zest only

20g fresh sage leaves, stalks discarded

Method

1. Put the flour, beaten eggs and a large pinch of salt into a bowl and mix gently until it comes together. It may seem very dry at first, but it will gradually form a dough. If, after a minute or so, it still seems crumbly, add 1–2 teaspoons water, kneading after each addition. Continue to knead for 6–8 minutes, or until the dough is smooth and stretchy, and springs back when you press your finger into it. Divide the dough into four equal pieces, wrap tightly in cling film and refrigerate.
2. Meanwhile, put the spinach into a large dry frying pan and place over a high heat. Cook the spinach, turning frequently, for 3–5 minutes until it has completely wilted. Drain in a sieve, pressing out as much liquid as possible, ensuring that the spinach is as dry as possible. Finely chop the spinach and transfer to a bowl, together with the ricotta, parmesan and lemon zest. Season to taste with salt and plenty of black pepper, mix well and set aside.
3. Take one portion of dough from the fridge, remove the cling film and lightly dust the dough with flour. Flatten with a rolling pin to the width of your pasta machine. Feed the dough through on the widest setting, then fold each side of the dough to the centre, as if you were folding a letter to fit inside an envelope. Feed the dough through on the widest setting again. Adjust the rollers to the next setting and roll the dough through the pasta machine again. Continue to roll the dough through the machine, decreasing the thickness by one setting each time and dusting with a little more flour if it becomes sticky. Do not be tempted to skip settings on the pasta machine, otherwise the dough may tear.
4. Once you have rolled it through the thinnest setting, cut the long sheet of pasta in half widthways. Lay one length on a floured work surface and set the other half to one side, covered with a clean damp tea towel.
5. Place teaspoonfuls of the ricotta mixture at even intervals along the middle of the pasta sheet, using no more than about a quarter of the mixture. You should be able to fit about nine teaspoons of filling along the sheet of pasta.
6. Using a pastry brush and water, dampen the pasta around the ricotta filling. Now take the other half sheet of pasta and carefully lay it over the ricotta, gently pressing down around the mounds of filling and pushing out any air pockets. Using a sharp knife, trim the pasta into evenly sized squares of ravioli, then lay them out on a tray, dust with a little flour and cover with cling film. Roll out and fill the remaining three pieces of pasta in the same way.
7. When ready to serve, bring a large pan of salted water to the boil. Cook the ravioli (in batches if necessary) in the boiling water for about 3 minutes. Remove with a slotted spoon.

Sage butter – Optional

1 garlic clove, crushed

100g unsalted butter

sea salt and black pepper

Or

simply grate some fresh parmesan over the top!



Jambalaya

Pasta and
rice

Ingredients

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

****Container for transporting home***

Method

1. Prepare vegetables by dicing into even sized pieces and crush the garlic clove. Open the tinned tomatoes.
2. Crumble the stock cube into a measuring jug and add 400 ml boiling water.
3. Slice the chorizo into even pieces.
4. Prepare the chicken on a red chopping board by slicing into even pieces, slice the raw sausages (if using).
5. Fry the vegetables in a large pan, in a small amount of oil, until softened.
6. 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.
7. Add a third of the stock from the jug and stir whilst the stock is being absorbed by the rice.
8. 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

Pasta and
rice

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

Method

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

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

Pasta and
rice

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

Pasta and
rice

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
100g Long Grain Rice
75g Uncooked Chicken Breast
Little Salt

Sauce

5ml Sugar
15ml Soy Sauce
15ml Chicken Stock
5ml Cornflour

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

Pasta and
rice

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 Cakes

Fish

Ingredients

3 Medium/Large Potatoes

200g Fish E.g. a combination of Cod, Coley, Haddock, Prawns etc

½ Pint of milk

15g Butter

Salt and Pepper

1 Tbsp Parsley or alternative fresh/dried herb (opt)

1 Egg

3 Slices Of Dry Bread Made Into Breadcrumbs

**Container to carry fish cakes home in / ceramic (oven-proof) dish for poaching the fish*

Method

1. Peel potatoes and 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. Fillet & skin the fish (teacher/video demonstration).
4. Place the fish skin side down into a ceramic dish. Then add the milk until it just covers the fish. Then place small knobs of butter along the fish. Place in the oven for 15-20 minutes depending on the size of your fish.
5. Once cooked, 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

Fish

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 (2x2cm) and put into a pan. Cover with boiling water and boil for 20min until soft.
2. Prepare, fillet & skin the fish (teacher/video demonstration).
3. Place the fish skin side down into a ceramic/ ovenproof dish along with the mushrooms if adding. Then add the milk until it just covers the fish. Place in the oven for 15-20 minutes depending on the size of your fish.
4. Once cooked, remove the mushrooms and set aside on a plate, then remove the fish from the milk and flake the fish, remembering to remove any bones but DO NOT throw away the milk as this will be used in the making of your sauce.
5. Make the sauce using either the all in one/roux method and then add the mushrooms or parsley/herb once you have a smooth and thickened sauce.
6. Finally, add the fish to the sauce and pour into an ovenproof dish.
7. Drain the potatoes well, add a little milk and mash well. Beat in the egg and seasoning.
8. Put potato into a piping bag and pipe it over the fish mixture.
9. Bake in the oven at 200°C, Gas Mark 6 for 35min until golden brown.



Ingredients

2 cod fillets or another firm-bodied fish, such as salmon, trout or halibut
2tbsp of softened butter
1-2 garlic cloves *minced*
2 tablespoons chopped fresh parsley or herb of your choice
1/2 large shallot or 1/4 red onion
Salt & pepper for seasoning
1 small lemon
2 handfuls of spinach if using (opt)
6 cherry tomatoes *halved* (opt)

Method

1. Preheat the oven to 220°C / Gas Mark 7.
2. In a small bowl, add the softened butter, garlic, parsley, shallot, 1/4 teaspoon salt and pepper. Zest the lemon into the bowl (reserve the whole lemon). With a fork, mash the butter with all of the other ingredients until combined (add a splash of oil to loosen if needed). Cut the remaining lemon into thin slices - you will need 4 slices if preparing 2 pieces of fish.
3. **Assemble the Packets:** Tear off 2 squares of parchment that are at least 12 inches on each side. Lay the sheet flat on a work surface. Place 1 handful of spinach in the centre of a sheet, leaving space at the top and bottom. On top of the greens, place 1 fish fillet so that it runs vertically top to bottom. Lightly sprinkle the fish with salt. With the back of a small spoon, spread half of the butter mixture on top of the fish. Lay 2 slices of lemon on top of the butter mixture and scatter 6 tomato halves around the fish.
4. **Fold the Parchment Packets:** Lift the right and left sides of the paper up and towards the centre, directly above the fish. Touch the two sides together and tightly roll them, folding as you go, until you reach the fish. Now, roll and crimp the top and bottom ends, rolling them towards the work surface, away from the centre of the fish. When you reach the end, tuck the end underneath the fish.
5. Place the packet on a baking tray, using the weight of the fish to hold the ends in place (you don't want the packet to come unsealed as it bakes). Repeat with remaining fish. Reserve any remaining lemon slices for serving.
6. Place in the oven and bake for 12 to 15 minutes, until the fish is fully cooked through and flakes easily with a fork.



Chicken and Dumplings

Chicken

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

Chicken

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.



Sweet & Sour

Chicken

Chicken / Pork / Prawns

Ingredients

227g (Small) Can Pineapple Chunks in Natural Juice
150ml Cold Water
2 Skinless Chicken Breasts / 250g Pork or Prawns
1 Pepper (Any Colour of Your Choice)
1 small onion

***container**

School will provide the following:

2 tbsp Tomato Ketchup
2 tbsp Light soy sauce
2 tbsp Vegetable oil
1 tbsp Cornflour
1 tbsp White wine vinegar
Black pepper

Method

1. Weigh and measure out all ingredients accurately.
2. Peel the onion. Cut in half and slice into thin strips.
3. Wash the peppers, cut in half and remove the seeds and white pith. Cut each piece in half and slice into strips.
4. Open the can of pineapple chunks and use a sieve to drain the pineapple juice into a measuring jug
5. Mix the corn flour with a little pineapple juice to make a paste. Stir in the remaining juice, with the ketchup, soy sauce, wine vinegar and water.
6. On a red chopping board, cut the chicken / pork into 1cm strips. Now wash your hands after touching the raw chicken.
7. Put the wok or large frying pan on the hob and turn on to a medium heat. Add 1 tablespoon of oil.
8. Put the chicken / pork / prawns into the wok or large frying pan and cook, stirring occasionally. The chicken / pork will change colour from pink to white.
9. When the chicken / pork is white add the onion and peppers and cook for five minutes.
10. Stir in the pineapple chunks.
11. Add the sauce and stir until the mixture thickens.
12. Simmer for 5 minutes.
13. Season with black pepper.



Thai Green Curry

Chicken

Chicken / Pork / Beef / Prawns

Ingredients

200ml Coconut Milk
80g Sugar Snap Peas
30g Thai Green Curry Paste
10ml (Dessert Spoon) Sunflower or Olive Oil
3 Spring Onions
1 Chicken Breast / 120g Diced Pork / 120g Beef / 120g Prawns
1 clove of garlic
Small bunch of coriander
Optional Ingredients - 1 Onion, 1 Red / Green Pepper, 1 Courgette

Please bring a dish to
take your Thai green curry
home in.

Method

1. Weigh and measure out all the ingredients accurately.
2. Prepare the vegetables:
 - Slice the spring onions
 - Cut sugar snap peas in half
 - Crush the garlic
 - Prepare any other vegetables of your choice
3. Cut the chicken / beef / pork into small chunks.
4. Fry the spring onions, garlic and chicken / beef / pork / prawns in the oil for 3 -4 minutes. If you have prepared any additional vegetables, fry these to.
5. When the chicken / pork has turned 'white' or the beef has turned 'brown', stir in the green curry paste, followed by the sugar snap peas.
6. Pour in the coconut milk and simmer for 15 minutes.
7. Squeeze the lime and pour over the curry.
8. Tear the coriander and add to the curry.



Chicken Curry and Naan Bread.

Ingredients

250 G Chicken Breast
1 Onion
½ Jar Of Curry Paste (190g)
150 Ml Of Water (Sch)
5 Ml 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 Ml 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.



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 crumbs 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.



Chicken Kiev

Chicken

Ingredients

2 skinless, boneless chicken fillets
60g dried breadcrumbs
30g parmesan, grated
1 egg, beaten
30g plain flour
pinch paprika
1 tbsp sunflower or vegetable oil, for frying

For the garlic butter

- 1-2 garlic cloves, crushed
- 1 tbsp finely chopped parsley
- 50g butter, softened
- 2 tsp lemon juice

****Container for transporting home***

Method

1. Place all the garlic butter ingredients in a bowl and season well. Mash with a fork until well combined, shape into a sausage shape using cling film to help you shape it, then tightly wrap and chill or freeze until firm. When firm, slice each in half.
2. Lay a chicken breast on a chopping board and use a sharp knife to make a deep pocket inside the breast. The easiest way is to push the point of a knife into the fat end, keep going halfway into the fillet. Be careful not to cut all the way through or the butter will leak out when cooking. Repeat with the remaining breasts. Push two discs of butter inside each chicken breast, press to flatten and re-seal with your hands. Set aside.
3. Mix the breadcrumbs and parmesan on one plate and tip the beaten eggs onto another. On a third plate, mix the flour with paprika and some salt. Dip each breast in the flour, then the egg and finally the breadcrumbs, repeating so each kiev has a double coating (this will make them extra crisp and help to keep the butter inside). Time dependant: Chill for at least 1 hr before cooking, or freeze
4. To cook, heat the oven to 180°C/160°C fan/gas 4. Heat the oil in a large frying pan over a medium-high heat. Fry the kiev for 2-3 mins each side until golden. Transfer to a baking tray and cook for 20-25 mins until cooked through.



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...

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



Meatballs in Tomato Sauce

Meat

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)

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.

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**



Spaghetti Bolognese

Meat

Ingredients

220g Minced Beef
400ml Chopped Tomatoes
1 Onion
1-2 cloves of garlic
1 Carrot & 1 Celery stick
15ml Tomato Puree
2.5ml Mixed Herbs
100ml water - if mixture is dry
150g Spaghetti
Additional Vegetables: Mushrooms, Peppers, Courgette (Optional)

Method

1. Prepare the vegetables: Peel and chop the onion, Peel and crush the garlic, Peel and slice the carrot, Finely slice the celery
2. Fry the meat and garlic in the oil and cook until the mince is lightly browned.
3. Add the onion, carrot and celery to the saucepan and cook for 5 to 10 minutes until the vegetables start to go soft.
4. Add the tomatoes, tomato puree, mixed herbs and water (only if mixture is dry) and mix all the ingredients together. Then add a few twists of black pepper.
5. Bring to the boil, then simmer for 20 minutes. If your meat sauce is looking too runny, add a teaspoon of plain flour.
6. Meanwhile place the spaghetti in a separate saucepan of boiling water. Cook for 10 - 12 minutes or until the spaghetti is al dente (to the tooth – firm with softness).
7. Drain the boiling water away from the spaghetti into a colander in the sink.
8. To serve pour some of the Bolognese sauce over the spaghetti



Lasagne

Meat

Ingredients

220g Minced Beef	<u>Cheese Sauce</u>
150ml Chopped Tomatoes	250ml Milk
¼ Pepper	25g Plain Flour
1 Onion	25g Margarine
3 Mushrooms	Seasoning
15ml Tomato Puree	50g Cheddar Cheese
2.5ml Mixed Herbs	
4 Sheets Of Lasagne	<i>*ovenproof dish</i>

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.



Lamb Curry

Meat

Ingredients

225g Tinned Chopped Tomatoes
200g Lamb Steak, Cubed
160g Coconut Milk
112g Water
100g Baby Spinach
2 Tablespoons Sunflower or Olive Oil
2 Tablespoons Mild Curry Paste
1 Red Pepper, Deseeded and Sliced
1 Green Chilli, Deseeded and Sliced
1 Tablespoon Coriander
½ Teaspoon Cumin Seeds

Please bring a dish to
take your lamb curry
home in

Method

1. Weigh and measure out all ingredients accurately.
2. De-seed and slice the red pepper and green chilli into small even size pieces.
3. Dry-fry the cumin seeds for a maximum of 20 seconds on a low heat in a saucepan.
4. Then add half the oil (1 Tablespoon) and stir-fry the lamb for about 1 minute until browned, but not cooked all the way through.
5. Tip the lamb onto a plate.
6. Add the rest of the oil to the saucepan, then stir-fry the pepper and chilli for a couple of minutes until softened.
7. Stir in the curry paste, tinned tomatoes and coconut cream with 112g of water.
8. Simmer for about 5 minutes on a low heat until saucy.
9. Add the lamb, spinach and coriander, stir until the spinach has wilted, then serve with basmati rice.

Beef roulade with side dish

MUST-HAVES – you need to bring these in no matter which filling you choose

- ✓ 2 x beef steaks... look for the following cuts; Denver (cheap), rump, flank, fillet (fillet is expensive!), sirloin or flat iron. If using rump or sirloin, you will need to trim the visible fat off during lesson.
- ✓ 2 cloves of garlic
- ✓ 1 lemon

CHOICE OF FILLINGS (you must choose **ONE** of these options and **can only swap** for the ingredients in **bold** unless discussed with your teacher (as the flavours work together)

- ☐ 6-8 slices **Bacon** or **ham**, 200g cream cheese, **1 onion** or **2 spring onion**, bag **spinach** or **pack mushrooms**, fresh **parsley**
- ☐ 1 jar of sun-dried tomatoes, **150g chorizo**, **1 onion** or **2 spring onion**, **fresh basil**, 1 ball mozzarella (grated would be ok), 1 tube tomato puree, small jar pitted olives (olives are optional)
- ☐ 4 tbsp Mustard, 6-8 rashers **bacon**, **1 onion**, small jar pickled gherkins (this is a traditional German roulade recipe and would probably be best served with potatoes)
- ☐ **150g Blue cheese** or **200g cream cheese**, a few **jalapeno/chilli peppers**, **fresh parsley**, **1 green bell pepper**, **onion**

IDEAS FOR SIDES- *must be made from scratch- you will need to find a recipe for your side dish*

- ☐ On-the-vine tomatoes to roast
- ☐ (Cheesy) mashed potatoes
- ☐ Potato dauphinoise
- ☐ Parmentier potatoes
- ☐ Potato wedges
- ☐ Mediterranean couscous/orzo (cooked with small diced Mediterranean veg and spices)
- ☐ Salad (well-thought out/presented)
- ☐ Roasted Mediterranean vegetable medley
- ☐ An accompanying sauce (e.g. a jus/reduction, sour cream based, tomato based etc)



Method

1. Preheat your oven to 180C
2. If your side dish takes a long time, do this FIRST e.g. boiling/roasting potatoes etc.
3. Chop up your fillings; any raw meat e.g. bacon on a red chopping board and any other fillings e.g. cooked ham/onions etc on a green chopping board
4. On a red chopping board, lay a piece of cling film or greaseproof paper; place your steaks on top and place cling film/greaseproof over your steaks. Take a rolling pin and tenderise/flatten (bash firmly) your steak (it should be around 1cm or slightly less thickness) and season your steak with salt/pepper etc
5. Cook your onions/garlic and any fillings highlighted in yellow in a frying pan in a small amount of oil on a low heat
6. Mix cooked filling with any uncooked filling (eg cream cheese, grated mozzarella, chopped sundried tomatoes etc in a bowl and spread an even layer on your steaks)
7. Roll up your steaks tightly and stick 2 wooden cocktail sticks in each steak to hold together.
8. Sear your steaks in the frying pan on a high heat for a minute or so on each side until they are browned slightly. Squeeze on your lemon juice and cook for a further 2 mins on a lower heat.
9. Transfer your steaks to a baking tray (with your lemon halves) and cook in the oven for 20 mins checking at regular intervals. You may wish to cook for longer/less time depending on how you like your steak.
10. Whilst your steaks are in the oven, clean up and check/prepare your side dish and garnishes.
11. When steak roulades are ready, let them cool slightly on your tray. When ready to serve, carefully slice into even pieces to show the centre roll of your roulade. Serve with side dish and garnishes ready for photograph.

CHOICE OF FILLINGS (you must choose **ONE** of these options and **can only swap for the ingredients in bold** unless discussed with your teacher (as the flavours work together)

- ☐ 6-8 slices **Bacon or ham**, 200g cream cheese, **1 onion or 2 spring onion**, bag **spinach or pack mushrooms**, fresh **parsley**
- ☐ 1 jar of sun-dried tomatoes, **150g chorizo**, **1 onion or 2 spring onion**, **fresh basil**, 1 ball mozzarella (grated would be ok), 1 tube tomato puree, small jar pitted olives (olives are optional)
- ☐ 4 tbsp Mustard, 6-8 rashers **bacon**, **1 onion**, small jar pickled gherkins (this is a traditional German roulade recipe and would probably be best served with potatoes)
- ☐ **150g Blue cheese or 200g cream cheese**, a few **jalapeno/chilli peppers**, **fresh parsley**, **1 green bell pepper**, **onion**



Flaky Pastry

Ingredients

225g/8oz Plain Flour

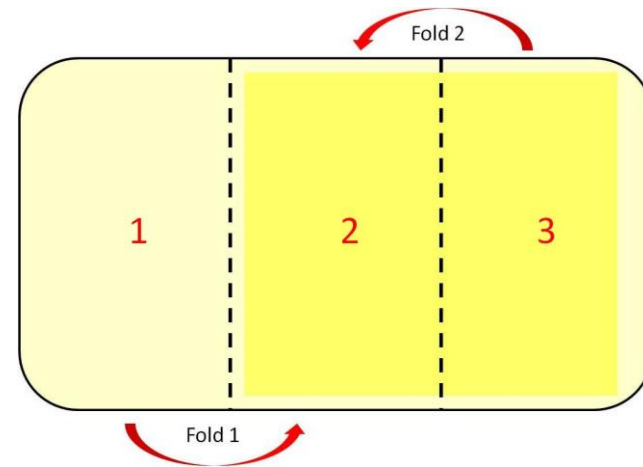
Pinch Of Salt

80g/3oz Lard

80g/3oz Butter

Method

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



Rough Puff Pastry

Ingredients

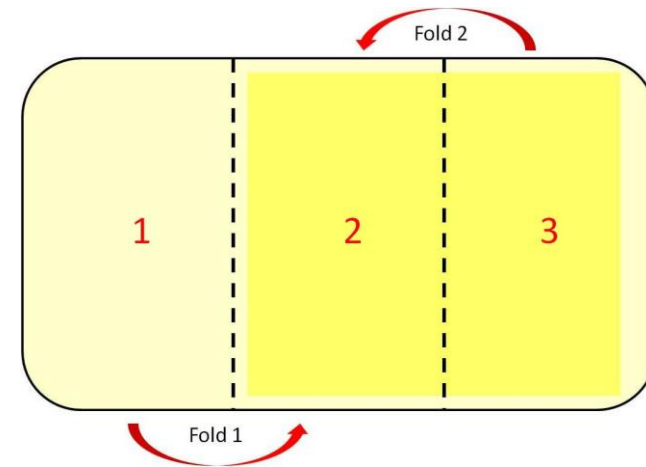
225g/8oz Plain Flour

Pinch Of Salt

80g/3oz Lard

80g/3oz Butter

Method



1. Sieve flour into a bowl and rub all the fat in. The mixture will look quite lumpy. Be careful not to melt the fat.
2. Add enough cold water to bring the flour to a soft dough.
3. Roll out the dough to make a rectangle 12.5 x 25cm/5 x 10in.
4. Fold the bottom 1/3rd up over the middle 1/3rd and seal the edges and fold the top 1/3rd over the middle 1/3rd and firmly seal the edges.
5. Repeat previous step 5 more times. Chill for 10 minutes after each folding if time allows.
6. Roll and fold one more time without any fat and then chill for 30 minutes.



Sweet Shortcrust Pastry (Pâte Sucrée)

Pastry &
Bread

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

Pastry & Bread

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

Pastry &
Bread

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

Pastry &
Bread

Ingredients

For the 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)

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.

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***



Pumpkin & Feta Pasties

Pastry &
Bread

For the Pasty

450g butternut squash or pumpkin peeled and cut into 2cm chunks
2 garlic cloves
2 tbsp oil
1 small onion, finely chopped
250g plain flour, plus extra for dusting
½ tsp ground turmeric

125g cold butter, cut into small pieces, plus extra for the tin
2 egg yolks plus 1 whole egg, beaten
grating of nutmeg
½ tsp chilli flakes (optional)
200g feta, crumbled

****Containers to take pasties home***

Method

1. Heat the oven to 200°C/gas 6. Chop the squash and add with the whole garlic on a baking tray, drizzle with 1 tbsp oil, season and toss to coat. Roast for 30 mins, stirring halfway through, until soft. Remove from the oven and leave to cool.
2. Meanwhile, cook the onion in a frying pan over a medium heat with the remaining 1 tbsp oil for 8-10 mins until tender and slightly golden. Leave to cool.
3. Tip the flour, turmeric and a pinch of salt into a mixing bowl. Add the butter and rub in with fingertips until the mixture resembles breadcrumbs. Add the egg yolks and 2 tsp cold water gradually, and mix with knife until the mixture starts to clump together. Squeeze it between your fingers – if it sticks together, tip the mixture onto a work surface. If it's too dry, add more water, 1 tsp at a time. Knead the pastry a few times just to bring it together, but don't overwork it. If you have time, allow to chill in the fridge for 10 mins.
4. Mash the roasted garlic and squash together. Add the fried onion, grate over some nutmeg, tip in the chilli flakes, if using, and feta, and mix.
5. Clean and dry your baking tray; place a sheet of greaseproof paper on baking tray. Using a cutter or freehand, make 6 medium/large circles from your pastry. Spoon the squash filling into the centre of each circle. Brush edges with egg wash or water, bring together, seal and crimp.
6. If you have any spare pastry, you can roll it into eyes and mouth shapes to put onto your pasties as pumpkin faces, or cut shapes out of your top layer of pastry. Brush pasties with egg wash, place on tray and bake for around 20-25 mins until golden brown.

TIP; try different shapes for your pasties, but make sure they are relatively flat so they do not take too long to cook.



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***

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.

Pastry & Bread

Method

- Preheat oven to 200 or gas 6
- Grease a flan ring and baking sheet or a sandwich tin.
- Make up the shortcrust pasty. (STEP 1 Sift flour into a large bowl, add diced butter and rub in with your fingertips until the mixture resembles fine breadcrumbs. STEP 2 Stir in a pinch of salt, then add enough water and mix to a firm dough.)
- Roll out the pastry, on a floured surface, and line the flan ring/sandwich tin.
- Prick the bottom of the pastry with a fork.
- Grill the bacon until crispy and slice (fry the mushrooms in the oil for 2-3 minutes).
- Place the bacon/mushrooms around the pastry base.
- Grate the cheese and whisk with the eggs and milk.
- Pour the egg mixture over the pastry base.
- Place the tomato slices on top.
- Bake for 25-30 minutes, until golden brown and firm.



Apple Stromboli

**Pastry &
Bread**

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

2 tablespoons Clear Honey or
sugar dissolved with water

****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



Bagels

Pastry & Bread

Ingredients

7g sachet fast-action dried yeast
500g **strong white flour**, plus a little extra for shaping
2 tbsp light brown sugar
a little oil , for greasing (sch)
1 tbsp bicarbonate of soda (sch)
1 **egg** white, to glaze
seeds of your choice for the topping (opt)

**To make sweet cinnamon bagels, add 1 tbsp extra sugar and 2 tsp ground cinnamon.*

Method

1. Mix the yeast with 300ml hand-hot water in a jug.
2. Put the flour, sugar and 1 tsp salt in a large bowl and mix together. Gradually pour over the yeasty liquid and mix into a rough dough.
3. Tip out onto the work surface and knead together until smooth and elastic – this should take around 10 mins.
4. Divide the dough into 10 portions and form into balls – I like to weigh them to make sure that they're all the same size. Line up on 2 parchment-lined baking trays and cover lightly with cling film.
5. Leave for around 30 mins or until risen and puffy, then remove the cling film.
6. Use a floured wooden spoon handle to make a hole in the centre of each bagel, swirling it around to stretch the dough a little, but being careful not to knock out too much air.
7. Pre-heat the oven to 180°C / Gas Mark 4.
8. Fill a large saucepan with water and bring to the boil. Add the bicarbonate of soda to alkalise the water. Place 1-2 of the bagels in the water at a time and boil for 1 min (2 mins if you want a chewier bagel), turning over halfway through. Using a slotted spoon, lift out the bagels, drain well and place back on the baking tray.
9. Brush the bagels with the egg white and sprinkle with your chosen seeds if using. Bake for 20-25 mins or until golden brown. Transfer to a wire rack to cool before eating. They will keep for 3- 4 days, or freeze for 2 months.



FOCACCIA

Pastry & Bread

Ingredients

7g sachet fast-action dried yeast

325ml warm 'tepid' water

500g **strong white flour**

Pinch of salt

a little olive oil, for drizzling (sch)

Flavours of your choosing; This could include some of the following –

1 clove garlic /olives / cherry or sundried tomatoes / sliced peppers / cheese & Fresh herbs

Method

1. **Set oven to 200°C, gas mark 6.**
2. Mix the yeast with the warm water and leave for a couple of minutes until ready to use.
3. Meanwhile, place the flour, salt and tbsp of oil (adds richness and colour) into a large mixing bowl. Add all of the yeast mixture and stir thoroughly with a spoon – it will appear fairly wet as a mixture at first.
4. Continue mixing until you have a smooth dough - Knead the dough for 10 minutes until it is soft and elastic.
5. Leave the dough for 40 minutes on the worksurface with the bowl upside-down over the top! Make the dough into a flat round shape and lift into an oiled or semolina/polenta sprinkled tray.
6. Sprinkle around 2 tbsp of olive oil over the top of the bread and then push your fingers right down to the bottom of the dough to make little dimples all over the top. Place your chosen flavours onto the top of the bread pushing them down into the holes.
7. Dampen a tea towel to create humidity and cover the top of the tray and allow to prove for a further 45 minutes until doubled in size.
8. **Bake in the hot oven for 20 - 25 minutes or until golden and springy.**
9. Remove from the oven. Drizzle well with olive oil and a sprinkle of sea salt.



HOMEMADE BURGER BUNS

Pastry &
Bread

Ingredients

100ml whole milk, plus extra for brushing

25g unsalted butter

250g strong plain flour , plus extra for dusting

½ tbsp caster sugar

Half 7g sachet fast-action dried yeast

½ egg , beaten

Method

1. Put the milk, butter and 100ml water in a pan and gently heat until the butter is melted. Set aside to cool until just warm.
2. Tip the flour, sugar, yeast and 1 tsp salt into a large bowl and gradually work in the milk mixture, then the egg, until you have a smooth dough.
3. Tip the dough onto a floured surface or into a stand mixer fitted with a dough hook and knead until elastic and shiny.
4. Divide into 12 (about 80g each) pieces and roll into tight balls.
5. Transfer to baking trays lined with baking parchment, leaving plenty of space between them, and put in a warm place to prove for 30-45 mins.
6. Heat oven to 200°C/180°C fan/gas 6. Press the rolls down gently using your hands, then brush over some milk and scatter over the sesame seeds, if you like (or, dust with some flour).
7. Bake for 10-12 mins until risen and lightly golden. Leave to cool, then serve.



Custard Tarts

Pastry &
Bread

Ingredients

Shortcrust pastry

200g Plain Flour
100g Block Butter
2-3x 15ml Spoons Water

Custard

4 egg yolks
140g golden caster sugar
300ml double cream
300ml whole milk
1tsp vanilla essence

Method

1. Preheat oven to 190 or gas 5. Grease a muffin tin.
2. MAKE THE PASTRY - Cut the butter into cubes and rub into the flour until it resembles breadcrumbs.
3. Add 1TBSP OF WATER AT A TIME to the breadcrumbs and mix with a TABLE KNIFE until a dough ball forms.
4. Roll out and cut 12 circles out and place them in the tin.
5. Place the tin in the fridge.
6. In a bowl mix the egg yolks, sugar and vanilla to form a paste.
7. In a large saucepan, heat the milk and double cream together on a medium heat, whisking occasionally.
8. Once steam is formed, add some of the mixture to the paste and whisk.
9. Add all the paste mixture to the saucepan and continue to heat and whisk until the mixture is thick.
10. Allow to cool.
11. Fill each shortcrust tart to the top with custard. You can season with cinnamon or nutmeg.
12. Bake for 20-25 mins until the custard is solid.



Crème Pâtissière

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

Desserts
and Sweets

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

Desserts
and Sweets

Ingredients

150g Margarine	35g Granulated Sugar
6tbsp Syrup (150g)	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

Desserts and Sweets

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

Method

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).

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.

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.

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.

Topping

400g Punnet Of Strawberries or Fruit Alternative Of Your Choice (optional – for decoration)
25g Icing Sugar (dusting only – optional) (sch)

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



Lemon Meringue Pie

Desserts
and Sweets

Pastry -

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

Filling -

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

Meringue

2 Egg Whites
100g Caster Sugar

****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

Desserts
and Sweets

Ingredients

Choux Pastry

50g Block butter
80g Plain Flour - Sieved
2 Eggs - Beaten
150ml Water

Filling

300ml Carton Whipping Cream Or
Dream Topping and Milk
Icing Sugar to Dust

Chocolate sauce

100ml Water
80g Caster Sugar
200g Good Dark chocolate

****Serving Dish/Container***

Method

1. Oven on 200°C, gas 6. Grease baking tray
2. Melt the margarine in the water and bring to boil.
3. Quickly pour in all of the sieved flour
4. Remove from the heat and beat the mixture vigorously until a smooth paste is formed. Once the mixture comes away from the side of the pan, transfer to a large bowl and leave to cool for 10-15 minutes.
5. Beat in the eggs, a little at a time, until the mixture is smooth and glossy. It should have a soft dropping consistency - you may not need all of the egg. Allow to cool slightly.
6. Pipe small balls of mixture on a damp greased baking tray - ensuring that they are well spaced. Gently rub the top of each ball with a wet finger - this helps to make a crisper top and avoids a burnt tip.
7. Bake for about 15mins until well risen, crisp and golden brown. - if the profiteroles are too pale, they will become soggy when cool.
8. Remove from the oven and turn the oven off. Prick the base of each profiterole with a skewer. Place back onto the baking sheet with the hole in the base facing upwards and return to the oven for five minutes. The warm air from the oven helps to dry out the middle of the profiteroles.
9. Remove and leave to cool completely.
10. For the filling, lightly whip the cream with the orange zest until soft peaks form. When the profiteroles are cold, use a piping bag to pipe the cream into the profiteroles.
11. 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.
12. Pour the chocolate sauce over the profiteroles, leave to cool and dust with icing sugar if using.



Chocolate Orange Mousse

Desserts
and Sweets

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

Desserts
and Sweets

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.



Semi-Freddo/Ice Cream

Desserts
and Sweets

Ingredients

2 Eggs
50g Sugar
150ml Double cream

**Suitable container for transporting home*

Flavourings:
Cocoa powder
Fruit
Vanilla essence

Method

1. Separate the egg yolk and white, crack the shell, split into two and pour the white part through your fingers into a bowl and keep the yellow yolk in a separate large glass/metal bowl
2. Add the sugar and flavouring of your choice to the yellow egg
3. Fill a saucepan of water and boil, place the egg yolk bowl over the top and turn the heat to medium
4. Whisk the mixture until silky, then take off the saucepan
5. In a separate bowl whisk the egg whites until foamy
6. In a third bowl whisk the double cream until thick and peaks are stiff *be careful not to over whisk*
7. Fold the yellow egg mix into the cream
8. Fold the White egg mix into the cream
9. Pour into the foil container, add any further fruit
10. Add a lid with your name written on, freeze for 3-6 hours



Courgette & Cheese Muffins

Cakes and
Bakes

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!*

1. Divide the mixture equally between the muffin cases using 2 spoons.
2. Bake for 20 minutes, until golden.
3. Allow to cool on a cooling rack.



Double Choc Muffins

Cakes and
Bakes

Ingredients

In the bowl

125g Plain Flour	6 Muffin Cases
1 Tsp Baking Powder	50g Choc Chips (Opt)
25g Cocoa Powder	

In a jug

75g Caster Sugar	
1 Egg	
100ml Milk	Makes 6 Large Muffins
2tabsp Oil	

****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

Cakes and
Bakes

Ingredients

Sponge

200g Soft Margarine
200g Sr Flour - Sieved
200g Caster Sugar
4 Eggs - Beaten

**Tin to take cake home in*

Filling/Decoration

6 Tbsp Jam
Buttercream - 100g Soft Margarine
200g Icing Sugar
Sprinkling Caster Or Icing Sugar

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

Cakes and Bakes

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

Cakes and Bakes

Ingredients

Sponge

75g Caster Sugar
75g Plain Flour
2 Large Eggs or 3 Medium/Small

Filling

3 Tablespoons Jam
Swiss Roll Tin (Approx 24x33cm)

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

Deco Paste

1 egg white
20g cocoa powder
20g plain flour (40g if no cocoa powder needed)
30g caster sugar
30g butter

Combine ALL the deco paste ingredients and mix thoroughly.

*If you are wanting to colour the paste, ensure that you use a gel or paste NOT bottle liquid.

Method

1. Put oven on to gas mark 6, 200°C
2. Using the deco paste mix, colour and pipe a pattern onto the baking paper.
3. Grease and line your baking tin with the deco paste baking paper.
4. Place the baking tray with your piped design into the fridge for 10 mins.
5. Weigh the caster sugar into a large mixing bowl.
6. Add the eggs and whisk until a foam is created. It MUST be very thick.
7. *There should be evidence of a RIBBON TRAIL
8. Very gently stir in the weighed and sieved flour – Use a metal spoon for this.
9. Then once mixed, gently pour the mixture into the lined tin with your piped design on and level out by tipping your sponge mixture into the corners.
10. Bake in the oven for between 7-10 mins. It should be golden brown and firm to the touch. *Avoid overbaking otherwise your sponge may crack when rolled.
11. Whilst cake is cooking sprinkle extra sugar onto a clean piece of greaseproof paper.
12. Prepare your chosen filling e.g. soften jam in a small bowl ready for spreading
13. Once cooked working quickly tip the cake upside down onto the sugared paper and peel off paper immediately.
14. Trim the edges, spread with your filling and roll up. *Do not add a cream/butter based filling until the sponge is completely cooled!... it will need to be rolled and left to cool in this position before a filling can be added.
15. Let the cake cool & wash up.



Chocolate & Beetroot Cake

Cakes and
Bakes

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

Cakes and
Bakes

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

Cakes and
Bakes

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 / Gas mark 6.
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.



Chocolate Yule Log

Seasonal

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 icing sugar to resemble snow and decorate with holly or alternative decoration.



Chocolate Fudge Easter Cakes

Seasonal

Ingredients Chocolate Sponge -

140g soft butter
140g caster sugar
3 medium eggs
100g self-raising flour
25g cocoa, sifted

Frosting-

85g milk chocolate, broken
85g soft butter
140g icing sugar, sifted

Toppings/Decorations -

mini eggs...
coloured fondant that can be made into
carrots / rabbits / chicks / flowers / eggs...
use of cutters to cut out fondant shapes

Method

1. Heat oven to 190°C/fan 170°C/gas 5 and put 12 cases into a fairy-cake tin.
2. Place all the sponge ingredients into a mixing bowl (ensure that you sieve both the flour and cocoa powder to add air and remove potential lumps!) and beat together either with a wooden spoon or using an electric hand-whisk until smooth and creamy.
3. Divide evenly between the cases so that they are roughly two-thirds filled, then bake for 12-15 mins until well-risen. Cool on a wire rack.
4. Meanwhile make the frosting – If you're making a chocolate topping use a bain-marie to melt the chocolate. Cream the butter and sugar together, then if using beat in the melted chocolate/colours. Spread or pipe onto the top of the cakes and decorate with your chosen Easter toppings!



Vegetable Lasagne

Vegetarian

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 thickens. 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

Vegetarian

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

- 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

Vegetarian

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



Carrot & Coriander Soup

Vegetarian

Ingredients

1 tbsp vegetable oil
1 onion, sliced
450g/1lb carrots, peeled and sliced
1 tsp ground coriander
1.2 litres/2 pints vegetable stock
large bunch fresh coriander, roughly chopped
salt and freshly ground black pepper
****Container to hold 1 litre of liquid***

Method

1. Heat the oil in a large frying pan and add the onions and carrots. Cook for 3–4 minutes until starting to soften.
2. Stir in the ground coriander and season with salt and pepper. Cook for 1 minute.
3. Add the vegetable stock and bring to the boil. Simmer for 10–15 minutes or until the vegetables are tender.
4. Whizz with a hand blender or in a blender until smooth.
5. Reheat in a saucepan, stir in the fresh coriander and serve.



Vegetarian

Enchiladas

Wraps

175g Plain flour
1tbsp oil
½ tsp salt
105ml water

Filling

1 onion
1 garlic clove
1 medium carrot
1 bell pepper
1 tin chickpeas/lentils/beans (not baked beans)
1 tin chopped tomatoes
1tsp chilli powder

Topping – 50g cheddar cheese

Ingredients:

You need an apron and

Oven proof dish

No meat is allowed

Method

1. Make the wrap dough – mix together all the ingredients for the wraps using a table knife.
2. Knead on a lightly floured surface for 5 mins.
3. Leave to one side.
4. Dice the onion and pepper. Peel and grate the carrot. Drain the chickpeas/lentils/beans.
5. Fry the onion until soft. Add the peppers, carrot and chickpeas/lentils/beans.
6. Add the garlic, chilli powder and any seasonings of your choice.
7. Add the tomatoes. Leave on low heat to simmer.
8. Cut the dough into 4 pieces. Roll as thin as possible.
9. In a clean, dry pan on medium/high heat, cook the wraps 2/3 mins each side. Place on chopping board when cooked.
10. Fill each wrap with the filling, roll securely and place into the oven proof dish fold side down.
11. Pour over the rest of your filling.
12. Top with cheese.
13. At home, place in the oven at 180C for 15-20 mins or until the cheese is melted and crispy.



Rice Stuffed Peppers / Mushrooms

Vegetarian

Filling

2 Peppers or portobello mushrooms

1 tbsp vegetable or **sunflower oil (sch)**

½ tsp **cumin** seeds (sch)

½ **onion**, thinly sliced

1 x 400g tin mixed **beans** in water, drained and rinsed

½ tsp **dried chilli** flakes (sch)

½ tsp ground **cumin (sch)**

¼ tsp **salt (sch)**

150g **long-grain rice**

450ml/ ¾ pint boiling water – stock cube optional

handful fresh soft herbs (such as coriander, parsley or mint), leaves finely chopped and a few sprigs saved for garnish

Topping – 50g cheddar cheese or alternative

You need an apron and

container for transportation

No meat is allowed

Method

1. Heat the oil in a large saucepan and add the cumin seeds. Once they start to sizzle, add the sliced onion and cook for 5 minutes over a medium heat until softened. Add the beans and cook for a couple of minutes.
2. Stir in the salt, remaining spices and cook for a few seconds then add the rice and water.
3. Bring to a boil, cover (either with a lid or kitchen foil) and cook over a low heat for 15 minutes or until the rice is tender, stirring occasionally. Add the chopped herbs after the rice has been cooking for 10 minutes. Add more water, if needed, until the rice is cooked - **test to see if it is ready using a fork.**
4. Half and deseed the peppers – wash the peppers to remove any seeds.
5. Fill the pepper halves with the mixture. Press the mixture with a tablespoon and place onto your lined grill pan.
5. If you have any left-over rice mixture, pile this around the peppers in your oven proof dish or place in spare container.
6. Mix the grated cheese and breadcrumbs together and garnish the top of your peppers.
7. Cover with cling film, label and place in the fridge. **WASH UP** - Make sure you have the saucepan checked.

At home : You need to bake the peppers at 180°C for 25 minutes until the top of the peppers are golden and the peppers are soft.