



Poole High School

VALUED, INSPIRED, EMPOWERED

Year 9 Recipe Book

2024-2025

Name _____ Technology group _____

Teacher _____

Pg	Product	Skills demonstrated.
3	Fajitas	<i>Bridge and claw, using the hob</i>
4	Scotch Eggs	<i>Safe handling of meat, bread crumbing, using the oven,</i>
5	Shepherds Pie	<i>Bridge and claw, reduction sauce, safe cooking of meat,</i>
6	Chicken filo pie,	<i>Bridge and claw, gelatinisation, safe cooking of meat, using filo pastry,</i>
7	Chocolate swiss roll,	<i>Using the oven whisking method, rolling.</i>
8	Naan bread,	<i>Using yeast as a raising agent, using the grill,</i>
9	Focaccia – bread art.	<i>Using yeast as a raising agent,</i>
10	Apple pie	<i>Making shortcrust pastry, using the oven,</i>
11	Rough puff pastry product,	<i>Making rough puff pastry, shaping, using the oven,</i>
12	Profiteroles	<i>Making choux pastry, using steam as a raising agent</i>
13	Chicken Kiev	<i>Butterfly chicken, handling raw meat, bread crumbing.</i>
14	Quiche/ Egg Custard Tart	<i>Making shortcrust pastry, baking blind,</i>
15	Ice cream	<i>Separating eggs, whisking method.</i>
16	Chocolate roulade,	<i>Separating eggs, using eggs as a raising agent,</i>
17	Lemon Meringue Pie	<i>Making shortcrust pastry, baking blind, thickening with cornflour</i>
18	Fishcakes	<i>Using fish, making mashed potato, shaping a wet mixture,</i>
19	Lasagne	<i>Reduction sauce, roux sauce, meat handling.</i>
20	Victoria Sandwich Cake	<i>Chemical raising agent, creaming method of cake making.</i>



Note to parents/carer's:

This recipe book contains all the recipes needed for the GCSE Foundation Food and Nutrition. In Year 9, students will have a 2 hour lesson a fortnight, with one half being theory and the other half applying the knowledge with the practical product. Students will need to bring this recipe book to every lesson along with ingredients and a container to take their products home in. Students will be given at least a weeks notice for ingredients, if there are any problems in getting ingredients please make a note in your child's planner, in advance of the lesson please, so we can ensure ingredients are available and your child does not miss out on vital practical lessons.

Recipes can be added to or changed with ingredients at home you may have closer to the date. Recipes can be cut into single portions if necessary. Ingredients must be weighed out at home before the lesson and stored in their Food Technology room before registration.

Please only place highlighted ingredients in the fridge, named.

Fajitas

Don't forget...a container to take home in.

Ingredients:

- 2 boneless, skinless chicken breast
- 1 small lime
- 2 garlic cloves
- 1 tsp ground coriander
- 1 tsp chilli powder (optional)
- 1 large red pepper
- 15g fresh coriander

To serve

- 4 flour tortilla wraps
- 1/2 lettuce (optional)
- Avocado (optional)
- Salsa (optional)
- Sour cream (optional)



Options:

- Add halloumi instead of chicken,

Method:

1. Slice the chicken on a board with a sharp knife, then put in a large bowl. Grate in the lime zest and squeeze in the juice. Crush the garlic, then add to the chicken with the ground coriander, chilli powder (if using) and seasoning to taste. Stir well.
2. Heat the oil in a wok or large frying pan. Add the pepper, then stir, continuously, over a high heat for 2 mins. Add the chicken, chop the fresh coriander, then stir it into the chicken, stir-fry over a high heat for 5 mins until the chicken is cooked.
3. Take a tortilla and spread with sour cream. Add some lettuce and avocado, then some of the chicken and pepper mixture and a little salsa if you like.
4. Fold in the sides of the tortilla, then carefully roll up so that the filling is completely enclosed. Alternatively, put the dishes of the salad, chicken fajita and tortillas on the table for the family to make up their own.

Scotch Eggs

Ingredients:

- 4 hard boiled eggs (*boil at home*),
- 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.
 - 1 egg (beaten to breadcrumb)



Don't forget...a container to take home in.

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. Preheat oven to 180C,
3. 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.
4. 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.
5. 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.



Shepherds Pie

Ingredients:

- 500g lamb mince,
- 1 onion,
- 4 carrots,
- 2 garlic (cloves), crushed
- 500ml stock
- 200g chopped tomatoes
- 1 tbsp Worcestershire sauce
- 1 tsp mixed herbs
- 800g potatoes,
- 25g butter
- 100g cheddar cheese, grated



Don't forget an ovenproof dish.

Alternatives:

- 500g Beef mince,
- 500g Turkey mince,
- 500g Quorn mince

Method:

1. Preheat oven to 180'C/Gas mark 4
2. Place the meat in a large frying pan and heat gently, stirring frequently, until the meat begins to brown
3. Add the onions carrots and garlic and continue to cook for 10 minutes - stir in the stock and tomatoes and bring to the boil
4. Add the Worcestershire sauce and herbs cover the pan and simmer gently for 25 mins giving it the occasional stir
5. Meanwhile cook the potatoes in boiling water until tender, then drain and mash, mixing in the butter (don't use too much butter, you want the mash to be quite firm)
6. Turn the meat into an ovenproof dish - add on the mashed potato and smooth over

Cook for approximately 30 minutes until the potatoes are golden brown

Chicken and Mushroom Filo Pie

Ingredients

- 1 medium leek,
- 1 tbsp olive oil
- 250g button or chestnut mushrooms,
- 25g butter
- 25g plain flour
- 1 chicken stock cube with 300ml hot water (water from school),
- 2 tsp Dijon mustard
- 2 chicken breasts,
- 6 sheets filo pastry
- 30g butter, to melt for the pastry,

Home Learning:

Bring in an ovenproof dish



Method

1. Preheat the oven to 200°C, gas mark 6. Heat the olive oil in a large saucepan, fry the chicken until white and add the mushrooms and leeks, season and fry for 3 minutes over a high heat or until golden. Remove from the pan and set aside.
2. Melt the butter in the pan. Add the flour and stir together to make a paste. Gradually add the stock, a little at a time, until you have a thick, smooth sauce. Stir in the mustard, season with salt and pepper and bubble over a medium heat until thickened. Add the chicken, mushrooms and leek. Spoon into a large 20cmx30cm ovenproof dish.
3. Place all the filo pastry sheets in a pile, then cut into 4 strips across the longest length so you end up with 24 strips the same size. Brush each strip with melted butter, scrunch each one into a loose ball, then place them on top of the filling to cover it.
4. Place in the centre of the oven and bake for 20-25 minutes or until the sauce is bubbling hot and the filo is crisp and golden. Serve with steamed greens.



Chocolate Swiss Roll

Ingredients:

- 4 large free-range eggs
- 100g/3½oz caster sugar
- 65g/2½oz self-raising flour
- 40g/1½oz cocoa powder

For the chocolate ganache topping

- 300ml/½ pint double cream
- 300g/10½oz dark chocolate (around 35-40% cocoa solids), broken into small pieces

For the cream filling

- 300ml/½ pint double cream, whipped



Method

1. Preheat the oven to 200C/400F/Gas 6. Lightly grease a 33x23cm/13x9in Swiss roll tin, and line with non-stick paper or baking parchment, pushing it into the corners.
2. For the sponge, in a large bowl whisk the eggs and sugar using an electric hand whisk until the mixture is pale in colour, light and frothy. Sift the flour and cocoa powder into the bowl and carefully cut and fold together, using a spatula, until all the cocoa and flour are incorporated into the egg mixture. (Be careful not to beat any of the air out of the mixture).
3. Pour the mixture into the lined tin and spread evenly out into the corners. Bake in the middle of the preheated oven for 8–10 minutes, or until well risen and firm to the touch and the sides are shrinking away from the edge of the tin.
4. Place a piece of baking parchment bigger than the Swiss roll tin on the work surface. Dust with icing sugar generously. Carefully invert the cake onto the paper and remove the bottom lining piece of paper.
5. Cut a score mark 2.5cm/1in in along one of the longer edges. Starting with this edge, begin to tightly roll up the sponge using the paper. Roll with the paper inside and sit the roll on top of its outside edge to cool completely.
6. While the cake is cooling, make the ganache topping. Heat the cream in a pan, just so as you can keep your finger in it. Remove from the heat and add the chocolate, stirring until it is melted. Cool to room temperature, then put into the fridge to firm up (this icing needs to be very thick for piping).
7. Uncurl the cold Swiss roll and remove the paper. Spread the whipped cream on top, and re-roll tightly. Cut a quarter of the cake off from the end on the diagonal. Transfer the large piece of cake to a serving plate and angle the cut end in to the middle of the large cake to make a branch.
8. Put the chocolate icing into a piping bag fitted with a star nozzle. Pipe long thick lines along the cake, covering the cake completely so it looks like the bark of a tree. Cover each end with icing or, if you wish to see the cream, leave un-iced. Alternatively, just use a palette knife to spread on the icing and create rough bark texture with a fork.
9. Dust with icing sugar and garnish with fresh holly or a little robin to serve.

Naan Bread:

Serves 4

Don't forget...a container to take home in.

Ingredients:

- 225g plain flour,
- 1/2 tsp salt,
- 1/2 sachet of easy blend yeast,
- 90ml of warm milk,
- 30ml warm water,
- 1/2 tsp honey,
- 2 tbsp of natural yoghurt,
- 1 tbsp of sunflower oil.

Options:

- Garlic naan - Add 2 cloves crushed garlic into the dough,

Method:

1. Sieve the flour and salt into a large mixing bowl and then add yeast and stir.
2. In a measuring jug mix the water and milk and then place in the microwave for 20 seconds to warm.
3. Add honey and stir then add to the flour along with the yoghurt and oil.
4. Stir with a table knife to bring the mixture together to a soft sticky dough.
5. Turn out onto a floured surface and knead for 5 minutes.
6. After kneading place the dough onto a greased bowl to prove. Cover the bowl with damp tea towel and leave 10 minutes or longer if you have time.
7. When proving is done take out the dough and "knock it back" (which means gently knead again for 1 minute).
8. Divide the dough into 4 pieces and roll out to a teardrop shape about 6mm thick.
9. Place on a lightly dusted baking tray and grill for 3-4 minutes until lightly browned.



Focaccia

Ingredients

- 500g strong bread flour, plus extra for dusting
- 7g dried fast action yeast
- 2 tsp fine sea salt
- 5 tbsp olive oil, plus extra for the tin and to serve
- 1 tsp flaky sea salt

Method

1. Sieve 500g strong bread flour into a large mixing bowl. Add yeast and salt and gently mix.
2. Make a well in the centre of the flour. In a jug mix together 2 tbsp oil and 375ml lukewarm water. Gradually add to the flour until you have a slightly sticky dough (you may not need all the water)
3. Sprinkle the worksurface with flour and knead dough for 5 – 10 minutes until it is soft and less sticky.
4. Put dough into a clean bowl, cover with a tea towel and leave to prove for 1 hour until doubled in size.
5. Oil a rectangle, shallow tin (25 x 35cm). Stretch your dough to fit in the tin. Cover with a tea towel and leave to prove for another 35-45 mins.
6. Whilst this is rising you can prepare your vegetables for decoration.
7. Mix together 2tbsp of olive oil and 1tbsp of water, brush this over the dough and arrange your vegetables and herbs, use the remaining oil to brush over the vegetables.
8. Bake for 20-25mins at 220C until golden, whilst bread is still hot drizzle 1-2tbsp of olive oil over the top.

Home Learning:

Bring in a rectangle baking tray.

Decoration ingredients:

- Cherry tomatoes
- Pitted olives
- Chives
- Spring onions
- Red onions
- Rosemary sprigs
- Mini peppers
- Mini courgettes
- Rosemary
- mushrooms
- Basil
- Flat leaf parsley,
- Garlic,
- Fresh chilli,
- Capers,
- Seeds



Apple Pie

Ingredients:

- 225g plain flour,
- 140g butter,
- 3 large cooking apples,
- Pinch of cinnamon (provided by school),
- Pinch of mixed spice (provided by school),
- 1 egg, beaten.

Method:

1. Heat oven to 200C/180C fan/gas 6.
2. To make the pastry, sift the flour into a large mixing bowl and add the butter or margarine. Using your fingers, mix together until the mixture resembles breadcrumbs. Add about 3 tbsp cold water – 1 tbsp at a time – to bind the mixture into a ball.
3. Then wrap it in cling film and leave to chill in the fridge while you prepare the apples, or for 30 mins if you have time.
4. While the pastry is chilling, core the apples, then cut into even-sized chunks so they all cook in the same amount of time.
5. Put the apples into the pie dish, drizzle over the honey and add the cinnamon, mixed spice and about 2 tbsp water.
6. Roll out the pastry on a floured work surface until it is large enough to cover the pie dish. Using the rolling pin, carefully lift the pastry and lay it over the top of the apple mixture. Carefully trim off the excess pastry (this can be rerolled and cut into shapes to decorate the pie crust if you like) and press the pastry edges onto the dish to create a seal.
7. Make a small cut in the pastry so that the air can escape during cooking, then brush with beaten egg to glaze.
8. Bake the pie in the oven for 20-30 mins until the pastry is golden and sandy in appearance and the apple filling is bubbling and hot.

Home Learning:

Bring in a round baking tin or flan dish.

Options:

- 3 large pears instead of apples.

Cheat's rough puff pastry

Ingredients:

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

You will use this pastry in the lesson and you will then make one of the next four products of your choice.

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:

- 1 block of rough puff pastry (**you have made**),
- 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:

- 1 block rough puff pastry (**you have made**),
- 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.

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 (you have made),
- 1/2 onion, diced.
- 25g of butter
- 80g of grated cheese
- 1 egg
- 40g of breadcrumbs
- pinch of Mustard, salt,

Sausage Rolls

Ingredients:

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

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.



Profiteroles

Don't forget...a container to take home in.

Ingredients:

- 50g margarine,
- 65g plain flour,
- 2 eggs,
- 130ml water (at school),
- 100g melted chocolate,
- ½ pint double cream.



Method:

1. Melt margarine and water together in a saucepan until boiling.
2. Sift flour onto a piece of greaseproof paper.
3. Pour into saucepan whilst still boiling, and beat with wooden spoon until mixture is smooth, thick and comes away from the sides of the pan.
4. Beat eggs in a jug and add ½ to mixture, beating well with an electric whisk. Add more egg and beat until mixture is glossy and holds its shape. You may not need all the egg.
5. Either place in piping bag with a plain nozzle, and pipe rounds or place teaspoons of mixture onto a baking sheet lined with parchment paper. Push down any pointy tops.
6. Bake gas 6/200C for 20-25 minutes until puffed up and golden.
7. Place on cooling rack and allow to cool.
8. When cool, whip cream until stiff, and pipe into each profiterole.
9. Melt chocolate slowly in microwave and spread onto each profiterole.

Chicken Kiev

Ingredients:

- 2 garlic cloves,
- Handful of fresh flat leaf parsley, finely chopped (optional),
- Handful of fresh tarragon, finely chopped (optional),
- 50g soft cheese,
- 2 chicken breasts,
- 1 egg,
- 20g plain flour,
- 80g breadcrumbs

Alternatives – flavoured cream cheese with garlic and herbs, or other flavours are suitable.

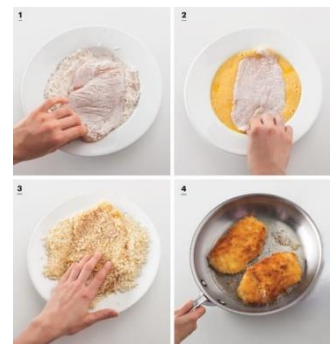
Options:

- Use halloumi instead of chicken and only breadcrumb.

Method

Don't forget...a container to take home in.

1. Preheat oven to gas mark 6, 180C.
2. Crush the garlic and place into a small bowl. Mix with the finely chopped parsley, tarragon and soft cheese until well combined.
3. Roll into 2 sausage shapes and wrap in baking paper and freeze/refrigerate for as long as possible.
4. Meanwhile butterfly 2 chicken breast. Slice the breasts part way through with a sharp knife and open them out like a book. Be careful not to slice too far and make a hole as you need to secure a pocket for the soft cheese.
5. Place each chicken breast between 2 sheets of baking paper or clingfilm and bash with a rolling pin until 5 mm thick. Bashing the chicken to an even thickness means you can easily roll the soft cheese into the centre and ensure that it cooks evenly. Be careful not to tear the chicken or the filling will leak out.
6. Lay a piece of chicken on a sheet of clingfilm, place a roll of cheese at a long edge, then fold over the short edges slightly. Use the clingfilm to lightly roll it up into fat sausage shape. If the kiev's don't stay sealed, then mix a little beaten egg and flour together to make a paste and use it glue.
7. Remove Kiev's from the fridge. Place flour into a bowl, in a separate bowl beat 1 egg and in another bowl place your breadcrumbs. Dust each kiev with flour then dip in the beaten egg and gently roll in the breadcrumbs to coat completely.
8. Heat oil in a non stick pan and fry over a medium heat until they are browned all over. Place on a lined baking tray and bake for 20 mins.



Quiche Lorraine

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 e.g. trex
- 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.

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.

Egg Custard Tart

Please bring in a 18-20inch flan dish



The

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 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.

Ice Cream

Ingredients:

- 4 free-range eggs, separated
- 100g/3½oz caster sugar
- 300ml/½pint double cream

Method:

1. Whisk the egg whites in a large bowl until stiff peaks form when the whisk is removed.
2. Slowly whisk in the caster sugar, then continue to whisk until the egg whites are stiff and glossy.
3. Whisk the cream in a separate bowl until soft peaks form when the whisk is removed.
4. Fold the cream, egg yolks and your chosen flavouring (see ingredients list) into the meringue mixture until well combined.
5. Pour into a plastic container and freeze for at least two hours.

Don't forget...a container to take home in.

Options:

- **Vanilla flavour** - 1 tsp vanilla extract
- **Coffee flavour** - 2-3 tbsp coffee essence
- **Raspberry flavour** - 150ml/5fl oz sieved raspberry purée (you could also use strawberry)
- **Chocolate flavour** – 200g bar of milk or dark chocolate.
- **Other biscuits/sweets to stir in.**

Chocolate Roulade

Ingredients

Don't forget...a container to take home in.

- 175g good-quality dark chocolate,
- 6 free-range eggs,
- 175g caster sugar
- 2 tbsp cocoa powder
- 300ml double cream

Method

1. Preheat the oven to 180C/160 Fan/Gas 4. Lightly grease a 33cm x 23cm/13in x 9in Swiss roll tin then line the base and sides of the tin with a large sheet of greaseproof paper, pushing it into the corners.
2. Melt the chocolate in a bowl set over a pan of simmering water. (Do not let the base of the bowl touch the water.) Remove from the heat and set aside to cool.
3. Place the egg whites in a large bowl and whisk until stiff but not dry. If you turn the bowl upside down, the whites should be stiff enough not to fall out.
4. Place the egg yolks in a separate bowl with the sugar and whisk on high speed for 2-3 minutes or until thick and creamy and the mixture leaves a thick ribbon-like trail when the beaters are lifted. Pour in the cooled chocolate and gently fold together until well combined.
5. Gently stir two large spoonfuls of the egg whites into the chocolate mixture to loosen the mix, then fold in the remaining egg whites using a large metal spoon (you don't want to squash out the air you have just beaten in). Sift in the cocoa and lightly fold it in. Pour the mixture into the prepared tin and gently move the tin around until the mixture is level.
6. Bake for 20-25 minutes or until risen and the top feels firm and slightly crisp. Remove from the oven, leave in the tin (expect the roulade to fall and crack a little) and set aside until cold.
7. Whip the cream until it forms soft peaks when the whisk is removed.
8. Lay a large piece of greaseproof paper on the work surface and dust it lightly with icing sugar. Turn the roulade out on to the paper so its lining paper is on top, then carefully peel off the paper. Spread the roulade with the whipped cream, leaving a border of about 2cm/¾in all the way around the edges
9. With one of the shortest edges facing you, make a cut along it with a sharp knife, going about half way through the sponge. This will help to make a tight centre of the spiral. Now roll this cut edge over tightly to start with and use the paper to help continue the tight rolling, by pulling it away from you as you roll. Don't worry if the roulade cracks - that is quite normal and all part of its charm.
10. Finish with the join underneath then lift the roulade onto a serving plate or board using a large wide spatula or two fish slices. Dust with icing sugar.

Lemon Meringue Pie

Ingredients:

Please bring in a round dish

Pastry case:

- 100g hard margarine or butter,
- 200g plain flour,
- 4 tbsp cold water

Filling:

- 2 lemons,
- 100g caster sugar,
- 4 tbsp cornflour,
- 2 egg yolks,
- 250ml cold water.

Meringue topping:

- 2 egg whites,
- 100g caster sugar.



Options:

- Add other citrus fruit such as 2 oranges/ 4 limes/ 2 grapefruits.

Method:

1. Rub the margarine into the flour until it resembles breadcrumbs,
2. Add the cold water gradually until it forms a soft dough,
3. Roll out on a floured surface to thickness of 1p coin and place inside the fluted tin,
4. Bake blind for 10 minutes until golden brown,
5. Whilst pastry case is in the oven, grate lemon zest and juice both lemons, set aside.
6. Put 250ml water in a saucepan; add caster sugar, heat gently until sugar is dissolved.
7. Blend corn flour with lemon juice and rind. Add to saucepan, stirring continuously.
8. Bring to the boil and simmer for 1 minute.
9. Separate eggs **VERY CAREFULLY**, put yolks into sauce and whites into a clean glass bowl.
10. Take pan off the heat, add zest and stir.
11. Pour into pastry case.
12. Whisk egg white with an electric whisk until really stiff and dry.
13. Add sugar gradually until mixture stands in stiff peaks, pile onto lemon filling.
14. Bake gas 4/ 170C for 10 – 15 minutes until golden brown.

Fishcakes

Ingredients:

- 2 medium potatoes
- 200g cooked fish
(smoked mackerel or a tin of tuna or salmon)
- a small lemon, juice only
- freshly ground black pepper
- 100g breadcrumbs
- 1 tbsp vegetable or sunflower oil

Optional extras

- 2 spring onions, chopped
- 1 tbsp chopped chives or parsley
- 1 tbsp grated cheddar
- 1 tsp wholegrain mustard

Don't forget...a container to take home in.



Options:

- Add corned beef instead of fish,
- Just have potato as a potato cake and add flavourings such as cheese/ ham.

Method:

1. Preheat the oven to 220C/425F/Gas 7.
2. Peel potatoes and cut into small pieces, boil the potatoes until they feel soft, strain and leave to cool.
3. Once the potatoes have cooled, Mash the potato using a masher or fork.
4. Add the fish and mix well. Add the lemon, a little pepper and any of the optional extras you like. Have a taste - you can add more pepper or lemon, if you like.
5. Pour the breadcrumbs onto a plate. Have a bowl ready with some water for dipping hands in.
6. Get your hands a little bit wet and roll small balls of the fishcake mixture, then flatten them into patties. Get the outside of the fishcakes damp again and push them into the breadcrumbs - you want a light coating of crumbs all over the fishcakes.
7. Pour the oil over the bottom of a lined baking tray and place the fishcakes on top. Turn them all over once so that they have a little oil on each side. An adult can place the baking tray into the preheated oven.
8. Bake the fishcakes for 10 minutes on one side and then turn the fishcakes over before placing them back in the oven for another 10 minutes or until the fishcakes are golden-brown.

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.



Please bring an ovenproof dish

Options:

- Use 500g Quorn mince,
- Use 500g turkey mince,
- Add other vegetables.

Victoria Sandwich Cake

Ingredients:

- 225g caster sugar,
- 225g margarine,
- 225g self raising flour,
- 4 eggs
- 1 jar of jam.

Don't forget...a container to take home in.

Method:

1. Preheat oven to 180C/Gas Mark 4.
2. Cream together margarine and sugar using an electric whisk until light and fluffy.
3. Crack eggs into jug and beat with a fork, add to the mixture gradually and whisk together until its combined.
4. Sift flour into the mixture and fold in gently with a metal spoon, ensuring all flour is stirred in.
5. Spoon mixture into 2 round tins lined with baking parchment and spread evenly.
6. Place in oven for 20-25minutes until well risen and springy to touch.



Optional:

*Buttercream -100g icing sugar,
50g Butter.*

