

CHEESE & ??? TOASTIE

Ingredients

2 x Slices of Bread

12.5g x Margarine

25g x Cheese

$\frac{1}{4}$ x Onion

1 x Slice of Cooked Ham

$\frac{1}{2}$ x Tomato

} Options

Method

1. Collect all ingredients & equipment. Remove grill pan from grill and preheat grill.
2. Spread margarine on bread, right to the edges.
3. Grate cheese and prepare additional ingredients: Onion; finely chopped, Tomato; small dice, Ham; chopped.
4. Place 1 slice of bread, spreaded side down, on a baking tray.
5. Sprinkle grated cheese and any additional ingredients on top, ensuring that mixture is spread evenly to the edge of the bread.
6. Place under grill until cheese just starts to melt.
7. Remove from grill and place 2nd slice of bread (**spreaded side up**) on top.
8. Grill until golden brown. Using a fish slice, turn over and again grill until golden brown.
9. Cut in half diagonally and serve with a salad garnish.

SAUSAGE AND PASTA SALAD

Ingredients

For The Salad

30g x Peas
60g x Pasta Bows
2 x Large Pork Sausages
3 x Cherry Tomatoes
25g x Mushrooms

For The Dressing

2 x 15ml Mayonnaise
1 x 5ml Fresh Chives
1 x 5ml Lemon Juice
1 x 1.25ml Soft Brown Sugar
Salt & Pepper

Method

1. Collect ingredients and equipment. Preheat grill.
2. Cook pasta in boiling water in a large pan for 10-15 minutes until soft and drain.
3. Grill sausages, turning occasionally until cooked through. Cut into small pieces.
4. Just before pasta is ready add the peas and boil for 3 minutes, until soft, and drain.
5. Set pasta and peas aside, to cool.
6. Wipe and slice mushrooms. Wash and cut in half the cherry tomatoes.
7. In a large mixing bowl, mix together the cooked sausages, mushrooms, tomatoes, pasta and peas.
8. Make up the dressing by mixing together mayonnaise, chives, lemon juice, brown sugar and seasoning, stir until smooth.
9. Spoon the dressing over the salad, toss well and serve.

SPICY POTATO WEDGES & SALSA DIP

Ingredients

Wedges

2 x Medium Potatoes
1 x 10ml Sunflower Oil
1 x 1.25ml Cajun Spice
1 x 1.25ml Paprika
1 x 1.25ml Chilli Powder
Salt & Pepper

Salsa Dip

2 x Tomatoes
 $\frac{1}{4}$ x Onion
 $\frac{1}{2}$ x Fresh Chilli
1 x 2.5ml Tomato Puree
12.5g x Butter
Salt & Pepper

Method

1. Collect all ingredients and equipment. Set oven to 220°C/Gas Mark 7.
2. Wash potatoes and cut each into 8 wedges.
3. Place potatoes in a large mixing bowl. Add oil and seasonings and mix well.
4. Place wedges onto a baking tray and place in the oven for 20-25 minutes.
5. Put a medium pan of water on to boil. Core and cross tomatoes.
6. When water is boiling, using a slotted spoon, carefully put tomatoes into the water for a couple of minutes until skin starts to come away from the flesh.
7. Remove tomatoes from pan and place into a bowl of cold water.
8. Peel tomatoes and roughly chop. Place into a small saucepan.
9. Peel and finely chop onion. Finely chop chilli.
10. Add onion, butter, chilli and tomato puree to tomatoes.
11. Stirring continuously, bring tomato mixture to the boil.
12. Reduce heat, cover and simmer for 5 minutes.
13. Season and allow the salsa to cool.
14. Serve wedges with salsa dip.

SAVOURY QUESADILLAS

Ingredients

25g x Chorizo Sausage

25g x Cheese

$\frac{1}{4}$ x Pepper

$\frac{1}{4}$ x Fresh Chilli

$\frac{1}{2}$ x Spring Onion

$\frac{1}{2}$ x Tomato

1.25ml x Lemon Juice

10ml x Natural Yoghurt

2 x Tortilla Wraps

Seasoning

Method

1. Collect all ingredients and equipment. Preheat oven to 175oC / Gas Mark 4.
2. Cut the sausage into small, even sized pieces.
3. Grate the cheese.
4. Cut the pepper, tomato and chilli into small dice, and thinly slice the spring onion.
5. Mix the sausage, cheese, tomato, pepper, chilli, spring onion, lemon juice and yoghurt in a bowl. Season.
6. Divide the mixture between the two tortilla wraps and roll up tightly.
7. Place on a baking tray and heat in the oven for 10-15mins.
8. Cut into portions and serve.

STUFFED EGGS

Ingredients

2 x Eggs
1 x 5ml Chopped Parsley
12.5g x Cheddar Cheese
1 x 10ml Mayonnaise
Salt & Pepper
Paprika

Garnish

Mixed Salad

Method

1. Collect all ingredients & equipment.
2. Half fill a saucepan with water, add the eggs and bring to the boil. Boil for 10 minutes.
3. Once cooked, cool eggs under cold running water. Shell.
4. Wash, dry and finely chop parsley. Grate cheese.
5. Cut eggs in half along the length. Remove the yolks and cut a small slice from the base of the white to help them stand.
6. Sieve egg yolks into a bowl. Add parsley, cheese, mayonnaise and seasoning. Mix well.
7. Using a piping bag and nozzle, pipe rosettes of mixture into the egg whites.
8. Sprinkle with paprika.
9. Serve garnished with a mixed salad.

CHILLI TUNA PATTIES

Ingredients

$\frac{1}{2}$ x Onion
 $\frac{1}{2}$ x Red Chilli
 $\frac{1}{2}$ x Clove of Garlic
 $\frac{1}{2}$ cm x Fresh Ginger
25ml x Oil
200g x Cooked Chickpeas
 $\frac{1}{2}$ x Egg
5ml x Coriander
100g x Cooked Tuna

Dressing

1.25ml x Lime Juice
50ml x Mayonnaise
1.25ml x Chopped Parsley
Seasoning to Taste

Method

1. Collect all ingredients and equipment.
2. Finely chop the onion, chilli, garlic and ginger.
3. Place 10ml of oil in a small pan and sweat the mixture until soft.
4. Blend the chickpeas, onion mix, chopped coriander and tuna.
5. Add the egg, season and chill for 10mins.
6. **DRESSING** - Place all listed ingredients in a bowl and mix well. Chill until required.
7. Shape the patties into rounds and chill for a further 10mins.
8. Heat the remaining oil in a shallow frying pan and fry the patties until golden brown. Remove from the pan onto kitchen paper and season lightly.
9. Serve with the lime dressing and accompaniments of your choice.

SMOKED BACON MELTS

Ingredients

$\frac{1}{2}$ x Onion
 $\frac{1}{4}$ x Red Pepper
1 x Clove of Garlic
1 x Rasher of Smoked Bacon
5ml x Oil
50ml x Passatta
Pinch of Oregano
50g x Mature Cheddar
1 x Ciabatta Roll

Method

1. Collect all ingredients and equipment.
2. Finely dice the onion and red pepper, crush the garlic and cut the bacon into small dice.
3. Heat the oil in a small saucepan; add the onion, pepper, garlic and bacon. Cook gently to soften.
4. Add the passatta and reduce by half. Remove from the heat and season.
- 5. Heat the grill.**
6. Grate the cheese and cut the roll in half.
7. Toast one side of each half of the roll.
8. On the untoasted side of the roll, divide the mixture between the two halves and sprinkle with the oregano.
9. Top with the cheese and grill for 5mins or until melted. Serve.

WELSH RAREBIT

Ingredients

25g Margarine
20g Plain Flour
125ml Milk
100g Cheese
1 Dash of Worcestershire Sauce
Salt and Pepper (to taste)
2 Slices of Bread

Method

1. Melt the margarine in a small pan.
2. Add the flour and cook for 30 seconds.
3. Remove pan from heat and gradually add milk.
4. Return to heat and stir continuously, until sauce reaches a simmering stage, and cook for 3 minutes.
5. Remove from heat and stir in cheese and Worcestershire sauce.
6. Correct seasoning and leave to cool.
7. Grill bread on one side.
8. Spread cheese mixture on uncooked side of bread and brown gently under the grill.
9. Serve.

CHICKEN BROTH

Ingredients

1 x Onion (**diced**)
1 x Large Carrot (**diced**)
 $\frac{1}{2}$ x Leek (**chopped**)
1 x Stick of Celery (**diced**)
50g x Turnip (**diced**)
1 x Chicken Drumstick or Thigh
1 x Chicken Stock Cube
50g x Broth Mix
300ml x Water
5ml x Parsley (**chopped**)

Method

1. Collect all ingredients and equipment.
2. Rinse broth mix under cold water.
3. Place chicken in a large pot with broth mix, chicken stock cube and water. Bring to the boil.
4. Reduce heat and simmer gently with a lid on for 20 minutes.
5. Prepare vegetables as stated above, ensuring that they are all the same size.
6. Remove chicken carefully from pot and leave to cool.
7. Add all prepared vegetables carefully to pot and bring back to the boil. Reduce heat and simmer until vegetables are soft.
8. Pick all chicken meat of the bone, roughly chop and add to soup. Add chopped parsley.
9. Correct consistency and seasoning. Serve.

CHICKEN AND RICE SOUP

Ingredients

1 x Chicken Drumstick or Thigh
1 x Bouquet Garni
1 x Carrot
50g x Leek
1 x Onion
25g x Long Grain Rice
300ml x Chicken Stock
2.5ml x Chopped Parsley

Method

1. Collect all ingredients and equipment.
2. In a large saucepan, place the chicken, bouquet garni and chicken stock. Bring to the boil.
3. Reduce to a simmer and cook for 20mins. Skim off any froth from time to time.
4. Cut the carrot, leek and onion into a small dice. Chop parsley and place to one side.
5. After 20mins, remove chicken from pan and allow to cool. Once cool cut into small pieces.
6. Wash the rice and add to the saucepan with the carrots, onion and leeks. Bring back to the boil.
7. Reduce to a simmer and cook for a further 15-20mins, until rice is cooked.
8. Remove bouquet garni. Add chopped chicken and parsley.
9. Correct consistency, taste, season and serve.

CREAM OF TOMATO & RED PEPPER SOUP

Ingredients

25g x Onion - *Chopped*
25g x Celery - *Sliced*
25g x Carrots - *Chopped*
25g x Leeks - *Sliced*
1 x Clove of Garlic - *Crushed*
 $\frac{1}{2}$ x Red Peppers - *Deseeded & Chopped*
100g x Tinned Chopped Tomatoes
25g x Margarine
25g x Plain Flour
1.25ml x Sugar
250ml x Chicken or Vegetable Stock
100ml x Milk
Salt & Pepper

Method

1. Collect all ingredients and equipment. Prepare vegetables, as stated above.
2. Melt the margarine in a large saucepan and add the garlic, onion, celery, carrots and leeks. Sweat the vegetables on a very low heat with a lid on, until soft.
3. Remove from the heat and stir in the flour. Return to a low heat and cook slowly for a few minutes, without colour.
4. Remove from heat and gradually stir in the stock. Returning to the heat and stirring continuously, bring soup back to the boil.
5. Remove soup from the heat and add the red peppers, sugar and tomatoes.
6. Return to the heat and bring back to the boil. Reduce the heat to simmer the soup with a lid on for 15 minutes, stirring occasionally.
7. Remove from heat and liquidise soup. Add the milk.
8. Check consistency of soup. Taste and correct seasoning, if required. Reheat soup and serve.

CREAM OF VEGETABLE SOUP

Ingredients

1 x Small Potato
1 x Onion
25g x Carrot
25g x Turnip
 $\frac{1}{4}$ x Stick of Celery
25g x Leek
400ml x Vegetable Stock
150ml x Milk
10ml x Chopped Parsley
Salt & Pepper

Method

1. Collect all ingredients & equipment.
2. Place stock in a large saucepan and bring to the boil.
3. Wash, peel and rewash potato. Finely slice and carefully place in stock.
4. Wash, peel and rewash carrot and turnip. Coarsely grate and carefully place in stock.
5. Peel and finely chop onion and carefully place in stock.
6. Wash string and finely slice celery, place in stock.
7. Wash and finely chop leek and place carefully in stock.
8. Bring back to the boil, reduce heat and simmer with a lid on for 10-15 minutes.
9. Wash and finely chop parsley.
10. Once vegetables are cooked, blend soup until smooth.
11. Return soup to the heat and gently bring back to the boil.
12. Thin soup down with milk.
13. Taste and correct seasoning, if required.
14. Serve garnished with chopped parsley.

LENTIL SOUP

Ingredients

50g x Lentils

$\frac{1}{2}$ x Onion

$\frac{1}{2}$ x Carrot

$\frac{1}{4}$ x Leek

600ml Vegetable Stock

10ml x Chopped Parsley

Salt & Pepper

Method

1. Collect all ingredients & equipment.
2. Rinse lentils.
3. Place stock and lentils in a large saucepan and bring to the boil.
4. Peel and finely chop onion. Add carefully to stock and lentils.
5. Wash, peel and rewash leek and finely chop. Add carefully to soup.
6. Wash, peel and rewash carrot. Roughly grate and carefully add to soup.
7. Bring back to the boil, reduce heat, cover and simmer for 15-20 minutes.
8. Wash and chop parsley.
9. Taste soup and correct seasoning, if required. Add parsley and serve.

POTATO & LEEK SOUP

Ingredients

1 x Onion (*finely chopped*)
300g x Leeks (*trimmed, washed and chopped*)
12.5g x Carrot (*grated*)
12.5g x Plain Flour
12.5g x Margarine
200g x Potatoes (*peeled and diced*)
750ml x Chicken or Vegetable Stock
1 x Bouquet Garni
Chopped Parsley

Method

1. Collect all ingredients and equipment.
2. In a large saucepan gently melt the margarine and sweat the onions, carrots and the white of the leeks until soft.
3. Stir in flour. Gradually stir in the stock and bring to the boil, stirring continuously.
4. Add potatoes and Bouquet garni, reduce heat and simmer gently for 10-15 minutes.
5. Add the green part of the leek and cook for 5 minutes.
6. Remove Bouquet garni.
7. Correct seasoning and consistency of soup.
8. Stir in chopped parsley and serve.

TUSCAN BEAN SOUP

Ingredients

$\frac{1}{2}$ x Red Onion
1 x Carrot
1 x Stick of Celery
1 x Clove of Garlic
1.25ml x Dried Basil
5ml x Vegetable Oil
200g x Chopped Tomatoes
7.5ml x Tomato Puree
200ml x Vegetable Stock
200g x Cooked Mixed Beans
Seasoning

Method

1. Collect all ingredients and equipment.
2. Cut the onion, carrot and celery into small dice and crush the garlic.
3. In a large saucepan, heat the oil. Add the onion and sauté for about 5mins or until soft.
4. Stir in the basil, garlic, carrot and celery and continue to cook for a further 3mins.
5. Add the tomatoes, tomato puree and stock. Bring to the boil, reduce to a simmer and cook for 15-20mins or until vegetables are soft.
6. Remove half of the vegetable mixture from the pan and blend until smooth, then return to the pan.
7. Add the beans, correct the consistency of the soup and bring to the boil.
8. Correct seasoning and serve.

CHEESE & HAM SCONES

Ingredients

200g x Self-Raising Flour
1 x Pinch of Mustard Powder
25g x Margarine
50g x Cheddar Cheese
25g x Cooked Ham
100ml x Milk

Method

1. Collect all ingredients and equipment. Set oven to 220oC/Gas Mark7.
2. Grate cheese and finely chop ham.
3. Sieve flour and mustard into a large bowl.
4. Rub in margarine until the mixture resembles fine breadcrumbs. Stir in the cheese and ham.
5. Add enough milk to form a dough.
6. Lightly flour a surface and gently knead the dough. Roll out to 1.5cm thickness and cut with a medium pastry cutter.
7. Arrange scones on a baking tray and bake for 10-12 minutes. Cool scones on a wire cooling rack.
8. Serve scones warm or cold with butter.

NAAN BREAD

Ingredients

250g x Strong Flour
1 x 1.25ml Salt
1 x 1.25ml Sugar
 $\frac{1}{2}$ pkt x Fast Action Dried Yeast
5 x 15ml Natural Yoghurt
6 x 15ml Milk
1 x 15ml Melted Butter

Method

1. Collect all ingredients and equipment. Set oven to 230oC/Gas Mark 8.
2. Mix together yoghurt and milk.
3. Sieve flour and salt into a large mixing bowl. Add sugar and stir in dried yeast.
4. Make a well in the centre of the flour mixture and gradually work in the milk mixture to make a soft dough.
5. Knead on a lightly floured surface for 10 minutes.
6. Divide the dough into 4 equal pieces. Knead each piece lightly into a bowl, pat and then pull out to a flat oval shape about 15cm long.
7. Brush one side with melted butter and place this side on baking tray.
8. Brush the top with melted butter. Leave in a warm place to double in size.
9. Bake for 8-10 minutes until firm to the touch and golden brown.

SAVOURY CHEESE PARTNERS

Ingredients

90g x Plain Flour
50g x Margarine
25g x Cheddar Cheese
25g x Porridge Oats
1 x 1.25ml Salt
1 x 1.25ml Baking soda
2 x 10ml Milk

Method

1. Collect all ingredients & equipment. Set oven to 200oC/Gas mark 6.
2. Grate cheese.
3. Sieve flour into a large mixing bowl.
4. Rub in margarine until mixture resembles fine breadcrumbs.
5. Stir in porridge oats, cheese, salt and baking soda.
6. Add sufficient milk to form a stiff dough.
7. Knead lightly and roll out to approximately $\frac{1}{2}$ cm in thickness.
8. Cut out circles using a scone cutter and arrange on a baking tray.
9. Bake in the oven for 15 minutes, until a rich golden brown.
10. Cool on a wire cooling rack.
11. Serve.

BEEF & VEGETABLE BURGER

Ingredients

50g Minced Beef
25g Potato (finely grated)
25g Carrot (finely grated)
12.5g x Breadcrumbs
Egg to Bind
Dash of Worcestershire Sauce
Salt & Pepper

Flour for Shaping

1 Bread Roll
Lettuce, Tomato & Cucumber (to garnish)

Method

1. Collect all ingredients & equipment.
2. Wash, peel and grate the potato and carrot.
3. Heat up grill.
4. Place all the ingredients in a bowl and mix well with a fork.
5. With lightly floured hands, form into one burger. Use a palette knife to shape.
6. Place burger on a tray and grill for approximately 10 minutes each side.
7. Serve in a roll garnished with salad.

CHEESE & HAM PENNE

Ingredients

50g x Penne

$\frac{1}{4}$ x Onion

1 x Mushroom

1 x Slice Cooked Ham

25g x Edam Cheese

25g x Plain Flour

250ml x Milk

1 x 15ml Single Cream

1 x 15ml Sunflower Oil

Salt & Pepper

Sprig of Parsley

Method

1. Collect all ingredients & equipment.
2. Half fill a large saucepan with seasoned water and bring to the boil. Once boiling, add penne and cook for 10 minutes. Once cooked, drain.
3. Peel onion and finely chop. Wipe mushroom and slice.
4. Grate cheese. Dice cooked ham.
5. Heat oil in a saucepan and fry onion, mushroom and ham.
6. Add flour and cook for 2 minutes. Remove from heat and gradually add milk.
7. Return to the heat and bring mixture to the boil, stirring continuously.
8. Add cream, $\frac{3}{4}$ of the grated cheese and remove from the heat.
9. Taste and correct seasoning, if required.
10. Add pasta and mix well.
11. Pour mixture into an ovenproof dish and sprinkle with the remaining cheese.
12. Place under a preheated grill and cook until golden brown.
13. Serve garnished with a sprig of parsley.

CHEESE & POTATO BAKE

Ingredients

2 x Medium Potatoes
25g x Margarine
25g x Plain Flour
200ml x Milk
50g x Cheddar Cheese
Pinch of English Mustard Powder
Salt & Pepper
Sprig of parsley

Method

1. Collect all ingredients & equipment. Set oven to 200oC/Gas Mark 7.
2. Wash, peel and rewash potatoes. Cut into even diced pieces.
3. Place potatoes into a saucepan, cover with water and season. Bring to the boil and simmer for 10-15 minutes. Drain.
4. Grate cheese.
5. Place margarine, flour, mustard and milk into a saucepan. Stirring continuously, bring gently to the boil. Cook for 2-3 minutes.
6. Remove from the heat and stir in $\frac{3}{4}$ of the grated cheese until it has melted.
7. Add the cooked and drained potatoes to the cheese sauce and mix well.
8. Pour mixture into a ovenproof dish, sprinkle the remaining cheese on top and bake in the oven for 10-15 minutes until golden brown.
9. Serve garnished with a sprig of parsley.

CHEESE & TOMATO PIZZA

Ingredients

100g x Self-Raising Flour

25g x Margarine

4 x 15ml Milk

25g x Chopped Tomatoes

1 x 5ml Tomato Puree

A Pinch of Mixed Herbs

Salt & Pepper

} Mix together in a bowl

25g x Cheddar Cheese

Method

1. Collect all ingredients & equipment. Set oven to 220oC/Gas Mark 7.
2. Sieve flour in to a large mixing bowl.
3. Cut margarine into small pieces and rub into flour until it resembles breadcrumbs.
4. Add milk and mix to a soft dough.
5. Knead lightly on a floured surface.
6. Flatten into a circle and place on a baking tray.
7. Grate cheese.
8. Spread tomato mixture on top of pizza base. Sprinkle cheese on top.
9. Bake in the oven for 15 minutes until golden brown on top.
10. Serve.

CHICKEN CHOW MEIN

Ingredients

50g x Egg Noodles
 $\frac{1}{2}$ x Chicken Breast
 $\frac{1}{2}$ x Clove of Garlic
 $\frac{1}{4}$ x Red Pepper
1 x Mushroom
1 x Spring Onion
25g x Bean Sprouts
1 x 15ml Sunflower Oil
1 x 15ml Soy Sauce

Method

1. Collect all ingredients and equipment.
2. Half-fill a medium saucepan with water, season and bring to the boil. Add the noodles, bring back to the boil. Once boiling remove from the heat, cover and leave to stand.
3. Wash chicken breast, dry with a paper towel and cut into thin strips. Wash bean sprouts.
4. Peel and crush the garlic. Peel and wash the spring onion, cut diagonally into 2.5cm strips (**cut the final 2.5cm into julienne strips and reserve for garnish**).
5. Wash and deseed the pepper, cut into strips. Wipe the mushroom and slice. Drain the noodles.
6. Heat the oil in a frying pan or wok; add the chicken and garlic and stir-fry for 3 minutes.
7. Add the spring onion, red pepper and mushroom; stir-fry for 3 minutes.
8. Add the bean sprouts, noodles and soy sauce and continue to stir-fry for 1 minute.
9. Serve garnished with julienne of spring onion.

CHICKEN CURRY & RICE

Ingredients

50g x Long Grain Rice
 $\frac{1}{2}$ x Chicken Breast - **THINLY SLICED**
3 x Tablespoons Chopped Tomatoes
1 x Onion - **ROUGHLY CHOPPED**
 $\frac{1}{2}$ x Pineapple Slice - **CHOPPED**
125ml x Chicken Stock
1 x 5ml Curry Powder or Paste
1 x 10ml Mango Chutney
1 x 10ml Coconut
1 x 10ml Vegetable Oil

Method

1. Collect all ingredients and equipment.
2. Prepare onion, pineapple and chicken.
3. Place a pan of salted water on to boil. Once boiling, add the rice and cook for 12-15 minutes.
4. Heat the oil in a small saucepan and fry chicken until cooked.
5. Add the onion and cook for 2-3 minutes.
6. Add the curry powder and cook for 30 seconds.
7. Add the tomatoes, chicken stock, pineapple, mango chutney and coconut. Bring to the boil, reduce heat, cover and simmer for 10 minutes.
8. Correct seasoning and serve with boiled rice.

CHILLI VEGETABLE STIR-FRY

Ingredients

1/8 x Green Pepper - **SLICED**
1/8 x Red Pepper - **SLICED**
1/2 x Small Stick of Celery - **SLICED**
1/2 x Onion - **SLICED**
1 x Clove of Garlic - **CRUSHED**
1/3 x Carrot - **GRATED**
25g x Beansprouts
25g x Egg Noodles
3 x 15ml Sweet Chilli Sauce
1 x 15ml Vegetable Oil

Method

1. Collect all ingredients and equipment.
2. Half fill a small pan with water, season and bring to the boil.
Add egg noodles, bring back to the boil and then turn off heat.
3. Prepare vegetables as stated above.
4. Drain noodles and place to one side.
5. Heat the oil in a frying pan. Add the celery, garlic and onions, stir fry for 1minute.
6. Add the peppers and carrot, stir fry for 1 minute.
7. Add the beansprouts and noodles, stir fry for 30 seconds.
8. Add the sweet chilli sauce, stir fry for 30 seconds and then serve.

COTTAGE PIE

Ingredients

Filling

100g x Mince
1 x 15ml Sunflower Oil
 $\frac{1}{4}$ x Onion
 $\frac{1}{2}$ x Small Carrot
100ml x Beef Stock
1 x 15ml Plain Flour
Salt & Pepper

Topping

50g x Instant Mashed Potato
175ml x Boiling Water
 $\frac{1}{2}$ x Egg
15g x Grated Cheese
Salt & Pepper

Method

1. Collect all ingredients & equipment. Set oven to 180oC/Gas Mark 6.
2. Wash, peel and rewash carrot, finely dice.
3. Peel and finely chop onion.
4. Heat oil in a saucepan and gently fry the carrots and onion for 3-4 minutes.
5. Add mince and brown.
6. Add the flour and then stir in the beef stock. Simmer for 5 minutes.
7. Pour boiling water into a glass bowl. Add potato and stir with a fork.
8. Add beaten egg and season.
9. Place mince mixture in an ovenproof dish. Place potato in a piping bag and pipe neatly on top.
10. Sprinkle with grated cheese and bake in the oven for 10-15 minutes.
11. Serve garnished with a sprig of parsley.

CREAMY CHICKEN SALSA

Ingredients

100ml x Tinned Chopped Tomatoes

1 x Roughly Chopped Onion

1 x Roughly Chopped Chilli's

10ml x Tomato Puree

1 x Chicken Stock Cube

25g x Butter

100ml x Double Cream

15ml x Vegetable Oil

1 x Chicken Breast

50g x Rice or Pasta

Method

1. Collect all ingredients and equipment.
2. Prepare vegetables as stated.
3. Place tinned tomatoes, chopped onion and chilli, tomato puree, butter and stock cube in a saucepan and bring to the boil. Reduce to a low heat and simmer with a lid on for 10minutes.
4. Allow to cool slightly and blend salsa sauce in a mixer until smooth. Place to one side until needed.
5. Put a pan of seasoned water on to boil, once boiling cook pasta or rice as per packet instructions. Drain once cooked.
6. Cut chicken into even sized pieces. Heat oil in a saucepan and cook chicken.
7. Stir in salsa sauce and bring to the boil. Once at the boil, reduce to a low heat and simmer with a lid on for 10minutes.
8. Stir in double cream and heat until just to the boil. Remove from heat.
9. Taste and correct seasoning if required and serve with rice or pasta.

ITALIAN PASTA POT

Ingredients

75g x Mince
1 x Small Onion
1 x Clove of Garlic
50g x Macaroni
10ml x Oil
10ml x Tomato Puree
50ml x Chopped Tomatoes
A Pinch of Mixed Herbs
150ml x Beef Stock

Method

1. Collect all ingredients and equipment.
2. Peel and finely chop the onion. Peel and crush garlic.
3. Gently heat the oil in the pan. Add the onions and garlic and fry gently.
4. Add the mince and fry until brown, breaking the mince up with a wooden spoon.
5. Stir in the tomato puree, tomatoes, herbs, stock, and macaroni.
6. Bring to the boil, stirring all the time.
7. Reduce the heat, put on the lid and simmer gently for 15-20 minutes, stirring occasionally.
8. Remove pan from heat and serve.

MACARONI CHEESE

Ingredients

50g Macaroni
25g Cheese
25g Margarine
25g Flour
200ml Milk
Salt & Pepper

Method

1. Collect all ingredients and equipment.
2. Half fill and season a large pan with water, and bring to the boil.
3. Once boiling, add macaroni and cook for 8-10 minutes, until soft.
4. Grate cheese on to a plate.
5. Place flour, margarine and milk into a small pan, heat gently stirring all the time until sauce thickens.
6. Remove sauce from heat and stir in $\frac{3}{4}$ of the cheese until it melts. Taste and correct seasoning.
7. Drain pasta and stir into cheese sauce.
8. Place macaroni cheese into a dish and sprinkle with remaining cheese.
9. Grill until evenly browned.

MEXICAN CHILLI WRAP

Ingredients

1 x 10ml Vegetable Oil
50g x Minced Beef
 $\frac{1}{4}$ x Onion
 $\frac{1}{2}$ x Clove of Garlic
 $\frac{1}{8}$ x Green Pepper
100ml x Chopped Tomatoes
1 x 15ml Tomato Puree
1 x 1.25ml Chilli Powder
1 x 1.25ml Paprika
25g x Red Kidney Beans
 $\frac{1}{4}$ x Beef Stock Cube
1 x Tortilla Wrap

Method

1. Collect all ingredients and equipment.
2. Peel onion and garlic. Wash, deseed and rewash pepper.
3. Finely chop onion, crush garlic and dice pepper.
4. In a medium plastic bowl mix chilli, paprika, tomato puree and chopped tomatoes and stir well.
5. Heat the oil in a medium saucepan and fry minced beef until colour changes.
6. Add onion, garlic and green pepper and fry for 3 minutes.
7. Add tomato mixture and stock cube, cover and simmer for 10 minutes.
8. Add red kidney beans and cook for a further 10 minutes.
9. Warm the tortilla wrap in frying pan, fill with chilli mixture, roll up and serve.

PAELLA

Ingredients

$\frac{1}{2}$ x Onion
 $\frac{1}{4}$ x Green Pepper
 $\frac{1}{2}$ x Chicken Breast
100g x Long Grain rice
1 x 15ml Vegetable Oil
250ml x Chicken Stock
1 x 1.25ml Turmeric
1 x 15ml Peas
Pinch of Mixed herbs
1 x 10ml Chopped parsley
Salt & Pepper

Method

1. Collect all ingredients & equipment.
2. Peel onion and finely chop.
3. Wash, deseed and rewash pepper and finely dice.
4. Wash and dry chicken breast and dice.
5. Wash rice in a sieve.
6. Make stock.
7. Heat oil in a saucepan and sauté onion and chicken for 2 minutes.
8. Add rice and sauté for a further minute.
9. Add chicken stock, turmeric, peppers, mixed herbs and peas. Bring to the boil, reduce heat, cover and simmer for 20 minutes until rice is tender and all liquid is absorbed.
10. Serve garnished with chopped parsley.

PASTA with TOMATO & BACON

Ingredients

50g x Spirali Pasta
1 x 10ml Vegetable Oil
 $\frac{1}{2}$ x Medium Onion
1 x Rasher of Bacon
100ml x Chopped Tomatoes
1 x 10ml Tomato Puree
50ml x Chicken Stock
Pinch of Basil
Salt & Pepper

Method

1. Collect all ingredients & equipment.
2. Half fill a large saucepan with seasoned water and bring to the boil. Once boiling, add the pasta and cook for 10 minutes until just soft to the bite. Drain and return to saucepan.
3. Snip bacon.
4. Peel and finely chop onion.
5. Heat oil in a frying pan and sauté onions and bacon for 3-4 minutes.
6. Add the basil and tomato puree and cook for 1-2 minutes.
7. Stir in the chopped tomatoes and stock and bring to the boil.
8. Reduce heat and simmer for 5-10 minutes.
9. Pour sauce onto cooked pasta and mix well.
10. Taste and correct seasoning, if required.
11. Serve garnished with a sprig of parsley..

QUICHE LORRAINE

Ingredients

Pastry

100g x Plain Flour
Pinch of Salt
50g x Margarine
2 x 10ml Cold Water
2 Drops of Lemon Juice

Filling

1 x Egg
75ml x Milk
25ml x Cream
25g x Cheddar Cheese
2 x Rashers Streaky Bacon
A pinch of Nutmeg
10ml x Sunflower Oil
Salt & Pepper

Method

1. Set oven to 220oC/ Gas Mark 7.
2. Collect all ingredients and equipment.
3. Sieve flour and salt into a large bowl. Rub in margarine until mixture resembles fine breadcrumbs. Add water and lemon juice to make stiff dough.
4. Knead lightly on a floured surface. Roll out pastry and line a 15cm flan ring. Bake blind for 10 minutes. After pastry is out of oven, reduce the oven temperature to 180oC/ Gas Mark 5.
5. Grate cheese. Snip bacon into 1cm pieces. Beat egg, stir in milk and cream; season with nutmeg, salt and pepper.
6. Heat oil in a frying pan and gently fry bacon, until cooked but not browned. Drain on paper.
7. Sprinkle cheese over base of pastry case. Place bacon on top and pour egg mixture into pastry case.
8. Bake in oven for 20 minutes until mixture is set and golden brown.

SAUSAGE & BEAN STEW

Ingredients

2 x Sausages
 $\frac{1}{2}$ x Onion
1 x Small Potato
 $\frac{1}{2}$ x (415g) Tin of Baked Beans
200ml x Chopped Tomatoes
100ml x Beef Stock
1 x 5ml Vegetable Oil
Chopped Parsley
Salt & Pepper

Method

1. Collect all ingredients & equipment.
2. Heat oil in a frying pan and cook sausages. Once cooked cut into thin slices.
3. Wash, peel and rewash potato. Cut into small dice.
4. Peel and finely chop onion.
5. Place all the ingredients into a saucepan and bring to the boil.
6. Reduce heat and simmer for 10-15 minutes, stirring occasionally.
7. Taste and correct seasoning, if required.
8. Serve in a warm bowl, garnished with chopped parsley and accompanied with wholemeal bread.

SPAGHETTI BOLOGNAISE

Ingredients

50g x Minced Beef
1 x 5ml Sunflower Oil
 $\frac{1}{2}$ x Onion
1 x Clove of Garlic
100ml x Tinned Chopped Tomatoes
1 x 10ml Tomato Puree
50ml x Beef Stock
Pinch of Mixed herbs
Salt & Pepper

50g x Spaghetti
Salt

Method

1. Collect all ingredients and equipment.
2. Half fill a saucepan with seasoned water and put on to boil.
3. When water is boiling, add the spaghetti and cook for 10 minutes. When cooked, drain through a colander.
4. Peel and finely chop onion. Peel and crush garlic.
5. Heat oil in a small saucepan and brown mince. Add onion, mixed herbs and garlic and cook for 2 minutes.
6. Stir in tomato puree and then add tomatoes and beef stock. Bring to the boil. Reduce heat, cover and simmer gently for 15 minutes.
7. Correct seasoning of sauce, if required.
8. Serve spaghetti in a warm serving dish with the sauce poured over the top.
9. Garnish with grated parmesan and chopped parsley.

SPAGHETTI CARBONARA

Ingredients

10ml x Olive Oil
2 x Cloves of Garlic
50g x Streaky Bacon
45ml x Double Cream
25g x Parmesan Cheese
1 x Egg Yolk
Salt & Pepper
100g x Spaghetti

Method

1. Collect all ingredients and equipment.
2. Put on a pan of salted water to boil. When boiling add tagliatelle and cook for 7-10 minutes until just tender to the bite. Drain.
3. Crush garlic and chop bacon. Mix cream and parmesan cheese together and season.
4. Heat oil in a saucepan. Add bacon and garlic and fry until crisp and golden brown.
5. Add drained tagliatelle to bacon and garlic and mix well.
6. Pour cream and parmesan over tagliatelle and cook until the mixture starts to thicken.
7. Remove from heat and stir in the egg yolk.
8. Serve.

SPANISH OMELETTE

Ingredients

1 x Small Potato
1 x 10ml Frozen Peas
 $\frac{1}{4}$ x Onion
 $\frac{1}{8}^{\text{th}}$ x Red Pepper
2 x Eggs
1 x 15ml Vegetable Oil
Salt & Pepper

Method

1. Collect all ingredients & equipment.
2. Wash, peel and rewash potato. Cut into small dice.
3. Place potatoes in a small saucepan, cover with water, season and bring to the boil. Reduce heat and simmer for 5-8 minutes until just cooked. Drain.
4. Peel and finely chop onion. Wash, deseed and finely chop pepper.
5. Beat eggs in a bowl and season. Add potatoes, onion, peas and peppers, mix well.
6. Heat oil in a frying pan and pour in egg mixture.
7. Using a wooden spatula work around pan edge and shake pan occasionally to stop sticking.
8. When the top has set, cover pan with a plate and turn omelette onto it.
9. Return to pan, cooked side up and cook for a further 2-3 minutes. Serve.

STEAMED MINCE PUDDING

Ingredients

Suet Paste

50g x Self Raising Flour
25g x Beef Suet
Pinch of Salt
30ml x Water (approx)

Mince Filling

50g x Mince
 $\frac{1}{4}$ x Onion
12.5g x Plain Flour
 $\frac{1}{2}$ x Beef Stock Cube
Dissolve
100ml x Hot Water

Method

1. Collect all ingredients and equipment.
2. Dissolve stock cube in hot water and finely chop onion.
3. Brown mince, add onion and cook for 1-2 minutes.
4. Stir in flour and then gradually add beef stock. Bring to the boil and then reduce heat and simmer for 5 minutes. Remove from heat and leave to cool.
5. Sieve flour and salt into a mixing bowl and then stir in suet. Gradually add water until a stiff dough is formed.
6. Knead lightly on a floured surface. Reserve $\frac{1}{4}$ of the dough to one side and roll out remaining dough into a circle.
7. Line a lightly greased medium bowl with rolled out suet paste and fill with mince mixture.
8. Roll out remaining suet paste large enough to cover suet pudding.
9. Cover pudding with greaseproof paper and steam for 30 minutes.
10. Turn out pudding and serve with gravy.

TOAD IN THE HOLE with ONION GRAVY

Ingredients

Toad in the Hole

2 x Sausages
50g x Plain Flour
 $\frac{1}{2}$ x Egg
125ml x Milk
2 x 5ml Oil
Salt & Pepper

Onion Gravy

$\frac{1}{2}$ x Onion
12 $\frac{1}{2}$ g x Margarine
1 x Level tablespoon Plain Flour
150ml x Beef Stock
Gravy Browning

Method

1. Collect all ingredients and equipment. Preheat oven at 230°C/Gas Mark 8.
2. Gently fry sausages in 5ml of oil until brown and cooked through.
3. Sieve flour, salt and pepper in a large bowl. Make a well and add the egg and half the milk, whisking until smooth. Gradually add the remaining milk.
4. Heat 5ml oil in an ovenproof dish. Carefully add the cooked sausages and pour over batter mix. Cook in oven for approximately 15 minutes, until well risen and golden brown.
5. Peel and slice onion.
6. Melt margarine in a small pan and cook onions for 2-3 minutes, until soft.
7. Stir in flour and cook for 30 seconds. Gradually stir in stock and bring to boil, stirring continuously. Simmer gently for 5 minutes.
8. Serve "Toad in the Hole" with "Onion Gravy" poured over.

TUNA FISH CAKES

Ingredients

50g x Dried Potato
175ml X Boiling Water
12.5g x Margarine
 $\frac{1}{2}$ x tin Tuna
1 x 5ml Chopped Parsley
1 x 15ml Vegetable Oil
Salt & Pepper

Coating

Ruskoline
 $\frac{1}{2}$ x Egg

Method

1. Collect all ingredients and equipment.
2. Chop parsley.
3. Pour boiling water in a large glass bowl. Add potato and margarine and stir with a fork.
4. Add tuna and chopped parsley. Season.
5. Beat egg onto a glass plate and pour ruskoline onto a paper towel.
6. Divide mixture into 2 and shape into cakes. Coat with beaten egg and then ruskoline.
7. Heat oil in a frying pan and gently fry fish cakes until golden brown.
8. Carefully turn over and cook again until golden brown.
9. Serve garnished with a sprig of parsley and a wedge of lemon.

TURKISH MEATBALLS in TOMATO SAUCE

Ingredients

Meatballs

2.5g x Ground Cumin

2.5g x Allspice Powder

100g x Mince

15g x Breadcrumbs

$\frac{1}{2}$ x Egg

50g x Long Grain Rice

Tomato Sauce

1 x Onion

1 x Clove of Garlic

15ml x Vegetable Oil

50ml x Passatta

50g x Chopped Tomatoes

100ml x Vegetable Stock

Salt & Pepper

Method

1. Collect all ingredients and equipment.
2. Mix together all ingredients for the meatballs and season. Shape into equal sized balls and refrigerate.
3. Finely chop the onion and crush the garlic.
4. Heat half the oil in a small saucepan, add the onion and garlic and sweat for 5mins. Add the passatta, tomato and stock, and bring to the boil. Reduce the heat and simmer.
5. Put a pan of seasoned water onto boil for rice.
6. Heat the remaining oil in a frying pan and brown the meatballs.
7. Remove the meatballs onto kitchen paper and then carefully place them in the tomato sauce. Simmer for 15mins.
8. Cook rice. Drain.
9. Correct seasoning and consistency of sauce. Serve meatballs with rice.

BOMBAY-STYLE POTATOES

Ingredients

1 x 2.5ml Black Mustard Seeds
1 x Small Onion
2 x 5ml Medium Curry Powder
200g x Potatoes
200ml x Stock
2 x 15ml Crème Fraiche
1 x 10ml Vegetable Oil
Salt & Pepper
Sprig of Coriander to garnish

Method

1. Collect all ingredients and equipment.
2. Wash, peel and rewash potatoes. Cube.
3. Peel and chop onion.
4. In a large saucepan gently heat oil. Add mustard seeds and cook until they begin to pop.
5. Add the onion and sauté for about 5 minutes until soft.
6. Add the curry powder and potatoes to the saucepan together with the stock. Heat gently until simmering, then cover with a tight fitting lid and cook for 10 minutes.
7. Remove the lid and cook for 2-3 minutes more to ensure that the potatoes are cooked through and that the sauce has reduced and thickened slightly.
8. Stir in the crème fraiche and season to taste.
9. Garnish with a sprig of coriander and serve.

CURRIED RICE

Ingredients

$\frac{1}{2}$ x Onion
12.5g x Margarine
1 x 5ml Curry Powder
200ml x Chicken Stock
25g x Raisins
100g x Long Grain Rice
Salt & Pepper

Method

1. Collect all ingredients & equipment.
2. Peel and finely chop onion.
3. Make up stock.
4. Melt margarine in a saucepan and sauté the onion for 5 minutes.
5. Add the curry powder and rice and cook over a low heat for 2 minutes, stirring continuously.
6. Add the stock and raisins, bring to the boil.
7. Reduce heat, cover and simmer gently for 12-15 minutes until rice is cooked and all the liquid is absorbed.
8. Fork over lightly, pile into a warm serving dish and serve garnished with toasted almonds.

POTATO & ONION ROSTI with a POACHED EGG (optional)

Ingredients

$\frac{1}{2}$ x Onion
1 x Large Floury Potato (or two medium)
Salt & Pepper
1 x Egg
A Splash of White Vinegar
Oil for Frying

Method

1. Collect all ingredients and equipment. Preheat oven to 220oC / Gas mark 7.
2. Finely chop the onion.
3. Peel and grate the potato (squeeze excess moisture out of potato).
4. Mix the onion and potato together in a bowl and season.
5. Divide the mixture into two equal portions and shape into round pancakes.
6. Fry for 5-6mins in oil in a shallow frying pan turning over once they are a golden brown colour.
7. Transfer to a baking tray and cook in the oven for 15mins.
8. Half fill a small saucepan with water, add vinegar and bring to the boil. Reduce heat to a simmer.
9. Crack the egg into a small bowl and carefully pour into the simmering water. Poach the egg for 6-8mins.
10. Using a slotted draining spoon, carefully remove the egg from the water and drain on kitchen paper.
11. Place poached egg on top of potato rosti.
12. Lightly season before serving.

POTATO & VEGETABLE FRITTATA

Ingredients

2 x Spring Onions
1 x Clove of Garlic
 $\frac{1}{4}$ x Pepper
100g x Potatoes
1 x Tomato
2 x Eggs
Pinch of Mixed Herbs
5ml x Vegetable Oil
25g x Cheddar
Salt & Pepper

Method

1. Collect all ingredients and equipment.
2. Peel and dice the potatoes into small squares. Place the potatoes into a small saucepan with seasoned cold water, bring to the boil. Reduce heat and simmer until soft. Refresh in cold water.
3. Slice the spring onion thinly, crush the garlic and dice the tomato and pepper very small.
4. Beat the eggs with the mixed herbs and season. Grate the cheese.
5. Heat the oil in a frying pan, add the spring onion, garlic and pepper and sweat until soft.
6. Add the potatoes and cook for a further 2-3mins. Add the tomato and allow to warm through.
7. **Heat the grill.**
8. Pour the beaten eggs over the vegetable mixture and cook gently until the eggs start to set.
9. Sprinkle with the grated cheese and finish cooking under the grill until golden brown. Serve.

SPICED VEGETABLE RICE

Ingredients

$\frac{1}{2}$ x Onion
 $\frac{1}{4}$ x Red Pepper
 $\frac{1}{2}$ x Clove of Garlic
10ml x Kidney Beans
10ml x Frozen Mixed Vegetables
50g x Long Grain Rice
15ml x Vegetable Oil
1 x Vegetable Stock Cube
250ml x Hot Water

10ml x Tomato Puree
1.5ml x Paprika
1.5ml x Chilli Powder

} **combine**

Method

1. Collect all ingredients and equipment.
2. Chop onion, dice pepper and crush garlic.
3. Mix together tomato puree, paprika and chilli powder.
4. Dissolve stock cube in hot water.
5. Heat oil in a pan, add onion and garlic and cook gently for a couple of minutes. Add the rice and cook for a further 2-3 minutes.
6. Add tomato puree and spice mixture and cook for a minute.
7. Remove from heat and gradually add vegetable stock, kidney beans, red peppers and mixed vegetables.
8. Return to heat and bring to the boil, stirring continuously.
9. Reduce heat, cover with greaseproof paper and simmer gently for 10-15 minutes, until all liquid has been absorbed and rice is cooked.
10. Remove greaseproof paper and serve.

APPLE MERINGUE

Ingredients

1 x Cooking Apple }
25g x Caster Sugar } **Stew Together**
15ml x Water }

50g x Caster Sugar
1 x Egg

Method

1. Collect all ingredients & equipment. Pre-heat oven at 220oC/Gas Mark 7.
2. Wash, peel and core apple.
3. Thinly slice apple and place in a small saucepan with 25g of caster sugar and 15ml of water.
4. Bring to the boil, reduce heat and cover with a lid. Stew apples until soft. Remove from heat and cool slightly.
5. Separate egg: Yolk into a small plastic bowl and White into large plastic bowl.
6. Once slightly cooled, add egg yolk to apples and beat. Place apple mixture into ovenproof dish.
7. Whisk egg whites until they form soft peaks. Add 25g of caster sugar and continue to whisk for 1 minute. Fold in remaining 25g of sugar.
8. Fill piping bag with meringue and pipe on top of apple mixture.
9. Bake pudding in oven until golden brown.
10. Serve.

APPLE PUDDING

Ingredients

Filling

- 1 x Cooking Apple
- 50g x Dried Dates
- 2 x 15ml Water
- 1 x 2.5ml Cinnamon

Topping

- 1 x Egg
- 25g x Wholemeal Breadcrumbs
- 3 x 15ml Natural Yoghurt

Method

1. Collect all ingredients & equipment. Set oven to 190oC/Gas mark 5.
2. Wash, peel, quarter, core and rewash apple. Slice thinly.
3. Chop dates.
4. Place apples, dates, cinnamon and water in a saucepan. Cook gently for 10 minutes.
5. Spoon into an ovenproof dish.
6. Separate the egg. Mix the yolk with the breadcrumbs and yoghurt.
7. Whisk the egg white until stiff. Fold egg whites into the yolk mixture.
8. Spoon the mixture over the fruit.
9. Bake in the oven for 20 minutes until golden brown and firm to the touch.
10. Serve garnished with a fresh mint leaf.

BANANA CAKES

Ingredients

50g x Soft Margarine
50g x Caster Sugar
50g x Wholemeal Self-Raising Flour
1 x Egg
 $\frac{1}{2}$ x Banana
1 x 15ml Soft Brown Sugar

Method

1. Collect all ingredients & equipment. Set oven to 190oC/Gas mark 5.
2. Line the bun tray with 8 paper cases.
3. Place the margarine, caster sugar, flour and egg into a large mixing bowl.
4. Beat well until very soft, light and creamy.
5. Peel and slice the banana thinly. Divide the slices between the 8 paper cases.
6. Using a teaspoon, divide the mixture equally and spoon over the bananas.
7. Lightly sprinkle with the brown sugar over the top of the cake mixture.
8. Bake in the oven for 15 minutes until well-risen and golden brown. Cool on a wire cooling rack.
9. Serve on a cake plate.

CARROT CAKES

Ingredients

75ml x Vegetable Oil
75g x Caster Sugar
100g x Wholemeal Plain flour
1 x Egg
75g x Carrot
1 x 2.5ml Baking Powder
1 x 2.5ml Baking Soda
1 x 2.5ml Cinnamon

Method

1. Collect all ingredients & equipment. Set oven to 190oC / Gas Mark 5.
2. Line the bun tray with 8 paper cases.
3. Wash, peel and rewash the carrot. Grate.
4. Sieve flour, baking powder, baking soda and cinnamon onto a glass plate.
5. Place oil, caster sugar and egg in a mixing bowl and beat well.
6. Add carrot and flour to mixture and mix well.
7. Divide the mixture equally between the 8 paper cases.
8. Bake in the oven for 15-20 minutes until firm and golden brown. Cool on a wire cooling rack.
9. Serve on a cake plate decorated with icing.

CITRUS CREPES

Ingredients

50g x Plain Flour

$\frac{1}{2}$ x Egg

125ml x Milk

10ml Oil

2 x 15ml Orange Juice

1 x 15ml Brown Sugar

Method

1. Collect all ingredients and equipment.
2. Sieve flour into a large bowl. Make a well and add the egg and half the milk, whisking until smooth. Gradually add the remaining milk. Pour into a measuring jug.
3. Heat a small amount of oil in a frying pan. Drain excess oil from pan.
4. Thinly coat hot pan with a layer of crepe batter.
5. Cook until set and golden brown.
6. Using a palette knife, carefully flip crepe over and cook again until golden brown. Remove from frying pan and place on a plate.
7. Repeat steps 3-6 of recipe, until all the batter mix has been used.
8. Fold crepes and place in a serving dish.
9. Add the orange juice and brown sugar to the frying pan. Bring to the boil and cook for 1-2 minutes.
10. Pour orange syrup over crepes and serve.

CLOOTIE-LESS DUMPLING

Ingredients

125ml x Water
90g x Soft Brown Sugar
7.5ml x Mixed Spice Powder
7.5ml x Cinnamon Powder
100g x Margarine
50g x Raisins
50g x Currants
100g x Sultanas
7.5ml x Treacle
100g x Plain Flour
2.5ml x Bicarbonate of Soda
1 x Egg

Method

1. Collect all ingredients and equipment.
2. Line a large microwaveable bowl with cling film.
3. Boil the water, sugar, mixed spice, cinnamon, margarine, fruit and treacle in a saucepan. Simmer for 1min and remove from heat.
4. Sieve the flour and bicarbonate soda.
5. Add to the saucepan, mixing well.
6. Beat the egg into the mixture.
7. Place the mixture into the prepared bowl.
8. Cook in the microwave at 650W for 9mins.
9. Allow to stand until cool and then serve.

COCONUT BANANAS

Ingredients

1 x Banana
 $\frac{1}{4}$ x Egg White
25g x Coconut
2 x 15ml Orange Juice
1 x 15ml Brown Sugar
1 x 10ml Vegetable Oil

Method

1. Collect all ingredients and equipment.
2. Peel banana and slice in half lengthwise. Cut each length in half.
3. Lightly beat the egg white with a fork for 30 seconds.
4. Dip each piece of banana in the egg white and then the coconut, ensuring each piece is well coated. Leave aside.
5. Warm the oil over a gentle heat in a frying pan. Add the banana pieces and fry gently on each side until golden brown.
6. Remove the banana.
7. Add the sugar and orange juice to the frying pan and bring to the boil. Boil for 1 minute.
8. Pour the syrup over the bananas and serve.

COCONUT BUNS

Ingredients

125g self-raising flour

50g margarine

50g caster sugar

$\frac{1}{2}$ egg

milk (if required)

25g coconut

15ml jam

Method

1. Collect all ingredients and equipment. Set oven to 190°C/Gas Mark 6.
2. Beat egg in a small plastic bowl.
3. Sieve flour into a glass bowl and rub in the margarine.
4. Add sugar and coconut (keeping back a little) and mix well.
5. Mix to a fairly stiff consistency with beaten egg and a little milk if necessary.
6. Take a piece of the mixture between 2 forks and pile on baking tray. Continue until all the mixture is used up.
7. Bake in the oven for 15-20 minutes and then cool on a wire cooling rack.
8. Toast remaining coconut in a dry frying pan until golden brown.
9. Beat jam in a small bowl. Brush buns with jam and dip in toasted coconut.

CRUNCHY CHOCOLATE COOKIES

Ingredients

50g x Margarine
25g x Soft Brown Sugar
 $\frac{1}{2}$ x Egg
1 Drop Vanilla Essence
100g x Plain Flour
25g x Rice Krispies
75g x Milk Chocolate

Method

1. Collect all ingredients & equipment. Set oven to 180oC/Gas mark 4.
2. Crush rice krispies in a bowl with a rolling pin.
3. Beat egg. Add vanilla essence.
4. Cream margarine and sugar. Add beaten egg, flour and rice krispies. Mix well to form a dough.
5. Knead dough on a lightly floured surface.
6. Roll out dough to $\frac{1}{2}$ cm thickness. Cut out biscuits.
7. Place on a baking tray and bake in the oven for 12 minutes.
8. Cool on a wire cooling rack.
9. Melt chocolate in the microwave and spread over the top of the biscuits. Mark with a fork and leave to set.
10. Serve on a cake plate.

DROPPED SCONES

Ingredients

100g x Self-Raising Flour
1.25ml x Bicarbonate of Soda
1.25ml x Cream of Tartar
12.5g x Caster Sugar
 $\frac{1}{2}$ x Egg
Milk
Oil

Method

1. Collect all ingredients and equipment.
2. Sieve flour, bicarbonate of soda and cream of tartar into a bowl. Mix in sugar.
3. Add the egg and enough milk to create a soft, smooth batter of dropping consistency.
4. Lightly coat a frying pan with oil and heat gently.
5. Using a tablespoon, drop equal quantities of the batter into the frying pan.
6. When bubbles appear on the surface and burst, carefully turn dropped scones over.
7. Once golden brown on second side, remove and place on a wire cooling rack.
8. Repeat steps 4-7 until all the batter has been used.

Dropped scones can be served with a selection of toppings
Add blueberries to batter before cooking -NICE!

EVE'S PUDDING

Ingredients

1 x Cooking Apple }
25g x Caster Sugar } **Stew Together**
15ml x Water }

50g x Self-Raising Flour
50g x Caster Sugar
50g x Margarine
1 x Egg

Method

1. Collect all ingredients. Pre-heat oven at 220oC/Gas Mark 7.
2. Wash, peel and core apple.
3. Thinly slice apple and place in a small saucepan with 25g of caster sugar and 15ml of water.
4. Bring to the boil, reduce heat and cover with a lid. Stew apples until soft. Place apples into ovenproof dish.
5. Sieve flour onto a plate or paper towel. Beat egg with a fork in a small plastic bowl.
6. Cream margarine and sugar in a large glass bowl until light and creamy.
7. Add the beaten egg and $\frac{1}{2}$ the flour and beat well.
8. Mix in remaining flour.
9. Place sponge mixture on top of apples and bake in oven for 15-20 minutes until well risen, springy to touch and golden brown.

FRUIT SCONES

Ingredients

100g x Self-Raising Flour
25g x Margarine
25g x Caster Sugar
25g x Sultanas
2 x 15ml Milk

Method

1. Collect all ingredients & equipment. Set oven to 220oC/Gas Mark 7.
2. Sieve flour into a large glass bowl.
3. Cut margarine into pieces and rub in until mixture resembles fine breadcrumbs.
4. Stir in sugar and sultanas.
5. Add enough milk to form a soft dough.
6. Knead the dough gently on a lightly floured surface.
7. Form the dough into a circle and cut into 4.
8. Place on a baking tray and bake in the oven for 10-12 minutes.
9. Cool scones on a wire cooling rack.
10. Serve scones hot or cold with butter and jam.

JAM SWISS ROLL

Ingredients

2 x Eggs
50g x Caster Sugar
50g x Self-Raising Flour
2 x 15ml Jam
1 x 10ml Sugar

Method

1. Collect all ingredients & equipment. Set oven to 220oC/Gas mark 7.
2. Oil and line a swiss roll tin with greaseproof paper.
3. Sieve flour onto a plate.
4. Place eggs and caster sugar in a large glass bowl and whisk until thick and creamy.
5. Lightly fold in the flour. Pour mixture into prepared tin, spreading evenly to the corners.
6. Bake for 8-10 minutes until golden brown and springy to touch.
7. Mix jam well in a plastic bowl.
8. Lay second piece of greaseproof paper on table and sprinkle with sugar. Turn sponge onto greaseproof paper and carefully strip off lining paper from sponge.
9. Spread jam onto sponge and roll up swiss roll style.
10. Serve on a cake plate.

LEMON MERINGUE PIE

Ingredients

Pastry Case

75g x Plain Flour
25g x Wholemeal Plain Flour
50g x Margarine
Pinch of Salt
1 x 10ml Cold Water

Meringue

1 x Egg White
50g x Caster Sugar

Filling

2 x 10ml Cornflour
25g x Caster Sugar
Rind of 1 Lemon
100ml x Cold Water
1 x Egg Yolk

Method

1. Collect all ingredients and equipment. Set oven to 220°C/Gas Mark 7.
2. Sieve the flour and salt into a mixing bowl. Rub in margarine until mixture resembles fine breadcrumbs.
3. Add sufficient water to form a firm dough. Turn dough onto a lightly floured surface and knead lightly.
4. Roll out dough to approximately $\frac{1}{4}$ cm in thickness to line a 15cm flan ring.
5. Bake pastry case blind for 15 minutes. After the 15 minutes set oven to 160°C/Gas Mark 4.
6. Separate the egg carefully. Rind and juice the lemon.
7. Blend the cornflour, sugar and rind with a little of the measured water.
8. Place the remainder of the water and the fruit juice into a small saucepan and bring to the boil. Remove from the heat and pour into the cornflour mixture.
9. Pour the mixture back into the saucepan and bring to the boil, stirring continuously. Remove from the heat and cool slightly.
10. Once cooled, beat in the egg yolk. Pour into pastry case.
11. Whisk the egg white until it forms stiff peaks. Whisk in $\frac{1}{2}$ the sugar and then using a metal spoon, fold in the remaining sugar.
12. Pipe or pile the meringue onto the fruit mixture and bake in the oven until golden brown. Serve hot or cold.

MANDARIN CHEESECAKE

Ingredients

40g x Unsalted Butter
100g x Digestive Biscuits
150g x Mandarins (drained)
100g x Low Fat Cream Cheese
25g x Icing Sugar
150ml x Double Cream
25g x Grated Chocolate

Method

1. Collect all ingredients and equipment.
2. Melt the butter. Crush the biscuits and mix with melted butter. Press into dish and refrigerate.
3. Saving a few whole for decoration, chop the remaining mandarins.
4. Beat together the cream cheese and icing sugar.
5. Whisk the cream to soft peaks.
6. Mix the cream cheese, mandarins and whipped cream together gently.
7. Spoon the mixture on top of the set biscuit base and level it off.
8. Decorate with reserved mandarins and grated chocolate.
9. Refrigerate until ready to serve.

OLD FASHIONED MICROWAVE PUDDING

Ingredients

1 x 15ml Golden Syrup, Lemon Curd, Sultanas or Jam
50g x Margarine
25g x Plain Flour
25g x Wholemeal Plain Flour
2.5ml x Baking Powder
50g x Caster Sugar
1 x Egg
15ml x Milk

Method

1. Collect all ingredients and equipment.
2. Grease a large plastic bowl and put own choice of topping into it (sultanas will be put into sponge mixture).
3. Sieve flour and baking powder onto a glass plate or a paper towel.
4. Beat egg and milk in a small plastic bowl.
5. In a large mixing bowl, cream margarine and sugar until light and fluffy.
6. Add $\frac{1}{2}$ the egg mixture and $\frac{1}{2}$ the flour and beat well.
7. Add the remaining egg mixture and flour and beat well.
8. Spoon sponge mixture on top of chosen topping and cover with greaseproof paper.
9. Microwave on full power for 2 minutes and then leave to stand for 2 minutes, before serving with custard, cream or ice-cream.

ORANGE SPONGE CAKES

Ingredients

100g x Self-Raising Flour

50g x Caster Sugar

50g x Margarine

1 x Egg

1 drop Vanilla Essence

1 x Orange

Method

1. Collect all ingredients & equipment. Set oven to 200oC/Gas mark 6.
2. Place 8 paper cases into a bun tray.
3. Grate the rind of the orange and then juice.
4. Beat egg in a plastic bowl. Add vanilla essence, orange rind and juice.
5. Sieve flour onto a plate.
6. Cream margarine and sugar in a large bowl until light and fluffy.
7. Add $\frac{1}{2}$ the egg mixture and $\frac{1}{2}$ the flour and beat well.
8. Add the remaining egg mixture and flour and beat well.
9. Spoon mixture into paper cases.
10. Bake in the oven for 15-20 minutes until golden brown.
11. Cool cakes on a wire cooling rack.
12. Serve garnished with water icing.

PINEAPPLE FRITTERS

Ingredients

2 x Pineapple Rings
50g x S/Raising Flour
 $\frac{1}{4}$ x Egg
60ml x Water
5ml x Vegetable Oil
10ml x Plain Flour
10ml x Caster Sugar
100ml x Oil for Frying

Method

1. Collect all ingredients and equipment.
2. Place pineapple rings on absorbent paper, turning occasionally.
3. Sift flour into a large bowl. Make a well and add the egg and water. Mix together.
4. Stir in the 5ml of oil and leave to rest.
5. Heat oil for frying.
6. Coat pineapple rings in plain flour and then coat in batter.
7. Fry pineapple rings in oil until golden brown, turning half way through cooking.
8. Using a slotted spoon, remove from pan and drain on absorbent paper.
9. Place pineapple rings in caster sugar. Coat and serve.

Pineapple Upside Down Cake

Ingredients

3 Pineapple Rings
1½ Cherries
25g Soft Brown Sugar

Sponge

50g Margarine
50g Caster Sugar
50g Self-Raising Flour
1 Egg

Method

1. Collect ingredients and equipment. Preheat oven to 190/Gas mark 5.
2. Grease sandwich tin. Sprinkle with soft brown sugar and arrange pineapple rings and cherries on top.
3. Sieve flour onto paper towel. Beat egg in small plastic bowl.
4. Using a wooden spoon, cream together margarine and sugar in a large mixing bowl.
5. Add $\frac{1}{2}$ the egg and 1 large spoon of flour to the mixture and beat well.
6. Add the rest of the egg and another spoonful of flour, and beat well.
7. Fold in the remaining flour.
8. Place mixture on top of pineapples and cherries, and smooth over lightly.
9. Bake in oven for 20 minutes until well risen, golden brown and firm to touch.
10. Serve upside down on a cake plate.

POACHED PEARS

Ingredients

1 x Pear
150ml x Water
1 x 5ml Lemon Juice
1 x 10ml Cornflour
1 x 15ml Water
25g x Caster Sugar

Method

1. Collect all ingredients & equipment.
2. Place water and lemon juice into a saucepan and slowly bring to the boil.
3. Wash, thinly peel and rewash pear. Slice pear in half along the length.
4. Carefully lower the pear into the cooking liquid using a slotted spoon.
5. Place a lid on the saucepan and gently poach the pear until the fruit is soft.
6. Blend the cornflour with 15ml of water to make a smooth paste.
7. Remove the pear carefully from the saucepan using the slotted straining spoon and place in a serving dish.
8. Pour the hot liquid into the blended cornflour, stirring all the time.
9. Return the mixture to the saucepan, add the sugar and bring to the boil, stirring all the time until the mixture thickens.
10. Pour the sauce over the pears and garnish with a mint leaf.

RICH COCONUT TARTS

Ingredients

Pastry

100g x Plain Flour } *Rub together to make breadcrumbs*
50g x Margarine }
1-2 Tablespoons x Water - *Add to breadcrumbs to make pastry*

Filling

15ml x Jam
25g x Margarine
25g x Caster Sugar
25g x Desiccated Coconut
 $\frac{1}{2}$ x Beaten Egg

Icing Sugar

Method

1. Collect all ingredients and equipment. Preheat oven to 190°C/Gas mark 5.
2. Make pastry. Roll out thinly, cut out as for jam tarts and line tin.
3. Spoon a little jam in each.
4. Make the filling by beating together the margarine and sugar until light and fluffy.
5. Stir in the beaten egg and coconut. Mix well.
6. Spoon the filling mixture on top of jam.
7. Bake tarts in the oven for 15-20 minutes.
8. Dust with icing sugar and serve.

ROCK BUNS

Ingredients

100g x Self-Raising Flour
50g x Margarine
25g x Caster Sugar
25g x Sultanas
 $\frac{1}{2}$ x Egg
1 x 15ml Milk (if required)
Pinch of Nutmeg

Method

1. Collect all ingredients & equipment. Set oven to 190oC/Gas Mark 5.
2. Sieve flour and nutmeg in a bowl.
3. Cut margarine into small pieces and rub into flour until mixture resembles fine breadcrumbs.
4. Stir in sugar and sultanas.
5. Beat egg.
6. Using a table knife, mix in the egg and milk to form a stiff dough.
7. Using a fork, place small pieces of the mixture on a baking tray.
8. Bake in the oven for 10-15 minutes until golden brown.
9. Cool on a wire cooling rack. Serve.

SHORTBREAD

Ingredients

75g Plain Flour
50g Margarine or Butter
25g Caster Sugar

Method

1. Pre-heat oven 180/Gas Mark 5.
2. Collect all ingredients and equipment.
3. Sieve flour into a large mixing bowl.
4. Cut fat into small pieces and rub into flour. Stir in sugar.
5. Knead the crumbs until they form a dough.
6. Roll out dough to $\frac{1}{2}$ cm thickness and cut out biscuits.
7. Place biscuits on a baking tray and decorate with a fork.
8. Bake in the oven for 15-20 minutes. Biscuits should be pale in colour.
9. Dredge lightly with caster sugar and place on a wire cooling rack to harden.
10. Serve.

STICKY TOFFEE PUDDING & BUTTERSCOTCH SAUCE

Ingredients

40g x Chopped Dates
60ml x Water
1.25ml x Bicarbonate of Soda
12.5g x Unsalted Butter
37.5g x Self-Raising Flour
1/2 x Egg
1.25ml x Vanilla Essence
37.5g x Caster Sugar

Sauce

60ml x Double Cream
15g x Butter
25g x Demerara Sugar

Method

1. Collect all ingredients and equipment. Heat oven to 190oC/Gas Mark 5.
2. Boil the dates in the water for approximately 5minutes until soft and then add the bicarbonate of soda. Leave to one side.
3. Cream the butter and sugar together until light and creamy, gradually beat in the egg.
4. Mix in the dates, flour and vanilla essence, stir well.
5. Place mixture in a lightly greased baking tin and bake for 20-30minutes, until firm to the touch.
6. Make the sauce by placing the sugar, butter and cream in a pot and bringing it to the boil, stirring continuously. Simmer for 3minutes.
7. Carefully pour the sauce over the top of the pudding and serve.

CHRISTMAS PINWHEELS

Ingredients

150g x Self-Raising Flour
2.5ml x Baking Powder
50g x Margarine
2 x 15ml Mincemeat
Semi-Skimmed Milk to Bind

Icing Sugar

Method

1. Preheat oven to 200oC/Gas Mark 6. Collect all ingredients and equipment.
2. Sieve the flour and baking powder into a large bowl. Rub in margarine. Add enough milk to form a stiff dough.
3. Turn onto a floured table and knead lightly. Rest the dough for 5 minutes.
4. Evenly roll out the dough into a rectangle of 25cm x 15cm approximately.
5. With the long side facing you, spread the mincemeat evenly onto the dough.
6. Roll up the dough tightly.
7. Trim the edges of the roll and cut into 8 evenly sized slices.
8. Arrange the pinwheels flat side down on a baking tray. Bake for 15-20 minutes until golden brown.
9. Mix icing sugar with a little water and drizzle icing over pinwheels and serve.