

Quick and Easy Recipes to try at home

These recipes have been chosen by pupils for pupils. The aim is to enhance pupils cooking skills, independence, confidence, maths and literacy skills to enable them to exceed their current target grade as well as engage both pupils and their parents within the school's curriculum

If you would like to add to this booklet, please let a member of the Food department know and we will happily add your recipe to the booklet and share it.

Any problems or queries about any of these recipes or if you would like to loan any equipment over the weekend. Please let us know in advance, as a parent will need to sign the borrowed equipment in and out,

It would be great if you are able to complete the evaluation sheet attached or share a photo to be use on the schools social media platforms, 5 carrot points will be awarded to you.

We hope you enjoy making these recipes.

Regards
Miss Bharat

NB: Some of these dishes are high in sugar and should be eaten as an occasional 'treat', As high sugar consumption over long periods can result in tooth decay, obesity and even type 2 diabetes in later life.

Lemon/Orange Drizzle Cake

Ingredients

100g margarine
100g caster sugar
2 eggs
100g SR flour
1 orange OR
1 lemon
50g sugar - topping

Equipment:

Weighing scales, mixing bowl, grater, whisk, wooden spoon, baking dish, small bowl

Method

1. Pre-heat oven to Gas 5/190C
2. Place margarine, sugar, eggs and SR flour into a large mixing bowl
3. Add the grated zest of either 1 lemon or 1 orange
4. Using an electric mixer cream together all the ingredients until light and fluffy
5. Place the mixture into a foil tin
6. Bake 25-30 mins until well risen and springy to touch
7. Make the topping by mixing together the sugar and enough fresh juice, then heat until sugar dissolves.
8. Drizzle over the warm cake
9. Leave to set

Fruit Scones

Ingredients

300g SR flour

2 tsp. baking powder

75g margarine

75g caster sugar

100g sultanas

Milk enough to create a dough

Equipment:

Measuring scales, large bowl, sieve, teaspoon, grater, wooden spoon, rolling pin, duster, cookie cutter

Method

1. Pre-heat the oven to Gas 6
2. Sieve the flour and baking powder into the mixing bowl
3. Rub the margarine into flour until like fine crumbs
4. Add the sugar and sultanas
5. Add enough milk to bind the mixture and make a soft dough
6. Fold over the mixture and leave to rest on the table for 10 minutes
7. Shape the dough and cut out the scones
8. Place on a floured tray, glaze with beaten egg
9. Bake for 10-15 mins until well risen and golden

Cheese Scones

Ingredients

300g SR flour
2 tsp. baking powder
75g margarine
100g grated cheese
Pinch mustard
Pinch black pepper
Enough Milk to create a dough
1x egg beaten

Equipment:

Measuring scales, large bowl, sieve, teaspoon, grater, wooden spoon, rolling pin, duster, cookie cutter

Method

1. Pre-heat the oven to Gas 6
2. Sieve the flour and baking powder into the mixing bowl
3. Rub the margarine into flour until like fine crumbs
4. Add the grated cheese, mustard and black pepper
5. Add enough milk to bind the mixture and make a soft dough(add this slowly)
6. Fold over the mixture and leave to rest on the table for 10 minutes
7. Shape the dough and roll out to 2cm thick ,cut out the scones using a cookie cutter.
8. Place on a floured tray, glaze with beaten egg
9. Bake for 10-15 mins until well risen and golden

Granola Breakfast Cereal bars

Ingredients

175g butter

175g. golden syrup

175g sugar

250g jumbo oats

100g dried fruit or mixed nuts (or 50g of each)

Equipment:

Measuring scales, large bowl, tablespoon, sauce pan, baking tray, wooden spoon, knife.

Method

1. Pre-heat oven to Gas 6/200C
2. Measure out all ingredients.
3. Melt the butter and syrup together in a saucepan.
4. add the oats and mix until well coated
5. Add the berries, seeds and nuts
- 6.
7. Place into an oven proof dish and press into shape until firm.
8. Bake for 15 mins or until toasted
9. Cut into slices and allow to cool before serving.

Sticky Topped Ginger Cake

Ingredients

Topping

25g butter
1 tbsp. soft brown sugar
1 tbsp golden syrup
6 glace cherries - chopped
50g stem ginger - grated

Cake

100g SR flour
1 tsp baking powder
2 tsp ground ginger
100g caster sugar
100g soft butter
2 eggs

Equipment:

Measuring scales, small plastic bowl, tablespoon, large mixing bowl, spatula, baking tray or foil tray, sauce pan/microwave, grater, whisk or blender

Method

1. Preheat oven to Gas5/190C.
2. Prepare all ingredients by weighing and measuring
3. Place foil tray on baking tray.
4. Topping - put butter, brown sugar, syrup into a small plastic bowl and microwave for 1 min until melted or use a sauce pan to do the same. Add the cherries and grated ginger. Pour into the base of the foil tray.
5. Prepare the cake by mixing all the ingredients together in a large mixing bowl using an electric mixer or spoon to cream together until light and fluffy. flour, sugar, ginger, butter
6. Carefully pour the cake mixture over the topping in the foil tray
7. Bake for 20 - 25 mins until firm to touch.
8. Turn out whilst still warm and leave to cool.

Blackberry and Apple Crumble

Ingredients

150g plain flour

75g margarine

25 caster sugar

Few drops of vanilla essence

1 Chopped cooking apple-large

100g blackberries

Equipment:

Measuring scales, corer, peeler, large bowl, tablespoon, microwave, sieve, rolling pin, medium sized oven proof dish or foil tray, knife.

Method

1. Pre-heat oven to Gas 6
2. Core peel and slice apples, place in bowl with drop of water
3. Microwave for 3 - 4 mins until soft - leave to cool
4. Add blackberries and place fruit in base of foil tin
5. Place flour, margarine, sugar and vanilla essence into food processor or mix by hand to create bread crumbs
6. Sprinkle crumbs over the fruit
7. Bake 15-20 mins until golden brown

IF USING GINGER ADD WITH FLOUR IN FOOD PROCESSOR

One Crust Pie

Apple OR Blackberry and Apple

Ingredients

1500g plain flour

75g margarine

2 tbsp. caster sugar

Cold water

Egg yolk

Filling

1 large cooking apple

Pinch mixed spice

25g Brown sugar

Equipment:

Measuring scales, corer, peeler, large bowl, tablespoon, microwave, sieve, rolling pin, medium sized oven proof dish or foil tray, knife, pastry brush.

Method

1. Pre-heat oven to Gas 7
2. Core peel and slice apples, place in bowl with mixed spice and 2 tbsp. brown sugar
3. Microwave for 3 - 4 mins until soft - leave to cool
4. Sieve flour into mixing bowl
5. Rub margarine into flour until it resembles fine crumbs, add the sugar
6. Separate the egg yolk from the white and add the egg yolk and enough cold water to make a stiff dough(add this a bit at a time and mix)
7. Leave to rest
8. Roll out the dough on a floured surface - larger than the oven proof dish to be used
9. Place the dough over the oven proof dish and lightly push into shape, leaving the excess to be folded over later.
10. Peel and core the apples and slice thinly layer on top of the pastry.
11. Place the apples in the base of the pie dish
12. Fold over the dough towards the centre leaving some of the fruit showing, crimp the edges with your finger to create a wave look.
13. Glaze with egg wash and sprinkle with sugar
14. Bake for 25-30 mins until golden brown

Chocolate Brownies

Ingredients

90g plain chocolate

150g butter

125g plain flour

15g cocoa

300g soft brown sugar

Drop of vanilla essence

$\frac{1}{2}$ tsp baking powder

2 eggs

Equipment:

Measuring scales, medium sized bowl, microwave, large bowl, sieve, whisk, teaspoon, foil tray

Method

1. Pre-heat the oven to 180C Gas 4
2. Break the chocolate into a bowl and add the butter
3. Melt in microwave for 1 min
4. In another large bowl, beat the sugar, eggs and vanilla essence
5. Add the melted chocolate mixture and stir
6. Sieve and add the flour, cocoa and baking powder, stir well
7. Pout into a square foil tray
8. Bake 25-30 mins
9. A true brownie should be squidgy in the middle and slightly cracked on the top.

Mars Bar Slice

Ingredients

120g rice Krispies
2 Mars Bars
100g margarine
1 tbsp. golden syrup
100g chocolate

Equipment:

Measuring scales, small bowl, microwave, foil tray

Method

1. Place margarine, syrup and Mars Bars in a small bowl
2. Microwave for 1 min - or until melted
3. Stir in rice Krispies
4. Pour into foil tray - press flat with a palette knife
5. Melt the 100g of chocolate and pour over Krispies
6. Leave to set
7. Cut into slices

Rocky Road Crunch Bar

Ingredients

125g butter
300g chocolate
3 tbsp. golden syrup
200g digestive biscuits
100g marshmallows (mini)
2 crunchie bars
Maltesers to decorate

Equipment:

Measuring scales, small bowl, plastic bag, rolling pin, microwave, deep baking tray or foil tray.

Method

1. Place butter, chocolate and golden syrup into a small bowl.
2. Break biscuits and crunchie bar into small pieces: either use a plastic bag and a rolling pin or a food processor.
3. Tip the crushed biscuits into a large bowl and add the marshmallows
4. Microwave the chocolate mixture for 1 min - stir well
5. Pour 2/3 melted chocolate mixture into the crushed biscuits and mix well.
6. Tip into a tray and press flat with your hand or back of a spoon
7. Pour over the remaining melted chocolate and spread over the biscuits
8. Top with Maltesers