

High fibre cookies

This recipe involves using fibre- Wholegrain cereals. Fibre is important as it keeps our digestive system healthy. It helps our bodies get rid of waste and toxins. Fibre also keeps us fuller for longer, so can help stop us snacking and maintain a healthy weight.

This recipe makes enough for 6 cookies

High fibre cookies: Store in an air tight container & consume within 72 hrs

Allergens: gluten, lupins



Equipment:

Mixing bowl
Wooden spoon
Lined baking tray
Scales

Ingredients:

30g plain flour
Pinch mixed spice
50g oats
20g crushed cereals
30g raisins
33g margarine
33g sugar
1 tbsp beaten egg



Recipe:

Ingredients:

Equipment

Makes (how many/much):

Method:

Source (Where is the recipe from?):

By:

Class:





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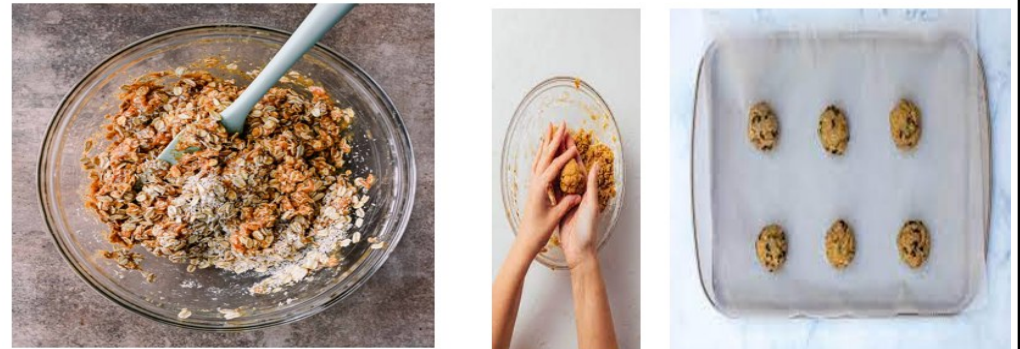


Breakfast cookies- creaming method



Put 57g margarine, 53g granulated sugar, into a large mixing bowl.
Using a wooden spoon, cream together until light and fluffy.

Add in 53g plain flour,
 $\frac{1}{4}$ tsp cinnamon and a pinch of salt.
Beat well to combine.



Add in 60g lightly crushed cereal, 60g dried fruit and 25g oats. Mix well to fully combine.

Wet your hands and gently roll the cookie batter into golf ball sized pieces. Keep wetting your hands if needed to stop the cookie dough sticking. Place 6 onto a lined tray evenly spaced out. Use another tray for the remaining 6 portions.



Flatten each cookie. Place in pre-hated oven (180C) for 12 -15 minutes until lightly golden,

Remove from the oven, Allow to sit on tray for 2-3 minutes.

Taco Cups

This recipe involves using ingredients to make a composite meal. Composite meals are those which have ingredients from all the food groups in them: carbohydrates, protein, fruit and veg, dairy & fat. They are important as they help provide all the nutrients we need from the Eatwell Guide in one meal.

This recipe is enough for one 4 taco cups

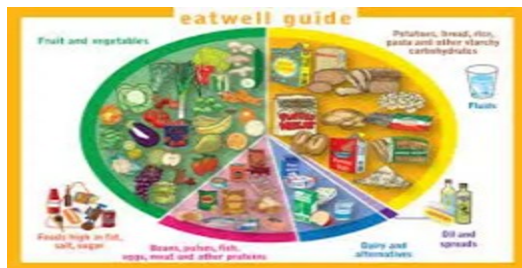
Paprika beef taco cups: Store in a refrigerator and consume within 24 hours. To reheat, place contents in an oven proof dish and cover with tin foil. Place in a pre-heated oven (180°C, gas mark 4) for 15-20 minutes or place in a suitable container and microwave on full power. Check piping hot before serving.

Equipment:

Chopping board
Vegetable knife
Rubbish bowl
Wooden spoon
Frying pan
Muffin tin
Tablespoon
Teaspoon

Ingredients:

2 tablespoons oil
 $\frac{1}{2}$ onion
125g minced beef
 $\frac{1}{2}$ tsp paprika
Pinch cumin
100g beans
Shredded lettuce
1 tablespoon sour cream
4 pieces of tortilla



Pasta & meatballs



Fill a saucepan $\frac{3}{4}$ full with water. Place onto boil on a high heat (5)



Use the BRIDGE HOLD and CLAW HOLD to dice the onion.



Put 100g pork mince in bowl
Add the diced onion, $\frac{1}{2}$ tsp garlic, $\frac{1}{2}$ tsp herbs and salt & pepper
Mix well to combine



Shape into 6 equal sized mini meatballs



Add 100g spaghetti to the boiling water
Stir to make sure the pasta is fully in the water
Cook for 12 minutes



Add $\frac{3}{4}$ tbsp oil into a frying pan and heat for 1 minute on number 4



Add the meatballs to the hot oil
Fry for about 5 minutes turning until golden on all sides



Add $\frac{1}{2}$ tin tomatoes, $\frac{1}{2}$ teaspoon dried mixed herbs, $\frac{1}{2}$ vegetable stock cube, 1 tsp tomato puree and a pinch of sugar and salt and pepper. Stir to mix.
Cook for 10 minutes to reduce and thicken



Use a colander to drain the pasta.



Add the spaghetti to the meatballs and sauce
Mix well to combine
Place in foil containers

Pasta & meatballs

This recipe involves using reared ingredients — minced pork. Whilst we buy most of our food from supermarkets, smaller food shops or markets, all of the food we eat must be grown, reared or caught. Animals bred and kept for food is known as rearing food.

Frying is where you cook food in a little oil. It allows the food to cook quickly, and can add colour and a crisp texture. Baking is using the oven and a dry heat to cook food. It can add a golden colour, and give a crisp texture.

This recipe makes enough for 2 small portions

Pasta & meatballs: Store in a refrigerator and consume within 24 hours. To reheat, place contents in an oven proof dish and cover with tin foil. Place in a pre-heated oven (180°C, gas mark 4) for 15-20 minutes or place in a suitable container and microwave on full power. Check piping hot before serving.

Equipment:

Saucepan
Wooden spoon
Chopping board
Vegetable
knife
Foil containers

Ingredients:

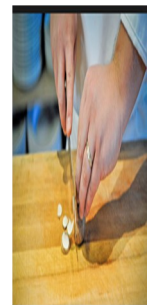
1tsp tomato puree
1tbsp oil
 $\frac{1}{2}$ onion - finely
diced
 $\frac{1}{2}$ can tomatoes
 $\frac{1}{2}$ vegetable oxa
100g minced pork
 $\frac{1}{2}$ tsp garlic
 $\frac{1}{2}$ tsp mixed herbs
salt & pepper



Lightly oil 4 pieces of tortilla on both sides.



Shape into 4 holes in a muffin tin. Bake for 8-10 minutes until crisp & golden.



Use the BRIDGE HOLD and CLAW HOLD to slice your vegetables into small diced pieces.



Heat 1 teaspoon oil in a sauce pan on medium heat for 1 minute.



Add $\frac{1}{2}$ onion and cook for 5 minutes until softened.



Add 125g minced beef and cook until browned - about 5 minutes



Add 100g beans, $\frac{1}{2}$ tsp paprika and pinch cumin. Stir and heat.



Add cooked mince and beans to the baked tortilla cups. Garish with shredded lettuce, diced tomatoes and sour cream.

Tortilla Samosas

This recipe involves using grown ingredients — vegetables. Whilst we buy most of our food from supermarkets, smaller food shops or markets, all of the food we eat must be grown, reared or caught. Food is grown in an environment where light, food (soil) and water are available to them so they can grow and photosynthesise. Farming that only plants and harvests plant/cereal crops is called arable farming

This recipe makes enough for 4 tortilla samosas.

Tortilla samosas: Store in a refrigerator and consume within 24 hours. To reheat, place contents in an oven proof dish and cover with tin foil. Place in a pre-heated oven (180°C, gas mark 4) for 10-12 minutes or place in a suitable container and microwave on full power. Check piping hot before serving.

Allergens: wheat, gluten, sulphites

Ingredients:

Equipment:

Chopping board
Vegetable knife
Wooden spoon
Frying pan
Grater
Desert spoon

2 small tortillas

$\frac{1}{4}$ onion

1 tbsp peas

1 tsp spice mix

1 desert spoon flour



Vegetable tortilla samosa



Use the BRIDGE HOLD and CLAW HOLD to dice the onion.



Grate the potatoes onto the chopping board.



Put $\frac{3}{4}$ tablespoon oil into a saucepan and heat on 4 for one minute.



Add onions and fry for 3-4 minutes until starting to soften.



Add grated potato
Add 1 tbsp peas
Add 1 tsp spice mix
Cook for 2 minutes



Use wooden spoon to mash the ingredients together.
Remove from heat to cool slightly



Put 1 desert spoon flour and 2 deserts spoons water into mixing bowl
Mix to make a thick paste



Use your finger to spread the flour paste all round the edges of each tortilla piece



cut each tortilla in half



Make a triangle, sealing the bottom edges but leaving the top open...no gap at the bottom



Put 1 triangle of samosa in your hand



Fill it with $\frac{2}{3}$ of the cooled filling



Carefully seal the samosa



Wipe the frying pan clean with blue paper towel
Add oil to cover the bottom heat on 4 for 1 minute



Fry the samosas for 2 minutes until golden
Turn over and fry for another 2 minutes
Remove from pan and place on foil