



Blue Coat Church of England Academy Walsall



Stay at Home
**Home Cooking
Book**

Miss Bharat

KS3

Home Cooking Recipe Book

Contents

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O

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I

C

Pizza Toast
Stewed Apple and Sultana Crumble
Quesadilla
Scones
Oat Biscuits
Fork Biscuits
Fruit Flapjacks
Tropical Granola Bars
Mini Carrot Cake
Eatwell Salad Jar
Fishcakes
Vegetable Soup
Spicy Tomato Soup
Courgette and Cheese Muffins
Fruity Muffins
Herby Veggie Crumble
Scone Based Pizza
Cheese and Onion Triangles
Tomato and Basil Tart
Vegetable Couscous Salad
Macaroni Cheese
Tuna and Broccoli Pasta
Koftas

Fish and Veg Stack
Spicy Bean Burgers
Ratatouille
Classic Tomato Ragu
Spinach, Potato and Chickpea Curry
Thai Green Chicken Curry
Dutch Apple Cake
Marble Pear Tray Bake
Swiss Roll
Savoury Choux Buns
Mushroom Risotto
Savoury Rice
Sizzling Stir-fry
Fajitas
Quick 'V' Lasagne
Shepard's Pie
Spaghetti Bolognese
Sweet Choux Buns
Banana Bread
Apple Puff Pastry Roses
Apple Pasties
Chicken Pie
Spicy Chicken Couscous
Easter Egg Biscuits



Carrots Points are awarded for every dish made and photographed.



1. Choose a recipe.
2. Check that you have all the equipment needed for the dish.
3. Decide whether you need to keep, half or double the ingredients to suit your family needs.
4. Make a shopping list of what you need, after checking what you have already.



Carrots Points are awarded for every dish made and photographed.



Fruit fusion

Ingredients

- 1 clementine
- 6 red grapes
- 6 green grapes
- 1 kiwi fruit
- 1 banana
- 1 apple
- 2 x 15ml spoons orange juice

Equipment

- Knife, chopping board, bowl,
- measuring spoons, spoon.

Method

1. Peel the clementine and separate into segments.
2. Cut the grapes in half and remove any seeds.
3. Peel the kiwi fruit and slice.
4. Peel the banana and slice.
5. Quarter the apple, remove the core and slice.
6. Place all the fruit in a bowl.
7. Add the orange juice and mix together.

Skills

Top tips

- ◆ Try using different types of fruit such as sliced peaches, chunks of fresh mango or canned pineapple pieces.
- ◆ Use other types of fruit juice instead of orange juice.
- ◆ Cut the fruit into very small, even sized pieces to make a fruit cocktail.
- ◆ Wash the grapes and apple before using them.

SKILLS

Stirring/mixing, Bridge hold, Claw grip, Measuring, Peeling, Slicing, Separating





Home Cooking Recipe Book

Pizza toast

Ingredients

- ½ yellow pepper
- 1 spring onion
- 1 mushroom
- 30g hard cheese, e.g. Cheddar, Edam, Gruyere
- 2 slices bread (or a bagel or a piece of French stick sliced in half)
- 2 x 15ml spoons tomato pizza sauce
- ½ x 5ml spoon mixed herbs

Equipment

Chopping board, knife, grater, fish slice, measuring spoons, dessert spoon.

Method

- 1.Preheat the grill.
- 2.Slice the pepper, spring onion and mushroom.
- 3.Grate the cheese.
- 4.Place the bread under the grill and toast one side.
- 5.Remove the bread from the grill and place on the chopping board uncooked side-up.
- 6.Spread the tomato sauce over the bread using the back of the spoon.
- 7.Arrange the pepper, mushroom and onion over the slices.
- 8.Sprinkle the cheese and mixed herbs over the bread.
- 9.Place under the grill until the cheese bubbles.

Top tips

- Why not add cooked sausage or chicken, or canned tuna?
- Add a spoon of pickle or chutney for extra bite.
- Try different types of cheese or different toppings e.g. tuna, sweetcorn, sliced tomatoes, olives, pesto.
- The grill pan gets hot so remember to use oven gloves.

SKILLS

Grating, Bridge hold, Claw grip, Using the grill, Spreading





Stewed Apple and Sultana Crumble

Ingredients

100g plain flour
50g butter or margarine
50g oats
25g sugar
2 Large eating apples
10g caster sugar (tsp)
100ml water
50g sultanas

Equipment

Weighing scales
Mixing bowl
Wooden spoon,
Chopping board,
Knife,
Oven proof dish/foil tray,
Saucepan,
Baking tray.

Method

1. Preheat the oven to 190°C or gas mark 5.
4. Peel and chop apples.
5. Place apple in a saucepan with 100ml water and bring to boil until apple are soft and water dissolves.
2. Rub in the butter or margarine into the flour until it resembles breadcrumbs.
3. Stir in the oats and sugar.
6. Turn off the heat and place the saucepan to one side and add 10g sugar to the apples and stir.
7. Divide the apple in the oven proof dish/foil tray on a baking tray and then add the sultanas.
8. Sprinkle the crumble topping over the apples.
9. Bake for 25-30 minutes, until the apple is soft and the crumble is golden.

SKILLS

Rubbed in method, combining/mixing, bridge hold, claw grip, coring, stewing





Quesadilla

Ingredients

- Large flour tortillas
- Grated cheese -
- Olive oil or butter
- 2 mushrooms
- 1 red pepper
- Cooked chicken pieces
- Spring onion

Method

1. Prepare all your vegetables, dice or chop in small pieces.
 2. Grate the cheese and leave to one side.
 3. Put a little oil in the pan and place one tortilla to warm for about 30 seconds.
 4. When one side of tortilla is warm, take a handful of grated cheese, sprinkle over half of the tortilla, making sure that the cheese does not land on the pan itself.
 5. Add your finely diced vegetables/meat
- Take care not to layer on the ingredients too thickly - this is a quesadilla, not a quiche!**
6. After a minute, check to see if the cheese is melted. If not, return the cover and keep checking every minute until the cheese is melted.
 7. When the cheese is sufficiently melted, use a fish slice to fold over half the tortilla on the filling side, indent with fish slice and fold in half.
 8. Cook the tortillas for a minute either side, or until they have gone golden brown



SKILLS

Dicing, Grating, Folding, Bridge and claw, Using the Hob



Home Cooking Recipe Book

Scones

Ingredients

- 200g self-raising flour
- 50g butter or margarine
- 100ml semi-skimmed milk
- 25g cheese/herbs/spices

Equipment

Non-stick baking tray, pastry brush, weighing scales, sieve, mixing bowl, measuring spoons, grater, chopping board, palette knife, measuring jug, flour dredger, rolling pin, scone cutter, cooling rack.

Method

1. Preheat the oven to 220°C or gas mark 7.
2. Prepare a baking tray, e.g. greased.
3. Put flour and margarine into a mixing bowl and rub in the butter or margarine into the flour until it resembles breadcrumbs.
4. Grate the cheese.
5. Stir in the cheese.
6. Make a well in the middle of the flour and carefully pour in the milk. (Save just a little of the milk.)
1. Mix to form a soft dough.
2. Place the dough on a lightly floured work surface.
3. Roll out the dough to about 1½cm thick.
4. Shape the scones using a cutter.
5. Place the scones on a baking tray and brush each top with a little milk.
6. Bake for 12-15 minutes, until golden brown.
7. Allow to cool on a cooling rack.

Top tips

- ◆ To make fruit scones, add 25g sugar and 75g currants or sultanas before the milk and leave out the cheese.
- ◆ Traditionally, fluted scone cutters are used for sweet scones and plain cutters for savoury scones.
- ◆ You could experiment with different flavourings by adding herbs or spices.



SKILLS

Rubbing in, Combining/mixing, Using the oven, Shaping, Grating, weighing, Measuring, Dividing





Oat Biscuits

Ingredients

Serves: 12

75g self-raising flour

75g porridge oats

75g sugar

75g butter

1 tablespoon golden syrup

1 tablespoon milk



Method

1. Preheat oven to 180 C / Gas mark 4. Line a baking tray with baking parchment.
2. Sieve the flour into a bowl. Mix in rolled oats and sugar.
3. Melt butter, syrup and milk in a saucepan and stir until heated through.
4. Add to the premixed dry ingredients. Mix until well combined.
5. Spoon onto a baking tray and shape into rounds.
6. Bake in preheated oven for 10 to 15 minutes, or until golden brown.
7. Leave to cool for 5 minutes before removing from tray.

SKILLS

Using the oven, melting process, combining and shaping.

Fork Biscuits

Ingredients

150g Self raising flour

100g Butter, softened

50g Caster sugar



Method

1. Preheat the oven to 180°C /fan 160°C/ gas 4. Lightly butter two baking trays.
2. Measure the butter into a bowl and beat to soften. Gradually beat in the sugar and then the flour.
3. Bring the mixture together with your hands to form a dough.
4. Form the dough into 16 balls about the size of a walnut and place spaced well apart on the prepared baking trays.
5. Dip a fork in a little water and use this to flatten the biscuits.
6. Bake in the preheated oven for 15–20 minutes until a very pale golden.
7. Lift off the baking tray and leave to cool completely on a wire rack.

SKILLS

Using the oven, beating, combining and shaping, even sized



Fruit flapjacks

Ingredients

- 75g dried apricots
- 150g oats
- 50g sugar
- 50g butter or margarine
- 2 x 15ml spoons golden syrup

Equipment

Chopping board, knife, weighing scales, measuring spoons, saucepan, wooden spoon, spatula, non-stick baking tin, palette knife.

Method

1. Preheat the oven to 180 °C or gas mark 4.
2. Chop the apricots into small pieces.
3. Place the butter or margarine, sugar and syrup into a saucepan and gently heat until the butter or margarine has melted.
4. Stir in the oats and apricots.
5. Pour the mixture into a non-stick (or lined) baking tin.
6. Pat down the mixture in the baking tin.
7. Bake for 15 - 20 minutes, until lightly browned.
8. Remove from the oven and cut into 'bars' in the baking tin while hot.

Top tips

- ◆ Vary the type of dried fruit used, e.g. sultanas, figs, mixed fruit.
- ◆ Add 1 x 5ml spoon cinnamon, ginger or mixed spice to the oat mixture.
- ◆ Go for grated fresh apple or carrot.
- ◆ The baking tin gets hot so remember to use oven gloves.



SKILLS

Using the oven, Claw grip, Using the hob, Combining/mixing, Weighing, Measuring



Tropical granola bars

Ingredients

- 50g butter or margarine
- 100g sugar
- 2 x 15ml spoon honey
- 150g jumbo oats
- 1 x 5ml spoon cinnamon
- 40g pumpkin seeds
- 40g desiccated coconut
- 75g tropical dried fruit

Equipment

- Weighing scales,
- measuring spoons,
- saucepan, wooden spoon, spatula, baking tin, palette knife.

Method

1. Preheat the oven to 180°C or gas mark 4.
2. Place the butter or margarine, sugar and honey into a saucepan and gently heat until the butter or margarine has melted.
3. Stir in all the other ingredients.
4. Pour the mixture into a non-stick (or lined) baking tin.
5. Pat down the mixture in the baking tin.
6. Bake for 20 minutes, until lightly browned.
7. Remove from the oven and cut into 'bars' in the baking tin while hot.

Top tips

- ◆ Try adding a different type of breakfast cereal, instead of oats.
- ◆ Add 1 x 5ml spoon ginger or mixed spice to the oat mixture instead of cinnamon.
- ◆ You could add a few chopped nuts.
- ◆ Try adding half an apple or half a mashed banana instead of the tropical fruit and coconut.



SKILLS

Using the oven, Claw grip, Using the hob, Combining/mixing, Weighing, Measuring



Mini carrot cakes

Ingredients

- 75g margarine
- 125g carrots (2 carrots)
- 100g sugar
- 100g flour
- 1 x 5ml cinnamon
- 1 x 5ml baking powder
- 1 large eggs
- 60g sultanas
- 25g nuts (Optional)

Equipment

Mixing bowl, chopping board, knife, peeler, grater, weighing scales, wooden spoon, sieve, small bowl, fork, muffin cases, muffin tin, 2 spoons.

Method

1. Preheat the oven to 200°C or gas mark 6.
2. Melt the margarine in the microwave.
3. Top and tail, and then peel and grate the carrots.
4. Combine the carrots, sugar and margarine in the mixing bowl.
5. Sift in the flour, cinnamon and baking powder.
6. Beat the eggs in a small bowl, and then add to the mixture.
7. Mix in the sultanas and nuts.
8. Divide the mixture equally between the muffin cases, using the two metal spoons.
9. Bake for 20 minutes.

Top tips

- ❖ When the mini-carrot cakes are cool, you may wish to make a cream cheese topping. Combine 50g cream cheese and 25g icing sugar together.

SKILLS

Weighing, Measuring, Combining, Mixing, Dividing, Using an oven, Peeling, Grating, Claw grip





Home Cooking Recipe Book

The Eatwell Salad Jar can be design in many different ways and students can use a range of different ingredients from the sections on the Eatwell Guide – See below for an example

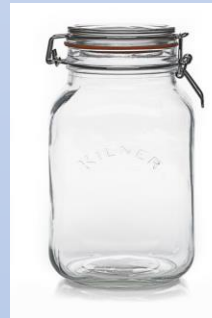
Eatwell Salad Jar

Ingredients

Dressing: **2-3 Tbsp.** Mayonnaise or Salad Dressing
Veggies/fruit: **(3)** Pepper, Sweetcorn, Cucumber
Carbs: **(1)** **50g** Rice, Pasta, Salad Potato
Protein (cooked): **50g** Chicken, Pepperoni, Ham
Salad leaves - **Handful**

Example Method

Boil water in a saucepan then add pasta.
Boil pasta for 10-12 mins
Peel and grate carrot
Wash and slice mushroom
Deseed and dice pepper
Dice cooked bacon
Slice cooked chicken
Cut tomato into quarters
Grate cheese
Slice cucumber
Drain pasta, allow to cool
Sauce into jar
Layer jar in order with ingredients.



SKILLS

Weighing, Measuring, Combining, Using an hob, Peeling
Grating, Bridge and Claw grip, Boiling





Fishcakes

Ingredients

- 170g/160g can of Tuna or Salmon
- 20g butter
- 1 spring onions, finely chopped
- 1 garlic clove, crushed
- 2 medium potatoes
- 50g sweetcorn, thawed if frozen (optional)
- Half teaspoon of parsley
- Salt and freshly ground black pepper
- 1 tbsp. corn flour
- Plain flour, for dusting
- Vegetable oil, for frying

Method

1. Place a saucepan of water on the hob. Peel and dice the potatoes, place carefully in the boiling water, boil for 15 minutes until soft.
2. Slice or crush the garlic, slice the spring onion.
3. Drain the can of fish and tip onto a mixing bowl. Break the fish into chunks and set aside.
4. Check potatoes, if cooked drain and put potatoes back into the saucepan, add butter then mash the potatoes with a masher.
5. Add the mashed potato to the bowl of fish then add the onion, salt, pepper, parsley, corn flour and mix to combine ingredients.
6. Form into 4 large fish cakes.
7. Heat the vegetable oil in a large frying pan and shallow fry the fish cakes for 4-5 minutes per side, until golden brown. Drain on kitchen paper.
8. Serve with salad or vegetables. Or in a bun.



SKILLS

Using the Hob, shallow frying, shaping, bridge and claw, knife skills, boiling, combining, Cross contamination



Vegetable soup

Ingredients

- 1 onion
- 1 carrot
- 1 leek
- 1 potato
- 1 celery stick
- 1 x 10ml spoon oil
- 600ml stock (water and stock cube)
- 1 x 15ml spoon coriander, chopped

Method

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

Top tips

- ◆ Try using a sweet potato.
- ◆ Vary the types of vegetables used depending on what is in season.
- ◆ Add canned or frozen sweetcorn or a can of beans.
- ◆ If you have a blender, blend the soup.
- ◆ Try adding different herbs and spices.

Equipment

Chopping board, knife, vegetable peeler, measuring spoons, saucepan, wooden spoon, measuring jug.



SKILLS

Onion preparation, Bridge and Claw, Using the hob, Measuring, Combining/mixing, Peeling, Simmering



Spicy tomato soup

Ingredients

- 1 onion
- 1 carrot
- 1 potato
- 1 x can chopped tomatoes (400g)
- 500ml water
- 1 stock cube
- 1/2 x 5ml spoon dried chilli flakes
- 1 x 15ml spoon tomato puree

Equipment

- Chopping board, knife,
- vegetable peeler, saucepan,
- can opener, measuring
- spoons, wooden spoon,
- liquidiser/blender, ladle.

Method

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

Top tips

- ◆ Place a cloth over the liquidiser to prevent any soup from splashing out.
- ◆ Use a range of different vegetables, e.g. leeks, peppers, mushrooms.
- ◆ Serve with wholegrain bread.
- ◆ Use different herbs and spices, e.g. basil, mixed herbs, paprika



SKILLS

Onion preparation, Bridge and Claw, Using the hob, Measuring, Combining, Peeling





Courgette and cheese muffins

Ingredients

- 1 small courgette
- 100g cheddar cheese
- 225g self raising flour
- 50ml oil
- 175ml semi-skimmed milk
- 1 egg
- Black pepper

Equipment

- 12 muffin cases, muffin tin,
- chopping board, knife, grater,
- measuring jug, mixing bowl,
- wooden spoon, 2 spoons,
- cooling rack.

Method

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

Top tips

- Try using a grated carrot instead of courgette.
- Add finely sliced chilli or ginger for a different flavour.
- Crumble in a little crispy grilled bacon.
- Try different types of cheese e.g. feta, edam.
- Try adding a little mustard.



SKILLS

Weighing, Using the oven, Grating, Claw grip, Dividing, Combining/mixing, Measuring



Fruity muffins

Ingredients

250g self raising flour
2 x 5ml spoons of baking powder
100g caster sugar
230ml semi skimmed milk
1 egg
60ml oil
150g canned fruit, drained

Equipment

12 muffin cases, muffin tin, weighing scales, measuring spoons, measuring jug, mixing bowl, wooden spoons, can opener, 2 spoons, cooling rack.

Method

1. Preheat oven to 180°C or gas mark 4.
2. Place the muffin cases into the muffin tin.
3. Mix all the ingredients together to form a smooth batter.
4. Stir in the fruit.
5. Divide the mixture equally between the muffin cases using 2 spoons.
6. Bake for 20 - 25 minutes, until golden.
7. Allow to cool on a cooling rack.

Top tips

- ◆ Vary the type of fruit you use. Try bananas, cherries or blueberries. Go for fresh, frozen, canned or dried fruits.
- ◆ Experiment with different spices, such as cinnamon, ginger or mixed spice.

SKILLS

Weighing, Using the oven, Dividing, Combining/mixing, Measuring





Herby veggie crumble

Ingredients

- 40g butter or margarine
- 150g wholemeal flour
- 50g cheese
- 50g oats
- 2 x 5ml mixed herbs
- 2 leeks (small)
- 1 red pepper
- 4 mushrooms
- 1 can chopped tomatoes (400g)

Equipment

- Weighing scales, mixing bowl,
- grater, wooden spoon, chopping board, knife, baking dish (approx 20cm x 20cm) can opener.

Method

1. Preheat the oven to 200°C or gas mark 6.
2. Rub in the butter or margarine into the flour until it resembles breadcrumbs.
3. Grate the cheese.
4. Stir in the grated cheese, oats and 1x5ml spoon mixed herbs.
5. Slice the leeks and red pepper.
6. Quarter the mushrooms.
7. Arrange the vegetables in a baking dish.
8. Pour over the canned tomatoes and 1x5ml spoon mixed herbs.
9. Sprinkle the crumble topping over the vegetables.
10. Bake in the oven for 25-30 minutes, until golden.

Top tips

- ◆ Try different combinations of vegetables, such as sweetcorn or broccoli.
- ◆ Use different herbs to vary the flavour, e.g. parsley or thyme.
- ◆ Be creative with your crumble topping. Try different types of cheese e.g. parmesan or feta or add crushed digestive biscuits instead of oats.
- ◆ Serve the crumble with a side salad.
- ◆ The baking dish gets hot so remember to wear oven gloves.



SKILLS

Weighing, Using the oven, Combining, Grating, Claw grip, Bridge claw





Scone based pizza

Ingredients

- 150g self raising flour
- 25g margarine
- 1 egg
- 50ml milk semi-skimmed
- 3 x 15ml spoons of passata sauce
- 2 mushrooms
- 1 tomato
- ½ green pepper
- 25g sweetcorn
- 50g cheese, e.g. Mozzarella
- 1 x 5ml spoon of dried herbs

Equipment

- Baking tray, weighing scales, sieve, mixing bowl, measuring jug, small bowl, fork, palette knife, flour dredger, spoon, chopping board, knife, measuring spoons, grater.

Method

1. Preheat the oven to 200°C or gas mark 6
2. Line a baking tray.
3. Sift the flour into a bowl.
4. Rub the butter or margarine into the flour until it resembles breadcrumbs.
5. Whisk the egg and milk together in a small bowl with a fork.
6. Add the egg mixture to the flour and mix together form a soft dough.
7. Flatten out the dough on a floured surface to form a large circle.
8. Transfer the dough to the baking tray.
9. Spread the passata sauce over the dough using the back of a spoon.
10. Prepare the vegetables: slice the mushrooms; slice the tomato; remove the core from the green pepper and slice into the thin strips.
11. Arrange the mushrooms, tomato, green pepper and sweetcorn over the base.
12. Grate or slice the cheese.
13. Sprinkle or place the cheese and herbs over the top of the pizza.
14. Place the pizza in the oven and bake for 10 – 15 minutes, until golden brown.

Top tips

- Divide the dough in half and make two mini pizzas.
- Experiment with different toppings. Why not try slices of ham, tuna, red pepper, onion, or different types of cheese?
- Add herbs, spices, garlic or black pepper to the scone base mixture.



SKILLS

Weighing, Measuring, Shaping, Rolling, out, Using the oven, Combining, Grating, Bridge and Claw, Spreading, Rubbing in.





Cheese and onion triangles

Ingredients

- 50g Cheddar cheese
- ½ small onion
- 100g plain flour
- 50g butter or margarine
- 2-3x15ml spoons cold water
- 1 egg

Equipment

- Weighing scales, chopping board, grater, knife, mixing bowl, sieve, measuring spoons, palette knife, flour dredger, rolling pin, spoon, fork, 2 small bowls, pastry brush, fish slice, baking tray.

Method

1. Preheat the oven to 180°C or gas mark 4.
2. Prepare the cheese and onion filling.
 - ◆ Grate the cheese.
 - ◆ Slice the onion.
 - ◆ Mix the cheese and onion together in a small mixing bowl.
3. Make up the shortcrust pastry.
 - ◆ Sift the flour into the bowl.
 - ◆ Rub the butter or margarine into the flour, using your fingertips, until it resembles breadcrumbs.
 - ◆ Add the cold water and start to mix together.
 - ◆ Mix to form a firm, smooth dough.
4. Roll out the pastry into a square, on a floured surface.
5. Cut the square into quarters using the palette knife.
6. Spoon some cheese filling in the middle of the square.
7. Next, break the egg into a small bowl and beat with a fork, brush the edges of the pastry with beaten egg.
8. Fold over each pasty and pinch them together all the way along.
9. Brush each pasty with beaten egg.
10. Transfer them onto the baking tray.
11. Bake for 20 minutes, until golden brown.

Top tips

- ◆ Use spices and herbs for different flavour sensations!
- ◆ Try adding slices of chicken or beef, perhaps with mushrooms and sweetcorn.
- ◆ Make up the pastry using wholemeal flour – remember to use a little more water.
- ◆ Try using different types of cheese.



SKILLS

Using the oven, Rubbing in, Rolling out, Combining/mixing, Bridge and Claw, Weighing, Measuring, Grating,





Tomato and basil tart

Ingredients

- 100g plain flour
- 50g butter or margarine
- 2-3 x 15ml spoons cold water
- 2 tomatoes
- 50g Cheddar cheese
- Handful of basil leaves
- 2 eggs
- 125ml semi-skimmed milk
- Black pepper

Equipment

- Weighing scales, sieve, mixing bowl, measuring spoons, palette knife, flour dredger, rolling pin, sandwich tin or 18cm flan ring, fork, chopping board, knife, grater, measuring jug, baking tray.

Method

1. Preheat the oven to 180°C or gas mark 4.
2. Make up the shortcrust pastry.
 - ◆ Sift the flour into the bowl.
 - ◆ Rub the butter or margarine into the flour, using your fingertips, until it resembles breadcrumbs.
 - ◆ Add the cold water and start to mix together.
 - ◆ Mix to form a firm, smooth dough.
3. Roll out the pastry, on a lightly floured surface.
4. Line the flan ring or sandwich tin.
5. Trim the edges of the pastry using the palette knife.
6. Prick the bottom of the pastry with a fork.
7. Slice the tomatoes.
8. Grate the cheese.
9. Whisk the eggs and milk together in the measuring jug using a fork. Tear the basil into the mixture, then add a few twists of black pepper.
10. Pour the egg mixture into the pastry shell.
11. Arrange the tomato slices and cheese over the top.
12. Place on a baking tray and bake for 30 minutes, until golden and firm.

Top tips

- Add canned tuna or smoked salmon pieces and chopped cooked asparagus for a fancy dinner.
- Use goats cheese and add sliced red pepper for a change.
- The baking tray gets hot so remember to use oven gloves



SKILLS

Using the oven, Rubbing in, Rolling out, Combining/mixing, Bridge and Claw, Weighing, Measuring, Grating, Slicing





Vegetable couscous salad

Ingredients

- 175ml water, boiling
- 1 vegetable stock cube
- 100g couscous
- 1 medium tomato
- 1 spring onion
- ¼ cucumber
- ½ yellow pepper
- 4 dried apricots
- 1 small bunch parsley
- 2 x 15ml spoons low fat dressing

Equipment

- Kettle, measuring jug,
- measuring spoons, weighing scales, large bowl, fork,
- chopping board, knife, kitchen scissors, spoon, container.

Method

1. Make up the stock by dissolving the stock cube in the boiling water.
2. Pour the stock over the couscous in a large bowl.
3. Stir with a fork and leave to stand for 5 minutes.
4. Chop the tomato and cucumber into small chunks.
5. Slice the pepper into small strips.
6. Slice the dried apricots and parsley into small pieces.
7. Fluff the couscous with a fork and then add all the vegetables and snip the spring onions into the bowl using the scissors.
8. Stir everything together.
9. Add the dressing.

Top tips

- ◆ Vary the vegetables in the couscous dish, e.g. use celery, sweetcorn, peas, olives or mushrooms.
- ◆ Try adding some chickpeas, chopped cooked chicken, ham, tuna or chunks of feta cheese.
- ◆ Use flaked almonds or raisins instead of the dried apricots.



SKILLS

Using a kettle, Bridge hold, Claw grip, Combining, Mixing





Macaroni cheese

Ingredients

100g macaroni
100g Cheddar cheese
1 tomato
25g soft margarine
25g plain flour
250ml semi-skimmed milk
Black pepper

Equipment

Two saucepans, weighing scales, grater, chopping board, knife, colander, measuring jug, wooden spoon, whisk, ovenproof dish or foil tray.

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. Grate the cheese and slice the tomato.
3. 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.
4. Preheat the grill.
5. Drain the boiling hot water away from the macaroni into a colander in the sink.
6. Stir the drained macaroni into the cheese sauce and add a few twists of black pepper.
7. Pour the macaroni into an oven-proof dish or foil tray.
8. Arrange the tomato slices over the macaroni.
9. Sprinkle over the remaining cheese.
10. Place under a hot grill until the cheese is bubbling and golden brown.

Top tips

- ◆ Try different varieties of pasta shapes, such as rigatoni or shells.
- ◆ Add fresh herbs to the sauce, like chopped parsley or basil.
- ◆ During the last 2-3 minutes of cooking the macaroni, add a range of small pieces of vegetables, such as broccoli, cauliflower, courgette or peppers.



SKILLS

Using the hob, Using the grill,, Combining, Bridge and Claw, Weighing, Grating, Mixing, Making a savoury sauce





Tuna and broccoli pasta

Ingredients

- 100g rigatoni
- 40g cheese
- 100g broccoli
- 100g canned tuna (in water) drained
- 25g soft margarine
- 25g plain flour
- 250ml semi-skimmed milk
- 1 x 5ml spoon dried oregano
- 50g sweetcorn drained (canned or frozen)
- Black pepper

Method

1. Bring a saucepan of water to the boil, and then add the pasta. Simmer for about 10-12 minutes, until *al dente*.
2. Grate the cheese and cut the broccoli into small pieces.
3. 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, stir in the oregano, and allow to simmer for 2 minutes.
1. During the last 2 minutes of the pasta boiling, add the sweetcorn and broccoli to the saucepan.
2. Preheat the grill.
3. Drain the boiling hot water away from the pasta and vegetables into a colander in the sink.
4. Pour the drained pasta and vegetables into the sauce.
5. Stir in the canned tuna.
6. Pour the mixture into an ovenproof dish or foil tray.
7. Sprinkle the cheese over the top, and add a few twists of black pepper.
8. Place under a hot grill until the cheese is bubbling and golden brown.

Top tips

- ◆ Try different varieties of pasta shapes, such as macaroni or shells.
- ◆ Use different types of vegetables, like leeks, peppers and mushrooms.
- ◆ Add a spoon of pesto, mustard or tomato puree to the sauce for extra flavour.
- ◆ The grill pan gets hot so remember to use oven gloves.

Equipment

Two saucepans, weighing scales, grater, chopping board, knife, measuring jug, whisk, measuring spoons, colander, wooden spoon, ovenproof dish or foil tray.



SKILLS

Using the hob, Using the grill,, Combining, Bridge and Claw, Weighing, Grating, Mixing, Making a savoury sauce





Koftas

Ingredients

- 1 small onion
- 1 clove of garlic
- 1/2 red chilli
- 200g lamb mince
- 1 x 5ml spoon cumin
- 1 sprig of parsley, mint and coriander

Equipment

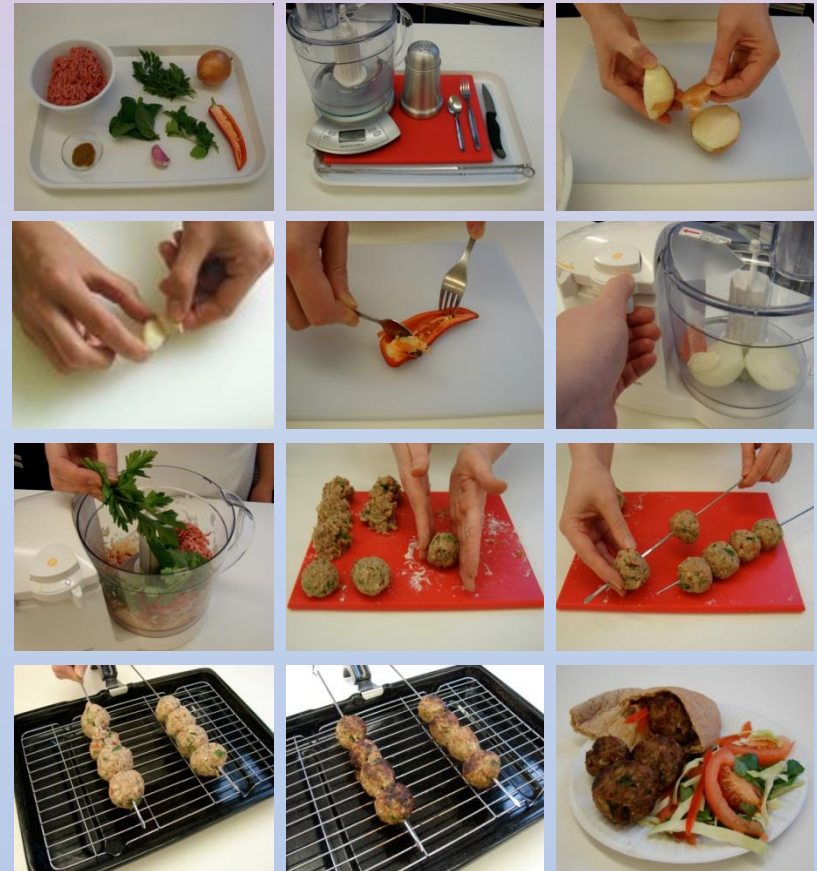
- Two chopping boards,
- two knives, fork, food processor, flour dredger, skewers.

Method

1. Peel the onion and cut in half.
2. Peel the garlic.
3. Cut off the top of the chilli and remove the seeds.
4. Put the onion, chilli and garlic into the food processor and blitz together.
5. Add the mince, cumin and herbs, then blitz together.
6. Sprinkle a little flour onto a chopping board, then divide and shape the mixture into 8 balls.
7. Thread the meat balls onto the skewers.
8. Carefully place the skewers onto a grill pan.
9. Grill for 10-15 minutes, turning occasionally to ensure even cooking. (The meat balls should be thoroughly cooked – no pink.)
10. Serve in a pitta with salad.

Top tips

- ◆ If you don't have a food processor, prepare the onion, chilli and garlic by hand. Mix everything together in a mixing bowl.
- ◆ If you are using wooden skewers soak them in water before using them so they don't burn under the grill.
- ◆ Try serving with low fat hummus or tzatziki.
- ◆ The grill pan gets hot, remember to use oven gloves.



SKILLS

Using the grill, Bridge and Claw, Measuring, Mixing, Using the food processor





Fish & veg stack

Ingredients

- 1 carrot
- 1/2 courgette
- 1 piece of fish, e.g. salmon (approx 200g)
- 1/2 slice bread, e.g. granary
- 1 spring onion
- 25 g cheddar cheese
- 1 x 5ml spoon dried mixed herbs
- Black pepper

Method

1. Preheat the oven to 200°C or gas mark 6.
2. Top and tail the carrot and courgette, then run the vegetable peeler lengthways along each vegetable to make ribbons. Place an oven proof dish or foil tray on a baking tray and place the vegetable ribbons in the bottom.
3. Lay the fish on top of the vegetables.
4. Grate the cheese.
5. Put spring onion and bread into the food processor and blitz until it resembles breadcrumbs.
6. Stir in the cheese, herbs and a few twists of black pepper.
7. Spoon the mixture on top of the fish and bake in the oven for 20 minutes.
8. Serve.

Top tips

- ◆ Use different types of vegetables and/or fish.
- ◆ Mix ready cooked pasta or rice with the vegetables for a complete meal.
- ◆ Try different herbs and spices e.g. basil, coriander, ginger or chilli.

Equipment

Chopping board, knife, vegetable peeler, ovenproof dish/foil dish, baking tray, food processor, grater, spoon, oven gloves, weighing scales.



SKILLS

Using the oven, Combining/mixing, Bridge and Claw, Weighing, Measuring, Peeling, Grating, Using the food processor





Spicy bean burgers

Ingredients

- 1 slice of bread
- 1/2 onion
- 1 medium green chilli
- 1 x 400g can red kidney beans
- 1 x 5ml spoon ground chilli powder
- 1 x 5ml spoon dried mixed herbs

Method

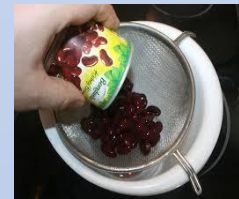
1. Preheat the grill.
2. Put the bread in the food processor and blitz until it resembles breadcrumbs. Pour these crumbs into the mixing bowl.
3. Cut away the top of the chilli, and then de-seed.
4. Peel the onion.
5. Drain the red kidney beans.
6. Place the red kidney beans, onion, chilli, chilli powder and dried herbs into the food processor. Blitz together to form a thick paste-like mixture.
7. Place the bean mixture into the mixing bowl with the breadcrumbs. Mix everything together thoroughly using the spatula.
8. On a lightly floured chopping board, divide and shape the bean mixture into 8 small patties.
9. Grill the patties for 8 minutes, turning over after 4 minutes.
10. Serve in a pitta with salad.

Top tips

- ◆ Try different types of beans or pulses.
- ◆ Use other herbs, spices and/or lemon instead of chilli.
- ◆ Eat with a range of different breads and fillings e.g. tomato salsa or tzatziki.
- ◆ Add vegetables to the mix e.g. sweetcorn, green pepper or grated carrot.
- ◆ The grill gets hot so remember to wear oven gloves.

Equipment

Food processor, mixing bowl, chopping board, knife, can opener, measuring spoons, spatula, flour dredger, fish slice.



SKILLS

Using the grill, Dividing, Bridge and Claw, Mixing, Measuring, Using the food processor





Ratatouille

Ingredients

- 1 onion
- 1 clove garlic
- 1 small aubergine
- 1 green pepper
- 1 courgette
- 2 cans chopped tomatoes (800g)
- 1 x 10ml 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 green 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.

Top tips

- ◆ Use dried herbs if you do not have fresh basil.
- ◆ Go for different vegetables - try adding olives, mushrooms, red onions, peas or beans.
- ◆ Serve with rice, potatoes or bread for a low fat snack.

Equipment

Chopping board, knife, garlic press, measuring spoons, saucepan, wooden spoon, can opener.



SKILLS

Using the hob, Onion preparation, Bridge and Claw, Measuring, Simmering, Mixing/combining



Home Cooking Recipe Book

Classic tomato ragu

Ingredients

- 1 onion
- 1 clove garlic
- 1x15ml spoon oil
- 2 x 400g canned chopped tomatoes
- handful of fresh basil
- black pepper

Equipment

- Knife, chopping board, garlic press, measuring spoons, saucepan, wooden spoon.

Method

1. Peel and chop the onion and peel and crush the garlic.
2. Fry the onion and garlic in the oil for 5 minutes, until soft.
3. Add the tomatoes and tear in the basil leaves.
4. Add a few twists of black pepper, then allow to simmer gently for 30 minutes (longer if possible).

Optional

You may wish to serve the tomato ragu with pasta if so:

- ◆ after 15 minutes, put a large saucepan of water on to boil. When rapidly boiling, add the pasta and cook for around 10 minutes until al dente. Drain;
- ◆ mix the cooked pasta and tomato sauce together.

Top tips

- ◆ Use dried herbs if you do not have fresh.
- ◆ Add ½ red chilli, for a sauce with a kick.
- ◆ Add 75g mushrooms and 75g courgette, after stage 2, for a simple veggie sauce.
- ◆ Add and brown 200g minced beef after stage 2 for a simple meat sauce.
- ◆ Stir-in black olives and tuna for a fish alternative.
- ◆ Pour the basic ragu sauce over white fish, sprinkle with cheese and bake for 20 minutes until golden.



SKILLS

Using the hob, Onion preparation, Bridge and Claw, Measuring, Simmering, Mixing/combining





Spinach, potato and chickpea curry

Ingredients

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

Equipment

- Knife, chopping board, garlic press, frying pan, measuring spoons, measuring jug, wooden spoon, can opener.

Method

1. Prepare the onion, garlic and potatoes:
 - ◆ slice the onion;
 - ◆ peel and crush the garlic;
 - ◆ peel and cut the potatoes into 1cm cubes.
2. 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.
6. Serve.

Top tips

- ◆ Serve with boiled rice, naan bread and a side salad.
- ◆ Replace the tomatoes with thinly sliced courgettes, peppers or okra.
- ◆ Batch cook – freeze portions for a rainy (busy) day



SKILLS

Using the hob, Bridge and Claw, Measuring, Simmering, Mixing/combining, Stir-fry



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

Equipment

- Two chopping boards, two knives, garlic press, frying pan, weighing scales, wooden spoon, can opener, juicer.

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.
8. Serve.

Top tips

- ◆ Use a range of different vegetables, such as broccoli, spinach or courgette.
- ◆ Use frozen vegetables, like peas, runner beans or soy beans.
- ◆ Serve with boiled rice – why not go for a mix of white, brown and wild?



SKILLS

Using the hob, Bridge and Claw, Measuring, Simmering, Mixing, Stir-fry, Measuring



Dutch apple cake

Ingredients

- 100g caster sugar
- 100g soft margarine
- 2 eggs
- 100g self raising flour
- 1 x 5ml spoon baking powder
- 1 eating apple
- 1 x 5ml spoon cinnamon
- 1 x 5ml spoon demerara sugar

Equipment

- Weighing scales, mixing bowl,
- electric hand whisk, small bowl,
- fork, sieve, spoon, knife, chopping board, measuring spoons, cake tin or foil trays.

Method

1. Preheat the oven to 180°C or gas mark 4.
2. Grease and/or line the baking or foil trays.
3. Cream the sugar and margarine together, ideally using an electric hand whisk, until light and fluffy.
4. In a small bowl, beat the eggs with a fork.
5. Add the beaten egg, a little at a time, to the margarine and sugar and mix in with the electric hand whisk.
6. Sieve the flour and baking powder into a bowl, or onto a plate or piece of greaseproof paper.
7. Fold the flour and baking powder into the mixture, a spoonful at a time.
8. Spread the mixture in the cake tin
9. Core the apple and slice thinly.
10. Arrange the apple slices over the cake mix, then sprinkle the cinnamon and sugar on top.
11. Place in the oven and bake for around 20 minutes, until golden brown and springy to the touch.
12. Remove from the oven and allow to cool.

Top tips

- ◆ When lining the baking tin it is only necessary to line the bottom of the tin. The sides can be greased with oil.
- ◆ For a tasty alternative, try pear and ginger or plum and cinnamon.
- ◆ You can also use the all in one method for this recipe.



SKILLS

Using the oven, Creaming method, Bridge and claw, Weighing, Measuring, Combining/mixing, Sieving, Using the electric whisk





Marble pear tray bake

Ingredients

- 100g caster sugar
- 100g soft margarine
- 2 eggs
- 100g self raising flour
- 1 x 15ml spoon cocoa powder
- 1 x 5ml spoon baking powder
- ½ pear

Equipment

- Baking tin (20cm square) or foil tray,
- weighing scales, mixing bowl, electric hand whisk, small bowl, fork, sieve, spoon, chopping board, knife.

Method

1. Preheat the oven to 180°C or gas mark 4.
2. Grease and line the baking tin or foil tray.
3. Cream the sugar and margarine together, ideally using an electric hand whisk, until light and fluffy.
4. In a small bowl, beat the eggs with a fork.
5. Add the beaten egg, a little at a time, to the margarine and sugar and mix in with the electric hand whisk.
6. Sieve the flour and baking powder into a bowl.
7. Fold the flour and baking powder into the mixture, a spoonful at a time.
8. Core and chop the pear into small pieces. Scatter pieces of pear into the lined cake tin.
9. Spoon half of the plain cake mixture into the tin.
10. Stir-in the cocoa to the remaining cake mixture.
11. Spoon the chocolate mixture into the baking tin and then swirl the two mixtures together to create a marble effect.
12. Place in the oven and bake for 20 minutes, until golden brown and springy to the touch.
13. Remove from the oven and allow to cool.

Top tips

- ◆ When lining the baking tin it is only necessary to line the bottom. The sides can be greased with oil.
- ◆ Instead of chocolate, use other spices and fresh fruit, e.g. mixed spice, apricots.
- ◆ You can also use the all in one method for this recipe.



SKILLS

Using the oven, Creaming method, Lining the tin, Weighing, Measuring, Combining/mixing, Sieving, Spreading/marbling, Using the electric whisk





Swiss roll

Ingredients

- 50g self raising flour
- 2 eggs (medium)
- 50g caster sugar
- Extra sugar for rolling up
- 2-3 x 15ml spoons jam

Equipment

Swiss roll tin, baking parchment, scissors, pastry brush, weighing scales, mixing bowl, electric hand mixer, sieve, large metal spoon, spatula, oven gloves, greaseproof paper, tea towel, small bowl, sharp knife, palette knife, and cooling rack.

Method

1. Preheat the oven to 200°C or gas mark 6.
2. Line and grease the Swiss roll tin, 22cm x 30cm with baking parchment.
3. Whisk the eggs and sugar together until thick, creamy and white (and leaves a trail).
4. Sift the flour into the bowl.
5. Gently fold in the flour, using the metal spoon.
6. Pour the mixture into the Swiss roll tin. Use the spatula to scrape the bowl clean.
7. Bake for 8 – 10 minutes, until golden brown and firm to the touch. (Do not overcook.)
8. While the Swiss roll is baking, place the piece of greaseproof paper on top of the clean damp tea towel and sprinkle the extra sugar on top of the paper.
9. Warm the jam, either in the microwave or in the glass bowl over hot water.
10. When the Swiss roll is cooked, tip it onto the sugared paper.
11. Carefully peel off the lining paper from the cake.
12. Trim the edges with the sharp knife.
13. Spread the jam over the sponge with the palette knife right to the edge.
14. Roll up the Swiss roll from the top short edge, using the paper and tea towel to grip and guide the Swiss roll.
15. Stand on the cut edge on the cooling rack.



SKILLS
Using the oven, Lining the tin, Weighing, Measuring, Spreading, Sieving, Combining/mixing, Using the electric whisk, Rolling



Savoury choux buns

Ingredients

60g strong white flour
Pinch of mustard powder
Pinch of cayenne pepper
2 eggs (large)
50g butter
150ml water
25g grated parmesan cheese
Twist of black pepper
100g cream cheese
2 slices of ham
1 tomato

Equipment

Baking tray, pastry brush, weighing scales, sieve, greaseproof paper, 2 small bowls, fork, measuring jug, saucepan, wooden spoon, 2 x 10ml spoons, knife, chopping board, and cooling rack.

Method

1. Preheat the oven to 200 °C or gas mark 6.
2. Grease or line the baking tray, and sprinkle a little water on top.
3. Sift the flour, mustard powder and cayenne pepper onto the piece of greaseproof paper.
1. Beat the eggs in the small bowl with the fork.
2. Melt the butter in the water in the saucepan.
3. When it starts to boil, remove from the heat and shoot in the flour.
4. Beat the mixture briskly until it is smooth and leaves the side of the pan.
5. Stir in the egg, a little at a time, to form a smooth paste.
6. Add the cheese and black pepper to the mixture and mix until combined.
7. Place small spoons of choux pastry onto the baking tray.
8. Bake for 10 minutes. Increase heat to 220 °C, gas mark 7, and bake for 15 minutes.
9. Slice with the knife and place on the cooling rack.
10. Chop the ham and dice the tomato, and mix with the cream cheese in the small bowl.
11. When the buns are cool, fill with the cream cheese mixture.

Top tips

- ◆ The term 'shoot in' means to quickly add, all at once.
- ◆ Use a heat proof stand to place the saucepan on when stirring in the flour and egg.



SKILLS

Using the oven, Using the Hob, Weighing, Measuring, Sieving, Combining/mixing,





Mushroom risotto

Ingredients

- 1 onion
- 150g chestnut mushrooms
- 2 cloves garlic
- 1 x 15ml spoon olive oil
- 250g risotto rice
- 1 x 5ml spoon vegetable stock powder or stock cube
- 1-1.5 litres water, boiling
- 1 x 15ml spoon parmesan, grated
- 1 x 10ml spoon thyme, chopped

Equipment

- Chopping board, Knife, Garlic press, Weighing scales, Measuring spoons, Kettle, Measuring jug, frying pan, wooden spoon

Method

1. Prepare the vegetables:
 - ◆ peel and chop the onion;
 - ◆ slice the mushrooms;
 - ◆ peel and crush the garlic.
2. Fry the onion and garlic in the oil until softened.
3. Add the mushrooms, and fry for another 2 minutes.
4. Stir in the rice.
5. Mix the stock powder with the water.
6. Add a little of the stock to the rice - a little at a time. Wait for the stock to be absorbed, stirring constantly.
7. Continue adding the stock until the rice cooks – this will take 20-25 minutes. The rice should be soft, but still retain a nutty bite.
8. Stir in the parmesan and thyme into the rice.

Top tips

- ◆ Try using different ingredients, such as chicken, prawns or Mediterranean vegetables.
- ◆ Use different herbs and spices e.g. basil, parsley or chilli.
- ◆ Ensure that you keep adding liquid otherwise the rice will not cook.



SKILLS

Using the Hob, Weighing, Measuring, Bridge and claw, Using a kettle, Frying, Combining/mixing,



Savoury rice

Ingredients

- 1 onion
- 3 mushrooms
- 1/2 red pepper
- 1 tomato
- 1 x 10ml spoon oil
- 150g long grain rice
- 550ml water, boiling
- 1 x 5ml spoon vegetable stock powder or cube
- 50g peas
- 1 x 10ml spoon curry powder

Equipment

- Chopping board, knife,
- saucepan, wooden spoon,
- weighing scales, measuring
- jug, measuring spoons,
- kettle.

Method

1. Prepare the vegetables:
 - ◆ peel and chop the onion;
 - ◆ slice the mushrooms;
 - ◆ dice the red pepper;
 - ◆ chop the tomato.
2. Fry the onion in oil until soft.
3. Add the mushrooms and red pepper and cook for a further 2 minutes.
4. Stir in the rice.
5. Mix the stock powder with the water.
6. Add the stock, peas and curry powder.
7. Simmer for 15 minutes, until the rice is tender.
8. To serve place the rice in a bowl and sprinkle the chopped tomato on top.



SKILLS

Using the Hob, Weighing, Measuring, Bridge and claw, Using a kettle, Frying/simmering, Combining/mixing, Onion preparation



Home Cooking Recipe Book

Sizzling stir-fry

Ingredients

- 100g noodles
- 1 x chicken breast (or 3-4 thighs)
- 1 clove garlic
- ½ red chilli
- 1cm fresh ginger
- ½ red onion
- 3 mushrooms
- 1/2 yellow pepper
- 1 pak choi
- 1 x 10ml spoon oil
- 1 x 10ml spoon soy sauce (reduced salt)

Equipment

- Saucepan, Weighing scales, 2 chopping boards, 2 knives, garlic press, measuring spoons, wok, wooden spoon, colander.

Method

1. Cook the noodles in boiling water. Check the packet for details.
2. While the noodles are cooking, remove any skin from the chicken and cut the chicken into strips. Place in the fridge, covered, until needed.
3. Prepare the vegetables with a clean knife on a clean chopping board:
 - ◆ peel and crush the garlic;
 - ◆ de-seed and slice the chilli;
 - ◆ peel and slice the ginger;
 - ◆ slice the onion, pepper and mushrooms;
 - ◆ shred the pak choi.
4. Heat the oil in the wok or frying pan.
5. Add the onion, garlic, chilli and ginger. Allow to cook for 1 minute.
6. Add the chicken and stir-fry for 3-4 minutes. Check that the chicken is cooked.
7. Add the remaining vegetables and soy sauce and continue to cook for a further 2 minutes.
8. Drain the boiling hot water away from the noodles into a colander in the sink
9. Stir in the cooked noodles and cook for 2 minutes until hot.
10. Serve.

Top tips

- ◆ Vary the vegetables – leeks, courgettes and carrots all work well.
- ◆ Go for tofu instead of chicken for a vegetarian alternative.
- ◆ Other types of meat could be used, e.g. thin strips of beef or turkey.

Mix in ready cooked noodles or rice for a quick main meal.



SKILLS

Using the Hob, Weighing, Measuring, Bridge and claw, Stir-fry, Combining/mixing





Home Cooking Recipe Book

Fajitas

Ingredients

- 1/2 lime
- 1 clove garlic
- 1/2 green chilli
- Small bunch coriander
- 1 x 10ml spoon oil
- 1 small chicken breast (or 3-4 thighs)
- 1/2 onion
- 1/2 green pepper
- 1 tomato
- 25g Cheddar cheese
- 2 tortillas
- 1 x 15ml spoon guacamole (or salsa), optional

Method

1. Prepare the marinade:
 - ◆ squeeze the lime;
 - ◆ peel and crush the garlic;
 - ◆ de-seed and slice the chilli;
 - ◆ chop the coriander;
 - ◆ stir everything together with the oil.
2. Remove any skin from the chicken and cut the chicken into strips. Mix with the marinade and place in the fridge, covered, until needed.
3. Prepare the remaining ingredients with a clean knife on a clean chopping board:
 - ◆ slice the onion and green pepper;
 - ◆ chop the tomato;
 - ◆ grate the cheese.
5. Add the marinated chicken to the wok or frying pan and stir-fry for about 4 minutes. Check that the chicken is cooked.
6. Add the onion and green pepper and continue to cook for a further 2 minutes.
7. Spread a little chicken in the centre of the tortilla, add some tomato, cheese and guacamole, then roll up.

Top tips

- ◆ Warm the tortillas in a microwave oven for 20 seconds.
- ◆ Go for extra vegetables or kidney beans for a vegetarian alternative.
- ◆ Other types of meat could be used, e.g. thin strips of beef or turkey

Equipment

Juice squeezer, garlic press, 2 chopping boards, 2 knives, small bowl, 2 spoons, weighing scales, grater, measuring spoons, frying pan.



SKILLS

Using the Hob, Weighing, Measuring, Bridge and claw, Using a kettle, Stir-frying, Combining/mixing, Squeezing, Making a marinade, Rolling up





Quick 'V' lasagne

Ingredients

- 1 onion
- 1 garlic clove
- 1 carrot
- 2 celery sticks
- 1 x 10ml spoon oil
- 100g green lentils
- 400g canned chopped tomatoes
- 1 x 5ml spoon mixed herbs
- 1 x 15ml spoon tomato puree
- 200ml crème fraîche, reduced fat
- 25g parmesan, grated
- 100ml semi-skimmed milk
- Black pepper
- 6 lasagne sheets

Method

1. Preheat the oven to 190°C or gas mark 5.
2. Prepare the vegetables:
 - ◆ peel and chop the onion;
 - ◆ peel and crush the garlic;
 - ◆ peel and slice the carrot;
 - ◆ slice the celery.
3. Fry the onion, garlic, carrot and celery in the oil until soft - about 4 minutes.
4. Add the lentils, tomatoes, herbs and tomato puree.
5. Pour in some water, just enough to cover the mixture, bring to the boil and then allow to simmer for 15 minutes with the lid on.
6. Blend the crème fraîche, half the grated cheese, milk and pepper together in a small bowl.
7. Place an oven proof dish or foil tray on a baking tray and spread some lentil mixture in the bottom, cover with lasagne sheets and a little crème fraîche sauce. Repeat this, finishing with the sauce on top.
8. Sprinkle the remaining grated cheese on top and bake for 20 minutes.

Equipment

Chopping board, knife, garlic press, peeler, measuring spoons, frying pan, measuring jug, small bowl, spoon, foil trays, baking tray.



SKILLS

Using the Hob/oven, Weighing, Measuring, Bridge and claw, Frying, Combining/mixing, Squeezing, Grating, Onion preparation, Assembling/layering, Simmering

Top tips

- ◆ Experiment with different herbs, for example fresh basil or oregano for different flavour sensations!
- ◆ Try using different vegetables such as courgettes, peppers or aubergine.
- ◆ Try using different cheeses.





Shepherd's pie

Ingredients

- 1 onion
- 1 carrot
- 3 medium potatoes (700g)
- 1/4 Savoy cabbage
- 250g lean minced lamb
- 1 x 15ml spoon plain flour
- 1 x 15ml spoon tomato purée
- 1 x 15ml spoon Worcestershire sauce
- 300ml water, boiling
- 1 stock cube
- 150ml semi-skimmed milk

Method

1. Preheat the oven to 200oC or gas mark 6.
2. Prepare the vegetables:
 - chop the onion;
 - peel and dice the carrot;
 - peel and cut the potatoes into chunks;
 - shred the cabbage.
3. Place the potatoes in a saucepan of water, bring to the boil and simmer for 20 minutes, until soft.
4. Meanwhile, in a non-stick frying pan, dry fry the lamb with the onion and carrots, until the mince is browned.
5. Stir in the flour, tomato purée and Worcestershire sauce.
6. Add the stock cube to the water to make up the stock.
7. Add the stock to the meat mixture, bring to the boil and the simmer for 5-10 minutes, until the carrot is soft.
8. During the last 5 minutes of cooking the potatoes add the cabbage.
9. Drain the potatoes in a colander and mash with the milk.
10. Place the oven proof dish or foil tray on a baking tray. Spread the meat mixture into an ovenproof dish or foil tray and spoon the mash over the top.
11. Cook for 20-25 minutes, until golden brown, or take home and cook in the oven for this amount of time.

Equipment

Chopping board, knife, vegetable peeler, weighing scales, measuring spoons, saucepan, non-stick frying pan, wooden spoon, measuring jug, colander, potato masher, ovenproof dish/foil tray, baking tray.



SKILLS
Using the Hob/oven, Weighing, Measuring, Bridge and claw, Draining, Combining/mixing, Peeling, Onion preparation, Boiling/Simmering, Using a kettle





Spaghetti bolognese

Ingredients

1 onion
1 clove garlic
1 carrot
1 celery stick
1 x 15ml oil
250g minced beef
400g canned chopped tomatoes
1 x 15ml spoon tomato puree
100ml water
1 x 5ml spoon mixed herbs
Black pepper
150g spaghetti

Equipment

Chopping board, knife, garlic press, peeler, measuring spoons, 2 saucepans, weighing scales, measuring jug, wooden spoon, colander.

Method

1. Prepare the vegetables:
 - ◆ Peel and chop the onion;
 - ◆ Peel and crush the garlic;
 - ◆ Peel and slice the carrot;
 - ◆ Finely slice the celery.
2. Fry the onion, garlic, carrot and celery in the oil.
3. Add the meat and cook until the mince is lightly browned.
4. Add the tomatoes, tomato puree, mixed herbs and water and mix all the ingredients together. Then add a few twists of black pepper.
5. Bring to the boil, then simmer for 20 minutes.
6. Meanwhile place the spaghetti in a separate saucepan of boiling water. Cook for 10 - 12 minutes or until the spaghetti is al dente (tender).
7. Drain the boiling water away from the spaghetti into a colander in the sink.
8. To serve pour some of the bolognese sauce over the spaghetti.

Top tips

- ◆ Try serving your spaghetti bolognese with parmesan cheese and fresh basil.
- ◆ For a vegetarian option swap the minced beef for veggie mince or lentils.



SKILLS

Using the Hob/oven, Weighing, Measuring, Bridge and claw, Draining, Combining/mixing, Peeling, Onion preparation, Boiling/Simmering, Using a kettle, Frying, Mashing,





Sweet choux buns

Ingredients

60g strong white flour
2 eggs (large)
50g butter
150ml water
100g plain chocolate
300ml double cream

Equipment

Baking tray, pastry brush, weighing scales, sieve, grease proof paper, 2 small mixing bowls, fork, measuring jug, saucepan, wooden spoon, 2x 10 ml spoons, oven gloves, mixing bowl, spatula, balloon whisk or electric hand whisk and cooling rack.

Method

1. Preheat the oven to 200°C or gas mark 6.
2. Grease or line the baking tray, and sprinkle a little water on top.
3. Sift the flour onto the piece of greaseproof paper.
4. Beat the eggs in the small bowl with the fork.
5. Melt the butter in the water in the saucepan.
6. When it starts to boil, remove from the heat and shoot in the flour.
7. Beat the mixture briskly until it is smooth and leaves the side of the pan.
8. Stir in the egg, a little at a time, to form a smooth paste.
9. Place 10ml spoons of choux pastry onto the baking sheet.
10. Bake for 10 minutes. Increase heat to 220°C or gas mark 7, and bake for 15 minutes.
11. Slit with a knife and place on the cooling rack.
12. Whip the cream until thick.
13. Melt the chocolate with microwave.
14. Fill each choux bun with cream.
15. Spread the melted chocolate on top of the choux bun.

Top tips

- ◆ The term 'shoot in' means to quickly add, all at once.
- ◆ The choux buns can be served hot or cold with different sauces.
- ◆ You can vary the flavours of the choux buns by filling with custard or ice cream or by using dark or white chocolate.
- ◆ Use a heat proof stand to place the saucepan on when stirring in the flour and egg.



SKILLS

Using the oven, Using the Hob, Weighing, Measuring, Sieving, Combining/mixing,



Quorn Mince Chilli

Ingredients

Serves: 2

½ onion, chopped

1 clove crushed garlic

½ stalk celery, chopped

1 teaspoon olive oil

100g soya or Quorn mince

1 (400g) tin kidney beans

1 (400g) tin chopped tomatoes

Additional water if needed

2 teaspoons dark brown soft sugar

salt and freshly ground black pepper to taste

1 teaspoon chilli powder

Method

Peel and dice the onion, crush/slice the garlic, slice the celery.

In a large saucepan sauté onion, garlic, celery and olive oil until onions are soft.

Add soya or Quorn mince, kidney beans, tomatoes, water, sugar, salt, pepper and chilli powder. Stir occasionally, let simmer for 30 minutes.



Serving suggestions



SKILLS

Using the hob, Weighing, Measuring, Bridge and claw, Combining/mixing, Peeling, Onion preparation, Simmering, Sautéing



Crème Patisserie Fruit flan

Ingredients

100ml full fat milk
1 tsp vanilla essence
2 eggs,
40g caster sugar
25g plain flour

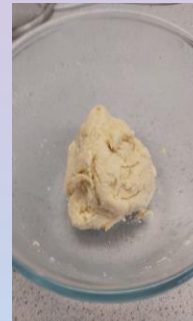
Pastry

130g plain flour
50g margarine
20ml cold water
10g sugar

Fruit of your choice to decorate the top of the flan

Method

1. Preheat oven at 180 C
2. Place the milk, vanilla essence into a large saucepan and warm though. (Do not boil) set to one side.
3. Place the eggs, sugar and flour in a large mixing bowl and whisk with hand whisk until the colour changes and becomes pale.
4. Making sure the milk saucepan is not too hot. You can now gradually add the egg mix to the milk. Bring to hob on low heat.
5. Cook on a low heat(4), stirring at all times until thickens, then pour into a clean bowl and allow to cool.
6. 130g of plain flour into a large bowl with the margarine and rub together until it resembles breadcrumbs add 10g sugar. Add water a little at a time to make a dough.
7. Divide the pastry into 4 equal pieces, roll and line your tins. With a fork poke the bottom pastry 4 to 5 times. Bake for 15min. Wash up and tidy up.
8. Prepare, slice or chop your fruit.
9. Divide the cold Crème Patisserie into 4 pastry cases and decorate with your prepared fruit.





Basic Bread Recipe

Ingredients

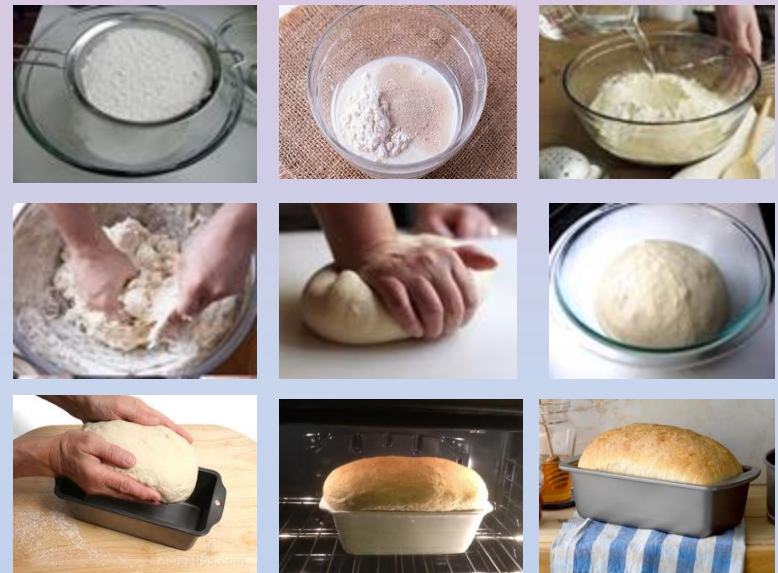
- 250g strong white flour
- 1 sachet of quick acting yeast
- Pinch of salt
- 150 ml warm water
- 2 tbsp virgin olive oil
- Flour for dredging
- Glaze (egg or milk)

Equipment

- Scales
- Large mixing bowl
- Measuring jug
- Baking tray
- Measuring spoons
- Pastry brush
- Sieve
- Cooling rack

Method

1. Wash hands, put on apron. For hygiene.
2. Collect equipment, check that they are clean.
3. Collect ingredients and weigh out. Make sure weighing is accurate.
4. Sieve flour and salt into bowl. This is to aerate and remove lumps.
5. Add yeast. Quick acting yeast is used to reduce the proving time.
6. Make a well in the middle of the mixture and add the oil.
7. Add sufficient water to make sure that dough is not sticky.
8. Put the dough on a clean, floured surface.
9. Knead the dough. This makes the gluten (protein) elastic/stretchy.
10. Shape the dough.
11. Place on a lightly greased and floured tray, glaze and sprinkle poppy seeds.
12. Place in a cold oven and turn up temperature to 200C/gas 8, as the temperature rises the mixture grows in size. Leave in oven for 20-25 minutes.
13. Remove from oven and cool on a cooling rack.
14. Test for readiness by tapping the bottom, it should sound hollow.



Other possible shapes



SKILLS

Using the oven, Weighing, Measuring, Combining/mixing, Kneading, Sieving, Shaping





Focaccia Bread

Ingredients

- 200g strong bread flour
- 150ml warm water
- 1 sachet of yeast
- 1 teaspoon sugar
- Pinch of salt
- Ground pepper
- Olive oil
- 3 cloves garlic
- A few sprigs of rosemary

Equipment

- Scales
- Large mixing bowl
- Measuring jug
- Baking tray
- Measuring spoons
- Pastry brush
- Cooling rack



Method

1. Tip flour into a large bowl, make a well and add your yeast, salt, and sugar.
2. Gradually add water and start bringing the flour from the side into the water with a fork. Bring all the ingredients together with the fork then use your hands to form a ball of dough.
3. Flour your surface and knead the dough for 5 min.
4. Oil the silver foil tray, and place your dough and slightly push out the dough to the edge of tray.
5. Peel the garlic and slice in long strips.
6. Scatter the garlic over the dough with some rosemary and with your fingertips pushing the garlic and rosemary down into the dough.
7. Drizzle the dough with olive oil and poke the bread all over with finger again to give it great texture.
8. Sprinkle with salt and pepper. Put in cold oven and bake at 220 C for 20 to 25 minutes.
9. The bread should have a hollow sound when you tap the bottom.

SKILLS

Using the oven, Weighing, Measuring, Combining/mixing, Kneading, Shaping



Banana Bread

Ingredients

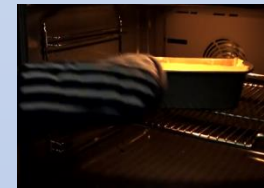
- 140g butter, softened
- 140g caster sugar
- 2 large eggs
- 140g self-raising flour
- 1 tsp baking powder
- 2 very ripe bananas, mashed
- 50g icing sugar
- Handful dried banana chips, for decoration (optional)

Equipment

- Scales
- Large mixing bowl
- Measuring jug
- Baking tin
- Measuring spoons
- Cooling rack
- Electric whisk

Method

1. Heat oven to 180C/160C fan/gas 4.
2. Butter a 2lb loaf tin and line the base and sides with baking parchment.
3. Cream 140g softened butter and 140g caster sugar until light and fluffy, then slowly add 2 beaten large eggs with a little of the 140g flour.
4. Fold in the remaining flour, 1 tsp baking powder and 2 mashed bananas.
5. Pour into the tin and bake for about 30 mins until a skewer comes out clean.
6. Cool in the tin for 10 mins, then remove to a wire rack.
7. Mix 50g icing sugar with 2-3 tsp water to make a runny icing.
8. Drizzle the icing across the top of the cake and decorate with a handful of banana chips.



SKILLS

Using the oven, Weighing, Measuring, Combining/mixing, Folding, Whisking, Drizzling



Apple puff pastry Roses

Ingredients

- 1 Apple
- Ready made Puff pastry 3 x 250mm x 60mm
- Half lemon
- Cinnamon
- 1 tablespoons apricot jam
- 400ml cold water

Method

Preheat oven to 190 or gas mark 5

1. Cut and core the apple, slice the apple thin from side to side so you get half a moon shape.
2. Squeeze the lemon juice into a large bowl, add the water and put the sliced apple in.
3. Roll out pastry into 3 strips, and brush on the apricot jam.
4. Skin side up layer onto the top end so half the apple is above the pastry, overlap the apples, Sprinkle some cinnamon.
5. Fold the bottom half of the pastry, and then from one end start to roll up to form your rose.
6. Place into a muffin tray and bake for 25 min.





Apple pastries

Ingredients

- 3 tbsp (45g) sugar
- 1 tsp (3g) cinnamon
- 1 small egg, beaten
- 1 medium apple, cored and cut into thin slices

Method

1. Preheat oven to 400F (200C).
2. In a small bowl combine sugar with cinnamon.
3. Onto a floured surface roll the dough into a (15x22cm) rectangle. Cut the dough into 4 pieces. Transfer the dough pieces into a parchment paper lined baking sheet.
4. Use a fork to prick the centre of each pastry and brush with beaten egg.
5. Sprinkle some of the cinnamon sugar over the pastries and arrange apple slices into the centre of each. Sprinkle some more cinnamon sugar on top of apples.
6. Bake for 15-20 minutes until puffed and golden.
7. Cool completely to a wire rack. Dust with powdered sugar before serving if desired.





Chicken Pie

Ingredients

- 150g of boneless chicken /
- 1 large breast piece
- 1/2 tsp vegetable oil
- 80ml chicken stock
- 50g can sweetcorn
- 2 tsp crème fraîche
- handful parsley or basil leaves, chopped
- Mash from 2 large potatoes



Method

1. Heat oven to 180C/160C fan/gas 4.
2. Heat the oil in a large saucepan then add the onion and chicken.
3. Fry for 5-10 mins until the onion is soft and the chicken is golden.
4. Pour over the stock, bring to the boil, then simmer for 20 mins until the chicken is cooked.
5. Stir in the corn, then 3 tsp crème fraîche and the herbs.
6. Meanwhile, boil potatoes until soft.
7. Drain and mash with remaining Crème fraîche.
8. Spoon the chicken mix into 4 pie dishes and top with mash.
9. Place on a baking tray, then bake until potato is golden.

Spicy Chicken Couscous

Ready in 25min

Ingredients

- 250g couscous
- 3 tsp olive oil
- 1 chopped onion
- 2 large sliced skinless boneless chicken breast fillets
- 1 tsp hot curry paste
- 100g halved ready-to-eat apricots
- Hand full of coriander



Method

1. Prepare couscous with chicken stock, according to the packet instructions.
2. Peel and chop onion, heat oil in a pan and cook onions until soft.
3. Toss in chicken breast fillets and stir fry for 5-6 mins until tender.
4. Stir in the hot curry paste and cook for 1 min more.
5. Add the couscous along with the apricots and the coriander.
6. Toss until hot then serve with plain yogurt if you like.



Easter Egg Biscuits

Ingredients

100g butter, at room temperature
100g caster sugar
1 egg
200g plain flour
To decorate
125g royal icing sugar
assorted food colourings

Method

1. Place the butter in a large mixing bowl with the caster sugar. Using a wooden spoon beat until light and fluffy. Gradually beat in the egg until well mixed, then gradually add the flour. Use your hands to bring the mixture together to a stiff dough. Gather into a ball and chill for 30 mins.
2. Heat the oven to gas 4, 180°C, fan 160°C. Roll out the dough on a work surface lightly dusted with flour until it's the thickness of a £1 coin. Using an oval cutter (or a cardboard egg-shaped template), cut out egg-shaped biscuits, using rolled out trimmings to make more. Place on baking trays and bake in the oven for 6-10 mins, depending on size, until just golden brown.
3. Allow to cool for 5 mins before removing from the baking tray to cool completely.
4. To decorate, make up the icing as directed on the packet. Divide between 3-4 bowls adding a little food colouring to each bowl. Place the mixture into piping bags and decorate biscuits as liked - kids may like to use sprinkles or sweets too.
5. These biscuits will keep for between one and two weeks when stored in a sealed cake tin.

Keep in tight sealed container up to 1 week.

