Please pin this sheet up at home – do not bring in to school when cooking

Name:	Tutor:

Practical Lessons

1. Give the ingredients list to your parent or carer in plenty of time before the lesson.
2. Weigh out the ingredients at home as time is limited in lessons- try to do this yourself.
3. The school will provide salt, pepper and flour for rolling. You must bring everything else.
4. **Bring a named container to take food home in.** Don't forget to check what equipment you need on the recipe.
5. If you miss a lesson you must see your teacher to find out what you are cooking next time.
6. If you do not bring ingredients to a lesson you could receive an break school detention.
7. **Please see me or ask your parents to contact me well in advance if there is any difficulty providing ingredients for a lesson**.

Dates for cooking

Fruity flapjack:

Tuna pasta bake:

Cheese and tomato tart:

Bread rolls :

Chilli con carne:

Fruity Flapjack

Ingredients
80g soft brown sugar
100g butter or margarine
250g cheap porridge oats
1 banana or 1 apple or handful of dried apricots /cranberries or fruit of your choice
2 tablespoons of syrup or honey

Equipment
Baking tray- greased
Container to take them home in

Method
1. Turn oven on to 190°c, gas mark 5.
2. Mash the banana with a fork or grate your apple or finely chop your fruit.
3. Measure the butter, sugar, syrup and any fruit (not banana) into a saucepan and melt over a low heat.
4. Stir in the oats (and banana if using) with a wooden spoon and mix thoroughly.
5. Spread the mixture evenly over your greased baking tray and firm down.
6. Place in to the oven for approximately 15 minutes. Check regularly and remove when the mixture turns golden brown.
7. Allow to stand on a cooling rack for two minutes before scoring into portions.

Tuna pasta bake

Ingredients
250g dried penne pasta (or pasta of choice)
1 tablespoon oil
1 onion
1 red pepper
Handful mushrooms (optional)
1 can condensed soup – mushroom, asparagus (flavour of choice). Ordinary soup will work instead of condensed if unavailable.
1-2 cans tuna
1 small can sweetcorn
Handful frozen peas
50g cheddar or other cheese for grating

Equipment: Baking dish for pasta bake

Method
1. Cook pasta for 10 -12 minutes in boiling water, then drain. Place in a mixing bowl and stir through the soup.
2. Finely chop the onion and place in a saucepan on a medium heat with the oil. Stir occasionally.
3. Meanwhile, finely chop the red pepper and add to the pan. Continue to stir.
4. Finely slice the mushrooms and add to the pan.
5. Drain the tuna and sweetcorn and empty into the mixing bowl along with the peas.
6. When the mushrooms and peppers have softened add to the mixing bowl. Stir thoroughly, season if required.
7. Place the mixture into your baking dish.
8. Grate the cheese and sprinkle evenly over the mixture.

Cheese and tomato tart

Ingredients
1 packet pre rolled puff pastry
1 tbsp. milk
1 onion
1 courgette
3 tbsps. Oil
½ tsp dried oregano/ mixed herbs
Salt and pepper
225g cherry tomatoes
mozzarella cheese (one pack sufficient) or 225g other cheese
Equipment: Large flat baking tray

This tart can be gently reheated in the oven at home.

Method   oven 220°c, gas mark 7
1. Place the pastry on a lightly oiled baking tray.
2. Gently score a line with a sharp knife all the way round the pastry 2cm in from the edge then brush milk around the edges to glaze.
3. Finely chop the onion. Remove the ends from the courgette and cut into fine slices.
4. Place a saucepan on a medium heat and add the oil. Gently fry the onion for 2 minutes, add the courgette and fry for a further 3 minutes until soft.
5. Add the herbs and seasoning to the mixture and spread evenly over the pastry.
6. Cut the tomatoes in half and place on the pastry.
7. Cut the cheese into cubes and dot over the tart or sprinkle with grated cheese.
8. Place into the oven for approximately 20-25 minutes. The pastry will puff up at the edges and turn golden brown.

Bread rolls

Ingredients

300g strong bread flour
1 sachet of fast action yeast
1tbsp. Oil
1 teaspoon salt
½tsp sugar
Equipment: container for rolls.

Method
1. Put the flour into a large mixing bowl and mix in the oil, yeast, salt and sugar.
2. Pour in warm water a little at a time and mix with a table knife until the mixture clumps together.
3. Using your hands form the clumps into a ball (this may require a little more water).
4. Tip out and knead for 10 minutes (stretch, fold, turn).
5. Divide into approximately four and form into shapes.
6. Place onto a greased baking tray, cover with a damp teatowel and leave to prove in a warm place for approx. 10 minutes.
7. Place into the oven until golden.
8. If the rolls are cooked they will sound hollow when tapped on the bottom.

Chilli Con Carne   **container to carry home in**

Ingredients   optional
1 tablespoon oil   (1 teaspoon of paprika added with the
1 onion, chopped   chilli can enhance the flavour)
1 clove garlic, crushed
1-2 teaspoons mild chilli powder/ 1 fresh chilli
1 green or red pepper, chopped
400g minced beef
1 heaped **teaspoon** flour
1 stock cube made up with 150ml of hot water
1 400g tin red kidney beans
1 tablespoon tomato puree
1 tin chopped tomatoes
2 squares dark chocolate (optional)

Method
1. Heat the oil in a large pan on a medium heat. Add the onion and garlic and cook for two minutes.
2. Add the pepper and chilli powder / fresh chilli and cook for a further two minutes.
3. Add the minced beef and cook until there are no pink pieces remaining.
4. Stir in the flour.
5. Pour in the stock, continually stirring.
6. Add the kidney beans, tinned tomatoes and tomato puree and stir thoroughly. If the chilli is too dry add extra water.
7. Stir in the chocolate and allow to simmer for 10-20 minutes.

Reheat at home by bringing to the boil for 2 minutes in a large saucepan, stirring all the time or cover and microwave for 4 minutes. Serve with boiled rice and natural yoghurt.