

# **HOSPITALITY: PRACTICAL COOKERY**

**Nat 4/ 5**

# **RECIPE BOOK**

**Name:**

## KEY POINTS FOR SUCCESS

- For class lessons some of the ingredients have been weighed for you to save time, others you will have to do yourself to practice **weighing and measuring skills**. For exams you will weigh and measure all ingredients before the exam starts.
- If a recipe specifies an ingredient as **prepared weight**, very often vegetables, then you need to weigh the ingredient once it has been peeled/ sliced/ chopped etc. to ensure accurate amount is used. This is especially important in the exam where this is considered as part of the success criteria.
- Use a **plastic colander** for all peelings and as a mini bin to help keep your workspace tidy.
- **Chopping boards** must be anchored with an anti-slip mat to help prevent accidents.
- Use the **correct knife** for the task- a cook's knife is available for cutting vegetables and a small vegetable knife for other tasks such as segmenting. A bread knife is required for cutting bread, scones etc.
- **CAYG** – Clean as you go is vital. At the end of each process you should wipe the table, dispose of waste and wash/ dry the dishes as you will need them again during the practical session.
- **Cooker control** is important to avoid foods burning, drying out etc. Simmering is very gentle cooking, remember to turn the heat down low. Pasta and rice do not need a lid on the pan, most other processes like boiling potatoes, stewing and soup making will require a lid. The lid should sit flat on the pan, not tilted or half off.
- **Use a timer** to help keep track of cooking times for each process. Use the one on the cooker or collect a free standing timer from the teacher.
- **Taste and season** is important. It is often indicated on the recipe and is vital to achieve a good flavoured end result. A clean metal spoon should be used for this. Good practice is to get the teachers attention when tasting and seasoning to ensure you get the credit for it.

<b>Apple and Cinnamon Parcels</b>	<b>46</b>
<b>Apple and Cinnamon Scones</b>	<b>62</b>
<b>Apple Bakewell Tart</b>	<b>69</b>
<b>Apple flan</b>	<b>47</b>
<b>Beef Lasagne</b>	<b>14</b>
<b>Bombay Potatoes</b>	<b>18</b>
<b>Border Tart</b>	<b>71</b>
<b>Caribbean Chicken</b>	<b>15</b>
<b>Carrot and Courgette Soup</b>	<b>5</b>
<b>Cheesy Tuna Fishcakes</b>	<b>16</b>
<b>Chicken and potato flan</b>	<b>21</b>
<b>Chicken Balti with Boiled Rice</b>	<b>17</b>
<b>Chicken Biryani</b>	<b>19</b>
<b>Chicken Cacciatore with pasta</b>	<b>20</b>
<b>Chicken Goujons with Orange and Honey Sauce</b>	<b>22</b>
<b>Chicken Lasagne</b>	<b>23</b>
<b>Chicken with Chilli</b>	<b>24</b>
<b>Chilli Con Carne with Boiled Rice</b>	<b>25</b>
<b>Chilli Meatballs with Boiled Rice</b>	<b>26</b>
<b>Chocolate and Strawberry Gateau</b>	<b>48</b>
<b>Chocolate Sponge with Buttercream Filling</b>	<b>64</b>
<b>Creamy Carrot Soup</b>	<b>6</b>
<b>Fish and Cheese Crumble</b>	<b>27</b>
<b>Fish Cakes</b>	<b>28</b>
<b>Fish Flan</b>	<b>29</b>
<b>Fruit Brulée</b>	<b>49</b>
<b>Grill Sticks with Cheese and Chive Dip or Tomato Salsa</b>	<b>7</b>
<b>Individual steamed Choc Puddings</b>	<b>72</b>
<b>Jam Swiss Roll</b>	<b>68</b>
<b>Lemon or Lime Meringue Flan</b>	<b>50</b>
<b>Lemon Roll</b>	<b>51</b>
<b>Lentil and Tomato Soup</b>	<b>9</b>
<b>Lentil Soup</b>	<b>65</b>
<b>Macaroni and Beef Bake</b>	<b>30</b>

<b>Mandarin Gateau</b>	<b>67</b>
<b>Mediterranean Couscous</b>	<b>31</b>
<b>Minestrone Soup</b>	<b>8</b>
<b>Mini Chocolate-Dipped Meringues</b>	<b>53</b>
<b>Mini Lemon Bakewell Tarts</b>	<b>52</b>
<b>Nasi Goreng</b>	<b>32</b>
<b>Omelette</b>	<b>66</b>
<b>Orange Cheesecake</b>	<b>58</b>
<b>Parmesan Chicken Bake</b>	<b>33</b>
<b>Pasta with a Tomato and Basil Sauce</b>	<b>34</b>
<b>Pineapple Cream Shortcakes</b>	<b>54</b>
<b>Pizza</b>	<b>35</b>
<b>Poached Pears and Raspberry Coullis or Chocolate Sauce</b>	<b>55</b>
<b>Pork and Orange Stir Fry with Noodles</b>	<b>36</b>
<b>Profiteroles with Chocolate Sauce</b>	<b>56</b>
<b>Quiche Lorraine</b>	<b>37</b>
<b>Raspberry Cream Towers</b>	<b>57</b>
<b>Raspberry Muffin</b>	<b>63</b>
<b>Smoked Haddock Risotto</b>	<b>38</b>
<b>Smoked Mackerel Pâté with Crudités or Melba Toast</b>	<b>10</b>
<b>Spaghetti Bolognese</b>	<b>40</b>
<b>Spaghetti Carbonara</b>	<b>39</b>
<b>Spiced Leek and Potato Soup</b>	<b>11</b>
<b>Spicy Chicken and Apricot stew with Couscous</b>	<b>41</b>
<b>Spicy Chicken Risotto</b>	<b>70</b>
<b>Spicy Dahl and Carrot Soup</b>	<b>12</b>
<b>Sticky Toffee Pudding</b>	<b>59</b>
<b>Stir Fried Pork with Noodles</b>	<b>42</b>
<b>Sweet and Sour Chicken with Fried Rice</b>	<b>43</b>
<b>Vegetable Crumble</b>	<b>44</b>
<b>Vegetable Lasagne</b>	<b>45</b>
<b>Vegetable Samosas</b>	<b>13</b>
<b>Vegetable Stir Fry</b>	<b>61</b>
<b>White Chocolate and Lime Tofu Cheesecake</b>	<b>60</b>

## **Starters: 1. Carrot and Courgette Soup**

### **Ingredients**

50 g onion  
150 g carrot (prepared weight)  
100 g potato (prepared weight)  
50 g courgette  
25 g lentils  
10 ml oil  
500 ml chicken or vegetable stock  
15 ml single cream  
Salt and pepper

### **Method**

- 1.** Collect the ingredients.
- 2.** Peel and chop the onion.
- 3.** Wash, peel and re-wash the carrots – grate or 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 and sweat the onion for 2 minutes without browning.
- 7.** Add the rest of the vegetables, lentils and stock into the pan.
- 8.** Bring to the boil and simmer for 15–20 minutes. Allow to cool slightly.
- 9.** Purée the soup, taste for seasoning and adjust consistency if required.
- 10.** Reheat and either stir in the cream or drizzle it on the top.
- 11.** Serve hot, appropriately garnished in a clean warm bowl.

## **Starters: 2. Creamy Carrot Soup**

250g carrots (prepared weight)

10ml Oil

¼ Onion

250ml Water

½ Vegetable stock cube

75ml Crème fraîche or cream

Seasoning

### **Garnish**

Chopped parsley

### **Method**

1. Prepare the following ingredients
  - Onion – peel and coarsely chop.
  - Carrot – wash, peel and thinly slice.
  - Stock.
  - Parsley – finely chop.
2. Melt the oil in a large pan, add the onion and sauté gently for 3 minutes until soft but not coloured.
3. Add the carrots, cover with the lid and cook gently, stirring from time to time, for 10 minutes.
4. Add the vegetable stock and bring to the boil. Cover and simmer for 20 minutes until carrots are soft.
5. Purée soup in blender until smooth.
6. Rinse out the pan and return the soup into the pan. Taste the soup and adjust the seasoning if required.
7. Stir in the crème fraîche and reheat soup carefully – do not boil.
8. Serve hot, appropriately garnished in a clean, warm bowl.

### **Starters: 3.**

#### **Grill Sticks with Cheese and Chive Dip or Tomato Salsa**

##### Ingredients

##### *Grill sticks*

100 g mince

25 g wholemeal breadcrumbs

10 ml beaten egg

1.25–2.5 ml chilli powder

##### Method

1. Collect the ingredients.
2. Place all the ingredients for the grill sticks in a large bowl and mix well.
4. Divide the mixture into four equal portions and wrap round the skewers in an even shape.
5. Set the grill to a medium heat.
6. Grill for 4–5 minutes on each side. Test for readiness.
7. Serve hot on a clean, warm dish.

##### **Cheese and Chive Dip**

15 ml cream cheese

15 ml natural yoghurt

15 ml mayonnaise

5 ml chopped chives

15 g grated cheese

4 metal or wooden kebab skewers (wooden skewers must be soaked in cold water for 30 minutes before use).

##### Method

1. Grate the cheese, wash and finely chop the chives.
2. Mix all the ingredients for the cheese and chive dip in a small bowl.
3. Serve with the grill sticks.

##### **Tomato Salsa**

3 large firm tomatoes

50 g red onion

1 lime

5 ml fresh coriander leaves

5 ml olive oil

##### Method

1. Wash and concassé the tomatoes and place them in a bowl.
2. Wash, peel and finely chop the red onion and add it to the tomatoes.
3. Grate the zest of the lime and add to the tomatoes along with 10 ml of the juice.
4. Roughly chop up the coriander and add to the bowl with the olive oil.
5. Mix thoroughly and serve with the grill sticks.

## **Starters: 4. Minestrone Soup**

### Ingredients

25 g onion	1 rasher of back bacon
25 g carrot (prepared weight)	100 ml chopped tomatoes
50 g celery	500 ml vegetable stock
25 g cabbage	25 g spaghetti
25 g frozen peas	Seasoning
1 clove of garlic	Garnish: 10 ml chopped parsley
15ml oil	

### Method

1. Collect all the ingredients.
2. Peel and finely chop the onion.
3. Peel and crush the garlic.
4. Remove the fat from the bacon and cut into small even-sized pieces using scissors.
5. Wash and dice carrot.
6. Wash the celery and cut into thin slices.
7. Shred the cabbage finely. Chop the parsley and set aside.
8. Break the spaghetti into approximately 2 cm pieces.
9. Heat the oil and gently sauté the onions for 2 minutes without colouring. Add the bacon and garlic. Cook for another 2 minutes.
10. Add the carrot and celery to the pot and sauté for a further 2 minutes, again without colouring.
11. Add the tomatoes and stock to the pot. Bring to the boil and simmer for 30 minutes. Taste and add seasoning if required.
12. Add the spaghetti and cabbage and cook for 10 minutes.
13. Add the peas and cook for a further 5 minutes.
14. Taste the soup and adjust the consistency if required.
15. Serve hot, appropriately garnished in a clean, warm bowl.

## **Starters: 5. Lentil and Tomato Soup**

### Ingredients

25 g lentils  
5 ml olive oil  
1 rasher of back bacon  
25g onion  
25 g celery  
50 g carrot (prepared weight)  
1.25 ml dried rosemary  
1 bay leaf  
100 ml tinned chopped tomatoes  
150 ml vegetable stock  
Salt and pepper as required

### Method

1. Collect all the ingredients.
2. Remove the fat from the bacon and cut into small pieces.
3. Peel and finely chop the onion.
4. Wash and finely chop the celery.
5. Wash, peel, re-wash and finely chop the carrot.
6. Heat the oil. Add the bacon and gently fry for about 3 minutes, add the onion and sauté for 2 minutes without browning.
7. Add the celery, carrot, lentils, rosemary and bay leaf. Sauté for about 1 minute, stirring all the time.
8. Add the tomatoes, stock and bring to the boil. Simmer for about 15–20 minutes.
9. Remove the bay leaf.
10. Cool slightly and then purée. Taste for seasoning and adjust consistency if required.
11. Reheat and serve hot, appropriately garnished in a clean, warm bowl.

## **Starters: 6. Smoked Mackerel Pâté**

### Ingredients

<u>Pâté</u>	<u>Vegetables for crudités</u>	<u>Melba Toast</u>
100 g smoked mackerel	carrot	2 slices white bread
10 ml tomato ketchup	celery	(medium cut)
1 tomato	green pepper	
50 g fromage frais	garnish: lemon and	
2.5 ml bottled lemon juice	parsley	
5 ml chopped fresh parsley, dill or fennel seasoning		

### Method

1. Remove any bones or skin from mackerel, place in food processor or blender.
2. Blanch the tomato, skin it and remove the pips – chop roughly. Add the tomato ketchup, herbs, lemon juice and seasoning.
3. Purée until smooth then place in a bowl.
4. Fold fromage frais into mackerel mixture.
5. Form into four quenelles or transfer into four individual dishes. Place in refrigerator to chill.
6. Prepare vegetables and cut into batons 5x5x15 mm (jardinière).
7. Plate up the prepared crudités with the mackerel pâté.
8. Garnish with lemon and finely chopped parsley.
9. Preheat the grill.
10. Toast the bread until pale golden-brown on both sides, remove the crusts.
11. Split each slice of bread through the middle to make four thinner slices.
12. Rub off any loose crumbs from the untoasted sides.
13. Cut each thin slice into two triangles (eight in total).
14. Toast the uncooked side until pale golden-brown.
16. Leave to cool. Serve the smoked mackerel pâté with the crudités and/or the melba toast on a clean, cool plate.

## **Starters: 7. Spiced Leek and Potato Soup**

### Ingredients

125 g leeks (prepared weight)  
50 g onion  
150 g potato (prepared weight)  
10 ml oil  
5 ml mild curry paste  
400 ml vegetable stock  
50 ml fat-reduced single cream  
seasoning  
Garnish: 15 ml chopped parsley

### Method

1. Collect all the ingredients.
2. Peel and finely chop the onion.
3. Wash, peel, rewash and finely chop the potato.
4. Wash and finely chop the leek.
5. Heat the oil in a large pan and sauté the vegetables with the curry paste for 2–3 minutes or until they start to soften.
6. Add the stock and bring it to the boil. Reduce the heat, cover and simmer for 10 minutes or until all the vegetables are soft.
7. Chop the parsley.
8. Purée the soup in a food processor or blender until smooth. Taste the soup and adjust the consistency if required.
9. Stir in the cream. Serve hot, appropriately garnished in a clean, warm bowl.

## **Starters: 8. Spicy Dahl and Carrot Soup**

### Ingredients

50 g red lentils	1.25 ml coriander
500 ml water	1.25 ml chilli
100 g carrot	pinch turmeric
100 g onion (prepared weight)	5 ml lemon juice
100 g chopped tinned tomatoes	100 ml milk
10 ml oil	10 ml chopped coriander
1.25 ml cumin	15–30 ml yoghurt to serve

### Method

1. Collect all the ingredients.
2. Wash, peel and re-wash the carrot. Slice thinly.
3. Peel and chop the onion.
4. Wash and deseed the chilli – chop finely.
5. Put lentils, 400 ml water, carrots, onion and tomatoes in a large pan. Bring to the boil and simmer for 15–20 minutes or until the vegetables and lentils are soft. Set aside to cool before puréeing.
6. Heat oil in a small pan.
7. Add cumin, coriander, chilli and turmeric – sauté for 1 minute.
8. Remove from heat – stir in lemon juice and add salt to taste.
9. Purée the soup.
10. Return soup to pan, add the spice mixture and the remaining 100 ml water.
11. Simmer for 10 minutes.
12. Add the milk and chopped coriander. Taste for seasoning and adjust consistency if required.
13. Add yoghurt to serve (optional). Serve hot, appropriately garnished in a clean, warm bowl.

## **Starters: 9. Vegetable Samosas**

### Ingredients

1–2 sheets of filo pastry	2.5 ml ground coriander
50 g onion	2.5 ml ground cumin
50 g carrot	45 ml water
1 clove of garlic (approximately 5 ml)	15 ml vegetable oil
75 g potato (prepared weight)	seasoning
25 g frozen peas	a little melted butter
5 ml garam masala	garnish

### Method

1. Collect the ingredients. Heat oven to Gas Mark No. 5, 190°C.
2. Peel and finely chop the onion and garlic.
3. Wash, peel, rewash and grate the carrot and potato.
4. Heat oil and lightly fry onion, add the garlic.
5. Add remaining vegetables, spices, seasoning and water.
6. Bring to the boil and simmer very gently until the vegetables are tender – approximately 5 minutes. Stir frequently.
7. Cut the filo pastry into eight rectangles, 6×18 cm and stack one on top of the other. Cover to prevent drying out.
8. Lightly butter the edges of the top triangle.
9. Place a tsp of the mixture into each parcel (figure 1).
10. Fold the bottom left hand corner over the filling to make a triangle shape and seal the edges
11. Fold the right hand point up, keeping the triangle shape and press in the edges to seal again. Continue folding left then right, sealing as you go until the end of the rectangle of pastry.
12. Place on a baking tray and bake for 10–15 minutes until golden. Serve warm with an appropriate garnish on a clean, warm plate.

## Main courses: 1. Beef Lasagne

### Ingredients

<u>Meat sauce</u>		<u>Cheese sauce</u>
50 g mushroom	100 ml tinned chopped tomatoes	25 g margarine
50 g green pepper (prepared weight)	5 ml tomato purée	25 g plain flour
100 g carrot (prepared weight)	100 g vegetable stock	300 ml semi-skimmed milk
75 g onion	5 ml mixed herbs	salt and pepper
125 g minced beef or meat alternative	5 ml garlic salt	40 g mature cheddar cheese
		3–4 sheets of lasagne

### Method

1. Heat the oven to Gas Mark 5, 190°C.
2. Wipe and slice the mushrooms.
3. Wash, deseed and cut the green pepper into batons.
4. Wash, peel and dice carrot.
5. Peel and finely chop the onion.
6. Brown the mince in the pan (meat alternatives do not need to be browned). Add the onion, carrots, peppers and mushrooms. Cook gently for 1 min.
7. Add the tomatoes, tomato purée, vegetable stock, mixed herbs and garlic salt.
8. Bring to the boil, simmer for 15 mins until the vegetables are tender. Taste
9. Grate the cheese.
  1. Place the margarine, flour and milk in a pan.
  11. Stir all the time, slowly bring to the boil and simmer for 1 minute. Remove from heat, add two-thirds of the cheese and stir until melted. Season to taste.
  12. Place half of the meat sauce in a dish, cover with a layer of lasagne and half of the cheese sauce. Repeat these layers finishing with the cheese sauce.
  13. Sprinkle the remaining cheese evenly over the top of the lasagne.
  14. Bake for 15 minutes until the lasagne is golden-brown in colour. Garnish and serve hot.

## **Main courses: 2. Caribbean Chicken**

### Ingredients

100 g chicken  
50 g onion (prepared weight)  
30 g green pepper (prepared weight)  
75 g long grain rice  
2 tinned tomatoes  
50 ml tomato juice  
50 g pineapple pieces  
¼ chicken stock cube  
2.5 ml turmeric and 2.5ml salt  
50 ml water  
15 ml oil

### Method

1. Collect the ingredients.
2. Half-fill a pan with water, 2.5ml of salt and 2.5ml of turmeric. Bring to the boil.
3. Cut the chicken into bite-sized pieces.
4. Peel, wash and finely chop the onion.
5. Wash, deseed and dice the green pepper.
6. Wash the rice in a sieve. Add to the boiling water and cook for 12–15 minutes. Drain when ready.
7. Heat oil in pan, add the chicken, onion and green pepper and fry for 3 minutes.
8. Add the tomatoes, tomato juice, water, pineapple and stock cube.
9. Bring to the boil and simmer gently for 10 minutes. Check chicken for readiness.
10. Make a border with the rice in a dish or on a plate, carefully spoon the chicken mixture into the centre.
11. Garnish appropriately and serve hot in a clean, warm dish.

## Main courses: 3. Cheesy Tuna Fishcakes

### Ingredients

<u>Fishcakes</u>	<u>Coating</u>
50 g tinned tuna (drained weight)	1 beaten egg
150 g potato	25 g plain flour
5 ml finely chopped parsley	100 g white breadcrumbs
5 g butter/margarine	
25 g cheese	
10 ml milk (if potatoes are too dry)	
seasoning	

### Method

1. Collect all the ingredients. Heat the oven to Gas Mark 7, 220°C.
2. Wash, peel, rewash and cut the potatoes into even sized pieces. Place the potatoes in a pan with salted water and boil until tender.
3. Drain the tuna.
4. Finely chop the parsley and grate the cheese
5. Place tuna and parsley in a bowl and mix together.
6. Remove the potatoes from heat when tender, drain and mash with the butter.
7. Beat in the grated cheese then, stir in the tuna and parsley.
8. Check seasoning, then allow to cool slightly.
9. Spread breadcrumbs evenly over a baking tray and bake the breadcrumbs in the oven for 3–4 minutes until crisp.
12. Beat the egg in a bowl and season with salt and pepper.
13. Turn the tuna mixture onto a lightly floured work surface and roll into a sausage shape.
14. Cut the mixture into even-sized fishcakes, check shape, then coat each fishcake in the flour, then the egg and then the breadcrumbs.
15. Heat the oil in a pan and fry the fishcakes for 3–4 minutes on each side until golden-brown and hot all the way through. Drain and serve hot with appropriate garnish in a clean, warm dish.

## Main courses: 4. Chicken Balti with Boiled Rice

### Ingredients

<b>Chicken Balti</b>		<b>Boiled Rice</b>
150 g chicken	2.5 ml ground coriander	75 g rice
1 garlic clove	2.5 ml chilli powder	salt
50 g onion	2.5 ml ground cumin	
75 g sweet potato (prepared weight)	50 g chickpeas	
15 ml vegetable oil	50 ml water	
10 ml balti curry paste	5 ml chopped coriander	
100 ml chopped tomatoes		

### Method

1. Collect the ingredients.
2. Half-fill a pan with water, add salt and bring to the boil.
3. Wash the rice and add to the boiling water. Simmer rice until tender.
4. Cut the chicken into bite-sized pieces.
5. Peel and crush the garlic.
6. Peel and slice the onion.
7. Wash, peel, re-wash and dice the sweet potato.
8. Heat the oil, add the onion and sauté for about 2–3 minutes until soft. Add the chicken and cook for 3 minutes.
9. Stir in the ground coriander, curry paste, chilli powder, cumin and garlic. Mix until chicken is thoroughly coated. Continue to cook for a further 2-3 minutes.
10. 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.
11. Drain the rice, taste for seasoning and place onto a serving dish as a border. Place chicken in the centre.
12. Sprinkle the chopped coriander over the top of the chicken. And serve hot in a clean, warm dish.

## **Main courses: 5. Bombay Potatoes**

### Ingredients

225 g potato (prepared weight)

5 ml salt

2.5 ml turmeric

30 ml vegetable oil

2.5 ml green chilli

50 g onion

2.5 ml coriander

2.5 ml cumin

100 g chopped tomatoes

### Method

1. Collect the ingredients.
2. Half-fill a pan with water, add 5 ml salt and put on to boil for the potatoes.
3. Wash, peel and re-wash the potatoes. Cut into 2.5 cm cubes.
4. Place the potatoes in the pan, return to the boil and cook for 10 minutes until just tender. Drain well.
5. Peel and slice the onion.
6. Wash, deseed and finely dice the green chilli.
7. Heat the oil, and fry the onion, chilli, turmeric, cumin and coriander for about 3 minutes.
8. Add the drained potato cubes together with the tomatoes.
9. Stir well, cover and simmer for 5 minutes, stirring from time to time
10. Serve hot in a clean, warm dish.

## **Main courses: 6. Chicken Biryani**

### Ingredients

10 ml sunflower oil

100 g chicken fillet

50 g red pepper (prepared weight)

50 g onion

1.25 ml chilli powder

50 g long grain rice

5 ml curry paste

25 g sultanas or dried apricots (cut into small pieces)

300 ml water or chicken stock

### Method

1. Collect the ingredients.
2. Cut the chicken into bite-sized pieces.
3. Peel and finely chop the onion.
4. Wash, deseed and dice the pepper.
5. Heat the oil in a large saucepan, gently fry the chicken for about 5 minutes.
6. Add the onion and pepper, and cook for 2 minutes.
7. Add rice, chilli powder and curry paste, stir until all ingredients are coated.
8. Pour in the water and dried fruit. Stir well.
9. Bring to the boil and turn down to simmer for 12–15 minutes, stirring occasionally (stewing).
10. Once the rice is cooked and most of the liquid is absorbed, serve hot with an appropriate garnish in a clean, warm dish.

## **Main courses: 7. Chicken Cacciatora with Pasta**

### Ingredients

150 g chicken fillet	1 clove garlic
15 ml olive oil	100 g tinned chopped plum tomatoes and juice
25 g plain flour	50 ml chicken stock
50 g onion	salt and freshly ground black pepper
50 g yellow or red pepper	garnish
100 g carrot (prepared weight)	

### Method

1. Peel and thinly slice the onion.
2. Wash, deseed the pepper and cut into matchsticks.
3. Wash, peel, re-wash and cut the carrot into matchsticks
4. Peel and finely chop the garlic.
5. Cut the chicken into bite-sized pieces.
6. Coat the chicken pieces in the flour. Heat the oil and brown the chicken.
7. Add the onion to the pan and cook until soft.
8. Add the pepper, carrot, garlic and chopped tomatoes and juice. Bring to the boil.
9. Adjust heat to cook at a slow simmer and cover (stewing).
10. Cook until the chicken is tender and thoroughly cooked, about 10–15 minutes.
11. Half-fill a pan with water, add salt and bring to the boil.
12. Add the pasta and simmer 12–15 minutes until tender. Drain when ready.
13. Place pasta in clean, warm serving dish, then carefully spoon chicken mixture into the centre. Garnish appropriately and serve hot.

## **Main courses: 8. Chicken and Potato Flan**

### Ingredients

<i>Pastry</i>	Topping	Filling
50 g plain flour	300 g potato	100 g cooked chicken
50 g wholemeal flour	2–3 15 ml	50 g onion
50 g margarine	tablespoons semi-	25 g mushrooms
2–3 × 15 ml cold water	skimmed milk	25 g margarine
	5 ml teaspoon salt	25 g plain flour
	12½ g margarine	200 ml semi-skimmed milk
		salt and pepper

### Method

1. Heat the oven to Gas Mark 6, 200°C.
2. Rub in the margarine into flours until the mixture resembles breadcrumbs.
3. Mix with water, using a knife, to form a stiff dough.
4. Knead the pastry and roll out to approximately 2.5cm larger than the flan ring.
5. Line the flan ring, leave to relax for 5–10 minutes then trim.
6. Bake blind for 15– 20 minutes until base of the pastry is cooked.
7. Wash, peel, rewash and cut the potatoes into even-sized pieces.
8. Place in pan, cover with water, add salt. Bring to the boil, cover with lid and boil for 15–20 minutes until tender. Drain and mash, beat in marg and milk.
9. Chop the onion finely, slice the mushrooms and chop the chicken.
10. Weigh the flour and measure the milk.
11. Place the margarine in a pan and melt over a low heat. Add the mushrooms and onions and cook until soft – about 5 minutes.
12. Add the flour and cook gently for 30 seconds. Remove from heat.
13. Add the milk gradually, beating well until all the milk has been added.
14. Return to the heat and stir until the sauce reaches boiling point and becomes thick.
15. Remove from the heat and add the chicken. Season to taste.
16. Pour chicken filling into the pastry case, pipe the potatoes neatly on top.
17. Brown under the grill for 5 minutes. Garnish appropriately and serve hot on a clean, warm dish.

# Main Courses: 9 Chicken Goujons with Orange and Honey Sauce

## Ingredients

150g Chicken goujons 15ml Vegetable oil ½ Orange 75ml Fresh orange juice 10ml Honey 10ml Lemon juice 5ml Arrowroot	<b>Garnish</b> Orange segments
--	-----------------------------------

## Method

1. Collect all ingredients.
2. Prepare the following ingredients.
  - Thinly peel the zest from the orange – there should be no white pith on the zest.
  - Blanch the zest by immersing in boiling water for 2 minutes. Refresh.
  - Chop the zest into very fine julienne.
  - Peel the orange and cut 4 segments of orange ensuring that all the white pith and seeds are removed.
  - Remove the juice from the remaining orange and make up to 100ml with the fresh orange juice.
3. Heat the oil and gently shallow fry the chicken until thoroughly cooked. Remove from the pan, place in a serving dish, cover with tin foil and keep warm in the oven.
4. Into the pan place the orange and lemon juice, honey and the arrowroot. Bring to the boil stirring all the time.
5. Strain the sauce, add the julienne of orange and pour over the chicken.
6. Serve hot in a warm dish, garnished with the orange segments.

## Main courses: 10. Chicken Lasagne

<u>Chicken sauce</u>		<u>Cheese Sauce</u>
50 g onion (prepared weight)	125g chicken breast	25g margarine
50 g green pepper (prepared weight)	15 ml tomato purée	25g plain flour
5 ml finely chopped garlic	100 ml tinned chopped tomatoes	300 ml semi-skimmed milk
100 g carrot (peeled) (prepared weight)	100 ml chicken stock	salt and pepper
25g mushrooms	1.25 ml dried basil	50g mature cheddar cheese
	15 ml oil	2 sheets of lasagne
		Garnish

### Method

1. Wipe/wash and slice the mushrooms.
2. Wash and dice the green pepper.
3. Wash, peel and dice the carrot.
4. Peel and finely chop the onion and garlic.
5. Measure stock, add the tinned tomatoes, tomato purée and basil to the jug.
6. Cut the chicken into bite-sized pieces.
7. Heat the oil and fry the chicken and the chopped garlic until the chicken is sealed.
8. Add the onion, carrot, green pepper and mushrooms. Cook 1 minute.
9. Add the ingredients from the jug and bring to the boil.
10. Simmer for 15 minutes. Taste and season as required.
11. Heat the oven to Gas Mark 6, 200°C. Grate the cheese.
12. Place the margarine, milk and flour in a pan.
13. Slowly bring to the boil, stirring all the time and simmer gently for 1 minute.
14. Remove pan from the heat. Add two-thirds of the grated cheese. Season. Place half of the chicken sauce in a dish, cover with a layer of lasagne and half of the cheese sauce. Repeat these layers again finishing with the cheese sauce.
15. Sprinkle the remaining one-third of grated cheese evenly over the top of the lasagne.
16. Bake for 15–20 minutes until golden-brown in colour. Garnish and serve hot.

## **Main courses: 11 Chicken with Chilli**

1 Chicken fillet  
15ml Soy sauce  
10ml Sunflower oil  
½ Red chilli  
50g Carrots (prepared weight)  
1 Sticks of celery  
25ml Sweet chilli sauce

### **Garnish**

Lemon slices  
Mixed salad, e.g. tomato, cucumber, lettuce, etc.

### **Method**

1. Collect all ingredients.
2. Prepare the following ingredients
  - Skin the chicken. Make 3 to 4 slashes in the fillet, brush with soy sauce and leave to marinate for 10 minutes.
  - Wash the chilli and remove the seeds. Finely chop.
  - Wash the celery and the carrots.
  - Cut the carrots and celery into jardinière.
3. Heat the sunflower oil in a wok or frying pan and fry the chicken for 10 minutes, turning frequently until thoroughly cooked.
4. Add the chilli, carrots and celery to the wok or frying pan and cook for 5 minutes.
5. Stir in the chilli sauce and heat thoroughly.
6. Serve the chicken hot on a warm plate with a salad garnish including tomato concassé and lemon twists.

## **Main courses: 12. Chilli Con Carne with Boiled Rice**

### Ingredients

50 g onion  
30 g green or red pepper (prepared weight)  
100 g mince or meat alternative  
1.25 ml chilli powder  
100 ml beef or vegetable stock  
150 ml tinned chopped tomatoes  
10 ml tomato purée  
100 g red kidney beans  
5 ml tomato ketchup  
100 g long grain rice  
salt and pepper

### Method

1. Peel and finely chop the onion.
2. Wash, deseed and chop the pepper.
3. Place the stock, tinned tomatoes, tomato purée, tomato ketchup, chilli powder and kidney beans into a jug.
4. Place the mince, onion and peppers into a pan and brown the mince. (NB: meat alternatives do not need to be browned).
5. Add the rest of the ingredients from the jug and bring to simmering point.
6. Put lid on pan and simmer for 15–20 minutes until mince/meat alternative is cooked (stewing). Season to taste.
7. Half-fill another pan with water, add salt and bring to the boil.
8. Wash the rice and add to the boiling water.
9. Simmer rice, stirring occasionally until cooked.
10. Drain the rice through a sieve and place into an ovenproof dish.
11. Make a nest in the rice and spoon the chilli mixture carefully into the centre.
12. Serve hot in a clean, warm dish with appropriate garnish.

## Main courses: 13. Chilli Meatballs with Boiled Rice

### Ingredients

#### Meatballs

150 g mince

25 g wholemeal breadcrumbs

15 ml beaten egg

#### Seasoning

#### Rice

75 g long grain/basmati rice

Garnish: chopped parsley

### Sauce

50 g onion

30 g red pepper

1 beef stock cube dissolved in 100 ml boiling water

200 ml tinned tomatoes

1 clove garlic

1.25 ml mild chilli powder

50 g kidney beans/chilli beans

pinch sugar

5 ml tomato ketchup

10 ml tomato purée

seasoning

15 ml oil

### Method

1. Place ingredients for meatballs into a large bowl and mix well.
2. Roll the mixture firmly together into six even-sized meatballs and place on a plate (use a little flour to stop mixture sticking to your hands).
3. Peel and finely chop the onion. Peel and crush the garlic. Chop the parsley
5. Wash, deseed and cut the green pepper into dice 5×5×5 mm (macedoine).
6. Prepare the stock in a measuring jug. Add the chilli powder, sugar, tomato ketchup and tomato purée.
7. Heat the oil in a pan and carefully brown the meatballs on all sides, making sure they do not break up.
9. Add the onion, garlic and red pepper to pan, fry gently for a further 2–3 mins.
10. Add the rest of the ingredients, bring to the boil then simmer for 15–20 mins. Remove lid and continue to simmer until sauce is the correct consistency.
11. Rinse rice and place into boiling water to cook.
14. Drain the rice through a sieve and taste for seasoning before serving.
15. Serve the hot chilli meatballs on a bed of boiled rice in a clean, warm dish. Garnish with chopped parsley.

## **Main courses: 14 Fish and Cheese Crumble**

### Ingredients

#### Base

125 g smoked haddock  
25 g margarine  
25 g Red Leicester or mature cheddar cheese  
25 g flour  
250 ml semi-skimmed milk

#### Topping

100 g plain flour  
25 g margarine  
25 g Red Leicester or mature cheddar cheese

### Method

1. Collect the ingredients for the filling. Heat the oven to Gas Mark 5/190°C.
2. Place the fish in a pan, add enough of the milk to come halfway up the fish and poach for 5 minutes. Drain milk through a sieve into a clean pan. place the fish into a small bowl and flake. Make milk back up to 250ml.
3. Grate the cheese.
4. Place the flour, remaining milk and margarine into the pan and stir over a low heat until the mixture thickens. Remove from the heat. Add 25 g of the grated cheese then the fish. Pour into the casserole dish.
5. Collect the ingredients for the topping.
6. Weigh the flour into a baking bowl. Rub in the margarine. Mix in the remaining 25 g of grated cheese.
7. Place this crumble on top of the fish mixture.
8. Bake for 15–20 minutes until lightly golden-brown.
9. Serve hot, garnished appropriately.

## **Main courses: 15. Fish Cakes**

150g Fresh fish (one variety or mixed) 175g Potatoes (prepared weight) 30ml Milk 10g Margarine 10ml Parsley Seasoning	<b>For coating</b> Half a beaten egg 30g Wholemeal breadcrumbs or ruskoline  <b>Garnish</b> Lemon wedges and parsley
--	---

### **Method**

1. Collect all ingredients.
2. Prepare the following ingredients
  - Wipe the fish.
  - Potatoes – wash, peel and cut into 4 (depending on the size of the potato).
  - Parsley – chop finely.
3. Boil potatoes in salted water in a large pan. At the same time steam pieces of fish, either between two plates on top of the pan or in a steamer.
4. When the potatoes are soft, drain and mash with the margarine and the milk until smooth.
5. Flake the fish, ensuring all the bones are removed.
6. In a large mixing bowl, thoroughly combine the fish, potatoes, parsley together. Taste and season as required.
7. Chill mixture for 30 minutes in the refrigerator.
8. Lightly flour working surface and form fish mixture into a long roll 5cm in diameter.
9. Cut the roll into 4 round fish cakes.
10. Coat with beaten egg and breadcrumbs.
11. Preheat the grill to medium and cook the fish cakes for 4 to 5 minutes on each side until browned.
12. Serve hot on a clean, warm plate, garnished with lemon wedges and parsley en branche.

## **Main courses: 16 Fish Flan**

### Ingredients

<b><u>Pastry</u></b>	<b><u>Filling</u></b>
50 g plain flour	30 g grated mature cheddar cheese
50 g oatmeal	75 g fresh fish e.g. salmon, smoked haddock, white fish
50 g margarine	1 egg
15–30 ml water	50 ml semi-skimmed milk
	1–2 × 15 ml water
	5 ml finely chopped chives
	seasoning

### Method

1. Heat the oven to Gas Mark 6, 200°C.
2. Place the flour and oatmeal in a baking bowl. Rub in the margarine.
3. Mix with water until a stiff paste is formed.
4. Knead the pastry on a lightly floured surface. Roll it out and line the flan ring.
5. Chill in the fridge for 10 minutes. Trim and bake blind for 10 minutes.
6. Grate the cheese.
7. Mix the egg, milk and two-thirds of the cheese together. Lightly season.
8. Reduce the oven to Gas Mark 5 or 190°C.
9. Cut up the fish into small cubes and place in the pastry case. Pour the egg mixture over. Sprinkle the remaining cheese on top of the egg mixture.
10. Bake for 20–25 minutes until set.
11. Serve hot on a clean, warm plate. Garnish appropriately before serving.

## **Main courses: 17 Macaroni and Beef Bake**

### Ingredients

125 g minced beef	25 g red or green pepper
50 g onion (prepared weight)	2.5 ml mixed herbs
1 clove of garlic	1 bay leaf
75 ml beef stock	50 g macaroni
150 ml chopped tomato	30 ml grated parmesan cheese
25 g mushrooms	salt and pepper

### Method

1. Collect the ingredients. Heat the oven to 200°C or Gas Mark 6.
2. Peel and chop the onion.
3. Peel and crush the garlic.
4. Wash and slice the mushrooms.
5. Wash and chop the pepper.
6. Brown the mince. Add the garlic and onions and cook for 2 minutes.
7. Add the stock, chopped tomatoes, mushrooms, pepper, mixed herbs and bay leaf.
8. Bring to the boil and simmer for 15 minutes (stewing). Add a little water if the mixture becomes too dry.
9. Half-fill another pan with water, add salt and bring to the boil.
10. Add the macaroni, simmer for 12–15 minutes until tender. Drain when ready.
11. Remove the bay leaf from the meat, taste for seasoning and place the meat into a casserole dish.
12. Place the pasta over the top of the meat. Sprinkle with the grated cheese.
13. Bake for 10 minutes.
14. Serve hot in a clean dish, garnish appropriately.

## **Main courses: 18 Mediterranean Couscous**

### Ingredients

<b><u>Couscous</u></b>	<b><u>Dressing (optional)</u></b>
75 g couscous	15 ml oil
1.25 ml dried basil	15 ml chopped basil
½ vegetable stock cube dissolved in 75 ml boiling water	pinch of sugar
50 g onion	10 ml balsamic vinegar
50 g green pepper (prepared weight)	
15 ml oil	
15 ml sweetcorn	
1 tomato, roughly chopped	
1 clove of garlic	

### Method

1. Place the couscous in a bowl with the dried basil.
2. Make up the stock, add to the couscous. Stir with a fork. Cover with cling film.
3. Set to one side to allow couscous to absorb the liquid.
4. Collect the vegetables.
5. Peel and chop the onion.
6. Wash and dice the green pepper.
7. Peel and crush the garlic.
8. Wash and chop the tomato into dice.
9. Heat the oil. Fry the onion, green pepper, garlic and sweetcorn for 2–3 minutes, remove from the heat.
10. Add the couscous and chopped tomato to the pan and stir until thoroughly mixed through. Allow to cool.
11. Collect the ingredients for the dressing.
12. Wash and finely chop the basil.
13. Mix with the rest of the dressing ingredients. Add to the couscous mix.
14. Serve cold in a clean, cool dish.

## **Main courses: 19 Nasi Goreng**

### Ingredients

125 g long grain rice	50 g mushrooms
1 egg	30 g red pepper (prepared weight)
10 g margarine	2.5 ml garlic salt
15 ml oil	50 g frozen peas
2 rashers bacon	20 ml soy sauce
50 g onion (prepared weight)	25 g sultanas

### Method

1. Collect the ingredients.
2. Wash the rice in a sieve.
3. Half-fill pan with cold water and 1 teaspoon of salt, then bring to the boil. Add the rice and simmer for 12 minutes until tender.
4. Wash peel and finely chop the onion.
5. Wash pepper and cut into small dice
6. Wash and slice the mushrooms.
7. Trim fat off bacon and cut into even-sized pieces.
8. Beat egg with a little salt and pepper.
9. Drain rice in a sieve and run cold water through to cool it down. Press to remove the water.
10. Melt the margarine in a frying pan and pour in the egg, tilting the pan to spread the egg evenly and thinly. Fry gently until set.
11. Place the egg pancake on a chopping board, roll up the pancake and cut into thin strips. Set aside.
12. Add oil to the frying pan and heat. Add bacon, onion, mushrooms and pepper and fry for 5 minutes.
13. Add the rice, peas, garlic salt, sultanas and soy sauce to the frying pan and heat the mixture thoroughly for 3 mins.
14. Add the egg mixture, heating gently for 1 minute. Serve hot in a clean, warm dish, garnished appropriately.

## Main courses: 20. Parmesan Chicken Bake

1 Chicken fillet 15ml Plain flour 30ml oil Seasoning	<b>Tomato sauce</b> 10ml Olive oil 50g Onion, (prepared weight) ½ Red pepper 1 small Garlic clove 200ml Chopped tomatoes 75ml Water ¼ chicken stock cube 10ml Tomato purée 5ml Caster sugar 10ml basil 10ml parsley	<b>To assemble</b> 50g Mozzarella cheese, sliced 20ml Parmesan cheese, grated 15ml Breadcrumbs	<b>Garnish</b> 1 tomato concassé
---	--	---	-------------------------------------

Oven; 180C, Gas 4

1. Peel and finely chop onion, wash, remove seeds and dice pepper, peel and crush garlic clove, finely chop basil and parsley and make up stock.
2. Heat the oil in a frying pan and gently fry the onion, pepper and garlic clove in the oil until tender.
4. Add the tomatoes with their juice, the chicken stock, tomato purée, sugar, basil and parsley. Season to taste and bring to the boil. Simmer for 20 minutes until thick, stirring occasionally.
5. Divide chicken into two lengthwise. Place between sheets of clear film and flatten to a thickness of 5mm.
6. Coat the chicken in the flour, shaking to remove any excess.
7. Heat oil, cook the chicken for 3 to 4 minutes.
8. Slice the mozzarella cheese and grate the parmesan cheese.
9. To assemble: layer the chicken pieces with the cheeses and thick tomato sauce, finishing with a layer of cheese and breadcrumbs
10. Bake, uncovered, for 20 minutes or until golden brown. Garnish and serve hot.

## Main courses: 21 Pasta with a Tomato and Basil Sauce

### Ingredients

50 g onion	150 ml veg stock	5 ml tomato sauce
75g carrot	25 g chickpeas	15 ml cooking oil
25 g green pepper (prepared weight)	1.25 ml dried basil	
1 clove garlic	75 g pasta	<b>Garnish:</b> Few leaves of fresh basil
150 ml chopped tomatoes	pinch sugar	

### Method

1. Collect the ingredients.
2. Half-fill pan with water, add 2.5 ml salt and put on to boil.
3. Add the pasta to the boiling water and boil for approximately 10 minutes.
4. Drain and transfer to a serving dish.
5. Peel and finely chop the onion and pepper.
6. Peel, wash and dice the carrot.
7. Peel and crush the garlic.
8. Add the vegetables to a pan with oil and sauté for 1–2 minutes.
9. Remove from heat and add the tomatoes, vegetable stock, sugar and tomato sauce.
10. Add the dried basil.
11. Put a lid on the pan and simmer for 10–15 minutes until sauce has reduced (stewing).
12. Stir in the chickpeas and taste for seasoning.
13. Spoon into the centre of the pasta in a dish.
14. Serve hot in a clean, warm dish. Garnish with fresh basil leaves.

## Main courses: 22 Pizza

### Ingredients

<u>Pizza Base</u>	<u>Topping</u>
200 g strong plain flour	15 ml tomato pizza topping
pinch of salt	125 ml tinned chopped tomatoes
5 ml dried yeast	50 g mozzarella cheese
15 ml olive oil	50 g onion
125 ml warm water (approximately)	30 g peppers (prepared weight)
	25g mushrooms
	pinch of oregano or mixed herbs

### Method

1. Heat the oven to 200°C.
2. Collect all the ingredients for the base.
3. Sieve the flour and salt into large glass bowl. Stir in the yeast. Stir in the oil and sufficient warm water to make a soft, pliable dough.
4. Turn out onto a lightly floured surface and knead the mixture for about 5–10 minutes until the dough is smooth and elastic.
5. Flatten the dough into a circle and press out to shape into the size of a dinner plate (about 5–7mm thick).
6. Place on a lightly oiled baking tray and pinch the edges to make a slightly thicker rim. Leave to rise in a warm place.
7. Prepare the filling—finely chop or thinly slice the vegetables you have chosen.
8. Grate the cheese.
9. Cover the base with tomato pizza topping, chopped tomatoes, vegetables, oregano/mixed herbs and cheese, taking care to leave the edges uncovered.
10. Bake for approx. 15 minutes in a hot oven. Serve hot on a clean, warm plate.

## **Main courses: 23 Pork and Orange Stir Fry with Noodles**

### Ingredients

- 1 small orange
- 150 g lean pork steak (or chicken breast)
- 1 small clove of garlic
- 10 ml oil
- 30 g red pepper (prepared weight)
- 30 g green pepper (prepared weight)
- 30 g baby sweetcorn
- 30 ml soy sauce
- 2.5 ml paprika
- salt and pepper

### Method

1. Grate the rind from the orange, peel and segment the orange.
2. Cut each segment into two, keeping back two or three whole segments for garnish. Do this over a bowl to catch any orange juice. When finished, squeeze out any juice from the orange that is left.
5. Peel and crush the garlic.
6. Wash, deseed and dice the red and green peppers.
7. Wash and cut the sweetcorn diagonally into 1 cm pieces.
8. Cut the pork into thin strips.
9. Heat the oil and gently fry the garlic, add the pork and stir fry until lightly coloured but thoroughly cooked.
11. Stir in the pepper and stir fry for 1 minute, add remaining ingredients.
13. Half-fill a pan, add 2.5 ml of salt and bring to the boil. Add the noodles and cook for 3 minutes. Drain.
14. Serve the pork hot in a clean, warm dish with a border of noodles garnished with the remaining orange segments.

## **Main courses: 24 Quiche Lorraine**

## Ingredients

<b><u>Pastry</u></b>	<b><u>Filling</u></b>
100 g plain flour or 50 g wholemeal and 50 g white plain flour 50g marg 2–3 × 15 ml cold water to mix	1 rasher bacon 1 egg 25 g onion (prepared weight) 50 g cheese 1 tomato (optional) 75 ml milk or single cream 5 ml oil

## Method

1. Collect the ingredients and heat the oven to Gas Mark 7, 200°C.
2. Sieve the flour for the pastry into a bowl and rub in the marg until it resembles fine breadcrumbs. Mix with enough cold water to form a stiff dough. Knead gently.
3. Roll out the pastry and line a 15 cm plain flan ring. Allow to rest, then trim.
4. Bake blind for 10 minutes.
5. Remove fat from the bacon and cut into small even-sized pieces.
6. Peel and finely chop the onion, grate the cheese, wash and slice the tomato.
11. Remove the pastry case from oven and turn the oven down to Gas Mark 5, 180°C.
12. Dry fry the bacon gently over a low heat for 2 minutes
13. Add the onion and cook for another 2 minutes.
14. Place bacon, onion then cheese into pastry case. Add the sliced tomato.
15. Beat the egg with milk/cream in a jug and add salt and pepper.
16. Carefully pour egg mixture into the flan base and bake in oven for 20–25 minutes until the egg is set and the quiche is golden-brown.
17. Serve warm on a clean, warm plate.

## **Main courses: 25 Smoked Haddock Risotto**

## Ingredients

50 g onion	125 g long grain rice	25 g frozen peas
2 rashers bacon	300 ml veg stock	seasoning
15 ml oil	125 g smoked haddock	Garnish: 10 ml chopped parsley,
	2.5 ml dried dill	

## Method

1. Collect the ingredients.
2. Peel and finely chop the onion.
3. Trim fat from the bacon and cut into small pieces.
4. Heat the oil in pan and sauté onion, celery and bacon for 3–5 minutes until the onion is soft.
5. Wash the rice, drain, and stir into the vegetables and bacon mixture in the pan. Bring to the boil, cover and simmer gently for 20–25 minutes, stirring occasionally, until the liquid is absorbed and the rice is tender (stewing).
6. Steam the fish for 10 minutes on a plate, covered by a lid, over a pan half filled with boiling water until the fish flakes.
7. Drain the fish, remove any skin and bones. Flake the fish.
8. Add the fish, dill and peas to the rice mixture. Arrange in serving dish
9. Serve hot in a clean, warm dish garnished with parsley.

## Main courses: 26 Spaghetti Carbonara

### Ingredients

75 g spaghetti	25 g mushrooms (prepared weight)
15 ml oil	100 ml reduced fat double cream
50 g onion	1 egg
1 clove garlic	20 ml parmesan cheese
2 rashers bacon	Seasoning
	Garnish: chopped parsley

### Method

1. Half-fill a pan with water, add salt and bring to the boil.
2. Place the spaghetti/ pasta into boiling water and cook for 15 minutes until tender. Drain and keep warm.
3. Peel and thinly slice the onion.
4. Peel and finely chop the garlic.
5. Trim fat from the bacon and cut into thin strips.
6. Wipe and thinly slice the mushrooms.
7. Beat the egg.
8. Mix the cream, the egg and half the parmesan cheese together.
9. Gently heat the oil and fry the onions for 2 minutes.
10. Add the garlic and bacon and cook a further 2 minutes.
11. Add the mushrooms and cook for a further 2 minutes.
12. Add the spaghetti to the mixture.
13. Pour the egg mixture over the spaghetti.
14. Using two spoons, thoroughly mix the ingredients until piping hot. Taste for seasoning.
15. Place the spaghetti mixture into a clean, warm serving dish. Sprinkle with the remaining parmesan.
16. Garnish with parsley and serve hot.

## **Main courses: 27 Spaghetti Bolognese**

### Ingredients

75 g onion (prepared weight)	15 ml tomato purée	150 ml beef stock
50 g red or green pepper	100 g tinned tomatoes	5 ml tomato ketchup
50 g celery	25 g mushrooms	Pinch of sugar
1 rasher unsmoked back bacon	pinch mixed herbs	75 g spaghetti
150 g mince or meat alternative	pinch garlic powder	

### Method

1. Peel and finely chop the onion.
2. Wash and slice mushrooms.
3. Wash, deseed and dice the pepper.
4. Wash and thinly slice the celery.
5. Trim the bacon and cut into small, even-sized pieces.
6. Into a jug place the stock, tinned tomatoes, tomato purée, mixed herbs, garlic powder and tomato ketchup.
7. Brown the mince, then add the onion, peppers and celery into pan and cook for a further 2 minutes. (NB: meat alternatives do not need to be browned.)
8. Add the rest of the ingredients from the jug along with the mushrooms and bring to simmering point.
9. Simmer with lid on for 20 minutes until the mince is cooked (stewing). Season to taste.
10. Half-fill another pan with water, add salt and bring to the boil.
11. Measure out the spaghetti and when water is boiling, gently wind the spaghetti into the boiling water and stir until completely covered with water.
12. Simmer spaghetti until cooked, then drain through a sieve and place into an ovenproof dish.
13. Make a nest in the spaghetti and spoon bolognese sauce carefully into the centre.
14. Serve hot in a clean, warm dish. Garnish appropriately to serve.

## Main courses: 28 Spicy Chicken and Apricot stew with Couscous

### Ingredients

150 g chicken breast	Pinch black pepper	<b><u>Couscous</u></b>
50 g onions (prepared weight)	15 ml oil	75 g couscous
50 g dried apricots	5 ml lemon juice	100 ml hot chicken stock
50 g green pepper	5 ml honey	15 ml fresh coriander (prepared volume)
50 g chickpeas	5 ml ground ginger	Salt and pepper
25 g raisins	5 ml ground cumin	
100 ml chicken stock	2.5 ml ground cinnamon	
100 ml tinned tomatoes	5 ml finely chopped garlic	
10 ml tomato purée	1.25 ml curry powder	

### Method

1. Peel and finely chop the garlic. Mix with the ginger, cumin, cinnamon, curry powder & pepper
3. Cut the chicken into bite-sized pieces. Coat the chicken with the garlic and spices.
4. Cover and marinate for 10–15 minutes.
5. Peel and slice onion and pepper. Cut the apricots into quarters.
6. Mix the stock, tinned tomatoes, tomato purée, lemon juice, honey in a jug.
7. Heat the oil and seal the chicken pieces. Remove from the pan and set aside.
8. Add the onion to the pan, stir to coat residual spices. Fry gently for 1 minute.
9. Add the apricots, raisins and contents of the measuring jug. Boil, then simmer for 2 minutes.
10. Add the chicken, return to the boil and simmer for 15 minutes (stewing). After 10 minutes add the green pepper. Season to taste.
11. Finely chop the coriander and reserve for a garnish.
12. Place the couscous into a large bowl and add the chicken stock.
13. Cover with cling film and leave to stand for 5 minutes.
14. Fork up the couscous and stir through the coriander.
15. Taste and adjust the seasoning if necessary.
16. Serve hot with the stew in a clean, warm dish.

## Main courses: 29 Stir Fried Pork with Noodles

### Ingredients

1 sheet of noodles	25 g mangetout	15 ml oil
50 g onion (prepared weight)	10 g root ginger	25 ml plum sauce
25 g red pepper	1 clove of garlic	Salt and black pepper
25 g green pepper	75 g pork for stir frying	Garnish
50 g carrot		

### Method

1. Collect the ingredients.
2. Half-fill a pan with cold water, bring to the boil. Add the noodles, simmer for 4 minutes.  
Drain and refresh.
3. Peel and finely slice the onion.
4. Wash the peppers and cut into matchsticks (julienne).
5. Wash, peel, re-wash and cut the carrot into matchsticks (julienne).
6. Wash and cut the mangetout diagonally to give 1.5-cm pieces.
7. Peel and finely dice the root ginger.
8. Peel and crush the garlic.
9. Wipe the pork and cut into thin strips. Season with black pepper.
10. Heat the oil in a wok and stir fry the onion, garlic and ginger for 1 minute.
11. Remove from the pan and reserve.
12. Add the pork to the pan and stir fry for 3 minutes.
13. Return the onion mixture to the pan and add the carrot and peppers. Stir fry for 2 minutes.
14. Add the mangetout and the noodles. Stir fry for 1 minute.
15. Carefully mix in the plum sauce and reheat thoroughly.
16. Taste and season accordingly.
17. Serve hot in a clean, warm dish. Garnish appropriately.

## **Main courses: 30. Sweet and Sour Chicken with Fried Rice**

### Ingredients

#### **Sweet and Sour Chicken**

50 g carrot (prepared weight)  
25 g green pepper (prepared weight)  
50 g onion (prepared weight)  
10 ml cornflour  
150 ml water  
150 g skinless chicken breast

10 ml sunflower oil  
10 ml demerara sugar  
75 ml pineapple juice  
15 ml white malt vinegar  
15 ml soy sauce  
50 g tinned pineapple  
pieces (drained weight)

#### **Fried Rice**

25 g frozen peas—  
defrosted  
75 g basmati rice  
1 egg  
15 ml spring onion  
(prepared volume)  
15 ml sunflower oil  
5ml, soy sauce

### Method

1. Wash, peel and cut the carrot and pepper into batons.
3. Peel and slice the onion thinly.
5. Blend the cornflour with 10 ml of the water.
6. Cut the chicken into bite-sized pieces.
7. Heat the oil in a saucepan and seal the chicken.
8. Add the onion and carrot and cook for 2 minutes.
9. Add the sugar, pineapple juice, vinegar, soy sauce and the remaining water.
10. Bring to the boil. Reduce the heat and simmer, covered for 15 minutes (stewing).
11. Add the green pepper and pineapple pieces and simmer for a further 3 minutes.
12. Stir the blended cornflour into the chicken. Cook for 1 min.
13. Taste and adjust seasoning if required.
14. Boil the rice in boiling, salted water until cooked.
15. Drain and refresh under cold water. Drain well.
16. Beat the egg. Slice the spring onions.
17. Heat the oil in a wok or frying pan.
18. Add the cooked rice and peas, stir fry until rice is piping hot.
19. Add the spring onion and egg. Mix until the egg is cooked.
20. Add the soy sauce and mix thoroughly. Taste and season as required.
21. Serve hot in a clean, warm dish.

## Main dishes: 31. Vegetable Crumble

<b>Ingredients</b>	<b>Crumble Topping</b>	<b>Garnish</b>
½ Onion	25g Wholemeal flour	Sprig of Parsley,
½ sweet potato	50g Plain flour	½ Tomato
½ Stalk of celery	37.5g Margarine	
40g Mushrooms (prepared weight)	37.5g Grated cheese	
¼ pepper		
10ml Vegetable oil		
12.5 flour		
125ml Chopped tomatoes		
150ml Water		
5ml mixed herbs		
¼ Vegetable stock cube		

### **Method**

1. Dice pepper and potatoes into chunky pieces. Peel and finely chop onion, wash and slice mushrooms and celery. Make up stock.
2. Heat the oil and gently fry the onion for 2 minutes without browning.
3. Add the rest of the vegetables –potatoes, pepper, celery and mushrooms and sauté for 5 minutes over a low heat.
4. Stir in the flour. Add the chopped tomatoes, mixed herbs and stock slowly, stirring well between each addition.
5. Bring to the boil, cover and stew gently for 10 minutes.
6. Set oven to 190°C.
7. Rub the margarine into the flours until mixture resembles breadcrumbs. Mix in the grated cheese.
8. Place the vegetable mixture in the serving dish. Place the crumble topping over the vegetables.
9. Bake for 25 minutes until golden brown. Serve hot. Garnish.

## Main courses: 32. Vegetable Lasagne

### Ingredients

50 g onion (prepared weight)	100 ml chopped tomatoes	<b><u>Cheese Sauce</u></b>
1 clove of garlic	15 ml tomato purée	25 g plain flour
50 g mushrooms	50 ml water	25g margarine
75 g courgette	1.25 ml dried oregano	225 ml milk
50 g broccoli	15 ml vegetable oil	37.5 g mature cheddar cheese
100 g carrot	3–4 sheets of lasagne	Garnish: parsley

### Method

1. Onions and garlic – peel and finely chop.
2. Mushrooms – wash and slice thinly.
3. Courgettes and carrots – wash and dice.
4. Broccoli – wash and cut into florets.
5. Heat the oil and sauté the onion and garlic for 2 minutes.
6. Add the mushrooms and courgettes and lightly fry for 3-4 minutes.
9. Add the broccoli, dried oregano, carrots, chopped tomatoes, water and tomato purée. Bring to the boil and stew gently for 10 minutes. Taste and season.
10. Set oven to Gas Mark 5, 190°C. Grate the cheese.
11. Place the flour, margarine and milk in a pan and make the sauce by the all in one method.
12. Add two-thirds of the cheese to the sauce. Set the sauce aside. Taste and season.
13. Assemble lasagne as follows.
14. Place a layer of the vegetable mixture in the bottom of the serving dish.
15. Follow by a layer of lasagne and then half of the cheese sauce. Repeat this, finishing with a layer of cheese sauce.
16. Sprinkle over the remaining one-third of cheese.
17. Bake in the oven for 20–25 mins. Garnish with parsley and serve hot.

## **Desserts: 1. Apple and Cinnamon Parcels**

### Ingredients

350 g cooking apple

50 g soft brown sugar

25 g plain flour

2.5 ml cinnamon

35 g unsalted butter

filo pastry (2–3 sheets)

### Method

1. Preheat oven to Gas Mark 5, 180°C.
2. Peel and grate the apples then coat in the flour, cinnamon and brown sugar.
3. Melt the butter.
4. Cut the filo pastry into rectangles, 6 × 8 cm and stack one on top of the other.
5. Lightly butter the edges of the top triangle.
6. Place a tsp of apple mixture into each parcel
7. Fold the bottom left hand corner over the filling to make a triangle shape and seal the edges
8. Fold the right hand point up keeping the triangle shape and press in the edges to seal again. Continue folding left then right sealing as you go until the end of the rectangle of pastry.
9. Place on a baking tray, then repeat the above stages with each of the triangles.
10. Bake for 10 minutes until golden-brown.
11. Dust with icing sugar and serve warm on a clean, warm plate..

## Desserts: 2. Apple Flan

### Ingredients

<u>Pastry</u>	<u>Filling</u>	<u>Apricot Glaze</u>
100 g plain flour	1 large cooking apple	30 ml apricot jam
50 g margarine	25 g sugar	5 ml water
30 ml water	15 ml cold water	1 red eating apple

### Method

1. Heat the oven to Gas mark 6, 200°C.
2. Sieve the flour into a bowl and rub in the margarine.
3. Add enough cold water to give firm dough.
4. Knead the dough. Roll out and line a 15cm flan ring.
5. Chill the pastry for 10 minutes to rest, trim then bake blind for 15–20 minutes until the base is cooked.
6. Slice the cooking apple and stew with the sugar and water.
7. Pulp the apple in the pan with a wooden spoon.
8. Spread the stewed apples in cooked pastry base.
9. Wash and thinly slice the red eating apple.
10. Arrange apple slices on top of apple purée.
11. Brush with the lemon juice.
12. Return to oven and bake for 10 minutes.
13. Mix the jam and water together and warm in a pan or microwave.
14. Pass through a sieve and use to glaze the apple slices.
15. Serve cold on a clean, cool plate.

## Desserts: 3. Chocolate and Strawberry Gateau

### Ingredients

<u>Sponge</u>	<u>Filling</u>	<u>Decoration</u>
100 g self-raising flour 25 g cocoa powder 25 g wholemeal self-raising flour 75 g caster sugar 100 g soft margarine 2 eggs 2 x 15 ml water	100 ml double cream 2 x 15 ml drinking chocolate	fantail strawberries chocolate run outs – made previously

### Method

1. Collect the ingredients for the sponge.
2. Heat the oven to Gas Mark 5, 190°C. Grease and line 2 x 15-cm sandwich tins.
3. Collect the sponge ingredients into a baking bowl.
4. Beat these ingredients for 2–3 minutes until glossy in appearance.
5. Divide the mixture between the two prepared tins. Bake for 20–25 minutes until well risen and springy to the touch. Remove from tins and cool.
6. Collect the ingredients for the filling and decoration.
7. Into a bowl place the double cream. Whisk until stiff.
8. Fold in the drinking chocolate. Divide this mixture in half – place half in a piping bag and set aside.
9. Sandwich the cooled cakes together with the remaining half of the filling.
10. Decorate the top of the gateau with piped cream to indicate 4 portions. Decorate with fantail strawberries and chocolate run outs.
11. Serve cold on a clean, cool plate.

## **Desserts: 4. Fruit Brulée**

### Ingredients

150 g fresh or frozen raspberries

15 ml fruit syrup – raspberry

½ orange

2.5 ml arrowroot or cornflour

75 ml double cream

75 ml natural yoghurt

25 g soft brown sugar

25 g caster sugar

### Method

1. Collect all the ingredients.
2. Place the fruit in a bowl, pour over the fruit syrup and leave to stand.
3. Remove the zest from the orange by peeling thinly. Blanch the zest in boiling water for 2 minutes, drain and set aside.
4. Squeeze the juice from the orange and blend with the arrowroot or cornflour.
5. Strain the juice from the fruit and add to the arrowroot/cornflour paste.
6. Bring to the boil, stirring all the time until the mixture thickens. Set aside to cool.
7. Place the fruit into two small ramekin dishes (or other heat proof dishes) and pour over the thickened juice.
8. Whisk the double cream until it forms soft peaks. Fold the yoghurt into the cream.
9. Finely grate the orange zest and fold into the cream and yoghurt mixture.
10. Spread the cream over the fruit and place in the refrigerator.
11. Heat the grill.
12. Mix the soft brown and caster sugars together and sprinkle evenly and thickly over the cream mixture.
13. Place the dish under a hot grill until the sugar is caramelised. Serve cold.

## Desserts: 5. Lemon or Lime Meringue Flan

### Ingredients

<u>Pastry</u>	<u>Filling</u>	<u>Meringue</u>
100 g plain flour 50 g margarine 2 x 15 ml cold water	1 lemon or lime 20 g cornflour 135 ml (approximately) lemon or lime juice and water 30 g caster sugar 10 g margarine 1 egg yolk	2 egg whites 100 g caster sugar

### Method

1. Collect the ingredients. Heat the oven to Gas Mark 6, 200°C.
2. Sieve the flour, rub in the margarine until breadcrumbs form. Add the water to make a firm dough.
3. Knead the dough, roll out and line a fluted flan ring. Roll out the pastry and line a fluted flan ring carefully. Leave pastry to relax, trim and bake blind for 10 minutes.
4. Wash the fruit, grate the zest, squeeze the juice.
5. Separate the egg. Place the egg white into a glass bowl and the egg yolk into a cup.
6. Blend together the cornflour and a little juice/water mixture until smooth. Add the remaining liquid and 30 g caster sugar. Place in a small pan. Bring to the boil stirring all the time until the mixture thickens.
7. Add the zest, margarine and egg yolk to the pan. Mix well.
8. Reduce the oven to Gas Mark 4, 180°C.
9. Whisk the egg white until thick. Keep back 5 ml of sugar and fold in the rest of the sugar. Mixture should look shiny, glossy and stand in peaks.
10. Spoon the filling into the flan case and spread evenly. Spread evenly. Pipe meringue on top of the filling. Sprinkle the 5 ml of sugar over the meringue. Bake for 10 minutes until lightly golden-brown.
11. Serve cold on a clean, cool plate.

## **Desserts: 6. Lemon Roll**

### Ingredients

75 g plain flour	150 ml whipping/double cream
3 medium eggs	75 g cream cheese
75 g caster sugar	15 ml icing sugar
25 g butter	10 ml lemon curd
	Juice and rind of half a lemon

### Method

1. Collect the ingredients and heat the oven to Gas Mark 6, 200°C.
2. Grease, line and grease a Swiss roll tin (20 × 30 cm).
3. Melt the butter, remove from the heat to cool.
4. Sieve the flour onto a plate.
5. Whisk the eggs and sugar until thick and creamy.
6. Sieve the flour on top of the egg mixture and carefully fold in.
7. Fold the melted butter into the sponge mix.
8. Pour into greased tin, bake for 8–10 minutes until golden-brown and well risen.
9. Turn sponge onto lightly sugared greaseproof paper.
10. Peel off lining paper and trim edges.
11. Roll up sponge with a piece of parchment paper in the centre. Cool
12. Grate the rind off the lemon.
13. Whisk the cream until it forms soft peaks and place one-quarter into a piping bag with star nozzle.
15. In a separate bowl mix the lemon curd, cream cheese, icing sugar and 5 ml of the lemon rind until smooth.
16. Mix in 5 ml of lemon juice to the mixture.
17. Fold in the remaining cream.
18. Carefully unroll the sponge and spread filling evenly over the surface and re-roll.
19. Place the filled sponge, with the join underneath, onto a serving dish.
20. Pipe the remaining cream on top and decorate appropriately. Serve cold on a clean, cool plate.

## Desserts: 7. Mini Lemon Bakewell Tarts

### Ingredients

<u>Pastry</u>	<u>Filling</u>	<u>Sponge</u>
100 g plain flour 50 g margarine 2–3 × 15 ml cold water to mix	30–45 ml lemon curd	50 g soft margarine 50 g caster sugar 50 g self-raising flour 1 egg (medium) 15 ml water

### Method

1. Heat oven to Gas Mark 4; 180°C.
  2. Sieve the plain flour for pastry into a large bowl.
  3. Rub in the margarine until mixture resembles fine breadcrumbs.
  4. Mix to a stiff dough with cold water.
  5. Lightly flour the work surface and knead the pastry.
  6. Roll out pastry and cut into 8 circles using a pastry cutter and line a patty tin.
  7. Place half a teaspoon of lemon curd over each pastry case.
  8. Beat the egg for the sponge in a cup.
  9. Cream the margarine and caster sugar together until light and fluffy.
  10. Gradually beat in the egg/water mixture.
  11. Fold in the flour – the mixture should be smooth and creamy.
  12. Carefully divide and spread sponge mixture over lemon curd.
  13. Place in oven and bake for 15–20 minutes until golden-brown and sponge springs back when touched.
  14. Allow to cool slightly then dust with icing sugar.
  15. Serve at least four, individually, on appropriately decorated clean, cool plates.
- You could practise your decoration techniques with these.

## **Desserts: 8. Mini Chocolate–Dipped Meringues**

### Ingredients

- 2 eggs (room temperature)
- 110 g caster sugar
- 2.5 ml cornflour
- 2.5 ml vinegar
- 50 g cooking chocolate
- 100 ml double/whipping cream

### Method

1. Collect the ingredients for the meringues and heat the oven to 150°C.
2. Line a baking tray with parchment paper.
3. Place the egg white in a clean bowl.
4. Put the caster sugar on a plate – divide roughly into four sections.
5. Blend the cornflour and vinegar together.
6. Whisk the egg white until standing in peaks.
7. Whisk in the caster sugar in four stages. After each addition check the meringue forms peaks before adding any more. Fold in the cornflour and vinegar.
8. Pipe the meringues onto the parchment paper – each should be the size of a 50p piece (approx 20).
9. Place in the oven and reduce the temperature to Gas No 1, 130°C. Bake for approximately 50 minutes until firm to the touch.
10. Turn the oven off and leave in the oven for a further 10 minutes.
11. Collect the ingredients for the chocolate.
12. Melt the chocolate.
13. Dip the flat edge of the meringue into the chocolate to coat the surface.
14. Place on parchment paper to set.
15. Whisk the cream and place in a piping bag. Sandwich two meringues, chocolate side together, with the piped cream. Decorate appropriately. Serve cold on a clean, cool plate.

## **Desserts: 9. Pineapple Cream Shortcakes**

### Ingredients

#### *Shortcakes*

100 g margarine

50 g caster sugar

150 g plain flour

#### *Filling and Decoration*

100 ml whipping cream

2 pineapple rings

### Method

1. Collect the ingredients. Heat the oven to Gas Mark 4, 180°C.
2. Lightly grease a baking tray.
3. Cream the margarine and sugar to a light consistency.
4. Gradually work in flour to form a stiff dough.
5. Knead the mixture lightly on a floured surface and roll out. Using a 6 cm cutter, cut out eight biscuits.
6. Place on the baking tray, pierce with a fork and bake for approximately 15 minutes until golden-brown.
7. Allow to cool and then remove onto a cooling tray.
8. Whisk the cream until soft peaks are formed. Keep back one-third of the cream to decorate the top of the shortcakes.
9. Cut one pineapple ring into small pieces and fold into the remaining two-thirds of the cream.
10. Divide the mixture into four and use to sandwich two biscuits together to give four portions.
11. Pipe the remaining cream on to the top of the shortcakes. Decorate with pineapple (or any other decoration of your choice).
12. Serve cold on a clean, cool plate.

## Desserts: 10 Poached Pears and Raspberry Coulis or Choc Sauce

### Ingredients

<u>Poached Pears</u>	<u>Raspberry coulis</u>	<u>Chocolate Sauce</u>
1- 2 eating pears (fairly firm)	75 g fresh or frozen raspberries 25 g caster sugar 50 ml water	75 g caster sugar 75 g soft brown sugar 75 g cocoa/drinking chocolate 100 ml milk 5 ml vanilla essence 25 g margarine/butter

### Method

1. Collect ingredients.
2. Half-fill a pan with cold water and place on to boil.
3. Peel and core the pear from the base upwards. Keep the stem on the pear. Wrap the stem in tin foil to stop discolouring.
4. Place pear carefully into the boiling water, turn down the heat and poach for about 10 minutes until tender and soft – test with a skewer.
5. Drain the pear and place in refrigerator to cool down.
6. Put aside two raspberries for decoration.
7. Place the remaining raspberries with water and sugar in a pan, stew for 10 mins.
8. Strain or purée the raspberries.
9. Place the pears in the serving dish and decorate with the raspberry coulis.
10. Decorate with the remaining raspberries and serve.
11. Alternatively, after stage 5 collect the ingredients for the chocolate sauce.
12. Put all ingredients for chocolate sauce in a pan. Stir over a low heat until melted.
13. Slowly bring to the boil and boil briskly without stirring for 2 minutes or until the sauce coats the back of a spoon. (NB: If a more fudge-like sauce is preferred, boil sauce for an extra 2–3 minutes.)
14. Serve the sauce with the pears in individual clean, cool dishes and decorate appropriately.

## Desserts: 11 Profiteroles with Chocolate Sauce

### Ingredients

<b><u>Choux Pastry</u></b> 60 ml water pinch of salt 25 g butter/margarine	35 g strong white flour 1 egg 1.25 ml vanilla essence 1.25 ml caster sugar	<b><u>Filling</u></b> 150 ml fresh whipping/double cream <b><u>Chocolate sauce</u></b> 50 g chocolate 15 ml cream
---	---	--

### Method

1. Heat the oven to Gas Mark 7, 210°C. Grease a baking tray.
2. **Pastry** - Sieve the flour onto a paper towel.
4. Bring the water, salt, sugar and butter/margarine to a fast boil.
5. Remove from the heat. Immediately add the flour and beat with a wooden spoon until smooth and beginning to leave the sides of the pan. Allow to cool.
6. Gradually add the beaten eggs, beating well between each addition until the paste turns smooth and glossy. (Paste should be of dropping consistency.)
8. Add the vanilla essence.
9. Use a teaspoon to divide mixture into 8 heaps, bake for 10–15 minutes until pastry is cooked.
10. Remove from the oven when firm to touch and turn oven down to Gas Mark 4, 180°C.
12. Make a small cut with a vegetable knife in either the base or side of each profiterole to allow the steam to escape, return to the oven for 5 minutes to dry off.
14. Remove from the oven and transfer to a cooling tray. Allow to cool.
15. Whisk cream until it holds its shape.
16. Pipe the cream into each of the profiteroles.
17. **Sauce** - Melt chocolate and remove from the heat.
18. Stir in the cream and set aside to cool slightly.
19. Dip each profiterole into the sauce or layer the profiteroles on a clean, cool serving plate and drizzle the sauce over the top.

## **Desserts: 12 Raspberry Cream Towers**

### Ingredients

75 g plain flour

3 eggs

75 g caster sugar

40 g grated white chocolate or toasted coconut

250 ml whipping cream

50 g raspberries

### Method

- 1. Set** oven to Gas Mark 6, 200°C and grease the baking tray.
- 2.** Sieve the flour onto a large plate.
- 3.** Whisk the eggs and caster sugar until thick and creamy (i.e. leaves a trail in the mixture.)
- 4.** Sieve the flour onto the top of the egg mixture and carefully fold in using a figure of eight.
- 5.** Pour into the baking tray and gently tilt to cover the tray evenly.
- 6.** Bake in the oven for 8–10 minutes until golden-brown and well risen. Lightly touch the centre of the sponge and it should be springy.
- 7.** Place a piece of greaseproof paper onto the unit and lightly sprinkle with caster sugar. Turn the sponge out onto the sugared paper and leave until cooled.
- 8.** Place the chocolate or toasted coconut on a large plate.
- 9.** Whisk the cream until soft peak consistency.
- 10.** Place half of the cream into a small bowl and mix in the raspberries carefully.
- 11.** Cut the sponge into 8 × 7.5 cm circles.
- 12.** Sandwich the sponges together to give four individual towers.
- 13.** Spread a little of the remaining cream thinly round the sides of the towers and coat with the grated chocolate or toasted coconut.
- 14.** Spread a little of the cream on top of each tower.

**15.** Finish each tower with piped cream, serve on individual clean, cool plates and decorate appropriately.

### **Desserts: 13. Orange Cheesecake**

#### Ingredients

##### *Base*

100 g fat digestive biscuits—crushed

50 g sunflower margarine

##### *Topping*

100 g low fat cream cheese

100 ml whipping cream

50 g caster sugar

1 small orange

#### Method

1. Place the flan ring on a plate.
2. Collect the ingredients for the base.
3. Crush the biscuits in the food processor or in a plastic bag.
4. Melt the margarine in a pan, mix in the biscuits. Press mixture firmly into the flan ring. Chill.
5. Collect ingredients for the topping.
6. Wash, then grate the rind from the orange – approximately 5 ml.
7. Peel and cut 4–8 segments from the orange. Do this over a bowl to catch any orange juice. When finished squeeze out any juice from the orange that is left.
8. Whisk the cream. Keep half aside for decoration.
9. Gently cream the cheese with the sugar – do not over mix or the mixture will become too soft. Add the rind and 15 ml orange juice, then fold in the whipped cream.
10. Spread the mixture carefully on top of the crumb base. Chill.
11. Carefully remove the flan ring.
12. Pipe the remaining whipped cream on the top and use the orange segments to show 4 portions. Serve cold on a clean, cool plate.

## Desserts: Sticky Toffee Pudding with Butterscotch Sauce

80g Self raising flour 80g Caster sugar 30g Margarine 1 Egg 100g Dates 100ml Water 1.25ml Bicarbonate of soda 1.25ml Vanilla essence	<b>Butterscotch Sauce</b> 125ml Double cream 30g Butter 50g Demerara sugar	<b>Decoration</b> 100ml Whipping cream  Icing sugar/cocoa powder
---	---	---

### Method

1. Preheat oven to 180°C.
2. Grease and line an 18cm sandwich tin or small dish.
3. Boil the dates in the water for approximately 5 minutes until soft then add the bicarbonate of soda. Remove from the heat.
4. Cream the butter and sugar together until light and fluffy. Gradually beat in the eggs.
5. Fold in the dates, flour and vanilla essence. Stir well.
6. Place in the greased tin and bake for 30 to 40 minutes until firm to the touch. Cool slightly.
7. Collect all ingredients for the sauce.
8. Boil the cream, whisk in the butter and sugar, simmer for 3 minutes.
9. Carefully portion the sticky toffee pudding and serve hot on individual clean, warm plates.
10. Whisk cream until stiff, place in a piping bag use to decorate with icing sugar/cocoa powder. Sauce may be used as part of the decoration or poured over the sticky toffee pudding.

## **Desserts: 15. White Chocolate and Lime Tofu Cheesecake**

### Ingredients

- 75 g ginger nut biscuits (crushed)
- 30 g unsalted butter
- 1 lime
- 15 g caster sugar
- 75 g silken tofu
- 100 ml whipping/double cream
- 35 g white chocolate (suitable for cooking)
- 80 g natural yoghurt

### Method

1. Collect ingredients. Melt the butter and mix in the crushed biscuit crumbs.
2. Press the mixture into a 15 cm flan ring and place into the fridge to chill.
3. Wash, then grate the rind of the lime and squeeze out the juice. Reserve until required.
4. Beat the tofu and sugar together.
5. Whisk the cream until soft peak consistency.
6. Melt the chocolate and mix with the tofu mixture.
7. Add lime rind and 15 ml of the juice to the tofu mixture and beat to incorporate.
8. Fold in the natural yoghurt and half of the whipped cream to the tofu mixture. Reserve the remaining cream for piping.
9. Spoon the tofu mixture over the biscuit base and chill until it is firm.
10. Remove and place on a clean, cold plate.
11. Pipe the remaining cream, decorate appropriately showing four portions and serve.

## **Other recipes: Vegetable Stir Fry**

### Ingredients

50 g onion

50 g carrot

50 g red pepper

50 g courgette

2 mushrooms

25 g frozen sweetcorn

1 clove garlic

20 ml soy sauce

15 ml olive oil

### Method

1. Collect the ingredients.
2. Peel and thinly slice onion.
3. Wash, peel, re-wash and cut the carrot into even-sized strips (matchsticks).
4. Wash and deseed the pepper and cut into even-sized strips.
5. Clean the mushrooms with a damp paper towel, remove stalks and slice.
6. Peel and crush the garlic.
7. Wash and trim ends off the courgette and slice thinly.
8. Heat a large frying pan or wok on the cooker.
9. Place oil in pan and heat through.
10. Add all the vegetables to the pan and stir fry for 3–4 minutes.
11. Remove from heat and stir in soy sauce.
12. Season to taste. Serve hot in a clean, warm dish appropriately garnished.

### Options:

- a) Boil a section of noodles in vegetable stock, drain and add to the vegetables along with the soy sauce.
- b) Replace olive oil with a garlic or basil infused oil to add more flavour.

## **Other recipes: Apple and Cinnamon Scones**

### Ingredients

150 g self-raising flour  
50 g wholemeal flour  
50 g margarine  
5 ml baking powder  
2.5 ml cinnamon  
5 ml caster sugar  
½ dessert apple  
milk to mix (approximately 100 ml)  
10 ml demerara sugar

### Method

1. Preheat oven to Gas Mark 6; 200°C.
2. Collect the ingredients.
3. Sieve the flours and baking powder into a large bowl.
4. Rub in the margarine until the mixture resembles fine breadcrumbs.
5. Peel and grate the apple onto a plate.
6. Add the sugar, cinnamon and apple to large bowl and stir to mix.
7. Add enough milk to make a soft, but not sticky dough.
8. Turn the mixture out on to a lightly floured work surface and knead lightly until smooth.
9. Roll out until 2cm thick.
10. Cut into six or eight even-sized pieces.
11. Place on lightly floured baking tray.
12. Brush the tops of the scones with a little milk and sprinkle surface of milk with a little demerara sugar.
13. Bake in oven for 10 minutes or until golden-brown.
14. Transfer scones to a cooling tray. Serve cold on a clean, cool plate.

## **Desserts: Raspberry Muffins**

### Ingredients

150 g self-raising flour

2 eggs

50 ml oil

15 ml jam

Half a tub (125g) of fruit yoghurt

50 g caster sugar

### Method

1. Preheat oven to Gas Mark 5, 180°C. Collect the ingredients.
2. Place nine paper cases in a patty tin.
3. Sieve the flour into a large bowl and make a well in the centre.
4. Place the sugar into the bowl.
5. Measure the oil into a jug, add the eggs and beat with a fork.
6. Measure the jam into a cup and add the yoghurt, mix together with a teaspoon.
7. Add the contents of both the jug and the cup to the bowl.
8. Mix all the ingredients together until just combined, do not beat or over mix (the mixture will look slightly lumpy).
9. Divide the mixture evenly between the paper cases.
10. Bake in the oven for 15–20 minutes or until golden-brown and spring back when touched.
11. Remove from oven, allow to cool slightly then dust with icing sugar.
12. Serve cold on a clean, cool plate

## **Other recipes: Chocolate Sponge with Buttercream Filling**

### Ingredients

#### *Sponge*

- 100 g margarine
- 75 g self-raising flour
- 25 g cocoa
- 100 g caster sugar
- 2 large eggs

#### *Butter icing*

- 50 g soft margarine
- 75 g icing sugar
- 15 ml cocoa powder

#### *Decoration*

icing sugar

### Method

1. Heat oven to Gas Mark 4; 180°C; Collect the ingredients.
2. Grease and line two 15-cm sandwich tins.
3. Place all ingredients for cakes into a large bowl and beat using an electric mixer on high speed until light and fluffy.
4. Divide the mixture evenly between the two cake tins and spread over with a knife.
5. Bake for approximately 15 minutes until the cakes are firm and spring back when touched lightly.
6. Remove from the oven and allow to cool slightly.
7. Remove the cakes from the tins and place on a cooling tray to cool.
8. Make up butter icing by creaming the margarine and cocoa powder in a bowl, then beat in the icing sugar a spoonful at a time.
9. Sandwich the cakes together with the butter icing.
10. Dust the top of the sponge with icing sugar. Serve cold on a clean, cool plate

## **Other recipes: Lentil Soup**

### Ingredients

50 g (prepared weight) onion  
75 g (prepared weight) carrot  
50 g (prepared weight) turnip  
100 g (prepared weight) potato  
500 ml vegetable stock  
75 g lentils  
salt and pepper  
garnish: 5 ml fresh parsley

### Method

1. Collect the ingredients.
2. Wash, peel, rewash and roughly chop the onion, carrot, potato and turnip.
3. Wash, chop and dry the parsley.
4. Place the stock, lentils and vegetables in a large pan and bring to the boil.
5. When it comes to the boil, skim the surface if necessary.
6. Simmer for 30 minutes until vegetables are soft.
7. Remove from the heat, cool slightly and purée.
8. Reheat and adjust seasoning.
9. Serve hot in a clean, hot tureen or bowl, garnished with the chopped parsley.

## **Other recipes: Omelette**

### Ingredients

3 large eggs

10 g butter, diced

salt and freshly ground black pepper

10 ml olive oil

### Method

1. Collect the ingredients.
2. Crack the eggs into a bowl and beat with a fork until smooth. Stir in the cold, diced butter.
3. Season the eggs with salt and freshly ground black pepper.
4. Heat a heavy non-stick frying pan over a high heat and add the oil. When the oil is smoking hot, pour the eggs quickly into the pan.
5. Using a spatula, move the eggs around in the pan in a circular motion, while at the same time moving the pan back and forth across the heat. Allow the eggs to start coagulating.
6. Stop moving the pan. Allow the eggs to form a light skin, and then remove the pan from the heat.
7. Pick up the pan and tilt the handle upwards and away from you. At the same time, tap the handle of the pan so that the omelette moves towards the opposite end of the pan.
8. Using the side of the spatula, fold the omelette in towards the middle on both sides.
9. Tip the omelette onto a plate. Serve immediately on a clean, warm plate.

## Other recipes: Mandarin Gateau

### Ingredients

<u>Sponge</u>	<u>Filling</u>	<u>Decoration</u>
<i>50 g caster sugar</i> <i>50 self-raising flour</i> <i>2 large eggs</i>	<i>200 ml whipping or double cream</i> <i>50 ml thick set mandarin yoghurt</i>	<i>40 g grated chocolate for sides</i> <i> piped cream</i> <i>4 mandarin oranges (drained)</i>

### Method

1. Heat the oven to Gas Mark 5; 180°C. Collect the ingredients.
2. Grease and line two sandwich tins.
3. Double sieve the flour onto a plate.
4. Whisk eggs and sugar in a bowl until light and fluffy.
5. Carefully fold in the sieved flour.
6. Divide mixture evenly between the two cake tins and bake for 15–20 minutes until the sponges spring back when touched.
7. Allow the sponges to cool slightly before turning out.
8. Remove greaseproof paper and place the sponges on a cooling tray to cool.
9. Whisk the cream until mixture holds peaks.
10. Place one-third of the cream into a small bowl and stir in the yoghurt.
11. Place a further one-third of the cream into a piping bag.
12. Assemble the two sponges with the yoghurt cream and mandarin oranges.
13. Use the remainder of the cream to coat the sides and then coat with grated chocolate.
14. Pipe the remaining cream on top to show four portions and decorate with the mandarin oranges. Serve cold on a clean, cool plate.

## **Other recipes: Jam Swiss Roll**

### Ingredients

2 eggs (room temperature)

50 g caster sugar

50 g self-raising flour

50 ml jam

### Method

1. Heat oven to Gas Mark 7; 210°C. Collect the ingredients.
2. Grease, line and grease a Swiss roll tin.
3. Sieve the flour on to a plate.
4. Place the sugar and eggs into a large bowl.
5. Whisk using an electric whisk until the mixture is thick and creamy (leaves a trail in the bowl).
6. Carefully fold in the sieved flour using a metal spoon (use a figure of eight movement with the spoon – do not beat the mixture).
7. Pour into the prepared Swiss roll tin and spread carefully into the corners.
8. Bake for 7–8 minutes on the top shelf of the oven until golden-brown and springy to touch.
9. Remove from oven and turn on to a piece of sugared greaseproof paper.
10. Carefully peel the greaseproof paper from the sponge.
11. Trim the edges to prevent cracking.
12. Spread with jam.
13. Pull the sugared paper on the table towards you while rolling the cake up to form a Swiss roll.
14. Place on a cooling tray and allow to cool. Serve cold on a clean, cool plate.

## **Other recipes: Apple Bakewell Tart**

### *Pastry*

- 100 g plain flour
- 50 g margarine
- 2–3 x 15 ml cold water

### *Filling*

- 50 g apple pie filling

### *Sponge*

- 50 g soft margarine
- 50 g caster sugar
- 50 g self-raising flour
- 1 egg

### Method

1. Collect the ingredients and heat the oven to 190°C.
2. Sieve the plain flour for the pastry into large bowl.
3. Rub in the margarine until the mixture resembles fine breadcrumbs.
4. Mix to a stiff dough with cold water.
5. Turn the pastry out onto a floured work surface and knead lightly.
6. Roll the pastry out and line a 15-cm flan ring and chill for 10 minutes.
7. Trim and bake the pastry blind for 10 minutes.
8. Remove the pastry case from the oven, spread the apple pie filling over the base.  
Reduce oven temp to 170°C.
9. Place all the ingredients for the sponge into a large bowl and beat with an electric whisk until the mixture is smooth and creamy.
10. Carefully spread the sponge mixture over the apple pie filling.
11. Bake for 15–20 minutes until golden-brown and the sponge springs back when touched.
12. Allow to cool slightly, then dust with icing sugar. Serve warm on a clean, cool plate.

NB: Jam could be used instead of the apple pie filling.

## **Other recipes: Spicy Chicken Risotto**

### Ingredients

75 g long grain rice

450 ml hot chicken stock

50 g onion

50 g red pepper

15 ml olive oil

25 g frozen sweetcorn

10 ml curry paste

100 g uncooked chicken

### Method

1. Collect the ingredients.
2. Peel and dice the onion.
3. Cut chicken into even bite-sized pieces.
4. Wash, deseed and dice the red pepper and place on a plate along with the frozen sweetcorn.
5. Place the chicken stock into a measuring jug.
6. Heat the 15 ml of oil in a large frying pan, then sauté the chicken and onion until all the chicken is sealed.
7. Add the rice and curry paste to the pan and stir until rice is coated with curry paste.
8. Remove the pan from the heat and stir in the stock.
9. Return the pan to the heat and bring to the boil, then simmer for approximately 10 minutes until the liquid has reduced by half.
10. Add the red pepper and sweetcorn to the pan and, stirring all the time, allow the mixture to reduce until very little liquid is left in the pan.
11. Check taste and season if necessary with salt and pepper then serve.
12. Serve hot in a clean, warm dish.

NB: Additional vegetables could be used e.g. courgettes, mushrooms, green beans

## Other recipes: Border Tart

<b>Short crust pastry</b>	<b>Filling</b>	<b>Decoration</b>
150g Plain flour 75g Margarine 60-90ml Water	50g Soft margarine 50g Caster sugar 50g SR flour 1 Egg 50g Mixed dried fruit 25g Chopped cherries A few drops almond essence	Icing sugar for dusting

### **Method**

1. Preheat oven Reg No. 4, 190°C.
2. Collect all ingredients for the pastry.
3. Rub the margarine into the flour until the mixture resembles breadcrumbs. Add sufficient cold water to form a stiff dough.
4. Lightly flour the table and knead the pastry.
5. Roll out the pastry and line an 18cm flan ring. Leave to relax for 5 minutes and then trim. Roll out scraps to make neat strips.
6. Beat the margarine, flour, sugar and egg until light and fluffy.
7. Carefully fold in the dried fruit, cherries and almond essence.
8. Fill the pastry case with this mixture, smooth with a knife and arrange the pastry strips over the top in a neat pattern.
9. Bake 30 minutes until risen, golden brown and firm to the touch.
10. Serve warm on a clean, warm plate, lightly dusted with icing sugar.

## Other recipes: Individual Steamed Chocolate Puddings

### Ingredients

40g SR flour  
40g caster sugar  
15ml cocoa powder  
40g soft marg  
1 egg

} sponge mix

3 X 15ml chocolate spread  
2 X 15ml milk

} sauce

### Method

1. Line the base of 2 small bowls or 1 foil dish with greaseproof paper.
2. Cream flour, cocoa, marg, sugar and egg.
3. Divide mixture between the 2 bowls or place in foil dish
4. Steam until cooked – approx 15 – 20 mins
5. Mix chocolate sauce and milk together. Microwave on low power for 2 mins.
6. Turn out sponges and pour over the chocolate sauce.
7. Serve hot.