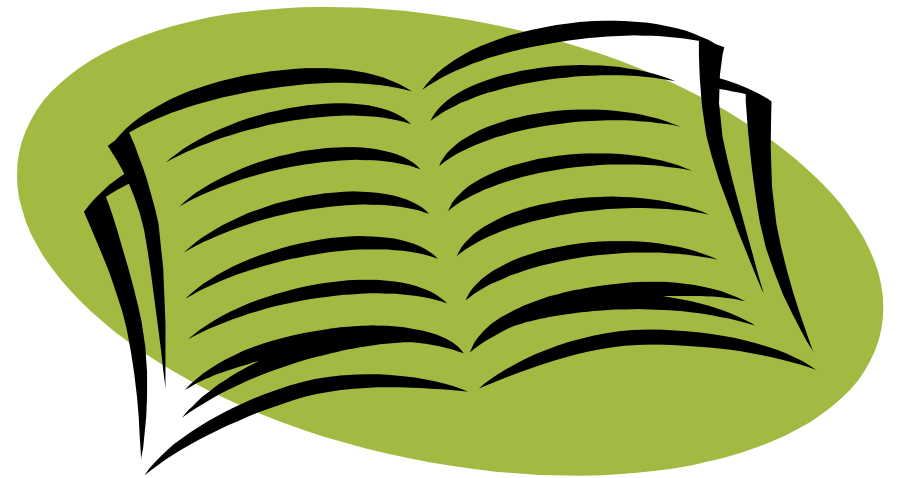


Campbeltown Grammar School

**Home Economics
Department**

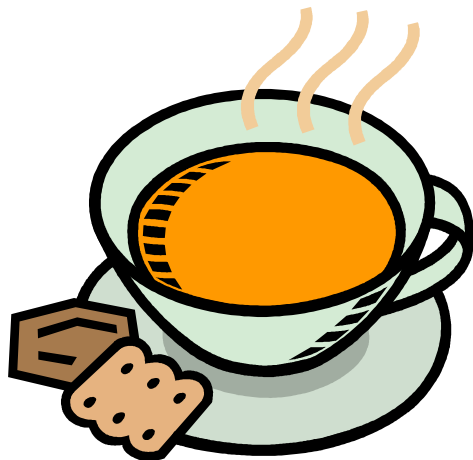
S2 Recipe Book



Potato and Leek Soup

Ingredients

200g potatoes
1 leek
12.5g margarine
1 chicken stock cube
500 mls water
pinch of mixed herbs
salt and pepper



Method

1. Wash potatoes. Wash leeks
2. Peel potatoes and cut into thin slices or small cubes.
3. Shred leeks
4. Melt margarine and sauté potatoes and leeks for 3 minutes
5. Add stock and herbs.
6. Bring to the boil and simmer for 50-60 minutes.
7. Liquidise or serve as it is.

Microwave Instructions

1. This soup can also be cooked in the microwave oven
2. Cook in a large glass bowl, sauté vegetables for one minute add other ingredients and cook for 15 minutes,

Chicken Noodle Soup

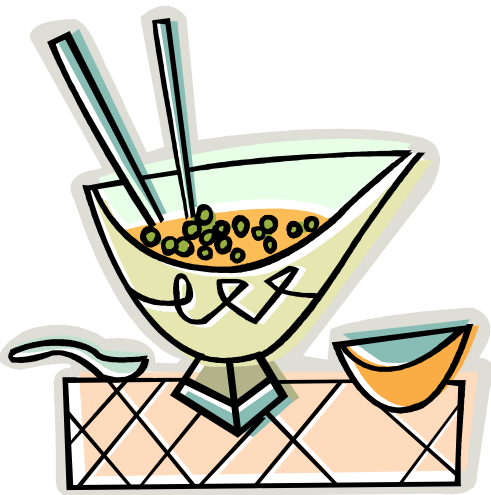
Ingredients

- 2 pints water
- 1 chicken breast
- 1 small onion
- 1 small carrot
- 1 piece celery
- 25g egg noodles
- 1 spring onion
- 1 tablespoon sweet corn

Method

1. Make stock by adding onion, carrot, celery and chicken to the water and bring to the boil.
2. Put lid on pan and leave to simmer as long as possible at least an hour.
3. Strain stock and return to pot.
4. Skin chicken. Chop and shred chicken into small pieces return to stock
5. Cook noodles in stock till soft approx 10 min
6. Add sweet corn and chopped spring onion.
7. Serve.

You can make this soup very quickly using 2 chicken stock cubes, 2 pints of water, Bring to the boil, add cooked shredded chicken, add frozen or tinned sweetcorn, simmer 5 minutes and at the last minute add chopped spring onion.



Carrot and Courgette Soup

Ingredients

30ml oil

1 chopped onion

125g sliced carrots

125g sliced courgettes

25g flour

200ml vegetable stock

200ml milk

2.5ml pepper



Method

1. Put all prepared vegetables and oil into pot, cook over a low heat for 5 minutes.
2. Add flour then gradually stir in the stock and pepper.
3. Bring to the boil, then simmer for 15 minutes.
4. Add milk.
5. Liquidise until smooth.
6. Re-heat and serve.

Garnish *with* chopped parsley, or a swirl of cream if wished.

Minestrone Soup

Ingredients

1 rasher bacon chopped
1 small onion chopped
small clove of garlic-chopped
1 small carrot diced
1 stick of celery sliced
1 piece turnip diced or cabbage shredded
1 teaspoon chopped parsley
1 small tin peeled tomatoes
500 ml ham stock
15g spaghetti
seasoning



Method

1. Prepare vegetables and bacon.
2. Fry the bacon gently in the pan until the fat runs out.
3. Cook the onion and the garlic in the bacon fat.
4. Stir in the carrot, celery, and turnip
5. Cook for 2 minutes.
6. Add the tomatoes and stock. Bring to the boil, cook 10 minutes.
7. Break the spaghetti into short lengths. Add the spaghetti, stir well and cook for a further 12-15 minutes
8. Test for readiness, add parsley and seasoning.

Lentil Soup

Ingredients (Makes 4 portions)

225g lentils (soaked)

2 small onions (chopped)

1 medium carrot (grated)

700ml ham stock



Method

To make in a microwave

1. Put lentils, carrot, onion and stock in a bowl
2. Cover with microwave cling film, pierce and cook on HIGH for 10 minutes.
3. Carefully remove cling film, stir and return to the oven for another 10 minutes on HIGH
4. When the soup is cooked, liquidise and serve.

To make soup in a pot

1. Gently fry the lentils in a dessertspoon of oil.
2. Add carrots and onions and stock.
3. Bring to the boil, then simmer gently till lentils are soft and vegetables are cooked.
4. Liquidise before serving

Flapjacks

Ingredients

50g margarine
50g sugar
1 rounded tablespoon syrup
115g rolled oats



Method

1. Grease a small round tin (or half a swiss roll tin);
Set oven to Gas Mark 4/180°C.
2. Melt margarine, sugar and syrup in a small pot,
stirring all the time.
3. Gradually stir in the oats.
4. Press mixture into tin and smooth down mixture
using the back of a wet wooden spoon.
5. Bake until golden brown.
6. Allow to cool and firm up a little before cutting.

Chelsea buns

Sweet dough

400g strong flour
50g caster sugar
50g margarine
1 egg
2 tablespoon milk powder
5ml measuring spoon yeast
tepid water to mix

Filling

2 tablespoons sultanas
50g sugar
25g margarine
1x5ml spoon mixed spice

Equipment

Table mixer

Method

1. Sieve flour into bowl, rub in margarine.
2. Stir in caster sugar, milk powder and yeast.
3. Make a well in the centre of flour, add beaten egg
Use the dough hook and run the mixer. Add enough tepid water to give a soft, elastic dough.

4. Beat the dough until smooth and rounded about 1-2 minutes.
5. At this point the dough can be put into plastic bag and frozen or stored in the fridge overnight.

To complete Chelsea buns

1. Place sugar, sultanas, and spice in a bowl, mix together.
2. Divide dough in two.
3. Roll out each piece into a rectangle 0.5 cm thick.
4. Dot little pieces of margarine evenly over the dough.
5. Spread fruit mixture over dough and press in lightly with the back of a spoon.
6. Roll up like a Swiss roll.
7. With a sharp knife, cut into slices and arrange on a baking tray.
8. Allow to rise before baking at Gas mark 7, 22°C for 10-15 minutes till golden brown.

Pakora (Using a deep fat fryer)

Ingredients

Half a small onion
1 potato
50g gram flour
pinch of salt
1 level tsp curry powder
1 teaspoon turmeric
¼ tsp bicarbonate of soda
1.25g chilli powder
milk to mix

Dipping Sauce

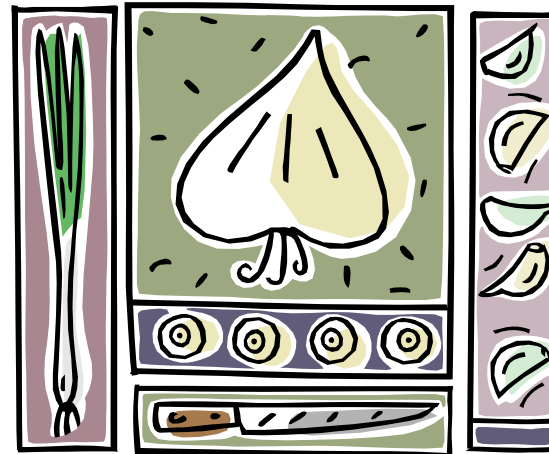
3 tsp tomato sauce
1 tsp Worcester sauce
squeeze of lemon juice

Method

1. Sieve the curry powder, flour turmeric, chill bicarbonate of soda and salt into a bowl.

2. Gradually add enough milk to make a smooth batter.
3. Chop the onion finely and grate the potato.
4. Stir the vegetables into the batter.
5. Heat fat to the correct temperature.
6. Drop batter into the fat using a long handled spoon.
7. Fry until golden brown, turning frequently.
8. Drain on kitchen paper, Keep warm in a low oven.
9. Mix ingredients for sauce. Serve in as small bowl.

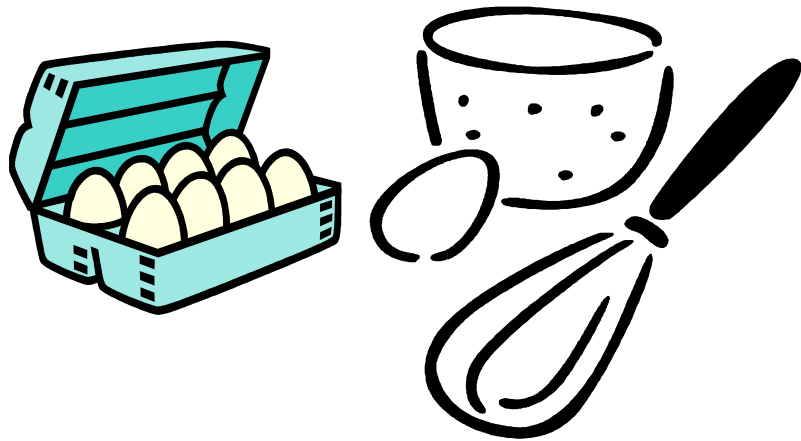
Cooked chicken or mushrooms can added to the pakora batter .



Pancakes

Ingredients

100g self raising flour (or one flat teacup)
¼ teaspoon of cream of tartar
¼ teaspoon of baking powder
6 teaspoons of caster sugar
1 dessertspoon golden syrup
1 egg
milk to mix



Method

1. Grease multi cooker or frying pan slightly and set at medium heat.
2. Sieve dry ingredients together
3. Add egg, mix for a minute using hand blender or hand mixer
4. Put four spoonfuls of the mixture onto the pan
5. Turn when the first side is golden brown and bubbles on the top burst.
6. Cook on the second side
7. Cool in a clean tea towel
8. Repeat with the rest of mixture

Macaroni Cheese

Ingredients

150g macaroni
25g margarine
25g plain flour
75g Cheddar cheese (grated)
300ml milk
salt and pepper

pinch of dry mustard (optional)



1. Measure 1 litre of water into a pot and put it on the hob. When the water boils add the macaroni and one teaspoon of salt. Return to the boil and then reduce the heat a little so that the macaroni boils without spilling over.
2. Allow the macaroni to cook for 10 minutes or until soft. When cooked, carefully drain through a colander.
3. Meanwhile, prepare the sauce. In a large glass or china bowl, melt margarine in the microwave, HIGH for 1 minute
4. Stir in the flour then microwave, HIGH for 1 minute.
5. Stir well, then blend in the milk, a little at a time and beating well so that no lumps form. Microwave on HIGH for 2 minutes.
5. Remove bowl from microwave, stir well, then return on HIGH for 2 minutes. Repeat this step once more.
6. Add cheese, mustard, salt and pepper to the sauce, stir well until the cheese has melted, then add the macaroni. Carefully divide between the dishes.

Carrot and Orange Buns

Ingredients

100g carrots

100g SR flour

2.5ml spoon mixed spice

1 egg

2x 15ml orange juice

about 15ml milk

75g margarine

75g caster sugar

pinch of salt

Equipment

Hand mixer

grater



Method

1. Set oven Gas 4, 180C
2. Arrange cake cases in patty tins
3. Wash and peel and grate carrot
4. Use a mixer to mix together all the ingredients except carrot and milk
5. When the mixture is smooth use a wooden spoon to stir in the carrots.
6. Check consistency – add milk if needed to make the mixture slightly soft.
7. Divide mixture into the cake cases.
8. Bake in centre of oven until risen and set.

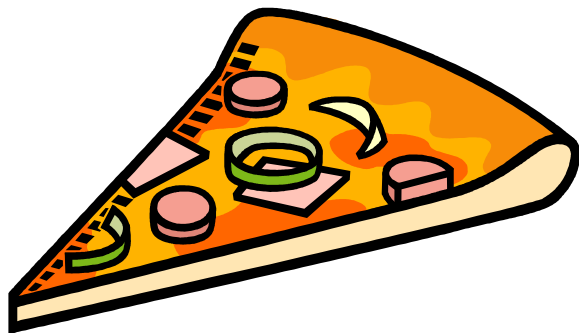
Pizza

Bread Base Ingredients

250g flour
1 flat teaspoon salt
25g margarine
1/3 sachet yeast
150ml tepid water (approx)
1 rounded tablespoon dried milk powder

Assembling the Pizza

1 tin tomatoes
salt, pepper
pinch of mixed herbs or oregano
100g cheese
50g mushrooms
1 onion
1 rasher of bacon



Method

1. Rub margarine into flour until it resembles breadcrumbs.
2. Add salt, milk powder and stir.
3. Add yeast and stir.
4. Add water and beat well.
5. Knead till smooth. Put into an oiled freezer bag.
6. Leave to rise or freeze until needed.
7. Re-knead the dough, cut in two and shape into two circles. Leave on a greased baking tray to rise.
8. Drain the tomatoes. Grate the cheese. Peel and slice the mushrooms and onion and chop the bacon (if used).
9. Fry the onion and mushroom till soft.
10. Spread the tomatoes, cheese, salt, pepper, herbs, onion, mushrooms and bacon over the base.
11. Bake for 20-25 minutes, gas mark 7, 220°C until the base is cooked. Cool on a wire tray. Serve warm or cold with salad.

You can change the topping on a pizza as you like, using for example chopped cooked meat or chicken, olives or peppers.

Cup Cake Puddings

This recipe makes three individual puddings, perfect for a quick and easy dessert.

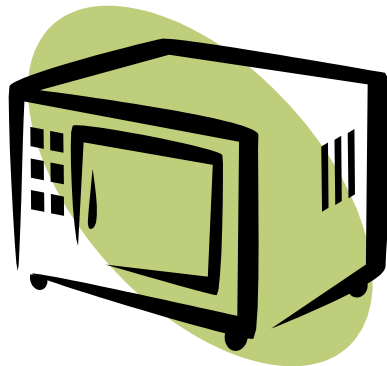
A hand mixer can be used to speed up the creaming time. They are baked in the microwave using cups to mould the shape. If a larger number of puddings are needed, the recipe is easy to increase, but remember to bake just three at a time!

Ingredients

50g caster sugar
50g Self Raising Flour
50g Soft Margarine
1x5ml spoon water
1 egg
2 drops vanilla essence
3 x 15ml spoons of jam, lemon curd or syrup

Equipment

glass bowl and sieve
cups
scissors
plastic scraper
hand mixer



Method

1. Grease three cups, then line the bottom of each with a small circle of non-stick baking paper.
2. Place 1 x 15 ml spoon of jam or syrup into each cup.
3. Sieve flour and sugar into bowl.
4. Add margarine, egg, vanilla essence and water. Cream until soft (2 mins max)
5. Divide sponge mixture between the three cups.
6. Place on the microwave turn table, evenly spaced and cook on Full power for 3 minutes.
7. Stand for three minutes.
8. Turn out the puddings and serve hot.

Variation

2x 15 ml spoons of raisins or sultanas can be added to the mixture before creaming.

Sweet and Sour Vegetables with Noodles

Ingredients

1 medium carrot washed, peeled and cut into fine strips
1 medium onion peeled and diced
1 red pepper washed, deseeded and sliced
100g beansprouts rinsed
2x10 ml vegetable oil
4 pineapple rings
75g long grain rice

Sauce

3X10mls sugar
3x10ml cornflour
1x15ml soy sauce
2x15ml vinegar
100ml pineapple juice
100ml water



Method

- 1 Collect and prepare all ingredients
- 2 Add noodles to boiling salted water. Cook for 3-4 minutes or until soft. Drain and keep warm
- 3 Heat oil in wok and fry vegetables in the following order: carrots, onion, green pepper stir fry for 3 minutes.
- 4 Add beansprouts and pineapple, stir fry for two minutes
- 5 Blend cornflour in a little water and then add other sauce ingredients. Add to the wok stirring all the time until the sauce has thickened.
- 6 Serve sweet and sour vegetables on top of the noodles.

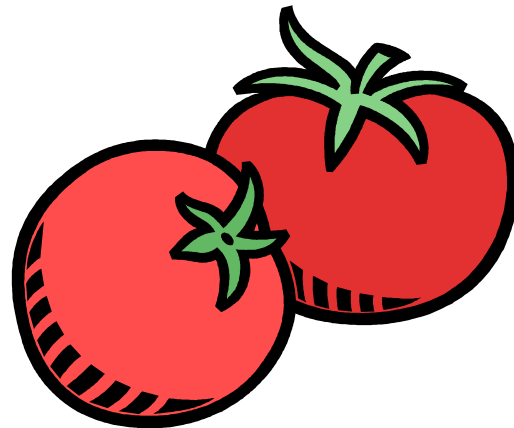
Speedy Pasta

Ingredients

100g pasta spirals
1 tablespoon vegetable oil
1 garlic clove
1 small onion
1/2 yellow or green pepper
50g mushrooms
200g chopped tomatoes
1 tablespoon tomato puree
50g cooked ham
2 tablespoons evaporated Milk
2 teaspoon dried or fresh basil
Salt Pepper

Equipment

2 Large pans
Chopping board
Vegetable knife
Small bowl
Plate
Sieve
Serving dish



Method

- 1 Collect all ingredients.
- 2 Half fill a large pan and bring to the boil. Add $\frac{1}{2}$ teaspoon salt
- 3 Add the pasta to boiling water and cook for 10-12 minutes till soft then drain.
- 4 Slice the onion, crush the garlic, cut pepper into strips and mushrooms into slices.
- 5 Heat oil in a large pan and fry the onion, garlic and pepper for 3 minutes. Add mushrooms and continue to cook for 2 minutes.
- 7 Stir the tomatoes and puree into vegetables and simmer gently for 6 minutes, stirring frequently, until the vegetables are tender and the sauce has thickened.
- 8 Add the chopped, cooked ham, evaporated milk and basil to the sauce. Add the sauce to the pasta and warm through, mixing gently.

Lentil Curry (DHAL)

Ingredients

170g lentils
4 small onions
2 cloves garlic
chilli powder
5 bay leaves
½ tsp cumin (metric spoons)
2 tsp salt
2tbsp oil

Equipment

Chopping board
Sharp knife
Pot and lid
Wooden spoon

Method

- 1 Chop 2 onions and garlic.
- 2 Add washed lentils, chopped onions and garlic to 1 pint of lightly salted water. Bring to boil. Simmer for 30 minutes, until soft and mushy. Add more water during cooking if necessary.
- 3 Chop remaining onions and fry in oil until soft. Add bay leaves. Chilli powder (to taste) and cumin and fry lightly. Remove bay leaves.
- 4 Add mashed lentils and mix thoroughly while reheating.



Focaccia (Italian Bread)

Ingredients

450g strong white flour

1 teaspoon salt

6g sachet instant yeast

1 teaspoon sugar

4 teaspoon sugar

300ml tepid water

Topping

2-3 teaspoon olive oil

½ onion finely chopped or garlic

1 teaspoon rosemary

1 teaspoon sea salt

Method

- 1 In a large bowl mix salt, sugar, flour and dried yeast.
- 2 Add olive oil and stir
- 3 Add cooled boiled water and mix to a soft dough.
- 4 Knead bread dough and then leave to rise in bowl, or place in a large oiled plastic bag in the fridge overnight.
- 5 Shape bread into two rounds (a flan ring can be used to shape these).
- 6 Leave to rise in a warm place, meanwhile chop onion or garlic.
- 7 Make dimples on top surface of the bread with finger.
Carefully pour a little oil into each, scatter with onion and salt. Press fresh rosemary into holes.
- 8 When risen, bake in a hot oven Gas Mark 7, 220°C for 10-15 minutes.



Bread

Ingredients

250g strong flour white or wholemeal and white mixed
1 flat teaspoon salt
25g margarine
1 flat teaspoon sugar
1 rounded tablespoon dried milk powder
4g instant yeast
approx. 150ml warm water.

Meets the dietary targets:

Eat more bread

Eat more complex carbohydrate

Eat more NSP (wholemeal bread)



Method

- 1 Rub margarine into flour until it resembles breadcrumbs
- 2 Add sugar, salt, milk powder and stir
- 3 Add yeast and stir
- 4 Add water carefully and beat well
- 5 Knead until smooth. Put in a large lightly oiled plastic bag.
- 6 Leave to rise until nearly doubled in size.
(Place in fridge if leaving it overnight.)
(don't tie the bag as the bread will expand)
- 7 Re-knead the dough; cut into 8 pieces and shape into rolls or two loaves.
- 8 Brush with milk and sprinkle poppy seeds on top if wished
- 9 Bake in a preheated oven, 210⁰C or gas mark 7 for 15-20 minutes.