

Eggs Benedict

Ingredients

- 1 x Muffin
- 2 x Slices of Cooked Ham
- 2 x Eggs
- 2 x 15ml Hollandaise Sauce
- 2 x pinch of Cayenne Pepper

Method

1. Collect all ingredients and equipment.
2. Cut muffin in half. Cut cooked ham to shape of muffin.
3. Preheat grill and oven (150oC/Gas Mark 2).
4. Place a pan of water on to boil, reduce heat and simmer.
5. Toast muffin on both sides until golden brown.
6. Place ham on top of each slice of toasted muffin and keep warm in oven.
7. Poach eggs gently until cooked. Once cooked drain on absorbent paper.
8. Place eggs on top of each muffin.
9. Heat hollandaise sauce in microwave for 30 seconds.
10. Cover each egg with sauce.
11. Garnish with cayenne pepper and serve.

Florida Cocktail

Ingredients

- 1 x Grapefruit
- 1 x Orange
- $\frac{1}{2}$ x Cherry

Method

1. Collect all ingredients and equipment.
2. Wash the grapefruit and orange.
3. Remove the orange zest thinly with a peeler.
4. Blanch for 2 minutes and refresh.
5. Cut zest into fine julienne strips.
6. Peel the orange and grapefruit with a sharp knife in order to remove all the white pith and skin.
7. Segment the orange and grapefruit and remove all the pips.
8. The segments and juice from the fruit should be arranged in small individual dishes and chilled.
9. To serve place cherry on top and sprinkle with the julienne of orange.

Grill Sticks with Cheese and Chive Dip

Ingredients

100g x Mince
25g x Wholemeal Breadcrumbs
 $\frac{1}{2}$ x Beaten Egg
2.5ml x Chilli Powder

Cheese and Chive Dip

15ml x Cream Cheese
15ml x Natural Yoghurt
15ml x Mayonnaise
5ml x Chopped Chives
15g x Grated Cheese

Method

1. Collect all ingredients and equipment.
2. Set the grill to a medium heat (doors must be left open).
3. Place all the ingredients for the grill sticks in a large bowl and mix well and season.
4. Divide the mixture into 4 equal portions and wrap round the skewers in an even shape.
5. Grill for 4-5 minutes on each side. Check for readiness.
6. While skewers are grilling, mix all the ingredients for the dip in a bowl. Taste and season.
7. Serve grill sticks with dip.

If using wooden skewers, soak in cold water for 30 minutes prior to use

Spicy Potato Wedges with 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 220oC/Gas Mark 7.
2. Wash potatoes and cut each into 8 wedges. Place potatoes in a large mixing bowl. Add oil and seasonings and mix well.
3. Place wedges onto a baking tray and place in the oven for 20-25 minutes.
4. Put a medium pan of water on to boil. Core and cross tomatoes.
5. 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.
6. Remove tomatoes from pan and place into a bowl of cold water. Peel tomatoes and roughly chop. Place into a small saucepan.
7. Peel and finely chop onion. Finely chop chilli.
8. Add onion, butter, chilli and tomato puree to chopped tomatoes.
9. Stirring continuously, bring tomato mixture to the boil. Reduce heat, cover and simmer for 5 minutes. Season and allow to cool.
10. Serve wedges with salsa.

Bean and Potato Soup

Ingredients

$\frac{1}{2}$ x large tin Butter Beans (drained)
175g x Green Beans
1 x small Leek
2 x large Potatoes
450ml x Water
1 x Stock Cube
Salt & Pepper
Chopped Parsley (Garnish)

Method

1. Collect all ingredients.
2. Put water and stock cube in large pan and bring to boil.
3. Wash and chop leek and green beans.
4. Wash, peel and rewash potatoes, and roughly chop.
5. Add potatoes, leek and green beans to stock, simmer for 15 minutes.
6. Add butter beans and simmer for a further 10 minutes.
7. Liquidise or blend using an electric blender.
8. Taste and correct seasoning, if needed.
9. Serve garnished with chopped parsley.

Carrot and Courgette Soup

Ingredients

50g x Onion
150g x Carrot (prepared weight)
100g x Potato (prepared weight)
50g x Courgette
25g x Lentils
10ml x Oil
500ml x Chicken or Vegetable Stock
15ml x Single Cream
Salt & Pepper

Method

- 1. Collect all ingredients and equipment.**
- 2. Peel and chop the onion.**
- 3. Wash peel and re-wash the carrots - chop into small pieces.**
- 4. Wash peel and re-wash the potato - chop into small pieces.**
- 5. Wash the courgette and slice thinly.**
- 6. Heat the oil in a large saucepan and sweat the onion for 2 minutes without browning. Remove from the heat.**
- 7. Add the rest of the vegetables, lentils and stock to the pan.**
- 8. Return to the heat and bring to the boil. Reduce heat and simmer for 15-20 minutes. Remove from heat and allow to cool slightly.**
- 9. Puree the soup. Reheat soup and correct seasoning.**
- 10. Serve garnished with a swirl of cream and chopped parsley.**

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
- 500ml x Water
- 5ml x Parsley (**chopped**)

Method

1. Collect all ingredients.
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 25 minutes.
5. Wash, peel and rewash vegetables.
6. Prepare vegetables as stated above, ensuring that they are all the same size.
7. Remove chicken carefully from pot and leave to cool.
8. Add all prepared vegetables carefully to pot and bring back to the boil. Reduce heat and simmer until vegetables are soft.
9. Pick all chicken meat of the bone, roughly chop and add to soup. Add chopped parsley, correct seasoning and serve.

Cream of Tomato & Red Pepper Soup

Ingredients

25g x Onion - <i>Roughly Chopped</i>	50g x Margarine
25g x Celery - <i>Roughly Chopped</i>	50g x Plain Flour
25g x Carrots - <i>Thinly Sliced</i>	2.5ml x Sugar
25g x Leeks - <i>Roughly Chopped</i>	1 x Bouquet Garni
1 x Clove of Garlic - <i>Crushed</i>	750ml x Chicken Stock
100g x Red Peppers - <i>Deseeded & Roughly Chopped</i>	250ml x Milk
100g x Tinned Chopped Tomatoes	Salt & Pepper

Method

1. Collect all ingredients and equipment.
2. Prepare vegetables, as stated above.
3. Melt the margarine in a large saucepan and add the garlic, onion, celery, carrots and leeks. Cook the vegetables on a very low heat (sweat), with a lid on, until soft.
4. Remove from the heat and stir in the flour. Return to a low heat and cook slowly for a few minutes, without colour.
5. Gradually stir in the chicken stock. Stir soup back to the boil.
6. Add the red peppers, sugar, tomatoes and bouquet garni. Bring back to the boil and then reduce the heat to simmer, with a lid on for 30 minutes, stirring occasionally.
7. Remove from heat. Remove the bouquet garni and liquidise soup.
8. Add the milk to the soup and reheat gently, correct the seasoning.
9. Strain the soup and serve.

Curried Pea and Lettuce Soup

Ingredients

50g x Onion (*roughly chopped*)
100g x Iceberg Lettuce (*roughly chopped*)
100g x Frozen Peas
50g x Margarine
50g x Plain Flour
400ml x Chicken Stock or Vegetable Stock
250ml x Milk
20ml x Medium Curry Powder
Salt & Pepper

Garnish

Chiffonade of lettuce, peas and a swirl of cream.

Method

1. Collect all ingredients and equipment.
2. Gently melt the margarine in a large pot. Add onions and sauté without browning for 2 minutes. Add the curry powder and cook for a further 2 minutes.
3. Remove from heat and stir in the flour. Gradually add the stock. Return to heat and bring to the boil, stirring continuously.
4. Add the lettuce and peas. Bring back to the boil.
5. Reduce heat and simmer for 15 minutes.
6. Liquidise soup and pass through a sieve. Return to a clean pot.
7. Thin down soup with the milk and reheat gently. Taste the soup and correct the seasoning if required.
8. Serve soup garnished with chiffonade of lettuce, a few cooked peas and a swirl of cream.

Lentil and Tomato Soup

Ingredients

50g x Lentils
15ml x Olive Oil
1 x Rasher of Bacon
50g x Onion
50g x Celery
75g x Carrot
2.5ml x Dried Rosemary
1 x Bay Leaf
150ml x Chopped Tomatoes
350ml x Vegetable Stock
Salt & Pepper

Method

1. Collect all ingredients and equipment.
2. Remove the fat from the bacon and cut into small pieces.
3. Peel and finely chop the onion.
4. Wash, string and finely chop celery.
5. Wash, peel, re-wash and finely chop the carrot.
6. Heat the oil in a large saucepan. Add the bacon and gently fry for 3 minutes, add the onion and sauté for a minute, stirring all the time.
7. Add the celery, carrot, lentils, rosemary and bay leaf. Sauté for a minute, stirring continuously.
8. Add the tomatoes, stock and bring to the boil. Reduce heat and simmer for 15-20 minutes.
9. Remove the bay leaf. Cool slightly and puree.
10. Taste for seasoning and adjust consistency, if required.
11. Reheat and served garnished appropriately.

Minestrone Soup

Ingredients

$\frac{1}{2}$ x Onion (finely chopped)	1 x 10ml Tomato Puree
1 x Clove of Garlic (crushed)	100ml x Tinned Chopped Tomatoes
1 x 15ml Olive Oil	15g x Spaghetti
500ml x Vegetable Stock	1 x 1.25ml Oregano
$\frac{1}{2}$ x Carrot (1cm x 2mm paysanne)	Salt & Pepper
$\frac{1}{2}$ x Celery (1cm x 2mm paysanne)	10ml x Chopped Parsley
25g x White Cabbage- shredded	
25g x Peas	
1 x Rasher of Bacon	

Method

1. Collect all ingredients and equipment.
2. Wash, peel and rewash the carrot, celery and cabbage. Peel the onion and garlic.
3. Prepare all vegetables and leave to one side.
4. Snip the bacon into small even-sized pieces and make the stock.
5. In a large pot; Heat the oil and gently sauté the onions for 2 minutes without browning. Add the bacon and garlic, cook for another 2 minutes.
6. Add the carrot, oregano and celery and sauté for a further 2 minutes.
7. Add the tomato puree, tomatoes and stock. Bring to the boil, reduce heat and simmer for 10 minutes.
8. Break the spaghetti into 2cm pieces. Add the spaghetti and cabbage to the soup and cook for 10 minutes.
9. Add the peas and cook for a further 5 minutes.
10. Taste the soup and adjust the seasoning if required.
11. Serve the soup garnished with the chopped parsley.

Potato and 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
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 and correct seasoning.
7. Stir in chopped parsley and serve.

Spiced Leek and Potato Soup

Ingredients

125g x Leeks (prepared weight)
50g x Onion
150g x Potato (prepared weight)
10ml x Oil
10ml x Curry Powder
400ml x Vegetable Stock
50ml x Single Cream
5ml x Chopped Parsley
Salt & Pepper

Method

1. Collect all ingredients and equipment.
2. Peel and finely chop the onion.
3. Wash, peel and rewash and finely chop the potato.
4. Wash and finely chop the leek.
5. Heat the oil in a large saucepan and sauté all the vegetables with the curry powder for 2-3 minutes.
6. Add the stock and bring to the boil. Reduce the heat, cover and simmer for 15 minutes.
7. Chop the parsley and put to one side.
8. Cool the soup slightly and puree until smooth. Taste and season.
9. Stir in the cream. Serve garnished with the chopped parsley.

Spicy Dahl and Carrot Soup

Ingredients

25g x Lentils	1.25ml x Ground Coriander
350ml x Vegetable Stock	1.25ml x Chilli Powder
50g x Carrot	Pinch of Turmeric
50g x Onion	2.5ml x Lemon Juice
50g x Chopped Tomatoes	50ml x Milk
10ml x Oil	5ml x Fresh Chopped Coriander
1.25ml x Cumin Powder	Salt & Pepper

Method

1. Collect all ingredients and equipment.
2. Wash, peel and re-wash carrot. Slice thinly.
3. Peel and chop the onion.
4. In a large saucepan heat the oil. Add cumin, chilli and coriander and sauté for a minute.
5. Add lentils, lemon juice, stock, carrots, onion and tomatoes. Bring to the boil.
6. Reduce heat and simmer for 15-20 minutes.
7. Allow soup to cool slightly and puree soup.
8. Add the milk and chopped coriander. Reheat gently.
9. Taste and season, if required and serve garnished appropriately.

Bread Rolls

Ingredients

700g / 1 $\frac{3}{4}$ lbs Strong Flour
1 $\frac{1}{2}$ teaspoons Salt
425ml / $\frac{3}{4}$ pints Tepid Water
 $\frac{1}{2}$ teaspoon Sugar
1 sachet Dried Yeast
Egg wash to glaze

Method

1. Collect all ingredients and equipment. Set oven to 220oC/Gas Mark 7.
2. Mix flour, salt, sugar and yeast in a large bowl.
3. Gradually mix in water until a dough is formed.
4. Knead dough well until smooth.
5. Place in a bowl, cover and leave to prove for 30 minutes in a warm place.
6. Knock back dough and knead for a further couple of minutes.
7. Divide dough into equal pieces, shape and place on a baking tray. Leave to prove for a further 15 minutes.
8. Brush rolls with egg wash and bake in a hot oven for 10-15 minutes until well-risen and golden brown.
9. Cool rolls on a wire cooling tray.

Cheese and 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.

Burgers with Salad and Coleslaw (2 portions)

Ingredients

Burgers

250g x Mince
 $\frac{1}{2}$ x Small Onion (*finely chopped*)
1 x 15ml Chopped Parsley
 $\frac{1}{2}$ x Clove of Garlic (*crushed*)
25g x Fresh Breadcrumbs
 $\frac{1}{2}$ x Egg (*beaten*)
1 x 2.5ml French Mustard
Salt & Pepper
Vegetable Oil, for cooking

Garnish

2 x Sesame Burger Buns
1 x Tomato, sliced.
4 x Medium Lettuce Leaves

Coleslaw

25ml x Mayonnaise
25ml x Fromage Frais
80g x White Cabbage (*finely shredded*)
30g x Carrot (*grated*)
5g x Onion (finely chopped)
Salt & Pepper

Method

1. Place all burger ingredients in a bowl and mix well.
2. Shape the mixture into 2 burgers.
3. Brush each burger with oil. Place on metal tray and grill for 10 minutes.
4. While burgers are cooking, mix all coleslaw ingredients together, cover and refrigerate.
5. Turn burgers over and cook for approximately 7-10 minutes, until cooked through.
6. To Serve: Grill inside of burger buns. Place lettuce leaves on top of bottom half of buns. Place burger on top of lettuce and spoon coleslaw on top. Garnish with slices of tomato.

Caribbean Chicken

Ingredients

50g x Chicken	25g x Pineapple Pieces
25g x Onion	1 x Chicken Stock Cube
15g x Green Pepper	2.5ml x Turmeric
50g x Long Grain Rice	100ml x Water
200g x Chopped Tomatoes	10ml x Oil
50ml x Tomato Juice	Salt & Pepper

Method

1. Collect all ingredients and equipment.
2. Cut the chicken into bite size pieces.
3. Peel and finely chop the onion.
4. Wash, deseed and cut the pepper into 5x5x5mm (macedoine).
5. Half-fill a large saucepan with water, 2.5ml of salt and 2.5ml of turmeric. Bring to the boil.
6. Wash the rice in a sieve. Once water is boiling add the rice and cook for 12-15 minutes. Drain when ready.
7. Heat oil in a medium saucepan, add chicken, onion and green pepper and fry for 3 minutes.
8. Add the tomatoes, tomato juice, water, pineapple and stock cube. Bring to the boil.
9. Reduce heat and simmer for 10 minutes. Check chicken for readiness.
10. Make a border with the rice in a dish. Carefully spoon the chicken mixture into the centre.
11. Serve hot and garnish appropriately.

Cheese, Tuna and Potato Bake

Ingredients

2 x Medium Potatoes
25g x Margarine
25g x Plain Flour
200ml x Milk
50g x Cheddar Cheese
 $\frac{1}{2}$ x Can of Tuna
1 x Pinch of Mustard Powder
Salt & Pepper
Chopped Parsley

Method

1. Collect all equipment and ingredients. Set oven to 190°C/Gas Mark 6.
2. Wash, peel and rewash potatoes. Dice into even sized pieces, put them in a saucepan and cover with cold, seasoned water.
3. Bring potatoes to the boil, reduce heat and simmer for 15-20 minutes until cooked.
4. Grate the cheese. Drain the tuna.
5. Melt margarine in a small saucepan on a medium heat. Add flour, stir and cook for 2 minutes. Add mustard powder and remove from heat.
6. Gradually add the milk. Return the sauce to the heat and stirring continuously, bring to the boil. Simmer for 2 minutes.
7. Remove from heat and stir in $\frac{3}{4}$ of the cheese and tuna. Drain potatoes and add to the cheese sauce.
8. Place the mixture in an ovenproof dish, sprinkle with the remaining cheese and bake in the oven for 10-15mins until golden brown.
9. Serve garnished with chopped parsley.

CHEESY VEGETABLE BAKE

Ingredients

1 x Medium Potatoes	25g x Plain Flour
3x Cauliflower Florets	200ml x Milk
1 x Carrot	50g x Cheddar Cheese
$\frac{1}{2}$ x Onion	Salt & Pepper
25g x Frozen Peas	Sprig of parsley
25g x Margarine	

Method

1. Collect all ingredients & equipment. Set oven to 200oC/Gas Mark 7.
2. Wash, peel and rewash potato and carrot. Cut into even diced pieces.
3. Place potatoes and carrots into a saucepan, cover with water and season. Bring to the boil and simmer for 8-10 minutes. Add cauliflower and cook for 5-6 minutes. Add peas to the pan and cook for 3-5 minutes. Drain all the vegetables.
4. Grate cheese.
5. Place margarine, onions, 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 vegetables to the cheese sauce and mix well.
8. Pour mixture into an ovenproof dish, sprinkle the remaining cheese on top and bake in the oven for 10-15 minutes until golden brown.
9. Serve garnished with chopped parsley.

Chicken Balti and Rice

Ingredients

75g x Chicken	1.25ml x Ground Coriander
1 x Clove of Garlic	1.25ml x Chilli Powder
25g x Onion	25g x Chickpeas
50g x Sweet Potato	50ml x Water
15ml x Oil	2.5ml x Fresh Chopped Coriander
5ml x Balti Paste	$\frac{1}{2}$ x Chicken Stock Cube
100ml x Chopped Tomatoes	50g x Long Grain Rice
1.25ml x Ground Cumin	

Method

1. Collect all ingredients and equipment.
2. Cut the chicken into bite size pieces.
3. Peel and slice the onion. Peel and crush the garlic.
4. Wash, peel and rewash the sweet potato and cut into 5x5x5mm (macedoine).
5. Wash the rice in a sieve. Half-fill a large saucepan with water, add 2.5ml salt and bring to the boil. Once boiling, add the rice and simmer for 12-15 minutes.
6. Heat the oil in a medium saucepan, add the onion and sauté for 2-3 minutes until soft. Add the chicken and cook for 3 minutes.
7. Stir in the coriander, balti paste, chilli powder, cumin and garlic. Mix until chicken is thoroughly coated. Continue to cook for a further 2-3 minutes.
8. Add the chickpeas, sweet potatoes, tomatoes and the water, bring to the boil, then simmer for 10 minutes, stirring from time to time, until the chicken is cooked and the sauce has thickened.
9. Drain the rice, taste for seasoning and place onto a serving dish as a border. Place chicken in the centre and sprinkle with chopped coriander over the top of the chicken.

Chicken Biryani

Ingredients

10ml x Sunflower Oil
75g x Chicken
25g x Red Pepper
25g x Onion 1.25ml x Chilli Powder
50g x Long Grain Rice
10ml x Curry Powder
300ml x Chicken Stock

Method

1. Collect all ingredients and equipment.
2. Cut the chicken into bite sized pieces.
3. Peel and finely chop the onion.
4. Wash, deseed and cut the pepper into 5x5x5mm dice (macedoine).
5. Heat the oil in a medium sized saucepan and gently fry the chicken for 5 minutes.
6. Add the onions and peppers and cook for 2 minutes.
7. Add the rice, chilli powder and curry powder, and stir until all ingredients are coated.
8. Add the stock and stir well. Bring to the boil.
9. Reduce heat and simmer for 12-15 minutes, stirring occasionally.
10. Once the rice is cooked and most of the liquid is absorbed, serve hot with an appropriate garnish.

Chicken Cacciatora with Pasta

Ingredients

75g x Chicken	25g x Celery
15ml x Olive Oil	1 x Clove of Garlic
12.5g x Plain Flour	100g x Chopped Tomatoes
25g x Onion	50ml x Chicken Stock
25g x Yellow or Red Pepper	Salt & Pepper
50g x Carrot	50g x Spirali Pasta

Method

1. Collect all ingredients and equipment.
2. Peel and finely slice the onion. Peel and crush the garlic. Wash, string and thinly slice the celery.
3. Wash, deseed the pepper and cut into matchsticks 1x20mm (julienne).
4. Wash, peel, re-wash and cut the carrot into matchsticks 1x20mm (julienne).
5. Cut the chicken into bite-size pieces. Coat the chicken pieces in the flour.
6. Half fill a large saucepan with water and 2.5ml of salt and bring to the boil. Once boiling, add pasta and cook for 8-10 minutes. Drain.
7. Heat the oil in a medium saucepan, add the chicken and brown. Add the onion and cook until soft.
8. Add the pepper, carrot, celery, garlic, chopped tomatoes and stock. Bring to the boil.
10. Reduce heat, cover with a lid and stew for 10-15 minutes.
11. Taste and correct seasoning. Add cooked pasta to sauce.
12. Serve with appropriate garnish.

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 Fried Rice

Ingredients

50g x Long Grain Rice

15ml x Sunflower Oil

$\frac{1}{2}$ x Chicken Breast

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

$\frac{1}{2}$ x Clove of Garlic

1 x Spring Onion

15ml x Peas

10ml x Soy Sauce

Method

1. Collect all ingredients and equipment.
2. Half fill a large saucepan with water, add a pinch of salt and put on to boil for the rice.
3. Wash rice in a sieve. When water is boiling, add the rice and cook for 15 minutes, until the rice is tender.
4. Once cooked, cool the rice by rinsing under cold water. Leave to drain.
5. Cut the chicken into thin strips, crush the garlic, slice the spring onion diagonally (*save 2.5cm of spring onion*) and beat the egg in a small bowl.
6. Heat the oil in a frying pan or wok. Add the chicken and garlic and stir-fry for 3 minutes.
7. Add the rice and stir-fry for a further 3 minutes.
8. Add the spring onions and peas and continue to stir-fry for 2 minutes.
9. Make a well in the frying pan and pour in the egg. When egg has almost cooked, mix well through rice. Add soy sauce and stir-fry for 30 seconds.
10. Serve garnished with julienne of spring onion.

Chicken and Orange Stir Fry with Noodles

Ingredients

1 x Small Orange	6 x Mangetout
75g x Chicken Breast	30ml x Soy Sauce
1 x Clove of Garlic	2.5ml x Paprika
15ml x Oil	25g x Medium Egg Noodles
30g x Red Pepper	Salt & Pepper
30g x Carrot	

Method

1. Collect all ingredients and equipment.
2. Grate the rind from the orange. Peel and segment the orange, collecting the orange juice over a bowl.
3. Peel and crush the garlic. Cut mangetout diagonally into 1cm pieces.
4. Wash, deseed and cut the red pepper into dice 5x5x5mm (macedoine)
5. Peel and wash the carrot. Cut into batons 5x5x15mm (jardinière).
6. Cut the chicken into thin strips.
7. Half-fill a small pan with water, add 2.5ml of salt and bring to the boil. Add the noodles and cook for 3 minutes. Drain.
8. Heat the oil in a wok and gently fry the garlic. Add the chicken and carrot, and stir fry until chicken is cooked through.
9. Add the pepper and mangtout, and cook for 1 minute. Add the rest of the ingredients - soy sauce, paprika, orange segments and juice.
10. Add the noodles and stir well.
11. Serve appropriately garnished.

Chicken Tikka Masala

Ingredients

100g x Chicken Breast

Masala Sauce

10ml x Vegetable Oil

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

1 x Clove of Garlic

1.25cm x Fresh Ginger

1 x 2.5ml Medium Curry Powder

1 x 1.25ml chilli powder

1 x 1.25ml Cumin Seeds

1 x 7.5ml Tomato Puree

1 x 7.5ml Lemon Juice

1 x 7.5ml Double Cream

100ml x Chicken Stock

Marinade

1 x 15ml Natural Yoghurt

1 x 7.5ml Tandoori Paste

50g x Long Grain Rice

Garnish

Chopped Coriander

Method

1. Collect all ingredients and equipment.
2. Dice the chicken and place in a bowl. Add the yoghurt, tandoori paste and stir well, leave to marinate for 20 minutes.
3. Peel and grate the ginger. Peel and crush the garlic. Peel and finely chop the onion.
4. Heat the oil in a medium saucepan and sauté the onions until soft and brown.
5. Add all the Masala sauce to the pan except the double cream. Bring to the boil, reduce heat and simmer for 15 minutes.
6. Put a pan of seasoned water to the boil. When boiling, add the rice and cook for 12-15 minutes. Drain.
7. In a frying pan cook the chicken for 5 minutes. Add the chicken to the sauce and simmer gently for 10 minutes.
8. Add the double cream and correct seasoning. Serve with rice and garnish with chopped coriander.

Chilli Con Carne with Cheese and Rice

Ingredients

25g x Onion
25g x Red or Green Pepper
50g x Mince
1.25ml x Chilli Powder
75ml x Beef Stock
75ml x Chopped Tomatoes
10ml x Tomato Puree
50g x Kidney Beans
50g x Long Grain Rice
25g x Cheese
Salt & Pepper

Method

1. Collect all ingredients and equipment.
2. Peel and finely chop onion. Wash, deseed and chop pepper.
3. Place the stock, tomatoes, tomato puree, chilli powder and kidney beans in a measuring jug.
4. Place mince, onion and peppers in a small saucepan and brown the mince.
5. Add the rest of the ingredients from the jug and bring to the boil. Reduce the heat and simmer, with a lid on, for 15-20 minutes.
6. Half fill a medium size saucepan with water and 2.5ml salt and bring to the boil. Once boiling, add rice and simmer, stirring occasionally for 12-15 minutes. Drain once cooked.
7. Grate cheese. Taste and season chilli. Preheat grill.
8. Place the rice in an ovenproof serving dish and make a nest. Spoon the chilli mixture carefully into the centre. Sprinkle grated cheese on top of the chilli and rice, and grill until cheese is melted and golden brown.
9. Serve appropriately garnished.

Fish, Pasta and Cheese Crumble

Ingredients

75g x Smoked Haddock
25g x Margarine
25g x Mature Cheddar
25g x Plain Flour
250ml x Milk
25g x Macaroni

Topping

100g x Plain Flour
25g x Margarine
25g x Mature Cheddar

Method

1. Collect all ingredients and equipment. Preheat the oven - Gas Mark 5/190oC.
2. Half fill a medium sized saucepan with water and bring to the boil. Once boiling, add pasta, reduce heat and simmer for 8 minutes. Once cooked, drain and place to one side.
3. Place the fish in a small saucepan, add enough milk to come halfway up the fish and poach for 5 minutes. Drain milk through sieve into a clean saucepan. Place the fish into a small bowl and flake.
4. Grate cheese.
5. Place the 25g of flour, the remaining milk and margarine into the saucepan with the other milk used for poaching fish. Stir over a low heat until the sauce thickens.
6. Remove from the heat. Add half of the grated cheese, cooked pasta and fish, and stir. Pour mixture into an ovenproof dish.
7. In a large bowl, sieve 100g plain flour. Rub in margarine. Mix in the remaining 25g of grated cheese.
8. Place crumble on top of the fish mixture and bake in the oven for 10-15 minutes until golden brown.
9. Serve garnished appropriately.

Lasagne

Ingredients

Meat Sauce

100g x Mince
1 x Onion - (*finely chopped*)
1 x Clove of Garlic - (*crushed*)
1.25ml x Mixed Herbs
5ml x Tomato Puree
100ml x Tinned Chopped
Tomatoes
100ml x Beef Stock
3 x Lasagne Sheets

Cheese Sauce

25g x Margarine
25g x Plain Flour
250ml x Milk
25g x Cheese (*grated*)

Topping

12.5g x Cheese (*grated*)
12.5g x Parmesan Cheese

Method

1. Preheat oven - 220oC/Gas Mark 7. Collect all ingredients and equipment.
2. Brown mince in a saucepan. Add onion, garlic and mixed herbs and cook for 2-3 minutes.
3. Stir in tomato puree. Add chopped tomatoes and stock, cover and simmer for 10 minutes. Correct seasoning and consistency of sauce and remove from heat.
4. Place margarine, flour and milk in a saucepan. Stirring continuously, bring sauce to the boil and cook for 1 minute.
5. Remove from heat and stir in grated cheese. Season.
6. In an ovenproof dish, spread a spoonful of the meat sauce on the bottom. Place a sheet of lasagne on top.
7. Divide remaining meat sauce in half and spread one $\frac{1}{2}$ on top of the lasagne sheet. Place $\frac{1}{3}$ of the cheese sauce on top and cover with a lasagne sheet. Repeat process.
8. Spread remaining cheese sauce on top of lasagne sheet and sprinkle cheese topping over it.
9. Place on a baking tray and bake in the oven for 25-30 minutes. Test lasagne for readiness and serve.

Macaroni and Beef Bake

Ingredients

75g x Minced Beef	2.5ml x Mixed Herbs
50g x Onion	1 x Bay Leaf
1 x Clove of Garlic	50g x Macaroni
50ml x Beef Stock	15ml x Grated Parmesan Cheese
100g x Chopped Tomatoes	25g x Grated Cheddar Cheese
10ml x Tomato Puree	Salt and Pepper

Method

1. Collect all ingredients and equipment. Preheat oven to Gas Mark 6/200oC.
2. Peel and finely chop the onion. Peel and crush the garlic.
3. Grate cheese. In a small bowl, mix parmesan and cheddar cheese together.
4. Half-fill a medium saucepan with water, add 1.25ml of salt and bring to the boil. Once boiling, add the macaroni and cook for 8-10 minutes. Once cooked drain.
5. In a saucepan, brown the mince. Add the tomato puree, onion and garlic, and cook for 2 minutes.
6. Add the stock, chopped tomatoes, bay leaf and mixed herbs. Bring to the boil, reduce heat and simmer (stewing) for 10-15minutes.
7. Remove the bay leaf from the meat sauce. Taste and correct seasoning. Pour meat sauce into an ovenproof dish.
8. Place the cooked macaroni over the top of the meat sauce. Sprinkle cheese mixture over top and bake in the oven for 10 minutes.
9. Serve appropriately garnished.

Macaroni Pie

Ingredients

Tomato Sauce

1 x 15ml Olive Oil
 $\frac{1}{2}$ x Small Onion
 $\frac{1}{2}$ x Clove of Garlic
100g x Tinned Tomatoes
2.5ml Basil
Salt & Pepper
50g x Macaroni

Cheese Sauce

25g x Margarine
25g x Plain Flour
150ml x Milk
25g x Cheese
Salt & Pepper
15ml x Parmesan Cheese
15ml x Breadcrumbs

Method

1. Collect all ingredients and equipment. Set oven to 190oC/Gas Mark 5.
2. Half-fill a large saucepan with water, season and bring to the boil. Add the macaroni and bring back to the boil, simmer for 10 minutes.
3. Peel the onion and garlic, and finely chop. Grate cheese.
4. Heat the oil in a small saucepan and sauté the onion and garlic for 5 minutes until soft but not browned.
5. Add tomatoes, basil and season, simmer gently for 5 minutes. Place tomato sauce in a large bowl.
6. Drain macaroni and add to tomato sauce, check seasoning. Stir well and leave to one side.
7. Make cheese sauce by placing milk, flour and margarine into a small saucepan. Stirring all the time, heat gently until sauce thickens, cook for 2 minutes.
8. Remove sauce from heat and add grated cheese. Stir until cheese melts and season.
9. Arrange $\frac{1}{2}$ the tomato mixture in the base of an ovenproof dish and pour over $\frac{1}{2}$ the cheese sauce. Repeat the layers with the remaining mixture and cheese sauce. Mix together the breadcrumbs and parmesan cheese and sprinkle evenly over the top.
10. Bake in the oven for 15minutes, until golden brown.
11. Serve hot, garnished with thin slices of tomato and a sprig of basil.

Mexican Chilli Wrap

Ingredients

1x10ml 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. Peel onion and garlic. Wash, deseed and rewash pepper.
2. Finely chop onion, crush garlic and dice pepper.
3. In a medium plastic bowl mix chilli, paprika, tomato puree and chopped tomatoes and stir well.
4. Heat the oil in a medium saucepan and fry minced beef until colour changes.
5. Add onion, garlic and green pepper and fry for 3 minutes.
6. Add tomato mixture and stock cube, cover and simmer for 10 minutes.
7. Add red kidney beans and cook for a further 10 minutes.
8. Warm the tortilla wrap in frying pan, fill with chilli mixture, roll up and serve.

Pasta with a Tomato and Basil Sauce

Ingredients

50g x Onion	150ml x Vegetable Stock
50g x Carrot	25g x Chickpeas
25g x Green Pepper	15ml x Vegetable Oil
1 x Clove of Garlic	1.25ml x Dried Basil
150ml x Chopped Tomatoes	75g x Pasta Shells or Twists
10ml x Tomato Puree	Pinch of Sugar

Method

1. Collect all ingredients and equipment.
2. Half-fill a large saucepan with water, add 2.5ml salt and bring to the boil. Once boiling, add pasta and cook for 8-10 minutes. Drain and transfer to a serving dish.
3. Peel and finely chop the onion. Peel and crush the garlic.
4. Peel and wash the carrot. Cut into small dice 2x2x2mm (brunoise).
5. Heat oil in a medium saucepan; add onion, garlic, carrot and dried basil, and sauté for 1-2 minutes.
6. Remove from heat and add the tomatoes, stock, tomato puree and sugar.
7. Return to heat and with a lid on, simmer for 10-15 minutes (stewing) until sauce has reduced.
8. Remove from heat and stir in the chickpeas. Taste and correct seasoning.
9. Spoon sauce over pasta and serve garnished appropriately.

Pizza Margherita

Ingredients

Pizza Base

200g x Strong Flour
Pinch of Salt
 $\frac{1}{2}$ pkt x Fast Action Dried Yeast
1 x 15ml Olive Oil
125ml x Warm Water
1 x 15ml Olive Oil

Topping

1 x 15ml Tomato Puree
 $\frac{1}{2}$ x Tin Chopped Tomatoes
50g x Mozzarella Cheese
Fresh Basil Leaves or
1 x 1.25ml Dried Basil

Method

1. Collect all ingredients and equipment. Set oven to 220oC/Gas Mark 7.
2. Sieve flour and salt into a large bowl, stir in yeast, 1 x 15ml olive oil and sufficient warm water to make soft, pliable dough.
3. Turn out onto a lightly floured surface and knead for 10 minutes until smooth and elastic.
4. Flatten the dough into a circle, press and stretch out to a circle the size of a large dinner plate (approx. 5-7mm in thickness).
5. Place on a baking tray and pinch the edges to make a slightly thicker rim and rub in 1 x 15ml olive oil. Leave in a warm place to rise.
6. Mix together tomato puree and chopped tomatoes.
7. Once dough has risen, spread with tomato mixture, tear bits of mozzarella and place on top, taking care to leave the edges uncovered. Sprinkle with basil.
8. Bake in the oven for 10-15 minutes.
9. Serve garnished with fresh basil leaves.

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.

Savoury Macaroni Cheese

Ingredients

75g x Macaroni
1 teaspoon Salt

Sauce

25g x Margarine
 $\frac{1}{2}$ x Onion (*finely chopped*)
25g x Plain Flour
250ml x Milk
75g x Cheese (*grated*)
2 x Slices of Cooked Ham
(*chopped*)
1 x 15ml Breadcrumbs
Sprig of Parsley

Method

1. Collect all ingredients and equipment. Set oven to 220oC/Gas Mark 6.
2. Half fill a large pan with water and salt. Bring to the boil and add pasta. Reduce heat and simmer for approximately 10 minutes. Drain into a sieve.
3. Finely chop onion and grate cheese.
4. Melt margarine and gently fry onion for 2 minutes. Add flour and cook for 30 seconds.
5. Remove from heat and gradually stir in the milk. Return to the heat and slowly bring to the boil, stirring all the time.
6. Add the pasta and ham and gently heat through.
7. Remove from the heat and mix through 50g of the cheese.
8. Pour into a serving dish. Mix together the remaining cheese with the breadcrumbs and sprinkle on top. Bake in the oven until golden brown.
9. Garnish with parsley and serve.

Savoury Meatballs and Rice

Ingredients

150g x Mince	1 x Clove of Garlic (crushed)
50g x Onion (finely diced)	100ml x Chopped Tomatoes
2.5ml x Cumin	50ml x Passata
5ml x Madras Curry Paste	25ml x Chicken Stock
20ml x Vegetable Oil	25ml x Mango Chutney
5ml x Fresh Coriander (finely chopped)	Salt and Pepper
12.5g x Fresh Breadcrumbs	Plain Flour
Beaten Egg to Bind	50g x Long Grain Rice
	$\frac{1}{4}$ x Red Pepper (brunoise)

Method

1. Collect all ingredients and equipment.
2. Heat 5ml of oil in a small pan. Add $\frac{1}{2}$ the prepared onions, $\frac{1}{2}$ the cumin powder and $\frac{1}{2}$ the curry paste and sweat until soft. Remove from heat and leave the onion mix to cool.
3. Mix the mince, cooled onion mix, $\frac{1}{2}$ the chopped coriander and the breadcrumbs together. Season with salt & pepper and add enough egg to bind.
4. Divide the mixture into 6 equal portions and shape. Chill until required.
5. Heat 5ml of oil in a large saucepan. Add garlic and remaining onion, cumin powder and curry paste, and cook for 2 minutes.
6. Remove from heat and add chopped tomatoes, Passata, stock and chutney. Return to heat and bring to the boil, reduce heat, cover and simmer for 10mins.
7. Put a pan of salted water on to boil. Once the water is boiling, add the rice and cook for 12-15 minutes.
8. Heat remaining oil in a frying pan and carefully seal meatballs until golden brown and firm. Using a slotted spoon carefully add meatballs to sauce and simmer gently for 10 minutes.
9. Skim meatballs. Add the remaining coriander and season.
10. Drain rice, stir in red peppers and season. Serve with meatballs.

Smoked Haddock and Leek Tart

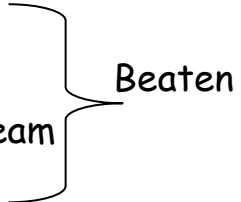
Ingredients

Pastry

50g x Plain Flour
25g x Plain W/Meal Flour
40g x Margarine
15-20ml x Water (approx)
Pinch of Salt

Filling

$\frac{1}{2}$ x Onion
15g x Leek
50g x Smoked Haddock
5g x Butter
1 x Egg
50ml x Milk
50ml x Double Cream
Salt & Pepper
25g x Mature White Cheddar
5ml x Chives



Method

1. Collect all ingredients and equipment. Preheat oven - 200oC/Gas mark 6.
2. Sieve flour and salt into a large bowl and add grains.
3. Rub in margarine until mixture resembles fine breadcrumbs. Add enough water to create pastry.
4. Knead pastry lightly and roll out to line a 15cm flan ring. Bake blind. Reduce temperature of oven to 180oC/Gas Mark 4.
5. Dice onion and julienne leek. Cube the smoked haddock.
6. Sweat the onions and leeks in butter, season lightly.
7. Mix together the egg, milk and cream and season, strain mixture. Chop chives and grate cheese.
8. Spread onions and leeks evenly on the pastry base. Evenly place smoked haddock on top, sprinkle on chives and grated cheese.
9. Fill the pastry base case with egg mixture and bake in the oven for 15-20 minutes until set and golden brown. Remove and allow to rest on a cooling tray.
10. Serve warm on four individual warm, clean plates with appropriate garnish.

Spaghetti Bolognese

Ingredients

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

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.

Sweet Chilli Chicken with Rice

Ingredients

$\frac{1}{2}$ x Chicken Breast
1 x 15ml Soy Sauce
1 x 5ml Sunflower Oil
 $\frac{1}{2}$ x Onion
25g x Carrot
3 x 15ml Sweet Chilli Sauce
50g x Long Grain Rice
Chopped Parsley

Method

1. Collect all ingredients and equipment.
2. Put a medium sized saucepan of seasoned water on to boil. When boiling add the rice and cook for 12-15 minutes. Drain.
3. Slice chicken thinly, place in a bowl with soy sauce and marinate for 10 minutes.
4. Peel and slice the onion.
5. Cut the carrot into jardinière.
6. Heat the oil in a wok or frying pan and fry chicken for 5 minutes.
7. Add the onion and carrots and cook for a further 5 minutes, stirring continuously.
8. Stir in the sweet chilli sauce and heat for 1 minute.
9. Serve chicken with the rice and garnished with chopped parsley.

Sweet and Sour Chicken with Rice

Ingredients

75g x Chicken Breast	5ml x Demerara Sugar
25g x Carrot	50ml x Pineapple Juice
25g x Green Pepper	7.5ml x White Malt Vinegar
25g x Onion	7.5ml x Soy Sauce
5ml x Cornflour	25g x Pineapple pieces
75ml x Water	50g x Long Grain Rice
5ml x Sunflower Oil	

Method

1. Collect all ingredients and equipment.
2. Wash, peel and rewash carrot. Cut into batons 5x5x15mm (jardinière).
3. Wash, deseed the green pepper. Cut into batons 5x5x15mm (jardinière).
4. Peel and slice the onion thinly. Blend the cornflour with 10ml of the water.
5. Cut the chicken into bite-sized pieces.
6. Half fill a saucepan with water and 2.5ml of salt and bring to the boil. Add the rice and cook for 12-15 minutes. Drain and place in a serving dish.
7. Heat the oil in a saucepan and seal the chicken. Add the onion and carrot, and cook for 2 minutes.
8. Add the sugar, pineapple juice, vinegar, soy sauce and the remaining water. Bring to the boil, reduce heat and simmer for 5 minutes.
10. Add the green pepper and pineapple pieces and simmer for a further 3 minutes.
11. Remove from heat and stir in the blended cornflour. Return to the heat and cook until sauce is a coating consistency.

12. Taste and correct seasoning. Serve on top of cooked rice, appropriately garnished.

Spicy Chicken Risotto

Ingredients

75g x Chicken Breast
75g x Long Grain Rice
450ml x Hot Chicken Stock
50g x Onion
50g x Red Pepper
25g x Frozen Sweetcorn
10ml x Curry Paste
15ml x Olive Oil
Salt & Pepper

Method

1. Collect all ingredients and equipment.
2. Cut chicken into bite-sized pieces.
3. Peel and dice the onion. Wash, deseed and dice red pepper.
4. Prepare hot stock in a measuring jug.
5. Heat the oil in a large pan, then sauté the chicken and onion until the chicken is sealed.
6. Add the rice and curry paste to the pan and stir until everything is coated with curry paste.
7. Remove pan from the heat and carefully stir in the hot stock.
8. Return the pan to the heat and bring to the boil, stirring continuously. Reduce heat and simmer for 10 minutes until the liquid has reduced by half.
9. Remove from heat and add red pepper and sweetcorn. Return to heat and continue to simmer until very little liquid is left in the pan.
10. Taste and season. Serve appropriately garnished.

Tagliatelle 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 Tagliatelle

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.

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

Method

1. Collect all ingredients and equipment. Set oven at 230oC/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 15minutes, 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.

Tortilla de Paratas

Ingredients

1 x Large Potato
1 x Spring Onion
2 x Eggs
2 x 15ml Olive Oil
Salt & Pepper

Method

1. Collect all ingredients and equipment.
2. Wash, peel and rewash potato. Slice thinly.
3. Wash and finely slice spring onion.
4. Heat 15ml of olive oil in a small omelette pan, add potatoes and season. Cover and cook over a low heat for approximately 10 minutes, until soft.
5. Remove potatoes and drain on kitchen paper. Clean omelette pan.
6. Beat eggs in a large plastic bowl and season. Stir in drained potatoes and sliced spring onions..
7. Heat remaining 15ml of olive oil. Pour in egg mixture and allow tortilla to set for a minute on a high heat. Reduce heat and cook through.
8. Using a palate knife, work around the pan edge and shake occasionally to stop sticking.
9. When top has set, cover pan with a plate and turn tortilla onto it. Return tortilla to pan, cooked side up and cook for a further 2-3 minutes.
10. Turn onto a warmed plate and use as required.

Turkey Mexicana

Ingredients

75g x Turkey
2 x Tomatoes
1 x Onion
1 x Clove of Garlic
 $\frac{1}{2}$ x Red Pepper
1 x Green Chilli
1 x 15ml Vegetable Oil
150ml x Chicken Stock
40g x Cheddar Cheese
Salt & Cayenne Pepper

Method

1. Collect all ingredients and equipment.
2. Wash, skin and finely chop tomatoes.
3. Peel and finely chop onion. Wash, deseed and brunoise the pepper.
4. Dice the turkey. Peel and crush the garlic.
5. Wash and deseed the chilli, cut into julienne.
6. Grate the cheese.
7. Heat the oil gently in a large pan. Add the turkey, onion, chilli and garlic, fry for 5 minutes.
8. Add the tomatoes, stock and peppers. Bring to the boil, reduce heat and simmer for 15 minutes, stirring occasionally.
9. Remove from heat and add grated cheese. Leave to stand with the lid on for 5 minutes.
10. Stir, taste and correct seasoning, if required.
11. Serve.

Turkey Pilau

Ingredients

75g x Turkey	1 x 15ml Lemon Juice
50g x Long Grain Rice	$\frac{1}{2}$ x Onion
1 x Clove of Garlic	200ml x Chicken Stock
1 x 2.5ml Chilli Powder	1 x 10ml Vegetable Oil
1 x 2.5ml Cumin Seeds	1 x 15ml Natural Yoghurt
1 x 2.5ml Turmeric	Salt & Pepper
2.5cm Cinnamon Stick	Chopped Coriander
2 x Cardamom Pods	

Method

1. Collect all ingredients and equipment.
2. Peel and slice onion. Peel and crush garlic.
3. Slice turkey thinly.
4. Gently heat oil in a medium saucepan and cook turkey for 3 minutes.
5. Add onions and garlic to pan and continue to cook for a further 5 minutes.
6. Add the rest of the ingredients and gently bring to the boil.
7. Reduce heat, cover and simmer for 12-15 minutes until most of the stock has been absorbed and rice is cooked.
8. Remove lid and continue to cook for a further 2-3 minutes.
9. Correct seasoning if required.
10. Serve garnished with chopped coriander.

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.

Mediterranean Couscous

Ingredients

75g x Couscous
½ x Vegetable Stock Cube
100ml x Boiling Water
50g x Red Onion
50g x Green Pepper
1 x Clove of Garlic
1 x Tomato
25g x Sweetcorn
1.25ml x Dried Basil
10ml x Balsamic Vinegar
15ml x Vegetable Oil
Salt & Pepper

Method

- 1. Collect all ingredients and equipment.**
- 2. Dissolve stock cube in the boiling water. Place couscous in a large glass bowl, add vegetable stock and dried basil. Stir with a fork, cover and leave to one side to allow couscous to absorb the liquid.**
- 3. Peel and finely chop onion. Peel and crush garlic.**
- 4. Wash and cut the green pepper into small dice 2x2x2mm (brunoise).**
- 5. Wash and chop the tomato into small dice.**
- 6. Heat the oil. Fry the onion, garlic, pepper and sweetcorn for 2-3 minutes. Add tomato and balsamic vinegar to frying pan and heat through. Remove from heat.**
- 7. Stir mixture into couscous.**
- 8. Taste and season.**
- 9. Serve appropriately garnished.**

Spiced Rice and Peppers

Ingredients

1 x 15ml Olive Oil	1 x 1.25ml Chilli Powder
50g x Long Grain Rice	200ml x Stock
1 x Clove of Garlic	100ml x Tinned Tomatoes
1 x 1.25ml Cumin	25g x Kidney Beans
1 x 1.25ml Coriander	$\frac{1}{2}$ x Red Pepper
1 x 10ml Tomato Puree	Salt & Pepper
1 x 1.25ml Paprika	Chopped Coriander to Garnish

Method

1. Collect all ingredients and equipment. Preheat grill.
2. Wash, deseed and rewash pepper.
3. Grill the pepper skin side up until the skin is charred. Place in a plastic bag and leave to cool. When cool enough to handle, peel of skin and cut into quarters.
4. Make up stock.
5. Peel and crush garlic. Place garlic in a bowl with cumin, coriander, tomato puree, paprika and chilli powder. Mix well.
6. Heat the oil in a large saucepan, add the rice and stir-fry for 2-3 minutes.
7. Add the spice mixture and cook for 2-3 minutes.
8. Add the tomatoes, kidney beans and stock, bring to the boil stirring continuously.
9. Reduce heat, cover and simmer for 10 minutes.
10. Place peppers on top of the rice and simmer for a further 10 minutes until the rice is cooked and the liquid just absorbed.
11. Remove from heat and leave to stand for 5 minutes.
12. Serve in a warm dish garnished with chopped coriander.

Tomates Provencales

Ingredients

2 x Small Potatoes

1 Large or 2 Small Tomatoes

1 x Onion

1 x Clove of Garlic

1 x 15ml Olive Oil

Pinch each of Thyme, Rosemary and Nutmeg (mixed together)

Salt & Pepper

15g x Brown Breadcrumbs

Method

1. Collect all ingredients and equipment. Set oven to 200oC/Gas Mark 6.
2. Wash the potatoes and boil them in seasoned water for 15 minutes with their skins on. Once cooked, sliced thinly.
3. Wash, core, blanch and skin tomatoes. Slice thinly.
4. Peel the onion and slice in $\frac{1}{2}$ rings. Peel and crush the garlic.
5. Heat the oil in a frying pan and brown the onions and garlic.
6. Put a spoonful of the oil from the frying pan into the bottom of an ovenproof dish and layer $\frac{1}{2}$ the sliced tomatoes.
7. Spread on top of the tomatoes $\frac{1}{3}$ of the onion and garlic mixture. Season with some of the herb mixture and salt and pepper.
8. Arrange the sliced potatoes on top and add another $\frac{1}{3}$ of the onion and garlic mixture. Season again with some of the herb mixture and salt and pepper.
9. Add the remaining tomatoes and then the final $\frac{1}{3}$ of the onion and garlic mixture.
10. Add any of the remaining herbs to the breadcrumbs and sprinkle on top of the dish. Bake in the oven for 20-25 minutes.
11. Serve garnished with a sprig of fresh thyme or rosemary.

Vegetable Crumble

Ingredients

Base

$\frac{1}{2}$ x Onion (*finely chopped*)

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

1 x Small Potato

25g x Turnip

} (*cut into macedoine*)

$\frac{1}{2}$ x Stalk of Celery (cut into 1cm paysanne)

25g x Mushrooms (wiped and sliced)

1 x 10ml Sunflower Oil

1 x 12.5g Wholemeal Plain Flour

100ml x Chopped Tomatoes

100ml x Vegetable Stock

Crumble Topping

25g x Wholemeal Plain Flour

50g x Plain Flour

40g x Margarine

25g x Cheese (*grated*)

Garnish

Chopped Parsley

Method

1. Collect all ingredients and equipment. Set oven to 190oC/Gas Mark 5.
2. Prepare all ingredients as stated.
3. Heat oil in a saucepan and gently fry onion for 2 minutes, without browning. Add the rest of the ingredients and sauté for 10 minutes over a low heat.
4. Stir in the flour. Add the tomatoes and stock gradually. Bring to the boil and stew gently for 15 minutes until the vegetables are just tender.
5. Make crumble topping by sieving flour into a large bowl. Rub in margarine until mixture resembles fine breadcrumbs. Stir in grated cheese.
6. Place the vegetable mixture into an ovenproof dish. Pace the crumble on top and bake in the oven for 25 minutes until golden brown.
7. Serve garnished with chopped parsley.

Apple and Cinnamon Scones

Ingredients

150g x S/R Flour
50g x Wholemeal Flour
50g x Margarine
5ml x Baking Powder
2.5ml x Cinnamon
25g x Caster Sugar
 $\frac{1}{2}$ x Dessert Apple
100ml x Milk
10ml x Demerara Sugar

Method

1. Collect all ingredients and equipment.
2. Sieve the flour, cinnamon and baking powder into a large bowl.
3. Rub in margarine until it resembles fine breadcrumbs.
4. Peel and grate the apple onto a plate.
5. Add the sugar and apple to the flour and mix well.
6. Add enough milk to make soft, but not sticky dough.
7. Turn the mixture out onto a lightly floured work surface and knead lightly until smooth. Roll out until 2 cm thick.
8. Cut into 6 even-sized pieces. Place on a baking tray. Brush with a little milk and sprinkle with demerara sugar.
9. Bake in oven for 10-15 minutes, until risen and golden brown.

Apple Fool

Ingredients

1 x Cooking Apple

25ml x Water

50g x Granulated Sugar

12.5g x Cornflour

125ml x Milk

12.5g x Caster Sugar

150ml x Whipping Cream

5ml x Icing Sugar

1-2 drops Vanilla Essence

Method

1. Collect all ingredients and equipment.
2. Wash, core, peel and rewash apple. Thinly slice.
3. Place the water, apples and granulated sugar in a saucepan and stew until a puree is obtained. Pass through a sieve.
4. Blend the cornflour with a little of the milk.
5. Heat the remainder of the milk, pour onto the blended cornflour and mix well.
6. Return to the saucepan, add the caster sugar and bring to the heat over a low heat, stirring continuously.
7. Add to the pureed apples, mix well and put into a dish. Refrigerate until set.
8. Whisk the cream, icing sugar and vanilla essence until it forms peaks.
9. Decorate the dessert with rosettes of cream and serve.

Apricot Tart

Ingredients

Pastry

100g x Plain Flour

50g x Margarine

1 x 5ml Icing Sugar

2 x 10ml Cold Water

Topping

6 x Canned Apricot Halves

2 x 15ml Apricot Jam

Custard

1 x Egg

20g x Caster Sugar

1 x 7.5ml Cornflour

150ml x Milk

1 x 1.25ml Vanilla Essence

Method

1. Collect all ingredients and equipment. Set oven to 200oC/Gas Mark 6.
2. Sieve flour and icing sugar into a large mixing bowl. Rub in margarine until the mixture resembles fine breadcrumbs.
3. Add sufficient water to make a firm dough.
4. Turn out pastry and line a 15cm flan ring. Bake blind for 15 minutes.
5. To make the custard, beat the egg. Blend the cornflour with a little of the milk and then add the sugar and the egg.
6. Heat the rest of the milk, bring to the boil. Pour the hot milk into the egg mixture.
7. Return the mixture to the saucepan and stir continuously over a low heat until the custard thickens (**DO NOT BOIL**).
8. Add the vanilla essence and pour the custard into the base of the flan case and Chill.
9. Arrange the apricots on top of the custard. Heat the jam in the microwave for 30 seconds.
10. Brush the apricot glaze over the fruit and leave to set.
11. Serve in slices decorated with a mint leaf.

Chocolate Chip Cookies

Ingredients

50g x Margarine
50g x Caster Sugar
 $\frac{1}{2}$ tbsp x Syrup
75g x Self Raising Flour
25g x Chocolate Chips

Method

1. Collect all ingredients and equipment. Preheat oven to 180oC/Gas Mark 4.
2. Cream the margarine and sugar in a large bowl until light and creamy.
3. Beat in the syrup and $\frac{1}{2}$ the flour.
4. Stir in the remaining flour and chocolate chips.
5. Using your fingers, bring the dough together.
6. Divide the dough into 7 equal sized balls.
7. Place the balls well apart on a baking tray (DO NOT FLATTEN THEM).
8. Bake in the oven for 12-15 minutes until golden brown at the edges.
9. Cool on a wire cooling rack.

Chocolate Eclairs (between 2)

Ingredients

Choux Paste

250ml x Water
A pinch of Sugar
125g x Plain Flour
100g x Margarine
4 x Eggs

Filling

300ml x Double Cream
Vanilla Essence
Caster Sugar

Topping

100g x Fondant
25g x Chocolate

Method

1. Collect all ingredients and equipment. Preheat oven to 220oC/Gas Mark7.
2. Bring the water, sugar and margarine to the boil. Remove from heat.
3. Add the flour and mix well. Return to the heat and stir continuously until the mixture leaves the sides of the pan. Remove from heat and allow to cool down slightly.
4. Gradually beat in eggs until mixture is of a dropping consistency.
5. Pipe choux paste into 8cm lengths onto a baking tray. Bake in the oven for 25-30 minutes. Cool on a wire cooling tray.
6. Fill with sweetened, vanilla-flavoured cream.
7. Warm the fondant, add the finely cut chocolate and allow to melt slowly.
8. Glaze the éclairs by dipping them in the fondant. Allow to set.
9. Serve.

Citrus 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 or Orange
100ml x Cold Water
1 x Egg Yolk

Method

1. Collect all ingredients and equipment. Set oven to 220oC/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 make 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 160oC/Gas Mark 4.
6. Separate the egg carefully. Rind and juice the orange or 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.
13. Serve hot or cold decorated with pieces of glace cherry.

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.

Crepes

Ingredients

50g x Plain Flour

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

125ml x Milk

10ml Oil

Lemon Juice

Caster 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. Serve with a squeeze of lemon juice and a sprinkling of caster sugar.

Custard Creams

Ingredients

150g x Butter
50g x Icing Sugar
50g x Custard Powder
75g x S/Raising Flour
75g x Plain Flour

Butter Icing

50g x Butter
75g x Icing Sugar
2-3 x Drops of Vanilla Essence

Method

1. Collect all ingredients and equipment. Heat oven to 190oC/Gas Mark 5.
2. Cream butter and sugar till light and fluffy, add dry ingredients and mix thoroughly, until a dough is formed.
3. Roll into small balls and place on a baking tray, press lightly with a fork.
4. Bake in oven for 20 minutes until golden brown. Cool on a wire cooling rack.
5. Make Butter Icing: Cream together all ingredients until smooth.
6. When cool, sandwich biscuits together with butter icing.

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

Eve's Pudding

Ingredients

1 x Cooking Apple
25g x Caster Sugar
15ml x Water

} **Stew Together**

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 until well risen, springy to touch and golden brown. Serve with cream, custard or ice-cream.

Fresh Fruit Salad

Ingredients

6 x Green Grapes

$\frac{1}{2}$ x Red Apple

$\frac{1}{2}$ x Kiwi Fruit

1 x Orange

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

$\frac{1}{8}$ x Fresh Pineapple

100ml x Water

25g x Sugar

Sprig of Mint

Method

1. Collect all ingredients and equipment.
2. Cut a thin strip of peel from the orange.
3. Place sugar, water and peel in a small saucepan and bring to the boil, stirring until sugar dissolves. Boil rapidly for 2 minutes.
4. Remove the peel and place to one side. Pour the syrup into a large bowl and cool.
5. Peel and segment the orange. Add segments and squeeze any juice into the syrup.
6. Wash the grapes. Deseed, cut in half and put in the syrup.
7. Core and wash the apple. Dice and place in the syrup.
8. Peel kiwi fruit. Slice and put in the syrup.
9. Peel, core and slice the pineapple. Place in the syrup.
10. Peel and slice the banana. Place in the syrup and mix well.
11. Finely julienne the orange peel.
12. Serve in a dessert bowl garnished with julienne of orange.

Mini Lemon Bakewell Tarts

Ingredients

Pastry

100g x Plain flour

50g x Margarine

Cold water

Filling

30-45ml x Lemon Curd

Sponge

50g x Margarine

50g x Caster Sugar

50g x S/R Flour

1 x Egg

15ml x Water

Method

1. Collect all ingredients and equipment. Preheat oven to Gas Mark 4/180oC.
2. Sieve the plain flour for pastry in a large bowl. Rub in the margarine until mixture resembles fine breadcrumbs. Mix to a stiff dough with cold water.
3. Lightly flour the work surface and knead the dough. Roll out pastry and cut into 8 circles using a pastry cutter and line a patty tin.
4. Place half a teaspoon of lemon curd in each pastry case.
5. Beat the egg and water together. Sieve flour on a plate.
6. In a large bowl, cream the sugar and margarine together until light and fluffy.
7. Gradually beat in the egg and water mixture.
8. Fold in the flour - the mixture should be smooth and creamy.
9. Carefully divide the mixture and spread over the lemon curd.
10. Bake in the oven for 15-20 minutes, until golden brown and springy to the touch. Dust with icing sugar.

Oatmeal Biscuits

Ingredients

50g x Medium Oatmeal
150g x Plain Flour
100g x Unsalted Butter
50g x Caster Sugar
1 x Egg

Method

1. Collect all ingredients and equipment.
2. Sieve the flour into a large bowl, add the oatmeal and rub in the butter.
3. Stir in the sugar and add enough beaten egg to bind together to form a smooth dough.
4. Bring the dough together, wrap and chill for 30 minutes.
5. Roll out the dough on a lightly floured surface to a thickness of about 5mm.
6. Using a 7cm cutter cut out 8 circles.
7. Transfer circles carefully onto a baking tray and bake in the oven for 10-15 minutes until golden brown, leave to cool.

Old Fashioned Microwave Pudding

Ingredients

2 x 15ml Golden Syrup 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 syrup or jam in the bottom.
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 syrup or jam 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.

Pastry Cream

Ingredients

1 x Eggs
50g x Caster Sugar
25g x Plain Flour
5g x Custard Powder
 $\frac{1}{4}$ litre x Milk
Vanilla Essence

Method

1. Whisk egg and sugar until almost white in colour.
2. Sieve flour and custard powder together.
3. Mix flour and custard powder into egg mixture.
4. Boil milk, remove from heat and whisk into egg mixture.
5. Pour mixture back into a clean pan.
6. Return to heat and stir continuously until boiling.
7. Remove from heat and stir in vanilla essence.
8. Pour into a clean bowl. Dust with icing sugar to prevent a skim from forming and chill.

Pineapple Upside Down Cake

Ingredients

3 x Pineapple Rings
1½ x Cherries
25g x Soft Brown Sugar

Sponge
50g x Margarine
50g x Caster Sugar
50g x Self-Raising Flour
1 x 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 ½ 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 onto a cake plate.

Poached Pear and Raspberry Coulis

Ingredients

1 x Pear
50g x Fresh or Frozen Raspberries
2 x 10ml Caster Sugar
25ml x Water
Fresh Mint Leaf

Method

1. Collect all ingredients and equipment.
2. Half fill a large saucepan with water and put on to boil.
3. Wash, peel and core the pear from the base up. Keep the stem on the pear.
4. Using a slotted straining spoon, place the pear carefully into the boiling water. Turn down the heat and poach the pear for about 10 minutes until tender and soft - test with a skewer.
5. Remove the pear carefully from the water and place in a serving dish.
6. Keep 2 raspberries for decoration and place the rest in a saucepan with the water and caster sugar. Stew gently for 10 minutes.
7. Puree the raspberries and pass through a sieve to remove any seeds.
8. Pour the raspberry coulis over the pear.
9. Serve decorated with the raspberries and a fresh mint leaf.

Raspberry Muffins

Ingredients

150g x S/R Flour
2 x Eggs
50ml x Oil
15ml x Raspberry Jam
125g x Raspberry Yoghurt
50g x Caster Sugar

Method

1. Collect all ingredients and equipment. Preheat oven to Gas Mark 5/180oC.
2. Place 9 paper cases into a muffin tin.
3. Sieve the flour into a large bowl and make a well in the centre.
4. Place the sugar in the bowl.
5. Measure the oil into a jug, add the eggs and beat with a fork. Measure the jam into a bowl and add the yoghurt, mix together.
6. Add the contents of both the jug and the bowl to the flour and sugar.
7. Mix all the ingredients together until just combined, do not beat or over mix (the mixture will look slightly lumpy).
8. Divide the mixture evenly between the paper cases. Bake in the oven for 15-20 minutes, until golden brown and springy to the touch.
9. Remove from oven and allow to cool slightly. Dust with icing sugar.

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.

Rough Puff Pastry

Ingredients

100g x Plain Flour
75g x Margarine
60ml x Cold Water
Pinch of Salt

Method

1. Sieve the salt and flour.
2. Cut the margarine into small pieces and lightly mix into the flour, without rubbing in.
3. Make a well in the centre, add the cold water and mix to a stiff dough.
4. Turn onto a floured surface and roll out to an oblong strip.
5. Fold pastry from both ends into the centre.
6. Cover and chill for 5 minutes.
7. Repeat steps 4 to 6 another 4 times, chilling in between each folding of pastry.

Sugar Pastry

Ingredients

120g × Plain Flour
60g × Margarine
30g × Caster Sugar
 $\frac{1}{2}$ × Egg

Method

1. Sieve flour into a bowl.
2. Cut margarine into smaller pieces and add to the flour.
3. Rub in margarine to flour until mixture resembles fine breadcrumbs.
4. Stir in caster sugar.
5. Using a round bladed knife stir in beaten egg.
6. Using your hand, bring pastry together.
7. Wrap in cling film and chill for at least 30 minutes before using.

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.

Sticky Toffee Pudding with Butterscotch Sauce

Ingredients

75g x Chopped Dates
125ml x Water
2.5ml x Bicarbonate of Soda
25g x Unsalted Butter
75g x Self-Raising Flour
1 x Egg
75g x Caster Sugar
2.5ml x Vanilla Essence

Sauce

125ml x Double Cream
30g x Butter
50g x Demerara Sugar

Method

1. Collect all ingredients and equipment. Heat oven to 190°C/Gas Mark 5.
2. Boil the dates in the water for approximately 5 minutes 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 20-30 minutes, 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 3 minutes.
7. Carefully pour the sauce over the top of the pudding and serve.

Yule Log

Ingredients

Chocolate Swiss Roll

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

Chocolate Butter Icing

75g x Butter or margarine
175g x Icing Sugar
1 x 15ml Cocoa Powder
1 x 15ml Warm Water

Method

1. Collect all ingredients and equipment. Set oven to 220oC/Gas 7.
2. Oil and line Swiss roll tin with greaseproof paper.
3. Sieve flour and cocoa powder onto a plate or paper towel.
4. Place eggs and caster sugar into a large mixing bowl and whisk until thick and creamy. Lightly fold in flour and cocoa powder.
5. Pour mixture into prepared tin and bake in the oven for 8-10 minutes until golden brown and springy to the touch.
6. Sieve icing sugar onto a plate or paper towel.
7. Blend cocoa powder with warm water.
8. Cream butter until soft and creamy. Slowly whisk in the icing sugar. When well combined add the blended cocoa powder.
9. Lay second piece of greaseproof paper on table and sprinkle with sugar. Turn cooked sponge onto paper and carefully strip off lining paper from sponge. Roll up sponge Swiss roll style.
10. When cold spread 1/3 of the butter icing onto the sponge and re-roll.
11. Place on a serving dish and spread the remaining butter icing over the sponge with a palette knife and make a log effect using a fork.
12. Sprinkle with icing sugar and serve.

