

## **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 or asparagus

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

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

### Equipment

**Baking tray (needed to carry home)**

- 225g cherry tomatoes
- mozzarella cheese (one pack sufficient) or 225g other cheese

### 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 with butterbean relish (optional)

### Ingredients

#### rolls

- 300g strong bread flour
- 1 sachet of fast action yeast
- 1tbsp. Oil (100g)
- 1 teaspoon salt
- ½tsp sugar
- Seeds or grated cheese(optional)

#### relish

- 210g tin butterbeans
- 100g soft cheese
- ⅓ jar roasted red peppers
- salt and pepper
- fresh basil(optional)
- 1 clove garlic, crushed

**Equipment:** container with lid to carry relish home, bag 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.
7. Place the butterbeans, soft cheese, red pepper, crushed garlic and seasoning into a blender and pulse to a creamy paste.
8. Brush the rolls with water and sprinkle over the toppings before placing into the oven for 10 to 15 minutes.
9. If the rolls are cooked they will sound hollow when tapped on the bottom.

## Chicken Korma

### Ingredients

2 tablespoons korma paste/ 2-4teaspoons mild curry powder  
1 tablespoon oil  
2 raw chicken breasts, skinless and boneless. Chopped  
1 small onion or half a large one Chopped  
1 clove garlic, crushed  
1 red/yellow pepper, finely chopped  
1 courgette, cubed  
Large handful frozen peas  
1 large potato (optional), cubed  
50g creamed coconut / half a tin coconut milk

### Method

- 1.Heat the oil in a large pan on a medium heat. Add the paste or powder and cook gently for 1 minute.
- 2.Add the chicken. Cook until no pink remains on the outside of the chicken (about 5 minutes). Do not burn - keep heat medium.
- 3.Crush the garlic and add to the chicken with the chopped onions. Cook until for 2 minutes. Then add the pepper, courgette and potato if using.
- 4.Add creamed coconut/ coconut milk to the pan and sufficient water to just cover all the ingredients and bring to the boil.
- 5.Turn heat down so curry is simmering, for 20 mins. After 15 minutes add in the peas.
- 6.Transfer into container and store in fridge when cool.

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, natural yoghurt can be added before serving.

## Chilli Con Carne

container to carry home in

### Ingredients

1 tablespoon oil *optional*  
*( 1 teaspoon of paprika added with the chilli can enhance the flavour)*  
1 onion, chopped  
1 clove garlic, crushed  
1-2 teaspoons mild chilli powder/ 1 fresh chilli  
1 green or red pepper, chopped  
400g minced beef  
1 tablespoon 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  
2-4 squares dark chocolate

### 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 in the same way as the korma. Serve with boiled rice and natural yoghurt.

## Macaroni Cheese :

### Ingredients

oven proof dish

225g macaroni  
170g frozen peas  
2 tbsp sunflower oil  
1 red pepper, seeded and chopped  
225g mushrooms, quartered if large  
30g plain flour  
600 ml (1 pint) semi-skimmed milk  
1 tbsp Dijon mustard  
50g Cheddar cheese, grated  
salt and pepper  
Topping  
30g mature Cheddar cheese, grated  
50g fresh wholemeal breadcrumbs

### Method

1. Cook the pasta in boiling water for 10-12 minutes, or according to the packet instructions, until almost al dente. Add the peas for the final 2 minutes of cooking. Drain the pasta and peas well.
2. Heat the oil in a heavy-based saucepan and cook the red pepper for 1-2 minutes. Add the mushrooms and cook for 2-3 minutes or until softened, stirring occasionally.
3. Stir in the flour, then gradually stir in the milk and bring to the boil, stirring. Simmer until thickened.
4. Add the mustard and cheese with seasoning to taste and stir until the cheese has melted. Add the pasta and peas and mix in thoroughly. Pour the mixture into an ovenproof dish.
5. Mix the Cheddar cheese with the breadcrumbs and sprinkle this over the pasta mixture. Bake for 10-15 minutes or until lightly browned and bubbling hot. Serve immediately.

## Dorset Apple Cake

### Ingredients

225g Self raising Flour  
1 teaspoon of baking powder  
25g Cornflour  
110g Butter/ margarine  
110g Golden Caster Sugar/ soft brown sugar  
225g Cooking Apples (peeled, cored and diced)  
1 Lemon (zest)  
1 Large egg and 1 tablespoon milk  
50g sultanas (optional)

**Please bring a greased and lined cake tin approx. 8".**

Pre Heat Oven - Gas Mark 5, 190C/375F

### Method

1. Sift flour, cornflour and baking powder into a mixing bowl
2. Cut the butter into small pieces. Rub into the flour until the mixture resembles fine breadcrumbs
3. Stir in the sugar, prepared apples, lemon zest and sultanas
4. Bind together with the egg and milk
5. Turn into the prepared baking tin, level the surface
6. To decorate the cake dust with soft brown sugar to make a crusty glaze
7. Bake in an oven for 30 minutes

## Thai Fish cakes with chilli dipping sauce

### Ingredients

### Container

500g potatoes, peeled and diced

1 tablespoon lemon juice

Knob of butter

1 tin tuna or salmon or crabmeat

3 spring onions

1 egg

150g fresh breadcrumbs

(grate three slices of bread on a cheese grater)

Salt and pepper to season

### Method

1. Fill the kettle and boil.

2. Peel the potatoes and cut into 3-4 cm cubes.

3. Put the prepared potatoes in to a saucepan with the boiling water from the kettle and place on a high heat to boil until soft (approximately 10 minutes)

4. Mash the potatoes with the lemon juice and butter.

5. If using spring onions and /or coriander finely chop these.

6. Mix the fish, spring onions, mashed potatoes, coriander, chilli salt and pepper together in bowl.

7. Divide the mixture into six and pat into burger shapes.

8. Beat the egg.

9. Coat each fishcake first in egg and then in breadcrumbs.

To cook at home- heat 1 tablespoon of oil in a frying pan on a medium heat. Turn the heat down to low and cook three fish cakes at a time, turning until golden brown. Serve with chilli dipping sauce for a more fiery flavour.

This recipe can be made more spicy by adding fresh or dried chilli. Using fresh coriander and spring onions will give it more of an authentic Thai feel as will using crabmeat. However these are all optional.

## Shortcrust pastry

### Ingredients

250g plain flour

Pinch of salt

100g butter or an equal mix of butter and lard

2-3 tbsp cold water

**Named freezer bag to  
leave at school for  
chicken pie**

### 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

dish to cook it in

### Ingredients

1 onion

1 tablespoon oil

100g button mushrooms

40g 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

Mixed frozen vegetables  
work really well in this recipe

### 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.

## Flaky Pastry

### Ingredients

225g plain flour  
pinch of salt  
80g lard  
80g butter

### 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.

**Named freezer bag to leave at school for lattice**

## Salmon and broccoli lattice

**Large baking tray**

### Ingredients

2 salmon fillets (frozen will work fine)  
Small head of broccoli  
300ml milk (reserve a little to mix the cornflour)  
1 heaped tablespoon cornflour  
25g hard cheese, grated (optional)  
Squeeze lemon juice  
Salt, pepper and nutmeg (school will provide).  
Flaky Pastry made the previous week

### Method

1. Chop the broccoli into small florets and place in a pan of boiling water for 2 minutes to partially cook.
2. Drain the broccoli and put to one side.
3. Place the salmon and milk in a saucepan on a medium heat and bring slowly to the boil then turn down and simmer for 5 minutes or until the fish starts to flake. Stay with it to prevent it boiling over.
4. Remove from the heat and lift the fish out of the liquid with a slotted spoon and place with the broccoli.
5. Mix the cornflour in a small bowl with the reserved milk until there are no lumps.
6. Add the cornflour mixture, cheese, salt, pepper and a little grated nutmeg to the milk in the pan.
7. Return to the heat and stir continuously until the sauce thickens.
8. Remove from the heat and stir in the broccoli and a squeeze of lemon. Flake in the fish in nice bitesize chunks.
9. Allow to cool while you roll out your pastry on a lightly floured surface to a large rectangle.
10. Place the mixture down the centre of the rectangle and fold across cut strands of pastry to form a lattice.
11. Place in the oven and bake for approximately 30 minutes at 180°C – you may have to do this at home.

## Chilled Lemon Flan

Flan dish with sides

### 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)  
Small freezer bag to crush biscuits in  
Optional fruit to decorate your flan.

### 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.

## Spaghetti Bolognaise

### Ingredients

Tbsp oil  
1 onion chopped  
1 clove garlic crushed  
1 stick celery  
1 carrot grated  
8 mushrooms (optional), sliced or 1 red pepper chopped  
250g minced beef or 1 packet frozen Quorn or frozen soya mince.  
1 tin chopped tomatoes  
1 tspn mixed dried herbs or handful of fresh herbs  
Salt & pepper  
1 tbsp balsamic vinegar (optional)

### Method

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

# Victoria Sponge

## Ingredients

225g/8oz margarine or butter, softened plus extra for greasing  
225g/8oz caster sugar  
4 large eggs  
225g/8oz self raising flour  
1 teaspoon baking powder

180°C/ Gas 4

**Equipment:** greaseproof paper

## Method **Preparation method**

1. Grease and then line the bottom of the two cake tins with a circle of greaseproof paper – if you have tins and can do this at home it would help.
2. In a large bowl, cream together the butter and sugar until pale and creamy, using a wooden spoon. Beat well to get lots of air into the mixture (this should take a couple of minutes).
3. Beat in the eggs one at a time. Add a tablespoon of flour if the mixture curdles.
4. Sieve in and then fold in the flour and baking powder using a large metal spoon. Be careful not to over-mix it.
5. Pour the mixture equally between the two cake tins and level off the top with a spatula. Make a slight dip in the centre with the tip of the spatula if you don't want them to be pointed in the middle.
6. Place in the oven and bake for about 20 minutes, or until the cakes spring back when pressed gently with a finger and are pale golden in colour.
7. Remove from the oven and take them out of the tins after about 5-10 minutes. Place them on a wire rack to cool completely (for about half an hour).

## Decorating your sponge

Icing of your choice depending on your design. This can be either buttercream or royal icing, I would suggest that you buy ready made icing to roll out. You might need a large spoonful of jam to stick it to the cake. Icing can be expensive so plan your design carefully and pair up with someone else to give you a greater choice of colours and decoration.

## **Bread base & Pizza**

### **Ingredients- base**

300g strong bread flour

1 sachet of fast action yeast or 500 g white bread mix (makes 2)

1tbsp oil

1 tspn salt

½ tsp sugar

**Toppings** of your choice such as peppers, sweetcorn, pineapple, cheese, tuna, ham.  
Olives etc.

Tomato topping ; either ready made pizza topping or a mixture of tin tomatoes & puree with some dried herbs.

**Equipment:** baking tray (you can carry it home on this).

### **Method**

1. Put the flour into a large mixing bowl & mix in the oil, yeast, salt and sugar.
2. Pour in warm water a little at a time & 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 & knead for 2-3 minutes (stretch, fold, turn).
5. Flatten on to a greased baking tray using your palms & knuckles.
6. Spread the tomatoes sauce over the dough leaving a small rim.
7. Slice any toppings & spread evenly over your base.
8. Sprinkle with grated cheese or dot with torn mozzarella.
9. Place in a hot oven for 15-20 minutes until golden brown.