

**Hospitality
Practical Cookery
National 4/5**



Recipe Pack

Starters and Snacks

1. Chicken Tikka Skewers (page 3)
2. Leek and Potato (page 4)
3. Lentil Soup (page 5)
4. Minestrone Soup (page 6)
5. Savoury Toast (page 7)
6. Spicy Potato Wedges with Tuna Dip (page 8)
7. Tomato and Basil Soup (page 9)

1. Chicken Tikka Skewers

Ingredients	Quantities
Fresh root ginger	1 cm
Garlic cloves	1
Natural yoghurt	30ml
Ground cumin	1.25ml
Cayenne pepper	pinch
Garam masala	pinch
Chicken Breast	100 g
Lemon	$\frac{1}{4}$
Tomato	1
Coriander	1.25ml (prepared weight)

Method

1. Soak the wooden skewers until required (if used).
2. Cut the chicken to make 6 even sized pieces and place in a small bowl.
3. Squeeze the lemon juice over the chicken ensuring it is completely coated.
4. Cover appropriately and chill for 15 minutes.
5. Peel and grate the ginger.
6. Peel and crush the garlic.
7. Beat the yoghurt until smooth and creamy. Stir in the ginger, garlic, cumin, cayenne pepper and garam masala to make a marinade.
8. Refrigerate until required.
9. Strain marinade over the chicken.
10. Stir gently to coat the chicken with the marinade.
11. Cover, chill and leave to marinade for a minimum of 1 hour.

12. Thread the chicken pieces onto the skewers.
13. Place under a pre-heated grill for 10-15 minutes, turning as required until cooked.
14. Cut the tomato into even sized dice.
15. Chop the coriander.
16. Mix the tomato and the coriander, season lightly and spoon onto a warm plate.
17. Lay on the skewers and serve.

2. Leek and Potato Soup

Ingredients	Quantities
Leeks	200g
Potatoes	100g
Chicken Stock	375ml
Sunflower oil	15ml
Salt and Pepper	
Parsley to garnish	

Method

1. Wash and slice leeks finely.
2. Wash peel and cube potatoes into small pieces.
3. Heat oil in pan, add leeks and cook until soft. Add potatoes, seasoning and stock. Stir well.
4. Bring to the boil, cover and simmer until potatoes and leeks are cooked, about 20 minutes.
5. (Optional) Allow to cool for a few minutes, then liquidize and reheat in a clean pot.
6. Chop parsley and use to garnish soup.

3. Lentil Soup

Ingredients	Quantities
Ham Stock	15ml
Water	500ml
Potato	$\frac{1}{2}$
Onion	$\frac{1}{2}$
Carrot	$\frac{1}{2}$
Lentils	2 x 15ml
Seasoning	
Parsley	1 sprig

Method

1. Measure all the ingredients.
2. Dissolve stock in 500ml of boiled water.
3. Wash lentils in sieve.
4. Place lentils with stock in saucepan and bring to boil.
5. Wash, peel and rewash vegetables.
6. Finely chop potato, onion and carrot.
7. Add vegetables to pot and bring to boil.
8. Cover and simmer for 30 minutes. Remember to check water level, add a little more boiled water if needed.
9. Wash and finely chop parsley.

10. Test for seasoning.
11. Serve soup with parsley sprinkled on top.

4. Minestrone Soup

Ingredients	Quantities
Ham Stock	15ml
Water	250ml
Stick Celery	1/2
Turnip	Small piece
Cabbage	Small piece
Carrot	1/2
Onion	1/2
Spaghetti	10g
Olive Oil	15ml
Tomato Puree	10ml
Tinned Tomatoes	150ml
Mixed Herbs	Pinch

Method

1. Wash celery and cabbage. Wash, peel and rewash onion, carrot and turnip.
2. Slice celery and shred cabbage.
3. Dice turnip and carrot.
4. Heat olive oil and fry onion until soft. Add other vegetables and cook for a few minutes.
5. Add stock, tomatoes, tomato puree and herbs.

6. Bring to the boil and simmer for 15 minutes.
7. Break spaghetti into 6 cm lengths.
8. After 15 minutes add spaghetti and continue to cook for 20 minutes.
9. Season to taste and serve.

5. Savoury Toasts

Ingredients	Quantities
2cm slices of a French stick	4
Sunflower oil	15ml
Onion	$\frac{1}{2}$
Button/small mushrooms	25g
Green pepper	$\frac{1}{4}$
Clove garlic	1
Rasher smoked back bacon	1
Tinned chopped tomatoes	100ml
Dried Basil	1.25ml
White cheddar cheese	50g

Method

1. Put oven on to 200°C
2. Prepare the topping ingredients - Finely dice the onion, slice the mushrooms, finely dice the green pepper and crush the garlic.
3. Remove the rind from the bacon and discard. Chop the bacon into small, even sized pieces.
4. Heat the oil. Add the onion, mushroom, green pepper, garlic and bacon. Sauté gently until soft without browning.
5. Add the tomatoes to the pan. Simmer for approximately 10 minutes, reducing until all the liquid is absorbed.
6. Taste, season if required and allow to cool.
7. Toast the bread on one side until golden brown.

8. Divide the tomato mixture evenly onto the toasted side of bread.
9. Grate the cheese and mix with the dried Basil.
10. Sprinkle the cheese onto the tomato mixture and place on an oiled baking tray.
11. Bake for 5 minutes until the cheese has melted.
12. Serve on a warm serving dish with a garnish of your choice.

Ingredients

Quantities

Tuna	1/2 small tin
Salad Onion	1
Baking Potato	1 large
Tomato	1
Low-fat Mayonnaise	2 x 15ml
Dried Chives	2.5ml
Vegetable oil	30ml
Salt & pepper	pinch
Herbs or chilli powder	1.25ml
Lemon juice	dash

Method

1. Collect all ingredients and put oven on to 210°C or Gas7.
2. Wash and pierce potato. Microwave until soft (approx 6 mins).
3. Wash and chop spring onions and tomato.
4. Drain tuna and mix with lemon juice, tomato, salad onions, mayonnaise, salt and pepper (use a food processor if available).
5. Taste mix for seasoning, sprinkle with chives or chilli powder.

6. When potato is cooked, cut in $\frac{1}{2}$ and slice lengthways into 8 big wedges.
7. Mix oil with herbs or chilli powder and use to coat each potato wedge. Place all wedges on a baking tray and bake in oven (top shelf) for 10 minutes or until crispy.
8. Serve with tuna dip.

7. Tomato and Basil Soup

Ingredients	Quantities
Onion	$\frac{1}{2}$
Cornflour	10 ml
Olive Oil	15 ml
Ham stock cube	5ml
Water	300 ml
Tinned chopped tomatoes	200g
Dried basil	2.5 ml
Tomato purée	5 ml
Soft brown sugar	5 ml
Balsamic vinegar	2.5 ml
Seasoning	
Natural yoghurt	15ml
Fresh basil to garnish	

Method

1. Peel and wash the onion.
2. Chop the onion finely.
3. Blend the cornflour with 30ml cold water to form a paste.
4. Heat the oil in a pan and sauté the onion, with a lid on, until soft.
5. Remove from the heat. Add the stock cube, water, tomatoes, dried basil, tomato purée, sugar, vinegar and cornflour paste to the pan.
6. Return to the heat. Bring the soup to the boil, stirring all the time. Simmer with the lid on for 15 minutes.
7. Remove the soup from the heat, liquidise until smooth and pass through a sieve.
8. Reheat the soup gently.
Test the soup for seasoning.
9. Serve the soup hot, garnished with a swirl of natural yoghurt and fresh basil.

Main Courses

1. Beef & Vegetable Burger
(page 11)
2. Boiled Rice
(page 12)
3. Cheese and Chive Flan
(page 13)
4. Cheese and Ham Croquettes
(page 14)
5. Chicken Lasagne
(page 15 & 16)
6. Chilli-con-carne
(page 17)
7. Chicken Curry
(page 18)
8. Chinese Stir Fry
(page 19)
9. Cottage Pie
(page 20 & 21)
10. Fisherman's Pie
(page 22 & 23)
11. Fried Chicken Slices in Lemon
Sauce
(page 24)
12. Fried Rice
(page 25)
13. Kebabs with Sweet and Sour
Sauce
(page 26)
14. Macaroni - Roux Method
page 27)
15. Macaroni - Cornflour Method
(page 28)
16. Malay Style Chicken
(page 29)
17. Mexican Sausages
(page 30)
17. Paella
(page 31)
18. Pasta Quills with Tomato &
Bacon Sauce
(page 32)
19. Pizza Margherita
(page 33)
20. Salad Caribbean
(page 34)
21. Salad Coleslaw
(page 35)
22. Salad Fruit Nut & Cheese
(page 36)
23. Salad Potato and Beetroot
(page 37)
24. Salad Waldorf
(page 38)
25. Savoury Lasagne
(page 39 & 40)
26. Smoked Haddock Risotto
(page 41)
27. Spaghetti Bolognese
(page 42)

1. Beef and Vegetable Burger

Ingredients	Quantities
Minced beef	100g
Medium potato	1
Small Carrot	1
Tomato Ketchup	1 x 5ml spoon
Seasoning	
Worcestershire sauce	Dash
Flour for shaping	
Burger roll	1

Method

1. Wash, peel and half the potato.
2. Wash, peel and grate the carrot.
3. Boil the potato in lightly salted water for 5 minutes.
4. Drain, cool and grate the potato.
5. Place all the ingredients in a bowl and mix well with a fork.
6. With lightly floured hands, shape into two burgers.
7. Cook under a pre heated grill for approximately 7-8 minutes each side.
8. Serve.

This dish could be served on a wholemeal roll, with baked beans or a salad.

2. Boiled Rice

Ingredients

Quantities

Long Grain Rice

75g

Salt

pinch

Parsley

to garnish

Method

1. Wash rice and add to a pot of **boiling** salted water.
2. Boil for 10-12 minutes until tender.
3. Drain rice.
4. Serve in warm dish garnished with parsley.

3. Cheese and Chive Flan

Ingredients	Quantities
Plain Flour	150g
Margarine	50g
White fat	25g
Water to mix	Approximately 3x15ml
Fresh chives	5ml spoon
Milk	100ml
Egg	1
Salt and pepper	to taste
Cheddar cheese	50g

Method

1. Preheat oven to 210 °C/Gas Mark 7
2. Sieve the flour. Rub in the fat to resemble the texture of fine breadcrumbs.
3. Add sufficient water to make a firm dough. Knead until smooth.
4. Cover and allow to rest in a cool place for 5 minutes.
5. Place a 15cm flan ring onto a baking tray.
6. Roll out the pastry until it is $\frac{1}{2}$ cm thick and line the ring (take care not to handle the pastry too much, as it will toughen).
7. Bake blind for 15 minutes until the pastry cooks. Remove from oven and turn down temperature to 180°C/Gas Mark 4.
8. Grate the cheese and chop the chives finely.
9. Remove the pastry case from the oven and press down gently if it has risen.
10. Beat together the milk and egg. Season and strain into a bowl, then add to it the cheese and chives, mix and pour into the pastry case.
11. Return to the oven and bake for 20mins.
12. Serve on a warmed plate.

4. Cheese and Ham Croquettes

Ingredients	Quantities
Large potatoes	2
Salt	2.5 spoon
Cooked ham	2 slices
Edam cheese	50g
Milk	15ml spoon
Dry mustard	2.5 spoon
Egg	1
Wholemeal breadcrumbs	50g
Tomato	1
Cucumber	small piece

Method

1. Half fill a large pan with boiling water.
2. Wash and peel potatoes. Cut into even sized pieces. Cook in boiling salted water for approximately 20 minutes.
3. Chop ham finely and grate cheese.
4. When potatoes are ready, drain and mash. Add milk and mix well.
5. Add ham, cheese and mustard. Allow to cool.
6. Divide the mixture into 6 and form into croquettes.
7. Heat the oil in the deep fat fryer.
8. Beat the egg, and then coat the croquettes followed by the breadcrumbs. Repeat if necessary.
9. Deep fry croquettes for 3-4 minutes until golden brown. Drain on a paper towel.
10. Slice tomato and cucumber, and use to garnish the croquettes.

5. Chicken Lasagne

Ingredients	Quantities
Margarine	50g
Flour	50g
Semi-skimmed milk	300ml
Chicken stock	200ml
Seasoning	
Onion	50g
Red pepper	50g
Chicken breast	200g
Sunflower oil	15ml
Frozen sweetcorn	50g
No-cook lasagne	2 sheets
Cheddar cheese	50g

Method

1. Turn oven on to 180°C/Gas No 4
2. Melt the margarine, add the flour and cook for 1 minute, stirring continuously without colour.
3. Remove from the heat and gradually mix in the milk and stock.
4. Return to the heat and stir until boiling. Simmer for 1 minute. Taste and season as required.
5. Remove from the heat, cover and set aside.
6. Peel and wash the onion and the pepper.
7. Finely dice the onion and pepper.

8. Wash, dry and dice the chicken into small pieces.
9. Heat the oil and sauté the onion and pepper until soft, without colour.
10. Add the chicken and cook gently for 5 minutes. Remove from the heat.
11. Add the sweetcorn and two thirds of the white sauce to the chicken mixture. Reserve the remainder of the white sauce until required.
12. Reheat the chicken mixture thoroughly then remove from the heat.
13. Place half of the chicken mixture into an ovenproof dish.
14. Cover with half of the lasagne sheets.
15. Pour in the rest of the chicken mixture and cover with the remaining lasagne sheets.
16. Cover with the reserved white sauce.
17. Grate cheese and sprinkle on top.
18. Bake for 25-30 minutes.
19. Clean the dish and serve.

6.

Chilli-con-carne

Ingredients	Quantities
Onion	50g
Green pepper	50g
Fresh Garlic	15ml
Olive Oil	15ml
Minced Beef	100g
Hot Chilli Powder	2.5ml
Passata	100ml
Tomato Puree	15ml
Beef Stock	100ml
Dried Mixed Herbs	5ml
Salt and pepper	to season
Tinned Kidney Beans	50g
Fresh Parsley	15ml

Method

1. Wash, peel and rewash vegetables.
Prepare vegetables - dice onion
- dice green pepper
- chop garlic
2. Heat oil, sauté vegetables. Add minced beef and brown.
3. Add chilli powder and stir-fry for 1 minute.
4. Stir in passata, puree, stock, mixed herbs and seasoning.
5. Simmer for 25 minutes.
6. Add kidney beans and continue to simmer for a further 5 minutes.
7. Adjust seasoning and consistency.
8. Serve in a warm dish garnished with chopped parsley.

7. Chicken Curry (2 Portions)

Ingredients	Quantities
Onion	1/2
Red pepper	1/2
Skinless chicken breast	1
Salt and pepper	
Sunflower oil	15 ml
Medium curry powder	10 ml
Passata	100 ml
Chicken stock	100 ml
Tomato puree	10 ml
Mango chutney	20 ml

Method

1. Peel and finely chop the onion.
2. Wipe, deseed and roughly chop the pepper.
3. Cut the chicken into bite size pieces and season with a little salt and pepper.
4. Heat the oil in a pan and seal the chicken. Remove from the pan onto absorbent paper and set aside.
5. Using the same pan, sauté the onion and pepper until soft.
6. Stir in the curry powder and fry for 1 minute.
7. Remove the pan from heat and stir in the passata, chicken stock, tomato puree and mango chutney.
8. Return to the heat and bring to the boil. Add the reserved chicken, cover and simmer for 20 minutes.
9. Adjust the seasoning and consistency if required.
10. Serve in a clean, hot dish and garnish appropriately.

8. Chinese Stir Fry

Ingredients	Quantities
Spring Onion	2
Garlic	1 clove
Green Pepper	¼
Mushrooms	25g
Celery	50g
Carrot	50g
Cabbage or Chinese leaves	small piece
Chicken Breast	75g
Cooking Oil	15ml
Sugar	5ml
Soy sauce	15ml
Chicken stock	15ml
Cornflour	5ml
Long Grain Rice	100g

Method

1. Chop onion (spring onions) finely; chop and crush garlic.
2. Cut pepper into strips 5cm long x 5 mm wide.
3. Slice mushrooms and celery finely.
4. Grate carrot and shred cabbage (or Chinese leaves).
5. Dice chicken into 5cm cubes.
6. Add rice to a pan of boiling salted water, boil for 12 minutes till tender.
7. Blend soy sauce, stock and cornflour - add sugar.
8. Heat oil in frying pan, stir-fry chicken, onion and garlic for 3-4 minutes.
9. Add all other vegetables and stir-fry for 2-3 minutes.
10. Add soy sauce, mix well stir-fry for 1 minute.
11. Drain rice, rinse with boiling water - arrange on serving dish with the stir-fry.

9. Cottage Pie

Ingredients	Quantities
Potato	100g
Milk	25ml
Onion	1
Carrot	1 small
Minced Beef	75g
Beef Stock	150ml
Flour	5ml
Worcester Sauce	5ml
Seasoning	to taste
Mature White Cheddar	25g
Topping:	
Potatoes	300g
Margarine	25g
Milk	2 - 3 x 15ml
Parsley	For garnishing

Method

1. Set oven to *Gas Mark 6/200°C*.
2. Wash and peel and rewash potatoes.
3. Cut the potatoes into even sized pieces.
4. Place in boiling salted water and boil for about 10-15mins. until soft.
5. Peel, wash and dice onion finely.
6. Wash, peel and rewash the carrot. Dice finely.
7. Brown the mince.

8. Add the onion and carrot. Cook for 2 mins. with the lid on.
9. Stir in the flour, stock, Worcestershire sauce and seasoning.
10. Simmer for 15 mins.
11. Drain the potatoes and return briefly to the heat to dry.
12. Mash the potatoes with enough milk to give a soft consistency. Taste and season accordingly.
13. Taste the mince; adjust seasoning and consistency if required.
14. Pour the mince into an ovenproof dish.
15. Fill the piping bag with the mashed potato, and pipe the potato over the mince.
16. Grate the cheese and sprinkle on top of the pie.
17. Clean the dish and place in oven for 20 mins. until the cheese is golden brown in colour.
18. Clean the dish and garnish with chopped parsley.

10. Fisherman's Pie

Ingredients	Quantities
Base:	
Smoked Haddock	150g
Small onion	1
Milk	250ml
Bay leaf	1
Margarine	25g
Plain Flour	25g
Cheddar Cheese	50g
Frozen Mixed Vegetables	100g
Seasoning	to taste
Topping:	
Potatoes	450g
Margarine	5g
Milk	2 - 3 x 15ml
Parsley and Tomato	

Method

1. Set oven to Gas Mark 6/200°C.
2. Wash and peel potatoes, cut into even sized pieces and cook in boiling salted water for 20 minutes, or until soft.
3. Rinse, dry fish - remove bones.
4. Chop onion finely, grate cheese.
5. Poach fish, onion and bayleaf in milk for 10-12 mins.
6. When fish is cooked lift from pot and strain milk into a jug, reserving onion.
7. For sauce make milk up to 250ml.

8. Drain potatoes, mash add milk and margarine for topping - cream mixture, adding extra milk if required to produce a piping consistency.
9. Flake fish.
10. Grate the cheese. Melt the margarine in a small pan. Mix in the flour and cook over a low heat for 1 minute.
11. Remove from heat. Add milk a little at a time until all the milk is used. Bring to boil stirring all the time, and simmer for 2 minutes.
12. Remove from the heat and add cheese, seasoning, flaked fish and mixed vegetables. Mix well and place in pie dish.
13. Fill the piping bag with the creamed potato, and pipe the potato over the fish.
14. Bake for 20 mins.
15. Garnish with a slice of tomato and parsley.

11. Fried Chicken Slices in Lemon Sauce

Ingredients	Quantities
Chicken breast	1
Salt	1.25ml
Chinese wine vinegar	15ml
Light soy sauce	10ml
Arrowroot	20ml
Chicken stock	30ml
Egg yolk	1
Plain flour	15ml
Vegetable oil	500ml
Sugar	10ml
Lemon juice	45ml
Sesame oil	5ml
Lemon slices and rind to garnish	

Method

1. Wash chicken and cut into 2.5cm slices.
2. Mix chicken pieces in a bowl with the wine, soy sauce, 10ml arrowroot, chicken stock and egg yolk. Marinate for 10 mins.
3. Coat the chicken pieces with plain flour.
4. Heat the oil in a deep fryer until a cube browns in 30 seconds. Add the chicken and deep-fry until golden brown, about 1 min. Remove and drain on paper towels.
5. Add sesame oil to a frying pan and heat. Add the sugar, lemon juice, salt and 10ml of arrowroot blended with the remaining 15ml of chicken stock. Heat until thickened.
6. Pour the sauce over the chicken slices and serve, garnished with the lemon slices and strips of lemon rind.

12. Fried Rice

Ingredients	Quantities
Long grain white rice	75g
Medium egg yolks	1
Seasoning	
Spring onions	2
Sunflower oil	30ml
Sesame oil	15ml
Light soy sauce	dash
Sesame oil	dash

Method

1. Wash the rice.
2. Cook the rice in boiling, salted water until tender.
3. Drain well, removing much moisture as possible.
4. Beat the egg yolks and seasoning together.
5. Prepare and finely chop the spring onions.
6. Heat the sunflower oil and 15ml of the sesame oil in a frying pan.
7. Add the cooked rice, spring onions and egg. Stir immediately.
8. Continue to stir-fry the rice for 4-5 minutes.
9. Add the soy sauce and a dash of sesame oil and mix thoroughly. Taste and season if required.
10. Serve in a hot dish garnished appropriately.

13. Kebabs With Sweet and Sour Sauce

Ingredients

Ingredients	Quantities
Onion	½ for sauce and 1 for skewer
Carrot	¼
Green Pepper	¼
Margarine	15gms
Pineapple Chunks	25gms for sauce and 25g for skewer
Soft brown sugar	10ml
Malt vinegar	15ml
Soya sauce	5ml
Tomato puree	10ml
Cornflour	10ml
Water	125mls
Link sausages and bacon	75gms
Small tomato	1
Small mushrooms	25gms

Method

1. Wash and peel onion and carrot. Wash pepper.
2. Chop onion finely, cut pepper and carrot into fine strips, cut pineapple into small pieces.
3. Melt margarine in pan and slowly cook the onion, pepper and carrot until tender. Remove from heat.
4. Prepare the ingredients for the Kebabs - cut meats, onion, pineapple and any additional vegetables into 2cm cubes. Cut tomato into wedges and half the mushrooms.
5. Arrange vegetables and meats on the skewers alternately until all the ingredients are used.
6. Grill under medium heat for 15 mins turning occasionally. Put rice onto boil for 12 mins.
7. Blend the cornflour with soya sauce, vinegar and tomato puree. Stir into the cooked vegetables with the pineapple, water and sugar, and return to the heat and cook for 2mins.
8. Arrange skewers on shallow serving dish - pour sauce over. Serve with boiled rice.

14. Macaroni Cheese - Roux Sauce

Main Ingredients	Quantities
Macaroni	75g
Cheddar cheese	25g
Salt and pepper	
Tomato	1
Parsley	Few sprigs

Cheese Sauce

Cheddar Cheese	50g
Milk	250ml
Margarine	25g
Plain flour	25g
Mustard	1.25ml

Method

1. Grease ovenproof dish.
2. Two thirds fill a pan with water and bring to the boil.
3. Add macaroni and boil for 12 minutes until soft
4. Grate the cheese. Melt the margarine in a small pan. Mix in the flour and cook over a low heat for 1 minute.
5. Remove from heat. Add milk a little at a time until all the milk is used. Bring to boil stirring all the time, and simmer for 2 minutes.
6. Remove from the heat and add cheese, mustard and seasoning. Mix well.
7. Check macaroni then drain and add to the cheese sauce.
8. Pour macaroni into greased dish and sprinkle over remaining cheese.
9. Put on the grill. Brown macaroni cheese under the grill.
10. Serve, garnished with tomato and parsley.

15. Macaroni Cheese – Cornflour Sauce

Main Ingredients	Quantities
Macaroni	75g
Cheddar cheese	25g
Salt	
Tomato	1
Parsley	Few sprigs

Cheese Sauce

Cheddar Cheese	50g
Semi-skimmed milk	250ml
Cornflour	30ml
Mustard	1.25ml
Salt and pepper	

Method

1. Grease ovenproof dish.
2. Two thirds fill a pan with water and bring to the boil.
3. Add macaroni and boil for 12 minutes until soft.
4. Grate the cheese.
5. Add all but 3 tablespoons of the milk to a pot and heat to just before boiling.
6. Blend the cornflour with a little of the measured milk in a measuring jug. Pour the heated milk into the blended cornflour mix, stir and return to the pot.
7. Bring to boil stirring all the time. Simmer for 2 minutes.
8. Remove from the heat and add cheese, mustard and seasoning. Mix well.
9. Check macaroni then drain and add to the cheese sauce.
10. Pour macaroni into greased dish and sprinkle over remaining cheese.
11. Put on the grill. Brown macaroni cheese under the grill.
12. Serve, garnished with tomato and parsley.

16. Malay Style Chicken

Ingredients	Quantities
Sunflower Oil	15ml
Cumin, coriander and turmeric	2.5ml
Small Onion	1
Yellow pepper	½
Garlic	1 clove
Chicken breast	1
Creamed coconut (dissolve in stock)	25g
Stock	125ml
Tinned pineapple - drained	125g
Long grain rice	50g

Method

1. Peel and slice onion, wash, de-seed and chop pepper, crush garlic.
2. Chop chicken into even sized pieces.
3. Heat the oil in a wok or frying pan.
4. Fry the spices for ½ minute, add chicken and fry for 3 minutes.
5. Add the onion, pepper, garlic and fry for 2-3 minutes
6. Add all the remaining ingredients and bring to the boil.
7. Simmer, covered for 20 minutes
8. Place a large pan of water on to boil. Add rice and cook for 12 minutes till tender.
9. Drain rice and place on a serving dish. Pour Malay chicken on top of the rice.
10. Serve with a garnish.

17. Mexican Sausages

Ingredients	Quantities
Sausages	2
Onion	1
Oil	1 tbsp
Soy Sauce	1 tbsp
Paprika	1 tsp
Oregano	1 tsp
Salt	Pinch
Tomato Soup	½ small tin
Bread	1 slice

Method

1. Place sausages in pot, cover with water and poach for 5 minutes.
2. Remove sausages and cut into 2cm pieces
3. Chop onion finely, heat oil in frying pan and add onion. Cook until soft.
4. Mix together soy sauce, paprika, salt, oregano and tomato soup. Add to pan.
5. Add sausages and continue cooking for 10 minutes.
6. Thicken with cornflour if required, remember to blend in.
7. Make toast and serve with sausages.

18. Paella

Ingredients	Quantities
Onion	½
Green Pepper	½
Chicken	50g
Chicken stock	250ml
Vegetable oil	15ml
Turmeric	2.5ml
Mixed herbs	Pinch
Frozen peas	25g
Tuna	50g
Long grain rice	100g
Parsley (garnish)	15ml

Method

1. Peel and chop onion
2. Wash, de-seed and dice green pepper
3. Dice Chicken
4. Wash rice under cold running water
5. Heat oil in a pan and gently fry onion and chicken for 5 minutes
6. Add rice, peas, green pepper, chicken stock, turmeric and herbs and bring to the boil
7. Reduce heat, cover and simmer for 20 minutes until all the liquid is absorbed
8. Flake the tuna and add to the rice mixture. Cook for a few minutes to heat through
9. Wash and finely chop parsley
10. Pile the paella mixture into a warmed serving dish and sprinkle with parsley
11. Serve

19. Pasta Quills with Tomato and Bacon Sauce

Ingredients	Quantities
Onion, peeled and chopped	½
Red Chilli Pepper, chopped	½
Streaky Bacon, diced	2 rashers
Olive Oil	15ml
Tinned Tomato	150ml
Dried Oregano	2.5ml
Pasta Quills	75g
Tomato Puree	15ml
Salt and Pepper	to season
Parmesan cheese, grated	15g

Method

1. Prepare ingredients: chop onion
chop red chilli pepper
dice bacon
2. Heat the olive oil, add the bacon and fry until crisp. Remove from pan with a slotted spoon and keep warm.
3. Add the onion and chilli to the oil and fry for 5 minutes, or until the onion is softened.
4. Stir in the tinned tomato, tomato puree and oregano to the pan and season with salt. Cook over a medium heat for 15 minutes or until the sauce is thickened, stirring occasionally. Then add the cooked bacon.
5. Meanwhile heat up a pan of salted water and boil the pasta for 10 minutes or until al dente.
6. Drain the pasta and transfer to a warmed serving dish. Spoon over the tomato and bacon sauce, sprinkle with the grated cheese and pepper.

20. Pizza Margherita

Ingredients	Quantities
-------------	------------

Pizza Base:

Pizza base mix	150g
Water according to packet	

Topping:

Tinned tomato, drained	50mls
Mozzarella Cheese, sliced	50g
Tomato, sliced	1
Basil leaves	6

Method

1. Set the oven to 200°C/Gas mark 6.
2. Prepare the pizza dough according to packet instructions.
3. Turn out dough onto lightly floured work surface and roll out till 5mm thick. Place on baking tray.
4. Cover the pizza base with drained tomato.
5. Arrange
6. Bake for 15 minutes until cooked and lightly brown. Served sliced.

21. Salad: Caribbean

Ingredients	Quantities
Orange	1
Celery	1 stick
Red Pepper	1/4
Mustard and cress	1/4 punnet
Lettuce	1/4 crisp
French Dressing	

Method

1. Fill a pan with cold water and put in orange, bring to the boil. Carefully take to sink and pour off boiling water, cool with cold water. Peel orange, the white pith should come away easily. Cut orange into segments over plate.
2. Wash and chop celery.
3. Wash and chop red pepper into diamonds.
4. Wash and shred lettuce.
5. Transfer orange, celery, red pepper and lettuce into bowl.
6. Make French Dressing, pour over just before serving.

22. Salad: Coleslaw

Ingredients	Quantities
White cabbage	¼
Carrot	1 small
Onion	¼
Parsley	Few sprigs
Mayonnaise	2 tablespoonful
Seasoning	

Method

1. Wash and shred the cabbage.
2. Wash and grate the carrot.
3. Wash and chop the onion and parsley.
4. Put all into a bowl. Stir in the mayonnaise and seasoning.
5. Transfer to a serving bowl. Sprinkle with parsley.

23. Salad: Fruit, Nut and Cheese

Ingredients	Quantities
Red apple	½
Orange	½
Banana	½
Pear	½
Edam or Gouda Cheese	25g
Natural Yogurt	2 tbsp
Flaked almonds	1 tbsp

Method

1. Quarter, core and cut apple into chunks.
2. Peel orange and cut into chunks.
3. Slice banana.
4. Quarter, core, peel, and cut pear into chunks.
5. Cut cheese into cubes.
6. Toast almonds under grill.
7. Place apple, orange, banana, pear, cheese and yogurt in a bowl and mix to combine.
8. Transfer to serving dish, sprinkle with toasted almonds

24. Salad: Potato and Beetroot

Ingredients	Quantities
Salad	
Potatoes	2 medium sized
Beetroot	1 medium
Onion	1 small
Cherry tomatoes	2
Cucumber	5cm
Red pepper	¼
Assorted lettuce leaves	
Herb dressing	
Red wine vinegar	15ml
Salad oil	10ml
Parsley	10ml
Fresh chives	5ml
Freshly ground black pepper	

Method

1. Scrub potatoes and beetroot.
2. Wash and peel onion.
3. Boil or microwave the potatoes, beetroot and onion separately until tender. Drain and set aside to cool.
4. Wash and dry lettuce leaves, tomatoes, cucumber, red pepper.
5. Slice cucumber.
6. Cut red pepper into strips. Wash and chop parsley and chives.
7. Remove skin from beetroot. Cut potatoes and beetroot into slices.
8. Arrange lettuce leaves, potatoes, beetroot, onions, tomatoes, cucumber and red pepper on serving platter.
9. For herb dressing put all ingredients into the screw top jar. Close, shake, drizzle over salad. Serve.

25. Salad: Waldorf

Ingredients	Quantities
Celery	1 stick
Red apple	½
Green grapes	25g
Walnuts	25g
Mayonnaise	2 tbsp
Celery leaves to garnish	

Method

1. Wash and chop the celery. Put leaves aside for garnish.
2. Wash, quarter, core and dice the apple.
3. Wash and half the grapes. Remove pips, if necessary.
4. Cut the walnuts in half.
5. Put all into a bowl.
6. Stir in the mayonnaise and mix together.
7. Transfer to the serving bowl. Garnish with the celery leaves.

26. Savoury Lasagne

Ingredients	Quantities
-------------	------------

Meat sauce

Olive oil	7.5ml
Onion	1 small
Carrot	50g
Celery	25g
Minced beef	100g
Tomato puree	15ml
Chopped tomatoes	150g
Clove of garlic	1
Seasoning	
Dried mixed herbs	Pinch
Sheets of lasagne	2
Cheddar cheese	25g

White Sauce

Margarine	25g
Flour	25g
Milk	250ml
Salt and Pepper to taste	

Method

1. Prepare the onion, carrot, celery and garlic
 - Onion - wash, peel and dice
 - Carrot - wash, peel and dice
 - Celery - wash, trim as necessary and dice
 - Garlic - wash, peel and crush.
2. Gently heat the oil in a thick-bottomed pan, add the onion, carrot and celery and cook for 5 minutes.
3. Add the minced beef, increase the heat and stir until lightly brown.

4. Remove from the heat and stir in the tomato puree, chopped tomatoes, garlic, seasoning and mixed herbs. Bring to the boil and simmer mixture for 20 minutes.
5. Grate the cheese.
6. Make the white sauce - Place margarine, flour and milk in pot, stirring continuously, bring to boil. Remove sauce from heat, add cheese and seasoning.
7. Cover the bottom of an ovenproof dish with a layer of the meat sauce.
8. Add a sheet of lasagne and then cover with half of the white sauce.
- 9 Repeat the layers once more and sprinkle with the cheese.
10. Bake for 30 minutes in a pre-heated oven.
11. Remove from the oven, clean the dish and serve.

27. Smoked Haddock Risotto

Ingredients	Quantities
Onion	1 small
Celery	1 stick
Bacon	2 rashers
Smoked haddock fillet	1
Oil	15ml
Long grain rice	125g
Fish or vegetable stock	300ml
Dried dill	2.5ml
Frozen peas	25g
Pineapple ring	1

Method

1. Wash, peel and chop onion finely.
2. Wash and slice celery.
3. Chop bacon roughly.
4. Heat the oil in a large pan and cook onion, celery and bacon for 5 minutes until onion is soft.
5. Wash and drain rice and stir into the vegetable and bacon mixture. Add the stock and bring to the boil, cover and simmer for 20-25 minutes, stirring occasionally until the liquid is absorbed and rice is tender.
6. Steam fish for 10 minutes on a plate, covered by a lid, over a pan half filled with boiling water until the fish flakes with a fork.
7. Drain and flake fish.
8. Add fish, dill and peas to rice mixture.
9. Cut pineapple ring into small pieces and stir into the risotto. Cook for 3 minutes. Season.
10. Arrange on serving dish and garnish with pineapple and parsley.

28. Spaghetti Bolognaise

Ingredients	Quantities
Carrot	½
Onion	½
Red pepper	¼
Mushrooms	2
Bacon	1 rasher
Minced beef	75g
Canned chopped tomatoes	150ml
Garlic clove	1
Mixed herbs	Pinch
Worcester sauce	5ml
Tomato Puree	15ml
Plain Flour	15ml
Beef stock	150ml
Spaghetti	75g
Parmesan cheese	15ml

Method

1. Wash, peel and finely dice carrot, pepper and onion, crush garlic and slice mushrooms.
2. Dice bacon.
3. Brown mince, bacon and onion in a large pan.
4. Stir in the carrot, pepper, mushrooms, tomatoes, tomato puree, crushed garlic clove, mixed herbs, Worcester sauce and flour.
5. Add stock and bring to boil.
6. Reduce heat, cover and simmer for 25 minutes, stirring occasionally.
7. Meanwhile, half fill a large pan with boiling water. Add spaghetti and cook without a lid for 12-15 minutes until tender.
8. When cooked, drain spaghetti.
9. Arrange spaghetti on a dish and pour the Bolognaise sauce into the centre. Serve hot with Parmesan cheese.

Desserts

1. Apple Crumble (page 43)
2. Apple Tart (44)
3. Banoffee (page 45)
4. Chocolate Gateau (page 46)
5. Custard (page 47)
6. Eve's Pudding (page 48)
7. Fresh Fruit Salad (page 49)
8. Hot Swiss Trifle (page 50)
9. Lemon Meringue Pie (page 51 & 52)
10. Mandarin & Pineapple Gateau (page 53)
11. Poached Pears & Raspberry Coulis (page 54)
12. Spiced Apple Crumble (page 55)
13. Sticky Toffee Pudding (page 56 & 57)
14. White Chocolate and Lime Cheesecake (page 58)

1. Apple Crumble

Ingredients	Quantities
Plain flour	100g
Margarine	50g
Caster sugar	50g
Cooking apple	1
Sugar	25g

Method

1. Set oven at 190°C/gas mark 5.
2. Grease ovenproof dish.
3. Sieve flour into bowl.
4. Cut up margarine and rub-in to flour until mixture resembles fine breadcrumbs.
5. Stir in caster sugar.
6. Wash, quarter, core, peel and slice apple thinly.
7. Place $\frac{1}{4}$ apple in dish. Sprinkle with sugar.
8. Add remaining apple.
9. Cover apple with crumble mixture.
10. Place dish on tray, place in oven and bake for 25min.
11. Serve hot or cold.

2. Apple Tart

Ingredients	Quantities
Cooking Apples	1
Water	30ml
Plain Flour	150g
Margarine	50g
Lard	25g
Sugar	25g
Cold Water	3 tbsp
Caster sugar	5ml

Method

1. Preheat oven at 200°C/Gas Mark 6
2. Sift flour into bowl. Rub margarine and lard into flour till mixture resembles fine breadcrumbs.
3. Sprinkle cold water into mixture. Mix to a firm but pliable dough.
4. Knead dough lightly on floured board and roll out 1/2 of pastry dough. Line plate.
5. Wash, quarter, core, peel and slice apples.
6. Place 1/4 of sliced apple onto pastry in plate and sprinkle with some sugar. Continue likewise with rest of apple.
7. Roll out remaining pastry to form flan lid. Dampen edges of pastry. Place lid on top of fruit and press down firmly.
8. Trim edges and make a slit in centre of lid. Bake till pastry is golden brown and set - about 20-25mins.
9. Remove from oven and dredge with caster sugar before serving.

3. Banoffee Cake

Ingredients	Quantities
-------------	------------

For the Base

Digestive biscuits, crushed	110g
Margarine, melted	50g

Topping

Banana thinly sliced	1
Large tin condensed milk	1
Double cream	150 ml

Method

1. Boil the condensed milk, in the tin for $1\frac{1}{2}$ hours.
2. Mix the crushed digestive biscuits and the melted margarine together and press firmly into a 7/8" (20 cm) round, loose based cake tin.
3. Place the banana evenly on the base. Then cover with the condensed milk which will be like toffee.
4. When cool decorate with cream.

4. Chocolate Gateau

Ingredients	Quantities
Sponge	
Self raising flour	60 g
Cocoa	30 g
Wholemeal self raising flour	60 g
Soft margarine	100 g
Eggs	2
Warm water	2 x 15 ml
Filling	
Dessert topping	200ml
Cocoa	2 x 15 ml
Coffee essence	1 x 10 ml
Icing sugar	2 x 15 ml
Decoration	
Mandarin segments	8

Method

1. Set oven to 180°C/Gas mark 4.
2. Sieve self-raising flour and cocoa powder into bowl; add wholemeal self-raising flour, margarine, sugar and eggs.
3. Beat for 2-3 minutes until glossy in appearance. Gently fold in the water.
4. Divide the mixture between the two prepared tins. Bake for 20 – 25 minutes until well risen and springy to the touch. Remove from tins and cool.
5. Place the dessert topping, cocoa and coffee essence in a bowl. Whisk until stiff. Beat in sieved icing sugar.
6. Sandwich the cooled cakes together with half of the filling.
7. Decorate the top of the gateau using the remaining filling and mandarin segments.
8. Serve.

5. Custard

Ingredients	Quantities
Milk	250 ml
custard powder	1 rounded tblsp
Sugar	1 level tblsp

Method

1. Rinse pan in cold water. Leave wet.
2. Pour milk onto pan.
3. Put 3 tblsp milk from the pan back into the measuring jug.
4. Add custard powder to milk in measuring jug.
5. Mix till no lumps.
6. Warm milk on LOW heat. DO NOT BOIL.
7. Stir custard powder in measuring jug.
8. Add heated milk to jug and stir.
9. Return mixture to pan and bring to boil, and boil for 2 mins. Stirring **all** the time.
10. Remove from heat and add sugar, stir well.
11. Pour CUSTARD into a bowl.

Eat hot or cold. Serve with stewed fruit, jellies, steamed puddings or jam tarts

6. Eve's Pudding

Ingredients	Quantities
SR flour	50g
Soft margarine	50g
Caster sugar	50g
Egg	1
Cooking apple	1
Sugar	25g

Method

1. Set oven to 190°C/ Gas Mark 5. Grease ovenproof dish.
2. Measure out all ingredients.
3. Beat egg in a small bowl.
4. Put margarine and caster sugar into large bowl Cream mixture well till light and fluffy.
5. Add the flour and egg alternately.
6. Cream mixture well till light and fluffy (dropping consistency).
7. Wash, quarter, core, peel and slice apple thinly.
8. Place 1/2 apple in dish.
9. Sprinkle sugar over apple.
10. Add remaining apple.
11. Spread cake mixture on top, covering apple.
12. Bake till cake is risen, golden brown and springy to touch approx 20 minutes.
13. Serve hot or cold.

7. Fresh Fruit Salad

Ingredients	Quantities
Fresh fruit juice	150 ml
Lemon juice	1
Red apple	1
Pear	1
Banana	1
Orange	1
seedless green grapes	6
seedless black grapes	6

Method

1. Wash and dry all fruit.
2. Cut lemon in half and squeeze the juice into a small bowl with the fruit juice.
3. Fruit - use the lemon juice to add flavour and to keep the fruit white during preparation by placing fruit immediately into fruit juice mix..
4. Prepare the fruit in the following way:
Apple - wash and cut into four segments. Remove the core and cut into thin slices across the segments.
Pear - wash and cut into four segments. Remove the core and cut into thin slices across the segments.
Banana - peel and remove the 'strings and ends. Cut into neat slices.
Orange - remove the skin, making sure that all the white pith is removed. Cut the segments out carefully. Cut each segment into three pieces.
Grapes - wash and cut in half.
5. Mix all of the fruit together gently and serve.

8. Hot Swiss Trifle

Ingredients	Quantities
Swiss roll	$\frac{1}{2}$
Small tin apricots	1
Custard powder	1 rounded tbsp
Egg yolk	1
Sugar	15ml
Milk	250ml

For meringue

Caster sugar	25g
Egg white	1

Method

1. Slice Swiss roll and arrange with fruit on the sides and bottom of the serving dish, pour over the juice.
2. Place custard powder, egg yolk and sugar in a bowl. Add 3 tablespoons from measured milk and mix to a smooth paste.
3. Warm remaining milk over a medium heat and pour slowly on to the mixed custard powder, stirring all the time.
4. Return the custard to the pan and bring to the boil stirring all the time. Lower heat and simmer while stirring for 2 mins. Pour into serving dish.
5. Whisk egg white until stiff and fold into the caster sugar with a metal spoon.
6. Pile meringue on top of custard, peak the meringue with a knife.
7. Bake for 10 mins. until golden brown and serve.

9. Lemon Meringue Pie

Ingredients Quantities

Pastry

Plain flour	100g
Margarine	50g
Cold Water	15-30ml

Filling

Cornflour	25g
Caster Sugar	50g
Lemon	1
Egg Yolks	2
Water	150ml

Topping

Caster sugar	50g
Egg whites	2

Method

1. Preheat the oven to 200° C/Gas 6.
2. First make the pastry: sift the flour and salt into a bowl.
3. Rub in the butter until the mixture resembles fine breadcrumbs.
4. Then add the water and mix to a fine dough.
5. Lightly dust a work surface with flour. Roll out the pastry and line flan case. Leave to rest in fridge.
6. Take the pastry case from the fridge and trim. Bake blind for 10 mins.
7. Remove flan case from the oven and reduce the oven temperature to 160° C/Gas Mark 3. Remove baking beans and return to oven for 5 minutes or until the pastry is golden.
Remove flan ring.

8. Make the filling: Separate the eggs and set aside. Put the cornflour, water and sugar. Bring to the boil, stirring constantly, and cook for 1 min.
9. Remove from heat and let the mixture cool slightly, then whisk in the egg yolks and stir in the lemon juice.
10. Leave the mixture to cool for 10 mins, then pour it into the pastry case and leave it to cool completely.
11. Make the meringue topping: Whisk the 2 egg whites until they stand in stiff peaks. Gradually add of the sugar and beat until stiff.
12. Fold in remaining sugar. Spoon or pipe the meringue onto citrus filling, making sure the filling is completely covered, then bake at 160°C/Gas Mark 3 for 20 mins or until the meringue is slightly golden. Serve warm or cold.

10.

Mandarin and Pineapple Gateau

Ingredients

Quantities

Sponge

Egg - medium	3
Caster Sugar	75g
Plain Flour	75g

Decoration

Synthetic Powder Cream	to give 400ml
Toasted Coconut	75g (as required)
Crushed Pineapple (drained)	30ml
Mandarin Oranges	to decorate

Method

1. Set oven to 180° C/ Gas No 4.
2. Grease and flour two 15cm sandwich tins. Line base with greaseproof paper.
3. Whisk eggs and sugar in a large bowl until light and fluffy.
4. Carefully fold in the double-sieved flour with a metal spoon.
5. Divide the mixture evenly between the two prepared tins.
6. Bake for 15-20 minutes until golden brown and springy to touch.
7. Allow to cool slightly in tins before turning out.
8. Remove greaseproof paper and cool on a wire rack.
9. Filling - carefully stir in pineapple into enough whipped cream to sandwich the cakes together.
10. Sandwich cakes together, coat sides in cream and toasted coconut.
11. Lightly cover top of gateau with a little cream.
12. Pipe with remaining cream and decorate with mandarin oranges.

11. Poached Pears and Raspberry Coulis

Ingredients	Quantities
Eating pear (fairly hard)	1
Caster sugar	25g
Fresh or frozen raspberries	100g
Icing sugar	15ml
Water	50ml

Decoration

Raspberry coulis, raspberries

Method

1. Fill a pan with enough water to cover the pear and add the sugar - place on to boil.
2. Wash, $\frac{1}{2}$, core and peel the pear from the base upwards. Keep stem on pear.
3. Place pear carefully into the boiling water, turn down the heat and poach pear for about 6 minutes until tender and soft - test with a skewer.
4. Drain the pears and place in refrigerator to cool down.
5. Keep back 2 to 4 raspberries for decoration.
6. Place remaining raspberries and the 50ml of pear water in a pan with the icing sugar and stew for 10 minutes.
7. Strain or purée the raspberries.
8. Pour the raspberry coulis into the serving dish and place the pears on top.
9. Decorate with the remaining raspberries and serve.

12. Spiced Apple Crumble

Ingredients	Quantities
Plain flour	100g
Margarine	50g
Caster sugar	50g
Cooking apple	1
Sultanas	15ml
Sugar	15ml
Mixed spice or cinnamon	1.25ml

Method

1. Preheat oven to 190°C Gas mark 5.
2. Measure out all ingredients.
3. Sieve flour into a bowl.
4. Cut up margarine and add to bowl.
5. Rub in margarine until mixture resembles fine breadcrumbs.
6. Stir in sugar.
7. Wash, quarter, core, peel and slice apple thinly.
8. Place 1/2 of the apple in dish.
9. Sprinkle sugar, sultanas and spice over apple.
10. Add remaining apple.
11. Cover apple with crumble mixture.
12. Bake 20 minutes.
13. Serve hot or cold.

13. Sticky Toffee Pudding

Ingredients	Quantities
<u>Sauce</u>	
Demerara sugar	100g
Butter	35g
Golden syrup	10ml
Evaporated milk	100ml
<u>Sponge</u>	
Soft brown sugar	40g
Butter	65g
Egg	1
SR Flour	90g
Milk	2tbsp
Dates	25g
Chopped nuts	25g

Method

1. Grease 2 pudding dishes. Cut a circle of greaseproof paper 15 cm larger than the diameter of the pudding basin. Fold in half, then fold back a few centimetres and fold to make a pleat. This will allow the pudding to rise. Cut a similar circle of tinfoil and make a pleat in the same way.
2. Pour 5 to 10 cm depth of boiling water into a large pan and bring to simmer.
3. In a clean bowl, cream the butter and sugar until fluffy.
4. Beat in the eggs, then the flour. Add enough milk to give a soft consistency that drops off a spoon.
5. Stir in the dates & nuts, then spoon the mixture into the basin.

6. Lay the pleated paper over the basin and tie securely with string. Place an upturned saucer carefully into the water and stand the basin on top. Cover & simmer for 30 - 40 mins.
7. Make the sauce: put the butter, sugar and syrup in a clean pan and stir over a gentle heat until the sugar is dissolved.
8. Pour in the evaporated milk and bring to the boil, stirring continuously.
9. Allow to cool for 15 mins., stirring occasionally.
10. When the pudding is cooked turn it out onto a plate and pour over the toffee sauce and serve with pouring cream or custard.

14. White Chocolate & Lime Cheesecake

Ingredients	Quantities
Ginger Nut biscuits	100g
Unsalted butter	40g
Lime	1
Low fat cream cheese	100g
Caster Sugar	20g
Double cream	150ml
White chocolate for cooking	75g
Appropriate decoration	

Method

1. Crush the biscuits.
2. Melt the butter and mix in the biscuit crumbs.
3. Press the mixture into a 15cm flan ring and chill.
4. Wash then grate the rind of the lime and squeeze out the juice. Reserve until required.
5. Beat the cream cheese and sugar together.
6. Whisk the double cream until it is a soft peak consistency.
7. Add the lime rind and juice to the cream cheese and beat to incorporate.
8. Melt the chocolate and mix in to the cheese mixture.
9. Fold in half of the whipped cream to the cream cheese mixture. Reserve the remaining cream for piping.
10. Spoon the cream cheese mixture over the biscuit base and chill until it is firm.
11. Remove flan ring and pipe the remaining cream, decorate and serve.

Baking

1. Basic Muffins (page 60 & 61)
2. Caramel Shortbread (page 62)
3. Chocolate Chip Cookies (page 63)
4. Christmas Cake (page 64 & 65)
5. Christmas Truffles (page 66)
6. Empire Biscuits (page 67)
7. Milk Chocolate Cake (page 68)
8. Milk Chocolate Icing (page 68)
9. Munchies (page 69)
10. Orange Bakewell Tart (page 70)
11. Pancakes - Dropped Scones (page 71)
12. Scones (page 72 & 73)
13. Small Sponge Cakes (page 74)
14. Glacé Icing (page 74)
15. Butter Icing (page 74)
16. Swiss Roll (page 75)
17. Tablet (page 76)
18. Victoria Sandwich (page 77)
19. Welsh Cheesecakes (page 78)

1. Basic Muffin

Ingredients	Quantities
Plain flour	250g
Baking powder	15ml
Salt	1.25ml
Castor sugar	100g
Egg	1
Milk	240ml
Margarine, melted	85g

Method

1. Prepare muffin tin with paper cases and preheat oven to 200°C/Gas mark 6..
2. In a large bowl sift together flour, baking powder and salt. Stir in sugar. Make a well in the centre and set aside.
3. In a separate bowl beat egg lightly with a fork and stir in milk.
4. Melt margarine carefully.
5. Pour all the liquid ingredients into dry ingredients and stir until combined, scraping sides and bottom of the bowl as you stir. This mixing should take no more than 20 seconds and the batter will be lumpy but no dry flour should be visible. Do not over-stir.
6. Fill muffin cases 3/4 full. Mixture makes 10 standard size muffins. Bake for about 20-25 minutes. Muffins are done when tops are lightly browned and spring back when touched. Best served warm!

Variations of the Basic Muffin

Have a try, they are delicious!

- Chocolate Chip Muffins** are ever popular. Add 85g plain chocolate drops (either chopped or left whole) to the dry mixture.
- Lemon Muffins.** Add 5ml finely grated lemon rind to wet ingredients. Glaze muffins immediately after baking with a mixture of 85g icing sugar, 20ml fresh lemon juice and 1.25ml finely grated lemon rind.
- Fruit and Nut Muffins.** A handful of raisins, currants, chopped dried fruit, glace cherries or chopped nuts can be added to any muffin recipe for extra flavour.
- Summer Fruit Muffins.** Add 150g of summer fruit (any berries, either alone or in combination), fresh or frozen. Gently fold in the berries to the batter at the end. Allow an extra 5 minutes for baking.
- Wholemeal Muffins.** Substitute wholemeal flour or a half and half combination of wholemeal and white flour.
- Cheese Muffins.** Reduce sugar content to 60ml and stir in with 85g grated cheese.
- Coffee Walnut Muffins.** Omit 240ml milk. Substitute 180ml strong coffee (cooled) plus 60ml milk. To dry ingredients add 60g chopped walnuts. Before baking sprinkle tops with a mixture of 60g brown sugar and 2.5ml cinnamon.

3. Chocolate Chip Cookies

Ingredients	Quantities
Egg, beaten	$\frac{1}{2}$
Wholemeal flour	100g
Baking powder	2.5ml
Chocolate chips	25g
Margarine	50g
Caster sugar	50g
Vanilla essence	few drops

Method

1. Collect ingredients.
2. Turn oven on to 170°C/325°F/Gas 3.
3. Lightly grease a baking tray.
4. Cream the margarine and sugar until light and fluffy.
5. Add a few drops of vanilla essence and the egg, beat well.
6. Add the flour and the baking powder. Continue beating.
7. Mix in the chocolate chips.
8. Put spoonfuls of the mixture on to the baking tray.
Flatten out slightly .
9. Bake for 20 minutes until golden brown. Cool on wire tray. Serve.

4.

Christmas Cake

Ingredients	Quantities
plain flour	250g
Butter	175g
Soft brown sugar	175g
Mixed fruit	700g
Cherries	100g
Ground almonds	75g
Mixed spice	10ml
Cinnamon	5ml
Mace	2.5ml
Nutmeg	2.5ml
Ground ginger	1.25ml
Treacle	10ml
Coffee essence	5ml
Eggs	3
Brandy or Sherry	45ml

Oven Temperatures

1st hour at 180oC/Gas mark 4

2nd hour at 150oC/Gas mark 2

3rd hour at 140oC/Gas mark 1

- *Makes one large cake or 3 small cakes.*

Method

1. Prepare tin with double oiled lining.
2. Prepare fruit.
3. Sieve flour and spices together.
4. Cream butter and sugar.
5. In a jug beat eggs and mix in coffee essence and treacle.
6. Beat the egg mixture gradually into the creamed butter, alternating with a little of the sieved flour to prevent curdling. Beat well.
7. Add all the fruit. Beat well.
8. Beat in the spirits.
9. Add in the flour etc. Mix thoroughly.
10. Turn mixture into prepared tin. Smooth on top and make a small hollow in centre of cake. (Curved like a lens of a glass).
11. Wrap tin in a newspaper and tie in place.
12. Place in a preheated oven (see times and temperatures above).
13. When ready remove and cool in tin. Spirits may be poured into cake after baking.
14. After one week cover with marzipan.
15. One week after that, decorate with Royal or Fondant Icing.

5. Christmas Truffles

Ingredients

Quantities

Digestive biscuits

6-8

Unsalted butter

25g

Drinking chocolate

1 x 15ml

Condensed milk

60ml

Truffle cases

Small amount of rolled-out marzipan and white icing.

Green & red icing pens.

Method

1. Crush the biscuits.
2. Melt the butter and condensed milk on a low heat.
3. Remove from heat and add drinking chocolate and crushed biscuits.
4. Mix well with a wooden spoon. Leave until cool and firm.
5. Wet hands and roll mixture into balls.
6. Place in small paper cases and chill.
7. Cut out daisy or star shapes from rolled-out marzipan and/or rolled-out icing.
8. Decorate each truffle with icing pens to form holly leaves and berries.
9. Arrange in box, pop on lid and tie with a ribbon.

6. Empire Biscuits

Ingredients	Quantities
Biscuit Mixture	
Icing sugar	30g (2 x 15ml)
Margarine	50g
Plain flour	75g (6 x 15ml)
Custard powder	10g (1 x 15ml)

Filling and Icing	
Jam	15ml
Icing sugar	60g (4 x 15ml)
Hot water	5ml
Glace cherry	2

Method

1. Preheat oven to 180oC/ Gas Mark 4.
2. Cream the margarine and sugar until very light and fluffy.
3. Beat in the flour and custard powder **a little at a time** - mixture becomes stiffer. **Do not allow the mixture to go onto crumbs.**
4. Turn the mixture onto a floured table and roll 1/2cm thick.
5. Cut out carefully with a small or medium sized cutter.
6. Place on greased & floured tin, and bake until very pale brown.
7. Allow to firm up slightly before removing from the tin.
8. Sandwich 2 biscuits with jam, repeat with rest.
9. Mix icing sugar with the measured water and spread carefully on the biscuits.
10. Place a small piece of cherry in the centre.

7. Milk Chocolate Cake

Ingredients	Quantities
self raising flour	175g
castor sugar	200g
salt	1 x 1.25 ml spoon
cocoa	25g
margarine	100g
evaporated milk	75ml
eggs	2
water	75ml
vanilla essence	few drops

Method

1. Turn oven on to 180°C/ Gas mark 4.
2. Sieve together flour, sugar, salt and cocoa.
3. Rub in margarine.
4. Stir in eggs, essence and liquids: beat well.
5. Grease and flour 2 x 15 cm tins, divide mixture between them.
6. Bake in for about 30- 35 minutes.
7. When cold, cover and sandwich with milk chocolate icing

8. Milk Chocolate Icing

Ingredients	Quantities
margarine	60g
spoon cocoa	15 ml
sieved icing sugar	225g
hot milk	45 ml
spoon vanilla essence	5 ml

Method

1. Melt margarine, then blend in cocoa, stir rest of ingredients.
2. Beat until smooth and thick. Use as required.

9. Munchies

Ingredients	Quantities
SR flour	2 tbsps rounded
Rolled oats/oatmeal	2 tbsps rounded
Granulated sugar	2 tbsps rounded
Coconut	2 tbsps rounded
Margarine	50g
Syrup	1 dessertspoon

Method

1. Turn oven on to 180°C/Gas mark 4.
2. Light oven and grease and flour baking tray.
3. Sieve flour into a large bowl, add coconut, granulated sugar and rolled oats. Then mix well.
4. Melt margarine and syrup in the saucepan.
5. Add this liquid to the dry ingredients. Mix together with a knife.
6. Place mixture in teaspoonfuls on the baking tray and flatten with a fork. Place 6-7 biscuits on each tray to allow for spreading.
7. Bake for 12-15 minutes until golden brown
8. Leave on a baking tray to cool before lifting off

10. Orange Bakewell Tart

Ingredients	Quantities
<u>Pastry</u>	
Plain flour	100g
Salt	pinch
Margarine	50g
Cold water	20ml
<u>Filling</u>	
Marmalade	30 ml
Soft margarine	50 g
Caster sugar	50g
SR flour	50 g
Baking powder	1.25 ml
Egg	1
Small orange	1
<u>Decoration</u>	
Icing sugar	

Method

1. Set oven to 180oC/Gas mark 4.
2. Sieve flour and salt into a bowl.
3. Add margarine and rub until mixture resembles breadcrumbs.
4. Add enough water to mix to a stiff consistency.
5. Turn pastry onto floured board, knead lightly and roll to size required to line flan ring.
6. Roll to size required and line flan ring.
7. Spread marmalade over base of pastry. Lay aside.
8. Wash orange and grate enough rind to give 5ml.
9. Squeeze juice and measure 15 ml.
10. Put ingredients for sponge mixture into bowl and beat until mixture is smooth and slightly glossy.
11. Beat in orange rind and juice.
12. Spread mixture into pastry case.
13. Bake until sponge is risen and golden brown and pastry is cooked.
14. Dredge with icing sugar and serve.

11. Pancakes - Dropped Scones

Ingredients	Quantities
SR Flour	175g
Baking powder	5ml
Caster sugar	40g
Egg	1
Milk	200ml

Method

1. Sift the flour, baking powder and sugar into a large bowl.
2. Make a well in the centre of the dry ingredients.
3. Add the egg and half the milk, beat to a smooth thick batter.
4. Beat in enough of the remaining milk to make the batter the consistency of thick cream.
5. Lightly grease a non-stick frying pan and place on heat.
6. Check the temperature of the frying pan is hot enough by testing a small drop of the mixture.
7. Drop the mixture in spoonfuls on to the frying pan, spacing well apart.
8. When bubbles rise to the surface, turn the pancakes over and cook for about a minute until golden brown.
9. Lift the cooked pancakes onto a cooling rack and cover with a clean tea towel.
10. Serve with butter and jam.

12.

Scones

Ingredients	Quantities
Self-raising flour	150g
Margarine	50g
Milk	4-6 x 15ml

Method

1. Switch on oven to 200°C or Gas Mark 6. Grease baking tray.
2. Sieve flour into large mixing bowl.
3. Rub the fat into the flour until the mixture looks like fine breadcrumbs.
4. Using a round bladed knife stir in a), b), c), d) or e) if wished.
5. Make a well in the centre and add enough milk to make a soft dough using a table knife.
6. Knead gently on a lightly floured surface and gently flatten with the palm of the hand to 2cm thick.
7. Using a 5cm fluted cutter, cut the mixture into 6 rounds, from the first rolling if possible.
8. Place on a baking tray, glaze with milk and bake for 8 minutes until well risen and golden brown.
9. Cool on a wire tray.

Variations

- a) Add 10ml caster sugar
- b) Add 25g sultanas or raisins and 1.25ml spoon mixed spice
- c) Add 1/4 cooking apple, finely chopped and 1.25ml cinnamon
- d) Add 1.25ml spoon cinnamon
- e) Add 25g cheddar cheese grated
- f) Add 1.25ml spoon ground ginger, 1.25ml spoon cinnamon and 1.25ml spoon mixed spice
- g) Add 2 x 15ml treacle, melted (reduce amount of milk to 3 tablespoons)

13. Small Sponge Cakes

Ingredients	Quantities
SR flour	50g
Margarine	50g
Castor sugar	50g
Egg	1
Milk	10ml

Method

1. Turn oven onto 180°C/Gas Mark 4.
2. Place 6 paper cases into bun tin.
3. Beat together margarine, sugar, egg and flour..
4. Spoon mixture evenly into paper cases.
5. Bake until risen, firm and golden brown.
6. Make up icing and when buns are cool decorate.

14. Glacé Icing

Ingredients	Quantities
Icing Sugar	100g
Warm water	5ml

Add warm water to sifted icing sugar, if any more water needed add gradually, drop by drop.

15. Butter Icing

Ingredients	Quantities
Icing Sugar	100g
Soft Butter	40g

Cream together soft butter and sifted icing sugar.

16.

Swiss Roll

Ingredients	Quantities
Eggs	3
Plain flour	75g
Caster sugar	75g
Spoons jam	3 x 15 ml

Method

1. Turn oven onto 210°C/Gas mark 7.
2. Grease and line swiss roll tin with greaseproof paper and thoroughly grease again.
3. Place the eggs and caster sugar into a bowl. Whisk until the mixture is stiff and fluffy.
4. Add the flour and very carefully FOLD in the flour. Pour mixture into tin, spread out.
5. Bake until golden and spongy.
6. Warm the jam gently in a small pan.
7. Sprinkle a sheet of greaseproof paper with caster sugar.
8. Take the cake out of the oven and turn out at once. Using a sharp knife, trim edges of the two long sides.
9. Quickly spread the jam evenly over the cake to within 3cm of the short edge.
10. Roll up quickly and carefully
11. Dredge with sugar or decorate with fruit and cream.

17.

Tablet

Ingredients	Quantities
Butter	50g
Sugar	2lbs
Condensed milk	Small tin
Milk	1 cup
Vanilla essence	few drops

Method

1. Grease well with a butter a deep baking tray. Put butter into pan and melt slowly
2. Add sugar and milk and melt slowly until sugar is **fully dissolved**.
3. When fully dissolved turn up heat until **beginning to boil**, then add condensed milk
4. Bring to boil and boil briskly for 6 mins (soft ball setting)
5. Remove from heat, add vanilla essence and stir for 3 mins or until beginning to get set
6. Pour into greased baking tray. Leave to cool for a short time then mark into sections.

18. Victoria Sandwich Cake

Ingredients	Quantities
SR flour (sieved)	150g
Castor sugar	150g
Margarine	150g
Eggs	3

Method

1. Preheat oven to 180oC/Gas Mark 4
2. Grease 2 cake tins and line with greaseproof paper. Grease the papers
3. Cream margarine and sugar until light and fluffy
4. Add beaten egg and sifted flour alternately
(variation recipes - add dry ingredients with flour e.g. chocolate
- add any liquid with egg e.g. lemon juice).
5. Divide the mixture evenly between both tins. Bake.
6. Remove from oven and cool.
7. When cool sandwich together with jam, cream or butter icing.

19. Welsh Cheese Cakes

Ingredients	Quantities
Base	
Short crust pastry	50g
Topping	
Margarine	50g
Caster sugar	50g
Egg	1
SR flour	50g
Jam	15ml

Method

1. Turn oven onto 190°C/Gas Mark 5.
2. Make pasty.
3. Roll out pastry very thinly. Cut into rounds. Line patty tins.
4. Put a very little jam into each case.
5. Beat together margarine, sugar, egg and flour.
6. Spoon into pastry cases.
7. Bake till risen, firm and golden.
8. Cool on wire tray. Dust with icing sugar.