

Name _____ Tutor Group _____

Food Teacher _____



Inspiration for presentation:







		General Practical Skills	Knife Skills	Preparing Fruits and Vegetables	Use of the cooker	Use of equipment	Cooking methods	Prepare, combine and shape	Sauce Making	Tenderise and Marinate	Making a dough	Using raising agents	Setting Mixtures
Pg	Recipe Name	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12
11	Stir fry	✓	✓	✓	✓		✓						
12	Fajitas	✓	✓	✓	✓		✓						
13	Chicken and vegetable kebabs	✓	✓	✓	✓		✓			✓			
14	Marinades	✓								✓			
15	Koftas	✓	✓		✓		✓	✓					
16	Falafels	✓	✓	✓	✓	✓	✓	✓					
17	Burgers and meat alternatives	✓	✓	✓	✓		✓	✓					
18	Chickpea burgers	✓	✓	✓	✓	✓	✓	✓					
19	Batters	✓										✓	
20	Chicken fillet burger	✓	✓		✓		✓	✓					
21	Fishcakes	✓	✓	✓	✓		✓	✓					
22	Guacamole/ Salsa	✓	✓			✓							
23	Vegetable Enchiladas	✓	✓	✓	✓		✓						
24	Fresh pasta/ roux sauce	✓				✓			✓				
25	Pasta Bake	✓	✓	✓	✓		✓		✓				
26	Meatballs in tomato sauce	✓	✓	✓	✓		✓		✓				
27	Carbonara	✓	✓	✓	✓		✓		✓				
28	Macaroni Cheese	✓	✓	✓	✓		✓		✓				
29	Lasagne	✓	✓	✓	✓	✓	✓		✓				
30	Bolognaise	✓	✓	✓	✓		✓		✓				
31	Chili Con Carne	✓	✓	✓	✓		✓		✓				
32	Lentil and Bean Chilli	✓	✓	✓	✓		✓		✓				

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Pg	Recipe Name	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12
33	Shepherd's Pie	✓	✓	✓	✓		✓		✓				
34	Cottage Pie	✓	✓	✓	✓		✓		✓				
35	Chicken, Leek and Mushroom Pie	✓	✓	✓	✓		✓		✓				
36	Moussaka	✓	✓	✓	✓		✓		✓				
37	Mushroom Risotto	✓	✓	✓	✓		✓						
38	Fish Pie	✓	✓	✓	✓		✓		✓				
39	Ratatouille/Spinach, Potato and Chickpea Curry	✓	✓	✓	✓		✓		✓				
40	Curry Pastes	✓	✓			✓							
41	Vegetable Biryani	✓	✓	✓	✓		✓		✓				
42	Chicken Katsu Curry	✓	✓	✓	✓		✓		✓				
43	Thai Green Curry	✓	✓	✓	✓		✓		✓				
44	Tikka Masala/Korma	✓	✓	✓	✓		✓		✓				
45	Sweet and sour chicken	✓	✓	✓	✓		✓		✓				
46	Bread based Pizza	✓	✓	✓	✓						✓	✓	
47	Cornish Pasty	✓	✓	✓	✓		✓				✓		
48	Cheese and Onion Pasties	✓	✓	✓	✓						✓		
49	Roasted Veg Quiche	✓	✓	✓	✓						✓		✓
50	Quiche Lorraine/Egg Custard Tart	✓	✓	✓	✓						✓		✓
51	Chocolate Pastry Tart	✓	✓		✓						✓		✓
52	Bread and Butter Pudding	✓			✓							✓	✓
53	Smoked Mackerel Pate/ Orange and Watercress salad	✓	✓	✓	✓		✓						

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Pg	Recipe Name	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12
54	Salmon wrapped in Pancetta/ Chicken wrapped in parma ham	✓	✓	✓	✓	✓							
55	Prawn Pilaf Rice and rocket salad	✓	✓	✓	✓		✓						
56	Spinach and Tomato Pasta	✓	✓	✓	✓		✓		✓				
57	Pork Stroganoff	✓	✓	✓	✓		✓		✓				
58	Tuna Nicoise Salad	✓	✓	✓	✓		✓						
59	Houmous and Pitta bread	✓	✓	✓	✓	✓	✓				✓	✓	
60	Glazed Vegetable Kebabs and Tangy Couscous salad	✓	✓	✓	✓		✓			✓			
61	Teriyaki Salmon Stir Fry	✓	✓	✓	✓		✓						
62	Bread Rolls	✓	✓		✓						✓	✓	
63	Flavoured Butter	✓	✓			✓							
64	Flatbread	✓	✓		✓		✓				✓	✓	
65	Soda Bread	✓	✓		✓						✓	✓	
66	Naan Bread	✓	✓		✓		✓				✓	✓	
67	Rough Puff Pastry	✓	✓		✓						✓	✓	
68	Cheese and Onion Rolls	✓	✓	✓	✓						✓	✓	
69	Sausage Rolls	✓	✓		✓			✓			✓	✓	
70	Palmiers	✓	✓	✓	✓						✓	✓	
71	Pizza Puff Pinwheels	✓	✓	✓	✓						✓	✓	
72	Samosa/ Spring rolls	✓	✓	✓	✓								



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Pg	Recipe Name	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12
73	Easter biscuits/ Shortbread	✓						✓				✓	
74	Lemon Mousse	✓	✓	✓				✓				✓	
75	Chocolate Mousse/ Mars bar mousse	✓				✓						✓	✓
76	Cheesecake and biscuits	✓	✓	✓		✓					✓	✓	✓
77	Fruit Coulis/ Pannacotta	✓	✓	✓			✓						✓
78	Tiramisu	✓											✓
79	Lemon Meringue Pie	✓	✓	✓	✓	✓			✓		✓	✓	
80	Trifle	✓	✓	✓	✓	✓			✓		✓	✓	
81	Swiss roll	✓			✓							✓	✓
82	Profiteroles	✓			✓							✓	
83	Tarte Tatin	✓	✓	✓	✓						✓		
84	Carrot Cupcakes	✓		✓	✓	✓						✓	
85	Rhubarb Crumble Traybake	✓		✓	✓	✓						✓	
86	Summer Fruit Crumble	✓		✓	✓	✓						✓	
87	Dorset Apple Bake	✓		✓	✓	✓						✓	
88	Chocolate Brownies	✓		✓	✓	✓						✓	
89	Chelsea Buns	✓			✓						✓	✓	
90	Sticky Iced Buns	✓			✓						✓	✓	
91	Churros	✓			✓						✓	✓	
92	Waffles	✓			✓						✓	✓	



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Pg	Recipe Name	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12
93	Ice cream	✓			✓				✓				✓
94	Yule Log	✓			✓	✓						✓	
95	Mince Pies	✓			✓						✓		
96	Easter biscuits/ Easter cupcakes	✓			✓	✓						✓	
97	Mayonnaise	✓				✓			✓				
98	Tomato Ketchup	✓	✓		✓								
99	BBQ sauce	✓	✓		✓								
100	Sauces – Fruit and Chocolate	✓	✓	✓	✓				✓				
Add your own recipes here:													

AQA Skills Sheets

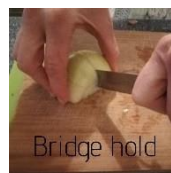
Skill 1: General practical skills

Food preparation skills	Techniques
Weigh and measure	Accurate measurement of liquids and solids.
Prepare ingredients and equipment	Grease/oil, line, flour, evenly and with attention to finished product.
Select and adjust cooking times	Select and adjust the cooking process and length of time to suit the ingredient, for example to match the cut of meat, fish and alternatives.
Test for readiness	Use a temperature probe, knife, skewer, finger or poke test, bite, visual colour check or sound to establish whether an ingredient or recipe is ready.
Judge and modify sensory properties	- How to taste and season during the cooking process. - Change the taste and aroma through the use of infusions, herbs and spices, paste, jus, reduction. - How to change texture and flavour, use browning (dextrinisation, caramelisation) and glazing, add crust, crisp and crumbs. - Presentation and food styling. Use garnishes and decorative techniques to improve the aesthetic qualities, demonstrate portioning, presenting and finishing.



Skill 2: Knife skills

Food preparation skills	Techniques
Fruit and vegetables	Bridge hold, claw grip, peel, slice, dice and cut into even size pieces (ie batons, julienne).
Meat, fish or alternatives	Fillet a chicken breast, portion a chicken, remove fat and rind, fillet fish, slice evenly and accurately: raw and cooked meat and fish or alternatives (such as tofu and halloumi cheese).



Skill 3: Preparing fruit and vegetables

Food preparation skills	Techniques
Preparing fruit and vegetables	Mash, shred, scissor snip, scoop, crush, grate, peel, segment, de-skin, de-seed, blanch, shape, pipe, blend, juice and prepare garnishes whilst demonstrating the technical skills of controlling enzymic browning, spoilage and preventing food poisoning (wash and dry where appropriate).



Skill 4: Use of the cooker

Food preparation skills	Techniques
Using the grill	Use a range of foods, such as vegetables, meat, fish or alternatives such as halloumi, seeds and nuts; char/grill or toast.
Using the oven	Baking, roasting, casseroles and/or tagines, braising.



Skill 5: Use of equipment

Food preparation skills	Techniques
Using equipment	Use of blender, food processor, mixer, pasta machine, microwave oven.



Skill 6: Cooking methods

Food preparation skills	Techniques
Water based methods using the hob	Steaming, boiling and simmering; blanching; poaching.
Dry heat and fat based methods using the hob	Dry frying, shallow frying, stir frying.



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Skill 7: Prepare, combine and shape

Food preparation skills	Techniques
Prepare, combine and shape	Roll, wrap, skewer, mix, coat, layer meat, fish and alternatives. Shape and bind wet mixtures (such as falafels, burgers, fish cakes or meatballs) whilst demonstrating the technical skill of preventing cross contamination and handling high risk foods correctly.



Skill 8: Sauce making

Food preparation skills	Techniques
Starch based	Sauce demonstrating starch gelatinisation such as: roux, all in one, blended, infused velouté or béchamel. How starch/liquid ratios affect viscosity.
Reduction	Reduction sauce to show how evaporation concentrates flavour. Eg tomato pasta sauce, curry sauce, gravy, meat sauce (including meat alternatives such as mycoprotein and textured vegetable protein) to show how evaporation concentrates flavour and changes the viscosity of the sauce.
Emulsion	Make an emulsion sauce such as a salad dressing, demonstrating an understanding of how to stabilise an emulsion.



Skill 9: Tenderise and marinate

Food preparation skills	Techniques
Tenderise and marinate	- How acids denature protein. - Marinades add flavour and moisture when preparing vegetables, meat, fish and alternatives.



Food preparation skills	Techniques
Making a dough (bread, pastry, pasta)	Use technical skills of shortening, gluten formation, fermentation (proving) for bread, pastry, pasta.
Shaping and finishing	Roll out pastry, use a pasta machine, line a flan ring, create layers (palmiers) proving and resting, glazing and finishing, such as pipe choux pastry, bread rolls, pasta, flat breads, pinwheels, pizza and calzone.



Skill 11: Raising agents

Food preparation skills	Techniques
Eggs as a raising agent	Create a gas-in-liquid foam, whisking egg whites, whisked sponge.
Chemical raising agents	The use of self raising flour, baking powder, bicarbonate of soda.
Steam as a raising agent	Use of steam in a mixture (choux pastry, batter).
Biological raising agent	Use of yeast in breadmaking.



Skill 12: Setting mixtures

Food preparation skills	Techniques
Removal of heat	Gelation: use a starch to set a mixture on chilling for layered desserts such as custard.
Use protein	Set a mixture on heating such as denatured and/or coagulated protein in eggs.



Stir Fry

Ingredients:

- 300g vegetables, finely shredded e.g. cabbage, carrots, mushrooms, peppers
- 2 tablespoons vegetable oil
- 350g lean meat e.g. pork, turkey beef, chicken or prawn
- 1 tablespoon soy sauce
- 2 teaspoons Chinese 5 spice
- 2 onions, thinly sliced
- 2 cloves garlic, crushed
- ½ red chilli or pinch chili flakes or cayenne pepper
- 2 tablespoons water

Extra flavour

- Add extra garlic and chilli and a squeeze of lime juice or fresh grated ginger

Please bring in a suitable container to take your dish home.



Additional tips:

The trick to stir-frying is to chop everything very small so it cooks quickly. Slower cooking ingredients like meat or root vegetables should be chopped smaller than faster-cooking ingredients such as peppers or spring onions.

Method:

1. Prepare all the vegetables and set aside.
2. Heat a wok or large frying pan over high heat and add 1 tablespoon of the oil. Once hot, add the meat and stir-fry for 3-4 minutes. Remove the meat from the wok and put into a bowl, then add the soy sauce, sprinkle with the Chinese 5 spice, mix well and set aside.
3. Heat the remaining oil in the wok and add the onions. Stir-fry for 2 minutes then add the garlic and chilli and stir 1 minute.
4. Add the mixed vegetables and return the meat to the wok, stir for 2 minutes, add 2tbsp water, cover with a lid and cook for a further 1 minute. Mix well and serve with rice or noodles.

Fajitas

Ingredients:

- 4 boneless, skinless chicken breast
- 1 small lime
- 2 garlic cloves
- 1 tsp ground coriander
- 1 tsp chilli powder (optional)
- 1 large red pepper
- 15g fresh coriander

To serve

- 1 lettuce
- 8 flour tortilla
- Avocado
- Salsa
- Sour cream



Method:

1. Slice the chicken on a board with a sharp knife, then put in a large bowl. Grate in the lime zest and squeeze in the juice. Crush the garlic, then add to the chicken with the ground coriander, chilli powder (if using) and seasoning to taste. Stir well.
2. Heat the oil in a wok or large frying pan. Add the pepper, then stir, continuously, over a high heat for 2 mins. Add the chicken, chop the fresh coriander, then stir it into the chicken, stir-fry over a high heat for 5 mins until the chicken is cooked.
3. Take a tortilla and spread with sour cream. Add some lettuce and avocado, then some of the chicken and pepper mixture and a little salsa if you like.
4. Fold in the sides of the tortilla, then carefully roll up so that the filling is completely enclosed. Alternatively, put the dishes of the salad, chicken fajita and tortillas on the table for the family to make up their own.

Chicken and Vegetable Kebabs



You will need to bring in wooden 8 skewers and a container to take them home.

Ingredients:

- 2 chicken breast (Vegetarian option: You can replace the chicken for Halloumi cheese)
- 2 peppers
- 1 courgette
- 1 onion
- Own choice of marinade ingredients (some suggestions on the reverse of this recipe)

Method:

1. Put your marinade ingredients into a plastic storage container and stir together.
2. Cut the chicken breast into 1-inch cubes and add to the marinade.
3. Cut the peppers, courgette and onion into even chunks and add to the marinade.
4. Marinate in the sealed named container in the fridge.
5. Thread the chicken and vegetables onto the skewers, alternating the ingredients as you go, then lay them on a foil lined baking tray.
6. Place under a medium grill until the chicken is cooked one side then turn them over to cook the other side, checking the chicken is cooked through, approximately 10 minutes each side.

Marinades

Thai Coconut Marinade

- 100ml light coconut milk
- 1/2 tsp soy sauce
- 1 tbsp brown sugar
- 1 large garlic clove, roughly chopped
- 1 tbsp chopped fresh ginger or 1 tsp dried ginger
- 1 small chilli pepper, thinly sliced (optional)

Classic Italian Marinade

- 75ml olive oil
- 75ml balsamic vinegar
- 1 large garlic clove, roughly chopped
- 1 tbsp minced fresh parsley or 1 tsp dried parsley
- 1 tbsp minced fresh basil or 1 tsp dried basil
- 1/2 tsp red chilli flakes

Provençal Herb Marinade

- 75ml olive oil
- 2 tbsp fresh lemon juice
- 1 large garlic clove, roughly chopped
- 1 tsp Dijon or stone-ground mustard
- 1 tsp minced fresh oregano or 1/4 tsp dried oregano
- 1/2 tsp fresh thyme leaves or 1 pinch dried thyme

Mojo Citrus Marinade

- 75ml freshly squeezed orange juice
- 75ml freshly squeezed lime juice
- 1 large garlic clove, roughly chopped
- 1 tbsp minced fresh coriander or 1 tsp dried coriander
- 1/2 tsp ground cumin

Teriyaki Marinade

- 75ml pineapple juice
- 1½ tbsp soy sauce
- 1 tbsp honey
- 1 tbsp chopped fresh ginger or tsp dried ginger



Koftas

Ingredients:

- 500g lamb mince,
- 1 tsp cumin,
- 2 tsp ground coriander,
- 2 garlic cloves crushed,
- 1 tbsp chopped mint.



Method:

1. Mix together all the ingredients until well blended. Divide into 8 balls, then roll each ball on a board with a cupped hand to turn them into ovals. Thread onto 4 metal skewers and brush with oil.
2. To cook on a griddle: heat the pan until you can feel a good heat rising and cook for 3-4 mins each side. Don't turn until they are well sealed or the meat will stick to the grill or pan.
3. Season if you want, and set aside. Serve the koftas with yogurt and spiced flat breads.

Falafels

Ingredients:

For the falafel

- 2 tbsp olive oil
- 1 small onion, finely chopped
- 1 garlic clove, crushed
- 1 x 400g can chickpeas
- 2 tsp ground cumin
- 1 tsp mixed herbs
- 1 lemon, zest grated
- salt and black pepper
- 1 egg, beaten



Ingredients:

For the salad

- 3 tbsp olive oil
- 1 lemon, juice only
- ½ cucumber, peeled and thinly sliced
- 2 medium tomatoes, roughly chopped
- 1 round lettuce
- 4 pitta breads

Method:

1. Heat a tablespoon of oil in a small pan. Fry the onion over a medium heat for 3-4 minutes until softened. Add the garlic and fry for a further two minutes and remove from the heat.
2. Drain and rinse the chickpeas and transfer to a mixing bowl. Add the sautéed onion and garlic and crush together with a potato masher until the mixture is broken down.
3. Add the cumin, mixed herbs and lemon zest and mix well. Taste and season with salt and pepper. Add the egg and mix together.
4. Preheat the oven to 200C/400F/Gas 6. Divide the mixture into 16 walnut-sized balls and place on a lined baking tray.
5. Drizzle with the remaining oil and bake for 25 minutes, or until crisp and golden-brown.

To serve:

1. Place the cucumber, tomato and lettuce in a large bowl.
2. Squeeze the juice of half the lemon into a small bowl, add a pinch of salt and pepper and using a fork whisk together with the olive oil to form a dressing. Pour over the salad and mix well.
3. Lightly toast the pitta breads then carefully slice open along one side using a knife.
4. Arrange a little salad in each pitta, top with some of the falafels and add a squeeze of juice from the remaining lemon half.

Burgers and meat alternatives

Equipment to bring from home

- A sealable container

A good burger is an excellent way to show your manipulative shaping skill. You can adapt it in terms of shape, size, flavour and nutrition in.

Beef Burger Ingredients	Method
• 250g lean minced beef • 1 egg • 1 small onion • ¼ tsp mustard powder • ½ tsp mixed herbs • 3 tablespoon Breadcrumbs (fresh) or crushed cornflakes 	1. Prepare self, ingredients and equipment. Set the oven to 200°C. 2. Prepare the extras e.g. peel and finely chop the onion. 3. Put all ingredients including flavourings into a large mixing bowl and mix well together with a spoon. 4. Roll into a sausage shape onto a floured surface. 5. Cut into 4 equal portions and shape into a large biscuit cutter. 6. Place onto a baking tray and cook for 20 minutes 7. WASH UP in HOT soapy water.

Tofu Burger Ingredients	Method
• 350 g firm silken tofu • 1 large egg • 75 g wholemeal breadcrumbs • 2 heaped teaspoons Marmite • 4 sprigs of rosemary or dried rosemary 	1. Place bread into food processor to make breadcrumbs 2. Wrap the tofu in a clean tea towel, then squeeze and wring it out to remove the excess liquid (about 4 tablespoons should come out – it's messy, but really important to do this for great burger texture later). 3. Place the tofu in a bowl, scraping it off the tea towel. 4. Crack in the egg, then add the breadcrumbs and Marmite. 5. Mix and scrunch together really well with clean hands, then shape into 4 even-sized patties. 6. Place 2 teaspoons of oil in a large non-stick frying pan on a medium heat. 7. Pick the rosemary leaves into the pan in four piles, place the patties on top and cook for 3 minutes on each side, or until golden. 8. WASH UP in HOT soapy water.

Bean Burger Ingredients	Method
• 2 x slices wholemeal bread (make into breadcrumbs) • 2 x 400g kidney beans (drained) • 2tsp smoked paprika • 1 tsp cumin • Handful of fresh coriander • Zest lime • 1 egg	1. Preheat the oven to 180°C. 2. Put the two slices of wholemeal bread into a food processor to make breadcrumbs. 3. Drain the beans, zest the lime and beat the egg in a small bowl. 4. Add the beans, paprika, cumin, coriander, lime zest and egg into a food processor, then blitz into a rough paste. 5. Transfer mixture into a bowl and divide into eight portions. (Using wet hands/ spoon shape each portion into a burger and space them apart on a baking sheet. 6. Bake the burgers for 15-20 minutes, turning halfway, until golden and crisp. 7. WASH UP in HOT soapy water.

Spicy Chickpea Burgers

Ingredients:

- 400g tin chickpeas in water
- 2 eggs
- 2 tsp curry powder
- 100g/3½oz breadcrumbs
- 2 tbsp vegetable oil
- salt and pepper

Mango salsa (optional)

- 1 mango
- 1 spring onion
- 1 lime, juice only
- ½ tsp dried mint
- pinch chilli flakes



To serve

- 4 pitta breads

Method:

1. Drain the chickpeas and tip them into a bowl. Crack in the eggs. Add the curry powder and breadcrumbs, season with salt and pepper, then mash together using a fork until you have a rough paste.
2. Using your hands, shape the mixture into 8 small burger patties. Heat the oil in a large frying pan over a medium heat and cook the patties for 2-3 minutes on each side. Remove from the pan and drain on a paper towel.
3. In the meantime, stone, peel and dice the mango and put it into a small mixing bowl. Thinly slice the spring onion and add it to the bowl. Add the dried mint and chilli flakes and season with salt and pepper.
4. Serve the burgers with the pittas and salsa.

Batters

Coating Batter

This crisp, golden batter is ideal for coating fish and vegetables e.g. onion rings, mushrooms etc.

Ingredients

- 100g plain flour
- 2 level tsp baking powder
- 150ml cold water
- 1 tbsp oil
- Pinch of salt

Method

1. Prepare self, ingredients and equipment.
2. Mix the flour, baking powder and salt in a large glass bowl.
3. Gradually beat in the water and oil using a balloon whisk. Use immediately.
4. Wash up

Note: The deep fryer should be set to a temperature of **180°C**.



Pouring Batter

A perfect batter for making English pancake, Yorkshire pudding and toad in the hole.

Ingredients

- 100g plain flour
- 300ml milk
- 1 egg
- A pinch of salt

Method

1. Prepare self, ingredients and equipment.
2. Mix the flour and salt in a large glass bowl. Make a hollow in the centre and break in the egg.
3. Gradually beat in the milk using a balloon whisk.



Chicken Fillet Burger

Ingredients:

- 4 chicken breast,
- 3 slices of white bread,
- 1 egg,
- 1 tsp mustard,
- 4 buns,
- 4 tbsp mayonnaise.



Method:

1. Heat grill to high. Put the chicken breasts between 2 pieces of cling film and bash with a rolling pin until they're about half their original thickness.
 2. Whizz the toast in a food processor to rough breadcrumbs, then tip out onto a plate.
 3. Beat the egg and mustard together in a bowl and season.
 4. Dip the chicken into the egg, let the excess drip back into the bowl, then press into the toasty breadcrumbs.
 5. Put under the grill on a flat baking sheet and grill for about 10 mins, turning once, until golden and crisp on both sides and the chicken is cooked through.
 6. Beat the lemon zest, juice and lots of black pepper into the mayonnaise.
 7. Spread some of the mayo onto the bottom halves of the buns, top with a chicken breast and salad of your choice and serve.
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Fishcakes

Ingredients:

- 300 g potatoes
- 100 g fish fillet (Cod, haddock, salmon or tuna).
- 1 small handful fresh parsley
- 1 free-range egg
- 1 lemon
- olive oil
- 1 tablespoon plain flour, extra for dusting



Method:

1. Bring a large pot of salted water to the boil. Peel your potatoes, chop them into even sized small chunks, add the potatoes to the boiling water and bring back to the boil. Turn the heat down and cook for 10-15 minutes, until the potatoes are cooked.
2. Rub the salmon fillet all over with a little olive oil and a pinch of salt and pepper, gently fry on low heat until cooked through. Remove any skin from the fish.
3. Drain the potatoes in a colander, then return them to the pot and let them steam dry for a minute. Mash the potatoes, spreading the mash round the sides of the pan to help it cool down quickly.
4. When the potatoes are cooled, put it into a bowl and flake the fish into it with 1 tablespoon of flour. Pick the parsley leaves and finely chop them, discarding the stalks. Add the egg and chopped parsley with a really good pinch of salt and pepper. Finely grate over the lemon zest, then mash and mix it up really well.
5. Dust a plate with a little of the extra flour. Divide your fish cakes into 4, lightly shape and pat into circles about 2cm thick, dusting them with flour as you go. Put them onto a clean plate also dusted with a little flour. – If you are going to freeze them at this point, wrap them in cling film and put them into the freezer. Otherwise simply pop them into the fridge for an hour before cooking – this will allow them to firm up slightly.
6. Put a large fry pan on a medium heat and add a couple of lugs of olive oil. When the oil is nice and hot, add your fishcakes and cook for about 3 – 4 minutes on each side or until crisp and golden – you may need to cook them in two batches. Serve straight away, with lemon halves for squeezing over, serve with lovely veg or a cool crisp salad. These fish cakes also go really well if you use tuna or salmon.

Guacamole

Ingredients:

- 1 large ripe tomato
- 3 Avocado, very ripe but not bruised
- juice 1 large lime
- 1 small red onion, finely chopped
- 1 chilli, deseeded and finely chopped
- handful coriander, roughly chopped, to serve



Method:

1. Use a large knife to mash the tomato to a pulp on a board, then tip into a bowl. Halve and stone the avocados (saving a stone) and use a spoon to scoop out the flesh into the bowl with the tomato.
2. Tip all the other ingredients into the bowl, then season with salt and pepper. Use a whisk to roughly mash everything together. If not serving straight away, sit a stone in the guacamole (this helps to stop it going brown), cover with cling film and chill until needed. Scatter with the coriander, if using, then serve with tortilla chips or spicy wedges and sour cream.

Salsa

Ingredients:

- 6 ripe tomatoes
- 1 large bunch of fresh coriander
- 1 onion
- 2 fresh jalapeño or green chillies
- 1 large clove of garlic
- 1-2 limes, juice from
- extra virgin olive oil
- sea salt
- freshly ground black pepper



Method:

1. Finely chop the tomatoes and coriander (stalks and all) and place into a large bowl.
2. Peel and finely chop the onion, deseed and finely chop the chillies, then add it all to the bowl.
3. Peel and finely grate in the garlic. Add the juice from 1 lime and 2 tablespoons of extra virgin olive oil. Mix well, then season to taste with salt, pepper and lime juice.

Vegetable Enchiladas

Ingredients:

- 1 tbsp sunflower oil, plus extra for greasing
- 1 chopped onion
- 1 pepper, de-seeded and sliced)
- 400g tin chopped tomatoes
- 400g tin red kidney beans in chilli sauce
- 1 tbsp freshly squeezed lime or lemon juice
- 3 heaped tbsp chopped fresh coriander, plus extra to garnish
- 4 x ready-made flour tortillas
- 75g grated cheese
- salt and freshly ground black pepper



Home learning:

Grate cheese and chop and slice vegetables.

Method:

1. Heat the oil in a large non-stick frying pan over a medium heat. Add the onion and peppers and fry for 4-5 minutes, or until softened and beginning to turn golden-brown. Stir in the chopped tomatoes and kidney beans.
2. Bring the mixture to the boil, then reduce the heat until the mixture is simmering. Simmer gently for 12-15 minutes, or until the sauce is thick and glossy.
3. Remove the pan from the heat, then stir in the lime juice (or lemon juice) and coriander. Season, to taste, with salt and plenty of freshly ground black pepper.
4. Preheat the oven to 200C/180C Fan/Gas 6.
5. Brush the insides of a shallow ovenproof dish all over with a little oil. Place one of the flour tortillas in the dish and spoon one-quarter of the bean mixture into the centre. Roll up the tortilla and push it to one side of the dish. Repeat the process with the remaining flour tortillas and bean mixture, lining the rolled tortillas up against each other.
6. Sprinkle the enchiladas with the grated cheese and bake in the oven for 20-25 minutes, or until the cheese has melted and turned golden-brown. Just before serving, garnish the enchiladas with fresh coriander.

Fresh Pasta

Ingredients:

- 2 large eggs,
- 200g strong bread or pasta flour,
- ½ tsp salt.

Method:

1. Sift flour and salt into a large mixing bowl. Beat eggs together in a jug.
2. Mix together with a table knife, then bring together with your hands to form a firm, but pliable dough. It should be firm, but not sticky. If it seems too moist add a little extra flour.
3. Turn dough onto a lightly floured board and knead firmly for at least 5 minutes. Wrap in cling film and leave to rest at room temperature for 15 minutes, if time allows.
4. Divide into 4 tear shapes, and feed through a pasta machine, from the thickest setting, to the thinnest, then shaping as required into tagliatelle or spaghetti.

Roux sauce:

Ingredients

- 25g margarine,
- 25g flour,
- 250 ml milk,
- 75g cheddar cheese (for cheese sauce)

Method:

1. Cook pasta or cauliflower in boiling water first until soft, (15 minutes). Drain and place in ovenproof dish.
2. For the roux sauce, melt margarine in saucepan.
3. If adding vegetables like onion, mushroom, courgettes or peppers, chop them up and add to melted margarine. Fry for 3-4 minutes.
4. Add flour and stir,
5. Take saucepan off heat and add milk a little at a time, until there are no lumps.
6. Return to heat and stir continuously until sauce thickens. Take pan off heat.
7. Add any flavouring such as grated cheese, tomato puree or herbs.
8. Pour sauce over top of pasta or cauliflower. Sprinkle top with grated cheese and slice of tomato if liked. Bake until golden, gas 5, 180C for 20 minutes.

For Cauliflower cheese:

- 1 cauliflower (already cooked),
- Sliced tomato,
- 25g extra grated cheese

For Pasta Bake add:

- 200g pasta (already cooked)
- Vegetables of your choice
e.g. 1 onion, 3-4 mushrooms, ½ red pepper or courgette.

Pasta Bake

Ingredients:

- 200g pasta e.g. rigatoni
- 100g grated cheese
- 50g soft margarine
- 50g plain flour
- 500ml semi-skimmed milk
- 1 x 5ml spoon dried oregano
- Black pepper

Optional:

- 100g broccoli
- 50g sweetcorn (canned or frozen)
- 100g canned tuna (in water) drained



Please bring an
ovenproof dish

You can include any of these foods in a pasta bake.

Foods high in calcium: Dairy foods such as milk, cheese and yoghurt. Spinach, kale, okra, soy beans, white beans and some fish, like sardines, salmon, perch and rainbow trout. Foods that are calcium fortified, such as oatmeal and cereal.

Foods high in vitamin D: Fatty fish, like tuna, mackerel and salmon. Foods fortified with vitamin D, some dairy products such as cheese, soy milk and cereals.

Method:

1. Fill your saucepan $\frac{3}{4}$ full with water, put on the hob to boil, when your pan of water is boiling, place your pasta in the pan, and turn down to a simmering heat,
2. While your pasta is cooking, Cut broccoli, prepare any other ingredients. During the last 2 minutes of the pasta boiling, add the sweetcorn and broccoli to the water.
3. When your pasta is cooked, drain the boiling water away from the pasta and vegetables with a colander in the sink.
4. Place the butter or margarine, flour and milk into a small saucepan. Bring the sauce to a simmer, whisking it all the time. Reduce the heat, stir in oregano and allow to simmer for 2 mins.
5. Preheat the grill.
6. Pour the drained pasta and vegetables into the sauce, stir in drained tuna.
7. Pour the mixture into an ovenproof dish or foil tray.
8. Sprinkle cheese over the top and place under the grill until golden brown.

Meatballs in Tomato Sauce

Ingredients:

For the meatballs

- 250g/9oz minced beef
- 1 egg
- 2 tbsp fresh or dried breadcrumbs
- 1 tsp dried mixed herbs
- 1 garlic clove
- 1 tbsp vegetable oil
- salt and pepper

For the sauce (Ragu)

- 400g tin chopped tomatoes
- 1 tsp dried mixed herbs
- 1 garlic clove



Please bring in a suitable container to take your dish home.

Method:

1. Put the beef, egg, breadcrumbs and herbs into a large bowl. Peel and finely grate the garlic then add to the bowl.
2. Work the mixture together with your hands until thoroughly mixed. Season with salt and pepper. Roll the mixture into 12 equal-sized balls.
3. Heat the oil in a large frying pan over a medium-high heat. Fry the meatballs for 8 minutes until golden-brown all over.
4. Add the chopped tomatoes, mixed herbs. Peel and grate the garlic, add to then pan then cook over a medium heat for 20 minutes.

Carbonara

Ingredients:

- 400g Spaghetti
- 1 tbsp Olive oil
- 200g Pancetta cubes or streaky bacon, chopped
- 2 Garlic cloves, crushed
- 3 Eggs
- 75ml Double cream
- 50g Parmesan, finely grated, plus extra to serve



Method:

1. Cook the spaghetti. Bring a large, deep pan of salted water to the boil. Plunge spaghetti into the water, stir well and cook, following pack instructions.
2. Meanwhile prepare the sauce. Crack the eggs into a mixing bowl. Beat together, along with the cream, the cheese and some seasoning.
3. Heat the oil in a frying pan. When hot, tip in the pancetta or streaky bacon. Fry over a medium heat until the fat in the meat has melted down into the pan and the meat has turned lightly golden.
4. Add garlic to the pancetta and fry over high heat for 1 min or until garlic is cooked.
5. Meanwhile, drain spaghetti. Tip back into the hot saucepan off the heat. Pour egg mixture over pasta, followed by hot pancetta, garlic, any fat and oils.
6. Toss quickly and thoroughly with spaghetti spoon or tongs. Mix until it has thickened to a smooth, creamy sauce.
7. Serve with extra cheese and freshly ground pepper.

Macaroni Cheese

Ingredients:

- 200g macaroni
- 150g Grated cheddar cheese
- 1 tomato
- 50g soft margarine
- 50g plain flour
- 500ml semi-skimmed milk
- Black pepper



Home learning:

Please grate cheese at home.

Please bring an ovenproof dish

Method:

1. Bring a saucepan of water to the boil, and then add the macaroni. Cook for about 10-12 minutes, until al dente.
2. While the pasta is cooking, make the sauce. – Place the butter or margarine, flour and milk into a small saucepan. – Bring the sauce to a simmer, whisking it all the time until it has thickened. – Reduce the heat and allow to simmer for 2 minutes. – Stir in 75g of the grated cheese.
3. Preheat the grill.
4. Drain the boiling hot water away from the macaroni into a colander in the sink.
5. Stir the drained macaroni into the cheese sauce and add a few twists of black pepper.
6. Pour the macaroni into an oven-proof dish or foil tray.
7. Arrange the tomato slices over the macaroni.
8. Sprinkle over the remaining cheese.
9. Place under a hot grill until the cheese is bubbling and golden brown.

Lasagne:

Ingredients:

Pasta:

- 6-8 dried lasagne sheets
Optional, make fresh pasta sheets
- 100g Strong white flour
- 1 Egg

Meat Sauce:

- 500g Minced beef,
- 1 onion,
- 1 clove of garlic,
- 1 can chopped tomatoes,
- 1 medium courgette,
- 1 pepper,
- 75g Mushrooms,
- 1 teaspoon of mixed herbs.

Cheese sauce:

- 500ml/ 1 pint milk,
- 50g flour,
- 50g margarine,
- 110g cheese
- seasoning

Method:

1. Sauté onion, pepper, mushrooms and carrots, cook for 2 minutes.
2. Fry mince until brown.
3. Stir in tomatoes and seasonings.
4. Leave to cook on a medium heat for 10 minutes.
5. Make the cheese sauce using the all in one method. Put the milk, flour, margarine in a saucepan.
6. Bring to the boil, whisking all the time until boiled and thickened.
7. Remove from the heat; add most of the cheese, saving a little for the top.
8. Put half the meat sauce into a shallow oven proof dish, cover with lasagne add the rest of the meat and cover with lasagne.
9. Finish with a layer of cheese sauce. Sprinkle with cheese on the top.

Home Learning:

Grate cheese, chop slice and dice vegetables at home.



Please bring an ovenproof dish

To make fresh pasta sheets...

1. Sift flour and salt into a large mixing bowl. Beat eggs together in a jug.
2. Mix together with a table knife, then bring together with your hands to form a firm, but pliable dough. It should be firm, but not sticky. If it seems too moist add a little extra flour.
3. Turn dough onto a lightly floured board and knead firmly for at least 5 minutes. Wrap in cling film and leave to rest at room temperature for 15 minutes, if time allows.
4. Divide into 4 tear shapes, and feed through a pasta machine, from the thickest setting, to the thinnest.

Bolognese

Ingredients:

- 1 onion
- 1 carrot,
- 1 celery stick,
- 1 clove garlic
- 1x15ml spoon oil
- 1 x 400g canned chopped tomatoes
- handful of fresh basil
- black pepper
- 250g minced beef,
- 100ml water,
- 1 x tbsp tomato puree.

Please bring in a suitable container to take your dish home.



Home learning:

Dice onion, carrot and celery, crush garlic.

Method:

1. Peel and chop the onion, carrot and celery,
2. Peel and crush the garlic.
3. Fry the onion, carrot, celery and garlic in the oil for 5 minutes, until soft.
4. Add the meat until the meat is lightly browned.
5. Add the tomatoes, tomato puree, mixed herbs and water and mix all ingredients together.
6. Tear in the basil leaves.
7. Add a few twists of black pepper, then allow to simmer gently for 30 minutes (longer if possible).

Chilli Con Carne

Ingredients:

- 1 large onion
- 1 garlic clove
- 2 tbsp oil
- 500g minced beef
- 30g packet chilli seasoning mix
- 500ml beef stock (from a stock cube)
- 1 tbsp tomato purée
- 400g tin chopped tomatoes
- 400g tin kidney beans, drained and rinsed

Please bring in a suitable container to take your dish home.



Home learning:

Dice onion, crush garlic.

Method:

1. Peel and chop the onion then peel and finely grate the garlic.
2. Heat the oil in a pan over a medium-high heat, add the onions and garlic and fry for 5 minutes until soft.
3. Add the beef to the pan and fry for 5 minutes until browned.
4. Add the chilli seasoning mix and a little of the stock, fry for 1 minute then add the tomato purée and fry for a further minute.
5. Add the chopped tomatoes and rest of the stock and stir. Simmer gently uncovered for 15 minutes, stirring occasionally.
6. Add the kidney beans to the chilli and cook for a further 2 minutes, until heated through.

Lentil & Bean Chili

Ingredients

- 150g dry red lentils, thoroughly rinsed in cold water + drained
- 425g tin kidney beans, slightly drained
- 425g tin black beans, slightly drained
- 425 g tin sweetcorn, drained
- 425 g tin chopped tomatoes
- 3 tbsp (50 g) tomato puree
- 1 white onion, diced
- 1 red pepper, diced
- 1 jalapeño, diced with seeds
- 4 cloves garlic
- 2 tbsp (30 ml) oil
- 1/2 tsp each salt and black pepper
- 1 tbsp dark brown sugar
- 3 tbsp chili powder
- 2 tbsp ground cumin
- 1 tsp smoked paprika
- 420 ml water

High in Vitamin B2



Method

1. Heat a large pan over medium heat. Once hot, add oil, onion, and red pepper. Season with a healthy pinch each salt and pepper and stir. Sauté for 3-4 minutes.
2. Finely chop/crush jalapeño and garlic. Add to the pot with onion and red pepper
3. Add chili powder, cumin, paprika, diced tomatoes, tomato paste, and water, and stir to combine. Bring to a low boil over medium high heat.
4. Once boiling, add lentils and reduce heat to medium-low or low, so it's at a gentle simmer. You want to see bubbles, but you don't want it boiling. Cook for 15 minutes, or until lentils are mostly tender. As it's cooking you may need to add more water if the mixture is looking too dry and the lentils aren't submerged (I didn't find that necessary).
5. Next add kidney beans, black beans and stir to combine.
6. Bring to a simmer over medium heat, then reduce heat slightly to low (or medium-low), add sweetcorn cover, and gently simmer for 20 minutes. Stir occasionally.
7. Taste and adjust seasonings as needed.

Shepherds Pie

Ingredients:

- 500g lamb mince
- 1 onion, chopped
- 4 carrots, chopped
- 2 garlic (cloves), crushed
- 500ml stock
- 200g chopped tomatoes
- 1 tbsp Worcestershire sauce
- 1 tsp mixed herbs
- 100g cheddar cheese, grated

Home Learning:

Mash Potato, grate cheese, chop slice and dice vegetables at home.



Mashed Potato to be pre-made at home

- 800g peeled chopped potatoes
- 85g butter

Please bring an ovenproof dish

Method:

1. Preheat oven to 180'C/Gas mark 4
2. Place the meat in a large frying pan and heat gently, stirring frequently, until the meat begins to brown
3. Add the onions carrots and garlic and continue to cook for 10 minutes - stir in the stock and tomatoes and bring to the boil
4. Add the Worcestershire sauce and herbs cover the pan and simmer gently for 25 mins giving it the occasional stir
5. Meanwhile cook the potatoes in boiling water until tender, then drain and mash, mixing in the butter (don't use too much butter, you want the mash to be quite firm)
6. Turn the meat into an ovenproof dish - add on the mashed potato and smooth over
7. Cook for approximately 30 minutes until the potatoes are golden brown

Cottage Pie

Ingredients:

- 1 tbsp sunflower oil
- 1 large onion, chopped
- 2-3 medium carrots, chopped
- 500g pack beef mince
- 2 tbsp tomato purée
- large splash Worcestershire sauce
- 500ml beef stock
- 3 tbsp milk

Mashed Potato to be pre-made at home

- 800g peeled chopped potatoes
- 85g butter

Home Learning:

Mash potato, chop slice and dice vegetables at home.



Please bring an ovenproof dish

Method:

1. Heat the oil in a medium saucepan, then soften the onion and carrots for a few mins. When soft, turn up the heat, crumble in the beef and brown, tipping off any excess fat.
2. Add the tomato purée and Worcestershire sauce, then fry for a few mins. Pour over the stock, bring to a simmer, then cook for 40 mins.
3. Meanwhile, heat the oven to 180C/ fan 160C/ gas 4, then make the mash. Boil the potatoes in salted water for 10-15 mins until tender. Drain, then mash with the butter and milk.
4. Put the mince into an ovenproof dish, top with the mash and ruffle with a fork. Bake for 20-25 mins until the top is starting to colour and the mince is bubbling through at the edges.

Chicken and Mushroom Filo Pie

Ingredients

- 1 medium leek,
- 1 tbsp olive oil
- 250g button or chestnut mushrooms,
- 25g butter
- 25g plain flour
- 1 chicken stock cube with 300ml hot water (water from school),
- 2 tsp Dijon mustard
- 2 chicken breasts,
- 6 sheets filo pastry
- 30g butter, to melt for the pastry,

Home Learning:

Bring in an ovenproof dish



Method

1. Preheat the oven to 200°C, gas mark 6. Heat the olive oil in a large saucepan, fry the chicken until white and add the mushrooms and leeks, season and fry for 3 minutes over a high heat or until golden. Remove from the pan and set aside.
2. Melt the butter in the pan. Add the flour and stir together to make a paste. Gradually add the stock, a little at a time, until you have a thick, smooth sauce. Stir in the mustard, season with salt and pepper and bubble over a medium heat until thickened. Add the chicken, mushrooms and leek. Spoon into a large 20cmx30cm ovenproof dish.
3. Place all the filo pastry sheets in a pile, then cut into 4 strips across the longest length so you end up with 24 strips the same size. Brush each strip with melted butter, scrunch each one into a loose ball, then place them on top of the filling to cover it.
4. Place in the centre of the oven and bake for 20-25 minutes or until the sauce is bubbling hot and the filo is crisp and golden. Serve with steamed greens.



Moussaka

Ingredients:

- 1 large aubergine, cut into chunks
- 7 tablespoons olive oil
- Salt and pepper
- 2 onions, chopped
- 2 cloves garlic, crushed
- 500g minced beef or lamb
- 1 can whole plum tomatoes, drained
- 2 teaspoons tomato puree
- chopped fresh flat-leaf parsley
- 2 teaspoons dried oregano
- 1 teaspoon ground cinnamon
- 250g ricotta cheese, room temperature
- 125g feta cheese, room temperature
- 1 large egg, room temperature



Home Learning:

Dice onion at home.

Please bring in an ovenproof dish.

Method:

1. Preheat oven to 450 degrees. Grease a large ovenproof dish.
2. On a baking sheet, toss aubergine with 6 tablespoons oil and 1/2 teaspoon each salt and pepper. Spread in a single layer, and roast in the oven until soft and golden, 20 to 30 minutes. Transfer aubergine to prepared dish, spreading in an even layer.
3. In a large saucepan, warm remaining tablespoon oil over medium heat. Add onions, garlic, and ground meat; cook, stirring to prevent sticking, until meat is browned, 5 to 7 minutes.
4. Stir in drained tomatoes, tomato paste, parsley, oregano, cinnamon, and 1/4 teaspoon each salt and pepper. Simmer, crushing tomatoes with the edge of a spoon, 15 minutes. Spread the mixture evenly over the aubergine.
5. In a small bowl, mix ricotta, feta, egg, teaspoon pepper, and a pinch of salt. Pour mixture over the casserole, and spread evenly to the edges. Grill until topping is browned in spots, 5 to 10 minutes. Serve hot.

Mushroom Risotto

Ingredients:

- 1tspn Vegetable oil
- 1 Bunch spring onions, trimmed and chopped
- 300g Risotto rice
- 1 Garlic clove, crushed
- 200g Mushrooms, sliced
- 900ml Hot vegetable stock
- 75g Frozen peas, thawed
- Ground black pepper



Please bring in a suitable container to take your dish home.

Method:

1. Heat the vegetable oil in a large frying pan or saucepan and cook the spring onions over a medium-high heat for a few seconds.
2. Add the rice and cook over a low heat for about 1 min, stirring all the time until the rice looks glossy but not brown.
3. Add the garlic and mushrooms, then pour in about half the hot stock and stir well.
4. Cook over a medium heat for 20-25 mins, stirring often and gradually adding the remaining stock a little at a time until the rice has absorbed all the liquid.
5. Check that the rice is tender. It should have a nice creamy texture. If it needs cooking for a bit longer, add a little more hot water. Add the peas, stirring gently to mix them in. Check the seasoning, adding some pepper if needed.

Fish Pie

Serves 4

Ingredients:

- 450g potatoes, thinly sliced,
- 1 tbsp olive oil,
- 200g broccoli,
- 50g plain flour,
- 600ml semi skimmed milk,
- 250g skinless cod fillet,
- 250g skinless salmon fillet,
- 3 tbsp chopped fresh parsley,



Please bring an
ovenproof dish

Method:

1. Preheat the oven to 190C or Gas mark 5. Cook the potato slices in boiling salted water for 3 minutes. Drain, return to the pan and drizzle over 1 tsp oil to stop the slices sticking.
2. Cover the broccoli in boiling water for 30 seconds, drain into a sieve and run under the cold tap.
3. Put the flour in a saucepan with the milk and 1 tbsp oil. Bring to the boil over a low heat, stirring vigorously with a wooden spoon, then cook for a minute or two. Take off the heat, stir in the broccoli, fish, parsley and lemon zest and season with salt and pepper.
4. Tip the mixture into a dish, cover with potato slices and season with pepper. Bake for 30 minutes until golden.

Ratatouille

Ingredients:

- 1 onion
- 1 clove garlic
- 1 small aubergine
- 1 pepper
- 1 courgette
- 2 tins chopped tomatoes (800g)
- 1 x10ml spoon oil
- 1 handful fresh basil



Method:

1. Prepare the vegetables: peel and chop the onion, peel and crush the garlic, dice the aubergine, de-seed and chop the pepper, slice the courgette.
2. Fry the onion and garlic in the oil for 5 minutes.
3. Add the aubergine and fry for a further 5 minutes.
4. Add the pepper, courgette and tomatoes.
5. Stir-in the torn basil leaves.
6. Bring to the boil and then simmer gently, with the lid on the saucepan, for 20-30 minutes. Serve.

Spinach, Potato and Chickpea Curry

Ingredients:

- 1 onion
- 1 clove garlic
- 1 x 5ml spoon oil
- 2 x 15ml spoons curry paste
- 300ml water
- 1 large potato
- 400g can chopped tomatoes
- 410g chickpeas, canned (drained)
- 3 handfuls of fresh spinach



Method:

1. Prepare the vegetables; slice the onion, peel and crush the garlic, peel and cube the potatoes. Fry the onion and garlic for 2 minutes in the oil.
- 3 Stir in the curry paste, potatoes and water.
4. Add the tomatoes and chickpeas, then allow to simmer for 20 minutes, until the potato is tender.
5. Stir in the fresh spinach, and allow to cook for a further 2 minutes. Serve.

Curry Pastes

Korma:

- 2 cloves garlic
- 5 cm piece of ginger
- ½ teaspoon cayenne pepper
- 1 teaspoon garam masala
- 2 tablespoons groundnut oil
- 1 tablespoon tomato puree
- 2 fresh green chillies
- 3 tablespoons desiccated coconut
- 2 tablespoons ground almonds
- ½ a bunch fresh coriander , (15g)
- 2 teaspoons cumin seeds , for toasting
- 1 teaspoon coriander seeds , for toasting

Jalfrezi:

- 2 cloves garlic
- 5 cm piece of fresh root ginger
- 1 teaspoon turmeric
- 2 tablespoons groundnut oil
- 2 tablespoons tomato puree
- 1 fresh green chilli
- ½ a bunch fresh coriander , (15g)
- 2 teaspoons cumin seeds , for toasting
- 1 teaspoon brown mustard seeds , for toasting
- 1 teaspoon fenugreek seeds , for toasting
- 1 teaspoon coriander seeds , for toasting

Tikka Masala:

- 2 cloves garlic
- 5 cm piece of fresh root ginger
- 1 teaspoon cayenne pepper
- 1 tablespoon smoked paprika
- 2 teaspoons garam masala
- 2 tablespoons groundnut oil
- 2 tablespoons tomato puree
- 2 fresh red chillies
- ½ a bunch fresh coriander , (15g)
- 1 tablespoon desiccated coconut
- 2 tablespoons ground almonds
- 1 teaspoon cumin seeds , for toasting

Green Thai:

- 4-6 medium green [chillies](#), de-seeded and roughly chopped
- 2 [shallots](#), roughly chopped
- 5cm/2in piece of fresh [ginger](#), peeled and grated
- 2 [garlic](#) cloves, crushed
- small bunch of [fresh coriander](#), stalks and roots attached if possible
- 2 [lemongrass](#) stalks, chopped (if unavailable, use 2 tbsp dried)
- 1 [lime](#), grated zest and juice
- 8 kaffir [lime](#) leaves, torn into pieces (if unavailable, use the grated zest of 1 extra [lime](#))
- 2.5cm/1in piece [galangal](#), peeled and chopped (if available)
- 1 tbsp [coriander seeds](#), crushed
- 1 tsp ground [cumin](#)
- 1 tsp [black peppercorns](#), crushed
- 2 tsp Thai [fish sauce](#) or light soy sauce
- 3 tbsp [olive oil](#)



Vegetable Biryani

Ingredients:

- 2 tbsp sunflower oil
- 1 large onion, chopped
- 4 chicken breasts
- 1 lemon, juice only
- 2 tsp garam masala
- 1 tsp chilli powder
- 2g (1 tsp) salt
- 300g (10oz) basmati rice
- 1 garlic clove, crushed
- 2.5cm piece fresh ginger, grated
- 850ml (1 1/2pints) hot chicken stock
- 3 tbsp chopped fresh coriander



Method

1. Heat the oil in a large saucepan over a low heat. Add the onion, cover and cook for 10 minutes until softened.
2. Cut the chicken into bite-size pieces, tip into a bowl, and add the lemon juice, garam masala, chilli powder and salt. Stir well to coat.
3. Rinse the rice several times in cold water, until the water runs clear. Add the garlic and ginger to the onion and cook for 2 minutes, then add the chicken pieces and cook for a further 2 minutes, stirring constantly.
4. Add the rice and hot stock to the pan, stir well then bring to the boil. Cover with a tight-fitting lid, reduce the heat slightly and cook for 5 minutes. Turn off the heat and leave the pan for 10 minutes to allow the rice to finish cooking in the steam. Do not remove the lid. Stir through the coriander and serve.

Chicken Katsu Curry

Ingredients

- 4 skinless chicken breast
- 1 large Egg, beaten
- 8 tbsp Finely crushed cornflakes
- 2 Garlic cloves, crushed
- 1-2 tbsp Korma paste
- 1 tbsp Soy sauce
- 4 tbsp Ketchup
- 2 tbsp Honey
- 2 tbsp Cornflour



Method

1. Heat oven to 200C/180C fan/gas 6. Dip the chicken in the egg, then coat in the cornflakes or crumbs. Space the chicken out on a non-stick baking tray and cook for 15-20 mins or until cooked through.
2. Put the remaining ingredients in a pan. Pour in 500ml water and heat, stirring, until boiling and thickened. Cover and leave to simmer for 5 mins.
3. Spoon sauce onto 4 plates, slice the chicken breasts and place on top. Serve with rice.

Thai Green Chicken Curry

Ingredients:

- 1 x 10ml spoon oil
- 3 spring onions
- 1 clove of garlic
- 80g sugar snap peas
- 1 small chicken breast
- 2 x 15ml Thai green curry paste
- 200ml coconut milk (reduced fat)
- 1/2 lime
- Small bunch of coriander



Please bring in a suitable container to take your dish home.

Method:

1. Prepare the vegetables:
 - slice the spring onions;
 - cut the sugar snap peas in half;
 - crush the garlic.
2. On a separate clean chopping board using a separate clean knife, cut the chicken into small chunks.
3. Fry the spring onions, garlic and chicken in the oil for 3-4 minutes.
4. When the chicken has turned 'white', stir in the green curry paste, followed by the sugar snap peas.
5. Pour in the coconut milk and simmer for 15 minutes.
6. Squeeze the lime and pour over the curry.
7. Tear the coriander and add to the curry.

Chicken Tikka Masala

Ingredients:

- 2tbs oil
- 1 medium onion
- 2tbs Tikka Masala Paste
- 200ml water
- 1tsp garlic & ginger chopped (optional)
- 250g diced chicken breast
- 200g canned chopped tomatoes
- 100ml double cream



Optional at home:

You can marinade the chicken first with half yoghurt, half the spice paste, and then either grill it separately or add it uncooked into the sauce and allow to cook through.

Method:

1. Heat oil in a med saucepan.
2. Add onion; cook until soft.
3. Add Tikka Masala Paste, 100ml of water, ginger and garlic. Stir occasionally, until reduced and thickened.
4. Add chicken, fry until sealed.
5. Add 100ml water, tomatoes, bring to the boil, simmer un-covered for 10 minutes.
6. Add double cream.
7. Simmer un-covered for 5 minutes.

Chicken Korma

Ingredients:

- 2tbs oil
- 1 medium onion
- 2tbs Korma Paste
- 200ml water
- 1tsp garlic & ginger chopped (optional)
- 250g diced chicken breast
- 100ml double cream

Method:

1. Heat oil in a med saucepan.
2. Add onion cook until soft.
3. Add Korma Paste, 100ml of water, ginger and garlic. Stir occasionally, until reduced and thickened.
4. Add chicken and fry until sealed.
5. Add 100ml water, bring to the boil, cover, cook for 5 minutes.
6. Add double cream Simmer for 4 minutes.



Sweet and sour chicken

Ingredients:

- 425g can pineapple chunks,
- 2 tbsp. tomato ketchup
- 2 tbsp. corn flour,
- 2 tbsp. malt vinegar,
- 1 onion,
- 1 red chili,
- 1 pepper,
- 2 carrots,
- 150g diced chicken,
- 1 tin tomatoes.

Method:

1. Make sweet and sauce by whisking together the pineapple juice, tomato ketchup, malt vinegar and cornflour. There should be 300ml – add water or stock if you are short.
2. Heat the oil in a frying pan or wok over a high heat. Add the onion, chilli, peppers, carrots and chicken and stir fry for 3-5 mins until the vegetables are starting to soften and the chicken is almost cooked.
3. Add the pineapple and sauce. Bubble for 2 mins, add tinned tomatoes and cook for 2 mins until the sauce thickens, the chicken is cooked and the vegetables are tender.

Bread based Pizza

Ingredients

Base:

- 300g strong white flour
- ½ tsp salt
- ½ tsp sugar
- 1tbs margarine
- 1 sachet quick acting yeast
- 200ml warm water,

Topping:

- 3 tablespoons tomato puree/ketchup/passata
- 100g grated cheese
- 1 tsp mixed herbs
- 75g chopped ham,
- 1 red or yellow pepper.



Home learning:

Grate cheese and prepare any toppings.

Method

1. Set oven to Gas mark 8 or electric 220C
2. Place flour, salt, sugar and margarine in a bowl.
3. Use hands to rub in the margarine
4. Add sachet of yeast
5. Stir in warm water gradually to form a dough
6. Knead on a floured work surface for 10 minutes
7. Grease baking tray, roll out dough to 1cm thick and place on a tray
8. Spread base with tomato layer
9. Sprinkle cheese over the top and add all other toppings
10. Leave to rise for 10 minutes in a warm place
11. Cook in main oven for 15-20 minutes.

Cornish Pasties

Ingredients:

- 125g butter,
- 125g lard,
- 500g plain flour,
- 1 egg,
- 350g beef skirt or chuck steak finely diced,
- 1 large onion, finely chopped,
- 2 medium potatoes. Peeled, thinly sliced,
- 175g swede, peeled, finely diced,

Method:

1. Rub the butter and lard into the flour with a pinch of salt using your fingertips or a food processor, then blend in 6 tbsp cold water to make a firm dough.
2. Cut equally into 4, then chill for 20 mins.
3. Heat oven to 220C/fan 200C/gas 7.
4. Mix together the filling ingredients with 1 tsp salt.
5. Roll out each piece of dough on a lightly floured surface until large enough to make a round about 23cm across – use a plate to trim it to shape. Firmly pack a quarter of the filling along the centre of each round, leaving a margin at each end.
6. Brush the pastry all the way round the edge with beaten egg, carefully draw up both sides so that they meet at the top, then pinch them together to seal. Lift onto a non-stick baking tray and brush with the remaining egg to glaze.
7. Bake for 10 mins, then lower oven to 180C/fan 160C/gas 4 and cook for 45 mins more until golden. Great served warm.



Cheese and Onion Pasties:

Ingredients:

Shortcrust Pastry:

- 200g plain flour,
- 50g white fat,
- 50g block marg.
- 50g grated cheese
- 8 tbsp cold water

Cheese and Onion filling:

- 100g grated cheese
- ½ chopped onion
- 50g tinned sweetcorn
- ½ tsp dried mixed herbs

Method:

1. Heat oven Gas 5/180°C
2. Make pastry using the food processor. Rub fat into flour to give breadcrumbs, add water to give a soft dough,
3. Place pastry into a food bag and then into fridge,
4. Mix together filling ingredients in a bowl.
5. Roll out pastry onto a floured surface and use a small plate to cut out rounds
6. Place a spoonful of mixture in the centre of each round, brush edges with water.
7. Draw edges up so they meet over the top in a pasty style and press well together.
8. Brush well with milk and place onto baking tray.
9. Bake for 15-20 minutes until pastry is golden and crisp.



Roasted Veg Quiche

Ingredients:

Shortcrust pastry:

- 200g plain flour,
- 50g butter,
- 50g white fat e.g. lard, trex
- 1 red onion, quartered
- 1 red pepper, de-seeded and chopped
- 1 yellow pepper, de-seeded and chopped
- courgette, sliced thickly
- 1 tablespoon olive oil
- 2 large eggs
- 130ml cream
- 125g gruyere or mature cheddar cheese, grated



Please bring in a 25cm cake/flan tin.

(loose bottom base if possible)

Method:

1. Preheat oven 200°C/400°F/Gas6.
2. Place all the vegetables on a baking tray and drizzle with olive oil.
3. Roast in the oven for about 25-30 minutes until slightly charred.
4. Whilst in the oven, rub the butter and white fat into the flour until it makes breadcrumbs,
5. Add 4 tbsp of water (you may need slightly more) to bring together as a dough,
6. When ready set aside and cool slightly, separate the onion layers.
7. Meanwhile rollout the pastry and line a deep 10 inch/25 cm flan tin.
8. Line with baking paper and baking beans and blind bake for 10 minutes.
9. Remove paper and beans and return to bake for another 5 minutes.
- 10.Reduce the oven temperature to 180°C/350°F/Gas4.
- 11.In a bowl whisk the eggs with the milk, stir in the cheese and season with salt and pepper to taste (you can also mix in a few of your favourite herbs).
- 12.Spread the vegetables over the bottom of the pastry case and pour in the egg mixture.
- 13.Bake for approx 30-35 minutes.
- 14.Can be served hot or cold

Please choose either Quiche or
Egg Custard Tart

Quiche Lorraine

Ingredients:

- 200g plain flour
- 50g hard margarine or butter
- 50g lard or white fat e.g. trex
- Pinch of salt
- Cold water to mix

Ingredients:

- 150g cooked bacon
- 3 eggs
- 250ml milk
- 50g grated cheese
- Salt and pepper

The shortcrust pastry

Method:

1. Preheat the oven 200c/400f/Gas 6
2. Rub the fat into the flour and salt until the mixture resembles breadcrumbs.
3. Using a table knife mix in some water a little at a time until the mixture comes together to form a dough.
4. Place the dough on a floured surface and roll out to the required thickness and shape.
5. Place into the tin/dish and blind bake for approximately 10 minutes.

The Quiche filling

Method:

1. Preheat the oven 200c/400f/Gas 6
2. Break the bacon into small pieces into the pastry case.
3. Beat the eggs, milk together, and pour over the bacon.
4. Sprinkle cheese salt and pepper over the top.
5. Bake for 25-30 minutes until golden and firm to touch.

Egg Custard Tart

The shortcrust pastry

Ingredients:

- 200g plain flour
- 50g hard margarine or butter
- 50g lard or white fat
- 50g caster sugar
- Cold water to mix

The Egg custard filling

Ingredients:

- 2 eggs
- 250ml milk
- 30g caster sugar
- 1 drop vanilla essence
- A sprinkle of nutmeg

The shortcrust pastry

Method:

1. Preheat the oven 200c/400f/Gas 6
2. Rub the fat into the flour and salt until the mixture resembles breadcrumbs.
3. Using a table knife mix in some water a little at a time until the mixture comes together to form a dough.
4. Place the dough on a floured surface and roll out to the required thickness and shape.
5. Place into the tin/dish and blind bake for approximately 10 minutes.

The egg custard filling

Method:

1. Preheat oven 180c/350f/Gas 4
2. Heat the milk in a saucepan until warm.
3. Add the milk to the beaten eggs and sugar, stir in the vanilla essence.
4. Pour into your pastry case and sprinkle with nutmeg.
5. Bake in the oven for 30-40 minutes, until set.

Chocolate Pastry Tart

Ingredients:

For the pastry:

- 250g [plain flour](#), plus extra for dusting
- pinch [salt](#)
- 125g cold [butter](#)
- 3 [egg yolks](#)
- 125g [caster sugar](#)



For the filling:

- 400ml [double cream](#)
- few drops [vanilla extract](#)
- 100g [caster sugar](#)
- 400g [dark chocolate](#)
- 50g [butter](#)

Method:

Pastry:

1. Rub in the flour, salt and butter until the mixture resembles breadcrumbs.
2. Add the egg yolks, sugar and a splash of water if needed to form a dough.
3. Flatten, wrap in cling film, label and put in the freezer to chill for 10 minutes.
4. Roll the dough out on a lightly floured surface and line tart tin.
5. Prick the pastry base with a fork.
6. Add a piece of greaseproof paper on top and weigh it down with rice.
7. **For 1 Tart:** Bake Blind for **15 minutes**, then remove the paper and rice and return to the oven for **5 minutes**, or until lightly browned.
8. **For Mini Tarts:** Bake Blind for **10 minutes**, then remove the paper and rice and return to the oven for **5 minutes**, or until lightly browned.
9. For the filling, bring the cream, vanilla extract and sugar slowly to the boil in a pan.
10. Break the chocolate and butter into pieces and place into a large bowl. Pour over the cream mixture and whisk slowly until the chocolate has melted and the mixture is smooth.
11. Pour the chocolate mixture into the tart case and leave to cool. Place in the fridge to set.

Sweet Bread and Butter Pudding

Ingredients:

- 6-8 slices of bread
- 25g butter or spread (plus a little extra for greasing)
- 50g dried fruit
- 25g sugar
- 350ml milk
- 2 eggs

Method:

1. Lightly grease an ovenproof dish.
2. Spread the bread with butter and cut each slice into 4 triangles.
3. Place a layer of the bread in the dish, sprinkle with fruit and sugar, repeat this and end with a layer of bread.
4. Beat the eggs and the milk together.
5. Pour over the bread through a sieve. Leave for 10 minutes to stand, if time.
6. Bake at 180/gas mark 4 for 30-40 minutes until set and golden brown.



Please bring a 1 litre/2 pint ovenproof dish.

Savoury Bread and Butter Pudding

Ingredients:

- 1tbsp vegetable oil
- 1/2 onion, finely chopped
- 2 rashers bacon, diced and cooked
- 1 red pepper, deseeded and diced
- 50g butter
- 6 slices bread
- 3 eggs
- 400ml milk
- 25g grated cheese

Method:

1. Preheat oven to gas 5, 190°C, fan 170°C.
2. Heat oil in a pan and fry the onion until soft. Add bacon and pepper and fry over a high heat until the bacon is browned.
3. Butter an ovenproof dish. Thickly butter one side of the bread slices, cut into triangles and arrange in the dish.
4. Spoon over the onion and bacon.
5. Beat the eggs and milk together, pour over the top.
6. Top with cheese and bake for 20 minutes until golden.



Please bring a 1 litre/2 pint ovenproof dish.

Smoked Mackerel Pate

Ingredients

- 2 smoked mackerel fillets
- 300g full-fat soft cheese
- Juice of ½ a lemon
- Pinch of Black pepper



High in Vitamin A

Method

1. Remove the skin and any bones from the fish
2. Place in a food processor with the cheese and blend until smooth.
3. Add the lemon juice and a little black pepper to taste and blend again.

Orange & Watercress Salad

Ingredients

- 2 oranges
- Watercress
- 1 tbsp olive oil
- Pinch of sugar
- Pinch of salt
- Pinch of pepper



High in Vitamin C & K

Method

1. Finely grate the zest of one of the oranges, avoiding any pith, then peel them with a sharp knife, removing all the pith.
2. Run a sharp blade either side of the thin membranes, releasing whole segments one at a time. Let them drop into a bowl along with any juice that drips while you are performing this operation.
3. Make a dressing by mixing the olive oil with 1 tbsp saved juice, the finely grated zest, a pinch of sugar and a little salt and pepper.
4. Toss the leaves with this dressing just before serving and scatter the segments of orange among the leaves

Salmon Wrapped in Pancetta

Ingredients

- 200g small new potato
- 3 sprigs tarragon, leaves chopped
- zest 1 lemon
- knob of butter
- 2 x 170g skinless salmon fillet
- 4 slices pancetta or prosciutto

High in Vitamin D



Method

1. Heat oven to 200C/fan 180C/gas 6. Boil the potatoes for 5 mins. Drain and tip into a bowl - they will be slightly underdone. Toss with the tarragon, lemon zest, butter and seasoning to taste. Pile in the centre of a foil-lined baking tray.
2. Season salmon with black pepper and wrap the pancetta or prosciutto around the fillets. Place on top of the potatoes and roast for 15-20 mins, or until the fish flakes easily and the pancetta or prosciutto is golden. Serve with steamed green beans.

Chicken Wrapped in Parma Ham

Ingredients

- 4 Skinless Chicken Breasts
- 4 Slices Parma Ham
- Ball of Mozzarella
- Jar Green Pesto
- Salt and Pepper

High in Vitamin D



Method

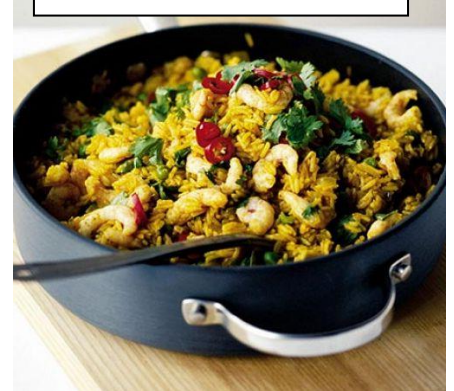
1. Preheat oven to 200C
2. Make an incision lengthways across the chicken, making an envelope. Do not cut all the way through.
3. In the incision, spread the chicken with a layer of the pesto.
4. Slice the cheese and place into the incisions on top of the pesto
5. Wrap the chicken with slices of parma ham, ensuring the whole chicken breast is covered. Season the chicken breasts
6. Bake for around 30 minutes, ensuring the chicken is cooked through. Excellent served with cubed potatoes with rosemary and green beans.

Prawn Pilaf Rice & Rocket salad

Ingredients

- 2 tbsp curry paste
- 1 small onion, finely chopped
- 300g basmati rice, rinsed and drained
- 700ml chicken stock made from a cube
- 150g pack cooked peeled prawns
- cupful frozen peas
- 1 red chilli, sliced into rings
- handful coriander leaves, chopped (optional)

High in Vitamin E



Method

1. Heat a large wide pan and dry-fry the curry paste with the onions for 4-5 mins until the onion begins to soften. Add the rice to the pan and stir to coat in the curry paste. Add the stock, then bring to the boil.
2. Cover the pan and turn the heat down to low. Leave the rice to simmer slowly for 12-15 mins until all the liquid has been absorbed and the rice is cooked.
3. Turn off the heat and stir in the prawns, peas and chilli.
4. Cover the pan and leave to stand for 5 mins.
5. Fluff up the rice grains with a fork and season if you want. Scatter over the coriander and serve.

Rocket salad

Ingredients

- 300g rocket
- 2 tbsp extra virgin olive oil
- juice of 1 lemon
- sea salt and freshly ground black pepper



Method

1. Toss together all the ingredients in a very large salad bowl. Serve at once.

Spinach & Tomato Pasta

Ingredients

- 200g dried pasta
- 2 teaspoons olive oil
- 1/4 teaspoon crushed chilli
- 1 large garlic clove, thinly sliced
- 250g plum tomatoes, halved
- 250g baby spinach
- 400ml vegetable stock
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 10 olives, pitted and coarsely chopped
- 1/4 cup torn basil leaves
- 25g Parmesan cheese

High in Vitamin K



Method

1. Bring a large saucepan of water to a boil. Add pasta; cook 8 minutes or until al dente. Drain in a colander.
2. Heat a large frying pan over medium heat. Add oil to pan; swirl to coat.
3. Add chilli and garlic; sauté 30 seconds.
4. Add tomatoes, stock, salt, black pepper, and olives; cook 6 minutes or until tomatoes begin to break down, stirring occasionally.
5. Add pasta simmer 2 minutes. Stir in spinach and basil; cook 2 minutes or until greens wilt.
6. Top with Parmesan cheese.

Pork Stroganoff

High in Vitamin **B1**

Ingredients

- 400g pork
- 2 tbsp sunflower oil
- 25g butter
- 1 onion, finely sliced
- 2 tsp paprika
- 225g button chestnut mushrooms, halved
- 140ml carton soured cream
- 1 tbsp lemon juice
- salt and freshly ground black pepper
- **To serve**
- 1 tbsp chopped fresh parsley



Method

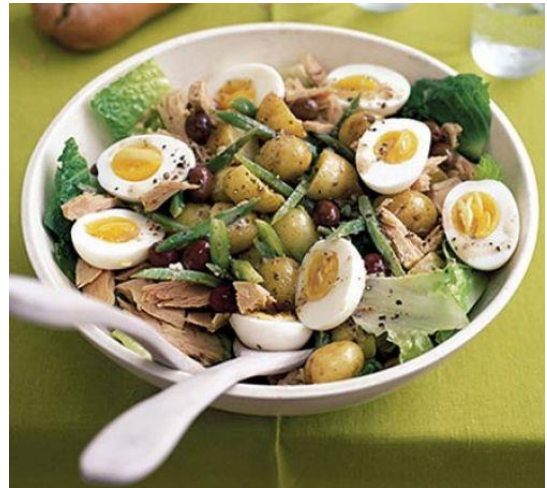
1. Remove any membrane from the pork fillet and discard. Cut into thin strips about 1x6cm/½x2½in. Season the meat with salt and pepper.
2. Heat oil in a large frying pan until hot, then add the meat. Stir fry really briskly until brown, if cooked really fast there should be no juices, but take care not to overcook.
3. Put the butter in the pan, add the onions and cook over a low heat until the onions are really tender. Sprinkle in the paprika and stir in the mushrooms. Turn up the heat and toss for a minute.
4. Add the cream to the pan and heat through. Add the lemon juice and season with salt and pepper.
5. Garnish with the parsley.

Tuna Nicoise Salad

High in Vitamin **B3**

Ingredients

- 500g baby new potato
- 250g green beans
- 200g tin tuna in oil
- 5 tbsp bottled mustard vinaigrette
- 1 heaped tbsp mayonnaise
- 4 eggs
- 1 crisp lettuce
- a handful of black olives



Method

1. Cut any large potatoes in half so they're all a similar size and put them in a pan of water and bring to the boil, sprinkle with salt, simmer for 15 minutes. Drain and set aside.
2. Put the beans in a pan of water and bring to the boil, simmer for 5 minutes.
3. Put the eggs in a pan of water and bring to the boil, simmer for 5 minutes.
4. Drain the oil from the tuna into a bowl and whisk in the vinaigrette and mayo with salt and pepper to taste to make a creamy dressing.
5. Drain the beans, then lift out the eggs and plunge them into cold water.
6. Tip the potatoes and beans into the dressing and stir to coat.
7. Shell and halve the eggs. Coarsely shred the lettuce into a large salad bowl, then tip the potatoes and beans on top, keeping back a couple of spoonfuls of dressing.
8. Flake the tuna over the top, dot with the eggs and olives and drizzle over the reserved dressing.

Homemade Houmous

Ingredients

- 400g can chickpea, washed and drained
- juice ½ lemon
- 1 garlic clove
- 2 tbsp olive oil
- 2 tbsp tahini paste

Method

1. Whizz everything together in a blender until smooth – loosen with a little water if you like. If you don't have a blender, mash smooth with a fork or masher. Will keep in fridge for up to 5 days.

High in Vitamin B9



Pitta Bread

Ingredients

- 250g strong white flour, plus extra for dusting
- 1 x 7g sachet instant yeast
- 20g nigella seeds or black onion seeds
- 1 tsp salt
- 160ml water
- 2 tsp olive oil, plus extra for kneading



Method

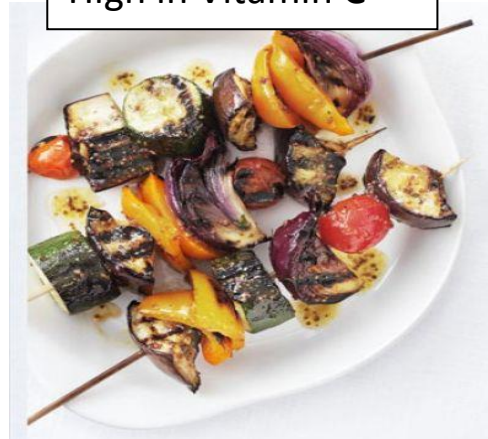
1. In a bowl, mix together the flour, yeast, nigella seeds and salt. Add 120ml of the water and 1½ teaspoons of oil. Using your fingers mix the ingredients together. Gradually add the remaining water and oil until all the flour has come away from the sides and you have a soft dough. (You may not need all the water; the dough should be soft and not sticky.)
2. Pour a little oil onto your work top. Place the dough on top and knead for 5-10 minutes. The dough will be wet in the beginning but will form a smooth dough once kneaded. Once a smooth dough is achieved, place it into a clean, oiled bowl. Cover and leave to prove until doubled in size.
3. Preheat the oven to 250C/475F/Gas 9 and place a clean baking tray on the middle shelf.
4. When the dough has doubled in size, tip it out onto a work surface dusted with flour. Knock the dough back by folding it inwards over and over again until all the air is knocked out. Split the dough into 4-6 equally sized balls. Roll each ball into an oval shape 3-5mm thick.
5. Remove the hot tray from the oven, dust with flour and place the pitta breads on it. You may have to cook them in batches.
6. Bake for 5-10 minutes, or until they just start to colour. Remove them from the oven and cover with a clean cloth until they are cool.

Glazed Vegetable Kebabs

Ingredients

- 1 tbsp clear honey
- 1 tsp grainy mustard
- 2 tbsp oil
- 1 courgette
- , thickly sliced
- 1 small aubergine
- , cut into chunks
- 1 small red onion, cut into wedges
- 8 cherry tomatoes
- 1 orange pepper, cut into chunks

High in Vitamin C



Method

1. Soak 4 wooden skewers in water for 30 mins (this stops them burning.) Heat oven to 200C/180C fan/gas 6. Blend the honey, mustard and oil with seasoning.
2. To assemble, thread veg onto skewers and brush with glaze. Cook for 25-30 mins in the oven or on the barbecue, brushing with any remaining glaze before serving.

Tangy Couscous Salad

Ingredients

- 300g couscous
- vegetable stock
- 2 courgette
- 1 tbsp olive oil
- 100g feta cheese, crumbled
- 20g pack parsley, chopped
- juice 1 lemon



Method

1. Cook the couscous in vegetable stock according to pack instructions. Trim the ends off the courgettes, then cut into slices.
2. Heat a griddle pan or grill. Drizzle the courgette slices with oil, then season. Cook for 2 mins, then turn over and cook 1-2 mins more until softened and golden brown. Tip into a large bowl along with the cooked couscous, then mix through the remaining ingredients. Serve at room temperature.

Teriyaki Salmon Stir-fry

Ingredients

High in Vitamin **B12**

- 1 tbsp sunflower oil
- 240 g boneless salmon fillets
- 3 nests of medium egg noodles
- 300 g mixed pepper stir-fry vegetables
- 300 g frozen petits pois
- 100 g bunch spring onions, washed, trimmed and sliced diagonally
- 2 cloves garlic, thinly sliced
- 175 ml teriyaki stir-fry sauce
- 1 tbsp light soy sauce
- 1 lime cut, into wedges



Method

1. Heat half the oil in a wok, or large frying pan, over a medium heat and fry the salmon, skin-side down, for 3-4 minutes. Turn over and cook for another 3-4 minutes. Transfer to a plate, then flake into large pieces (discarding the skin) and keep warm.
2. Meanwhile, bring a large pan of water to the boil, add the noodles and cook for 3-4 minutes. Drain, reserving 100ml of cooking water.
3. Heat the remaining oil in the frying pan or wok and add the mixed pepper stir fry, cooking for 2-3 minutes, then add the peas, most of the spring onions and the garlic. Stir-fry for 2 minutes more before pouring over the teriyaki sauce and the reserved cooking water.
4. Toss the noodles and salmon into the vegetables, drizzle over the soy sauce and serve garnished with the remaining spring onions and the lime wedges.

Bread Rolls



Ingredients:

- 300g strong white flour
- ½ x 5ml spoon salt
- ½ 5ml spoon sugar • 15g margarine
- 1 sachet quick acting yeast (7g) • 200ml warm water
- Milk for glazing
- A few spoon poppy / sesame seeds, optional

Method:

1. Preheat the oven to 220°C or gas mark 8.
2. Grease or line the baking tray.
3. Sift the flour and salt into the mixing bowl. Rub in the margarine and stir in the yeast.
4. Make a well in the centre of the flour and add warm water. Work into a soft dough with your hand.
5. Turn onto a lightly floured surface and knead for 5 - 10 minutes until smooth.
6. Place the dough in the bowl. Cover with cling film and prove in a warm place until doubled in size.
7. Turn dough onto a lightly floured surface and knead. Divide the dough into 8 equal pieces.
8. Pat and roll each piece into an oval shape and place on the baking tray.
9. Brush bread rolls with a little milk and sprinkle with poppy or sesame seeds, if desired.
10. Bake for 10 minutes, until the rolls sound hollow when tapped on the base and place on the cooling rack.

Flavoured Butter

Ingredients:

Garlic and parsley

100g butter
2 tbsp finely chopped parsley
1 crushed garlic clove

Chilli, coriander & lime

zest 1 lime
½ a 400g can red chilli,
deseeded and finely chopped
2 tbsp chopped coriander

Basil, parmesan & tomato

100g butter
4 tbsp freshly grated Parmesan
8-10 shredded basil leaves
1 tbsp finely chopped sundried
tomato

Horseradish & chive

100g butter
2 tbsp horseradish cream
6 coarsely crushed peppercorn



Method:

1. Take 100g of butter out of the fridge for an hour to soften. Beat the butter with a spoon until it is soft and creamy, then beat in any of the flavourings.
2. Tip the flavoured butter onto a square of baking parchment or cling film, roll it around the butter to form a sausage shape, then twist the ends to seal. The butter is now ready to be stored for up to 3 days in the fridge or up to a month in the freezer.

Flatbread

Ingredients:

- 200g/7oz plain or [wholemeal flour](#)
- ¼ tsp [salt](#)
- 100ml/3½fl oz warm water
- 2 tbsp oil ([olive](#), sunflower or vegetable), plus extra for cooking

Method:

1. Place the flour and salt in a large bowl and trickle on the water bit by bit.
2. Mix the water and flour mixture together. Kids can mix using one finger so that they don't get a whole hand covered in dough. Doughy hands can be cleaned by rubbing a little more flour onto the hands over another bowl or the bin – resist the urge to wash doughy hands as you will block the drain!
3. Add the oil and knead the dough – you are aiming for a soft dough. If it is too sticky, add a little more flour or if it is too dry, add a splash of water.
4. Knead the dough for 5 minutes – kids can do this in the bowl or on a clean surface using one or two hands.
5. You can cook the breads straight away or leave the dough to stand for about 30 minutes. This is a good time to make a quick filling such as a grated salad or dip. Divide the dough into four balls (or six if you have a smaller frying pan).
6. On a clean surface, roll each ball of dough one at a time using a rolling pin. If you pick up and move round the flatbread often you know it hasn't stuck. (You may need to sprinkle a little flour on the surface but only use a little as too much will dry out the dough.) Don't worry if they aren't perfect circles!
7. Heat a large frying pan. Take a sheet of kitchen paper and rub a little oil onto the surface of the pan. Cook each flatbread for about 2 minutes on one side – it should puff up a little. Flip the flatbread over using tongs and then cook for a couple of minutes on the other side. The flatbread should have turned lighter in colour and may have a few spots of brown. Keep the cooked flatbreads warm, wrapped in foil or a clean tea towel, until the others are cooked.
8. If you want crisp flatbreads rub them with a little olive oil, chop into strips or triangles with scissors and then ask an adult to fry them for 5–10 minutes, or until crisp.

Naan Bread:

Serves 4

Ingredients:

- 225g plain flour,
- 1/2 tsp salt,
- 1/2 sachet of easy blend yeast,
- 90ml of warm milk,
- 30ml warm water (from school),
- 1/2 tsp honey,
- 2 tbsp of natural yoghurt,
- 1 tbsp of sunflower oil.

Options:

- Garlic naan - Add 2 cloves crushed garlic into the dough,

Method:

1. Sieve the flour and salt into a large mixing bowl and then add yeast and stir.
2. In a measuring jug mix the water and milk and then place in the microwave for 20 seconds to warm.
3. Add honey and stir then add to the flour along with the yoghurt and oil.
4. Stir with a table knife to bring the mixture together to a soft sticky dough.
5. Turn out onto a floured surface and knead for 5 minutes.
6. After kneading place the dough onto a greased bowl to prove. Cover the bowl with damp tea towel and leave 10 minutes or longer if you have time.
7. When proving is done take out the dough and “knock it back” (which means gently knead again for 1 minute).
8. Divide the dough into 4 pieces and roll out to a teardrop shape about 6mm thick.
9. Place on a lightly dusted baking tray and grill for 3-4 minutes until lightly browned.



Soda Bread

Ingredients:

- 80g Self-raising flour
- 80g Plain flour
- 100ml milk

School will provide the following ingredients

- ½ level tsp Salt
- ½ level tsp Bicarbonate of soda
- ½ tsp cream of tartar or vinegar

You can add extras to this savoury bread to add extra flavour, grated cheese, chopped cherry tomatoes, mixed herbs.



Method:

1. Preheat oven to 200 c / gas 6.
2. Lightly flour a baking tray
3. Put the flours, salt and bicarbonate of soda in a mixing bowl and stir.
4. Add cream of tartar or vinegar to the milk and mix well.
5. Make a dent in the centre of the flour and pour in the milk. Mix quickly to form a soft dough. Add more milk if the dough is not sticky enough.
6. Turn the dough onto a floured surface and knead.
7. Shape into a round shape then flatten slightly before placing onto the baking tray.
8. Cut a cross on the top and bake for about 25-30 minutes or until the loaf sounds hollow when tapped.
9. Cool on a cooling rack.



Rough Puff Pastry:

Ingredients:

- 225g/8oz plain flour
- ½ tsp salt
- 200g/7oz butter, chilled and cubed
- 180ml/6fl oz chilled water

Products that can be made using rough puff pastry:

- *Meuillefeulles,*
- *Pies,*
- *Pasties,*



Method:

1. Sift the flour and salt into a large bowl and add the butter. Mix the butter around with a large metal spoon to coat it in flour. Be careful to keep the butter in lumps.
2. Gradually pour the water it into the flour and butter mixture.
3. Using a round-tipped knife, cut across the contents of the bowl several times, turning the bowl continuously as you chop the butter into the flour, until the dough comes together. The dough is very wet at this point.
4. Tip it onto a lightly floured work surface and quickly shape it into a rectangle about 30cmx20cm/12inx8in. With the pastry vertically on the board, fold the bottom third of the pastry up onto the middle third, then the top third down onto the other thirds. Wrap in cling film and chill for 10 minutes.
5. Bring the pastry out of the fridge and with the folded edge to the sides, roll the pastry again into the same proportions as the original narrow rectangle and fold in the same way again. Chill again. Repeat this twice more. After the last folding stage, wrap the pastry in cling film and chill in the fridge for two hours.

Cheese and Onion Rolls

Ingredients for pastry:

- 550g plain flour, plus extra for dusting
- $\frac{3}{4}$ tsp salt
- 200ml cold water
- 2 tsp lemon juice
- 550g softened block unsalted butter



Ingredients for filling:

- 1/2 onion, diced.
- 25g of butter
- 80g of grated cheese
- 1 egg
- 40g of breadcrumbs
- pinch of Mustard, salt, pepper and herbs (optional)

Method:

1. For the pastry, place the flour and salt in a large mixing bowl. Add the water and lemon juice. Mix to combine and then tip out onto a floured work surface. Briefly knead to form a rough, but evenly combined, dough.
2. On a lightly floured work surface, roll the pastry out into a rectangle approximately 50x30cm. Place your butter between two large pieces of cling film and roll out to the size of two thirds the length of your dough. Remove the cling film placing the butter on the bottom two thirds of the dough.
3. Fold the unbuttered dough third over the buttered one, then flip that over the remaining buttered third so that the butter is wrapped inside the dough. Take a rolling pin and lightly roll the upper surface of the dough to press out any air bubbles.
4. Give the pastry what is known as one single turn of 90 degrees – fold the bottom third of the pastry up, then the top third down. Roll the pastry out towards the folded edges until it measures roughly 60x25cm then fold the pastry in by thirds again. Place the folded pastry in a named plastic bag and transfer to the fridge to chill.
5. Preheat the oven to 200C/400F/Gas 6 and line a baking tray with baking paper.
6. Remove the pastry from the fridge and roll it into a shallow rectangle at least 24cm long. Fold the pastry into thirds again. Give the pastry a further two turns. If necessary, trim the edges to make a neat rectangle, cut this down the middle to make two long strips.
7. For the filling, in a bowl combine all of the filling ingredients and mix well.
8. Place the filling in a line down the middle of each pastry strip, approximately the same length as the pastry.
9. Roll the pastry around the mixture. Wet the edges of the pastry and seal by pressing with a fork.
10. Brush with egg wash all over the top. Cut the sausage roll into equal parts. Place the rolls on the lined baking tray and bake for 20 minutes, or until puffed and golden-brown.

Sausage Rolls

Ingredients:

- 550g plain flour, plus extra for dusting
- $\frac{3}{4}$ tsp salt
- 200ml cold water
- 2 tsp lemon juice
- 500g softened block unsalted butter
- 12 Sausages (not thin or frozen)



Method:

1. For the pastry, place the flour and salt in a large mixing bowl. Add the water and lemon juice. Mix to combine and then tip out onto a floured work surface. Briefly knead to form a rough, but evenly combined, dough.
2. On a lightly floured work surface, roll the pastry out into a rectangle approximately 50x30cm. Place your butter between two large pieces of cling film and roll out to the size of two thirds the length of your dough. Remove the cling film placing the butter on the bottom two thirds of the dough.
3. Fold the top unbuttered dough third over the buttered one, then flip that over the remaining buttered third so that the butter is wrapped inside the dough. Take a rolling pin and lightly roll the upper surface of the dough to press out any air bubbles.
4. Give the pastry what is known as one single turn of 90 degrees – fold the bottom third of the pastry up, then the top third down. Roll the pastry out towards the folded edges until it measures roughly 60x25cm then fold the pastry in by thirds again.
5. Place the folded pastry in a named plastic bag and transfer to the fridge.
6. Preheat the oven to 200C/400F/Gas 6 and line a baking tray with baking paper.
7. Remove the pastry from the fridge and roll it into a shallow rectangle at least 24cm long. Fold the pastry into thirds again. Give the pastry a further two turns. If necessary, trim the edges to make a neat rectangle, cut this down the middle to make two long strips.
8. Remove the skin from the sausages and place them in a line down the middle of each strip. Roll the pastry around the sausages. Wet the edges of the pastry and seal by pressing with a fork.
9. Brush with egg wash all over the top. Cut the sausage roll into equal parts. Place the rolls on the lined baking tray and bake for 20 minutes, or until puffed and golden-brown.

Palmiers



Ingredients:

- 375 g pack ready-rolled puff pastry
- 4 tbsp tomato pesto
- 25 g (1oz) Parmesan cheese, grated
- Small handful pinenuts

Method:

1. Unroll the pastry and spread over the pesto.
2. Scatter over the Parmesan cheese and pinenuts.
3. Roll up from one of the longer edges to the middle, then roll up from the other long edge to the middle. Transfer to a baking tray and chill for 30min
4. Preheat oven to 200°C (180°C fan) mark 6. Slice across the rolls into 1cm (½in) slices. Place on baking trays and cook for 12min until golden. Serve warm or at room temperature

Pizza Puff Pinwheels

Ingredients:

- 375g pack ready rolled puff pastry, thawed if frozen
- 6 tbsp ready-made pasta sauce (not too chunky)
- 100g wafer thin ham
- 100g grated cheese
- 1 egg
- 1 tsp dried oregano

Home learning:

Grate cheese at home



Method:

1. Preheat oven to fan 180C/conventional 200C/gas 6.
2. Unroll the pastry onto a lightly floured surface and roll it out to 40 x 32cm.
3. Spread a layer of pasta sauce over it, leaving a 1cm border around the edges.
4. Arrange the ham evenly on top, then scatter the grated cheese over.
5. Starting at one of the short ends, roll the pastry up as tightly as possible. Chill in the fridge for 10 minutes or so.
6. Take a very sharp knife and cut the roll into 12 equal slices, laying them flat on 2 non-stick baking trays as you go.
7. Brush each pinwheel lightly with beaten egg and sprinkle over the herbs.
8. Bake for 12-15 minutes until puffed and golden. Leave to stand for 5-10 minutes before serving.

Vegetable Samosa

Ingredients:

- 1 spring onion, sliced
- 50g/2oz cooked potato, chopped into small pieces
- 50g/2oz cooked carrot, chopped into small pieces
- 1 tbsp frozen peas
- 1 tsp korma curry paste
- 4 sheets ready-made filo pastry
- vegetable oil, for greasing



Method:

1. Preheat the oven to 190C/375F/Gas 5. Grease a baking tray.
2. Mix the spring onion, potato, carrot, peas and korma paste together in a bowl.
3. Lay a sheet of filo pastry lengthways on the work surface. Brush a little oil all over the pastry.
4. Then fold it in half lengthways to make a long, thin rectangle and brush a little more oil on top.
5. Place one-quarter of the filling mixture at one end of the strip, leaving a 2cm/1in border.
6. Take the right corner and fold diagonally to the left, enclosing the filling and forming a triangle.
7. Fold again along the upper crease of the triangle. Keep folding in this way until you reach the end of the strip. Brush the outer surface with more oil. Place onto the baking tray and cover while you make the rest of the samosas.
8. Bake in the oven for 15-20 minutes or until golden-brown and crisp.

Spring Rolls

Ingredients:

- 300g pack mixed stir-fry vegetables
- 2 tbsp soy sauce
- 2 tbsp sweet chilli sauce
- 2 tbsp roasted peanuts, chopped
- handful chopped mint
- handful chopped coriander
- 4 sheets filo pastry
- a little melted butter



Method:

1. Heat oven to 200C/180C fan/gas 6. Put the vegetables, sauces, peanuts and herbs in a bowl and stir to combine. Cut the pastry sheets in half and brush with some of the melted butter.
2. Stick 2 of the halves together, then arrange 1/4 of the filling in the middle. Brush with some more butter and roll up. Transfer to a baking sheet. Repeat with remaining sheets, then brush with a little more butter. Bake for 15-20 mins until golden and crisp.

Easter biscuits

Ingredients:

- 50g butter,
- 35g caster sugar,
- 1 egg,
- 100g plain flour,
- 25g currants,
- 15g mixed peel,
- 1 tsp mixed spice,
- 1 tbsp. milk.

Method:

1. Cream butter and sugar together in a mixing bowl using a wooden spoon,
2. Separate the egg and add half the egg yolk to the creamed mixture,
3. Sieve the flour, salt and spices into the creamed mixture and fold with a tablespoon,
4. Add the currants and mixed peel and mix,
5. Add enough milk to make a soft dough, take out of bowl and knead gently on a floured surface,
6. Roll out with a rolling pin to a depth of half a centimeter and using a cutter cut out the biscuit mix and place onto a baking tray lined with parchment paper,
7. Place in the oven on 180C/ gas 6 for 10-15 minutes until golden brown.

Shortbread

Ingredients:

- 225g plain flour,
- 175g butter,
- 75g caster sugar.

Method:

1. Preheat oven to 180C or gas mark 6,
2. Sift flour into mixing bowl,
3. Add sugar to the flour – add any flavourings (lemon zest, mixed spice, ginger),
4. Rub butter into the flour to resembles breadcrumbs,
5. Push the breadcrumbs together to form a dough,
6. Roll out on to a lightly floured surface,
7. Place on a baking tray, cook for 10 minutes until golden brown.

Lemon Mousse

Ingredients:

- 1 sachet gelatine
- 4 eggs, separated
- 125g caster sugar
- grated rind 1½ lemons
- juice of 2 lemons
- 300mls double cream



Please bring in a suitable container with a lid to take the mousse home.

Method:

1. Soak and dissolve the gelatine in a little warm water.
2. Using an electric mixer, beat egg yolks, caster sugar and lemon rind until fluffy and white.
3. Add lemon juice and dissolved gelatine.
4. In a separate bowl beat the egg whites into fluffy peaks, tip onto yolk mixture.
5. Beat the cream until it starts to thicken then add this to main mixture, fold in cream and egg whites until evenly mixed.
6. Keep in fridge until ready to serve.

Chocolate Mousse

Ingredients

- 225g plain chocolate, broken into small pieces
- A knob of butter
- 3 Large eggs, separated
- 150ml Double cream, lightly whipped

Method

1. Measure the chocolate into a bowl and sit it over a pan of simmering water. Melt slowly and do not allow the chocolate to become too hot.
2. Stir in the butter, brandy and egg yolks one at a time and mix until combined. Set aside to cool a little.
3. Whip the egg whites until just stiff. Fold into the chocolate mixture with the whipped cream. Fold to combine.
4. Spoon into a glass bowl (1-litre capacity) or 6 stemmed glasses or ramekins. Transfer to the fridge to set. Dust with icing sugar to serve.



Mars Bar Mousse

Ingredients:

- 4 standard Mars Bars, chopped into pieces,
- 50ml milk,
- 4 tbsp cocoa powder,
- 3 large egg whites

Method:

1. Put the Mars bars, milk and cocoa in a heavy-based saucepan. Cook over a very gentle heat, stirring constantly, until the chocolate has melted. Transfer to a bowl and leave to cool for 15 minutes, whisking frequently with a wire whisk to blend in any pieces of fudge that rise to the surface, to leave a smooth mixture.
2. Whisk the egg whites in a separate bowl until softly peaking. Using a metal spoon, fold a quarter of the whites into the chocolate sauce to lighten it, then fold in the remainder.
3. Turn the mixture into six small cups, glasses or ramekins and chill in the fridge to set, for at least 2 hours, before serving. Serve topped with chocolate shavings

Cheesecake

with homemade biscuit base

Biscuit method

Please bring in a flan dish

Biscuit ingredients:

- 100g [wholemeal flour](#)
- 50g [plain flour](#)
- 50g [porridge oats](#)
- 150g [unsalted butter](#)
- 40g [caster sugar](#)
- 1/4 tsp [bicarbonate of soda](#)
- 1 tbsp [milk](#)

1. Line one baking trays with baking parchment.
2. Rub the butter into the flour mixture using your hands.
3. Stir in the sugar, bicarb and 1/4 tsp salt, then pour in the milk.
4. Bring together into a cohesive dough then flatten into a disc, cover and chill in the fridge for at least 30 minutes.
5. Lightly flour a clean work surface and tip the biscuit dough out. [Roll out](#) until roughly 0.5cm thick, then stamp out biscuits using a 6-7cm cutter.
6. Arrange on the baking trays
7. Heat the oven to 200C/180C fan/gas 6.
8. Bake in the oven for 12-15 mins until golden around the edges. Leave to cool completely on the trays.

Cheesecake ingredients:

- 200g digestive biscuits you have made above,
- 75g butter or hard margarine
- 200g soft cream cheese
- 50g caster sugar
- 1/2pt double cream
- 50g melted chocolate (optional)
- 100g fresh or tinned fruit for decoration.

Cheesecake method:

1. Crush biscuits using a rolling pin or in a food processor.
2. Melt margarine and stir in biscuits.
3. Press into bottom of 20 cm round tin, using the back of a metal spoon.
4. Make filling by whipping cream until stiff, and stirring in sugar and cream cheese with a wooden spoon.
5. Be careful not to beat or the mixture will go runny!
6. Stir in lemon rind and/or melted chocolate.
7. Spread over biscuit base with palette knife and smooth over.
8. Decorate with fresh fruit or small slices of lemon or grated chocolate.

Fruit Coulis

Ingredients:

- 250g soft fruit e.g. berries,
- 50g caster sugar,
- ½ tsp vanilla extract,

Method:

1. Put the fruit and sugar into a small pan with 100ml/31/2fl oz water.
 2. Bring to the boil, then simmer for 5 mins until the fruit is soft.
 3. Stir in the vanilla, remove and cool a little.
 4. Tip the contents of the pan into a blender or food processor, and whizz to a purée, then strain through a sieve, rubbing it through with the back of a ladle or spoon.
 5. Serve warm or chilled. Keeps in an airtight container in the fridge for up to 3 days, or freeze for up to 3 months.
-

Panna cotta

Ingredients:

- 3 [gelatine](#) leaves
- 250ml/9fl oz [milk](#)
- 250ml/9fl oz [double cream](#)
- 1 [vanilla pod](#), split lengthways, seeds scraped out
- 25g/1oz [sugar](#)



Method:

1. For the panna cotta, soak the gelatine leaves in a little cold water until soft.
2. Place the milk, cream, vanilla pod and seeds and sugar into a pan and bring to a simmer. Remove the vanilla pod and discard.
3. Squeeze the water out of the gelatine leaves, then add to the pan and take off the heat. Stir until the gelatine has dissolved.
4. Divide the mixture among four ramekins and leave to cool. Place into the fridge for at least an hour, until set.

Tiramisu

Ingredients:

- 1 medium egg
- 1 tsp vanilla essence
- 75g caster sugar
- 80g mascarpone cheese
- 1 pack Sponge Fingers
- 300ml strong coffee
- 125ml double cream
- 15g cocoa powder or Chocolate flakes/swirls



Please bring in a deep dish to layer the dessert.

Method:

1. Whisk the egg yolk and sugar until the mixture becomes pale.
2. Add the double cream mascarpone and vanilla pods - blend together well.
3. Beat the egg white to form stiff peaks and fold into the mixture.
4. Dip the Tesco Sponge Fingers into the coffee and place onto a serving dish.
5. Cover the Tesco Sponge Fingers with a layer of the mascarpone mixture; place another layer of coffee-dipped Tesco Sponge Fingers on top and cover with a final layer of the mascarpone mixture.
6. Refrigerate for at least two hours before serving. Serve cold with a sprinkling of cocoa powder and garnish with chocolate flakes or swirls.

Lemon Meringue Pie

Ingredients:

Please bring in a 22cm/ 8 inch round dish

Pastry case:

- 100g hard margarine or butter,
- 200g plain flour,
- 4 tbsp cold water

Filling:

- 2 lemons,
- 100g caster sugar,
- 4 tbsp cornflour,
- 2 egg yolks,
- 250ml cold water.

Meringue topping:

- 2 egg whites,
- 100g caster sugar.



Options:

- Add other citrus fruit such as 2 oranges/ 4 limes/ 2 grapefruits.

Method:

1. Rub the margarine into the flour until it resembles breadcrumbs,
2. Add the cold water gradually until it forms a soft dough,
3. Roll out on a floured surface to thickness of 1p coin and place inside the fluted tin,
4. Bake blind for 10 minutes until golden brown,
5. Whilst pastry case is in the oven, grate lemon zest and juice both lemons, set aside.
6. Put 250ml water in a saucepan; add caster sugar, heat gently until sugar is dissolved.
7. Blend corn flour with lemon juice and rind. Add to saucepan, stirring continuously.
8. Bring to the boil and simmer for 1 minute.
9. Separate eggs **VERY CAREFULLY**, put yolks into sauce and whites into a clean glass bowl.
10. Take pan off the heat, add zest and stir.
11. Pour into pastry case.
12. Whisk egg white with an electric whisk until really stiff and dry.
13. Add sugar gradually until mixture stands in stiff peaks, pile onto lemon filling.
14. Bake gas 4/ 170C for 10 – 15 minutes, until golden brown.

Trifle

Ingredients:

- 500g pack frozen berries,
- 213g tin peach slices in juice,
- 1 tbsp icing sugar,
- 190g swiss roll,
- 300ml whipping cream/double cream



Custard:

- 300 ml semi-skimmed milk,
- 1 tbsp cornflour,
- 50g caster sugar,
- 2 medium eggs,
- 1 tsp vanilla essence.

Please bring in a deep dish to layer your trifle in.

Method:

1. To make the custard, put the milk in a microwave-proof bowl and heat on 900W for 3 minutes. Meanwhile, in a separate microwave-proof bowl, whisk together the cornflour and sugar. Gradually add the eggs and the vanilla extract, whisking all the while.
2. When the milk is hot, pour in the egg mixture, whisking continuously. Cook in the microwave on 900W for 3 minutes, stopping the microwave every minute to give the mixture a whisk. It's ready when the mixture is thick enough to coat the back of a spoon. Set aside and let cool for 10-15 minutes.
3. Meanwhile, make the trifle. Tip the frozen black forest fruits into a large bowl, reserving a few for decorating. Add the peach slices and icing sugar. Mix well and leave to one side for the frozen fruits to defrost, which will take about 15 minutes.
4. Arrange the swiss roll slices in the bottom of a glass trifle dish and scatter over any decoration. Once the fruit has defrosted, arrange it over the top of the swiss roll, drizzling over the juices in the bottom of the bowl. Pour the cooled custard over the top.
5. Spoon the whipped cream over the top of the custard and decorate with the reserved black forest fruits. Dust with a little icing sugar before serving.

Swiss roll

Ingredients:

- 3 eggs,
- 75g caster sugar,
- 75g self raising flour,

Filling:

- 75g jam,
- 125 ml double cream,
- 100g raspberries

1. Preheat oven to 200C/Gas Mark 6. Grease and line a Swiss roll tin.
2. Whisk the **eggs and sugar** in a bowl until pale and fluffy and has double in size
3. Fold the flour and spoon the mixture into the tin. Bake in the oven for 7-10 minutes, or until light and springy to touch,
4. Remove from the oven and turn the sponge out onto another piece of greaseproof paper,
5. For the filling, spread the jam onto the sponge and then spread the cream, leaving a small gap around the edges,
6. Place a row of raspberries along one edge lengthways. Roll the sponge to cover the raspberries and repeat the process until all of the raspberries have been used.



Profiteroles

Ingredients:

- 50g margarine,
- 65g plain flour,
- 2 eggs,
- 130ml water,
- 100g melted chocolate,
- ½ pint double cream.



Method:

1. Melt margarine and water together in a saucepan until boiling.
2. Sift flour onto a piece of greaseproof paper.
3. Pour into saucepan whilst still boiling, and beat with wooden spoon until mixture is smooth, thick and comes away from the sides of the pan.
4. Beat eggs in a jug and add ½ to mixture, beating well. Add more egg and beat until mixture is glossy and holds its shape. You may not need all the egg.
5. Either place in piping bag with a plain nozzle, and pipe rounds or place teaspoons of mixture onto a baking sheet lined with parchment paper. Push down any pointy tops.
6. Bake gas 6/200C for 20-25 minutes until puffed up and golden.
7. Place on cooling rack and allow to cool.
8. When cool, whip cream until stiff, and pipe into each profiterole.
9. Melt chocolate slowly in microwave and spread onto each profiterole.

Tarte Tatin

Ingredients:

- 50g unsalted butter,
- 100g caster sugar,
- 500g pkt ready to roll puff pastry,
- Fruit 6 firm large bananas / 400g plums/ 6 medium apples or 6 medium pears.

Please bring in a large ovenproof pie dish or a 23cm cake tin with a solid base.



Method:

1. Heat oven to 200C/180C fan/gas 6.
2. Melt the sugar and butter together on a low heat without stirring the mixture. Once the sugar has melted, turn up the heat and bubble until it turns a deep caramel colour. *If the butter separates from the caramel, take the pan off the heat and add 1 tbsp of warm water, stirring until the butter emulsifies again.*
3. Pour the caramel into a 23cm cake tin with a solid base and spread the caramel out quickly with the back of a warm spoon.
4. Slice the bananas into 2cm-thick pieces and arrange them, cut-side down, in concentric circles in the tin,
5. Cut the pastry into a circle 3cm larger than the tin. Lay the pastry on top of the bananas and tuck the edges down inside the tin.
6. Bake in the oven for 25-30 mins until the pastry is risen and cooked through.

Carrot Cupcakes

Ingredients:

- 250 ml sunflower oil
- 4 large eggs
- 225 g light muscovado sugar
- 200 g carrots, coarsely grated
- 300 g self-raising flour
- 2 tsp baking powder
- 1 tsp mixed spice
- 1 tsp ground ginger



For the icing:

- 50 g butter, at room temperature
- 25 g icing sugar
- 250 g full-fat cream cheese
- a few drops of vanilla extract

Home learning:

Weigh out all ingredients out accurately.

Make icing if wanted.

Tips and Suggestions - For this classic carrot cake recipe, its important to use full-fat cream cheese for the icing; if you use a low-fat version, the icing will just run off the cake.

Method:

1. Preheat the oven to 180C/fan 160C/gas 4. Line the base of the cake tin with cake cases.
2. Put the oil, eggs, and sugar into a large mixing bowl. Whisk until the mixture is well combined, lighter, and noticeably thickened. Gently fold the carrot into the cake batter, then stir in the flour, baking powder, mixed spice, ginger, and chopped walnuts until evenly blended.
3. Spoon the mixture evenly between the cases. Put the cakes in the oven and bake for about 35 minutes, or until golden brown, risen. Transfer to a wire rack to cool.
4. For the icing: Put the butter, icing sugar, cream cheese and vanilla extract in a bowl and whisk until smooth and thoroughly blended.
5. Spread the icing on top of the cooled cakes.

Rhubarb Crumble Tray

Ingredients:

For the base

- 100g plain flour
- 1/2 tsp baking powder
- 250g rhubarb, cut into 1cm slices
- 1 tbsp soft brown sugar
- 125g unsalted butter, at room temperature
- 100g caster sugar
- 2 eggs
- 1 tbsp vanilla extract

For the topping

- 75g unsalted butter
- 75g plain flour
- 125g soft brown sugar
- 50g walnuts, roughly chopped
- 50g oats



Home learning;

Weigh out all ingredients out accurately.

Method:

1. Preheat the oven to gas 5, 190°C, fan 170°C.
2. Butter a 20cm (8in) square tin and line with nonstick baking paper. To make the topping, fork together the butter, flour and sugar into big crumbs, then mix in the walnuts and oats. Chill.
3. In a bowl, mix 100g flour with the baking powder and a pinch of salt.
4. In another bowl, combine the rhubarb, 1 tbsp of flour and the soft brown sugar.
5. Using another bowl and an electric hand mixer, beat the butter and caster sugar until fluffy; about 3 minutes. Add the eggs, one at a time, and combine. Beat in the vanilla, then the flour mix.
6. Spoon the mix into the tin. Cover with half the topping, the rhubarb, then the remaining topping. Bake for 45 minutes or until a skewer comes out clean.

Summer Fruit Crumble

Ingredients:

- 1 Bramley apple, peeled and diced
- 100g Butter, softened
- 175g Caster sugar
- 1 Egg
- 280g Self-raising flour
- 125ml Milk
- 200g berries (Blackberries or raspberries)

For the crumble topping

- 50g Butter, diced
- 85g Self-raising flour
- 100g Caster sugar
- zest 1 Lemon

- 12 Muffin cases



Home learning;

Weigh out all ingredients out accurately.

Method:

1. Heat oven to 180C/160C fan/gas 4 and line a 20 x 30cm cake tin with baking parchment.
2. Put the apple in a small pan with 2 tbsp water. Cook for a few mins or until the apple starts to soften.
3. Meanwhile, make the crumble topping. Rub the butter into the flour, sugar and lemon zest until it resembles big breadcrumbs, then set aside.
4. Beat the butter and sugar in a large bowl until fluffy, then gradually add the egg.
5. Tip in the flour and milk, and continue to beat until everything is combined.
6. Incorporate the apples then spoon the mixture into the muffin cases, smooth the surface, then dot with the berries.
7. Sprinkle over the crumble topping and bake for 25 – 30 mins until the topping is golden.

Dorset Apple Bake

Ingredients:

- 450g Cooking apples (such as Bramley)
 - Juice of ½ Lemon
 - 225g Butter, softened
 - 280g Golden caster sugar
 - 4 Eggs
 - 2 tsp Vanilla extract
 - 350g Self-raising flour
 - 2 tsp Baking powder
 - Demerara sugar, to sprinkle
-
- 12 Muffin cases



Home learning;

Weigh out all ingredients out accurately.

Method:

1. Heat oven to 180C/fan 160C/gas 4. Butter and line a rectangular baking tin (approx 27cm x 20cm) with parchment paper. Peel, core and thinly slice the apples then squeeze the lemon juice over. Set to one side.
2. Place the butter, caster sugar, eggs, vanilla, flour and baking powder into a large bowl and mix well until smooth. Spoon half the mixture into the muffin cases. Arrange half the apples over the top of the mixture, then repeat the layers. Sprinkle over the demerara sugar.
3. Bake for 25-30 mins until golden and springy to the touch. Leave to cool for 10 mins, then turn out of tin.

Chocolate Brownies

Ingredients:

- 85g dark chocolate
- 100g butter
- 125g caster sugar
- 100g light muscovado sugar
- 2 whole eggs + 1 egg yolk
- 100g plain flour
- 3 tbsp cocoa powder

Method:

1. Preheat oven to 180C/ Gas mark 4
2. Grease and line a shallow tin with greaseproof paper.
3. Break up chocolate and put in a bowl with the butter over a pan of simmering water.
4. Stir the caster sugar and muscovado sugar into the melted butter and chocolate.
5. Gradually beat in the eggs and extra egg yolk.
6. Fold in the flour and cocoa powder until evenly blended.
7. Pour the mixture into the prepared tin and bake for 30 minutes – the cake will be slightly soft in the middle and surface will look cracked.

Chelsea Buns

Ingredients:

For the dough :

- 250g strong white bread flour
- 1tsp salt
- 1tsp caster sugar
- 1tsp easy bake yeast
- 25g butter
- 100ml warmed milk
- 1 egg, beaten

For the filling :

- 125g sultanas / raisins
- 50g light muscovado sugar
- 15g butter
- Runny honey to glaze
- Golden caster sugar, to sprinkle



Method:

1. Grease an 18cm/7" square shallow cake tin. Sift the flour, salt, sugar and yeast into a large bowl. Rub in 25g (1oz) butter
2. In a bowl, mix together the milk and egg. Make a well in the centre of the flour mixture and stir in the liquid. Bring the mixture together with a round bladed knife and knead for 10 mins on a lightly floured surface until the dough is smooth and elastic. If the mixture is sticky add a little more flour.
3. Turn the dough out onto a floured surface and roll out to a 30 x 23cm/12 x 9 inch rectangle.
4. Prepare the filling: mix the dried fruit with the soft light brown sugar. Melt the remaining butter and brush over the surface of the dough. Scatter the fruit mixture over the buttered dough, leaving a 2.5cm/1 inch border around the edge of the dough.
5. Starting at the long side of the dough, roll it up like a Swiss roll. Pinch the edges together to seal and then cut into 12 slices.
6. Place the rolls cut edges uppermost in the tin. Cover with oiled cling film and leave to rise for 30 mins or until doubled in size.
7. Pre-heat the oven to 190°C (375°F, gas mark 5). Bake for 30 mins or until risen and golden.
8. Remove from the oven and brush with honey and sprinkle with golden caster sugar whilst they are still hot. Then cool on a wire rack.

Tear 'n' Share Sticky Iced Buns

Ingredients:

- 250g strong white flour, plus extra for dusting
- 250g plain flour
- 7g dried yeast
- 2 tsp fine salt
- 50g butter, softened
- 2 tbsp caster sugar
- 100ml semi-skimmed milk, warmed
- 1 medium free-range egg
- 200ml tepid water

For the icing

- 400g icing sugar, sifted
- 3-4 tbsp lemon juice or water

Method:

1. Sift the flours into a mixing bowl with the yeast and salt. Make a well in the centre, then add the butter, sugar, milk and egg. Gradually bring the ingredients together using a wooden spoon, adding the tepid water a little at a time until you have a soft, quite wet dough.
2. Lightly dust the worktop with flour, then turn the dough out and knead well for 10 minutes until smooth and elastic. Transfer to a lightly oiled bowl and cover with a tea towel, then leave in a warm place for an hour or until the dough has doubled in size.
3. Knock back the dough (see know-how, above right), divide into 12 even pieces, then shape into finger buns. Arrange on a lined baking tray in two rows of 6 so the buns are almost touching.
4. Preheat the oven to 200°C/fan 180°C/gas 6. Cover the buns with cling film, then leave in a warm place for 45-60 minutes to double in size. Bake in the oven for 10-15 minutes until risen and golden, then transfer to a wire rack to cool.
5. Meanwhile, mix the icing sugar and lemon juice together to form a thick but runny icing. Using a metal spoon, thickly drizzle the icing over each bun. Leave for a minute or so to set, then tear and share.



Churros:

Ingredients:

- 140g plain flour,
- 100g caster sugar,
- 120g unsalted butter,
- ½ tsp vanilla extract,
- 3 large eggs,
- Sunflower oil for frying,
- ¼ tsp cinnamon and 2 tbsp caster sugar for dusting.



Method:

1. Boil the kettle. Sift the flour into a big mixing bowl with a big pinch of salt, then stir in the 2 tbsp sugar and lemon zest.
 2. Put 350ml boiling water, the butter and vanilla extract in a saucepan. Heat gently to melt, then bring to a simmer and, as soon as it is boiling, turn off the heat. Tip in the flour mixture and very quickly beat with a wooden spoon until lump-free. Cool for 5 mins, then beat in the eggs one at a time, with the spoon or an electric whisk. Rest for 10-15 mins, or cover and chill for up to 24 hrs.
 3. Fill a large, deep saucepan one-third full of oil. Heat until it reaches 180°C on a cooking thermometer. Cover a tray with kitchen paper, and mix the caster sugar and cinnamon together in a bowl.
 4. Fit a star nozzle to a piping bag – 1-2cm wide is a good size. Fill with the rested dough, then pipe 2-3 strips directly into the pan, snipping off each dough strip with a pair of scissors. Fry until golden brown and crisp, then remove with a slotted spoon and drain on the kitchen paper-lined tray. Carry on cooking the rest of the dough in batches, sprinkling the cooked churros with some cinnamon sugar as you go.
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Waffles

Ingredients:

- 1 egg,
- 225g Self raising flour,
- 1 tbsp caster sugar,
- 250 ml milk,
- 50g butter (melted),
- ½ tsp vanilla extract.



Method:

1. Crack the egg into a large bowl, then tip in the flour and a generous pinch of salt.
 2. Add the sugar, if using, then gradually whisk in the milk followed by the melted butter until smooth.
 3. Whisk in the vanilla, if using. Alternatively, make the batter by blitzing all the ingredients together using a [blender](#) or [hand blender](#).
 4. Heat a [waffle maker](#) following the manufacturer's instructions and brush with a little of the oil.
 5. Then ladle in enough batter to just cover the surface.
 6. Cook following the manufacturer's instructions (usually 5-6 mins) until the waffles are golden brown and crisp.
 7. Serve immediately or keep warm in a low oven while you make the rest. Drizzle with maple syrup or sprinkle with icing sugar, if you like.
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Ice Cream

Ingredients:

- 4 free-range eggs, separated
- 100g/3½oz caster sugar
- 300ml/½pint double cream

Don't forget...a container to take home in.

Method:

Options:

- **Vanilla flavour** - 1 tsp vanilla extract
- **Coffee flavour** - 2-3 tbsp coffee essence
- **Raspberry flavour** - 150ml/5fl oz sieved raspberry purée (you could also use strawberry)
- **Chocolate flavour** – 200g bar of milk or dark chocolate.
- **Other biscuits/sweets to stir in.**

1. Whisk the egg whites in a large bowl until stiff peaks form when the whisk is removed.
2. Slowly whisk in the caster sugar, then continue to whisk until the egg whites are stiff and glossy.
3. Whisk the cream in a separate bowl until soft peaks form when the whisk is removed.
4. Fold the cream, egg yolks and your chosen flavouring (see ingredients list) into the meringue mixture until well combined.
5. Pour into a plastic container and freeze for at least two hours.

Christmas recipes:

Yule Log:

Ingredients

For the chocolate sponge

- 4 large free-range eggs
- 100g/3½oz caster sugar
- 65g/2½oz self-raising flour
- 40g/1½oz cocoa powder

For the chocolate ganache topping

- 300ml/½ pint double cream
- 300g/10½oz dark chocolate, broken into small pieces

For the cream filling

- 300ml/½ pint double cream, whipped

To decorate

- icing sugar, for dusting
- a toy robin or sprig of holly



Method

1. Preheat the oven to 200C/400F/Gas 6. Lightly grease a 33x23cm/13x9in Swiss roll tin, and line with non-stick paper or baking parchment, pushing it into the corners.
2. For the sponge, in a large bowl whisk the **eggs and sugar** using an electric hand whisk until the mixture is pale in colour, light and frothy. Sift the flour and cocoa powder into the bowl and carefully cut and **fold together**, using a spatula, until all the cocoa and flour are incorporated into the egg mixture. (Be careful not to beat any of the air out of the mixture).
3. Pour the mixture into the lined tin and spread evenly out into the corners. Bake in the middle of the preheated oven for **8–10 minutes**, or until well risen and firm to the touch and the sides are shrinking away from the edge of the tin.
4. Place a piece of baking parchment bigger than the Swiss roll tin on the work surface. Dust with icing sugar generously. Carefully invert the cake onto the paper and remove the bottom lining piece of paper.
5. Cut a score mark 2.5cm/1in in along one of the longer edges. Starting with this edge, begin to tightly roll up the sponge using the paper. Roll with the paper inside and sit the roll on top of its outside edge to cool completely.
6. While the cake is cooling, make the ganache topping. Heat the cream in a pan, just so as you can keep your finger in it. Remove from the heat and add the chocolate, stirring until it is melted. Cool to room temperature, then put into the fridge to firm up (this icing needs to be very thick for piping).
7. Uncurl the cold Swiss roll and remove the paper. Spread the whipped cream on top, and re-roll tightly. Cut a quarter of the cake off from the end on the diagonal. Transfer the large piece of cake to a serving plate and angle the cut end in to the middle of the large cake to make a branch.
8. Put the chocolate icing into a piping bag fitted with a star nozzle. Pipe long thick lines along the cake, covering the cake completely so it looks like the bark of a tree. Cover each end with icing or, if you wish to see the cream, leave un-iced. Alternatively, just use a palette knife to spread on the icing and create rough bark texture with a fork.
9. Dust with icing sugar and garnish with fresh holly or a little robin to serve.

Christmas recipes:

Mince Pies

Ingredients

For the pastry

- 375g/13oz plain flour
- 250g/9oz butter, softened
- 125g/4oz caster sugar, plus extra for sprinkling
- 1 medium free-range egg

Filling:

- 2 x 400g/14oz jars mincemeat
- 2 tangerines, zest grated and flesh chopped



Method

1. Preheat the oven to 200C/400F/Gas 6. To make the sweet pastry, rub the flour, butter, sugar and egg together with a splash of cold water until it just comes together as a dough. Do not over work the dough. Wrap the pastry in cling film and set aside to chill in the fridge while you make the filling.
2. To make the filling, turn the mincemeat out into a bowl, grate the zest of the tangerines into the mincemeat, then peel and chop the fruit. Throw the tangerine and apple pieces into the bowl and blend by hand.
3. Roll out the pastry to a 3mm/1/8in thickness. With a round pastry cutter, cut out 6 x 9cm/3½in discs of pastry. Press the pastry into the muffin cups and fill each one with a good helping of the mincemeat mixture, so that it reaches three-quarters of the way up the side of the pastry-lined cup.
4. With a fluted pastry cutter, cut out 6 x 8cm/3¼ in pastry circles for the lids (slightly bigger than the top of the muffin cups). Place a lid on top of each pie and gently push down. Sprinkle with caster sugar.
5. Bake for 20 minutes, then transfer to a wire rack to cool. Dust with icing sugar and serve warm with fresh cream.

Easter recipes:

Easter Biscuits:

Ingredients:

- 50g butter,
- 35g caster sugar,
- 1 egg,
- 100g plain flour,
- 25g currants,
- 15g mixed peel,
- 1 teaspoon of mixed spice,
- 1 tablespoon of milk.

Method:

1. Cream butter and sugar together in a mixing bowl using a wooden spoon,
2. Separate the egg and add half the egg yolk to the creamed mixture,
3. Sieve the flour, salt and spices into the creamed mixture and fold with a tablespoon,
4. Add the currants and mixed peel and mix,
5. Add enough milk to make a soft dough, take out of bowl and knead gently on a floured surface,
6. Roll out with a rolling pin to a depth of half a centimetre and using a cutter cut out the biscuit mix and place onto a baking tray lined with parchment paper,
7. Place in the oven on 180C/ gas 6 for 10-15 minutes until golden brown.

Easter cupcakes:

Ingredients:

- 150g caster sugar,
- 150g margarine,
- 150g self raising flour,
- 3 eggs

Butter cream:

- 250g icing sugar,
- 125g butter.

Method:

1. Preheat oven to gas mark 6/ 180c,
2. Put butter, sugar, sifted flour and eggs into a bowl,
3. Whisk together using the electric whisk,
4. Spoon mixture into 12 cupcake cases, so they are half full,
5. Cook for 15 - 20 minutes or until golden brown, soft and springy to touch.
6. Take out of the oven and place on a cooling rack.
7. Place icing ingredients in a large bowl and mix for 2 minutes using an electric whisk
8. Pipe or spread the icing onto the top of the cakes. Decorate with mini eggs.

Possible flavour ideas:

- *Chocolate – add a tbsp of cocoa powder, taking out a tbsp of flour,*
- *Chocolate orange – add a tbsp of cocoa powder, grate the rind of an orange into the mixture, add the juice to the butter cream.*
- *Lemon – grate the rind of lemon into the plain sponge mixture,*

Mayonnaise

Ingredients:

- 1 egg (cold from the fridge, be careful not to break the yolk)
- 200ml sunflower oil
- 1 tablespoon white wine vinegar
- ¼ teaspoon salt

Method:

1. In a tall measuring jug put all in the ingredients.
2. Follow this order:
 - 1 egg (cold from the fridge, be careful not to break the yolk)
 - 200ml sunflower oil
 - 1 tablespoon white wine vinegar
 - ¼ teaspoon salt
3. Insert the hand blender and push it all the way to the bottom of the jug.
4. Turn it on at the highest speed and DO NOT move the blender for 10 seconds.
5. Almost instantly the mixture will begin to emulsify and look like mayo.
6. Now you can move the blender up and down to incorporate any oil that is sitting on top.
7. Now flavour the mayonnaise with an ingredient of your choice e.g. crushed garlic, chilli, mixed herbs, lemon.



Tomato Ketchup

Ingredients

- 1 tbsp oil
- 1 onion
- 2 tblsp tomato puree
- 6 tomatoes – medium sized (not cherry tomatoes)
- ½ tsp ground coriander
- ½ tsp ground cumin
- ½ tsp fennel seeds
- 1tsp sugar
- Pinch ground ginger
- 1 tbsp white wine vinegar

Method

1. Peel and finely chop / grate the onion.
2. Skin the tomatoes by placing in boiling water to soften and release the skin and then remove skin carefully. Chop the skinned tomatoes.
3. Heat the oil in a small saucepan over a medium heat. Add the onions and fry for 2-3 minutes, until softened.
4. Add the spices and sugar, white wine vinegar and chopped tomatoes and tomato puree to the onions.
5. Simmer gently over a medium heat for 10 minutes, or until the tomato has softened and become a sauce. **WASH UP!**
6. Take off the heat and allow to cool slightly.
7. Using the hand blender – blend your sauce carefully for 30 seconds.
8. Pass the sauce through a sieve over a large
9. glass bowl. Push the sauce gently through the sieve with a wooden spoon.
10. Transfer your sauce to a measuring jug and CAREFULLY pour into a clean glass jar or plastic container.

BBQ Sauce

Ingredients

- 1 tbsp olive oil
- 1 onion, finely chopped
- 400g can chopped tomatoes
- 3 garlic cloves, finely chopped
- 85g brown sugar
- 3 tbsp malt vinegar
- 2 tbsp Worcestershire sauce
- 1 tbsp tomato purée

Method

1. Heat oil in a saucepan and add the onion. Cook over a gentle heat 4-5 mins, until softened.
2. Add the remaining ingredients, season and mix. Bring to the boil, then reduce heat and simmer for 20-30 mins, until thickened.
3. For a smooth sauce, simply whizz the mixture in a food processor or with a hand blender for a few seconds

Sauces – fruit and chocolate

Raspberry Coulis

Ingredients;

- 200g of raspberries
- 1 tbsp of icing sugar

Method

1. Place the raspberries in a small pan with the icing sugar and heat for a few minutes until the raspberries collapse and release their juices
2. Transfer to a bowl and blend briefly with a hand blender until the raspberries are puréed. Do not be tempted to over-blend the raspberries as this will break up the seeds and discolour the coulis

Apple Sauce

Ingredients

- 3 Bramley apples 50g castersugar
- 50g butter



3. Pass through a fine sieve to remove the seeds and use as needed.

Method

1. Peel, core and chop the apple.
2. Place all the ingredients into a pan, then cover with a lid. Place the pan on a low heat, stirring occasionally, for about 15 mins until the apples break down into a purée.

Chocolate Sauce

Ingredients

- 50g dark chocolate
- 25g butter
- 125ml double cream
- 1 tbsp caster sugar

3. Stir to knock out any lumps, then tip into a serving dish.

Method

1. Melt the chocolate in a glass bowl over a pan of barely simmering water until completely smooth.

Heat all of the remaining ingredients in a small saucepan until evenly combined. Remove from the heat and stir through the melted chocolate. Use as needed.