

# CHICKEN COTTAGE PIE

## INGREDIENTS

- 1 tbsp extra-virgin olive oil
- ½ onion, chopped
- ¼ medium carrots, diced
- ¼ celery stalk, sliced
- 1 clove garlic, chopped
- ½ tsp salt, I use Himalayan salt
- 1/2 tsp ground black pepper
- 50g leftover or cooked chicken
- 100mls chicken stock
- 10 g frozen green peas
- 10g corn

### **For the Mashed Potatoes**

- 1 starchy potatoes, peeled and cut into pieces
- 25 mls whole milk
- Salt and ground white pepper to taste

## METHOD

1. Preheat your oven to 375°F
2. Cook the potatoes in salted boiling water until they become really soft and practically fall apart when you poke them with a fork.
3. While the potatoes are cooking, heat the olive oil in a frying pan set over medium heat add in the onion, carrots, celery and garlic; cook until fragrant and slightly softened, about 3 minutes.
4. Tear the cooked chicken into strips with your fingers and add it to the pan, along with the chicken stock.
5. Bring to a low boil, cover, lower the heat and simmer slowly for about 8 to 10 minutes, or until the liquid is practically all gone.
6. Stir in the frozen peas and corn kernels and set aside.
7. When the potatoes are cooked, drain them well and return them to the saucepan.
8. Pour about half of the milk over the potatoes.
9. mash with an masher until the potatoes break down and the puree starts to come together.
10. Add the rest of the milk mixture, a few tablespoons at a time, mixing well between each addition, until the puree becomes nice and fluffy.
11. Adjust seasoning as needed by adding salt and white pepper, to taste.
12. Spread the mashed potatoes over the reserved chicken mixture;
13. Bake in a 200°C oven for 15 minutes, then grill for 3-5 minutes, or until the top becomes nice and golden
14. Remove from the oven and allow to rest for 5 to 10 minutes before serving.



# *White chocolate croissant butter pudding*

## INGREDIENTS

- 200ml milk
- 200ml double cream
- 1 tsp vanilla extract
- 2 eggs
- 2 egg yolks
- 50g caster sugar
- 3 croissants sliced 1 cm
- 25g butter
- 15g sultanas
- 80g chocolate white chips
- Icing sugar for dusting

## METHOD

1. Pre heat the oven to 140c.
2. Melt the butter in a pan, tip the croissants into an oven proof dish and pour over the butter and soaked sultanas.
3. Warm the cream milk and chocolate and vanilla in a pan, whisk the eggs and sugar together in a large bowl and then pour the cream mix over the eggs.
4. Whisk together, add the remaining whiskey and whisk again, pour  $\frac{3}{4}$  over the croissants, leave to soak for 10 minutes then add the rest.
5. Carefully pop in the oven and bake for 40 to 45 minutes, take out cover in icing sugar then blow torch until deeply golden. Serve with ice cream!



# JAMAICAN PATTIES

## INGREDIENTS

- 150g shortcrust pastry
- 1 tbsp oil
- 1 garlic clove
- ½ medium onion: finely chopped ½ medium carrot:
- grated ½ medium potato:
- grated ¼ red pepper: diced
- 3tbsp water
- ½ tsp ground ginger
- ½ tsp curry powder
- ½ tsp cayenne pepper ½ tsp salt
- Pinch of chilli powder
- 1 tbsp sweetcorn (optional)
- 50g Minced beef, Quorn mince



## METHOD

1. Prepare all the vegetables.
2. Dice onion and garlic. Grate the carrot and potato. Chop pepper.
3. Heat the oil in the frying pan.
4. Fry onion till soft – medium heat for at least 5 minutes.
5. Add salt and spices and garlic.
6. Add the meat, if using, plus carrot and potato and fry for 10 minutes. Add diced red pepper. Add kidney beans and sweetcorn if using.
7. Add water and simmer filling for 10 minutes.
8. Filling should not be too wet or too dry. 7. Remove from heat and leave to cool.
9. Roll out pastry. Cut 2 circles out. You might manage 4 circles altogether.
10. Spoon filling into one side of each of the circles.
11. Fold the other side over and seal around the edge with water then press edges down with a fork.
12. Neaten the edges with a knife if necessary
13. Place on a baking tray in oven at 200c for 25 minutes until golden

# Banana squares

## INGREDIENTS

60 g unsalted butter

- 60g light brown sugar

- 1 egg

- 100g Self raising Flour

- 2 Ripe bananas (mashed)

- 1 pinch of salt

- 1/2 tsp baking powder

- 1 tbsp natural yoghurt

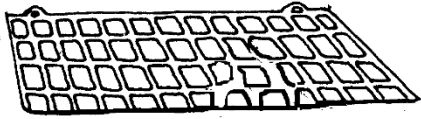


## Method

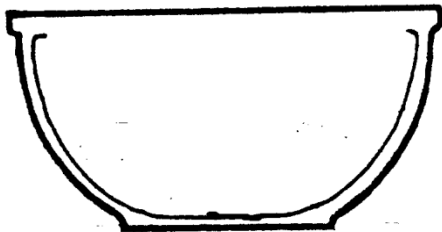
1. Preheat the oven 180°C and grease and line a baking tin
2. **Cream the butter and sugar together in a mixing bowl until light and fluffy**
3. Crack the eggs into a jug, beat.
4. **Gradually beat the eggs into the creamed butter and sugar mixture**
5. Sieve the flour, salt and baking powder into the mixture
6. **Mash the bananas**
7. Stir in the mashed bananas and yoghurt
8. **Spoon the mixture into the prepared tin and smooth the top**
9. Bake for 25-30 mins
10. **Beat cream cheese and icing sugar together**
11. When cake is cool, cut into squares, add a spoonful of icing and sprinkle with coconut

# Banana squares- Equipment

cooling wire



SIEVE



Mixing bowl x 2



# Chicken Goujons with Bar-B- Q sauce

## Ingredients

- 100g fresh fine breadcrumbs
- ½ tsp cayenne pepper
- salt and pepper, to taste
- boneless and skinless chicken breasts cut into strips
- 50g/2oz plain flour
- 3 medium free-range eggs beaten
- 2 tbsp vegetable oil

## •Barbeque Dip

- 50g tomato ketchup
- 10mls white wine vinegar
- 10g dark brown sugar
- 5g unsalted butter
- 1 tsp Worcestershire sauce
- 1/2 tbsp English mustard
- ½ tsp smoked paprika
- 1 pinch black pepper

## Method

1. Preheat the oven to 190C/375F/Gas 5.
  2. Oil two baking trays with vegetable oil.
  3. Mix the breadcrumbs, cayenne pepper in a shallow bowl. Season, to taste, with salt and freshly ground black pepper. Place the flour in another shallow bowl.
  4. Dip the chicken pieces in plain flour, then in the beaten egg and finally coat in the breadcrumbs. Shake off the excess and lay the chicken Goujons on the oiled baking tray. (The process is easier if you keep one hand clean of egg for dipping the chicken in the flour and breadcrumbs.)
  5. Drizzle the Goujons all over with more of the vegetable oil.
  6. Bake in the oven for 20-30 minutes, turning once. Remove from the oven when completely cooked through and golden-brown all over.
  7. Make barbeque sauce whilst chicken Goujons in the oven
    - In a small saucepan, stir all the ingredients together until combined
    - Bubble briskly for 5 minutes, until reduced to a thick consistency. Cool before serving.
1. Serve the Goujons with the barbecue sauce



# Bobotie

## **•INGREDIENTS**

- ½ slice white bread
- 1/2 onion chopped
- 10g butter
- 1 garlic cloves, crushed
- 100g minced beef
- 1 dsp Madras curry paste
- pinch dried mixed herbs
- Pinch of all spiced
- 1 tsp mang chutney
- 1 dsp sultanas

## **For the topping**

- 100ml milk
- 1 large egg



## **METHOD**

1. Heat oven to 180C/fan 160C/gas 4. Pour cold water over the bread and set aside to soak.
2. Meanwhile, fry the onions in the butter, stirring regularly for 10 mins until they are soft and starting to colour. Add the garlic and beef and stir well, crushing the mince into fine grains until it changes colour. Stir in the curry paste, herbs, spices, chutney, sultanas pinch of salt and plenty of ground black pepper.
3. Cover and simmer for 10 mins. Squeeze the water from the bread, then beat into the meat mixture until well blended.
4. Tip into ovenproof foil dish
5. Press the mixture down well and smooth the top.
6. For the topping, beat the milk and egg with seasoning, then pour over the meat.
7. Bake for 25 mins until the topping is set and starting to turn golden.

## What we are learning today?

- You will learn how to use the hob safely and what simmering is.
- You will learn how to make an colourful and succulent Mediterranean Pasta bake.
- You will understand about the nutrients in the dish.

### **Keywords**

Vegetarian, Mediterranean, chop,

# Egg Custard tarts – Equipment

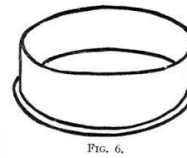


FIG. 6.



# Egg Custard tarts

## Ingredients

- 100g plain flour
- 50g margarine
- Cold water to mix
- Flour for dusting

## Filling

- 1 egg, plus 1 egg yolk, lightly beaten
- 25g caster sugar
- 160 mls milk
- 1 drop vanilla extract
- 1/4 teaspoon ground nutmeg, freshly grated



## Method

1. Make pastry using the rubbing in method
2. Roll out the pastry and line 6 tart cases
3. Glaze pastry cases with beaten egg and chill
4. In a large bowl beat the egg and egg yolk lightly with the sugar.
5. Warm the milk to a gentle simmer, then pour slowly over the beaten egg, stirring constantly.
6. Add the vanilla extract
7. Pour the egg and milk mixture through a sieve into a jug and then pour into the pastry cases.
8. Sprinkle over the grated nutmeg.
9. Place the tart onto a baking sheet and bake in the centre of the preheated oven for 10 minutes to brown the pastry. Lower the temperature to 350°F/180°C/Gas 4 and continue cooking for a further 20 minutes or until the custard is set.

# Sausage Risotto equipment



?



# Sausage Risotto

## Ingredients

2 sausages

1 dst spoon oil

50g long grain rice

½ onion

25g sweetcorn

25g peas

½ diced carrot

250ml water

½ pork stock cube

Salt and pepper

1 dst spoon Worcester sauce

## Method

1. Slice and fry the sausage.
2. Remove the sausage from the pan and add the onion, carrot and rice. Fry for 2mins.
3. Add the water, stock cube, salt pepper, Worcester sauce and simmer for 12mins until the rice is tender and the water has been absorbed.
4. Stir in the meat, peas, sweetcorn and heat thoroughly.

# Pasta and meatballs- equipment



# Cream of corn soup

## Ingredients

1 rasher bacon

½ small onion

1 large potato

½ stalk celery

25 g margarine

½ chicken stock cube

## Seasoning

½ can sweetcorn, drained

1 X 5 ml spoon cornflour

125 ml skimmed milk

1 X 5 ml spoon chopped parsley

(2 X 15 ml spoons of single cream)

## Method

1. Wash vegetables.
2. Prepare and chop onion, potato and celery.
3. Chop and fry bacon and onion until clear, then add potato and celery.
4. Add stock and simmer with lid on until potato and other vegetables are soft.
5. Add corn.
6. Blend cornflour with a little milk and then add the rest of the milk.
7. Add cornflour to the corn mixture and bring to the boil, stirring all the time.
8. Taste and season.
9. Simmer for 5 minutes.
10. Liquidise or make smooth with a hand blender.
11. Serve garnished with parsley. Croutons may be served.

# Crunchy Muffins



# Crunchy Muffins

## Ingredients

150 plain flour  
50g sugar  
1 tbsp cooking oil  
1 egg  
½ tsp salt  
1 dsp baking powder  
120 mls milk  
30g crunchy oat cereal  
20g oats  
25g white chocolate  
25g blueberries

## Method

1. Preheat the oven 200 C
2. Sieve flour into a bowl, add baking powder, salt and sugar
3. Crack egg into a separate bowl.
4. Beat together with cooking oil until light and fluffy
5. Add the milk and whisk the mixture
6. Fold the egg mixture into the flour and fold the fruit and chocolate in
7. Divide the mixture into cases
8. Sprinkle the crunchy oat cereal on the top .
9. Bake for 20-25 mins



# Macaroni Cheese equipment



# Macaroni Cheese

## Ingredients

100g macaroni  
250ml milk  
25g margarine  
25g plain flour  
75g Cheddar cheese  
½ tsp mustard (from school)  
Salt and pepper (from school)  
Slice of bread to make breadcrumbs



## Method

1. Place a large saucepan ½ full hot water on the hob to boil.
2. Grate the cheese and place 1 tbsp of it onto a paper towel along with the breadcrumbs and set aside.
3. Lower the macaroni into the boiling water carefully. Bring back to boiling point, simmer for 8-10 mins.
4. In another saucepan, melt the margarine then stir in the flour using a wooden spoon. Keep on the heat, stirring for 1-2 mins. REMOVE FROM THE HEAT and place on a pan stand.
5. Add the milk GRADUALLY, stirring all the time.
6. Return to the hob and bring to boiling point, stirring well. Add cheese and remove from heat.
7. Drain the macaroni through a colander then place in oven proof dish and pour the sauce over it. (or mix the two together first and then transfer to the serving dish)
8. Sprinkle the cheese and breadcrumb mixture over the surface.

## MARBLE CAKE

- 100g butter, softened
- 100g caster sugar
- 1 egg
- 100g self-raising flour
- 1 dsp whole milk
- ½ tsp vanilla extract
- ½ tbsp cocoa powder



1. Heat oven to 180C/gas 160C/gas 4.

2. Line a foil the bottom with a circle of greaseproof paper.

3. Beat the butter and sugar together.

Then add the eggs, one at a time, mixing well after each addition.

Fold through the flour, milk and vanilla extract until the mixture is smooth.

4. Divide the mixture between 2 bowls. Stir the cocoa powder into the mixture in one of the bowls.

5. Take 2 spoons and use them to dollop the chocolate and vanilla cake mixes into the tin alternately.

6. When all the mixture has been used up, tap the bottom on your work surface to ensure that there aren't any air bubbles.

7. Take a skewer and swirl it around the mixture in the tin a few times to create a marbled effect.

8. Bake the cake for 45-55 mins until a skewer inserted into the centre comes out clean.

9. Turn out onto a cooling rack and leave to cool.

# Cheese and Tomato Calzone

## Ingredients

100g S.R. flour (4 tbl spoons)  
Pinch of salt  
25g margarine  
60ml cold water  
1 dst spoon tomato puree  
1 tbl spoon chopped tomatoes  
25g grated cheese  
Pinch of oregano



## Method

1. Sieve flour into a bowl, add salt.
2. Rub fat into flour to make breadcrumbs.
3. Add water to make a soft dough.
4. Press dough into a circle onto a baking tray
5. Prepare **ALL** filling
6. Spread puree onto base and add tomatoes.
7. Sprinkle with cheese and a pinch of oregano and the rest of flavourings.
8. Bake for **20-25mins** on **Gas 6** / **200°C**.

<https://www.youtube.com/watch?v=S4yUom9rFfw>

# Cheese and Tomato Calzone equipment



ONEIDA



# Home made pasta

## • Ingredients

- 125 g strong bread flour
- 1 egg
- pinch of salt
- A little milk to bind



## Method

1. Put the flour and salt in a bowl. Mix well.
2. Make a well in the centre and add the egg.
3. Make a dough adding milk to help bind it together.
4. The dough should be elastic and not sticky. Knead the dough for about 5 minutes and then place in a bowl covered with cling film for 15 minutes before rolling it out.
5. Make your sauce, whilst resting
6. Put the pasta dough on a lightly floured surface and roll as finely and evenly as possible.
7. Cut into required shape
8. Bring a large saucepan of salted water to the boil. Add the pasta and cook for 4-6 minutes until 'al dente'. Drain.

# Pasta sauces

## **CHEESE SAUCE**

15g/1oz butter

15g/1oz plain flour

200ml

salt and white pepper

25g cheese, grated

### **METHOD**

1. Melt the butter in a saucepan.
2. Stir in the flour and cook for 1-2 minutes.
3. Take the pan off the heat and gradually stir in the milk to get a smooth sauce. Return to the heat and, stirring all the time, bring to the boil.
4. Simmer gently for 8-10 minutes and season with salt and white pepper.
5. Stir in cheese and allow to melt. Don't re-boil the sauce or it will become stringy
6. Add to drained cooked pasta

## **TOMATO SAUCE**

1 cloves of garlic

sea salt and freshly ground black pepper

olive oil

200g tin of chopped tomatoes

½ onion

Tsp dried basil

1 dsp tomato puree

### **METHOD**

1. Put a large saucepan on a medium heat and add 2 good lugs of olive oil
2. Add the garlic, chopped onion and basil, give them a stir.
3. When the garlic begins to brown slightly, add tinned tomatoes and puree.
4. Turn the heat up high and stir for a minute Season with salt and pepper.
5. Add to drained cooked pasta

# Orange Drizzle Cake - Equipment



X 6



# Orange Drizzle Cakes

## Ingredients

- 100g margarine
- 100g caster sugar
- 2 eggs
- 100g SR flour
- ½ orange
- 50g sugar -  
topping

## Method

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

# Meatballs in cheese sauce



## INGREDIENTS

- 200g minced meat
- ½ onion
- 1 clove garlic
- 40g breadcrumbs
- 1 egg
- 1 tbsp tomato purée
- 1/2 tsp mixed herbs
- ½ stock cube
- 1 tbsp vegetable oil
- 50g pasta (any Type)

## For the Sauce

- 25g margarine
- 25g plain flour
- 375ml milk
- 4 spring onions
- 75g cheese

## Method

1. Crack egg into a jug and beat
2. Peel and chop onion and spring onions on chopping board using a sharp knife.
3. Peel and crush the garlic
4. Grate the cheese
5. Put minced meat, onion, garlic, breadcrumbs, egg, tomato purée, mixed herbs and crumbled stock cube into mixing bowl and beat well with wooden spoon.
6. Sprinkle flour onto chopping board .
7. On floured chopping board put a tablespoon of the meat mixture and roll it into a ball with your hands (you will need to flour your hands also).
8. Repeat this with the rest of the mixture
9. place meat balls in a foil tray and bake for 15 mins until they are browned all over and cooked well.
10. Remove from pan using a fish slice and drain off some of fat by putting on kitchen paper.
11. Keep warm by covering with kitchen foil.
12. Make sauce by all-in-one method by putting flour, marg, milk and spring onions into pan.
13. Put pan on heat and stir constantly with a wooden spoon, until sauce thickens (use medium heat).
14. Take off heat and stir in cheese
15. place meatballs in the tray and pour sauce over.

# Pasta and meatballs- equipment



# Vegetable curry Equipment



?



## VEGETABLE CURRY



# Vegetable Curry

## Ingredients

100g mixed frozen vegetables

1 tbl spoon oil

½ onion

½ apple

1 teaspoon curry powder

½ teaspoon ground ginger

125ml water

1 teaspoon tomato puree

1tbl spoon mango chutney

Salt and pepper

## Method

1. Peel, chop and fry the onion apple with the curry powder and ginger.
2. Add the water, puree, chutney, salt and pepper.
3. Add the vegetables, bring to the boil and simmer for 20min.
4. Serve with boiled rice or in a baked potato.



# Lemon & Ginger Gateaux – Equipment



# Lemon and ginger gateaux

## Ingredients

200g mascarpone cheese  
15g caster sugar  
1egg  
100ml hot water  
10 Italian sponge fingers  
2 tbsp lemon curd  
1 tsp ground ginger  
1 lemon  
1 Stem ginger



## METHOD

1. **Line your dish with cling film**
2. **Separate egg. Be careful because if you get yolk into whites it will not whisk!**
3. **Place egg yolks, soft cheese and sugar into a large bowl and whisk until evenly blended**
4. **Zest and juice 1 lemon, chop finely stem ginger**
5. **In separate bowl whisk the egg whites until they are at stiff peaks**
6. **Fold cheese mix into the egg whites gently and quickly. Add lemon zest, ground ginger, stem ginger and lemon curd to the mix**
7. **Mix water with lemon juice. Pour lemon juice onto a dessert bowl.**
8. **Then layer the cheese mix then the sponge finger and repeat until bowl is full**
9. **Finish with a cheese layer and sprinkle with cocoa powder for decoration**

# HAM AND LEEK CRUMBLE EQUIPMENT

- Weighing scales
- Chopping board
- Sharp knife
- Small mixing bowl x 2
- Colander
- frying pan
- Wooden spatula
- Measuring jug
- Grater
- Foil tray



X 2



# HAM AND LEEK CRUMBLE

## Ingredients

80g cooked ham  
100g  
can sweetcorn  
1leek  
10g unsaturated fat spread  
10g plain flour  
85ml semi-skimmed milk  
85ml water  
10g mature Cheddar cheese  
½ x 5ml spoon French mustard  
½ tsp dried herbs  
60g frozen peas  
Black pepper (optional)

## Crumble topping

60g wholemeal flour  
20g unsaturated fat spread  
2 x 5ml spoons cold water  
35g breadcrumbs  
35g mature Cheddar cheese  
½ x 5ml spoon dried thyme OR 1  
x 5ml spoon fresh thyme

## Method

1. Preheat the oven to 180°C/160°C fan or gas mark 4.
2. Tear the ham into bite-sized chunks and place in a bowl.
3. Open the can of sweet corn, drain, and add to the ham.
4. Top and tail the leeks and peel off and discard the outer layer. Slice partway from the top of the leeks down and rinse under water to remove any dirt. Slice the leeks in half lengthways, then across into semicircles about 2cm thick.
5. Fry the leeks gently in the melted spread
6. Sprinkle the flour over the leeks and stir to combine – it will look lumpy at this stage. Cook for 2 minutes, stirring gently so that it doesn't burn.
7. Add the milk gradually to the leeks
8. Add the grated cheese, mustard, washed chopped herbs, ham chunks, sweet corn, frozen peas and add black pepper to taste
9. Pour the mixture into the ovenproof dish.
10. Make the crumble topping, add the flour into a bowl. Cut the spread into roughly 2cm chunks and rub into the flour to form fine crumbs. Add the water to help it clump together. Stir in the breadcrumbs and grate in the cheese. Then add the thyme and combine well.
11. Sprinkle the crumble topping over the ham and leek mixture.
12. Using the oven gloves, place the crumble into the preheated oven and bake for 25 minutes until golden brown and bubbling around the edges.

# Perfect Pear Surprise

## Ingredients

- 50g SR flour
- 50g soft margarine
- 50g caster sugar
- 1eggs
- ½ tsp ground ginger
- 1 small pear



## Method

- 1.Preheat the oven 180 C**
- 2.In a mixing bowl, mix together the flour, margarine, sugar, egg and ginger.**
- 3.Place in baking tin**
- 4.Core and slice pear**
- 5.Arrange slices of pear over the top of the cake mixture**
- 6.Bake for 20-25 mins**

# Perfect pear surprise equipment



# Cheese, bacon and potato bake

## Ingredients

- 1 large potato - (peeled and thinly sliced)
- plain flour, for sprinkling
- 1 small onion, sliced
- 1 rasher bacon, chopped
- pepper to taste
- 40g mature Cheddar cheese, grated
- 40ml milk



## METHOD

1. Preheat oven to 180 C / Gas 4. Grease a baking dish.
2. Peel and slice the potato
3. Par boil potato
4. Chop bacon into small pieces
5. Fry bacon until crispy
6. Drain potato
7. Arrange a layer of potato in the baking dish.
8. Sprinkle with flour, pepper, bacon, shallots and cheese.
9. Repeat until all ingredients are used up, finishing on potatoes, cheese and pepper.
10. Pour milk over the potatoes and bake in preheated oven for 30 mins.

# Cheese, bacon and potato bake



# Plum Cobbler - equipment



# Plum Cobbler

## INGREDIENTS

200g plums, stoned and quartered  
80g caster sugar  
1 tbsp water  
150g self raising flour, sifted  
40g unsalted butter, cubed  
½ tsp baking powder  
1 tbsp milk  
75g natural yoghurt



## Method

1. In a saucepan take the plums,, 50grams of the caster sugar and add the water, cook until the plums soften.
2. To make the cobbler, add the sifted flour, butter, baking powder and the remainder of the sugar , rub together until fine crumbs form.
3. Add the milk and yoghurt and mix until a soft dough forms.
4. You can either spoon the mixture in scattered clumps over the fruit or add a little more flour and roll out the dough using a cutter. Leave some gaps for the cobble effect.
5. Bake the cobbler for 30 to 35 minutes until the topping is golden and the fruit is visibly bubbling beneath

# Chicken burger

## Ingredients

$\frac{1}{2}$  onion

1 tsp oil

1 clove garlic

20g porridge oats

1 chicken breast

15g dried apricots

1 small carrot

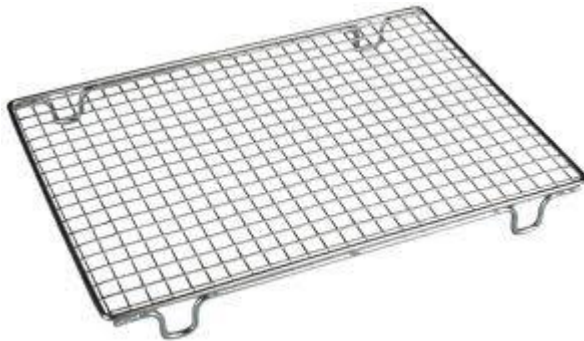
1 burger buns



## Method

1. Preheat the oven gas 6 electric 200°C
2. Peel and chop the onion, peel and grate the carrot, finely chop the apricots and very finely chop the chicken.
3. Fry the onion for 5 minutes then add the oats, carrots and garlic fry for 2 minutes
4. Tip into a bowl with the chicken and apricots, season with salt and pepper
5. Shape into 2 equal sized burgers. (use a little of the egg mixture if needed)
6. Place on a greased baking tray and bake for 20 minutes until browned and 75°C in the middle

# Coffee Choux Buns - Equipment



<http://www.greatbritishchefs.com/how-to-cook/how-to-make-choux-pastry>

# Coffee iced Choux buns

## Ingredients

60g. Unsalted

butter/ margarine

75g. flour

large pinch of salt

2 eggs

125 mls water

200mls vanilla dream  
topping

100g icing sugar

2 tsp coffee granules  
diluted in 1 tbsp of  
boiling water



1. Put the water into a saucepan and place over a low heat. Add the butter.
2. Sift the flour and salt on to a piece of greaseproof paper.
3. When the water has boiled and the butter has melted turn off the heat.
4. Slide the flour and salt in to the water all at once. Stir in the mixture as soon as it has been added using a wooden spoon.
5. Continue stirring the mixture vigorously until the dough forms a solid mass that comes away from the sides.
6. Cool the mixture slightly and then add the eggs one by one.
7. Beat all the time until smooth and shiny.
8. Spoon the dough on to a baking sheet. It should make about 8 – 10 buns.
9. Bake for 15 minutes at 200°C. Leave to cool.
10. Make dream topping
11. When cold fill with dream topping.
12. Mix icing sugar with a little water and coffee granules. Then ice the buns.

# Corned beef Chilli

## INGREDIENTS

- 150g Princes corned beef
- 1 tsp sunflower oil
- ½ onion, peeled and diced
- 1 clove garlic, crushed
- ½ tsp ground cumin
- ½ tsp chilli powder
- 200g chopped tomatoes
- 1 dsp tomato purée
- 75 ml beef stock, made with 1/2 a stock cube
- 1 sprinkle ground black pepper, to season as required
- 200g red kidney beans, drained and rinsed

## METHOD

1. Heat the oil in a large, heavy-based saucepan and fry the onion and garlic until softened.
2. Add the cumin and chilli powder, and cook for a further minute.
3. Add the tomatoes, tomato purée, and stock, season with salt and pepper.
4. Bring to a simmer, loosely cover with a lid and cook over a gentle heat for about 10 minutes, stirring occasionally.
5. Cube the Corned Beef and add to the tomato sauce with the kidney beans and fresh coriander.
6. Cook for a further 10 minutes, uncovered, before removing from the heat.



# Sticky Topped Ginger Cake

## Ingredients

### Topping

- 10g butter  
1/2 tbsp. soft brown sugar
- 1/2 tbsp golden syrup  
3 glace cherries - chopped  
25g stem ginger - chopped

### Cake

50g SR flour

- 1/2 tsp baking powder
- 1 tsp ground ginger
- 50g caster sugar
- 50g soft margarine
- 1 eggs



## Method

1.Preheat oven to Gas5/190C. Place foil tray on baking tray.

2.Topping - put butter, brown sugar, syrup into a small bowl and microwave for 1 min. until melted. Chop the cherries into 4 pieces. Add the cherries and stem ginger, pour into the base of the foil tray.

3.Crack the egg into a measuring jug and beat with a fork. Now prepare the cake by mixing all the ingredients together in a large mixing bowl using an electric mixer to cream together until light and fluffy.

4.Carefully pour the cake mixture over the topping in the foil tray

5.Bake for 20 - 25 mins until firm to touch.

6.Turn out whilst still warm and leave to cool

# Moroccan kofte with spicy sauce

## Ingredients

- **200G minced lamb**
- **½ small red onion , finely chopped**
- **½ tsp ground coriander**
- **1 Dsp chopped mint**

## For the sauce

- **1 Dsp olive oil**
- **1 garlic clove , finely chopped**
- **1 can chopped tomato**
- **1 tsp harissa**
- **½ tsp sugar**
- **100g tub Greek yogurt**

## Method

1. Soak eight wooden skewers in water for 20 minutes, to stop them burning.
2. Using your hands, mix the meat in a bowl with the onion, coriander, mint and plenty of seasoning.
3. Shape into 4 sausages, about 10cm long, then thread a bamboo skewer through the centre of each.
4. To make the sauce, heat the oil in a pan, add the garlic and briefly fry. Add tomatoes, harissa, sugar and seasoning. Simmer, uncovered, for 15-20 mins until sauce has thickened.
5. Grill the kofte for 6-8 mins, turning until they are nicely browned (be careful not to burn the skewers).
6. Spoon the sauce over a warm platter, drizzle over the yogurt and put the kofte on top.

# Tiramisu

## Ingredients

200g mascarpone cheese

15g caster sugar

1egg

3 heaped tsp coffee

200ml hot water

10 Italian sponge fingers

Cocoa powder for decoration



1. Make a jug of coffee with hot water and coffee and allow to cool
2. **Separate egg. Be careful because if you get yolk into whites it will not whisk!**
3. Place egg yolks, soft cheese and sugar into a large bowl and whisk until evenly blended
4. **In separate bowl whisk the egg whites until they are at stiff peaks**
5. Fold cheese mix into the egg whites gently and quickly
6. **Pour a little coffee onto a plate and soak it**
7. Then layer the cheese mix then the sponge finger and repeat until bowl is full
8. **Finish with a cheese layer and sprinkle with cocoa powder for decoration**

# TURKEY BURGERS

## INGREDIENTS

1tbsp olive oil  
½ large onion, finely chopped  
1 garlic cloves, crushed  
40g porridge oats  
200g minced turkey  
50g dried apricot, finely chopped  
½ large carrot, grated  
½ egg, beaten  
cucumber slices, to serve

## METHOD

1. Heat 1 tbsp oil in a pan and gently fry the onion for 5 mins until soft. Add the garlic and cook for 1 min.
2. Add the oats and fry for 2 mins more.
3. Tip into a bowl and set aside to cool.
4. Add the rest of the ingredients to the cooled mixture and mix well with your hands.
5. Season to taste and shape into 8 patties.
6. Heat oven to 200C/fan 180C/gas 6. Heat the remaining olive oil in a large, non-stick frying pan and sear the burgers on each side until well coloured (3-4 mins).
7. Transfer to a baking sheet and cook in the oven for 10-15 mins.
8. Serve in buns



# Mini Pineapple cakes - Equipment



# Mini upside down pineapple cakes

## Ingredients

### Cake Mix

1 egg  
50g cup white sugar  
2 Tbsp pineapple juice  
50g plain flour  
1/2 tsp baking powder  
pinch salt

### Topping

1tbsp Chopped Pineapple  
3 cherries  
25g margarine  
1 TBsp brown sugar



## Method

- 1.Preheat oven to 200 degrees.
- 2.Line muffin tins with 6 paper cases.**
- 3.In a mixing bowl, add eggs, white sugar, and pineapple juice. - Beat for 2 minutes.
- 4. In a separate bowl, sift together the flour, baking powder, and salt. Add to the wet ingredients and mix for a further 2 minutes.**

In a small sauce pan, melt the butter and add the brown sugar. Stir on low heat for one minute.

**Spoon a layer of the warm brown sugar mixture into the bottom of each muffin tin, then place some chopped pineapple and ½ a cherry in the middle**

- 5.Pour cake mixture over to fill muffin tin 3/4 of the way full.

- 6.Bake for 15-20 mins**

# SAUSAGE AND POTATO CASSEROLE

## Ingredients

1tbsp oil

150g new potatoes, halved

3 sausages

½ onion, sliced (200g)

½ green pepper, diced (170g)

200g chopped tomatoes

1 stock cube

½ tsp cornflour



## Method

1. Heat the oil in a large frying pan and fry the potatoes and sausages for 5 mins.
2. Add the onion and pepper and cook for a further 5 mins, turning the sausages occasionally until browned.
3. Add the tomatoes, stock cube and cornflour, rinse the tomato pot out with a splash of water and add to the pan.
4. Cook, covered for 5 mins. Then serve.

# CHEESY – MINCE PASTA BAKE

## Method



## Ingredients

- 70g pasta spirals
- 1tbsp oil
- ½ medium onion, peeled and chopped
- 100g (1lb) minced beef or lamb
- 1 stick celery, sliced
- 1/2 level tbsp plain flour
- 100g chopped tomatoes
- ½ stock cube,
- Dash of Worcestershire sauce
- Salt and freshly ground black pepper
- For The Topping:**
- 15g butter
- 15g plain flour
- 100mls milk
- Pinch dry mustard powder
- 25g mature Cheddar cheese, grated

## VIDEO RECIPE

<https://www.goodto.com/recipes/cheesy-mince-pasta-bake>

1. Set the oven to gas mark 6 or 200°C. Cook the pasta in boiling water for 10-14 mins, or as directed on the packet, until just tender, then drain well.
2. **Meanwhile, heat the oil in a pan. Add the onion and cook it over a medium heat for 4-5 mins, until it starts to soften. Add minced meat and celery to pan and cook for a further 5-8 mins, stirring well so the meat browns all over.**
3. Add flour to the pan and cook for a further minute, stirring until the mixture has thickened, then stir in the tomatoes and 150ml (¼ pint) boiling water.
4. **Stir well while the mixture comes to the boil. Stir in stock cube, then add the Worcestershire sauce and seasoning to taste.**
5. Simmer for 2-3 mins. Remove the pan from heat and stir in drained pasta. Tip the mixture out into a gratin dish and level the surface.
6. **To make the topping, melt the butter in a pan and add flour. Cook for 1-2 mins until mixture forms a thick paste, then gradually pour in the milk, beating well and allowing mixture to come to the boil between each addition of liquid.**
7. Remove pan from heat and add mustard powder and half the cheese. Season to taste. Spoon sauce over pasta, spreading it to cover. Sprinkle remaining cheese over.
8. **Bake in the centre of the oven for 30-40 mins, or until the mixture is golden on top and sizzling hot. Serve immediately.**

# Scrambled egg and tomato salsa wrap



## Ingredients

### •For The Tomato Salsa:

- 1tsp olive oil
- 2 large tomatoes, deseeded and diced
- 6 spring onions, thinly sliced
- Half small red chilli, diced
- 1tsp caster sugar
- Juice of half a lime
- Half tsp balsamic vinegar
- 1tbsp chives, thinly sliced
- Salt and pepper

### •For The Scrambled Eggs:

- A knob of butter
- 4 eggs
- 3tbsp milk
- 2 small tortilla wraps
- 25g Parmesan cheese, finely grated

## Method

1. To make the salsa, mix all of the ingredients together in a bowl. Season well and chill whilst you make the scrambled eggs.
2. Beat the eggs with the milk and season. Melt the butter in a small frying pan. Add the egg mixture to the pan. Stir over the heat until the eggs are scrambled to your liking. Remove from the heat.
3. Warm the wraps in the microwave or in a dry frying pan. Put one wrap on a board. Spoon half of the eggs along one side. Top with the salsa and a sprinkle of cheese. Fold in the sides, then roll up and slice in half. Repeat with the remaining wrap.

Video recipe

<https://www.goodto.com/recipes/scrambled-egg-and-tomato-salsa-wrap>

# Eggy bread with ham and cheese

## Ingredients

- 8 slices white bread
- A little butter for spreading
- 4 slices of ham
- 50g Cheddar, sliced
- 5 large eggs
- salt and freshly ground black pepper
- 3tbsp oil for frying



## Method

1. Spread the slices of bread on one side with a little butter, then make four ham and cheese sandwiches in the normal way. Beat the eggs with salt and freshly ground black pepper. Dip two sandwiches in the egg, letting it soak in a little.
2. Heat half the oil in a large non-stick frying pan, then add the sandwiches to the hot frying pan. Cook for 3 mins until the base is golden, then carefully turn over with a spatula. Cook for a further 3 mins or until golden on the base.
3. Transfer to a plate and keep warm. Repeat to make the remaining sandwiches in the same way. Serve cut in half with a few cherry tomatoes if like

# Hommity Pie

## INGREDIENTS

- 100g plain flour
- 50g butter or margarine
- 1 large potatoes, peeled
- ½ onion
- 1 clove garlic
- 1 tbsp soy sauce
- Salt and pepper
- 100g cheese, grated



## METHOD

1. Peel and cube potatoes. Cook in boiling water for 15 minutes until soft.
2. **Make pastry:** Rub fat into flour until it looks like breadcrumbs. Add 2 tbsp water and stir in with knife. GRADUALLY and CAREFULLY add more water until mixture will become a dough.
3. Use hands to try and bring it together.
4. Roll out pastry and line ovenproof dish.
5. Chop onion and garlic,
6. Put onions, garlic, potatoes, parsley and soy sauce into saucepan. Stir CONTINUOUSLY until well mixed together.
7. Place potato mixture into pastry case and cover with grated cheese.
8. Place in oven for 30 minutes until cheese is golden brown.

# Chocolate mouse

---

## INGREDIENTS

3 large eggs  
60g good quality  
chocolate

## EQUIPMENT

1 small pan  
1 small metal bowl  
1 medium bowl  
1 larger bowl  
1 whisk/ electric beater  
1 large metal spoon  
1 spatula  
cling film  
weighing scales

## METHOD

**1. Break The Chocolate** - Break the chocolate into rough chunks.

**2: Melt The Chocolate-** Gently heat a pan of water and simmer. Put the chunks of chocolate into the metal bowl and place over the simmering pan of water, making sure the bowl is not touching the water. Stir occasionally until melted.

**3: Separate The Eggs** - Separate the egg yolks from the whites and put them both into separate bowls, making sure the egg whites are in the larger of the two bowls.

**4: Remove The Chocolate From The Heat** - Carefully remove the bowl of melted chocolate from the heat and allow to cool.

**5: Beat The Egg Whites** - Beat the egg whites with the whisk until they are stiff, but not too dry.

**6: Add The Chocolate** - Add the melted chocolate to the egg yolks and stir. Keep stirring until the mixture is smooth and glossy.

**7: Add The Egg White** - Add some of the egg white to loosen the mixture and stir well.

**8: Fold The Mixture** - Scrape the chocolate mixture into the egg whites and then gently fold together, keeping as much air in the mixture as possible.

**9 : Refrigerate** - When the ingredients are thoroughly mixed, pour into individual serving dishes and cover with cling film. Refrigerate for a couple of hours.

# Stuffed jackets

## INGREDIENTS

- 2 medium potatoes
- 50g strong cheddar grated, plus extra for topping
- 50g sweetcorn
- 50g mixed pepper, diced
- small handful fresh herbs, such as oregano, basil, coriander, dill or thyme

## Equipment you will need:

*medium mixing bowl,  
small mixing bowl,  
dessertspoon,  
fork,  
baking tray,  
grater,  
oven gloves.*

## METHOD

1. Wash and pierce potatoes, microwave for 4 mins a potato
2. Heat the oven to 200C/180C fan/gas 6.
3. Cut the potatoes in half. Using a spoon, carefully scoop out the middle of the potato, leaving the skin unbroken (like a boat).
4. Place the scooped potato into a mixing bowl.
5. Using the fork, mash the potato until there are no lumps.
6. Add the cheese, sweetcorn and peppers and mix well.
7. Gently pick the leaves from the herbs. You can rip the larger leaves into smaller pieces.
8. Stir the herbs into the cheesy potato mixture.
9. Using the spoon, carefully scoop the mixture back into the potato boats.
10. Make sure that you use all the mixture up. Sprinkle with a little extra grated cheese and place on a baking tray.
11. Using oven gloves, place the tray in the oven and bake for 10-15 mins until golden.



# Lemon Drizzle Cake- Equipment



# Mini lemon drizzle cakes

## Ingredients

100g margarine

100g caster sugar

2 eggs

100g plain flour

1 tsp baking powder

1 lemon

## Topping

50g sugar - topping

## METHOD

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

<https://www.youtube.com/watch?v=X-jxA53SFI>

# Chicken and Chorizo jambalaya

- 1 tbsp olive oil
- 1 chicken breasts, chopped
- ½ onion, diced
- ¼ red pepper, thinly sliced
- 1garlic cloves, crushed
- 30 g chorizo, sliced
- ½ tbsp Cajun seasoning
- 100Gg long grain rice
- 200g can plum tomato
- 160 ml chicken stock



## METHOD

1. Heat 1 tbsp olive oil in a large frying with a lid and brown 1 chopped chicken breasts for 5-8 mins until golden.
2. Remove and set aside.
3. Add the diced onion and cook for 3-4 mins until soft.
4. Add thinly sliced red pepper, crushed rushed garlic clove, sliced chorizo and 1 tbsp Cajun seasoning, and cook for 5 mins more.
5. Stir the chicken back in with the long grain rice, add the 200g can of tomatoes and 160ml chicken stock.
6. Cover and simmer for 20-25 mins until the rice is tender.

# Lemon Drizzle tray bake

## INGREDIENTS

- 100g **butter** or baking spread at room temperature, plus extra for greasing
- 100g **caster sugar**
- 130g **self-raising flour**
- 1 level tsp **baking powder**
- 2 free-range **eggs**
- 2 tbsp **milk**
- 1 unwaxed **lemons**, finely grated zest only

## **For the glaze**

- 150g granulated **sugar**
- 1 lemon, juice only

## Method

- 1.Preheat the oven to 180C/160C Fan/Gas 4. Grease the tin with butter and line the base with baking paper.
- 2.Measure all the ingredients into a large bowl and beat for 2 minutes, or until well blended.
- 3.Turn the mixture into the prepared tin and level the top.
- 4.Bake for 20-25 minutes, until the cake has shrunk a little from the sides of the tin and springs back when lightly touched with a fingertip in the centre of the cake.
- 5.Meanwhile, make the glaze.
- 6.Mix the sugar with the lemon juice and stir to a runny consistency.
- 7.Leave the cake to cool for 5 minutes in the tin, then lift out, with the lining paper still attached, and place on wire rack set over a tray.
- 8.Brush the glaze all over the surface of the warm cake and leave to set.
- 9.Remove the lining paper and cut into slices to serve.

Chilli chicken wraps

Chicken tacos

# Mousaka

Mushroom soup

lasagne

Mince in the hole

# Mini Christmas puddings

## Ingredients

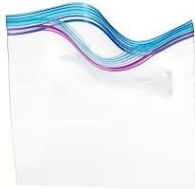
50g plain chocolate  
1 level tablespoon syrup  
25g marg  
75g digestive biscuits  
50g mixed fruit  
1 tbsp icing sugar  
25g white marzipan  
25g green ready to roll icing  
10g ready to roll icing  
1 dsp apricot jam



## Method

1. Place the chocolate and syrup and marg in a saucepan and melt gently
2. Crush the biscuits in a plastic bag.
3. Add the biscuits and mixed fruit to the melted chocolate
4. Cool for 15 mins
5. Transfer mixture to a mixing bowl
6. Roll the mixture into 6- balls, place on a plate and chill
7. Dust the surface with icing sugar, roll out marzipan thinly
8. Cut into small wavy shapes, brush with jam and press onto puddings
9. Roll out the green icing and cut out 2 holly leaves for each pudding, attach with berries
10. roll little balls with red icing to make 2 berries for each pudding, attach with jam

# Mini Christmas puddings- Equipment



# SHORTBREAD STARS

## INGREDIENTS

125g fine semolina (or polenta)

75 g butter

40 g golden caster sugar, plus a little extra for dredging

75 g plain flour, sifted, plus a little extra for dusting



1. First of all, beat the butter in a bowl with a wooden spoon to soften it, then beat in the sugar, followed by the sifted flour and semolina.
2. Work the ingredients together with the spoon, pressing them to the side of the bowl, then finish off with your hands until you have a smooth mixture that doesn't leave any bits in the bowl.
3. Next, transfer the dough to a flat, lightly floured surface and roll it out thinly, to a thickness of about 1/8 inch (3 mm). Cut it out into approximately 24 stars or other shapes using a 2 inch (5 cm) cutter.
4. Bake them for 15-20 minutes, or until pale gold. Then cool them on a wire rack.

# Icing your yule log



## Chocolate Butter Icing

[http://www.bing.com/videos/search?q=coc  
oa+chocolate+butter+icing&FORM=HDRS  
C3#view=detail&mid=AEF071085BDB895  
6AC4FAEF071085BDB8956AC4F](http://www.bing.com/videos/search?q=cocoa+chocolate+butter+icing&FORM=HDRSC3#view=detail&mid=AEF071085BDB8956AC4FAEF071085BDB8956AC4F)

# Chocolate Butter Icing

**200g icing**

**sugar**

**70g**

**margarine**

**1 tablespoon**

EQUIPMENT



1. Put margarine into a mixing bowl and beat until soft
2. Add cocoa powder and icing sugar gradually until all mixed in
3. Add a drop of hot water if needed.

# Pancakes

## INGREDIENTS

50g plain flour

1 egg

150 ml semi-skimmed milk

1 Dsp sunflower oil

Sunflower oil or vegetable,  
plus extra for frying  
pinch salt



## METHOD

1. Put the flour and a pinch of salt into a large mixing bowl and make a well in the centre.
2. Crack the eggs into a jug
3. Add to the middle of the mixing bowl, then pour in about 50ml milk and 1 tbsp oil.
4. Start whisking from the centre, gradually drawing the flour into the eggs, milk and oil.
5. Once all the flour is incorporated, beat until you have a smooth, thick paste.
6. Add a little more milk if it is too stiff to beat.
7. Add a good splash of milk and whisk to loosen the thick batter.
8. While still whisking, pour in a steady stream of the remaining milk.
9. Continue pouring and whisking until you have a batter that is the consistency of slightly thick single cream.
10. Heat the pan over a moderate heat, then wipe it with oiled kitchen paper. Ladle some batter into the pan, tilting the pan to move the mixture around for a thin and even layer.
11. Quickly pour any excess batter into a jug, return the pan to the heat, then leave to cook, undisturbed, for about 30 secs.
12. Pour the excess batter from the jug back into the mixing bowl. If the pan is the right temperature, the pancake should turn golden underneath after about 30 secs and will be ready to turn.
13. Flip the pancake with a fish slice

# Pancakes equipment



<http://www.bbcgoodfood.com/videos/techniques/how-make-pancakes>

# Mini Christmas puddings- Equipment

