



GREAT MEARNS CASTLE MENU THE COOKBOOK

in association with DAT and FHT @ MCHS 2020

WELCOME TO:

THE GREAT MEARN'S CASTLE MENU COOKBOOK

During lockdown, we've all been busy in the kitchen.

Our pupils and staff have decided to share some of their quarantine favourite recipes with you.

We've split our cookbook into sweet & savoury recipes so hopefully there's something for everyone!

This book is a collaboration between the pupils at Mearns Castle and the Design & Technology and Food & Health technology Departments.

We hope you enjoy our recipes!



If you do decide to make any of these dishes, we'd love it if you could share it with us on twitter **@mearnshigh** using the hashtag **#GreatMearnsCastleMenu**

HAPPY EATING!

A silver spoon, knife, and fork are crossed in the center of the image. The background is a dark, textured wooden surface. To the left, a portion of a heraldic shield is visible, featuring a red cross on a blue field, with the word 'VITUM' partially visible above it. The text 'Savoury Dishes' is overlaid in a large, white, bold, sans-serif font.

Savoury Dishes

Cauliflower Fritters

Ingredients:

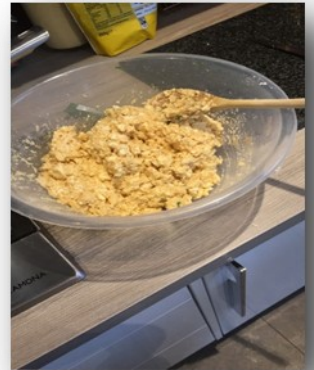
- 1 large cauliflower
- 3 medium eggs
- 1 tbsp Harissa paste
- 70g Plain flour
- 1 tbsp Milk cups
- 200g Feta
- Black pepper (for seasoning)
- 1 tbsp Oil

Equipment:

Chopping Board
1 large Frying Pan
1 large bowl
Chopping knife
Scales/measuring
Measuring spoons

Method:

- Separate the florets from the stem of the cauliflower and grate the stalk. Chop the florets into small pieces.
- Beat the 3 eggs and stir in the Harissa paste, flour, milk, and chopped parsley until the mixture is smooth. Then season with black pepper
- Add the cauliflower and crumble 200g of feta into the harissa mixture (leave some feta to serve).
- Heat 1 tbsp of oil in a frying pan over a low-medium heat. In batches, dollop tbsps. of the mixture into the pan, then fry for 2-3 minutes on each side until golden.
- Sprinkle the remaining feta on the fritters and serve warm.
- Enjoy!



Chicken Katsu Curry

Ingredients

For the katsu sauce

- 2-3 tablespoons vegetable oil
- 1 onion, finely chopped
- 1 garlic clove, crushed
- 2.5cm piece of ginger, peeled and grated
- 1 teaspoon turmeric
- 2 heaped tablespoons mild curry powder
- 1 tablespoon plain flour
- 300ml chicken or vegetable stock
- 100ml coconut milk
- 1 teaspoon light soy sauce
- 1 teaspoon sugar, to taste



For the Chicken and Rice

- 120g Thai jasmine rice
- 2 skinless chicken breasts
- 50g plain flour
- 2 eggs, lightly beaten
- 100g panko breadcrumbs
- 75ml vegetable oil, for deep-frying

Method

1. Cook the rice following the perfect rice cooking instructions below*.
2. Now make the katsu sauce. Place the oil in a saucepan over a medium heat. Add the onion, garlic and ginger and cook until softened. Lower the heat and the spices and cook for 2-3 minutes. Add the flour and stir over the heat to cook it out, then slowly add the chicken or vegetable stock. Bring it to simmer and add the coconut milk, soy sauce and sugar. For a perfectly smooth sauce, pass the mixture through a sieve. The sauce can be stored in an airtight container in the fridge for up to 3 days.
3. With a sharp knife, cut each chicken breast almost in half and open it out like a book. Place both between two pieces of clingfilm and bash with a rolling pin to flatten to about 1 cm thick. Place the flour, [eggs](#) and breadcrumbs in 3 separate shallow bowls and then dip each chicken breast first in the flour, then the egg and finally the breadcrumbs, ensuring each chicken breast is coated well.
4. Place the oil in a medium saucepan over a medium-high heat. To test if the oil is hot enough to fry, drop some breadcrumbs into the oil-if they sink, the oil is not hot enough and, if they quickly burn, then the oil is too hot, but if they bubble and float to the top, the oil is just right. Deep-fry 1 coated breast at a time, so as not to overcrowd the pan, for 3-4 minutes on each side then transfer to a plate lined with kitchen roll to soak up any excess oil. Set aside and keep warm.
5. To serve, spoon a portion of rice onto 2 serving plates. With a sharp knife, slice the deep-fried chicken breasts into strips at an angle and arrange on top of the rice. Ladle the curry sauce over the chicken and rice and place the salad in the side with a drizzle of dressing and a little pickled radish. Serve immediately.

**Japanese cooking traditionally uses a short grain rice and cooks it in a way that gives it a glutinous, sticky texture.*

To prepare it perfectly, it is important that the ratio of rice to water is correct and, as a rule, this ratio is 2:3. We recommend a serving of 90g or ½ cup of rice per person (cups are far easier to use as a measure for rice). Soak the rice in water for 30 minutes. Place the rice in a fine mesh sieve and leave to strain for at least 5 minutes to allow excess water to drain. To cook, place 540ml water in a heavy-based saucepan, cover with a lid and bring to the boil. Once boiling, reduce the heat to the lowest setting, add the rice and leave to simmer for 10 minutes. It is important to leave the rice undisturbed during the entire cooking and resting process. Take the pan off the heat and set aside with the lid still on for a further 10 minutes.

Kyle's Crispy Chilli Chicken

Ingredients

For the chicken

- 4 chicken breasts (cut into thin strips)
- 2 medium eggs
- ¼ tsp salt
- 4 - 5 tbsp plain flour

For the sauce

- 2 medium carrots peeled and sliced to form ribbons
- 2 spring onions finely sliced
- 1 clove of garlic finely sliced
- 2 small fresh green or red chillies (deseeded and finely chopped)
- 4 tbsp granulated sugar
- 3 tbsp rice wine vinegar
- 2 tbsp light soy sauce
- 4 tbsp Chinese chicken stock powder in 50ml of hot water
- 1 tsp cornflour made into a paste with 1 tsp of water
- Vegetable oil for deep frying
- Long grain rice to serve with the chicken - Have this cooking whilst you prepare the chicken dish

Method

1 Cut the chicken into thin strips (remember to handle the chicken properly)

Beat the eggs in a bowl with the salt and flour to create a batter, you may need to add a little water to make it loose but not runny. Add the chicken strips into the batter and mix until all the chicken pieces are coated.

2. Add the oil to a preheated wok (or use a deep fat fryer). When the oil is ready, carefully add the chicken strips a small amount at a time, stirring to separate the strips, and cook for around 4-5 minutes. Remove the strips when cooked and place on a paper towel to drain any excess oil.

3. Add the carrots to the wok or fryer and cook for about 90 seconds, then remove and drain on a paper towel.

4. In a separate frying pan, heat 1 tbsp of oil, add the spring onions, garlic, chillies and carrots. Stir fry for about a minute. Add the sugar, rice vinegar, soy sauce and the stock, stir together and bring to the boil.

5 Turn off the heat and add the cornflour paste, and let simmer for a few minutes to thicken the sauce. Return the cooked chicken to the pan and stir until all the chicken is coated with the sauce.

6. Serve with the boiled rice.

Equipment Needed

- Wok or deep fat fryer
- Knives for chopping
- Chopping boards (separate for chicken)
- Slotted spoon, potato peeler
- Teaspoon/tablespoon
- Kitchen paper towel



Throw it all in Rice

This recipe uses what you have left in the fridge and cupboards. Measurements do not need to be exact and ingredients can be varied.

Ingredients:

45g uncooked rice per person
Chorizo
Onion
Peppers, red, green, yellow
Sweetcorn
Frozen peas
Garlic
Ginger
Soy sauce

Boil the rice and drain once cooked.

In a pan cook all the other ingredient, add the soy sauce when they cooked.

Add the cooked rice, mix together and serve.

To vary the recipe you could add chicken, ham, courgettes anything that you like.

If you don't have rice you could substitute for cous-cous or pasta, leave out the ginger and soy sauce and replace with some tomato puree and baby plum tomatoes.

Anything can be added to taste depending on what you have.



Traditional Spaghetti

Recipe – Serves 4

Ingredients and equipment

◆ Ingredients;

- ◆ 1 carrot (sliced)
- ◆ 1 bell pepper (sliced)
- ◆ 1 onion (finely diced)
- ◆ 100g mange tout (chopped)
- ◆ 500g smoked sausage (sliced and quartered)
- ◆ 2 tins of chopped tomatoes
- ◆ Parsley, basil and chives
- ◆ 1 tsp piri-piri spice
- ◆ Tbsp vegetable oil

◆ For the pasta;

- ◆ 300g Semolina flour
- ◆ 100g all-purpose flour
- ◆ 170g of 2 beaten eggs and water



◆ Equipment;

- ◆ Pasta maker
- ◆ Saucepan
- ◆ Spoon/spatula
- ◆ Colander
- ◆ Pot
- ◆ Chopping board & knives
- ◆ Peeler



~Method~

Wash hands

Pour all the semolina flour and the all-purpose flour in the machine, turn it on and slowly pour in the water and egg mixture. The pasta should come out as pictured before.

While leaving that to dry, prepare all the veg and sausage as stated before, and put oil into the pan and turn the heat to medium.

Put the sausages in first, followed by the onions and the carrots when the sausage begins to colour.

When the onions are slightly browned, pour in the chopped tomatoes and leave to simmer, taste the sauce and add salt and pepper to taste (piri-piri as well but this is optional)

While that is simmering, put the kettle on and get out your pot, when it has boiled, put it into the pot along with a teaspoon of oil and enough salt to make the water as salty as the ocean. Then put the pasta in for 3-4 minutes if it is fine pasta or 5-7 if thicker.

When the sauce has thickened, add the mange tout, pepper and herbs (you can leave some more for the end as a garnish)

When the pasta has been cooked serve to your liking, parmesan cheese can be added.



~Enjoy!~

Quesadilla

Prep: 5 mins | Cook: 15 mins | Serves: 4

1x290g tin mixed beans in chilli sauce

½ yellow pepper, deseeded and diced

Sea salt and finely ground black pepper

1 large tomato, finely chopped

2 tbsp chopped fresh coriander

½ small red onion, peeled and finely diced

1 tsp red wine vinegar

4 low-calorie tortilla wraps

160g grated reduced-fat mozzarella

PER SERVING: 252 KCAL | 32G CARBS

Add the mixed beans in chilli sauce to a frying pan with the diced yellow pepper. Season with salt and pepper and cook over medium heat for 10 minutes until the sauce has reduced.

While the beans are reducing, make the salsa by placing the tomato, coriander, red onion, and red wine vinegar in a small bowl and mix. Season with a little salt.

Remove the beans from the frying pan and wipe the pan clean. Place the frying pan back on medium heat and add one of the tortilla wraps to the dry pan. Top the wrap with half of the bean mixture, spreading it evenly over the wrap. Sprinkle over the half of the mozzarella and top with a few teaspoons of the tomato salsa. Place a second tortilla wrap on top, and once the bottom wrap has just started to colour, carefully flip the quesadilla over with a fish slice or spatula. Leave for 2 minutes to crisp on the bottom, remove from the frying pan and cut into quarters.

Repeat the process to make the second quesadilla. Serve with the remaining salsa.

Chicken Fajita Pasta

Ingredients

Pint of milk
mixed peppers
penne pasta
tomato purée
onion
Large Handful of Nachoes
shredded chicken
Fajita seasoning



Equipment

Chopping board
knives
pot
sieve
sork x2

Method

1. After you have cooked your chicken Pull with two forks to shred. you can boil/steam or bake
2. In deep pan cover 4 portions of pasta with a pint of milk. If the milk doesn't cover the pasta completely the top with some water simmer on low until soft
3. Once pasta has cooked and milk has reduced (its ok if theres a little milk in the pan) add in a large handful of cheese and stir.
4. chop your peppers and onions into thin slices and fry in some oil in a large pan until soft.
5. Now add your peppers, shredded chicken, packet of fajita spice, big squirt of tomato purée stir on a low heat to combine.
6. Now add your chicken and peppers to your sauce pan of pasta mix all together to combined and add another Handful of cheese pour into baking dish and sprinkle a little more cheese and add some crushed up nachoes and bake for 15 mins on 180°

...Easy Oven Ratatouille...

Prep time: 15 minutes

Cook time: 30 minutes

Serves : 4



...Ingredients...

- 1 tablespoon Olive Oil
 - 1 Red Onion
- 2 Garlic Cloves (leave in skin)
 - 1 Courgette
 - 1 Aubergine
 - 1 Red Pepper
- 200g Cherry Tomatoes
 - 300g pasta
- Handful of Basil leaves
 - Red Wine Vinegar
 - Salt and Pepper
- Parmesan to serve



Method

- Preheat the oven to 200c/180c fan/Gas 5
- Drizzle the oil in a roasting tin
- Slice the onion and cut other vegetables into even sized pieces and place in tin. Oven bake for 20 minutes
- Take out oven and scatter over tomatoes adding a splash of red wine vinegar and oven bake for further 10-15 minutes until tomatoes are softening – meanwhile cook pasta
- Mix with a wooden spoon and squeeze out the garlic and give it a final mix, season if required
- Mix through cooked pasta and serve with basil leaves and grated parmesan - mix through cooked pasta....and enjoy!



MEXICAN CHICKEN RECIPE



INGREDIENTS:

CHICKEN BREASTS

YELLOW, RED AND GREEN PEPPERS

ONION

TIN OF CHOPPED TOMATOES

CHILLI POWDER

CRÈME FRAICHE

CHEESE

TORTILLA CHIPS



3 CHICKEN BREASTS CHOPPED AND BROWNED IN A LITTLE OIL IN POT

½ RED, GREEN AND YELLOW PEPPER AND 1 ONION CHOPPED AND PUT IN
A PAN UNTIL SOFT

ADD A SMALL TIN OF CHOPPED TOMATOES (OR HALF A LARGE TIN)

½ TEASPOON OF CHILLI POWDER

TURN HEAT DOWN AND SIMMER FOR 30-40 MINUTES

ADD ½ TUB OF CRÈME FRAICHE AND STIR THROUGH

LAYER TORTILLA CHIPS AND THE CHICKEN MIX

ALTERNATIVELY IN TO A CASSEROLE DISH

COVER IN GRATED CHEESE AND BROWN UNDER GRILL

ENJOY



Minestrone Soup

Ingredients

- 5 tablespoons extra virgin olive oil
- 3 cloves garlic, finely chopped
- 3 large onions, sliced
- 3 celery stalks, chopped
- 5 carrots, chopped
- 1 pack of smoked pancetta
- 8 small baby potatoes, peeled
- 2 courgettes, diced
- 150g trimmed green beans, chopped
- ½ white cabbage, sliced
- 1.5L of beef stock
- 3 tins of chopped tomatoes
- 2 tablespoons tomato puree
- 1 tin of cannellini beans, drained
- 50g of grated parmesan
- 1 teaspoon of sugar

Method

Heat the oil in a large saucepan and add the pancetta. Gently fry until it starts to crisp. Add the onions and fry until translucent. Add the garlic and the celery and fry for three minutes while stirring continuously. Add the carrots, mix altogether, and allow to soften for five minutes. Add the courgettes, stir, and fry for three minutes. Add the green beans, fry for three minutes, stirring all the time. Add the potatoes and the cabbage, fry until the cabbage becomes soft. Add the chopped tomatoes, stir, add the stock and the tomato puree and one heaped teaspoon of sugar. Stir and boil for approximately two hours on the hob, or twenty minutes in a pressure cooker. Add the beans and if wished, cooked, small, drained pasta, and serve with grated parmesan.



Cheesy bean and chipotle Quesadillas

Ingredients

2 cans of mixed beans
1 small bag of coriander
140g of cheese
8 pack of wraps
3 tbsp tomato paste
3 tbsp cider vinegar
1 tbsp paprika
1 ½ tsp cumin
Pinch of oregano
Pinch of garlic powder
Pinch of salt



Method

1. Drain the beans and put in a large bowl keeping two tablespoons of the can water to go in with the beans.
2. To make the chipotle sauce mix the tomato paste with the cider vinegar and all of the seasoning.
3. Put half of the cheese, chipotle sauce, and coriander in with the beans and mix.
4. Using a toastie machine lay out a wrap at a time and pour on some of the mixture along with some of the rest of the cheese and cook until golden brown

ANGUS'S CHICKEN NOODLE SOUP

Ingredients(serves 3)

1 tbsp sesame oil

1 chicken breast

1 crushed garlic clove

1 tsp powdered ginger

1000ml chicken stock

1tsp soy sauce

½ hispi cabbage

150g mushrooms

Noodles



1. Heat the saucepan over medium heat, add the diced chicken breast until brown. Add the garlic and ginger and stir to coat the chicken. Fry for a further minute, then pour in the chicken stock and soy sauce. Bring to the boil then simmer with a lid for 25-30 minutes
2. When the chicken is ready, remove from chicken stock and shred with a fork on a plate. Add back to the pan and add mushrooms, cabbage and noodles. Wait until noodles are soft then serve.

Suleiman's Wedges Recipe

Wash 3 potatoes and cut them all into sixths.

Then put them into a mixing bowl.

Add 6 tbsp of olive oil and mix.

Then add 2 tbsp of paprika, 2 tbsp of Italian seasoning or oregano, 1 tbsp of garlic powder, salt to taste and then mix.

After the wedges are mixed with all the ingredients then line a baking tray with parchment paper and lay your wedges on it.

Cook your wedges at 200 degrees Celsius for 40 minutes.

WALAH YOU HAVE SOME HOMEMADE WEDGES!!!

Salmon and Linguini Pasta

Ingredients: (4 people)

- 4 Salmon fillets
- Linguini pasta (400g)
- 1 Red Pepper, cut in strips
- 1 Medium Onion, finely chopped
- 1 Lemon
- Fresh Garlic, chopped finely
- Parmesan Cheese (grated)
- Fish or Veg stock
- Olive oil
- ½ teaspoon of turmeric
- Salt and pepper



Equipment list

- Large Pot
- Wok or large frying pan
- Chopping board
- Sharp knife
- Cheese grater

Method

- Large pan of salted water on the stove
- Squeeze lemon juice on the salmon and season. Put in a tinfoil parcel on a tray and place in oven for 10 mins at 180 degrees.
- Place pasta in boiling water
- Heat a wok with a tablespoon full of oil and fry red pepper. Add onion after 3 mins and fry till soft. Add garlic.
- Cook wok ingredients for 6/7 mins then add turmeric to pan
- Add 250ml of stock to wok and ½ teaspoon of dijon mustard
- Add salt and pepper to season
- Remove salmon from oven and add into the wok
- Squeeze fresh lemon juice into wok and keep on a low heat
- Finally grate a small bowl of parmesan cheese
- Drain pasta and add to wok fully coating pasta
- Add the cheese and mix through
- Add more salt and pepper if required
- Serve into pasta bowls



Chicken Katsu Curry

▲ Ingredients

- ▲ Microwavable rice
- ▲ Marks and Spencer breaded chicken fillets
- ▲ 1 quantity Katsu curry sauce (See Method)
- ▲ 2-3 tablespoons vegetable oil
- ▲ 1 onion, finely chopped
- ▲ 1 garlic clove, crushed
- ▲ 2.5cm piece of ginger, peeled and grated
- ▲ 1 teaspoon turmeric
- ▲ 2 heaped tablespoons mild curry powder
- ▲ 1 tablespoon plain flour
- ▲ 300ml chicken or vegetable stock
- ▲ 100ml coconut milk
- ▲ 1 teaspoon light soy sauce
- ▲ 1 teaspoon caster sugar to taste

▲ Equipment

- ▲ Sieve, Pan, Teaspoon, Tablespoon, Measuring Jug, Grater, Knife

▲ Method

- ▲ To make the sauce-
- ▲ Place oil in a sauce pan over a medium heat. Add the onion, garlic and ginger and cook until softened. Lower the heat, add the spices and cook for 2-3 minutes.
- ▲ Add the flour and stir over the heat to cook it out, then slowly add the chicken or vegetable stock. Bring to a simmer and add the coconut milk, soy sauce and sugar to taste. For a perfectly smooth sauce, pass the mixture through a sieve.
- ▲ To make the rice- Cook microwave rice for 2 minutes.
- ▲ To make the chicken- Cook breaded chicken fillets in the oven at 200°C for 20 minutes.



PASTA TWISTS + MEAT SAUCE

Ingredients

450g Minced Mince,
100g smoked streaky
bacon, rinded and
chopped,
1 chopped onion,
2 chopped sticks of
celery,
1tbsp of plain flour,
150ml of chicken
stock or water,
3tbsp of tomato
purée
1 chopped garlic
clove,
3tbsp chopped fresh
herbs,
or
1tbsp of dried herbs
as an alternative,
1tbsp of red currant
jelly,
350g pasta twists,
salt,
freshly ground black
pepper,
chopped oregano
to garnish.

SERVES: 4 :)

Step 1:

Heat a large
saucepan and
fry the beef
and bacon
for about
10 minutes,
stirring
occasionally
until browned.

Step 2:

Add the
onion and
the celery
and cook
for 2
minutes
stirring
occasionally.

Step 3:

Stir in
the flour
and cook
for 2
minutes
stirring
constantly.

Step 4:

Pour in the
stock or
water
and bring
to the
boil.

Step 5:

Stir in the
tomato purée,
garlic, herbs,
red currant
jelly and
Seasoning.

Top Tip:

The red currant
jelly helps to
draw out the
flavour of the
tomato purée.
You can use a sweet
mint jelly or chutney
instead.

Step 6:

Bring to the
boil, cover
and simmer
for about
30 minutes,
stirring
occasionally.

Step 7:

Cook the pasta.
Drain thoroughly
and turn it
into a large serving
bowl. Pour over the sauce
and toss to coat. Serve
immediately, garnished
with chopped fresh oregano.



Salmon and Vegetable Frittata

Prep time - 10 minutes

Cooking time - 33 minutes

Serves - 4 people



Ingredients

6 medium sized eggs

50g cheese grated

Salmon 1 fillet

1 onion diced

½ red pepper chopped

10 french beans halved

3 florets of broccoli

8 new potatoes halved

1 desert spoon of olive oil

Butter for greasing the casserole dish

Seasonal herbs optional

Equipment

Frying pan

Casserole dish

Chopping board

Vegetable knife

Fork

Medium saucepan

Measuring jug

Desert spoon



Method

1 - Pre-heat the oven to 180°C. Put the potatoes in a pan of cold water and bring to the boil, once boiling cook for 5 minutes until nearly tender. Drain. Add to the casserole dish.

2 - Meanwhile, heat the oil in a frying pan, add the salmon fillet cook for 5 minutes and then add the beans, onions, pepper and cook for around 8 minutes until softened. Break the salmon into flakes and add all the content of the frying pan to the casserole dish.

3 - Mix the eggs with half of the cheese in a jug and season if required. Pour over the ingredients in the casserole dish, then sprinkle on the rest of the cheese.

4 - Place the casserole dish into the oven for 20 minutes until cooked through or golden. Cut into slices and serve with salad or rice.

Honey Mustard Chicken with Pancetta Potatoes.

Preheat Temperature: 200°

Serves: 2 – 4

Pancetta Potato Ingredients:

- o Baby New Potatoes
- o Pancetta or Bacon
- o 2 Garlic Cloves
- o Chopped Chives
- o Olive Oil

Method:

1. Preheat the oven to 200°
2. Rinse and half the baby potatoes, enough for either 2 or 4 portions.
3. In an oven dish, drizzle a little olive oil and add the potatoes.
4. Roughly chop the pancetta, enough to give several pieces per portion.
5. Sprinkle the pancetta, some chopped chives, the crushed garlic cloves and some salt and pepper to the potatoes.
6. Move the contents of the dish around to coat it all roughly.
7. Bake this in the oven, uncovered, for 30-40 minutes.

****Putting your potatoes in the oven first will allow you to add the chicken to the same oven during the potato cooking process. Everything will be ready at the same time this way****



Chicken Ingredients:

- o Chicken Breast Mini Fillets
- o Double Cream
- o 2 tbsp Wholegrain Mustard
- o Zest of 1 Lemon
- o Honey
- o 50ml Chicken Stock
- o Spinach

Method:

1. In another oven dish, spread out the chicken pieces and add two tablespoons of wholegrain mustard.
2. To this grate the zest of a lemon, drizzle a generous amount of honey, season and mix around to coat all the chicken.
3. Pour over the chicken stock and the cream, another generous drizzle.
4. Place in the oven, uncovered, to cook for 20 minutes.
5. After the 20 minutes, add the spinach, stir the contents of the dish around and place back in the oven, covered with foil, for 5-10 minutes.

SAUSAGE AND ROASTED PEPPER RAGU



INGREDIENTS

- 500g sausages
- 1 tin of tomatoes
- 2 red peppers
- 1 large onion
- 1 celery stick
- 1 carrot
- 4 cloves garlic
- 1 red chilli
- Italian herbs
- 1 teaspoon fennel seeds
- 4 tablespoons balsamic vinegar
- Olive oil
- 500g pasta

Equipment

- Saucepan
- Large pot
- Roasting dish
- Chopping board
- Sharp knife
- Garlic press

METHOD

1. Pre-heat the oven to 200
2. Chop the peppers and mix with olive oil and season well
3. Roast in the oven for 15 mins or until well browned
4. Trim and roughly chop the onion and gently fry until soft
5. Crush the garlic and add to the pan for a couple of minutes
6. Trim and roughly chop the other veg and chilli and blitz in a food processor / blender
7. Add the sausages, fennel and chilli and fennel seeds and herbs
8. Fry the mixture in the saucepan with hot oil and keep stirring until sausage meat is nicely browned
9. Chop the plum tomatoes and add to the pan with the vinegar and season well
10. Add the roast peppers and bubble on a low heat while you make the pasta
11. Bring a large pot of water to the boil and add pasta, simmer for 8 mins
12. Drain the pasta and mix well with the sauce
13. Serve with parmesan cheese and enjoy!!



Sunday Roast Dinner

Ingredients:

- Medium Chicken for roasting
- New Potatoes
- Chicken Gravy Granules
- Frozen Peas, sweetcorn, carrots and green beans
- Olive oil
- Salt and Pepper for seasoning
- Water

Utensils:

- 2 x Roasting Tins
- Tin foil
- Chopping board
- Collinder for straining vegetables
- Plastic Measuring Jug for Gravy
- Carving Knife and Fork
- Spoon to dish gravy
- Dish to cook the vegetables in
- Spoon to dish vegetables
- Additional sharp knife to chop potatoes
- Kettle
- Dish towel or oven glove



Process:

- Wash your hands
- Make sure the work surface where you are carrying out your preparation has been cleaned
- Pre-heat oven to 150 (fan assisted) for 10 minutes in preparation for the chicken
- Cover 1 of the roasting tins in tin foil and place in the oven at the same time as the heating up process is being carried out.
- Remove roasting tin from the oven and place your chicken onto preheated roasting tin
make sure to wear your oven glove, gently coat the bird in olive oil and salt / pepper to season. Put the bird in the oven for 1 hour.



Continued on the next page



- Whilst the chicken is cooking you can prep your potatoes - take the 2nd roasting tin and cover in tin foil. On the chopping board cut your new potatoes in half, once all chopped, place all the halves in the roasting tin. Similarly to the chicken, gently coat the potatoes with olive oil and salt and pepper for seasoning, leave to the side.
- Place the potatoes in the oven for 40 minutes once the beeper has gone off for the chicken cooking for an hour. Please note that the chicken should remain in the oven for 30 mins leaving you 10 minutes to rest the bird whilst the potatoes finish cooking.

- After the chicken has finished cooking, take the bird out of the oven and leave on the side to rest.
- Fill the kettle and leave to boil in prep for making the gravy.
- Fill the bowl half way with cold water and place the frozen veg in said bowl. Put in the microwave to cook for 5 mins.
- Once the kettle has boiled, place 2 tablespoons of the gravy granules in the plastic jug 150ml with water and mix until all the granules have dissolved. Please note that you can add more granules if you prefer a thicker consistency of gravy.
- Take the potatoes out of the oven place on the side for preparation of plating.
- Remove veg from the microwave, and strain the water away through the colander.
- Carve the chicken as you prefer.
- You are now ready to dish the meal Please see my finished result!



RED BEAN LASAGNE

This nutritional, vegetarian lasagne can be served with vegetables, garlic bread or salad.

Ingredients

1 onion, peeled and finely chopped
1 large clove of garlic, peeled and crushed or sliced
400g tin tomatoes
2 x 420g tin of kidney beans, drained and rinsed
2 heaped tablespoons sun-dried tomato purée
1 tsp chilli powder
Salt and freshly ground black pepper
150 - 175g oven-ready lasagne sheets
1 quantity of béchamel sauce
50g parmesan or cheddar

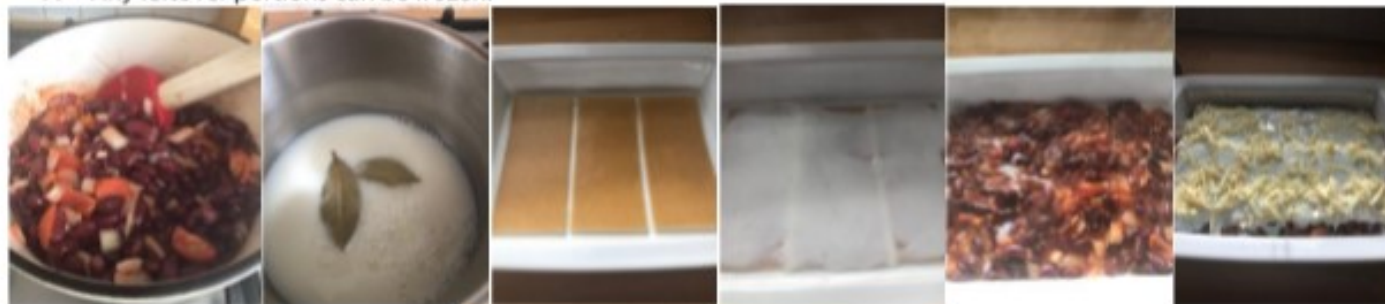
For the sauce (this is a light version but an ordinary béchamel sauce can be used)

25g cornflour
1 pint milk
1 bay leaf
Freshly grated nutmeg
1 tbs Dijon mustard
Salt and freshly ground black pepper



Method

1. Set the oven to 200°C/400°C/Gas 6. Grease a casserole dish or roasting tin about 20 x 30cm.
2. Dry fry the onion for 5 minutes and then add the garlic. Stir and then add the tomatoes and kidney beans. Bring to the boil and then leave to simmer for 10 minutes. Add the sun-dried tomato purée, chilli powder and salt and pepper to taste.
3. Make the béchamel sauce by putting the cornflour into a bowl and mixing to a thin paste by adding a little of the milk. Bring the rest of the milk to the boil with the bay leaf.
4. Pour some of the boiled milk into the cornflour, stir and then combine with the leftover milk in the pot. Stir over a moderate heat for a couple of minutes until the mixture has thickened then remove from the heat. Stir in the mustard, nutmeg, salt and pepper.
5. Rinse the ready-to-use lasagne sheets under a cold tap, then arrange sheets of lasagne in the base of the dish, to cover it. On top of this put a layer of béchamel sauce, then half the red bean mixture. Top this with another layer of lasagne, then half of the remaining béchamel sauce and the rest of the red kidney bean mixture. Finish with a layer of lasagne followed by the remainder of the béchamel sauce. Scatter the cheese on top.
6. Bake in the oven for 35-40 minutes until the pasta is tender and the top is golden brown.
7. Any leftover portions can be frozen.



Tomato Pasta



Equipment

Chopping Board
Large Frying Pan
Medium Saucepan
Vegetable Knife

Ingredients

½ Onion
2 Garlic Cloves
200g Tinned Tomatoes
75g Pasta
2 tbsp Olive Oil
A handful of spinach
A sprinkle of parmesan

Method

Step 1

Chop onion and garlic and heat oil in a large pan. Fry the onion and garlic for a minute, then stir in chopped tomatoes.



Step 2

Half fill a medium pot with water then bring to the boil. Salt the water and the sauce, then tip pasta into the water. Turn the sauce down to a low heat and add spinach, stirring occasionally.

Step 3

Once the pasta is ready sprinkle some parmesan into the sauce, then spoon the pasta in with a slotted spoon. Coat the pasta in the sauce then serve.



Honey Garlic Chicken

Equipment:

- *chopping board for meat*
- *chopping board for veg*
- *2 small bowls*
- *frying pan*

Prep and Cook:

- *Prep time - 20 mins*
- *Cook time - 30 mins*

Ingredients: *(for family of 6)*

- *6 boneless, skinless chicken breasts*
- *454g of honey*
- *100 ml soy sauce*
- *100 ml tomato ketchup*
- *2 tablespoons vegetable oil*
- *1 bulb of garlic (minced)*
- *1 large onion*
- *pinch of salt and pepper for seasoning*
- *Sesame seeds for garnish*



Method:

- *add honey, soy sauce, ketchup and seasoning to a bowl*
- *cut the chicken into ½ " cubes and add to the bowl of sauce to marinate*
- *when ready to cook, pan fry onion until soft then add minced garlic and cook for a further 5 mins*
- *add chicken and sauce to pan and simmer for 15 mins (until chicken is cooked)*
- *Serve on a bed of rice with sesame seeds sprinkled on top.*



A silver spoon, knife, and fork are crossed in the center of the image. The background is a dark, textured wooden surface. To the left, a portion of a heraldic shield is visible, featuring a red cross on a blue field, with red and blue triangular sections. The word "VITUM" is partially visible in a serif font at the top left.

Sweet Treats

Strawberry Swiss Roll

serves 6

Ingredients

- 4 large eggs
- 1 tsp of baking powder
- 300g of Kvarg Raspberry Yogurt
- Strawberries for filling and to serve
- Squishy Cream



Method

1. Preheat the oven to 180°C
2. Take the egg whites and whisk until firm and white
3. In another bowl add the egg yolks, baking powder and 150g of Kvarg yogurt
4. Gently **FOLD** in the egg whites to the yolk mixture
5. Put on a lined baking sheet on a tray and put in the oven for 15 - 18 minutes
6. Once cooked allow to cool and then cover with a layer of the remaining Kvarg yogurt
7. Cut the strawberries and place on top of the yogurt
8. Use the baking sheet to help with the rolling
9. Cut into slices and serve with a squirt of squishy cream and strawberries



Nutella Mug Cake

Ingredients

4 tbsp of self-raising flour
4 tbsp of sugar
2 tbsp of cocoa powder
1 egg
3 tbsp of milk
3 tbsp of vegetable oil
2 spoonfuls of nutella

Equipment

Mug (make sure it is big otherwise it will overflow)
Spoon
Measuring spoons
Microwave

Method

1. Put the self-raising flour, sugar and cocoa powder into a mug and mix
2. Then add in the egg, milk and vegetable and mix again
3. After that mix in 1 spoonful of nutella
4. Finally add a spoonful of nutella on top, don't mix it in, and put it in the microwave for 2 minutes. Enjoy!

Chocolate and coconut sponge

Method:

1. Preheat oven to 180`c
2. Add butter and sugar into a mixing bowl
3. Beat together and add eggs and flour
4. Mix in the remaining flour (make sure it has no lumps) as well as the cocoa powder
5. Mix until gooey and smooth and drips from the spoon, then pour evenly into trays
6. Bake in the oven for 25 minutes
7. To make the icing, put butter into a bowl and beat until soft, then gradually sift in and beat the icing sugar and cocoa powder until fluffy and spreadable.
8. Decorate with coconut and chocolate chips



You will need:

Two mixing bowls
Two baking trays
A whisk and wooden spoon

Cake:

225g of butter of margarine
225g of caster sugar
175g of self raising flour
50g of cocoa powder
And 4 medium eggs

Icing:

75g of butter
175g of icing sugar
50g of cocoa powder
For the icing

Decoration:

Coconut flakes
Chocolate chips

Jessica's Fluffy Pancakes!

Ingredients

135g plain flour

1 teaspoon baking powder

1 tbsp sugar

130ml oat milk

2 eggs

1 tbsp Butter for the pan



Equipment

- A big bowl
- Measuring Jug/Spoons
- Whisk
- Pan
- Scales
- Fork and spoon

Method

Firstly you are going to put all the dry ingredients in the bowl so weigh out 135g of plain flour and put in the mixing bowl, measure out the baking powder and lastly and the sugar. Mix them together.

Next pour 130ml of milk (I use oat milk but you don't have to) into a measuring jug. Create a well in the bowl of dry ingredients. Pour the milk in a little amount at a time whilst using a whisk to stir it into the mixture.

After that crack the eggs into the jug and whisk them using a fork again repeat what you did with the milk pouring it in little by little and whisking the mixture.



Plain sponge cake recipe

Ingredients

Serves 8

225g of self-raising flour

225g of butter at room temperature (if you ask me don't melt it but heat it up so then it is really easy to mix(if you don't have any/enough butter you can use oil instead).

225g of caster sugar (normal sugar is fine too)

4eggs

1 teaspoon of baking powder

(you don't have to but if you have vanilla extract add in 1 teaspoon of it and if you have cocoa powder add in 1 teaspoon again you do not have to add these they just make it better).

Prep:20min, Cook:15-25min, total 45min

Method

1. Preheat oven to 180 degrees C.
2. Measure all the ingredients into a large bowl.
3. Mix all the ingredients with an electric whisk.
4. Pour the mixture into 2 non-stick 7inch(18cm) tins.
5. Place them in the oven until they are golden brown for 15-25 minutes.
6. Cool on a wire rack before serving (but it tastes better when it is warm).



Oatmeal and raisin cookies

ingredients

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



Method

1. heat oven to 180c then line 2 backing trays with backing paper. Pour 50ml/ 2fl oz boiling water over the raisins and leave to soak for 20 mins until plump. Drain, reserving the liquid
2. 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. sift the flour, bicarbonate of soda and a pinch of salt into the bowl, then add the oats. Finally, mix in the raisins.
3. Drop heaped tbsps. of the cookie dough onto the baking trays, well spaced apart as they will get bigger back for 12-15 mins until golden. Leave to cool on trays for 10 mins then they are good to eat.



Scratchy BROWNIES

Ingredients:

- 225g of butter
- 450g of Sugar
- 240g dark chocolate, broken into pieces
- 5 Free-range medium eggs
- 110g Plain flour
- 55g cocoa powder
- 2 Packet of chocolate chips
- and some baking soda

Method (continued)

3. Beat in the eggs, then stir in the rest of the ingredients, ~~except~~ (except for the chocolate chips).

4. Pour into the prepared tin, now add the chocolate chips, and Bake for 30-40 minutes, or until the top is firm but the inside still feels ~~soft~~ soft.

5. Take ~~out~~ out of the oven and cool in a tin. Cut into squares when cool.

And now you're finished!

Hope you enjoy

them!!!



Scrumptious cookies

Ingredients

150g of salted butter
80g light brown muscovado sugar
80g granulated sugar
2tsp vanilla extract
1 large egg
225g plain flour
 $\frac{1}{2}$ tsp bicarbonate of soda
 $\frac{1}{4}$ tsp of salt
200g plain chocolate chips

Equipment

Baking tray
Bowl
Mixing Spoon
Teaspoon
Cooling Rack



Method

1. Heat the oven to 190C/fan170C/gas 5 and line two baking sheets with non-stick baking paper.
2. Put 150g softened salted butter, 80g light brown muscovado sugar and 80g granulated sugar into a bowl and beat until creamy.
3. Beat in 2 tsp vanilla extract and 1 large egg.
4. Sift 225g plain flour, $\frac{1}{2}$ tsp bicarbonate of soda and $\frac{1}{4}$ tsp salt into the bowl and mix it in with a wooden spoon.
5. Add 200g plain chocolate chips or chunks and stir well.
6. Use a teaspoon to make small scoops of the mixture, spacing them well apart on the baking trays. This mixture should make about 30 cookies.
7. Bake for 8–10 mins until they are light brown on the edges and still slightly soft in the centre if you press them.
8. Leave on the tray for a couple of mins to set and then lift onto a cooling rack.



OREO



FUDGE

- ❖ Before you start the dish, you need to get
- ❖ A can of condensed milk
- ❖ 200 grams of white chocolate
- ❖ A full pack of Oreo's
- ❖ A mixing bowl
- ❖ Scale
- ❖ Whisk
- ❖ Large Pan
- ❖ Rolling pin
- ❖ Large plastic bag
- ❖ Baking tray
- ❖ Greaseproof paper



Method

- ❖ Put the Condensed milk into a large pan.
- ❖ Put in the 200g of white chocolate into the pan and melt with the condensed milk.
- ❖ Put the Oreos into a large plastic bag and bash with a rolling pin until crumbled.
- ❖ Add the Oreos into the pan with the rest of the ingredients.
- ❖ Keep stirring until all combined.
- ❖ Line a baking tray and pour in the mixture until it covers the tray.
- ❖ Put the tray into the fridge for 45 minutes.
- ❖ Add more crumbled Oreos on top and EAT!



Demi's Homemade Rhubarb Crumble

Hi, I am Demi this is a perfect quick pudding to make to serve 4 friends if they are coming over. It is amazing with both custard, or cream. It only takes about 20 minutes to prep and 1 hour to cook. It is fine for vegetarians.



Ingredients:

For filling:

500g rhubarb, chopped in to chunks the length of your thumb
100g golden caster sugar

For the crumble:

140g self-raising flour
85g butter, chilled
50g light brown muscovado sugar
50g chopped walnuts (optional)



Method:

1. Tip the chopped rhubarb into a saucepan with the golden caster sugar
2. Cover and simmer on a very low heat for 15 mins, adding more sugar if you want. When soft (but still holding its shape) and sweet enough, pour the rhubarb into a medium baking dish
3. Heat oven to 200C/180C fan/gas 6
4. To make the topping, rub 140g self-raising flour and 85g chilled butter together with your fingers until you have a soft, crumbly topping
5. Now add 50g light brown muscovado sugar and 50g chopped walnuts, if using. Mix together with your hands
6. Scatter the topping over the rhubarb and bake for 30 mins or until golden brown on top
7. Serve piping hot with a big jug of thick vanilla custard

Chocolate Chip Cookies

Ingredients:

150g salted butter, softened
80g light brown sugar
2tsp vanilla extract
1 large egg/2 medium eggs
225g plain flour
½ tsp bicarbonate of soda
¼ tsp salt
200g plain chocolate chips or chunks

Method:

1. Heat the oven to 190C/fan170/gas 5 and line two baking sheets with non-stick baking paper.
2. Put 150g softened salted butter, 80g light brown sugar and 80g granulated sugar into a bowl and beat until creamy.
3. Beat in 2 tsp vanilla extract and 1 large egg/2 medium eggs
4. Sift 225g plain flour, ½ tsp Bicarbonate of soda and ¼ tsp salt into the bowl and mix it in with a wooden spoon.
5. Add 200g plain chocolate chips or chunks and stir well.
6. Use a teaspoon to make small scoops of the mixture, spacing them well apart on baking trays. This mixture should make about 30 cookies.
7. Bake for 8-10 mins until they are light brown on the edges and still slightly soft in the centre if you press them.
8. Leave on a tray for a couple of mins to set and then lift onto a cooling rack.



Miss Elliot's Brilliant Brownies

Ingredients

250g Butter
200g dark chocolate
400g brown sugar
4 eggs
1 tsp vanilla essence
160g flour
40g cocoa powder
2 tsp instant coffee
200g of your choice of flavour
(e.g. white choc chips/salted caramel/oreos)

Equipment

Large mixing bowl
sauce pan
Whisk/spoon for mixing
Scales/measuring cups
Teaspoon
Tray (lined with greaseproof paper)



Method

1. Preheat the oven to 180*. Melt butter, dark chocolate & brown sugar together in a saucepan over a low to medium heat. You do not want to burn the chocolate! Add the 2tsp of instant coffee. Allow the mixture to cool slightly while you move on to the next step.
2. Whisk together the eggs & vanilla. Carefully add this to the cooled chocolate mixture. Mix to combine.
3. Add the flour and cocoa powder - mix to combine. It will not take much, you do not want to over mix at this stage
4. Add approx 200g of your chosen topping (my favourite is biscoff and salted caramel)
5. Bake for 35-40 mins - check to see if it's ready by stabbing it in the centre with a sharp knife. The knife should come out with some crumbs on it (not totally dry, not sticky and wet) That should be the perfect consistency. Enjoy!



James's Family truffle recipe

Ingredients

- 20 digestive biscuits
- Condensed milk (1 can)
- Cocoa powder (3 tbsp)
- Butter (1 tbsp)
- Desiccated coconut (optional)

Method

1. Put the digestives in a food processor and blend until they become crumbs.
2. Put the butter and condensed milk in a pot over a low heat and stir together.
3. Add the cocoa powder to the mix add stir.
4. Gradually add the digestives and stir.
5. Leave the mixture to cool then put it in a large bowl.
6. Leave the bowl in the fridge for about 1 hour.
7. Take the mixture out of the fridge and for then into small bowls.
8. Roll the balls in the desiccated coconut an put them on a plate, leave them in the fridge for about another hour.

(Note, coconut can also be put in the mixture for extra.)

Kwa's Chocolate Cake

Ingredients

200g Golden caster Sugar
200g Butter
4 eggs
1/2 tsp Vanilla extract

Nutella

200g Self raising flour
2 tbsp Coco powder
1 tsp Baking Powder
2 tbsp milk

Equipment

Bowl
2 cake pans
Spoons
Mixer



First Set your oven to 190c/170c. Pre butter the base of the two cake pans.

After that add all the ingredients and then mix. Then divide the mixture into the pans. Bake for 20 minutes

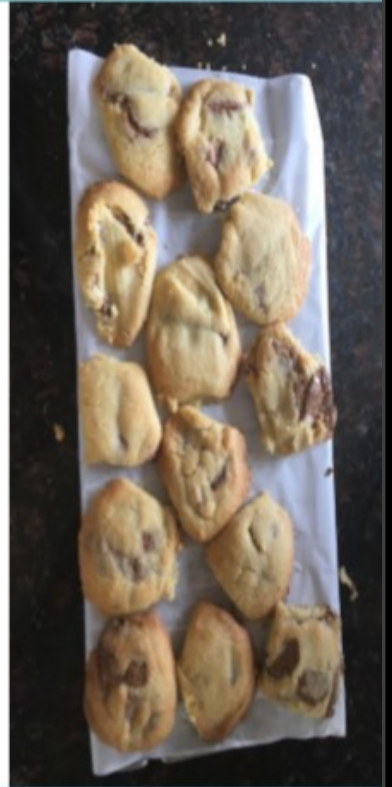
Leave to cool for 15 minutes and when completely cool add the Nutella. That's all and enjoy.



Sandy's Simple Biscuits

Ingredients – 225g butter (softened)
110g caster sugar
275g plain flour
1 tsp cinnamon or other spice (optional)
75g chocolate chips (optional)

Equipment – large bowl
wooden spoon
scales
food mixer (optional)
baking tray



Method

1. Heat the oven to 190C/170C fan/gas 5. Cream the butter in a large bowl with a wooden spoon (or in a food mixer) until it is soft. Add the sugar and keep beating until the mixture is light and fluffy. Sift in the flour and add the optional ingredients. Bring the mixture together with your hands until it forms a dough. (*You can freeze the dough at this point*)
2. Roll the dough into walnut-sized balls and place them slightly apart from each other on a baking sheet (you don't need to butter or line it). Flatten the balls a little with the palm of your hand and bake them in the oven for around 10-12 minutes until they are golden brown and slightly firm on top. Leave the cookies on a cooling rack for roughly 15 minutes before serving.



Magic Muffins

Ingredients

- ★ 175g dark chocolate, melted
- ★ 125g milk chocolate, roughly chopped
- ★ 125g white chocolate, roughly chopped
- ★ 65g unsweetened cocoa powder
- ★ 325g self-raising flour
- ★ 125g light brown soft sugar
- ★ 365ml milk
- ★ 100ml vegetable oil
- ★ 1 tablespoon baking powder
- ★ 2 eggs
- ★ 2 teaspoons vanilla extract



Method

- ★ Preheat oven to 180 C / Gas 4. Line a 12-hole muffin tin with paper cases.
- ★ Sieve flour, baking powder and cocoa powder into a large bowl and stir in sugar. Set mixture aside.
- ★ Beat eggs, oil, milk and vanilla together. Add to the dry ingredients and fold until well combined.
- ★ Quickly stir melted chocolate into the batter, then fold in chopped chocolate.
- ★ Spoon batter into prepared muffin tin. Bake in preheated oven for 20 minutes or until skewer inserted in the centre of the muffins comes out clean.
- ★ Cool on a wire rack and sprinkle with grated chocolate or dust with icing sugar before serving.

Parker's Choconana pudding

Ingredients:

1 avocado

½ a banana

¼ cup of drinking chocolate

¼ cup of honey

1 tablespoon of coconut oil

1 teaspoon of vanilla essence

Equipment:

A large bowl

A blender

A quarter cup

A half cup

A teaspoon

A tablespoon

Recipe:

Step 1: *Slice your avocado in half, remove the pit and put both avocado pieces in the `bowl.*

Step 2: *Half your banana and put in the bowl with the avocado. Measure out your drinking chocolate, honey and vanilla essence and put it in your bowl with the rest of the ingredients.*

Step 3: *Process until smooth and pudding-like.
Add more water if needed*

LEMON DRIZZLE CAKE

Ingredients

100g softened butter

175g caster sugar

1 level teaspoon baking powder

2 large eggs, beaten

4 tablespoons milk

Grated rind of 1 lemon

For the topping

Juice of 1 lemon

100g caster or granulated sugar

Method

Pre-heat oven to 180°. Grease an 18cm deep round cake tin then line the base with baking parchment

Measure all the ingredients into a large bowl and beat for about two minutes until smooth and well blended. Turn the mixture into the prepared tin and level the surface

Bake in the pre heated oven for 35-40 minutes or until the cake has shrunk slightly from the sides of the tin and springs back when lightly pressed

While the cake is baking, make the crunchy topping. Measure the lemon juice and sugar into a bowl and stir until blended. When the cake comes out of the oven, spread the lemon paste over the top while the cake is still hot.



Granola Recipe!

Ingredients

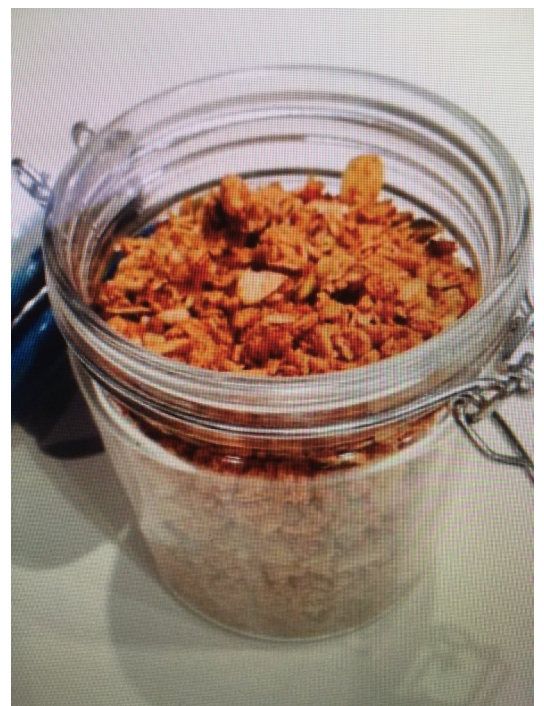
- 1 cup (100 g) oats
- $\frac{3}{4}$ cup (75 g) mixed seeds
- $\frac{1}{4}$ cup (60 ml) almond butter (or any butter of choice)
- $\frac{1}{4}$ cup (60 ml) melted coconut oil
- $\frac{1}{4}$ cup (60 ml) maple syrup

What You Need To Do

- 1 Preheat the oven to 180 degrees (fan assisted)
- 2 Put all the ingredients into a bowl and mix together until combined
- 3 Line a baking tray with greaseproof paper and spread the mixture thinly
- 4 After 8 mins, take tray out of the oven and give the granola a good mix, making sure you spread it thinly back out again. Bake for another 8 mins then remove, leave to cool, then store in an airtight jar

Top Tips

- Melt the almond butter and coconut oil before adding to the other ingredients
- For the mixed seeds use 25g sunflower seeds, 25g sesame seeds and 25g pumpkin seeds



RED VELVET CAKE

Dry Ingredients:

- ❖ 340g plain flour
- ❖ 60g Cornflour
- ❖ 10g Cocoa powder
- ❖ 5g Bicarbonate soda
- ❖ Pinch of salt

Wet Ingredients:

- ❖ 115g Unsalted butter
- ❖ 330g Caster sugar
- ❖ 2 Eggs
- ❖ 250ml Vegetable oil
- ❖ 2 Teaspoon vanilla extract
- ❖ 2 ½ Tablespoon red food colouring
- ❖ 250ml Buttermilk

Icing Ingredients:

- ❖ 200g Philadelphia cream cheese
- ❖ 60g unsalted butter
- ❖ Teaspoon vanilla extract
- ❖ 225g Icing sugar



Method:

- 1) Preheat oven to 180C/350F. Butter 2x21cm/8in round cake tins and dust with cocoa powder.
- 2) Sift the dry ingredients and whisk to combine in a bowl.
- 3) Place butter and sugar in a bowl and beat with electric whisk until smooth.
- 4) Add eggs, one at a time. Beat until combined and smooth.
- 5) Add vegetable oil, vanilla extract, buttermilk and red food colouring. Beat until combined and smooth.
- 6) Add dry ingredients. Beat until just combined, some small lumps are better than overmixing.
- 7) Divide mixture between cake tins. Bake for 25-30 mins on same shelf or until knife inserted comes out dry.
- 8) Rest for 10 mins in tins then turn out onto a wire rack to cool.
- 9) For the icing/filling, beat together cream cheese, butter and vanilla for 3 mins until it is really smooth. Add icing sugar and beat for 2 mins until light and fluffy.
- 10) Spread one half with icing. Put other half on top and spread top with icing.

Banana Bread

Equipment:

- *large mixing bowl*
- *2 x small mixing bowls*
- *measuring jug*
- *measuring spoon*
- *bread tin*



Ingredients:

- *115g butter*
- *175g sugar*
- *2 eggs, beaten*
- *4 or 5 very ripe bananas*
- *180g flour*
- *1 tsp of baking soda*
- *½ tsp of salt*
- *1 tbs of vanilla extract (optional)*



Method:

- *pre heat oven to 180°C*
- *in the large mixing bowl, cream together butter and sugar*
- *in small mixing bowl, beat eggs*
- *in small mixing bowl, mash bananas*
- *add eggs and bananas to sugar/butter mixture and combine*
- *sift together flour, baking soda and salt to combined mixture*
– *do not overmix*
- *add vanilla extract*
- *pour mixture into greased loaf pan and bake at 180 °C for 55 minutes.*



Macaroons



Ingredients:

200g icing sugar.
100g ground almonds
3-4 eggs (only the whites)
75g caster sugar
1/2 tsp of vanilla extract

For the icing:

100g butter
200g icing sugar
Vanilla extract

Method:

Pre heat oven to gas mark 3/170°C/150°C fan
Whisk egg whites until light and fluffy then gradually add icing sugar and vanilla extract as you whisk

In a separate bowl mix the ground almonds and caster sugar

Then you should add the dry ingredients (almonds and caster sugar) with you wet ingredients (icing sugar, egg whites and vanilla)

Fold the ingredients together using a spatula do this for around a minute as if you over work the mixture it will not work.

Then put the mix into a piping bag with a small nozzle and pipe 50 disk shapes onto a lined backing tray leave to bake for 10-15 mins

Once there done leave to cool and the make the buttercream filling

Mix the butter, icing sugar and vanilla extract in a large bowl mix until its smooth and thick

Then spread a fin layer of the buttercream onto one side of the macaroon and pop the other side on top.

You can them eat straight away or leave in the fridge for later.

Lemon Cheesecake

Ingredients

25 digestive biscuits
75g butter
1 tbsp light brown sugar
1 tub(250g) mascarpone cheese
1 tub(200ml) single cream
1 tub(397g) condensed milk
3 lemons (zested and juiced)
Double cream (optional)

Equipment

2 bowls
Spoon for mixing
Scales
Electric Whisk
Zester & Juicer
Cake tin



Method

- ♦ Stir together the crushed digestive biscuits, light brown sugar and melted butter. Put this mixture in a cake tin and put in the fridge to set.
- ♦ Mix together the mascarpone cheese, cream, condensed milk and lemon zest using an electric beater. Slowly add the lemon juice whilst beating. Mix until it is quite thick.
- ♦ Add the topping to the base and leave in the fridge overnight to set.
- ♦ If wanted, whip up some double cream to serve.
- ♦ Decorate with lemon zest and fresh sliced lemons.

Apple Flapjacks

Equipment

- 18x27cm tin
- Parchment paper
- Chopping board (for cutting the apples)
- Sharp knife
- Pot
- Wooden spoon
- Spoon (for smoothing the Flapjacks)



Ingredients

- 2 normal apples (large)
- 175g of butter
- 175g of demerara sugar
- 2 tbsp of golden syrup
- ½ tsp of ground cinnamon
- 50g of chocolate chips
- 225g of porridge oats

Method

1. Preheat your oven to 160°C, 325°F, gas mark 3. Then line your tin with parchment paper.
2. Peel, core and slice your apples. Cut each slice into small chunks.

3. Put the chunks of apple into a pot with 25g of the butter. Mix in the butter and cook this over a low heat for ten minutes until apple is soft.

4. Add the rest of the cinnamon and your butter has melted heat.

5. Stir in the oats and the



into a pot with 25g of the butter. Mix in the butter and cook this over a low heat for ten minutes until

butter, sugar, syrup, chocolate. Heat this until and then remove it from the

spoon the mixture into your

COCONUT AND JAM CAKE

INGREDIENTS AND EQUIPMENT

- Preheat the oven at 180°C

Ingredients

- 8oz of butter
- 8oz of white sugar
- 8oz of sieved flour
- 4 eggs
- 2tsp vanilla extract
- 160 grams of desiccated coconut
- Jar of jam



Equipment

- Bowl
- Scale
- Spatula
- Bread knife
- Sieve
- Silicone cake mold
- Measuring spoon
- Cake mixer
- Tablespoon



METHOD



- 1) measure 8 oz of butter then cut up into dice, leave in a small bowl
- 2) measure 8 oz of flour and sieve into a bowl
- 3) measure 8oz sugar and add to the mixer bowl
- 4) crack four eggs into a bowl, then whisk until yellow
- 5) add the butter into the cake mixer and mix with the sugar
- 6) after the egg and sugar is well mixed slowly add egg and a bit of flour
- 7) after there is no more egg in tablespoons add the rest of the flour
- 8) Add the 160g of desiccated coconut to the mixture
- 9) after it is all mixed add to a silicone cake mold
- 10) cook for 35mins at 180 degrees gas mark 3
- 11) when cooked spread jam on top of the cake and then sprinkle on the coconut and it's done



Sean's Pancake Recipe

Ingredients

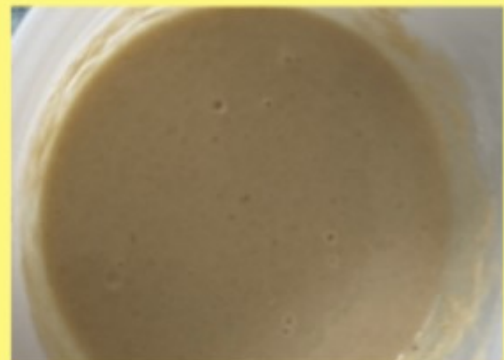
- 135g plain flour
- 1 tsp baking powder
- 1/2 tsp salt
- 2 tbsp caster sugar
- 130ml milk
- 1 large egg, lightly beaten
- 2 tbsp melted butter

Equipment

- Large mixing bowl
- Small bowl
- Scales/measuring cups
- Whisk/spoon
- teaspoon
- table spoons
- sieve

Method

1. Sift the flour, baking powder, salt and caster sugar into a large mixing bowl. In a separate bowl, lightly whisk together the milk and egg, then whisk in the melted butter.
2. Pour the milk mixture into the flour mixture and, using a spoon, mix until you have a smooth batter. Any lumps will soon disappear with a little mixing. Let the batter stand for a few minutes.
3. Heat a non-stick frying pan over a medium heat and add a knob of butter. When it's melted, add a ladle of batter (or two if your frying pan is big enough to cook two pancakes at the same time). It will seem very thick but this is how it should be. Wait until the top of the pancake begins to bubble, then turn it over and cook until both sides are golden brown and the pancake has risen to about 1cm/1/2in thick.
4. Repeat until all the batter is used up. You can keep the pancakes warm in a low oven, but they taste best fresh out the pan.
5. Serve with lashings of real maple syrup and extra butter, if you like.



Chocolate Chip Banana Loaf

Ingredients :

2 ripe bananas (mashed)

100g butter

150g caster sugar

100g chocolate chips

150g plain flour

2 eggs

2tbsp milk

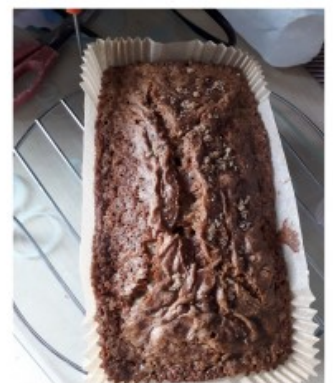
1tsp bicarbonate

1tsp baking powder

Brown sugar (optional, to sprinkle over the top)

Method:

1. Preheat the oven at 140* C fan. Cream the butter using a standing mixer or a hand mixer.
2. Then add in all of the ingredients into the mixer apart from the chocolate chips.
3. Mix together until well combined.
4. Add in the chocolate chips and mix thoroughly by hand.
5. Grease a loaf tin and pour the mixture into the tin. Sprinkle the brown sugar on top.
6. Put in the oven for 60 minutes.
7. Leave to cool. Then enjoy a slice of chocolate chip banana bread!



SCOTTISH TABLET



☺ Scottish tablet, an extremely sweet snack, but how do you make it? It is quite easy! Just follow the steps below.

Ingredients

- 175g of unsalted butter
- 450g of caster sugar
- 75g sweetened condensed milk

Method

1. Line a 22 x 18cm tray with parchment paper. Put the butter and 150ml water in a pan over a low heat and melt the butter (do not let the water boil). Tip in the sugar and dissolve, stirring.
2. Bring the water to the boil, turn down to a simmer, then add the condensed milk. The mixture will be a light creamy colour.
3. Cook for 20-30 mins, stirring often, until the mixture is thick and a deep caramel colour.
4. To test, drop a little mixture onto a cold side plate, it should not run and should be thick and sticky after 30 seconds. Remove from the heat and beat for 10-15 mins until it has slightly thickened. Pour into the prepared tin and leave to cool for 30 mins before cutting into squares.

Vibrant Victoria sponge



What you will need:

- ❖ 250g of unsalted butter plus a little bit extra for greasing
- ❖ 250g of white caster sugar
- ❖ 1 tsp of vanilla extract
- ❖ 4 large eggs
- ❖ 250g of self-rising flour
- ❖ Half a teaspoon of baking powder

For icing:

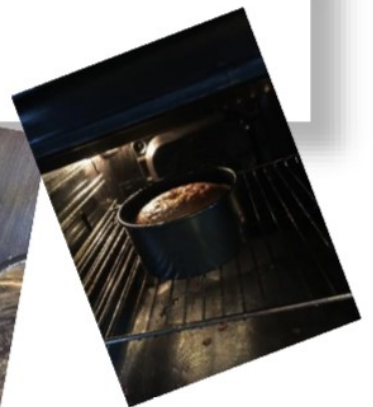
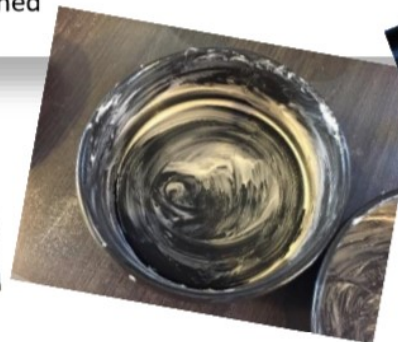
- ❖ 250g of butter
- ❖ 1tsp of vanilla extract
- ❖ 500g of icing sugar
- ❖ Food coloring (optional)

Equipment:

- ❖ A large bowl
- ❖ A sift
- ❖ An electric hand whisk (if you don't have one use a normal whisk)
- ❖ A wooden spoon
- ❖ A teaspoon

Method:

1. Preheat the oven to 180 °c, fan 160 °c, gas 4 and grease your tins or tin
2. In a large mixing bowl use an electric hand whisk to cream together the butter, sugar and vanilla extract until light and fluffy
3. Beat the eggs in one at a time adding a little with each egg to stop the mixture splitting
4. Sift the remaining flour and baking powder, then gently fold the mixture until smooth
5. Pour the cake mix into the tins and put in the oven for 20 -25 minutes or until a skewer is inserted and comes out clean
6. For the icing in a large mixing bowl, use an electric hand whisk to beat together the butter and vanilla extract until pale and soft
7. Add half the icing sugar and beat on a low setting. Move to a higher setting and beat until smooth, add the rest of the icing sugar and continue to beat until pale and smooth
8. If you want to couler the icing add a little food coloring, then ice your cake
9. Your finished



My brilliant



Banana Bread

Ingredients:

50g margarine
125g light or dark sugar
1 large egg
2 ripe bananas ,mashed
200g self raising flour
1 tsp of cinnamon or mixed spice
(optional)
1 tsp vanilla extract (optional)
Splash of milk



Method:

- 1.Preheat oven to 180c/fan 160c/gas4
- 2.Grease and line a loaf tin
- 3.In a large bowl beat the sugar and butter together using a wooden spoon until combined and smooth.
- 4.add the egg, vanilla and mashed banana and beat again for 1 minute.
- 5.fold in sifted flour and cinnamon.Beat mixture with your wooden spoon until combined.Add a splash of milk if the mixture is too stiff,you want a dropping consistency.
6. Spoon mixture into a loaf tin and bake for 45min - 1hour or until a knife pushed into the center comes out clean.
7. Dust with icing sugar then eat warm or cold ... store in an airtight container.



*Thanks for taking the time to read our
Great Mearns Castle Menu Cookbook
Be sure to let us know what you think
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