

Autumn Risotto

Ingredients

$\frac{1}{2}$ onion
1 clove garlic
1 mushroom
 $\frac{1}{2}$ carrot
 $\frac{1}{4}$ red pepper
25g peas
50g long grain rice
250ml warm vegetable stock
15ml sunflower oil
Salt and black pepper

Method

1. Collect all equipment and ingredients.
2. Peel onion and garlic.
3. Wash, peel and rewash carrot.
4. Wash or wipe mushroom.
5. Wash, deseed and rewash pepper.
6. Wash rice in sieve.
7. Dice onion, garlic and carrot.
8. Slice mushroom.
9. Dice pepper.
10. Make stock in a small saucepan and keep warm.
11. Heat the oil in a saucepan and sauté onion and garlic for 1-2 minutes.
12. Add carrot, pepper and mushroom and continue to cook for 2 minutes.
13. Add rice and peas and sauté for a further 30 seconds.
14. Add the warm vegetable stock a ladleful at a time, stirring between each addition to allow the liquid to be completely absorbed, until the rice is cooked and all the stock has been absorbed.
15. Serve in a warm dish garnished with a sprig of parsley.

Beef Burger

Ingredients

100g minced beef
 $\frac{1}{4}$ onion
25g breadcrumbs
Salt and pepper

For Serving

1 burger bun
1 cheese slice

Method

1. Collect all ingredients and equipment.
2. Preheat grill.
3. Peel and grate the onion.
4. Place the minced beef, grated onion and breadcrumbs into a bowl and season with salt and pepper.
5. Mix ingredients together.
6. Dust hands with plain flour and shape the mixture into a burger.
7. Cook on the grill for 10 minutes on each side or until the juices run clear.
8. Heat the burger bun in the grill.
9. Serve the burger in a warm burger bun topped with a slice of cheese accompanied with spicy potato wedges.

Cheese and Ham Penne

Ingredients

50g penne
 $\frac{1}{4}$ onion
2 mushrooms
1 slice cooked ham
25g Edam cheese
25g plain flour
250ml milk
15ml single cream
15ml sunflower oil
Salt and pepper
Sprig of parsley

Method

1. Collect all equipment and ingredients.
2. Half fill saucepan with water, add a pinch of salt and put on to boil for the penne.
3. When water is boiling; add penne and cook for 10 minutes.
4. When penne is cooked; drain through a colander.
5. Peel onion, wash or wipe mushrooms.
6. Finely dice onion.
7. Slice mushrooms.
8. Grate cheese.
9. Dice cooked ham.
10. Heat oil in a saucepan and gently fry onions for 3 minutes, add mushrooms and continue frying for a further minute.
11. Add flour to the pan and cook for 2 minutes.
12. Remove pan from the heat and gradually add the milk.
13. Return to the heat, stirring all the time, and bring the mixture to the boil.
14. Season with salt and pepper.
15. Add cooked ham and cook for a further 2 minutes. Add cream.
16. Add $\frac{3}{4}$ of the grated cheese stir until melted and remove from the heat.
17. Preheat grill.
18. Add drained penne to sauce and mix well.
19. Pour into an ovenproof dish and sprinkle with the remaining cheese.
20. Place under a hot grill until golden brown. Wipe dish.
21. Serve garnished with a slice of tomato and a sprig of parsley.

Chilli Chicken Skewers

Ingredients

100g chicken breast
10ml soy sauce
1 clove garlic
 $\frac{1}{4}$ red chilli pepper
15ml sweet chilli sauce
Sprig coriander
2 wooden skewers

Method

1. Soak the wooden skewers until needed.
2. Peel the garlic.
3. Crush the garlic.
4. Finely dice the chilli.
5. Cut the chicken breast to make 6 even sized pieces and place in a bowl.
6. Add the crushed garlic, diced chilli, soy sauce and sweet chilli sauce to the bowl with the chicken.
7. Cover and leave to marinate for 20 minutes.
8. Pre-heat grill.
9. Thread the chicken pieces onto the wooden skewers.
10. Grill for 10 minutes, turning as needed until cooked.
11. Serve with curried rice garnished with a sprig of coriander.

Cottage Pie

Ingredients

Filling

100g minced beef
15ml sunflower oil
 $\frac{1}{4}$ small onion
1 mushroom
 $\frac{1}{2}$ small carrot
100ml beef stock
5ml plain flour
5ml Worcester sauce
Pinch thyme
Salt and pepper

Topping

2 medium potatoes
30ml milk
15g butter or margarine
25g Cheddar cheese

Garnish

Finely chopped parsley

Method

1. Collect all ingredients and equipment.
2. Set oven to 180°C/Gas mark 6.
3. Wash, peel and rewash the potatoes.
4. Cut the potatoes into even sized pieces.
5. Place in boiling salted water and boil for 15 minutes until soft.
6. Make stock.
7. Wash, peel and rewash carrot.
8. Peel onion.
9. Wash or wipe mushroom.
10. Finely dice onion, carrot and mushroom.
11. Heat oil in saucepan and gently fry vegetables for 3 - 4 minutes.
12. Add minced beef and continue to fry gently until meat changes colour.
13. Stir in the flour, stock, Worcestershire sauce, thyme and seasoning; bring to the boil, cover and simmer for 15 minutes.
14. Drain the potatoes and mash with the milk and butter. Season with salt and pepper.
15. Grate cheese.
16. Transfer filling to ovenproof dish. Transfer potato to piping bag and pipe neatly on top of filling.
17. Sprinkle with grated cheese.
18. Clean the dish and bake in the oven for 20 - 30 minutes.
19. Serve hot in the ovenproof dish garnished with finely chopped parsley.

Cream of Corn Soup

Ingredients

1 rasher bacon
 $\frac{1}{2}$ small onion
1 potato
 $\frac{1}{2}$ stalk celery
15ml sunflower oil
300ml chicken stock
Salt and pepper
100g sweetcorn
5ml cornflour
125ml milk
10ml parsley

Method

1. Collect all equipment and ingredients.
2. Wash, peel and rewash potato.
3. Wash, string and rewash celery.
4. Peel onion.
5. Wash and dry parsley.
6. Make stock.
7. Finely chop onion.
8. Thinly slice potato and celery.
9. Chop bacon.
10. Heat oil in large saucepan, fry bacon and onion till clear.
11. Add potatoes and celery.
12. Add stock, bring to the boil, cover and simmer for 15 - 20 minutes.
13. Add sweetcorn and seasoning.
14. Blend cornflour with 15ml of the milk, and then add to the rest of the milk.
15. Add cornflour mixture to the soup; bring to the boil stirring all the time.
16. Simmer for 5 minutes.
17. Finely chop, rewash and dry parsley.
18. Purée soup until smooth.
19. Stir $\frac{1}{2}$ the finely chopped parsley into the soup.
20. Serve soup in a warm soup bowl or tureen garnished with the remaining parsley.

Curried Rice

Ingredients

$\frac{1}{4}$ onion
15ml sunflower oil
5ml curry powder
150ml chicken stock
25g raisins
100g long grain rice
Salt and pepper
5ml coriander

Method

1. Collect all equipment and ingredients.
2. Peel onion, dispose of skins.
3. Make stock.
4. Finely chop onion.
5. Heat oil in a saucepan.
6. Sauté onion for 5 minutes.
7. Add curry powder and cook over a low heat for 2 minutes stirring all the time.
8. Add rice and continue stirring over a low heat for 2 minutes.
9. Add stock, raisins and seasonings; mix well and bring to the boil.
10. Reduce heat, cover tightly and simmer gently for 13 - 14 minutes until rice is cooked and all the liquid is absorbed.
11. Wash, dry and chop coriander.
12. Fork over lightly, pile into a warm serving dish and serve garnished with chopped coriander.

Kebabs

Ingredients

2 sausages
2 rashers of bacon
2 mushrooms
1 tomato
 $\frac{1}{2}$ green pepper
 $\frac{1}{2}$ onion
1x15ml sunflower oil
50g long grain rice
Sprig of parsley
2 wooden skewers

Method

1. Collect all equipment and ingredients.
2. Preheat grill.
3. Cut each sausage in half.
4. Cut each rasher of bacon in half and roll up.
5. Wash or wipe mushroom.
6. Wash tomato.
7. Wash, deseed and rewash pepper.
8. Peel onion.
9. Cut mushrooms in half.
10. Cut tomato into quarters.
11. Cut pepper into quarters.
12. Cut onion into 4 pieces.
13. Thread all the foods alternatively onto skewers, starting and finishing with the pepper.
14. Brush all the food with the oil.
15. Grill the food, turning occasionally until cooked (15 - 20 minutes).
16. Wash, dry, finely chop, rewash and dry parsley.
17. Serve kebabs on a warm plate garnished with finely chopped parsley.

Lasagne

Ingredients

Meat sauce

1 rasher bacon
50g minced beef
10ml sunflower oil
1 small mushroom
 $\frac{1}{4}$ onion
 $\frac{1}{2}$ clove garlic
1.25ml basil
1.25ml oregano
15ml tomato purée
50ml chopped tomatoes
100ml beef stock
Salt and black pepper

Cheese sauce

25g margarine
25g plain flour
250ml milk
50g Cheddar cheese
Salt and white pepper

3 sheets lasagne

Method

1. Set oven to 190°C/Gas mark 5.
2. Collect all ingredients and equipment.
3. Peel onion and garlic.
4. Wash or wipe mushroom.
5. Finely chop onion, garlic and mushroom.
6. Cut bacon into 1cm pieces.
7. Grate cheese.
8. Make stock.
9. Heat oil in a saucepan and sauté onion, garlic, bacon and minced beef for 3 - 4 minutes.
10. Add mushrooms, herbs, tomatoes, tomato purée and stock; season with salt and pepper; bring to the boil and simmer for 10 minutes.
11. Melt margarine in small saucepan on a medium heat.
12. Add flour, stir and cook for 2 minutes.
13. Add seasonings and remove from the heat.
14. Gradually add the milk, beating well after each addition.
15. Return saucepan to hob; bring to the boil stirring all the time.
16. Reduce heat to lowest setting and cook sauce gently for 5 minutes.
17. Remove from heat and stir in $\frac{1}{2}$ of the grated cheese.
18. Place one spoonful of cheese sauce into the bottom of a heat proof container, spread out and cover with a lasagne sheet.
19. Place half the meat sauce into the dish. Place another lasagne sheet over the meat sauce.
20. Repeat layer.
21. Pour cheese sauce over final layer of lasagne, sprinkle with remaining grated cheese and bake for 20 - 25 minutes.
22. Serve hot with a green salad.

Macaroni Cheese

Ingredients

50g macaroni
25g margarine
25g plain flour
200ml milk
25g Cheddar cheese
Salt, pepper, mustard powder, nutmeg
Sprig of parsley

Method

1. Collect all equipment and ingredients.
2. Half fill saucepan with water, add a pinch of salt and put on to boil for the macaroni.
3. When water is boiling; add macaroni and cook for 10 minutes.
4. When macaroni is cooked; drain through a colander.
5. Meanwhile grate cheese onto a paper towel.
6. Melt margarine in small saucepan on a medium heat.
7. Add flour, stir and cook for 2 minutes.
8. Add seasonings and remove from the heat.
9. Gradually add the milk, beating well after each addition.
10. Return saucepan to hob; bring to the boil stirring all the time.
11. Reduce heat to lowest setting and cook sauce gently for 5 minutes.
12. Preheat grill.
13. Add $\frac{3}{4}$ of the grated cheese, stir until cheese melts and remove from the heat.
14. Mix the drained macaroni with the sauce.
15. Place in a heatproof dish, sprinkle with the remaining cheese and brown under the grill.
16. Wipe dish and serve garnished with a sprig of parsley.

Mixed Vegetable Pizza

Ingredients

Base

100g self-raising flour

25g margarine

45mls milk

Topping

5ml sunflower oil

$\frac{1}{8}$ red or green pepper

1 mushroom

$\frac{1}{4}$ onion

50g chopped tomatoes

25g Cheddar cheese

Method

1. Collect all equipment and ingredients.
2. Set oven to 200°C/Gas mark 6.
3. Grease baking tray.
4. Sieve flour into large glass bowl.
5. Cut margarine into small pieces; rub into flour until it looks like breadcrumbs.
6. Add milk and mix to a soft dough.
7. Knead lightly on a floured board.
8. Flatten or roll into a circle and place onto the baking tray.
9. Wash or wipe mushroom.
10. Wash, deseed and rewash pepper.
11. Peel onion.
12. Finely slice mushroom, pepper and onion.
13. Heat oil in a frying pan and sauté vegetables for 5 minutes.
14. Spread chopped tomato on pizza base.
15. Add sautéed vegetables.
16. Grate cheese.
17. Sprinkle grated cheese on top.
18. Bake in the oven for 15 minutes till golden brown on the top.
19. Serve on a warm plate garnished with slices of tomato.

Paella

Ingredients

$\frac{1}{4}$ onion
 $\frac{1}{6}$ green pepper
 $\frac{1}{2}$ chicken breast
100g long grain rice
15ml sunflower oil
250ml chicken stock
1.25ml turmeric
1.25ml paprika
Pinch thyme
25g peas
Salt and black pepper

Garnish

15ml chopped parsley

Method

1. Collect all ingredients and equipment.
2. Peel onion.
3. Wash, deseed and rewash pepper.
4. Finely chop onion.
5. Finely dice pepper.
6. Wash and dry chicken breast.
7. Dice chicken breast.
8. Wash rice in a sieve.
9. Make chicken stock.
10. Heat oil in a saucepan and sauté onion and chicken for 2 minutes.
11. Add rice and sauté for a further minute.
12. Add chicken stock, green pepper, peas, turmeric, paprika, thyme and seasonings; bring to the boil, reduce heat, cover and simmer on a very low heat for 20 minutes until rice is tender and all liquid is absorbed.
13. Wash, dry and finely chop parsley.
14. Serve piled into a warm serving dish, garnished with chopped parsley.

Pasta with Tomato and Bacon Sauce

Ingredients

10ml sunflower oil
 $\frac{1}{2}$ medium onion
1 rasher bacon
 $\frac{1}{4}$ can chopped tomatoes
10ml tomato purée
Salt and black pepper
Pinch basil
50g pasta shapes
Fresh basil leaves

Method

1. Collect all ingredients and equipment.
2. Half fill a large saucepan with water. Put on to boil for the pasta. When water boils add pasta shapes and cook for 10 minutes. To test for readiness see below.
3. Peel onion.
4. Slice onion into semi-circles.
5. Cut bacon into 1cm pieces.
6. Heat oil in a frying pan. Sauté onions for 3 minutes without browning.
7. Add bacon and cook for a further 3 - 4 minutes.
8. Add the tomatoes and the tomato purée.
9. Season with salt, pepper and basil.
10. Bring to the boil, turn the heat to its lowest setting and simmer gently for 10 - 15 minutes.
11. When pasta is cooked, drain through a colander.
12. Mix drained pasta into tomato and bacon sauce.
13. Serve in a warm pasta bowl garnished with fresh basil leaves.

To test pasta for readiness

- Remove a piece of pasta from the boiling water using a spoon.
- Allow the pasta to cool.
- Pasta should have swollen to nearly double its original size, be firm with a bit of a 'bite' (al dente) to the taste. It should not be gritty or soggy.

Pork and Pineapple Stir-Fry

Ingredients

1 pork escalope
2 pineapple rings
15ml tomato ketchup
Salt and pepper
15ml sunflower oil
 $\frac{1}{8}$ small white cabbage
 $\frac{1}{2}$ carrot
 $\frac{1}{4}$ onion
50g noodles
Sprig of coriander

Method

1. Collect all equipment and ingredients.
2. Half fill saucepan with water, add a pinch of salt and put on to boil for the noodles.
3. Using the red chopping board cut the pork into thin strips.
4. Wash the cabbage.
5. Wash, peel and rewash the carrot.
6. Peel the onion.
7. Shred the cabbage.
8. Cut the carrot into thin strips.
9. Thinly slice the onion.
10. Drain the juice from the pineapple and mix with the tomato ketchup and seasoning.
11. Cut the pineapple into chunks.
12. Add noodles to boiling water, cover and remove from the heat and leave on a pot stand for 5 minutes.
13. Heat the oil in a frying pan, add the pork and stir-fry until browned.
14. Add the cabbage, carrot and onion and stir-fry for 2 minutes.
15. Add the pineapple chunks and stir in the juice and ketchup mixture.
16. Bring to the boil and simmer for 2 - 3 minutes, until the mixture is reduced by half.
17. Drain the noodles and add to the pork and pineapple sauce.
18. Serve in a heated dish garnished with a sprig of coriander.

Quiche Lorraine

Ingredients

Pastry

100g plain flour

Pinch salt

50g margarine

Squeeze lemon juice

2x10ml cold water

Filling

1 egg

75ml milk

25ml cream

Salt, pepper, pinch nutmeg

1x10ml sunflower oil

2 rashers streaky bacon

25g Cheddar cheese

Method

1. Collect all equipment and ingredients.
2. Set oven to 220°C/Gas mark 7.
3. Sieve flour and salt into large glass bowl. Cut margarine into pieces and rub it into the flour until it resembles fine breadcrumbs. Add lemon juice and water; using table knife mix to a stiff dough. Knead lightly on a floured table. Cover and chill in the fridge for 10 minutes.
4. Snip bacon into 1cm pieces.
5. Beat eggs, stir in milk and cream; strain egg mixture.
6. Add salt, pepper and nutmeg.
7. Grate cheese.
8. Roll out pastry and line flan ring.
9. Bake pastry case blind for 10 minutes. After the 10 minutes set oven to 180°C/Gas mark 5.
10. Heat oil in frying pan and sauté bacon until cooked through but not browned.
11. Remove flan ring; sprinkle $\frac{1}{2}$ cheese over base of pastry case; place bacon on top.
12. Pour egg mixture over, add remaining cheese and bake for 20 minutes until the mixture is set and golden brown on top.
13. Serve on a hot plate, cut in wedges, with a green salad.
14. Garnish with tomato or cucumber slices.

Sausage and Bean Stew

Ingredients

2 link sausages

$\frac{1}{2}$ onion

1 potato

$\frac{1}{2}$ tin baked beans in tomato sauce

$\frac{1}{2}$ tin chopped tomatoes

Salt and pepper

Sprig of parsley

Method

1. Collect all equipment and ingredients.
2. Preheat grill.
3. Wash, peel and rewash the potato.
4. Peel the onion.
5. Finely chop onion.
6. Cut the potato into 1.25cm pieces.
7. Place all the ingredients except the sausages into the saucepan.
8. Bring to the boil, cover and simmer gently for 10 - 12 minutes.
9. Grill the sausages for 10 - 12 minutes, turning frequently.
10. Remove sausages, slice and add to saucepan.
11. Cook for a further 10 minutes stirring occasionally.
12. Serve in a warm bowl, garnished with parsley and accompanied by wholemeal bread.

Spaghetti Carbonara

Ingredients

50g spaghetti
15ml sunflower oil
1 rasher bacon
 $\frac{1}{4}$ onion
10ml parsley
30ml single cream
1 mushroom
25g Cheddar cheese
Salt and pepper

Method

1. Collect all equipment and ingredients.
2. Half fill saucepan with water, add a pinch of salt and put on to boil for the spaghetti.
3. When water is boiling; add spaghetti and cook for 10 minutes.
When spaghetti is cooked; drain through a colander.
4. Peel onion, wash or wipe mushroom.
5. Wash, dry, chop, rewash and dry parsley.
6. Finely chop onion.
7. Slice mushroom.
8. Grate cheese.
9. Cut bacon.
10. Heat oil in a small saucepan; sauté bacon and onion until soft.
11. Add mushroom and $\frac{3}{4}$ of the chopped parsley; continue to cook for 3 minutes.
12. Stir in cream, grated cheese and seasonings.
13. Add cooked, drained spaghetti to the sauce; stir well.
14. Serve in a warm dish garnished with the remaining chopped parsley.

Spanish Tortilla

Ingredients

1 large potato
30ml olive oil
2 eggs
Salt and pepper
Sprig of parsley

Method

1. Collect all equipment and ingredients.
2. Wash, peel, rewash and thinly slice the potato.
3. Heat 15ml oil in frying pan, add potatoes, season lightly with salt, cover and cook over a very low heat for about 15 minutes or until the potatoes are just soft.
4. Remove potatoes and drain on kitchen paper.
5. Beat eggs and seasoning in bowl, stir in the drained potatoes.
6. Heat remaining oil in frying pan; pour in egg and potato mixture, spreading potato evenly over pan.
7. Let tortilla set for a minute at a high heat, then turn down heat and cook through.
8. Using wooden spatula work around pan edge and shake pan occasionally to stop sticking.
9. When top has set, cover pan with plate and turn tortilla onto it.
10. Return tortilla to pan, cooked side up and cook for a further 2 - 3 minutes.
11. Turn onto a warmed plate, garnish with sprig of parsley and use as required.

Spicy Potato Wedges

Ingredients

2 medium potatoes
10ml sunflower oil
2.5ml Cajun spice
1.25ml paprika
1.25ml chilli powder
1.25ml thyme
Salt and black pepper

Garnish

5ml parsley

Method

1. Set oven to 220°C/Gas mark 7.
2. Collect all ingredients and equipment.
3. Wash potatoes and cut each into 8 wedges.
4. Place potatoes in a large mixing bowl; add oil and seasonings.
5. Shake well to ensure potato wedges are evenly coated.
6. Place wedges onto a baking sheet and place in the oven for 20 - 25 minutes.
7. Wash, dry, chop, rewash and dry parsley.
8. Serve wedges on a warm plate or in a warm bowl garnished with chopped parsley accompanied by sweet chilli sauce, tomato salsa or spicy yoghurt dip.

Tuna Fish Cakes

Ingredients

Fish Cakes

$\frac{1}{4}$ tin tuna
2 medium potatoes
15g margarine
Salt and pepper
15ml sweetcorn
15ml parsley

Coating

$\frac{1}{2}$ egg
Flour
Breadcrumbs or Ruskoline
Oil for frying

Garnish

1 sprig parsley
Lemon wedge

Method

1. Collect all ingredients and equipment.
2. Wash, peel and rewash potatoes. Cut into even sized pieces, put them in a saucepan and cover with cold water, adding a pinch of salt. Bring to the boil and simmer for 15 - 20 minutes until cooked.
3. Wash, dry, chop, rewash and dry the parsley. Keep a sprig for garnishing.
4. Mash the cooked potatoes. Drain the tinned fish and add to the potatoes with the margarine, sweetcorn, salt, pepper and chopped parsley.
5. Divide the mixture into 4 pieces, shape into fish cakes. Coat each with flour, beaten egg and crumbs.
6. Heat the oil in a frying pan. Fry the fish cakes carefully, turning over once. Drain well on kitchen paper.
7. Serve in a shallow dish garnished with a sprig of parsley and a lemon wedge; accompanied by a crisp green salad.

Vegetable Chow Mein

Ingredients

$\frac{1}{2}$ onion
1 clove garlic
 $\frac{1}{4}$ red/green pepper
1 mushroom
1 spring onion
 $\frac{1}{2}$ carrot
15ml sunflower oil
5ml cornflour
2.5ml ginger
45ml water
15ml soy sauce
50g noodles

Method

1. Collect all ingredients and equipment.
2. Half-fill a medium saucepan with water and bring to the boil. Add the noodles; bring back to the boil, cover; remove from the heat and leave to stand for 5 minutes. Drain through a sieve.
3. Peel the garlic and onion; wash, peel and rewash the spring onion and carrot; wash, deseed and rewash the pepper; wash or wipe the mushroom.
4. Finely chop the garlic; slice the onion; cut the pepper and carrot into thin strips; slice the mushroom; cut the spring onion diagonally into 2.5cm strips, reserve a small amount for garnish.
5. Blend cornflour and ginger with water; add soy sauce.
6. Heat the oil in a frying pan or wok; add the garlic and onion and stir-fry for 1 minutes.
7. Add the carrot and stir-fry for 2 minutes.
8. Add the spring onion, red pepper and mushroom; stir-fry for 2 minutes.
9. Add blended cornflour, stir well and cook for 1 minute.
10. Stir in the drained noodles and reheat thoroughly.
11. Serve in a warm serving dish garnished with remaining spring onion.

Vegetable Curry

Ingredients

15ml sunflower oil
1 potato
 $\frac{1}{2}$ onion
 $\frac{1}{2}$ carrot
 $\frac{1}{4}$ red pepper
1 clove garlic
25g peas
5ml curry powder
5ml tomato purée
150ml vegetable stock
Salt and black pepper
1.25ml lemon juice
50g long grain rice

Method

1. Measure rice in the smallest plastic bowl, add to saucepan. Fill the plastic bowl with cold water and add to rice. Add salt and bring to the boil. Once boiling turn to the lowest heat, cover with a tightly fitting lid and cook for 20 minutes until all the water has been absorbed and the rice is tender.
2. Wash, peel and rewash potato and carrot.
3. Peel onion and garlic.
4. Wash, deseed and rewash pepper.
5. Finely dice potato.
6. Finely chop onion.
7. Finely slice carrot.
8. Peel and finely chop garlic.
9. Dice pepper.
10. Make stock in measuring jug.
11. Heat oil gently in large saucepan.
12. Sauté the onion and garlic until they are soft.
13. Add remaining vegetables and sauté for 2 minutes.
14. Add the curry powder and cook gently for 1 minute.
15. Add the tomato puree and cook gently for 1 minute.
16. Stir in the stock, lemon juice, salt and pepper, bring to the boil then simmer for 15 minutes until vegetables are tender.
17. Drain rice.
18. Arrange drained rice on a heated serving dish, pour curry on top and serve garnished with a sprig of coriander.

Apple Meringue

Ingredients

Base

1 cooking apple

30ml water

15ml brown sugar

Topping

1 egg

50g caster sugar

1 glacé cherry

Method

1. Set oven to 180°C/Gas mark 5.
2. Collect all ingredients and equipment.
3. Wash, quarter, core, peel, rewash and slice the apple.
4. Place the apple, water and sugar into a saucepan and stew gently until soft and pulpy.
5. Beat until smooth and leave to cool slightly.
6. Separate yolk from white of egg.
7. Beat egg yolk into cooled apple. Place this mixture into the base of an ovenproof dish.
8. Beat egg white until stiff. Beat in 25g of the caster sugar. Gently fold in the other 25g caster sugar.
9. Transfer the meringue into a piping bag and neatly pipe on top of apple mixture.
10. Bake in the oven until crisp and pale golden brown.
11. Clean dish and serve warm decorated with cherry.

Banana Cakes

Ingredients

50g margarine
50g castor sugar
50g wholemeal self-raising flour
1 egg
 $\frac{1}{2}$ banana
15ml soft brown sugar

Method

1. Collect ingredients and equipment.
2. Set oven to 190°C/Gas mark 5.
3. Line the bun tray with 8 paper cases.
4. Sieve flour onto a paper towel.
5. Beat egg in a small plastic bowl.
6. Cream margarine and sugar in mixing glass bowl until light and fluffy.
7. Add $\frac{1}{2}$ the beaten egg and 1 large spoon of flour to the creamed mixture and beat well.
8. Add the remaining egg and another spoon of flour; beat well.
9. Add the remaining flour and using a metal spoon fold in to the mixture. The mixture should be at dropping consistency.
10. Peel and slice the banana thinly.
11. Divide the slices among the 8 paper cases.
12. Using a teaspoon divide the cake mixture among the paper cases covering the banana.
13. Lightly sprinkle the brown sugar over the top of the cake mixture.
14. Bake in the oven for 15 minutes until well-risen and golden brown.
15. Using a palette knife place the buns on a wire rack to cool.
16. Serve on a cake plate.

Carrot Cakes

Ingredients

Carrot Cake

75ml vegetable oil
75g castor sugar
100g wholemeal plain flour
1 egg
75g carrot
2.5ml baking powder
2.5ml baking soda
2.5ml cinnamon

Glacé Icing

100g icing sugar
15ml boiling water

Method

1. Collect ingredients and equipment.
2. Set oven to 190°C/Gas mark 5.
3. Line the bun tray with 8 paper cases.
4. Wash, peel and rewash carrot.
5. Grate carrot.
6. Sieve flour, baking powder, baking soda and cinnamon onto a paper towel. Add bran remaining in sieve.
7. Place oil, castor sugar and egg in a mixing bowl and beat well.
8. Add grated carrot to mixture.
9. Add flour to mixture; mix gently.
10. Using a teaspoon divide the mixture among the 8 paper cases.
11. Bake for 15 - 20 minutes until firm and golden.
12. Using a palette knife place the buns on the wire rack to cool.
13. ***To make the glacé icing*** - Sieve icing sugar into a bowl.
14. Gradually add 15ml boiling water until thick enough to coat thickly the back of a wooden spoon.
15. Spoon icing on to the cooled cakes.
16. Serve on a cake plate.

Chocolate Bar Gateau

Ingredients

60g flour
15g cocoa
3 medium eggs
75g caster sugar
50g tinned mandarin orange segments (drained weight)
250ml double cream
1.25ml orange essence
60g grated milk chocolate

Oven - 220°C

Method

1. Grease, line and grease a Swiss roll tin (20cm x 30cm approx).
2. Sieve the flour and cocoa together.
3. Whisk the eggs and sugar until thick and creamy.
4. Sieve the flour and cocoa on top of the egg mixture and carefully fold in.
5. Pour the mixture into the prepared tin.
6. Bake in a preheated oven for 8 minutes until well risen and springy to touch.
7. Turn onto sugared paper; remove the lining paper and leave to cool completely.
8. Trim 0.5cm from the sides and cut the sponge into 3 equal pieces, 9.5cm x 19cm approximately.
9. Chop the mandarin oranges and re-drain if necessary.
10. Whisk the cream to a piping consistency then stir in the orange essence.
11. Carefully stir the chopped fruit into a third of the cream, which will be used to sandwich the sponges together. Reserve the remaining cream until required.
12. Layer the three pieces of sponge with the fruit cream to give a three tier gateau.
13. Spread a little of the remaining cream thinly round the sides of the gateau.
14. Coat the sides with the grated chocolate.
15. Spread a little of the reserved cream on top of the gateau and finish by piping the remaining cream and decorating appropriately.
16. Serve on a clean, cool plate.

Chocolate Truffles

Ingredients

100g digestive biscuits
25g coconut
25g cocoa
50g margarine
30ml condensed milk
Chocolate vermicelli/coconut/icing sugar

Method

1. Collect ingredients and equipment.
2. Crush biscuits in large mixing bowl.
3. Place margarine and condensed milk in saucepan. Melt gently on a low heat until margarine is completely melted. *Do not boil.*
4. Add coconut, cocoa and melted margarine to crushed biscuits. Mix thoroughly using a wooden spoon.
5. Take teaspoonfuls of the mixture and shape into small rounds. Roll in vermicelli, coconut or icing sugar.
6. Place in small paper cases.
7. Allow to set in a cool place.

Easter Garibaldi Biscuits

Ingredients

110g caster sugar, plus extra for dusting
110g margarine
1 egg
225g plain flour
Pinch mixed spice
55g currants
30g candied peel
45ml milk

Method

1. Set oven to 160°C.
2. Line a baking tray with greaseproof paper.
3. Sieve the flour onto a paper towel.
4. Separate the yolk from the white of the egg.
5. Cream the margarine and sugar together in a bowl until light and fluffy. Beat in the egg yolk until well combined.
6. Fold the flour into the mixture, then stir in the mixed spice, currants and candied peel. Stir in enough milk to form a stiff dough.
7. Roll out the dough onto a floured surface and cut out the biscuits with a fluted cutter. Place onto the baking sheet and bake for 10 minutes.
8. Remove the biscuits from the oven, glaze with the reserved egg white, sprinkle with sugar and return to the oven for 5 - 10 minutes or until pale golden-brown.
9. Remove the biscuits from the tray and set aside to cool on a wire rack.

Golden Biscuits

Ingredients

100g plain flour
60g porridge oats
1.25ml baking soda
90g margarine
40g caster sugar
50g coconut
15ml golden syrup
5ml water

Method

1. Set oven to 190°C.
2. Sieve the flour and baking soda into a bowl and add the sugar, coconut and porridge oats. Mix well.
3. Put the butter, golden syrup and water into a saucepan, heat until the margarine is melted. Pour onto the other ingredients and mix well together.
4. Cool, make into balls the size of a large marble and place on a greased baking tray, well apart. Flatten a little.
5. Bake for 15 minutes.
6. Leave to cool on the baking tray for 5 minutes, and then transfer to a cooling rack.

Halloween Cake

Ingredients

Sponge

150g margarine
150g castor sugar
150g self-raising flour
3 eggs

Filling

30ml jam

Icing

$\frac{1}{2}$ packet fondant icing

Method

1. Collect ingredients and equipment.
2. Set oven to 190°C/Gas mark 5.
3. Grease and line 2 sandwich tins.
4. Sieve flour onto paper towel.
5. Beat eggs.
6. Using wooden spoon cream together margarine and sugar in large mixing bowl.
7. Add $\frac{1}{2}$ the egg and 1 large spoon of flour to the creamed mixture and beat well.
8. Add the remaining egg and another spoon of flour; beat well.
9. Add the remaining flour and using a metal spoon fold in to the mixture. The mixture should be at dropping consistency.
10. Divide the mixture between the 2 tins, smoothing top with palette knife.
11. Bake on the same shelf in the oven for 20 minutes. They should be well-risen, golden brown, firm in the centre and beginning to shrink away from the sides of the tins.
12. Turn onto wire rack and invert to prevent lines on the surface.
13. Mix jam well in a plastic bowl.
14. When cakes are cool, spread each half with jam and sandwich together.
15. Roll out fondant using icing sugar to prevent it sticking to the rolling pin.
16. Cover the cake with the icing. Use the remaining icing to decorate the cake.
17. Add decorations if using.
18. Serve on a cake plate.

Jam Swiss Roll

Ingredients

2 eggs
50g castor sugar
50g self-raising flour
30ml jam
10ml sugar

Method

1. Collect ingredients and equipment.
2. Set oven to 220°C/Gas mark 7.
3. Oil and line tin with greaseproof paper.
4. Sieve flour onto paper towel.
5. Place eggs and castor sugar into large mixing bowl and whisk until thick and creamy. (The mixture should hold the shape of a figure 8)
6. Lightly fold in the sieved flour.
7. Pour mixture into the prepared tin, spreading evenly to the corners.
8. Bake for 8 - 10 minutes until golden brown and springy to the touch.
9. Mix jam well in a plastic bowl.
10. Lay second piece of greaseproof paper on table and dredge with caster sugar.
11. Turn sponge onto greaseproof paper; carefully strip off lining paper from sponge.
12. Spread jam onto sponge.
13. Roll up sponge Swiss roll style.
14. Serve on a cake plate.

Lemon Cupcakes

Ingredients

70g margarine
50g caster sugar
Zest $\frac{1}{4}$ lemon
Juice $\frac{1}{4}$ lemon
1 egg
70g self-raising flour

Butter Cream Icing

45g margarine
90g icing sugar
Zest $\frac{1}{4}$ lemon
Juice $\frac{1}{4}$ lemon

Method

1. Set oven to 180°C. Line a bun tin with 6 paper cases.
2. Beat egg.
3. Sieve flour.
4. Beat the margarine and sugar in a bowl until really soft.
5. Add lemon zest and juice.
6. Slowly stir in the beaten egg.
7. Fold in the flour until well combined.
8. Spoon the mixture into the paper cases.
9. Bake for 15 - 20 minutes until the cakes are golden and springy to the touch.
10. Cool on a wire rack.
11. For the butter icing - beat the margarine until really soft.
12. Gradually beat in the icing sugar, lemon zest and juice until thick.
13. Spread or pipe the butter cream on top of the cakes and decorate with sprinkles or sweeties.

Lemon Meringue Pie

Ingredients

Pastry Case

100g plain flour
50g margarine
Pinch of salt
20ml cold water

Meringue

1 egg white
50g caster sugar

Filling

20ml cornflour
25g caster sugar
Zest of 1 lemon
Juice of 1 lemon
100ml cold water
1 egg yolk

Method

1. Collect ingredients and equipment.
2. Set oven to 220°C/Gas mark 7.
3. Sieve flour and salt into mixing bowl.
4. Cut margarine into pieces and rub into flour until the mixture resembles fine breadcrumbs.
5. Add sufficient water to make a firm dough.
6. Turn dough onto a lightly floured table and knead lightly.
7. Roll out dough to approximately $\frac{1}{4}$ cm in thickness to line a 15cm flan ring.
8. Bake pastry case blind for 15 minutes. After the 15 minutes set oven to 160°C/Gas mark 4.
9. Separate the egg carefully.
10. Zest and juice the lemon.
11. Blend the cornflour, sugar and zest with a little of the measured water.
12. Place the remainder of the water and the lemon juice in a small saucepan and bring to the boil. Remove from the heat and pour over the cornflour mixture mixing well.
13. Pour back into the pot, return to the heat and bring to the boil, stirring all the time.
14. Cool slightly; add the egg yolk, beating all the time. Pour into the cooked flan case.
15. Whisk the egg white until stiff and dry.
16. Whisk in half of the measured caster sugar.
17. Using a metal spoon; fold in the remaining caster sugar.
18. Pipe the meringue onto the lemon mixture.
19. Bake until pale golden brown in colour.
20. Serve hot or cold decorated with pieces of glacé cherry.

Orange Bakewell Pudding

Ingredients

Pastry

75g plain flour
Pinch of salt (optional)
40g margarine
20ml cold water

Filling

20ml orange marmalade
50g margarine
50g caster sugar
50g plain flour
1.25ml baking powder
1 egg
1.25ml orange extract

Oven

Pastry 200°C/Gas mark 6
Sponge 180 °C/Gas mark 4

Method

1. Set oven.
2. Sieve flour and salt into a large bowl.
3. Rub in margarine until mixture resembles breadcrumbs.
4. Make a well in the centre; add the water and mix to form a firm dough.
5. Knead light. Rest for 10 minutes.
6. Roll pastry and line a 15cm flan ring. Trim.
7. Rest for 5 minutes. Bake blind for 10 minutes.
8. Reduce the oven temperature.
9. Sieve flour onto a paper towel.
10. Beat egg and add orange extract.
11. Cream margarine and sugar until light and fluffy.
12. Add $\frac{1}{2}$ the beaten egg and 1 large spoon of flour to the creamed mixture and beat well.
13. Add the remaining egg and another spoon of flour; beat well.
14. Add the remaining flour and using a metal spoon fold in to the mixture.
The mixture should be at dropping consistency.
15. Spread marmalade over base of pastry.
16. Spread sponge mixture over the marmalade.
17. Bake for 20 - 25 minutes until risen and golden brown.
18. Dredge with icing sugar.
19. Serve warm on a clean, warm plate.

Orange Sponge Cakes with Orange Foam Sauce

Ingredients

Orange Sponge

100g self-raising flour
50g castor sugar
50g margarine
1 egg
1 drop of vanilla extract
 $\frac{1}{2}$ orange

Orange Foam Sauce

25g margarine
 $\frac{1}{2}$ orange
10ml plain flour
50g caster sugar
1 egg
2 - 3 drops lemon juice

Method

1. Collect ingredients and equipment.
2. Set oven to 200°C/Gas mark 6.
3. Place 8 paper cases into bun tray.
4. Zest orange (reserve $\frac{1}{2}$ for orange foam sauce).
5. Juice orange (reserve $\frac{1}{2}$ for orange foam sauce).
6. Beat egg; add vanilla extract, orange juice and zest.
7. Sieve flour onto paper towel.
8. Cream margarine and sugar until light and fluffy.
9. Add $\frac{1}{2}$ the egg mixture and 1 large spoon of flour to the creamed mixture and beat well.
10. Add the remaining egg mixture and another spoon of flour; beat well.
11. Add the remaining flour and using a metal spoon fold in to the mixture. The mixture should be at dropping consistency.
12. Spoon mixture into paper cases.
13. Bake until golden brown (15 - 20 minutes)
14. Cool sponges on a wire rack.
15. *To make orange foam sauce* - separate yolk from white of egg.
16. Beat egg yolk, margarine and reserved orange zest; gradually beat in flour and sugar.
17. Add water to the orange juice to make 150ml liquid, and stir into the flour mixture.
18. Pour into a saucepan and cook the sauce gently, stirring all the time until it thickens. Remove from the heat.
19. Whisk egg white until stiff and fold into the sauce with the lemon juice. Serve with the orange sponges.

Pear Condé

Ingredients

2 pear halves
 $\frac{1}{2}$ tin creamed rice
 $\frac{1}{2}$ packet 'Quick Jel'
100ml whipping cream
 $\frac{1}{2}$ glacé cherry

Method

1. Collect all ingredients and equipment.
2. Drain pears through a sieve, reserving the juice to make up the 'jel'.
3. To make up the 'Quick Jel', make up the pear juice to 100ml using water. Place in a small saucepan and sprinkle on the 'Quick Jel'. Heat to boiling whilst stirring continuously. Cool, stirring continuously to remove bubbles.
4. Cut the cherry into small pieces.
5. Arrange the rice in a cold serving dish.
6. Place the pear halves, rounded side up, on top of the rice.
7. Spoon the 'Quick Jel' over the pears, covering the rice. Allow to set in a cool place.
8. Whisk the cream to piping consistency and place in a piping bag with a star nozzle.
9. Pipe the cream on top of the jelly and decorate with small pieces of cherry.

Shortbread

Ingredients

150g plain flour or 125g plain flour + 25g semolina, cornflour or rice flour

100g butter or margarine

50g caster sugar

Method

1. Set oven to 180°C/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.
5. Stir in sugar.
6. Knead the crumbs until they form a dough.
7. Knead the dough gently on a lightly floured surface.
8. Roll out dough to $\frac{1}{2}$ cm thickness and cut out biscuits.
9. Place biscuits on a baking tray and decorate with a fork.
10. Bake in the oven for 15 - 20 minutes. Biscuits should be pale in colour.
11. Dredge lightly with caster sugar, cool slightly on the baking tray before placing on a wire rack to harden.

Tea Scones

Ingredients

250g plain flour
50g butter or margarine
2.5ml salt
5ml baking powder
25g caster sugar
1 egg
100ml milk

Glaze - 15ml milk

Baking Temperature 220°C

Method

1. Sieve the flour, salt and baking powder into a mixing bowl.
2. Cut the margarine into small pieces, rub in with the fingertips.
3. Beat the eggs and add to the milk.
4. Make a well in the centre of the flour mixture, add all the milk and egg mixture.
5. Mix quickly with a tablespoon or fork to form a soft dough.
6. Turn on to a lightly floured table; knead three times to get the side next to the table smooth.
7. Turn over, flatten and roll to a thickness of 1cm.
8. Use a floured 5cm or 6cm cutter. Cut into rounds, press the trimmings together flatten out, cut into rounds.
9. Transfer to a baking sheet using a palette knife, brush the tops with the 15ml of milk.
10. Bake in a pre-heated oven for 12 - 15 minutes until well risen and golden brown.
11. Cool on a wire rack.

Fruit Scones

Add 50g sultanas or raisins to the dry ingredients before mixing in the above recipe.

Valentine's Cake

Ingredients

Sponge

150g margarine
150g castor sugar
125g self-raising flour
25g cocoa
3 eggs

Filling

30ml jam

Chocolate Butter Icing

75g butter or margarine
175g icing sugar
15ml cocoa
15ml warm water

Method

1. Collect ingredients and equipment.
2. Set oven to 190°C/Gas mark 5.
3. Grease and line 2 sandwich tins.
4. Sieve flour onto paper towel.
5. Beat eggs.
6. Using wooden spoon cream together margarine and sugar in large mixing bowl.
7. Add $\frac{1}{2}$ the egg and 1 large spoon of flour to the creamed mixture and beat well.
8. Add the remaining egg and another spoon of flour; beat well.
9. Add the remaining flour and using a metal spoon fold in to the mixture. The mixture should be at dropping consistency.
10. Divide the mixture between the 2 tins, smoothing top with palette knife.
11. Bake on the same shelf in the oven for 20 minutes. They should be well-risen, golden brown, firm in the centre and beginning to shrink away from the sides of the tins.
12. Turn onto wire rack and invert to prevent lines on the surface.
13. Mix jam well in a plastic bowl.
14. Sieve icing sugar onto plate or paper towel.
15. Blend cocoa with warm water.
16. Using an electric whisk cream butter until soft and creamy.
17. Slowly whisk in icing sugar. When well combined add blended cocoa.
18. When cakes are cool, spread each half with jam and sandwich together.
19. Coat sides with chocolate butter icing.
20. Pipe remaining icing on top of cake and decorate with chocolate hearts.
21. Serve on a cake plate.