



Poole High School

VALUED, INSPIRED, EMPOWERED

Year 9 Recipe Book

2021-2022

Name _____ Technology group _____

Teacher _____

Scotch Eggs

Ingredients:

- 4 hard boiled eggs,
- 300g good-quality pork sausage, skinned

Optional seasoning:

- 25g sage, apple & onion stuffing mix
 - 1 tsp chopped sage
 - 1 tsp chopped thyme
 - 1 tsp chopped parsley
- 100g plain flour, seasoned, plus extra for dusting
 - 100g dried breadcrumbs or 2 slices of white bread.



Method:

1. Bring a pan of salted water to a rapid boil, then lower four of the eggs into the pan and simmer for 7 mins 30 secs exactly. Scoop out and place in a bowl of iced water, cracking the shells a little (this makes them easier to peel later). Leave them to cool completely, then peel and set aside. *Can be boiled the day before.*
2. Put the sausagemeat, stuffing and herbs in a small bowl, mix to combine, then divide into four equal balls. Squash one of the balls between a piece of cling film until it's as flat as possible. One at a time, lightly flour each cooked egg, then use the cling film to help roll the sausagemeat around the egg to completely encase. Repeat with the remaining sausage balls and eggs.
3. Beat the remaining egg and put on a plate. Put the flour and breadcrumbs on two separate plates. Roll the encased eggs in the flour, then the beaten egg and finally the breadcrumbs.
4. Spray the scotch eggs all over with cooking oil. Bake on a baking tray lined with non-stick baking paper for 20 minutes until lightly golden.

Vegetable Samosa

Ingredients:

- 1 spring onion, sliced
- 50g/2oz cooked potato, chopped into small pieces
- 50g/2oz cooked carrot, chopped into small pieces
- 1 tbsp frozen peas
- 1 tsp korma curry paste
- 4 sheets ready-made filo pastry
- vegetable oil, for greasing



Method:

1. Preheat the oven to 190C/375F/Gas 5. Grease a baking tray.
2. Mix the spring onion, potato, carrot, peas and korma paste together in a bowl.
3. Lay a sheet of filo pastry lengthways on the work surface. Brush a little oil all over the pastry.
4. Then fold it in half lengthways to make a long, thin rectangle and brush a little more oil on top.
5. Place one-quarter of the filling mixture at one end of the strip, leaving a 2cm/1in border.
6. Take the right corner and fold diagonally to the left, enclosing the filling and forming a triangle.
7. Fold again along the upper crease of the triangle. Keep folding in this way until you reach the end of the strip. Brush the outer surface with more oil. Place onto the baking tray and cover while you make the rest of the samosas.
8. Bake in the oven for 15-20 minutes or until golden-brown and crisp.

Spring Rolls

Ingredients:

- 300g pack mixed stir-fry vegetables
- 2 tbsp soy sauce
- 2 tbsp sweet chilli sauce
- 2 tbsp roasted peanuts, chopped
- handful chopped mint
- handful chopped coriander
- 4 sheets filo pastry
- a little melted butter



Method:

1. Heat oven to 200C/180C fan/gas 6. Put the vegetables, sauces, peanuts and herbs in a bowl and stir to combine. Cut the pastry sheets in half and brush with some of the melted butter.
2. Stick 2 of the halves together, then arrange 1/4 of the filling in the middle. Brush with some more butter and roll up. Transfer to a baking sheet. Repeat with remaining sheets, then brush with a little more butter. Bake for 15-20 mins until golden and crisp.

Lasagne:

Ingredients:

Pasta:

- 6-8 dried lasagne sheets

Meat Sauce:

- 500g Minced beef,
- 1 onion,
- 1 clove of garlic,
- 1 can chopped tomatoes,
- 1 medium courgette,
- 1 pepper,
- 75g Mushrooms,
- 1 teaspoon of mixed herbs.

Cheese sauce:

- 500ml/ 1 pint milk,
- 50g flour,
- 50g margarine,
- 110g cheese
- seasoning

Method:

1. Sauté onion, pepper, mushrooms and carrots, cook for 2 minutes.
2. Fry mince until brown.
3. Stir in tomatoes and seasonings.
4. Leave to cook on a medium heat for 10 minutes.
5. Make the cheese sauce using the all in one method. Put the milk, flour, margarine in a saucepan.
6. Bring to the boil, whisking all the time until boiled and thickened.
7. Remove from the heat; add most of the cheese, saving a little for the top.
8. Put half the meat sauce into a shallow oven proof dish, cover with lasagne add the rest of the meat and cover with lasagne.
9. Finish with a layer of cheese sauce. Sprinkle with cheese on the top.

Home Learning:

Grate cheese, chop slice and dice vegetables at home.



Please bring an ovenproof dish

Carbonara

Ingredients:

400g Spaghetti
1 tbsp Olive oil
200g Pancetta cubes or streaky bacon, chopped
2 Garlic cloves, crushed
3 Eggs
75ml Double cream
50g Parmesan, finely grated, plus extra to serve



Method:

1. Cook the spaghetti. Bring a large, deep pan of salted water to the boil. Plunge spaghetti into the water, stir well and cook, following pack instructions.
2. Meanwhile prepare the sauce. Crack the eggs into a mixing bowl. Beat together, along with the cream, the cheese and some seasoning.
3. Heat the oil in a frying pan. When hot, tip in the pancetta or streaky bacon. Fry over a medium heat until the fat in the meat has melted down into the pan and the meat has turned lightly golden.
4. Add garlic to the pancetta and fry over high heat for 1 min or until garlic is cooked.
5. Meanwhile, drain spaghetti. Tip back into the hot saucepan off the heat. Pour egg mixture over pasta, followed by hot pancetta, garlic, any fat and oils.
6. Toss quickly and thoroughly with spaghetti spoon or tongs. Mix until it has thickened to a smooth, creamy sauce.
7. Serve with extra cheese and freshly ground pepper.

Tiramisu

Ingredients:

- 1 medium egg
- 1 tsp vanilla essence
- 75g caster sugar
- 80g mascarpone cheese
- 1 pack Sponge Fingers
- 300ml strong coffee
- 125ml double cream
- 15g cocoa powder or Chocolate flakes/swirls



Please bring in a deep dish to layer the dessert.

Method:

1. Whisk the egg yolk and sugar until the mixture becomes pale.
2. Add the double cream mascarpone and vanilla pods - blend together well.
3. Beat the egg white to form stiff peaks and fold into the mixture.
4. Dip the Tesco Sponge Fingers into the coffee and place onto a serving dish.
5. Cover the Tesco Sponge Fingers with a layer of the mascarpone mixture; place another layer of coffee-dipped Tesco Sponge Fingers on top and cover with a final layer of the mascarpone mixture.
6. Refrigerate for at least two hours before serving. Serve cold with a sprinkling of cocoa powder and garnish with chocolate flakes or swirls.

Dorset Apple Bake

Ingredients:

- 450g Cooking apples (such as Bramley)
 - Juice of ½ Lemon
 - 225g Butter, softened
 - 280g Golden caster sugar
 - 4 Eggs
 - 2 tsp Vanilla extract
 - 350g Self-raising flour
 - 2 tsp Baking powder
 - Demerara sugar, to sprinkle
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- 12 Muffin cases



Home learning;

Weigh out all ingredients out accurately.

Method:

1. Heat oven to 180C/fan 160C/gas 4. Butter and line a rectangular baking tin (approx 27cm x 20cm) with parchment paper. Peel, core and thinly slice the apples then squeeze the lemon juice over. Set to one side.
2. Place the butter, caster sugar, eggs, vanilla, flour and baking powder into a large bowl and mix well until smooth. Spoon half the mixture into the muffin cases. Arrange half the apples over the top of the mixture, then repeat the layers. Sprinkle over the demerara sugar.
3. Bake for 25-30 mins until golden and springy to the touch. Leave to cool for 10 mins, then turn out of tin.

Blackcurrant Bakewell

Ingredients:

- 250g Butter, softened, plus extra for greasing
- 280g Self-raising flour
- 250g Caster sugar
- ½ tsp Baking powder
- 4 Eggs
- 150ml Pot natural yogurt
- 1 tsp Vanilla paste or extract
- 1 tsp Almond extract
- 4 tbs Blackcurrant jam
- 25g Toasted flaked almonds
- Icing sugar, to dust



- 12 muffin cases

Home learning;

Weigh out all ingredients out accurately.

Method:

1. Heat oven to 180C/160C fan/gas 4.
2. To make the sponge batter, beat the butter, flour, sugar, baking powder, eggs, yogurt, vanilla and almond extract in a large bowl with an electric whisk until lump free.
3. Spoon mixture into the muffin cases and bake for 10 mins.
4. Quickly dot over the jam, scatter over the almonds, then bake for 10 – 15 mins more until golden and risen.
5. Cool in the tin, then dust with icing sugar.

Summer Fruit Crumble

Ingredients:

- 1 Bramley apple, peeled and diced
- 100g Butter, softened
- 175g Caster sugar
- 1 Egg
- 280g Self-raising flour
- 125ml Milk
- 200g berries (Blackberries or raspberries)

For the crumble topping

- 50g Butter, diced
- 85g Self-raising flour
- 100g Caster sugar
- zest 1 Lemon

- 12 Muffin cases



Home learning;

Weigh out all ingredients out accurately.

Method:

1. Heat oven to 180C/160C fan/gas 4 and line a 20 x 30cm cake tin with baking parchment.
2. Put the apple in a small pan with 2 tbsp water. Cook for a few mins or until the apple starts to soften.
3. Meanwhile, make the crumble topping. Rub the butter into the flour, sugar and lemon zest until it resembles big breadcrumbs, then set aside.
4. Beat the butter and sugar in a large bowl until fluffy, then gradually add the egg.
5. Tip in the flour and milk, and continue to beat until everything is combined.
6. Incorporate the apples then spoon the mixture into the muffin cases, smooth the surface, then dot with the berries.
7. Sprinkle over the crumble topping and bake for 25 – 30 mins until the topping is golden.

Rhubarb Crumble Tray

Ingredients:

For the base

- 100g plain flour
- 1/2 tsp baking powder
- 250g rhubarb, cut into 1cm slices
- 1 tbsp soft brown sugar
- 125g unsalted butter, at room temperature
- 100g caster sugar
- 2 eggs
- 1 tbsp vanilla extract

For the topping

- 75g unsalted butter
- 75g plain flour
- 125g soft brown sugar
- 50g walnuts, roughly chopped
- 50g oats



Home learning;

Weigh out all ingredients out accurately.

Method:

1. Preheat the oven to gas 5, 190°C, fan 170°C.
2. Butter a 20cm (8in) square tin and line with nonstick baking paper. To make the topping, fork together the butter, flour and sugar into big crumbs, then mix in the walnuts and oats. Chill.
3. In a bowl, mix 100g flour with the baking powder and a pinch of salt.
4. In another bowl, combine the rhubarb, 1 tbsp of flour and the soft brown sugar.
5. Using another bowl and an electric hand mixer, beat the butter and caster sugar until fluffy; about 3 minutes. Add the eggs, one at a time, and combine. Beat in the vanilla, then the flour mix.
6. Spoon the mix into the tin. Cover with half the topping, the rhubarb, then the remaining topping. Bake for 45 minutes or until a skewer comes out clean.

Carrot Cupcakes

Ingredients:

- 250 ml sunflower oil
- 4 large eggs
- 225 g light muscovado sugar
- 200 g carrots, coarsly grated
- 300 g self-raising flour
- 2 tsp baking powder
- 1 tsp mixed spice
- 1 tsp ground ginger
- 75 g chopped walnuts



For the icing:

- 50 g butter, at room temperature
- 25 g icing sugar
- 250 g full-fat cream cheese
- a few drops of vanilla extract

Home learning:

Weigh out all ingredients out accurately.
Make icing if wanted.

Tips and Suggestions - For this classic carrot cake recipe, its important to use full-fat cream cheese for the icing; if you use a low-fat version, the icing will just run off the cake.

Method:

1. Preheat the oven to 180C/fan 160C/gas 4. Line the base of the cake tin with cake cases.
2. Put the oil, eggs, and sugar into a large mixing bowl. Whisk until the mixture is well combined, lighter, and noticeably thickened. Gently fold the carrot into the cake batter, then stir in the flour, baking powder, mixed spice, ginger, and chopped walnuts until evenly blended.
3. Spoon the mixture evenly between the cases. Put the cakes in the oven and bake for about 35 minutes, or until golden brown, risen. Transfer to a wire rack to cool.
4. For the icing: Put the butter, icing sugar, cream cheese and vanilla extract in a bowl and whisk until smooth and thoroughly blended.
5. Spread the icing on top of the cooled cakes.

Soda Bread

Ingredients:

- 80g Self-raising flour
- 80g Plain flour
- 100ml milk

School will provide the following ingredients

- ½ level tsp Salt
- ½ level tsp Bicarbonate of soda
- ½ tsp cream of tartar or vinegar

You can add extras to this savoury bread to add extra flavour, grated cheese, chopped cherry tomatoes, mixed herbs.



Method:

1. Preheat oven to 200 c / gas 6.
2. Lightly flour a baking tray
3. Put the flours, salt and bicarbonate of soda in a mixing bowl and stir.
4. Add cream of tartar or vinegar to the milk and mix well.
5. Make a dent in the centre of the flour and pour in the milk. Mix quickly to form a soft dough. Add more milk if the dough is not sticky enough.
6. Turn the dough onto a floured surface and knead.
7. Shape into a round shape then flatten slightly before placing onto the baking tray.
8. Cut a cross on the top and bake for about 25-30 minutes or until the loaf sounds hollow when tapped.
9. Cool on a cooling rack.



Cookies

Ingredients:

- 175g plain flour,
- 1/2 tsp bicarbonate of soda,
- 1/2 tsp salt,
- 110g butter,
- 80g caster sugar,
- 80g soft brown sugar,
- 1 egg,
- 175g chocolate
- 1/2 tsp vanilla extract



Method:

1. Preheat the oven to 190C/375F/Gas 5.
2. In a bowl, combine the flour, baking soda and salt.
3. In another bowl, combine the butter, sugar, brown sugar and vanilla extract until creamy. Beat in the eggs. Gradually beat in the flour mixture. Stir in the chocolate.
4. Split the pliable dough into two halves, rolling each out into sausage shapes, approximately 5cm/2in in diameter. Wrap them in cling film and transfer to the refrigerator until ready to use.
5. When you are ready to bake the cookies, simply cut the log into slices 2cm/3/4in thick and lay on a baking tray, widely spaced apart.
6. Bake for 9-11 minutes until just golden-brown on the edges. Allow to cool for a few minutes on the tray before transferring to a wire rack

Oatmeal Raisin Cookies

Ingredients:

- 100g raisin
- 150ml vegetable oil
- 200g golden caster sugar
- 1 large egg, beaten
- 1 tsp ground cinnamon
- 1 tsp vanilla extract
- 140g plain flour
- 1/4 tsp bicarbonate of soda
- 300g oats



Method:

1. Heat oven to 180C/160C fan/gas 4 and line 2 baking trays with baking parchment.
2. Pour 50ml boiling water over the raisins and leave to soak for 20 mins until plump. Drain, reserving the liquid.
3. Meanwhile, in a large bowl, mix together the oil and sugar. Gradually beat in the egg, along with the reserved water from the raisins, the cinnamon and vanilla extract.
4. Sift the flour, bicarbonate of soda and a pinch of salt into the bowl, then add the oats. Finally, mix in the raisins.
5. Drop heaped tbsps of the cookie dough onto the baking trays, well spaced apart as they will spread when cooking. Bake for 12-15 mins until golden.
6. Leave to cool on the trays for 10 mins or transfer to a cooling rack to cool completely.

Pitta Bread

Ingredients:

- 250g strong white flour, plus extra for dusting
- 1 x 7g sachet instant yeast
- 20g nigella seeds or black onion seeds
- 1 tsp salt
- 160ml water
- 2 tsp olive oil, plus extra for kneading



Method:

7. In a bowl, mix together the flour, yeast, nigella seeds and salt. Add 120ml of the water and 1½ teaspoons of oil.
8. Using your fingers mix the ingredients together. Gradually add the remaining water and oil until all the flour has come away from the sides and you have a soft dough. (You may not need all the water; the dough should be soft and not sticky.)
9. Pour a little oil onto your work top. Place the dough on top and knead for 5-10 minutes. The dough will be wet in the beginning but will form smooth dough once kneaded. Once smooth dough is achieved, place it into a clean, oiled bowl. Cover and leave to prove until doubled in size.
10. Preheat the oven to 250C/Gas 9 and place a clean baking tray or baking stone on the middle shelf.
11. When the dough has doubled in size, tip it out onto a work surface dusted with flour. Knock the dough back by folding it inwards over and over again until all the air is knocked out.
12. Split the dough into 4-6 equally sized balls. Roll each ball into an oval shape 3-5mm thick.
13. Remove the hot tray from the oven, dust with flour and place the pitta breads on it. You may have to cook them in batches.
14. Bake for 5-10 minutes, or until they just start to colour. Remove them from the oven and cover with a clean cloth until they are cool.

Fruit Pie

Ingredients:

Sweet shortcrust pastry:

- 150g plain flour,
- 75g butter,
- 50g icing sugar,
- 1 egg yolk.

1 tin of fruit pie filling.

Method:

1. Put 150g plain flour and 75g unsalted butter in a bowl and rub together with your fingertips until it resembles breadcrumbs.
2. Mix in 50g icing sugar and a pinch of salt followed by 1 egg yolk. If the pastry feels too dry to form a dough, add 1 tbsp water.
3. Shape the dough into a ball, flatten it out into a disc, wrap it in cling film, then chill in the fridge.
4. Empty tin of pie filling into shallow ovenproof pie dish.
5. Roll out pastry on to a floured surface
6. Roll out the pastry lid so that it's larger in diameter than the pie dish.
7. Trim strips from the pastry the width of the rim of the dish. Brush the rim of the pie dish with a little water, then cover the whole rim of the dish with the strips of pastry.
8. Brush the pastry rim with water.
9. Using a rolling pin, gently roll the remaining pastry around the rolling pin and lift it from the work surface. Unroll the pastry lid over the pie.
10. Trim away the excess pastry then press down the edges of the lid to seal the pastry trimmings to the lid.



Quiche

Please bring in a 18-20inch flan dish

The shortcrust pastry

Ingredients:

- 200g plain flour
- 50g hard margarine or butter
- 50g lard or white fat
- Pinch of salt
- Cold water to mix

Method:

1. Preheat the oven 200c/400f/Gas 6
2. Rub the fat into the flour and salt until the mixture resembles breadcrumbs.
3. Using a table knife mix in some water a little at a time until the mixture comes together to form a dough.
4. Place the dough on a floured surface and roll out to the required thickness and shape.
5. Place into the tin/dish and blind bake for approximately 10 minutes.

Egg Custard Tart

Please bring in a 18-20inch flan dish

The shortcrust pastry

Ingredients:

- 200g plain flour
- 50g hard margarine or butter
- 50g lard or white fat
- 50g caster sugar
- Cold water to mix

Method:

1. Preheat the oven 200c/400f/Gas 6
2. Rub the fat into the flour and salt until the mixture resembles breadcrumbs.
3. Using a table knife mix in some water a little at a time until the mixture comes together to form a dough.
4. Place the dough on a floured surface and roll out to the required thickness and shape.
5. Place into the tin/dish and blind bake for approximately 10 minutes.



The Quiche filling

Ingredients:

- 150g cooked bacon
- 3 eggs
- 250ml milk
- 50g grated cheese
- Salt and pepper

Method:

1. Preheat the oven 200c/400f/Gas 6
2. Break the bacon into small pieces into the pastry case.
3. Beat the eggs, milk together, and pour over the bacon.
4. Sprinkle cheese salt and pepper over the top.
5. Bake for 25-30 minutes until golden and firm to touch.



The Egg custard filling

Ingredients:

- 2 eggs
- 250ml milk
- 30g caster sugar
- 1 drop vanilla essence
- A sprinkle of nutmeg

Method:

1. Preheat oven 180c/350f/Gas 4
2. Heat the milk in a saucepan until warm.
3. Add the milk to the beaten eggs and sugar, stir in the vanilla essence.
4. Pour into your pastry case and sprinkle with nutmeg.
5. Bake in the oven for 30-40 minutes, until set.

Cheat's rough puff pastry

Ingredients:

- 300g/10½oz plain flour
- pinch salt
- 50g/1¾oz butter, chilled and cut into cubes
- 120g/4½oz butter, frozen

Method:

1. Mix the flour and salt together in a bowl. Rub in the chilled butter using your fingertips until the mixture resembles breadcrumbs. Gradually add enough water to form a dough (about 4-6 tablespoons of water).
2. Roll the dough out into a rectangle on a lightly floured work surface.
3. Grate half of the frozen butter over the bottom two thirds of the dough. Fold down the top third and fold up the bottom third as if folding a letter.
4. Turn the folded dough through 90 degrees and roll it out into a rectangle again. Repeat the process of adding the remaining frozen butter and fold as before.
5. Wrap the dough in cling film and leave to rest in the fridge for 30 minutes before using.

Pizza Puff Pinwheels

Home learning:
Grate cheese at home



Ingredients:

- 375g pack ready rolled puff pastry, thawed if frozen
- 6 tbsp ready-made pasta sauce (not too chunky)
- 100g wafer thin ham
- 100g grated cheese
- 1 egg
- 1 tsp dried oregano

Method:

1. Preheat oven to fan 180C/conventional 200C/gas 6.
2. Unroll the pastry onto a lightly floured surface and roll it out to 40 x 32cm.
3. Spread a layer of pasta sauce over it, leaving a 1cm border around the edges.

4. Arrange the ham evenly on top, then scatter the grated cheese over.
5. Starting at one of the short ends, roll the pastry up as tightly as possible. Chill in the fridge for 10 minutes or so.
6. Take a very sharp knife and cut the roll into 12 equal slices, laying them flat on 2 non-stick baking trays as you go.
7. Brush each pinwheel lightly with beaten egg and sprinkle over the herbs.
8. Bake for 12-15 minutes until puffed and golden. Leave to stand for 5-10 minutes before serving.

Palmiers

Ingredients:

- 375 g pack ready-rolled puff pastry
- 4 tbsp tomato pesto
- 25 g (1oz) Parmesan cheese, grated
- Small handful pinenuts



Method:

1. Unroll the pastry and spread over the pesto.

2. Scatter over the Parmesan cheese and pinenuts.
3. Roll up from one of the longer edges to the middle, then roll up from the other long edge to the middle. Transfer to a baking tray and chill for 30min
4. Preheat oven to 200°C (180°C fan) mark 6. Slice across the rolls into 1cm (½in) slices. Place on baking trays and cook for 12min until golden. Serve warm or at room temperature

Cheese and Onion Rolls

Method:

1. Preheat the oven to 200C/400F/Gas 6 and line a baking tray with baking paper.
2. Remove the pastry from the fridge and roll it into a shallow rectangle at least 24cm long. Fold the pastry into thirds again. Give the pastry a further two turns. If necessary, trim the edges to make a neat rectangle, cut this down the middle to make two long strips.
3. For the filling, in a bowl combine all of the filling ingredients and mix well.
4. Place the filling in a line down the middle of each pastry strip, approximately the same length as the pastry.
5. Roll the pastry around the mixture. Wet the edges of the pastry and seal by pressing with a fork.
6. Brush with egg wash all over the top. Cut the sausage roll into equal parts. Place the rolls on the lined baking tray and bake for 20 minutes, or until puffed and golden-brown.

Ingredients for filling:

- 1 block rough puff pastry,
- 1/2 onion, diced.
- 25g of butter
- 80g of grated cheese
- 1 egg
- 40g of breadcrumbs
- pinch of Mustard, salt, pepper and herbs (optional)

Sausage Rolls

Ingredients:

- 12 Sausages (not thin or frozen)
- 1 block rough puff pastry.

Method:

1. Preheat the oven to 200C/400F/Gas 6 and line a baking tray with baking paper.
2. Remove the pastry from the fridge and roll it into a shallow rectangle at least 24cm long. Fold the pastry into thirds again. Give the pastry a further two turns. If necessary, trim the edges to make a neat rectangle, cut this down the middle to make two long strips.
3. Remove the skin from the sausages and place them in a line down the middle of each strip. Roll the pastry around the sausages. Wet the edges of the pastry and seal by pressing with a fork.
4. Brush with egg wash all over the top. Cut the sausage roll into equal parts. Place the rolls on the lined baking tray and bake for 20 minutes, or until puffed and golden-brown.



Swiss roll

Ingredients:

- 3 eggs,
- 75g caster sugar,
- 75g self raising flour,

Filling:

- 75g jam,
- 125 ml double cream,
- 100g raspberries

1. Preheat oven to 200C/Gas Mark 6. Grease and line a Swiss roll tin.
2. Whisk the **eggs and sugar** in a bowl until pale and fluffy and has double in size
3. Fold the flour and spoon the mixture into the tin. Bake in the oven for 7-10 minutes, or until light and springy to touch,
4. Remove from the oven and turn the sponge out onto another piece of greaseproof paper,
5. For the filling, spread the jam onto the sponge and then spread the cream, leaving a small gap around the edges,
6. Place a row of raspberries along one edge lengthways. Roll the sponge to cover the raspberries and repeat the process until all of the raspberries have been used.



Sweet Bread and Butter Pudding

Ingredients:

- 6-8 slices of bread
- 25g butter or spread (plus a little extra for greasing)
- 50g dried fruit
- 25g sugar
- 350ml milk
- 2 eggs

Method:

1. Lightly grease an ovenproof dish.
2. Spread the bread with butter and cut each slice into 4 triangles.
3. Place a layer of the bread in the dish, sprinkle with fruit and sugar, repeat this and end with a layer of bread.
4. Beat the eggs and the milk together.
5. Pour over the bread through a sieve. Leave for 10 minutes to stand, if time.
6. Bake at 180/gas mark 4 for 30-40 minutes until set and golden brown.



Please bring a 1 litre/2 pint ovenproof dish.

Savoury Bread and Butter Pudding

Ingredients:

- 1tbsp vegetable oil
- 1/2 onion, finely chopped
- 2 rashers bacon, diced and cooked
- 1 red pepper, deseeded and diced
- 50g butter
- 6 slices bread
- 3 eggs
- 400ml milk
- 25g grated cheese

Method:

1. Preheat oven to gas 5, 190°C, fan 170°C.
2. Heat oil in a pan and fry the onion until soft. Add bacon and pepper and fry over a high heat until the bacon is browned.
3. Butter an ovenproof dish. Thickly butter one side of the bread slices, cut into triangles and arrange in the dish.
4. Spoon over the onion and bacon.
5. Beat the eggs and milk together, pour over the top.
6. Top with cheese and bake for 20 minutes until golden.



Please bring a 1 litre/2 pint ovenproof dish.

Chocolate Mousse

Ingredients

- 225g plain chocolate, broken into small pieces
- A knob of butter
- 3 Large eggs, separated
- 150ml Double cream, lightly whipped

Method

1. Measure the chocolate into a bowl and sit it over a pan of simmering water. Melt slowly and do not allow the chocolate to become too hot.
2. Stir in the butter, brandy and egg yolks one at a time and mix until combined. Set aside to cool a little.
3. Whip the egg whites until just stiff. Fold into the chocolate mixture with the whipped cream. Fold to combine.
4. Spoon into a glass bowl (1-litre capacity) or 6 stemmed glasses or ramekins. Transfer to the fridge to set.
5. Dust with icing sugar.

