

## Short crust pastry

### Ingredients

- 250g plain flour
- Pinch of salt
- 100g butter or an equal mix of butter and lard
- 2-3 tbsp cold water

### Method

1. Place the flour, butter and salt into a large clean bowl.
2. Rub the butter into the flour with your fingertips until the mixture resembles fine breadcrumbs, working as quickly as possible to prevent the dough becoming warm.
3. Add the water to the mixture and using a cold knife stir until the dough binds together, Add more cold water a teaspoon at a time if the mixture is too dry.
4. Wrap the dough in Clingfilm and chill for a minimum of 15 minutes, up to 30 minutes.
5. Pop in to your freezer bag with a clear label on the inside.

## Chicken and vegetable pie

**please remember a dish to cook it in**

### Ingredients

- 1 onion
- 1 tablespoon oil
- 100g button mushrooms
- 20g plain flour
- 200ml milk
- 1 stock cube

### Bay leaf (optional)

250g raw chicken breast **or** small pack of frozen quorn pieces

200g mix of the following: peas, sweetcorn, broccoli, chopped peppers or other veg  
Pastry made the previous lesson

1 egg or a little extra milk for glazing (school will have milk)

### Method

1. Peel and chop the onion as finely as possible and finely slice the mushrooms. If using chicken slice on a red board
2. Heat the oil in a pan, add the onion and cook for two minutes, stirring occasionally.
3. Add the mushrooms and chicken/quorn and cook for approximately three minutes or until the pieces are slightly browned.
4. Add the flour and stir for about a minute to make a thick paste called a roux.
5. Remove the pan from the heat and crumble in the stock cube.
6. Slowly add the milk a little at a time stirring continuously to prevent lumps.
7. Return the pan to the heat, add seasoning and the bay leaf and stir continuously until the sauce thickens and starts to bubble.
8. Turn off the heat, remove the bay leaf and stir in the vegetables.
9. Transfer the mixture to your dish.
10. Roll out your pastry on a lightly floured surface to fit your dish. Lift it carefully over the dish and trim off any excess.
11. Brush the top with milk or egg to glaze it.
12. Place in the oven, 200°C, for approx. 25 minutes- you may have to do this at home.

Please note this pie will need to be cooked in the oven at home.

Mixed frozen vegetables work really well in this recipe

## Flaky Pastry

### Ingredients

225g plain flour  
pinch of salt  
80g lard (if vegetarian replace with butter)  
80g butter (please provide hard butter NOT spreadable)

### Method

1. Mix the flour with the salt and rub in half of the lard. Add enough cold water to bring the flour to a soft dough.
2. Mix together the rest of the lard and the butter.
3. Roll out the dough to make a rectangle 12.5 x 25cm.
4. Dot one third of the butter/lard mixture over two-thirds of the rectangle. Fold the third without any fat on it over the middle third of the pastry. Bring the other third on top. Seal the edges with a rolling pin and turn the dough 90 degrees.
5. Repeat stage 4 with half of the rest of the fat and then repeat one more time with the remaining fat.
6. Roll and fold one more time without any fat and then chill for 30 minutes.

## Sausage Rolls - meat

### Ingredients

30g butter

100g mushrooms

1 tbsp. Worcester sauce (optional)

1 tbsp. Tabasco sauce (optional)

1 tbsp. dried thyme

450g sausage meat (you can use the meat from readymade sausages if needed)

seasoning

Flaky pastry from last week frozen in school

1 egg for glazing and sealing

### Method

1. Melt the butter in a saucepan and fry the mushrooms until soft. Transfer to a mixing bowl.
2. Add the Worcestershire sauce, Tabasco sauce, thyme and sausage meat and season. Mix until thoroughly combined.
3. Roll the flaky pastry out into a large rectangle, then cut into two long rectangles.
4. Place a layer of sausage meat mixture down the middle of each pastry rectangle, then brush with beaten egg on one of the long edge.
5. Fold the other side of the pastry over onto the egg-washed edge. Press down to seal and trim any excess. Cut each pastry roll into 8-10 small sausage rolls.
6. Place the sausage rolls onto a baking tray and bake for 20-25 minutes at 180°.

## Large baking tray

## Sausage Rolls – ricotta and spinach

### Ingredients

2 tsp olive oil

1 onion, finely chopped

1 tbsp. dried thyme

350g frozen spinach -defrosted

250g tub of ricotta

60g Italian style hard cheese, finely grated

large pinch of ground nutmeg

½ lemon, zested

2 eggs, 1 for binding, 1 for glazing & sealing

### Method

1. Heat the oil in a saucepan and add the onion. Cook until softened, add the thyme.
2. Squeeze the defrosted spinach in a colander over the sink then chop before adding to a mixing bowl.
3. Add the onion to the mixing bowl, then add the ricotta, cheese, nutmeg, lemon zest and 1 egg. Mix well until combined.
4. Roll the flaky pastry out into a large rectangle, then cut into two long rectangles.
5. Place a layer of the mixture down the middle of each pastry rectangle, then brush with beaten egg on one of the long edge.
6. Fold the other side of the pastry over onto the egg-washed edge. Press down to seal and trim any excess. Cut each pastry roll into 8-10 small sausage rolls.
7. Place the sausage rolls onto a baking tray and bake for 20-25 minutes at 180°.

## Large baking tray

## Spaghetti Bolognese

### Ingredients

- 2tbsp oil
- 1 onion, chopped
- 1 clove garlic, finely chopped
- 1 stick celery
- 1 carrot, grated
- 250g minced beef or 1 packet frozen quorn or frozen soya mince
- 1 tin chopped tomatoes
- 2 tbsp. tomato puree
- 1 beef stock cube
- 1 tbsp. balsamic vinegar (optional)
- 1 tsp. mixed dried herbs or handful fresh herbs
- Salt and pepper

### Method

1. Place the oil in a saucepan on a moderate heat and add in the finely chopped onions.
2. When softened add the chopped garlic and celery and grate in the carrot.
3. When the carrot has softened add in the minced beef and stir to break it apart until there are no pink pieces left.
4. Add in the tin of tomatoes, tomato puree, stock cube, herbs, seasoning and balsamic vinegar, if using.
5. Half fill the empty tin with water and add to the pan. If using soya or quorn mince add a full can.
6. Turn up to full heat and wait for the sauce to bubble stirring occasionally. When the sauce is bubbling turn down to a low heat and allow to gently simmer for twenty minutes.
7. Check every now and then and add more water if it starts to dry out.

## Chilled Lemon Flan

### Ingredients

- 200g digestive biscuits
- 100g butter or margarine
- 2 lemons
- 140 ml tub of low fat natural or Greek style yoghurt
- Tin condensed milk ( approx 400g) – please note evaporated does not work
- Small freezer bag to crush biscuits in
- Fruit to decorate your flan – berries work well (optional).

### Method

1. Crush the biscuits by gently rolling them inside your freezer bag.
2. Melt the butter in a saucepan over a low heat. Remove from the heat and stir in the biscuit crumbs making sure they are all coated.
3. Spread the biscuit mix on to the base and up the sides of the flan dish.
4. Chill in the fridge.
5. Put the yoghurt in to a mixing bowl and stir in the condensed milk.
6. Grate the rind from the lemons using a fine grater in to the yoghurt mixture.
7. Slice the lemons in half and squeeze out the juice using a juicer.
8. Slowly add the juice to the mixture stirring all the time.
9. Spoon carefully in to the biscuit base.
10. Return to the fridge and prepare any fruit to go on top.
11. Decorate your lemon flan.

## Couscous salad

### Ingredients

- 150g couscous (wholewheat if possible- **not giant**)
- 250ml water ( do not bring in)
- ½ stock cube ( chicken or vegetable)
- ½ a cucumber
- 2 tomatoes ( 8 cherry would be easier)
- 50g Feta cheese/ greek-style cheese (optional)
- Fresh herbs either basil, mint or chives ( optional)
- Salt and pepper

**Equipment:** large lunchbox with a lid to make the salad in and carry it home.

### Method

1. Put the couscous into your container.
2. Place the stock cube into a jug, pour over 250ml of hot water and stir to dissolve.
3. Cover the couscous with the water/stock and replace the lid.
4. Chop the cucumber into small cubes. Cut the tomatoes in half and then cube.
5. If using cheese cut this into small pieces.
6. Finely chop any fresh herbs.
7. Using a fork fluff up and separate the couscous so there are no lumps.
8. Put all the ingredients into the couscous, add salt and pepper and stir thoroughly.

Please leave items unprepared where possible to allow your child to do this in school. Please note the following recipes require muffin cases that are slightly larger than cupcake cases.

## Savoury Egg Puffs

### Ingredients

- 4 eggs
- 50g cheese (hard for grating)
- 2 spring onions
- 25g each of **two** of the following; sweet corn (tinned), red pepper, courgette, mushrooms, frozen peas
- 6 **Muffin** cases
- Optional fresh mint.

**Equipment:** a container to carry them home in.

### Method

1. Crack the eggs in to a jug and whisk with a fork to combine. Season with salt and pepper.
2. Grate the cheese.
3. Trim and finely chop the spring onions.
4. Finely chop any other ingredients including herbs.
5. Grease six cups in a muffin tin with oil and pop a muffin case in each.
6. Mix the cheese, spring onions and other vegetables together.
7. Add the egg mixture and stir thoroughly to combine.
8. Divide the mixture between the six muffin cases.
9. Bake for 10 – 15 minutes until risen and golden.

## **Fruit Scones**

### Ingredients

250g self raising flour  
60g butter or margarine  
150ml milk  
25g sugar  
75g currants or sultanas

**Equipment:** container to carry them home

### Method

1. Preheat oven to 200°C/ gas mark 7
2. Sprinkle flour onto a baking tray
3. Sieve the flour into a mixing bowl
4. Rub the butter or margarine into the flour using your fingertips until it resembles fine breadcrumbs
5. Stir in the sugar and fruit with a spoon
6. Make a well in the centre of the flour and stir in the milk a little at a time until the mixture clumps together to form a ball of dough
7. Place the dough on a floured worksurface and roll out evenly to approximately 2cm thick.
8. Cut out your scones by pressing down firmly with a cutter.
9. Place onto your baking tray and brush with a little milk to glaze them.
10. Bake for approximately 10 – 15 minutes until golden brown.