

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:
(baking sheet or large ovenproof dish essential)

Chilli con carne:

Chicken Korma:

Dorset apple cake:

Macaroni cheese:

Fish cakes:

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

A greased, lined cake tin works well and allows easy transport home.

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 (flavour of choice)(ordinary soup will work if condensed is not available)
1-2 cans tuna
1 small can sweetcorn
Handful frozen peas
50g cheddar or other cheese for grating

Equipment: Baking dish for pasta bake essential.

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 (to glaze)
- 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 is essential

Method

oven 220°C, gas mark 7

1. Place the pastry on a baking tray dusted with flour.
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.

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

Chilli Con Carne

container to carry home in

Ingredients

- 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 or packet frozen soya/quorn mince
- 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.

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, 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.
- 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.

Dorset Apple Cake

Ingredients

225g Self raising Flour
25g Cornflour
110g Butter/ margarine
110g Golden Caster Sugar/ soft brown sugar
225g Cooking Apples (peeled, cored and diced)(eaters are fine)
1 Lemon (zest)
1 Large egg and
1 tablespoon milk (**not** provided by school)
50g sultanas (optional)
Sprinkle of soft brown sugar to glaze (optional)

If possible please bring a greased and lined cake tin approx. 8”

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

Method

1. Sift flour and corn flour 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

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 tsp 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.

Fish cakes

Ingredients

Container

500g potatoes, peeled and diced
1 tablespoon lemon juice
30g 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 an authentic Thai feel, as will using crabmeat. However, these are all optional.