

Kirkcaldy High School

S1/S2



Recipe Book

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Fruit Salad

Ingredients

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

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

4 x grapes

6 x mandarin segments

150ml x apple juice

Method

1. Collect all ingredients and equipment.
2. Measure apple juice and place in container.
3. Place the mandarin segments in the container with the apple juice.
4. Wash the apple and grapes.
5. Slice the banana into thin slices and place in the container. Mix well.
6. Cut the apple into small pieces, place in container and mix well.
7. Slice the grapes in half, place in container with the rest of the fruit and mix well. Serve.

French Toast

Ingredients

1 x slice of bread

1 x egg

25ml x milk

10ml x oil

salt and pepper

Method

1. Collect all ingredients and equipment.
2. Crack the egg into a measuring jug.
3. Add the milk to the egg and whisk well with a fork.
4. Season with salt and pepper and whisk again.
5. Place the bread on a plate and pour egg mixture carefully over it. Turn bread over and ensure that all the bread is coated in the egg mixture.
6. Heat the oil gently in a frying pan.
7. Once hot, remove from heat and carefully add the egg-soaked bread. Return to the heat and gently fry until golden brown.
8. Remove from the heat and carefully turn over. Return to the heat and gently fry again until golden brown.
9. Serve.

Rarebit Toasts

Ingredients

1 x Ciabatta Roll
50g x Cheese
1.25ml x Dijon Mustard
 $\frac{1}{2}$ x Spring onion
15ml x Beaten Egg
Salt & Pepper

Method

1. Collect all ingredients and equipment.
2. Preheat grill. Slice ciabatta roll in half.
3. Grate cheese.
4. Wash and finely slice the spring onion.
5. Mix together the cheese, mustard, spring onion and beaten egg. Season.
6. Grill the outside of the two halves of the ciabatta roll.
7. Turn the roll halves over and spread the cheese mixture on the untoasted side of the roll.
8. Grill for 3 minutes until the cheese is melted and golden.
9. Serve straight away.

Easter Spiced French Toast

Ingredients

- 1 x Hot Cross Buns, split in half
- 12.5g x Soft Butter
- 1 x Egg
- 25ml x Milk
- 5ml x Jam
- 2.5ml x Cinnamon
- Oil or Butter for cooking

Method

1. Mix the butter with half the cinnamon and mash together.
2. Beat together the remaining cinnamon, egg and milk.
3. Sandwich the two halves of the bun back together using the cinnamon butter and jam.
4. Soak the bun sandwich in the beaten egg mixture, turning occasionally until absorbed.
5. Heat oil or butter in a frying pan. Once hot cook the bun sandwich for 2-4 minutes each side until a light golden colour, pressing down on them as they cook.
6. Serve topped with a scoop of ice-cream and a drizzle of maple syrup.

Cheese & Chilli Melts

Ingredients

50g x Strong Cheddar, grated
1 x Tomato, roughly chopped
 $\frac{1}{4}$ x Fresh Chilli, finely chopped
5ml x Coriander Leaves, roughly chopped
2 x Tortilla Wraps
Oil, for Brushing

Method

1. Preheat oven 180oC/Gas Mark 6.
2. Prepare ingredients as stated.
3. Put the cheese, tomato, chilli and coriander leaves into a bowl, season and mix well.
4. Warm tortillas in the microwave for 5-10 seconds - this makes them more bendable.
5. Divide the cheese mixture over one half of each tortilla. Fold over the other half to make 2 half-moons, then press down to seal.
6. Brush both sides with a little oil. Bake in the oven for a couple of minutes until crisp and golden.
7. Slice into wedges, season lightly and serve.

Refried Bean Quesadillas

Ingredients

15ml x Sunflower Oil
 $\frac{1}{2}$ x Onion
1 x Clove of Garlic
1.25ml x Cumin Seeds
2.5ml x Smoked Paprika
100g x Pinto or Kidney Beans, drained
25g x Cheddar
2 x Tortilla Wraps
30ml x Tomato Salsa
Salt & Pepper

Method

1. Collect all ingredients and equipment.
2. Finely chop the onion. Crush the garlic and grate the cheese.
3. Heat the oil in a large frying pan and cook the onion and garlic for 2 minutes. Add the cumin seeds and cook for a further 1 minute.
4. Add the beans, paprika and 15ml of water. Using a potato masher, break the bean mixture down as they warm through to make a rough puree. Season well.
5. Spread the bean mixture onto 1 of the tortilla wraps and scatter the grated cheese on top. Spoon over the salsa, then top with the remaining tortilla.
6. Wipe the frying pan with a paper towel and return to the heat. Cook the tortilla for 1-2 minutes on each side until crisp and golden brown and the cheese is melting.
7. Cut into wedges and serve.

Toast Beans and Cheese

Ingredients

- 1 x Slice of Bread
- 50g x Baked Beans
- 25g x Cheese

Method

1. Collect all ingredients and equipment
2. Heat grill.
3. Toast the bread on one side until golden brown.
4. Turn the toast over.
5. Heat the beans in a covered small plastic container in the microwave for 45 seconds.
6. Grate the cheese.
7. Spread the beans on top of the toast.
8. Sprinkle the grated cheese evenly over the beans.
9. Place back under the grill until the cheese is melted and golden brown. Serve.

Smoky Chickpeas on Toast

Ingredients

- 7.5ml x Vegetable Oil
- $\frac{1}{4}$ x Onion
- 2.5ml x Chipotle Paste
- 75ml x Passata
- 100g x canned Chickpeas (drained)
- 2.5ml x Honey
- 2.5ml x Red Wine Vinegar
- 1 x Slice of Bread
- 1 x Eggs

Method

1. Collect all ingredients and equipment.
2. Finely chop the onion.
3. Heat 2.5ml of the oil in a small saucepan. Add the onion and cook gently until soft.
4. Add the chipotle paste, passata, chickpeas, honey and Vinegar. Bring to the boil and then reduce the heat and simmer gently for 5-10 minutes, stirring occasionally. Taste and season.
5. Heat up the grill and toast the bread.
6. Heat the remaining oil in a frying pan and fry the eggs.
7. To Serve: Place the toast on a plate, top with the chickpeas and then the fried eggs.

Lentil and Tomato Soup

Ingredients

- 1 x Carrots
- 1 x Onion (prepared weight)
- 12.5g x Margarine
- 50g x Red Lentils
- 100g x Chopped Tomatoes
- 400ml x Vegetable or Chicken Stock

Method

1. Collect all ingredients and equipment.
2. Peel and grate the carrots. Peel and finely chop the onion.
3. Melt the margarine in a medium saucepan. Sweat the carrot and onion until soft. **DO NOT BROWN.**
4. Rinse the lentils in a sieve.
5. Remove the saucepan from the heat. Add the lentils, tomatoes and stock.
6. Bring to the boil. Once boiling, reduce the heat and simmer for 20 MINUTES until the vegetables and lentils are soft.
7. Correct consistency and, taste and season, if required.

Lentil Soup

Ingredients

50g x Red Lentils

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

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

1/5 x Leek

500ml x Vegetable Stock

Salt & Pepper

Method

1. Collect all ingredients and equipment.
2. In a medium size pot, place your lentils and vegetable stock. Place on your hob and bring to the boil stirring continuously.
3. Once boiling, turn down the heat and simmer gently.
4. Peel onion and carrot. Wash all vegetables.
5. Finely chop onion and leek. Grate carrot.
6. Remove pot from heat and add all prepared vegetables to the pot.
7. Bring back to the boil, reduce heat and simmer for 10-15minutes. Stirring occasionally.
8. Taste and season soup, if necessary and serve.

Red Lentil, Chickpea & Chilli Soup

Ingredients

5ml x Cumin Seeds

1 x Pinch of Chilli Flakes

10ml x Vegetable Oil

1 x Onion, chopped

50g x Red Lentils

400ml x Vegetable Stock

100g x Tinned Chopped Tomatoes

50g x Tinned Chickpeas

Method

1. Collect and prepare all ingredients.
2. In a medium saucepan, dry fry the cumin seeds and chilli flakes for 1 minute.
3. Add the oil and chopped onion and cook on a low heat for 5 minutes.
4. Stir in the lentils, vegetable stock and tomatoes. Bring to the boil.
5. Once boiling, reduce the heat and simmer gently for 20 minutes until the lentils have softened.
6. Remove the soup from the heat and blend with a stick blender or a food processor.
7. Return to saucepan, check consistency and thin with a little water if too thick.
8. Stir in the chickpeas. Taste and season.
9. Serve

Leek and Potato Soup

Ingredients

1 x Onion

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

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

1 x Potato

12.5g x Margarine

12.5g x Plain Flour

750ml x Chicken/Veg Stock

Ingredients

1. Collect ingredients and equipment.
2. Thinly the leeks. Grate the carrot.
3. Finely dice the onion and potato.
4. Melt the margarine in a large pan.
5. Sweat the onions, carrots and leeks in the pan.
6. Stir in the flour. Gradually add the stock and bring to the boil.
7. Add the potatoes to the pan and bring back to the boil.
8. Reduce the heat and simmer until potatoes are soft.
9. Taste and season.

Easy Pitta Pizza's

Ingredients

- 2 x Pitta Breads
- 2.5ml x Tomato Purée
- 1 x Tomatoes (deseeded and diced)
- $\frac{1}{2}$ x Small Onion (thinly sliced)
- Additional toppings (chopped)
- 25g x Cheddar Cheese (grated)

Method

1. Collect all ingredients and equipment.
2. Prepare all toppings.
3. Heat oven to 180C /gas mark 6 and put a baking sheet/tray inside to heat up.
4. Spread each pitta with half of the tomato purée.
5. Top with the tomatoes, onions, any additional toppings and finally the grated cheddar.
6. Place on the hot sheet/tray and bake for 10 mins until the pittas are crisp and the cheese has melted.
7. Serve.

Frittata

Ingredients

- 1 x tbsp Sunflower/Vegetable Oil
- 50g x Cooked Potatoes, cut into small chunks
- $\frac{1}{2}$ x Onion, chopped
- 2 x Eggs, beaten and seasoned
- 25g x Frozen Peas
- 25g x Grated Cheese

Method

1. Collect all ingredients and equipment.
2. Peel and cook potatoes.
3. Prepare all other ingredients.
4. Heat the oil in a medium non-stick frying pan (preferably ovenproof) and gently fry the potatoes until lightly brown.
5. Add the onions and the peas, cook gently for 2-3 minutes.
6. Pour the seasoned eggs into the pan and give it a little shake, so they run down between all the ingredients.
7. Cook the frittata over a gentle heat for 5-10 minutes without stirring, or until the egg is almost set. Meanwhile, preheat the grill to high.
8. Sprinkle the grated cheese on top of the frittata and place it under the hot grill for 3-4 minutes until cheese is melted and the eggs are set. (if not ovenproof, make sure handle does not go under the grill)
9. Cut into wedges and serve.

Potato Wedge Tortilla

Ingredients

- 1 x Medium Potato
- 15ml x Sunflower Oil
- $\frac{1}{2}$ x Small Onion, thinly sliced
- $\frac{1}{4}$ x Red Pepper, small dice
- 2 x Eggs
- 25g x Cheese, grated

Method

1. Collect all ingredients and equipment.
2. Wash and cut the potato into 8 wedges, do not peel.
3. In a bowl, beat the eggs together with plenty of seasoning.
4. Heat the oil in a non-stick frying pan, add the wedges and gently fry for 10-15 minutes, turning occasionally until golden and cooked through.
5. Once cooked, remove from pan and leave to one side.
6. Add the onion to pan and cook until soft. Add pepper and cook until softened. Tip the potatoes back into pan.
7. Pour the beaten eggs over the mixture of potato, pepper and onion. Keep pushing the egg mix around in the pan to make space for the uncooked egg to flow into.
8. When the egg looks quite set, sprinkle the cheese on top and slide under a hot grill for a few minutes until the cheese is golden and bubbly.
9. Cut into wedges and serve.

Flatbread

Ingredients

250g x Strong Bread Flour

5ml x Salt

$\frac{1}{2}$ x sachet Dried Yeast

15ml x Olive Oil

150ml x Water

Method

1. Collect all ingredients and equipment.
2. Mix the flour, salt, yeast and oil in a large bowl and add enough water to make a soft, but not sticky dough.
3. Knead the dough well on a lightly floured surface.
4. Place in a lightly oiled bowl and allow to prove until doubled in size.
5. Divide the dough into 4 equal pieces and using a rolling pin flatten each one into a circle (approx. 1cm thick).
6. Leave to prove for a further 5 minutes.
7. Heat a frying pan to a medium heat and dry fry each piece until browned on both sides.
8. Allow to cool slightly before serving.

Naan Bread

Ingredients

- 125g x Strong Flour
- 1 x 1.25ml Salt
- 1 x 1.25ml Sugar
- $\frac{1}{4}$ pkt x Fast Action Dried Yeast
- 2 x 15ml Natural Yoghurt
- 3 x 15ml Milk
- 1 x 7.5ml Melted Butter

Ingredients

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.
4. Add sugar and stir in dried yeast.
5. Make a well in the center of the flour mixture and gradually work in the milk mixture to make a soft dough.
6. Knead on a lightly floured surface for 10 minutes.
7. Split the dough into 2 equal pieces. Knead each piece for 2 minutes.
8. Brush one side with melted butter and place this side on baking tray. Brush the top with butter. Leave in a warm place to double in size.
9. Bake for 8-10 minutes until firm to touch and golden brown.

Potato Pancakes

Ingredients

- 1 x Medium Potato
- 37.5g x Plain Flour
- 2.5ml x Baking Powder
- 1 x Egg
- 62.5ml x Milk
- $\frac{1}{2}$ x Onion
- 15ml x Vegetable Oil
- Salt and Pepper

Method

1. Collect all ingredients and equipment.
2. Peel and dice potato. Place in a saucepan, cover with water, and season. Cook potatoes until soft.
3. Once cooked, drain potatoes well and mash. Allow to cool.
4. Grate onion into a large mixing bowl and add the cooled mashed potatoes.
5. Sieve the flour and baking powder onto the cooked mash.
6. Mix the egg and milk together and add to the rest of the ingredients. Whisk the batter until smooth.
7. Heat a little of the oil in a frying pan over a medium heat, lift off pan and carefully drop tablespoons of the mixture in. Return to heat and cook until golden brown and bubbles start to appear and burst on top. Remove from heat and carefully turn over. Continue cooking until golden brown.
8. Cook the remaining pancakes in the same way (step 7)
9. Serve warm.

Potato & Cauliflower Rosti Cakes

Ingredients

100g x Potatoes (peeled)
50g x Cauliflower (floreted)
 $\frac{1}{2}$ x Onion
25g x Grated Cheddar
12.5g x Plain Flour
10ml x Beaten Egg
Salt & Pepper
20ml x Sunflower Oil

Method

1. Collect all ingredients and equipment.
2. Peel and chop the potatoes and cauliflower into suitable sized pieces, then par boil for 10 minutes. Drain and leave to cool.
3. Finely chop onion and place in a large mixing bowl.
4. Coarsely grate potato and cauliflower into the bowl with the onions and mix in the flour, grated cheese, the beaten egg and seasoning.
5. Divide the mixture into 2 equal amounts and, using a suitably sized round mould, flatten each to form a cake of even thickness.
6. Heat the oil in a frying pan and fry each Rosti for 3-4 minutes on each side, until golden brown.
7. Serve hot.

Cheese & Potato Bake

Ingredients

- 2 x Medium Potatoes
- 25g x Margarine
- 25g x Plain Flour
- $\frac{1}{2}$ x Onion (finely chopped)
- 200ml x Milk
- 50g x Cheddar Cheese
- Pinch of English Mustard Powder
- Salt & Pepper

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, onion, 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.

Croque Monsieur

Ingredients

2 x Slices of Bread
12.5g x Margarine
1 x Slice of Ham
1 x Cheese Slice
1 x Egg
25ml x Milk
Salt & Pepper
15ml x Oil

Method

1. Collect all ingredients and equipment.
2. Spread the bread with the softened margarine and make a sandwich with the cheese and ham.
3. Beat the egg and milk together and season. Pour onto a plate.
4. Soak the sandwich in the beaten egg mixture until it is all absorbed.
5. Heat the oil in a frying pan and carefully add the sandwich.
6. Fry on both sides for approximately 5-8 minutes, until golden brown, the egg has set, and the cheese has started to melt.
7. Serve immediately.

Pitta (Meatball) Pockets

Ingredients

50g x Mince
12.5g x Wholemeal Breadcrumbs
 $\frac{1}{4}$ x Beaten Egg
1.25ml x Chilli Powder
1 x Pitta Breads
5ml x Oil

Cheese and Chive Dip

7.5ml x Cream Cheese
7.5ml x Natural Yoghurt
7.5ml x Mayonnaise
2.5ml x Chopped Chives
15g x Grated Cheese
Shredded Lettuce

Method

1. Collect all ingredients and equipment.
2. Place all the ingredients for the meatballs in a large bowl and mix well and season.
3. Divide the mixture into 4 equal portions and shape into balls.
4. Chill meatballs.
5. Mix all the ingredients for the dip in a bowl. Taste and season.
6. Heat oil in a frying pan and cook meatballs. Check for readiness.
7. Serve meatballs in pitta bread filled with shredded lettuce and dip.

Broccoli Baked Potatoes

Ingredients

1 x Baking Potato
75g x Broccoli
2.5ml x Wholegrain Mustard
 $\frac{1}{2}$ x Beaten Egg
50g x Cheese
Salt & Pepper

Method

1. Collect all ingredients and equipment. Preheat oven to 180oC/Gas Mark 6.
2. Wash the potato, cut a cross on the top of the potato and microwave on high power for 10-15 minutes (depending on the size of the potato).
3. Boil the broccoli in seasoned water for 3-4 minutes. Drain well.
4. Once potatoes have cooled a bit, cut them in half lengthways and carefully scoop the insides into a bowl.
5. Put the potato shells on a baking sheet.
6. Add the mustard, beaten egg, broccoli, $\frac{3}{4}$ of the grated cheese and seasoning to the potatoes and mix well.
7. Spoon mixture back into the potato shells. Sprinkle with the remaining cheese and bake for 15 minutes until the tops are crisp and golden brown. Serve.

Chickpea Curry Jacket Potato

Ingredients

1 x Baking Potato	1.25ml x Garam Masala
5ml x Vegetable Oil	1.25ml x Ground Coriander
1.25ml x Cumin Seeds	1.25ml x Turmeric
$\frac{1}{2}$ x Onion, diced	1.25ml x Tikka Masala Paste
1 x Clove of Garlic, crushed	200g x Chopped Tomatoes
$\frac{1}{2}$ x Fresh Chilli, finely chopped	200g x Chickpeas, drained

Method

1. Collect all ingredients and equipment. Preheat oven to 180oC/Gas Mark 6.
2. Prepare ingredients as stated.
3. Wash the potato, cut a cross on the top of the potato and microwave on high power for 5-10 minutes (depending on the size of the potato).
4. Place on a baking sheet and bake in the oven until cooked through.
5. Heat the oil in a medium saucepan. Add the cumin seeds and fry for 1 minute until fragrant, then add the onion and fry until softened.
6. Add the garlic and chilli to pan and cook for 2-3 minutes. Add all the spices and masala paste and cook for 2 minutes.
7. Add the tomatoes and bring to the boil. Once boiling, add the chickpeas.
8. Simmer for 10 minutes until thickened and season.
9. Cut open the potato and fill with the chickpea curry. Serve.

Chilli Food Wrap

Ingredients

50g x Mince
1/8 x Pepper
1/4 x Onion
1 x Garlic Clove
100ml x Tinned Tomatoes
1/4 x Beef Stock Cube
1.25ml x Chilli Powder
1.25ml x Paprika
10ml x Oil
1 x Tortilla Wrap

1. Collect all ingredients and equipment.
2. Finely dice the onion and pepper into small even sized pieces.
3. Crush the garlic.
4. Add the stock cube, chilli powder and paprika to the tinned tomatoes.
5. Heat the oil in a pan. Add the mince and cook until it changes colour.
6. Add the garlic, pepper and onion to the pan and cook for 3 minutes.
7. Add the tomato mix to the pan. Add a lid and simmer for 10 minutes.
8. Heat the tortilla wrap for 20 secs in the microwave.
9. Fill the wrap with the chilli and serve

Vegetable Stir Fry and Noodles

Ingredients

50g x Noodles
1 x Pineapple Ring
1 x Spring Onion
1/4 x Pepper
1/4 x Carrot
30ml x Pineapple juice
5ml x Soy Sauce
2.5ml x Vinegar
10ml x Oil

1. Collect all ingredients and equipment.
2. Half fill a pan of water and bring to the boil. Once boiling add the noodles, stir and turn the heat off.
3. Cut the pineapple into small pieces. Thinly slice the spring onion. Slice the pepper and carrot into thin strips.
4. Mix the pineapple juice, vinegar, soy sauce in a small bowl.
5. Drain noodles.
6. Heat the oil in a wok. Add the carrot and pepper and cook for 2 minutes.
7. Add the spring onion and cook for 30 seconds. Add the pineapple and noodles.
8. Add the sauce mix and cook until the sauce thickens.
9. Serve.

Chickpea Curry and Rice

Ingredients

7.5ml x Oil	1 x Fresh Tomato, chopped
$\frac{1}{2}$ x Onion, chopped	200g x Tinned Chickpeas, drained & rinsed
1 x Clove of Garlic, crushed	$2\frac{1}{2}$ cm x Fresh Ginger, grated
$\frac{1}{2}$ x Vegetable Stock Cube	Pinch of Garam Masala
1.25ml x Cumin Powder	4 x 15ml Water
1.25ml x Coriander Powder	15ml x Mango Chutney
1.25ml x Turmeric Powder	
1.25ml x Chilli Powder	

25g x Rice, to serve

Method

1. Collect all ingredients and equipment.
2. Prepare ingredients as stated and put to one side.
3. Heat oil in a medium sized pot. Add onions and garlic and caramelize.
4. Add cumin, coriander, turmeric, chilli and crumble in vegetable stock cube. Stir over the heat for a minute and then add the tomato and ginger.
5. Cook the sauce for 5 minutes.
6. Add water and chickpeas. Cover and simmer for 5 minutes.
7. Add the garam masala, cook for a minute.
8. Taste and season.
9. Serve with boiled rice.

Potato Scone "Haggis Nachos"

Ingredients

- 3 x Cherry Tomatoes, halved
- 2 x Potato Scones
- 25g x Grated Mozzarella Cheese
- 50g x Haggis/Vegetarian Haggis
- 15ml x Vegetable Oil

Method

1. Collect all ingredients and equipment. Preheat oven 180oC/Gas Mark 5.
2. Cut each potato scone into 3 equal wedges.
3. Heat oil on a small frying pan. Once hot, carefully fry the potato scone wedges until golden brown.
4. Drain wedges and place in an oven proof dish.
5. Crumble haggis on top of potato scone wedges.
6. Place cherry tomatoes on top of haggis.
7. Sprinkle cheese on top and place in the oven.
8. Bake until cheese is melted and golden brown in colour. Serve.

Italian Pasta Pot

Ingredients

50g x Mince

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

1 x *Garlic Clove*

50g x Macaroni

10ml x Oil

10ml x Tomato Puree

50ml x Chopped Tomatoes

150ml x Beef Stock

Pinch of mixed herbs

Method

1. Collect all the ingredients and equipment.
2. Finely dice the onion. Crush the garlic.
3. Mix the herbs, tomato puree, beef stock and chopped tomatoes together.
4. Heat the oil in a pan. Add the onion and garlic and fry gently.
5. Add the mince and fry until it changes colour.
6. Add the tomato mix and macaroni and bring to the boil.
7. Reduce the heat, put a lid on it and leave to simmer for 15 minutes.
8. Remove from the heat and serve.

Mac 'n' Cheese

Ingredients

50g x Pasta

25g x Cheese

25g x Margarine

25g x Flour

200ml x Milk

Salt & Pepper

1. Collect ingredients and equipment. Preheat oven to 180oC/Gas Mark 6.
2. Half fill a pan of seasoned water and bring to the boil. When boiling add the pasta and cook for 8-10 minutes until soft.
3. Grate the cheese onto a plate.
4. Place flour, margarine and milk into a saucepan, heat and gently stir all the time until it thickens.
5. Remove the sauce from the heat and stir in 3/4 of the cheese until it melts. Taste and season.
6. Drain the pasta and stir into the sauce.
7. Place the mix into a foil dish and sprinkle with the remaining cheese.
8. Bake in the oven for 5 to 10 minutes. Serve.

Tuna & Broccoli Pasta Bake

Ingredients

- ½ x Tin of Tuna (drained)
- 100ml x Chicken Stock (½ x stock cube)
- 200g x Chopped Tomatoes
- 1.25ml x Mixed Herbs
- 1 x Clove of Garlic
- 50g x Pasta Shapes
- 50g x Broccoli, chopped into small florets
- 100g x Light Soft Cream Cheese
- 25g x Cheddar, grated
- 12.5g x Breadcrumbs

Method

1. Collect all ingredients and equipment.
2. Put a medium pan of seasoned water (½ filled) on to boil. Once boiling add pasta and cook for 8-10 minutes, until al'dente. Add the broccoli for the final 3 minutes, then drain.
3. In a medium pot, add the stock, tomatoes, mixed herbs and crushed garlic. Bring to the boil, reduce heat and simmer for 5-10 minutes.
4. Stir the cream cheese into the tomato sauce until it is melted.
5. Add the pasta, broccoli and tuna and stir well. Thin sauce with a little water if too thick. Taste and season.
6. Place the mixture into an ovenproof dish and sprinkle the breadcrumb and grated cheese mixture on top.
7. Grill for about 4-6 minutes until golden and bubbling. Serve.

Spaghetti Carbonara

Ingredients

10ml x Olive Oil
1 x Cloves of Garlic
1 x Slice of Cooked Ham
30ml x Double Cream
25g x Parmesan Cheese
Salt & Pepper

50g x Spaghetti

Method

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

Saucy Sausage Pasta

Ingredients

5ml x Vegetable Oil

1x Pork Sausage or Vegetarian Sausage, cut into chunky pieces

$\frac{1}{2}$ x Onion, finely chopped

1 x Garlic Clove, crushed

1.25ml x Chilli Powder

100g x canned Chopped Tomatoes

100ml x Water

50g x Short Pasta, such as fusilli, spiralli or farfalle

Method

1. Collect and prepare all ingredients as instructed.
2. Put a medium pan of seasoned water on to boil.
3. Heat the oil in a frying pan and fry chunky pieces of sausages on a medium heat until they are golden brown all over.
4. Now turn the heat down and add chopped onion and crushed garlic, cooking them until they have softened.
5. Stir in chilli powder, water and chopped tomatoes with the sausages, bring the sauce to the boil then turn the heat down and let it simmer gently for about 10 minutes while you cook the pasta.
6. Drop pasta into the pan of boiling water and cook according to the pack instructions.
7. Drain the pasta, then tip it into the frying pan with the sausage sauce, mixing well to coat.
8. Serve.

Smoked Sausage Pasta Bake

Ingredients

1/3 x Smoked Sausage
50g x Rigatoni Pasta
15ml x Olive Oil
1 x Clove of Garlic
 $\frac{1}{2}$ x Onion

150g x Chopped Tomatoes
Pinch of Sugar
Worcestershire sauce
25g x Cheddar
12.5g x Breadcrumbs
2 x 15ml Double Cream

Method

1. Collect all ingredients and equipment. Preheat oven 180oC/Gas Mark 5.
2. Finely chop the onion and crush the garlic.
3. Grate the cheese and mix with the breadcrumbs.
4. Slice the smoked sausage.
5. Cook pasta in seasoned water according to pack instructions. Drain.
6. Heat the oil in a medium pan and fry the onion, sliced smoked sausage and garlic for 2-3 minutes. Add the tomatoes, pinch of sugar and couple of dashes of Worcestershire sauce. Bring to the boil and then reduce the heat and simmer for 5 minutes.
7. Mix pasta into the sauce, add cream, taste and season.
8. Put in an oven proof dish and sprinkle the cheese and breadcrumb mix on top. Bake in the oven for 5-10 minutes.
9. Serve.

Sausage Rolls

Ingredients

100g x Puff Pastry

$\frac{1}{4}$ x Beaten Egg

1 x Sausage

Salt & Pepper

Method

1. Preheat oven to 200oC/Gas Mark 6.
2. Roll the pastry out on a floured surface to a rectangle of approximately 48cm x 32cm. Bash the pastry slightly.
3. Remove skin from sausage. Place in a bowl, season and mix well.
4. Spread the sausage meat along the edge of the pastry, evenly.
5. Brush along the opposite edge with beaten egg.
6. Roll the sausage meat in the pastry, sealing at the egg washed edge.
7. Cut roll into 4. Score the tops with a sharp knife and brush with remaining egg.
8. Place on a baking tray and bake in the oven for 25-30 minutes until crisp and golden brown

Savoury Muffins

Ingredients

150g x Self-Raising Flour

2.5ml x Baking Powder

50g x Margarine

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

100ml Milk

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

1 x 15ml Tomato Puree

50g x Cheese

Salt & Pepper

Method

1. Collect all ingredients and equipment. Preheat oven to 200oC/Gas Mark 6.
2. Place 6 muffin cases into muffin tin.
3. Grate the cheese and then grate the onion onto a plate.
4. Sieve the flour, salt and pepper and baking powder into a large bowl.
5. Rub in margarine until it resembles breadcrumbs.
6. Add grated onion, egg, tomato puree and milk to form a slightly stiff batter. Stir in grated cheese.
7. Carefully spoon mixture into muffin cases.
8. Bake for 15-20 minutes until well-risen and golden brown.
9. Serve.

Scone Based 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

} Mix Together

25g x Cheddar Cheese

Method

1. Collect all ingredients & equipment. Set oven to 220oC/Gas Mark 7.
2. Sieve flour into 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. Knead lightly on a floured surface.
5. Roll into a circle on a lightly floured surface and place onto a baking tray.
6. Grate cheese onto a paper towel.
7. Spread tomato mixture on top of pizza base. Sprinkle cheese on top.
8. Bake in the oven for 15 minutes until golden brown on top.

Toad in the Hole with Onion Gravy

Ingredients

(Toad in the Hole)

2 x Sausages

50g x Plain Flour

1/2 x Egg

125ml x Milk

10ml x Oil

Salt & Pepper

(Gravy)

1/2 x Onion

12.5g x Margarine

25g x Plain Flour

150ml x Beef Stock

Gravy Browning

Method

1. Collect ingredients and equipment. Preheat the oven to 230oC/Gas Mark 8.
2. Gently heat the oil and fry the sausages until thoroughly cooked.
3. Beat the egg into a small bowl. Add the milk.
4. Sieve the flour into a glass bowl. Make a well in the centre and add the egg mixture. Whisk until smooth.
5. Add the oil and sausages to a foil dish and then pour the egg mixture over them. Bake in the oven for 15 minutes.
6. Finely slice the onion.
7. Melt the margarine in a small saucepan. Add the onion and cook until soft.
8. Stir in the flour. Gradually add the stock and gravy browning, **Stirring all the time**. Simmer for 5 minutes.
9. Remove the Toad in the Hole from the oven. Pour the gravy over it and serve.

Cheesy Mexican Potato Wedges

Ingredients

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

25g x Cheese

Ingredients

1. Collect all ingredients and equipment.
2. Set oven to 220oC/Gas Mark 7.
3. Wash potatoes and cut each into 8 wedges.
4. Place potatoes in a large mixing bowl. Add oil and seasonings and mix well.
5. Place wedges onto a baking tray and place in the oven for 20-25 minutes.
6. Grate cheese.
7. Once cooked, remove wedges from oven and place into ovenproof dish.
8. Sprinkle with grated cheese and return to the oven for 5 minutes until cheese is melted,
9. Serve.

Fairy Cakes

Ingredients

50g x Margarine

50g x Caster Sugar

50g x Self Raising Flour

1 x Egg

Method

1. Collect all ingredients and equipment. Preheat oven to 180oC/gas mark 4.
2. Prepare tin; 6 fairy cake cases or 4 muffin cases.
3. Sieve flour onto a plate.
4. Beat egg in a small bowl.
5. Cream margarine and sugar together until light and fluffy.
6. Add half the flour and half the egg. Mix well.
7. Add the remaining flour and egg. Mix well.
8. Divide the mixture equally between cake cases.
9. Bake in the oven for 10-15 minutes until well risen and golden brown, and springy to the touch.

Rainbow Cookies

Ingredients

85g x Butter
25g x Golden Caster Sugar
25g x Icing Sugar
1 x Egg Yolks
5ml x Vanilla Essence
150g x Plain Flour
Zest of 1 Orange

Decoration

70g x Icing Sugar
Rainbow Sprinkles to Decorate
Juice of 1 Orange

Method

1. Preheat oven to 180oC/Gas Mark 6. Collect all ingredients and equipment.
2. Mix the butter, sugars, egg yolks and vanilla essence with a wooden spoon until creamy.
3. Add half the flour and mix well. Add the remaining flour and the zest if an orange and mix well.
4. Roll the dough into about 10-12 even-sized balls and place on a baking sheet leaving a space between each to allow the cookies to spread.
5. Bake for 15 minutes until golden brown. Leave to cool.
6. While cookies are cooling, mix the icing sugar with enough orange juice to make a thick, runny icing.
7. Dip half of each biscuit into the icing and then straight into the sprinkles.
8. Dry on a wire rack.

Chocolate Rice Krispie Cakes

Ingredients

50g x Milk Chocolate
25g x Dark Chocolate
25g x Butter
Ml30 x Golden Syrup
50g x Rice Krispies/Pops

To Decorate

Sprinkles
Mini Marshmallows
Smarties
Dried Fruit or Nuts
White Chocolate Buttons

Method

1. Put the chocolate in a heatproof bowl with the butter and golden syrup and gently melt in 10-second bursts in the microwave, or melt it over a pan of simmering water, making sure the bowl doesn't touch the water.
2. Once melted, stir in the rice krispies/pops, coating them gently until they are all completely covered in the chocolate mixture.
3. Divide the mixture equally between the muffin cases. (It is easier if you use a muffin tin while doing this as it will help them hold their shape until they are set).
4. While still wet, decorate with chosen toppings.
5. Leave to set.

Coconut Crumble Cookies

Ingredients

- 75g x Rolled Oats
- 50g x Light Brown Sugar
- 50g x Plain Flour
- 50g x Coconut
- 50g x Unsalted Butter
- 15ml x Golden Syrup
- 1.25ml x Bicarbonate of Soda
- 15ml x Water

Method

1. Collect all ingredients and equipment. Preheat oven to 180oC/Gas Mark 4.
2. In a large mixing bowl, combine the flour, sugar, coconut and oats, mix well. Make a well in the middle of mixture ready for wet ingredients.
3. In a small saucepan, melt the butter and syrup over a low heat with 15ml of water. **Do not boil.**
4. Take of heat and stir in bicarbonate of soda.
5. Pour the warm syrup mixture into the dry ingredients and mix well until it forms a dough.
6. Roll dough into balls. Place on a baking sheet and press down slightly to flatten.
7. Cook in the preheated oven for 15-20 minutes until golden brown.
8. Once baked, remove and place on a wire cooling rack to cool before serving.

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.

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.

Garibaldi Biscuits

Ingredients

100g x Self Raising Flour
Pinch of Salt
25g x Butter
25g x Caster Sugar
30ml x Milk
50g x Currants, slightly chopped
Grated zest of $\frac{1}{2}$ lemon
Egg White, lightly beaten
25g x Demerara Sugar

Method

1. Preheat the oven to gas mark 5/190oC. Collect all ingredients and equipment.
2. Sift the flour and salt into a large mixing bowl. Add the butter and rub in until the mixture resembles breadcrumbs.
3. Add the sugar and stir. Drizzle in the milk a little at a time until the mixture comes together to form a dough, without being sticky.
4. Roll out the dough to form a 30 x 20cm rectangle. Using a sharp knife, cut in half to give two pieces that measure 15 x 10cm. Cover one piece with the chopped currants and lemon zest. Place the other piece of dough on top and roll over it slowly with the rolling pin, using enough pressure to push the layers together.
5. Trim the edges and then cut into rectangles. Brush with a little lightly beaten egg white and sprinkle with Demerara sugar.
6. Bake for 15 to 20 minutes until golden brown. Transfer to a wire cooling rack and allow to cool completely.
7. Serve.

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.

Chocolate Fudge Crinkle Biscuits

Ingredients

15ml x Cocoa Powder

50g x Caster Sugar

15ml x Vegetable Oil

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

50g x Plain Flour

1.25ml x Baking Powder

Pinch of salt

25g x Icing Sugar

Method

1. Collect all ingredients and equipment. Heat oven to 190oC/Gas Mark 5.
2. Mix the cocoa, caster sugar and oil together in a large mixing bowl. Add the egg and whisk until fully combined.
3. Add the flour, cocoa powder, baking powder and a pinch of salt and mix until a soft dough is formed.
4. Tip the icing sugar onto a plate.
5. Form a heaped teaspoon of the dough into a ball, then roll in the sugar to coat. Repeat with the remaining dough, then put, evenly spaced, onto a baking tray.
6. Bake in the centre of the oven for 10 mins - they will firm up as they cool.
7. Transfer to a wire rack and leave to cool.

Peach Melba Pop Pies

Ingredients

25g x Raspberries

100g x Peach Slices, drained and chopped (retain juice)

12.5ml x Cornflour

12.5ml x Honey

150g x Shortcrust Pastry

Beaten Egg to Seal & Glaze

25g x Icing Sugar

Method

1. Collect all ingredients and equipment. Set oven to 180oC/Gas Mark 6.
2. In a bowl, mix together the cornflour and honey to form a smooth paste. Add the chopped peaches and raspberries to the paste and mix well.
3. Roll out the pastry and cut to produce 4 even-sized rectangles. Turn each piece of pastry so that the long side is nearest to you, and fold it in half like a book, to create a fold down the middle.
4. Open the pastry out and divide the peach mixture equally between the pieces, spooning the mixture onto one side, leaving a border of about 1cm around the edge.
5. Brush the beaten egg around the edges and fold the pastry again to encase the filling. Use a fork to seal the edges all the way round, then brush all over with more egg. Poke a few air holes in the top with a fork.
6. Arrange on a baking sheet and bake for 20 minutes, or until golden brown and the filling is bubbling through the holes. Remove from oven and allow to cool.
7. Make icing using the icing sugar and some of the juice left over from the peaches.
8. Drizzle over the pop pies. Allow to set and harden and then serve.

Toffee Apple Muffins

Ingredients

- 1 x Egg, lightly beaten
- 40g x Caster Sugar
- 120ml x Milk
- 50g x Butter, melted
- 150g x Plain Flour
- 5ml x Baking Powder
- 1.25ml x Salt
- 1.25ml x Cinnamon
- 1 x Eating Apple, peeled, cored, finely chopped
- 25g x Fudge pieces

Method

1. Collect all ingredients and equipment.
2. Preheat oven to 190oC/Gas mark 5. Prepare 6 muffin cases in tin.
3. Mix the egg, sugar, milk and melted butter in a large bowl.
4. Sift the flour, baking powder, salt and cinnamon into the bowl. Stir well to combine.
5. Add the chopped apple and fudge pieces. Stir well to combine.
6. Divide mixture equally between the 6 cases.
7. Bake for 30-35 minutes until well risen and golden.
8. Transfer to a wire cooling rack.
9. Serve warm or cold.

Jammy Biscuits

Ingredients

50g x Self-Raising Flour

25g x Caster Sugar

25g x Margarine

$\frac{1}{2}$ x Egg , lightly beaten

15ml x Strawberry Jam

Method

1. Collect all ingredients and equipment. Heat oven to 190C/fan 170C/gas 5.
 2. Rub the flour, sugar and margarine together until the mixture resembles breadcrumbs.
 3. Add enough egg to bring the mixture together to form a stiff dough.
 4. Flour your hands and shape the dough into a tube, about 5cm in diameter. Cut into 2cm-thick slices and place on a large baking sheet. Space them out as the mixture will spread when baking.
 5. Make a small indentation in the middle of each slice with your finger and drop equal amounts of jam in the centre.
 6. Bake for 10-15 mins until slightly risen and just golden.
 7. Cool on a wire rack.
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Caramel Apple Crumble

Ingredients

- $\frac{1}{2}$ x Brambly Cooking Apple
- 1 x Dessert Apple
- 25g x Plain Flour
- 25g x Porridge Oats
- 25g x Cold Butter
- 30 ml x Water
- 30ml x Carnation Caramel Cream

Method

1. Collect all ingredients and equipment. Preheat oven to 200°C/Gas Mark 6.
2. Wash, peel, core and dice both types of apples and place in a small saucepan with water. Cook over a hot heat for 4-5 minutes, stirring occasionally until just soft.
3. Take off heat and stir in 15ml x Caramel cream. Place in a small ovenproof dish.
4. Mix the flour and oats together, then rub in the butter until you have a crumbly mixture.
5. Stir in the remaining caramel, then scatter over the apples.
6. Bake for 15-20 minutes until golden and crisp on top.
7. Serve.

Banoffee Bake

Ingredients

60g x Margarine
75g x Caster Sugar
2.5ml x Vanilla Extract
 $\frac{1}{2}$ x Egg, beaten
1 x Banana, mashed
75g x Self Raising flour

Sauce

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

Method

1. Collect all ingredients and equipment. Preheat oven 180oC/Gas Mark 6.
2. Peel banana and mash in a mixing bowl using a fork.
3. Crack and beat egg, share half with your partner. Sieve flour onto a plate
4. Melt butter, sugar and vanilla in a saucepan over a medium heat.
5. Remove from heat and pour into bowl with mashed bananas, mix well. Add the egg and flour, mix well.
6. Pour into the foil tin and bake in the oven for 25–30 minutes until well risen, golden brown and springy to the touch.
7. Make the sauce by placing the sugar, butter and cream in a pot and bringing it to the boil, stirring continuously. Simmer for 3minutes.
8. Carefully pour the sauce over the top of the pudding and serve.

Chocolate Chip Muffins

Ingredients

125g x Self Raising Flour
2.5ml x Bicarbonate of Soda
50g x Chocolate Chips
50g x Caster Sugar
1 x Egg (lightly beaten)
75ml x Natural Yoghurt
50g x Margarine (melted)

Method

1. Heat oven to 200C/180C fan/gas 6 and line a muffin tin with 6 paper cases.
2. Melt the margarine.
3. Sift the flour and bicarbonate of soda into a large bowl.
4. Stir in the chocolate chips and sugar.
5. Add the beaten egg, yogurt and melted margarine, and stir to combine. It doesn't matter if the mixture looks a bit lumpy, it's more important not to overmix or the muffins will turn out tough.
6. Fill the paper cases and bake for 20-25 mins until well risen, springy to the touch and golden brown.
7. Transfer to a wire cooling rack to cool - or eat slightly warm.

Celebration Truffles

Ingredients

6 x digestive biscuits
25g coconut
25g drinking chocolate
50g margarine
2 tablespoons condensed milk
Vermicelli
Coconut
Drinking Chocolate

Method

1. Collect all ingredients and equipment
2. Put biscuits into a large mixing bowl and crush with the end of the rolling pin.
3. Add the coconut, drinking chocolate and condensed milk into the glass bowl with the biscuits.
4. Melt margarine in a sauce pan then add to the glass bowl. Mix everything together.
5. Roll out 6 truffles and while they are still hot roll them in the vermicelli and coconut coating.
6. Put the truffles into a foil container and place in the fridge to set.
7. Wash up dishes and wipe down unit.

Shortbread

Ingredients

75g Plain Flour

50g Margarine or Butter

25g Caster Sugar

Method

1. Collect all ingredients and equipment. Pre-heat oven 180/Gas Mark 5.
2. Sieve flour into a large mixing bowl.
3. Cut fat into small pieces and rub into flour. Stir in sugar.
4. Knead the crumbs until they form a dough.
5. Roll out dough to $\frac{1}{2}$ cm thickness and cut out biscuits.
6. Place biscuits on a baking tray and decorate with a fork.
7. Bake in the oven for 15-20 minutes. Biscuits should be pale in colour.
8. Dredge lightly with caster sugar and place on a wire cooling rack to harden.
9. 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 200°C/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.

