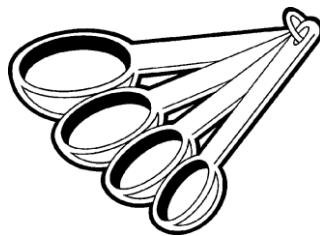




**St Gregory's Catholic High School
Food Preparation & Nutrition
Recipe Book**



One Pot Products

Spicy Tomato Soup

Ingredients

1 onion	500ml water
1 carrot	1 stock cube
1 potato	2.5ml spoon dried chilli flakes
1x can chopped tomatoes (400g)	
1x 15ml spoon tomato puree	

Method

1. Prepare the vegetables
 - Peel & slice the onions
 - Peel & slice the carrot
 - Peel & cut the potato into 8
2. Put all the ingredients into a saucepan
3. Stir everything together, bring to the boil and then simmer for 20 minutes
4. Pour the mixture into the liquidiser and blend until smooth
5. Serve

Leek and Potato Soup

Skill level medium – level 5 product

Ingredients

2 large leeks	4 medium potatoes
850ml water	2 stock cubes
black pepper	

Method

1. Wash and peel the leeks and potatoes
2. Chop the vegetables into small chunks
3. Place the vegetables on a saucepan and add the stock
4. Heat until the stock is boiling
5. Turn down the heat and cook gently for 30 minutes
6. Add some black pepper
7. Serve

Beef and Veggie Stew

Ingredients

6-8 baby onions	1x15ml spoon flour
2 carrots	600ml water
2 beef stock cubes	8 small mushrooms
500g lean stewing beef	1x 15ml spoon oil

Method

1. Prepare the vegetables
 - Peel the onions
 - Peel and chop the carrots
 - Slice the mushrooms 1 half
2. With a clean knife on a red chopping board dice the beef
3. Brown the beef in the oil in a saucepan
4. Stir in the flour, so each piece of beef is covered
5. Add in the mushrooms, onions and carrots
6. Pour in the stock
7. Bring to the boil and reduce to a simmer.
8. Cover with a lid and cook for 1 hour.

Spaghetti Bolognese

Ingredients

1 onion	1 clove garlic
400g canned chopped tomatoes	1 carrot
15ml spoon tomato puree	1 celery stick
100ml water	15ml oil
250g minced beef	black pepper

Method

1. Prepare the vegetables
 - Peel and chop the onion
 - Peel and crush the garlic
 - Peel and slice the carrot
 - Finely chop the celery
2. Fry the onion, garlic, carrot and celery in the oil
3. Add the meat and cook until the mince is lightly browned
4. Add the tomatoes, tomato puree, mixed herbs and water and mix all the ingredients together. Then add a pinch of black pepper
5. Bring to the boil, then simmer for 20 minutes

Chilli Con Carne

Ingredients

1 onion	1 clove of garlic
1 green pepper	10 ml oil
250g minced beef	10 ml flour
250 ml stock	400g tin red kidney beans
15 ml tomato puree	5 ml chilli powder

Method

1. Prepare the vegetables
2. Peel and chop the onion
3. Chop and deseed the pepper
4. Fry the onion and garlic in the oil for 5 minutes
5. Add the minced beef and cook until brown
6. Stir in the flour
7. Pour in the stock
8. Drain the red kidney beans and rinse with cold water
9. Add to the meat
10. Stir in the tomato puree and chilli powder
11. Bring to the boil and simmer for 20 minutes
12. Add the green pepper and cook for a further 15 minutes

Basic fairy cake

Ingredients

100g self raising flour	100g caster sugar
100g margarine or butter	2 medium eggs
12 cake cases	

Sizzling Stir Fry

Ingredients

100g noodles	1 chicken breast
1 clove garlic	½ chilli
1 cm fresh ginger	½ red onion
½ yellow pepper	3 mushrooms
1 pak choi	10 ml oil
10 ml soy sauce	

Method

1. Cook the noodles in boiling water as instructed on the packet
2. Remove skin from the chicken, cut into strips
3. Prepare the vegetables
4. Peel and crush garlic
5. Deseed and slice the chilli
6. Peel and finely slice the ginger
7. Chop onion, pepper and mushrooms
8. Shred the pak choi
9. Heat the oil in wok/frying pan
10. Add the onion, garlic, chili and ginger
11. Cook for 1 minute
12. Add the chicken and stir fry for 3-4 minutes
13. Check that the chicken is cooked (white ALL the way through)
14. Add remaining vegetables and soy sauce and cook for 2 minutes.
15. Drain the water from the noodles
16. Stir in the noodles and cook for 2 minutes

Chicken Tikka

Ingredients

2 Chicken Breasts	15ml Tikka Paste
15ml Plain Yoghurt	½ Lemon

Method

1. Remove any skin from the chicken and cut into large chunks
2. Mix the tikka paste and yoghurt together
3. Squeeze the lemon and add to the yoghurt mixture
4. Stir in the chicken to the yoghurt mixture cover and marinade
5. Take out the tikka pieces and put onto a baking tray lined with foil
6. Bake at 180 degrees Celsius for 20 minutes

Pasta Salad

Ingredients

100g pasta shapes

Select from the list below

Protein Selection	Pick 3 - 5
Bring 75 – 100g	Additional ingredients
Ham Bacon Sausage Chicken Beef Tuna Salmon Cheese - 75g X 2 hard boiled egg **Meat must be brought in cooked.** If you can think of another meat that you think would be appropriate you can bring that in.	Sweetcorn – 50 - 75g Peas (cooked)- 50- 75g Carrot x 2 small Cucumber x half 1 Spring onion x 3 Red onion x 1 Onion x 1 Celery x 2 Peppers x 1 large, 2 small Tomatoes x 2 Cherry tomatoes x 5 If you can think of any other ingredients that would be appropriate you can bring that in.

You could also think of a dressing to add to your pasta salad here are some ideas for you to consider crushed tomatoes, herbs, or salad cream. Select a dressing of your choice that you think would go well with your ingredients and bring that in with you.

Sultana Scones

Ingredients

200g self raising flour	50g butter / margarine
50g sultanas	50g caster sugar
1 egg	50 – 100ml milk
1 tsp baking powder	

Alternative fruit

Grated rind of an orange or lemon	1 tsp Mixed spice
50g Cherry's	50g mixed fruit

Method

1. Place the flour, baking powder and butter into a bowl
2. Break up the butter with a table knife
3. Rub the butter into the flour
4. Add the sugar to the bowl
5. Stir the sugar into the breadcrumb mix with the table knife
6. Make a well in the middle of your breadcrumb mix
7. Crack the egg into a jug or a small bowl
8. Mix the egg with a fork
9. Pour the egg into breadcrumb mix
10. Stir the egg into the mix to start to form dough
11. Pour in **half** of your milk
12. Stir in the milk
13. Using your hand bring your mixture together
14. If your mixture is very dry add milk one tablespoon at a time
15. Flour your surface
16. Flatten out your dough on the surface until it is 2cm thick
17. Use a cutter to cut your scone shapes, place on a baking tray
18. Glaze the top of your scones with your left over milk

Carrot Cakes

Ingredients

2 eggs	1 tsp baking powder	125g margarine /
butter		
125g soft brown sugar	1 tsp cinnamon	35g raisins (optional)
1 grated orange rind (optional)		
85g carrots peeled and grated at home	150 g wholemeal self raising / self	
raising flour		

Topping

50g cream cheese & 4tbsp icing sugar

OR

5 tablespoon icing sugar

Method

1. Preheat oven to 180c / gas 4. Put 12 cake cases in a bun tin.
2. Sieve the flour, baking powder, cinnamon in to a large bowl.
3. Add the butter, brown sugar, carrot, sultanas, **grated orange** and egg. Beat together with a mixing spoon until well mixed. **Mix in juice of an orange.**
4. Divide the mixture between the cake cases and bake for 20 to 25 minutes, until they spring back when pressed.
5. Transfer cakes to a wire rack, leave until cold.
6. To make the icing mix the cream cheese with the icing sugar in a bowl, then spread on the cakes.

Minestrone Soup

Ingredients

1 clove of garlic	1x 10ml spoon of oil
¼ cabbage	1 stock cube
1 onion	800ml boiling water
1 stick of celery	1x 5ml spoon mixed herbs
1 carrot	1x 15ml spoon tomato sauce
1 potato	black pepper
1 tomato	25g small pasta shapes
1 rasher of bacon	

Method

1. Prepare the vegetables & bacon
 - Peel & crush the garlic
 - Shred the cabbage
 - Slice the celery
 - Peel & chop the onion
 - Peel & dice the carrot
 - Peel & dice the potato
 - Chop the tomato
 - Chop the bacon using food scissors or with a clean knife on a red chopping board
2. Fry the onion, garlic and bacon in oil for 2 minutes
3. Stir in the carrot, celery and potato
4. Add the stock (water and stock cube mixed together)
5. Stir in the sliced tomato and finely shredded cabbage
6. Add the mixed herbs, tomato puree and black pepper, bring to the boil and then simmer for 10 minutes
7. Add the pasta and allow to simmer for a further 10 minutes
8. Serve

Chicken Casserole

Ingredients

1 onion	8 chicken thighs
1 carrot	1x 15ml oil
1 leek	1x 15ml spoon flour
1 potato	800ml water
8 mushrooms	1x 5ml spoon mixed herbs
2 stock cube	

Method

1. Preheat the oven to 180c / gas mark 4
2. Prepare the vegetables
 - Peel and chop the onion
 - Peel and chop the carrot
 - Trim the leek and slice
 - Peel and cut the potato into 8
 - Slice the mushrooms in half
3. With a clean knife and on a red chopping board, remove the chicken skin and cut into chunks
4. Fry the chicken for 5 minutes in oil, until it has turned white. Place in an ovenproof dish.
5. Add the potatoes to the chicken
6. Fry the onion for 2 minutes, then add the leeks, mushrooms and carrots.
7. Sprinkle over the flour, then gradually add the stock, stirring all the time until thickened.
8. Pour the mixture over the chicken and then add the herbs.
9. Cover the ovenproof dish and cook for 1-1.5 hours.

Hotpot

Ingredients

1 onion	1 carrot	200ml water
1 small leek	1 potato	1 stock cube
400g lean lamb	black pepper	15ml oil
15ml spoon flour	5ml spoon Worcestershire sauce	

Method

1. Pre-heat oven to 170c / gas mark 3
2. Prepare the vegetables
 - Peel and chop the onion
 - Peel and chop the carrot
 - Trim the leek and slice
 - Peel and thinly slice the potato
3. With a clan knife and on a red copping board, trim away any fat from the meat and cut into cubes.
4. Heat the oil in the frying pan, and then brown the meat. When browned, place the cubes of meat into a casserole dish.
5. Fry the onion, carrot and leek for 2-3 minutes.
6. Sprinkle flour into the frying pan and stir.
7. Pour in the stock, stirring all the time.
8. Pour all the ingredients from the frying pan to the casserole dish.
9. Stir in the Worcestershire sauce.
10. Arrange the potato slices on top in an overlapping pattern.
11. Add the black pepper, cover with a lid or foil.
12. Cook for 1 hour 15 minutes
13. Turn the heat up to 200c /gas mark 6, remove the lid and cook for a further 15 minutes to brown the potatoes.

Lamb Rogan Josh

Ingredients

225 Lean Lamb Leg Steaks	1 Onion
2 Tomatoes	1 Clove Garlic
5ml Oil	15ml Curry Paste
200g Tin Chopped Tomatoes	15g Coriander
Slice the lamb	

Method

1. On a clean chopping board with a fresh knife, slice the onion, cut the tomatoes and crush the garlic
2. Heat the oil in large pan and add the lamb. Cook for 3-4 minutes.
3. Add the Rogan Josh curry paste, sliced onion and garlic.
4. Cook for a further 2-3 minutes.
5. Add the canned and fresh tomatoes and cook for a further 2 minutes.
6. Chop the coriander
7. Stir in the fresh coriander
8. Serve

Puff Pastry Slice

Ingredients

1 Packet of puff pastry
3 tablespoons of tomato puree or 3 tablespoons of bbq sauce
mixed herb seasoning
200g grated cheese

Toppings of your choice 50g of each

Chicken	Tuna
Sweet corn	½ onion
½ pepper	4 mushrooms
pineapple	1 tomato
ham	hot dogs

Pasta Bake

Ingredients

250g pasta shapes
1 jar pasta sauce
100g cheese grated

Optional additional ingredients ideas

100g small Mushroom halved	1 pepper
1 Bunch Spring onions finely sliced	1 onion
100g ham	100g cooked chicken

Add a maximum of 3 additional ingredients – any meat must be cooked.

Method

1. Boil the kettle
2. Collect 2 medium pans
3. Pour the boiling water into the pan until half full. Place the pan on the hob and turn on high.
4. Put the pasta into the boiling water and leave to cook. Turn the hob down to a medium heat.
5. Prepare additional ingredients.
6. Heat oven to fan 180C.
7. Your pasta should be ready to drain. Set your pasta to one side.
8. In the second saucepan add 1 tbsp of oil, fry your vegetables on a low heat.
9. Pour in your sauce, stir and leave on a low heat.
10. Add in your cooked meat if using.
11. Take your pan off the heat.
12. Pour in your cooked pasta and mix.
13. Add the sauce and pasta mix to your ovenproof dish.
14. Sprinkle the top of the pasta with cheese
15. Place in the oven for 10 minutes

Sweet and Sour Chicken

Ingredients

- 9 tbsp tomato ketchup
- 3 tbsp malt vinegar
- 4 tbsp dark muscovado sugar
- 1 tbsn cornflour
- 2 garlic cloves, crushed
- 3 skinless and boneless chicken breast, cut into chunks
- 1 medium onion, roughly chopped
- 2 peppers, seeded and cut into chunks
- 227g 8oz can pineapple pieces in juice
- 100g sugar snap peas, roughly sliced

Method

1. Prepare all vegetables.
2. In a large sauce pan, pour 1 table spoon of oil, add in chicken cook until no pink is visible
3. Remove the chicken from the pan and place in a small bowl or on a plate.
4. In the same saucepan put the ketchup, vinegar, sugar, pineapple juice and cornflour.
5. Place the pan on the hob and stir this until the sauce thickens
6. Add in all of your vegetables and cook until they soften
7. Add in your chicken and leave your sweet and sour to cook on a low heat
8. Start to clean up
9. Add in your pineapple pieces and cook for a further 2 minutes
10. Pour your finished product into your container.

Basic Biscuit

Ingredients

115g butter / margarine softened	75g caster sugar
1 egg yoke	2tsp milk
200g plain flour, plus extra for rolling	

Method

1. Preheat oven to 180c/ gas 4
2. Line two baking trays with baking paper.
3. Beat the butter and sugar in a bowl with a wooden spoon until just mixed. Stir in the egg yoke and milk. Add the flour to make a dough.
4. Roll out on a lightly floured surface to the thickness of a pound coin. Cut out biscuits using a shaped cutter of your choice. Place the biscuits on the baking tray, leaving a gap between each one.
5. Bake for 12-15 minutes. Leave on the tray for 10 minutes, then transfer to a wire rack to cool.

Chocolate chip cookies

Ingredients

100g softened butter	150g soft brown sugar
1 tsp vanilla extract	1 egg
150g self raising flour	40g cocoa powder
150g choc chips	½ tsp baking powder

Method

1. Preheat oven to 180c/ gas 4
2. Line two baking trays with baking paper.
3. Beat the butter and sugar in a bowl with a wooden spoon until just mixed. Beat in the egg and vanilla extract.
4. In a separate bowl sift flour, cocoa and baking powder together.
5. Add the flour to the creamed mix in stages (a third at a time). Fold in the chocolate chips.
6. Spoon a tablespoon of the mixture on to a baking tray, repeat until all cookie mixture is used up.
7. Bake in the oven for 12 minutes, when you remove the cookies from the oven they will still be soft, leave to cool completely on the baking tray.

Banana Muffin

Ingredients

250g/9oz plain flour
2 tsp baking powder
1 tsp ground cinnamon, plus ½ tsp extra for the topping
pinch of salt
2 ripe bananas, mashed
150g/5oz blueberries
3 tbsp honey
3 tbsp vegetable oil
1 large free-range egg
185ml/6fl oz milk
50g/2oz caster sugar

Method:

1. Preheat the oven to 180C/350F/Gas 4. Line eight holes of a muffin tin with paper muffin cases.
2. Sift the flour, baking powder, cinnamon and salt into a large mixing bowl. Add the banana and blueberries and, using a fork, lightly toss the fruit through the flour.
3. In a separate bowl, lightly whisk together the honey, vegetable oil, egg and milk.
4. Add the liquid ingredients to the dry ingredients and stir until just combined (don't over-mix or your muffins won't be as light in texture). Spoon the batter into the individual muffin cases.
5. Mix the extra half a teaspoon of cinnamon and the caster sugar together and sprinkle on top of the batter.
6. Bake in the oven for 20 minutes, until risen and lightly golden. Serve warm from the oven.

Meatballs

Ingredients

250g lean minced beef or lamb
1 teaspoon of tabasco sauce
1 egg
Large container with a lid.

1 teaspoon of mixed herbs
½ tablespoon of flour

Method:

Preheat the oven to 190°C/Gas Mark 5.

Put the meat in the mixing bowl. Using the fork break the meat up.

Crack the egg in a separate bowl and then add to the meat. Add the mixed herbs and the flour.

Using the fork, mix this altogether.

Wash your hands. Pick up some of the mix and shape into balls. About the size of a table tennis ball.

Place the meatballs onto the baking tray and bake in the preheated oven.

Using the tongs turn the meatballs after 5 minutes of cooking time. Be careful and you MUST use oven gloves.

Once the meatballs are brown remove from the oven and place on a plate which has had a piece of kitchen towel put on it.

For the Tomato Sauce:

1 onion
1 tin of tomatoes
puree
1 teaspoon of mixed herbs (available in school)
school)
1 tablespoon of oil (available in school)

1 clove of garlic
1 tablespoon of tomato
Salt & pepper (available in

Method

Chop the onion and crush the garlic.

In the saucepan, fry the onion and garlic until the onion is soft.

Add the tomatoes, puree, mixed herbs and the seasoning to the pan. Give the mixture a good stir.

Increase the heat until the tomatoes begin to boil. Then reduce the heat and let it simmer for 10 minutes.

Add the meatballs to the pan. Put on the lid and leave the mixture to gently simmer for 20 minutes.

Burgers

Ingredients

500g pack lean minced beef
1 small onion
1 tbsp vegetable oil

1 tsp mild chilli powder (optional)
1 egg

Method

Peel the onion, slice in half through the root and trim off the top. Dice the onion

Tip the beef into a bowl add the onion and egg, then mix. Divide the mixture into four.

Lightly wet your hands. Carefully roll the mixture into balls, about the size of a tennis ball.

Gently squeeze down to flatten into patties about 3cm thick.

Make sure all the burgers are the same thickness so that they will cook evenly.

Place on a baking tray and cook for 10 minutes

Using tongs turn the burgers over and return to the oven for a further 10 minutes or until the meat is fully cooked.

Basic bread / Baguettes

Ingredients

500g granary, strong wholewheat or white bread flour
7g sachet fast-action dried yeast
1 tbsp clear honey

1 tsp salt
2 tbsp olive oil

Method

Heat oven to 200C/fan 180C/gas 6

Tip the flour, yeast and salt into a large bowl and mix together with your hands.

Stir 300ml hand-hot water with the oil and honey, then stir into the dry ingredients to make a soft dough.

Turn the dough out onto a lightly floured surface and knead for 5 mins, until the dough no longer feels sticky, sprinkling with a little more flour if you need it.

Oil your bowl/dough and put the dough in the bowl. Cover with cling film and leave in a warm area to prove for 10 mins.

Knead for a second time for 10 mins.

Shape dough and leave to prove for a second time.

Bake for 15-25 mins until the bread is risen and golden. Tip it out onto a cooling rack and tap the base of the bread to check it is cooked. It should sound hollow. Leave to cool.

Pizza dei Forti

Bread base ingredients

300g strong plain flour

1 tsp salt

6g dried yeast

150ml hand-hot water

Ingredients

Tomato Sauce

1 small tin of plum tomatoes

1 teaspoon of olive oil

flakes

1 clove of garlic

Pinch of oregano

Pinch of salt

Alternatives

Anchovies & or Chilly

Topping choices

Mozzarella

Gorgonzola

Pepperoni

Chicken

Basil

leaves

Finely sliced cooked ham

Garlic

Champignon mushrooms

Anchovy filets

Oregano

Red or Green peppers

Sliced mushrooms

Olives

Hot dogs

Italian sausage

Spinach

Tuna

Sweetcorn

Maximum 4 topping 25g of each, 2 topping 50g of each plus 100g of cheese of your choice

Method

In a large mixing bowl place the flour; make a well in the centre and pour in the yeast, warm water and a pinch of salt.

Stir the ingredients together using a butter knife, once the water has been mixed remove the knife and mix well with your hands kneading the ingredients together.

Lightly flour the surface. Once the mixture has formed a dough transfer this to the floured surface knead for at least 5 to 7 minutes to form a smooth elastic dough. The dough should not be sticky.

Lightly oil the baking tray.

Roll out the dough into a circle shape.

Place the dough on a baking tray.

Pre heat the oven gas 200, electric 6.

Prepare all other ingredients – leave chopped ingredients on a plate ready for putting the pizza together.

Prepare the ingredients for the tomato sauce, placing all the ingredients in a bowl and mixing together.

Spread some tomato sauce and mozzarella / alternative cheese on to the pizza base. Add additional ingredients including any herbs.

Cook for 10-15 minutes

Flavoured bread

Ingredients

Cheese & pesto whirls

Ingredients

450g strong white bread flour, plus a little for dusting
7g sachet fast-action dried yeast
sugar
2 tbsp olive oil
240g tub semi-dried tomatoes, drained and roughly chopped
100g grated mozzarella (ready-grated is best for this, as it is drier than fresh)

1 tsp golden caster
150g tub fresh pesto
50g Parmesan

Method

Heat oven to 200C/180C fan/gas 6.

Combine the flour, yeast, sugar and 1 1/2 tsp fine salt in a large mixing bowl, or the bowl of a tabletop mixer.

Measure out 300ml warm water and add roughly 280ml to the flour, along with the olive oil, and start mixing until the ingredients start to clump together as a dough. If the dough seems a little dry, add the remaining water.

Once combined, knead for 10 mins by hand on your work surface, or for 5 mins on a medium speed in a mixer. The dough is ready when it feels soft, springy and elastic. Clean the bowl, drizzle in a little oil, then pop the dough back in, turning it over and coating the sides of the bowl in oil. Cover with some oiled cling film and set aside in a warm place to prove.

Line a baking tray with parchment. Uncover the dough and punch it down a couple of times with your fist, knocking out all the air bubbles.

Tip out onto a floured work surface and dust the top with a little flour too, if it is sticky. Roll the dough out to a rectangle, roughly 40 x 30cm. Spread the pesto over the dough, then scatter over the tomatoes, both cheeses and the basil. Roll the dough up from one of the longer sides, into a long sausage.

Use a sharp knife to cut the dough into 12 even pieces. Place on the baking tray, cut-side up, in a 3-by-4 formation, making sure the open end of each roll is tucked in towards the centre on the arrangement – this will prevent them from uncoiling during cooking.

Leave a little space between each roll as they will grow and touch as they prove. Loosely cover with oiled cling film and leave to prove for 10 min until almost doubled in size again.

Bake on the middle shelf in the oven for 20-25 mins until golden brown and the centre looks dry and not doughy. Remove from the oven and leave to cool for at least 10 mins.

Other flavour ideas

Sundried tomato bread

50g sundried tomatoes in oil (about 6-8), coarsely chopped
Parmesan 25g

Ham & tomato

3 wafer-thin ham slices, torn
grated 100g ball mozzarella,

Red onion, Gruyère & rosemary

1 red onion
100g Gruyère
coarse sea salt 1 tbsp olive oil
few rosemary sprigs

Cheesy garlic bread

2 garlic clove, crushed
100g mature cheddar, grated 25g soft butter

Olive bread

170g pitted black olives
crushed 1 garlic clove,
4 tinned anchovies optional
olives 50g pitted green

Fishcakes

Ingredients

320g fish of your choice salmon or haddock work best
3 spring onion finely chopped
450g potato
50g grated cheddar cheese
75g flour any kind
Black pepper for seasoning

100ml milk
75g frozen sweetcorn
1 large egg, beaten
50ml olive oil for frying

Method

Cook the potatoes in boiling water until just tender. Drain well and return to the pan on a low heat. Heat for another minute or two to evaporate excess liquid. Mash the potato with a small knob of butter. Allow to cool.

Put the fish spring onions and milk in a shallow dish, cover with cling film and cook in the microwave for 1 ½ - 2 mins until just cooked.

Drain the fish and spring onions through a fine sieve. Gently mix through the potatoes, avoiding breaking up the fish too much, along with the sweetcorn, cheddar and black pepper.

Form into 6 - 8 patties. The cooler the mash potato is when you do this, the easier it will be to form the patties as the mixture will be very soft when warm.

Crack the egg into a jug, and mix. Pour carefully on to a plate.

On another plate place the flour

Dip the patties in egg and then flour and arrange on a sheet of baking paper on a tray.

Heat a large frying pan with the olive oil. When the oil is hot (but not burning), carefully lower the fish cakes into the pan. Cook for 5 - 7 minutes or until golden brown underneath and then carefully flip them over. Fry for another 5 - 7 minutes or until golden on the bottom and heated all the way through.

Lasagne

Ingredients

175g approx. of sheet lasagne	300ml milk
100g grated cheddar cheese	25g margarine
25g plain flour	

Meat Sauce – Pupils can bring a shop bought jar of red sauce

250g minced beef / pork	1 vegetable stock cube
1 can chopped tinned tomatoes	Half teaspoon mixed or
Italian herbs	
1 onion	1 tablespoon tomato puree
2 peppers	2 medium courgettes
1 garlic glove	

Method

Preheat the oven to 180C/350F/Gas 4.

For the meat sauce, heat the olive oil in pan over a low heat and fry the onion for approximately 5 minutes, until softened and golden. Add the garlic and fry for two more minutes.

Add the mince and cook until the meat has browned.

Add the peppers and courgettes and cook for a further 5 min

Add the tomatoes, mixed herbs and a 1/4 of the stock. Cover and cook on a low heat.

For the white sauce /roux sauce

In a saucepan on a low heat melt the butter and add the flour, stirring continually. Cook for two minutes.

Add milk a little bit at a time to the flour mixture. Combine well, and when all the milk has been absorbed, add a little more. Continue to do this until all the milk has been added, whisking / stirring continually.

For a cheese sauce add the ½ of the cheese to the white sauce.

For the lasagne, place pasta sheets at the bottom of your oven proof dish, follow with a layers of meat sauce, add a second layer of pasta, followed by white sauce and then meat sauce, repeat until all the mixture has been used.

Sprinkle the top with cheese.

Cook in the oven for 35 – 40 minutes

Penne Pasta Bake with Peas, Bacon & Cheese

Ingredients:

250g Penne dried pasta

1 onion, finely sliced
chopped

100g frozen peas or sweetcorn

25g parmesan cheese - optional

3 rashers of bacon

½ red chilli, deseeded & finely

125g Cheddar cheese - grated

Tin of chopped tomatoes

ALTERNATIVE

300ml milk

100g grated
cheddar cheese

25g margarine

25g plain flour

Method:

Pre heat the oven to 200°C, gas mark 6.

Cook the pasta according to the instructions on the packet & drain well.

Meanwhile, heat a frying pan & cook the bacon for 5 mins. until cooked.

Remove from the pan with a slotted spoon & place in a roasting tin.

If using the roux sauce follow instructions from the lasagne method

Add the onion to the frying pan & cook for 2 mins. until it begins to soften, then stir in the tomatoes (**or roux sauce**) & chilli. Cook for a further 5 mins. until the sauce starts to thicken.

Add the tomato sauce to the roasting tin with the bacon. Mix in the cooked pasta & peas/sweetcorn.

Spread the grated cheese evenly over the top & then sprinkle the parmesan on top.

Allow to cool.

At home - bake in the oven for 20 minutes, until the cheese has melted & the top layer of pasta is golden & crusty.

Cottage Pie

Ingredients

1 large onion mince	2 medium carrots	500g beef
400g can tomatoes	2 beef stock cubes	400ml
beef stock		
750g potatoes	225g parsnips – optional	75g butter
55ml milk		

Method

Preheat the oven to 190C/375F/Gas 5.

Boil the potatoes and parsnips in water until soft. Drain and mash with the butter and milk.

Heat the oil in a large pan. Add the onion and carrot and cook over a medium heat for 5 minutes until soft.

Add the minced beef and cook for 3 minutes to brown.

Add the tomatoes, purée, beef stock, and thyme.

Cover and simmer. Season.

Spoon the meat into an ovenproof dish. Top with the mash and bake for 30 minutes until golden brown.

Beef Stroganoff

Ingredients:

25g butter	1 tablespoon of oil
1 onion, sliced	1 clove of garlic, crushed
350g rump steak, cut into thin strips	1 beef stock cube
75g button mushroom, sliced	1 teaspoon French
mustard	
75g natural yoghurt or sour cream	Salt & pepper

Method:

Prepare vegetables as per ingredient list.

Cut steak into thin strips

Heat the butter & oil in a large frying pan, add the onion & garlic. Fry until soft & lightly browned.

Add the strips of steak to the pan & brown on all sides. Add the mushrooms and cook for a further 5 minutes

Whilst the meat is browning, measure 200ml of boiling water into a measuring jug & crumble the stock cube into the water & stir well.

Add the stock & increase the heat to boil for 5 mins, until the liquid has reduced.

Add the mustard, yoghurt / cream, salt & pepper. Simmer for 10-15 mins.

Allow to cool slightly, before putting into container.

Mushroom Risotto

Ingredients

1 onion	1 stock cube
150g chestnut mushrooms	1-1.5 litres water, boiling
2 cloves garlic	15ml olive oil
250ml risotto rice	optional. - bacon

Method

Prep

- Peel and chop the onion
- Slice the mushrooms
- Peel and crush the garlic
- Dice meat
- Mix the stock cube with 1 full jug of boiling water

Add 1tbsp of oil to the pan

Fry the onion, garlic & mushrooms in the oil until soft

Add the mushrooms and fry for another 2 minutes

Stir in the rice

Add a little of the stock to the rice and keep stirring till the stock is absorbed

Continue adding the stock until the rice cooks – this will take 20-25 minutes. The rice should be soft

Garlic Bread

Ingredients

100g strong bread flour	¼ tsp. yeast	¼ tsp. sugar
¼ tsp. salt	50ml warm water	½ tbsp. oil

Method

1. Turn oven to 180c
2. Put flour, yeast, sugar, salt and oil into a bowl
3. Measure 50ml of warm water (37c) into a jug
4. Slowly add the water into flour bowl, use a butter knife to mix
5. Once a dough is formed, take the dough out of the bowl and knead on an oiled worktop for 10-15 minutes
6. Press the dough to the shape and size you want, place on your tray
7. Put the garlic and butter mix on top of the dough
8. Cook in the oven for 15-20 min or until golden brown

Pizza

Ingredients

200g strong plain flour	½ tsp. dried yeast	1/2 tsp. salt
100ml warm water	1/2 tsp. sugar	1 tbsp. oil
3 tbsp of tomato puree or bbq sauce		100g of cheese of choice
Toppings of choice maximum 4	75g of each	

Method

1. Turn oven to 180c
2. Put flour, yeast, sugar, salt and oil into a bowl
3. Measure 50ml of warm water (37c) into a jug
4. Slowly add the water into flour bowl, use a butter knife to mix
5. Once a dough is formed, take the dough out of the bowl and knead on an oiled worktop for 10-15 minutes
6. Press the dough to the shape and size you want, place on your tray
7. Put the pizza sauce on the base
8. Sprinkle on the cheese
9. Slice and dice the toppings and sprinkle onto the pizza
10. Cook in the oven for 15-20 min or until golden brown

Flavoured cakes

Ingredients

100g self raising flour	100g caster sugar	100g butter /
margarine		
1 tsp baking powder	2 medium eggs	

Flavouring ideas

Lemon - 1 large lemon

Orange - 1 large orange

Chocolate orange – 1 large orange, 50g cocoa powder

White chocolate and raspberry – 200g raspberry, 200g white chocolate

Marbled – 50g cocoa powder

Lime & coconut – 1 lime, 75g desiccated coconut

Mint chocolate – 1 200g bar or packet mint aero, 50g cocoa

Method

1. Set oven to 180c
2. Cream the sugar and butter together in a bowl until soft and creamy
3. Crack all 4 eggs together in a jug or bowl
4. Pour the eggs into the butter sugar mix a little at a time and mix
5. Sieve in the flour and baking powder and if using baking powder
6. Mix until completely combined
7. Add in additional ingredients

French onion soup

Ingredients

- 50g butter
- 1 tbsp olive oil
- 1kg onion
- 1 tsp sugar
- 4 garlic clove, thinly sliced
- 2 tbsp plain flour
- 1.3l hot strongly-flavoured beef stock
- 4-8 slices French bread (depending on size)
- 140g Gruyère

Method

Melt the butter with the oil in a large heavy-based pan. Add the onions and fry with the lid on for 10 mins until soft. Sprinkle in the sugar and cook for 20 mins more, stirring frequently, until caramelised. The onions should be really golden, full of flavour and soft when pinched between your fingers. Take care towards the end to ensure that they don't burn.

Add the garlic for the final few mins of the onions' cooking time, then sprinkle in the flour and stir well. Increase the heat and keep stirring as you gradually add the hot stock. Cover and simmer for 15-20 mins.

To serve, turn on the grill, and toast the bread. Ladle the soup into heatproof bowls. Put a slice or two of toast on top of the bowls of soup, and pile on the cheese. Grill until melted. Alternatively, you can complete the toasts under the grill, then serve them on top.

Pumpkin Pie

Fill a sweet shortcrust pastry tart case with lightly spiced squash to make a traditional American treat

Cooking time

Prep: 40 mins

Cook: 1 hr, 30 mins

Plus chilling

Servings

Serves 8

Ingredients

750g/1lb 10oz pumpkin or butternut squash, peeled, deseeded and cut into chunks

350g sweet shortcrust pastry

plain flour, for dusting

140g caster sugar

½ tsp salt

½ tsp fresh nutmeg, grated

1 tsp cinnamon

2 eggs, beaten

25g butter, melted

175ml milk

1 tbsp icing sugar

Method

Place the pumpkin in a large saucepan, cover with water and bring to the boil. Cover with a lid and simmer for 15 mins or until tender. Drain pumpkin; let cool.

Heat oven to 180C/160C fan/gas 4. Roll out the pastry on a lightly floured surface and use it to line a 22cm loose-bottomed tart tin. Chill for 15 mins. Line the pastry with baking parchment and baking beans, then bake for 15 mins. Remove the beans and paper, and cook for a further 10 mins until the base is pale golden and biscuity. Remove from the oven and allow to cool slightly.

Increase oven to 220C/200C fan/gas 7. Push the cooled pumpkin through a sieve into a large bowl. In a separate bowl, combine the sugar, salt, nutmeg and half the cinnamon. Mix in the beaten eggs, melted butter and milk, then add to the pumpkin purée and stir to combine. Pour into the tart shell and cook for 10 mins, then reduce the temperature to 180C/160C fan/gas 4. Continue to bake for 35-40 mins until the filling has just set.

Leave to cool, then remove the pie from the tin. Mix the remaining cinnamon with the icing sugar and dust over the pie. Serve chilled.

New England pecan pie

all-American Thanksgiving dessert recipe.

Cooking time

Prep: 20 mins

Cook: 1 hr, 15 mins

plus chilling

Servings

Serves 8 - 10

Ingredients

500g pack sweet shortcrust pastry
flour, for dusting
75g butter, softened
100g golden caster sugar
175g golden syrup
175g maple syrup
3 eggs, beaten
½ tsp vanilla extract
300g pecan halves
double cream, whipped, to serve

Method

1. Roll out the pastry on a lightly floured surface and use to line a 23cm tart tin – keep any leftover pastry in case you need to fill any cracks after blind-baking. Prick the base with a fork and chill for 30 mins or until firm.
2. Heat oven to 190C/170C fan/gas 5. Line the pastry case with baking parchment, fill with baking beans and bake for 15-20 mins until the sides are set. Remove the beans and parchment and return to the oven for 5-10 mins until the base is set and the pastry is golden. Leave to cool.
3. Increase oven to 200C/190C fan/gas 6.
4. Beat the butter and sugar together with an electric whisk until light and fluffy.
5. Keep the beaters going and pour in both of the syrups.
6. Gradually add the eggs, ¼ tsp salt and the vanilla, then whisk until combined.
7. Stir through the nuts and pour into the tart case. Bake for 10 mins.
8. Turn heat down to 160C/140C fan/gas 3 and continue baking for 30-35 mins – the pie should be golden brown but the filling should wobble a little in the centre when shaken.
9. Leave to cool in the tin. You'll probably need to run a knife down the side of the tin to release the pie. Serve with whipped cream.

Mississippi mud pie

This indulgent American-style dinner party dessert has layers of Oreo biscuits, brownie, chocolate custard and whipped cream

Cooking time

Prep: 1 hr

Cook: 30 mins

plus at least 3 hrs cooling

Servings

Serves 8 - 10

Add ingredients to:

2 x 154g Oreo biscuits, centres scraped out

100g butter, melted

For the brownie layer

100g butter

140g dark chocolate, chopped, plus extra for grating

2 medium eggs

140g dark soft brown sugar

25g plain flour

For the chocolate custard layer

500g pot ready-made vanilla custard

50g dark chocolate

½ tsp vanilla extract

3 gelatine sheets

For the topping

300ml double cream

Method

1. Heat oven to 180C/160C fan/gas 4. In a food processor, whizz the biscuits to a fine crumb. Pour in the melted butter and pulse briefly to mix well. Spoon into a 24cm pie dish and press into the base and up the sides. Bake in the oven for 10 mins to firm up.

2. To make the brownie layer, melt the butter and chocolate together in a bowl set over a pan of simmering water (making sure that the bottom doesn't touch the water), or in short bursts in the microwave.

3. In a separate bowl, whisk the eggs until pale, fluffy and doubled in size, then add the sugar and whisk until thickened. Fold in the chocolate mixture, then sieve in the flour and fold in.

4. Pour into the baked biscuit case and return to the oven for 15–20 mins until the brownie has a crust on top. Set aside and leave to cool (if the brownie has risen a lot, it should sink down slightly as it cools).

5. Once the brownie base is cooled, put the custard, chocolate and vanilla in a pan and cook over a medium heat, stirring, until the chocolate has melted into the custard. Remove from the heat.

6. Soak the gelatine in a little cold water and, once softened, remove from the water and squeeze to remove any excess. Stir into the warm custard mixture until dissolved. Let the custard cool slightly, then pour over the brownie layer. Put in the fridge for a few hrs, or overnight, until set.

Remove the mud pie from the fridge about 30 mins before serving so that it can come to room temperature for easy slicing. Just before serving, whip the cream to soft peaks and spoon it over the custard layer, then grate over some dark chocolate.

Key lime pie

Cooking time

Prep: 30 mins

Cook: 25 mins

Servings

Serves 8

Lime, cream and a buttery biscuit base

Ingredients

- 300g Hob Nobs
- 150g butter, melted
- 1 x 397g tin condensed milk (we used Nestlé)
- 3 medium egg yolks
- finely grated zest and juice of 4 limes
- 300ml double cream
- 1 tbsp icing sugar
- extra lime zest, to decorate

Method

1. Heat the oven to 160C/fan 140C/gas 3. Whizz the biscuits to crumbs in a food processor (or put in a strong plastic bag and bash with a rolling pin). Mix with the melted butter and press into the base and up the sides of a 22cm loose-based tart tin.

2. Bake in the oven for 10 minutes. Remove and cool.

3. Put the egg yolks in a large bowl and whisk for a minute with electric beaters. Add the condensed milk and whisk for 3 minutes then add the zest and juice and whisk again for 3 minutes. Pour the filling into the cooled base then put back in the oven for 15 minutes. Cool then chill for at least 3 hours or overnight if you like.

4. When you are ready to serve, carefully remove the pie from the tin and put on a serving plate. To decorate, softly whip together the cream and icing sugar. Dollop or pipe the cream onto the top of the pie and finish with extra lime zest.

Fresh pasta dough

Ingredients

40g/5oz plain flour or Italian '00' flour
2 medium eggs, 1 whole and 1 yolk

Method

Place the flour in a food processor and pulse it. Add the whole egg and egg yolk and keep whizzing until the mixture resembles fine breadcrumbs (it shouldn't be dusty, nor should it be a big, gooey ball). This takes 2-3 minutes.

Tip out the dough and knead to form into a ball shape. Knead it briskly for 1 minute, it should be quite stiff and hard to knead. Wrap in cling film and leave to rest in a cool place for 1 hour before using.

Now cut the dough into 2 pieces. For each piece, flatten with a rolling pin to about 5mm/¼ in) thickness. Fold over the dough and pass it through the pasta machine at its widest setting, refolding and rolling 7 times (not changing the setting) until you have a rectangular shape 7.5x18cm/3x7 in. It is important to work the dough until it is nice and shiny, as this gives it the "al dente" texture.

Repeat with the second piece of dough.

Now you are ready to roll out. Start with the pasta machine at its widest setting, pass the dough through the rollers. Do not fold but repeat this process, decreasing the roller setting down grade by grade with each pass.

Without a pasta machine, roll out as thin as you can, the dough should stretch approx. 5 times its original size.

Brownie fudge pie

Cooking time

Prep: 40 mins

Cook: 50 mins

Plus chilling

Servings

Serves 8

This gooey chocolate dessert is given a hint of spice with cinnamon in the pastry. It freezes well

Ingredients

175g plain flour
85g butter, chopped into pieces
2 tbsp icing sugar
1 tsp ground cinnamon
3 large eggs
300g light brown muscovado sugar
1 tsp vanilla extract
175g butter, melted
50g plain flour
50g cocoa, plus extra to serve
50g macadamia nuts, chopped
50g dark chocolate, chopped
ice cream to serve

Method

1. Tip the flour, butter, icing sugar and cinnamon into a food processor and pulse to make crumbs. Add 2 1/2-3 tbsp water and pulse until it comes together. Wrap in cling film and chill for 20 mins.
2. Heat oven to 180C/160C fan/gas 4. Roll out the pastry on a lightly floured surface and use to line a deep 23cm loose-based tart tin. Leave the excess pastry overhanging the edges of the tin. Line with baking parchment, fill with baking beans and chill for 15 mins.
3. Bake for 15 mins, remove the paper and beans, then bake 5 mins more until the pastry is crisp and pale golden.
4. Beat the eggs and sugar together to create a mousse-like texture. Stir in the vanilla and melted butter, then fold in the flour and cocoa. Scatter the nuts and chocolate over the pastry case and pour the filling on top.
5. Bake for 30 mins until firm with a slight wobble. Trim away the excess pastry and leave to cool.
6. If freezing, wrap in cling film and foil. To defrost, unwrap and thaw.

Choux Pastry

Ingredients for the choux pastry

200ml/7fl oz cold water

85g/3oz unsalted butter, plus extra for greasing

115g/4oz plain flour

4 tsp caster sugar

pinch salt

3 medium free-range eggs

For the cream filling

600ml/1 pint double cream

1 orange, zest only

For the chocolate sauce

100ml/3½fl oz water

80g/3oz caster sugar

200g/7oz good-quality dark chocolate,
broken into pieces

Method

Preheat the oven to 200C/400F/Gas 6. Place a small roasting tin in the bottom of the oven to heat.

For the choux pastry, place the water, sugar and butter into a large saucepan. Heat gently until the butter has melted.

Turn up the heat, then quickly pour in the flour and salt all in one go.

Remove from the heat and beat the mixture vigorously until a smooth paste is formed. Once the mixture comes away from the side of the pan, transfer to a large bowl and leave to cool for 10-15 minutes.

Beat in the eggs, a little at a time, until the mixture is smooth and glossy and has a soft dropping consistency - you may not need it all.

Lightly grease a large baking sheet. Using a piping bag and plain 1cm/½in nozzle, pipe the mixture into small balls in lines across the baking sheet. Gently rub the top of each ball with a wet finger - this helps to make a crisper top.

Place the baking sheet into the oven. Before closing the oven door, pour half a cup of water into the roasting tin at the bottom of the oven, then quickly shut the door. This helps to create more steam in the oven and make the pastry rise better. Bake for 25-30 minutes, or until golden-brown - if the profiteroles are too pale they will become soggy when cool.

Remove from the oven and turn the oven off. For profiteroles prick the base of each role with a skewer.

Place back onto the baking sheet with the hole in the base facing upwards and return to the oven for five minutes. The warm air from the oven helps to dry out the middle of the profiteroles.

For the filling, lightly whip the cream with the orange zest until soft peaks form. When the profiteroles are cold, use a piping bag to pipe the cream into the profiteroles.

For the chocolate sauce, place the water and sugar into a small saucepan and

bring to the boil to make a syrup. Reduce the heat to a simmer and place the chocolate into a heatproof bowl set over the pan. Heat, stirring occasionally, until melted. Take the pan off the heat, pour the syrup mixture into the chocolate and stir until smooth and well combined.

Apple pie

Cooking time

Prep: 30 mins

Cook: 20 mins - 30 mins

Servings

Serves 4

Ingredients

225g plain flour

140g butter or margarine

3 large cooking apples

2 tbsp honey

pinch of cinnamon

pinch of mixed spice

1 egg, beaten

crème fraîche, vanilla ice cream or natural yogurt, to serve

Method

1. Heat oven to 200C/180C fan/gas 6. To make the pastry, sift the flour into a large mixing bowl and add the butter or margarine. Using your fingers, mix together until the mixture resembles breadcrumbs.

2. Add about 3 tbsp cold water – 1 tbsp at a time – to bind the mixture into a ball. Then wrap it in cling film and leave to chill in the fridge while you prepare the apples, or for 30 mins if you have time.

4. While the pastry is chilling, core the apples, then cut into even-sized chunks so they all cook in the same amount of time. Put the apples into the pie dish, drizzle over the honey and add the cinnamon, mixed spice and about 2 tbsp water.

5. Roll out the pastry on a floured work surface until it is large enough to cover the pie dish. Using the rolling pin, carefully lift the pastry and lay it over the top of the apple mixture. Carefully trim off the excess pastry (this can be rerolled and cut into shapes to decorate the pie crust) and press the pastry edges onto the dish to create a seal.

6. Make a small cut in the pastry so that the air can escape during cooking, then brush with beaten egg to glaze.

7. Bake the pie in the oven for 20-30 mins until the pastry is golden and sandy in appearance and the apple filling is bubbling and hot.

'Panforte' pies traditional Italian dessert

Cooking time

Prep: 15 mins

Cook: 30 mins
plus chilling

Servings

Makes 12

Ingredients

140g mixed shelled and blanched nuts such as pistachios, hazelnuts, almonds and cashews

plain flour, for dusting

50g butter

50g dark brown muscovado sugar

3 tbsp dark maple syrup

50g good-quality chocolate (70% cocoa), chopped

1 egg, beaten

zest ½ orange

50g soft dried figs, chopped to a paste in a food processor

½ tsp cinnamon

To serve

150ml whipping cream

1 tbsp icing sugar, plus extra to dust

zest ½ orange

[Compare prices](#)

Method

1. Heat oven to 200C/180C fan/gas 6.
2. Toast the nuts on a small baking tray for 5-8 mins until golden.
3. Roll out the pastry on a lightly floured work surface and stamp 12 circles with a 7.5cm plain round cutter.
4. Use to line the wells of a 12-hole bun tin. Chill until step 8.
5. Turn the oven down to 180C/160C fan/gas 4.
6. Melt the butter, sugar, syrup and chocolate together in a small pan, then beat in the egg, orange zest, figs and cinnamon.
7. Stir in the toasted nuts.
8. Spoon the nutty mixture into the pastry cases and bake for 18-20 mins until the pastry is pale golden.
9. Cool for 10 mins in the tin, then remove to a rack until just warm.
10. Whip the cream with the sugar, then dust the pies with a little icing sugar and finish with a dollop of cream and a scattering of orange zest just before eating.

Good with strong coffee or mint tea.

Strawberry Jam

Ingredients

500g strawberries

500g granulated sugar or caster sugar

1/4 lemon, juice only

Small knob of butter

Method Day one

Hull and halve the strawberries. Check for soft spots (which must be removed) and discard any berries with bruises or that are overripe.

Place the strawberries into a large bowl with 250g of the sugar.

Turn carefully to mix and coat well, then cover with cling film and place into the fridge overnight.

Method Day two

Place a saucer into the freezer to chill - you'll need this when you come to test the setting point of the jam.

Sterilise the jam jars –

1. First wash the jars in soapy water and rinse in clean warm water.
2. Allow them to drip-dry, upside down, on a rack in the oven set to 140C/275F/Gas 1.
3. Leave them there for at least half an hour while you make the jam.

Pour the strawberries, their juice and any residual sugary juices into a **very large pan**, the mixture will rise as it boils.

Add the remaining 250g sugar and the lemon juice.

Stir over a gentle heat until the sugar has completely dissolved. Electric 2/3, low gas.

Bring the strawberries up to the boil then boil hard (no visible juices) until the jam reaches setting point.

1. Check the setting point every ten minutes, although it may take up to half an hour to reach setting point.
 - a. To test the setting point, remove the pan from the heat.
 - b. Take your saucer from the freezer and place a drop of jam onto the cold plate.
 - c. After a few seconds push the jam with your finger.
 - d. If the jam surface wrinkles then it has reached setting point and is ready.
 - e. If it slides about as a liquid, then it hasn't reached setting point and should be returned to the heat and boiled for a few more minutes before testing again.

When setting point has been reached, turn off the heat.

Stir in the butter and skim off any scum on the surface of the jam with a large spoon.

Let the jam cool and thicken in the pan for **ten minutes**, so that the strawberries don't all sink to the bottom in the jam jars.

Carefully remove the sterilised jars from the oven with oven gloves

1. Avoid touching the insides of the jars with the oven gloves, which might introduce unwelcome bacteria.

Stir the jam, then ladle it into the sterilised jars.

Cover the top surface of the jam in each jar with grease proof paper discs that have been cut to size - they should cover the entire surface of the jam. Press the wax disc down to create a complete seal.

Cover with a lid while still hot, label and store in a cool, dark cupboard for up to a year.

Mini summer fruit tarts



Ingredients

- sweet shortcrust pastry,
- 4 egg **yolks**
- 100g caster sugar
- 25g plain flour
- 1 vanilla pod
- 350ml milk
- 300g fruit
- 25g icing sugar
- 1 egg

Method

Preheat the oven to 200°C.

Roll out the pastry on a lightly floured surface into a 1cm thick

Line pie dish with pastry

Prick the bases with a fork and chill for 10 minutes.

Cut the vanilla pod down the middle

Place the vanilla pod and the milk in a sauce pan, place on the hob on a low temperature and allow to come to the boil slowly.

Remove pastry from the fridge, line with baking paper and top with baking beans.

Place in the oven and bake for 8-10 minutes, until the edges start to colour.

Whisk 4 egg yolks with the sugar until pale and thick

Sift in the flour into the egg mix and whisk well

Remove from the oven, remove the baking beans and baking paper.

Glaze with either egg (beaten with a little water to create an egg wash) or milk

Return to the oven for 4-5 minutes.

Pour the milk onto the egg yolk mixture whisking at the same time until fully mixed

Return the mixture to the saucepan, place back on the hob on heat setting 4 and gently whisk until it comes to the boil and thickens. Turn the hob down to 1 and cook for a further 2 minutes.

Remove the pastry from the oven and return to the fridge to cool.

Place your pastry cream in a piping bag, and place in the fridge to cool.

Prepare fruit

Once cooled, pipe into the base of the pastry case. Arrange the fruit. Dust with icing sugar.

Crispy potato wedges

Ingredients

Serves: 2

2 baking potatoes
About 2 tablespoons olive oil
Pinch of salt
Pinch of paprika
Pinch of dried mixed herbs
50ml olive oil

Method

Prep:5min › Cook:45min › Ready in:50min

Preheat the oven to 180 C / Gas mark 4.

Slice the potatoes into wedge shapes. Toss with 2 tablespoons olive oil, salt, paprika and mixed herbs; place on a baking tray.

3 Bake in the preheated oven until fork tender, about 45 minutes.

Mayonnaise

Ingredients

- 1/2 teaspoon dry mustard powder
- 1/4 teaspoon salt
- 2 eggs
- 2 tablespoons white vinegar
- 2 cups vegetable oil (200ml)

Method

1. In the container of a food processor or blender, combine the mustard powder, salt, eggs and vinegar.
2. Set the food processor on medium speed and gradually drizzle in the oil while it runs.
3. Transfer to a container with a lid and store in the refrigerator for up to two weeks

Egg Custard

Ingredients

1 block of sweet shortcrust pastry or home made

For the custard filling

700ml pint full-fat milk

7 egg yolks

90g caster sugar

freshly ground nutmeg

Method

Preheat the oven to 200C/400F/Gas 6.

Roll out the sweet pastry on a lightly floured work surface.

Using an 11cm/4½in fluted cutter, cut out twelve discs and line the muffin tray moulds with the pastry circle. The pastry should overlap the top of the moulds by a few millimetres, so that you can crimp the edges if you wish.

For the custard filling, warm the milk in a saucepan, and beat the egg yolks and sugar together in a separate bowl until pale and creamy.

Pour the milk onto the egg yolk mixture and stir well, creating little bubbles.

Transfer the custard mixture into a pouring jug with a lip, then fill each of the tart cases.

Sprinkle a small pinch of ground nutmeg into the middle of each tart.

Bake the tarts in the oven for about 25 minutes - you may need to turn the temperature down to 180C/350F/Gas 4 for the final 10 minutes.

You are looking for a very slight dome on the custard, indicating that it is baked. If the custard domes too much this indicates that you have over-cooked the custard, it will have boiled, and will sink back down leaving a big dip. If this does happen you can help rescue it by removing the tarts from the oven immediately and placing the tin in cold water on a cold surface.

Cool in the tin for 30 minutes and then carefully remove from the moulds. The base of the tarts should be perfectly baked through, without having over-cooked the custard filling

Cinnamon rolls

Ingredients

Serves: 12

15g dried active baking yeast	7 tablespoons caster sugar
1 tablespoon salt	450ml warm water
800g plain flour, divided	2 eggs
5 tablespoons vegetable oil	8 tablespoons caster sugar
1 dessertspoon ground cinnamon	

Method

Prep: 1hr30min › Cook: 30min › Ready in: 2hr

1. In a large mixing bowl, dissolve yeast and 7 tablespoons sugar in warm water.
2. Stir in salt and half of the flour.
3. Beat mixture for 2 minutes.
4. Beat in eggs and oil.
5. Stir in the remaining flour, a little at a time, beating well after each addition.
6. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 5 minutes.
7. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil.
8. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 40 minutes.
9. In a small bowl, stir together remaining sugar and 1 dessertspoon cinnamon; set aside.
10. Roll the dough into a rectangle
11. Spread cinnamon sugar mixture over the rectangle.
12. Roll the rectangle up into pinwheel, evenly slice.
13. Place the pinwheels in a lightly greased 23x33 cm (9x13 in) baking tin.
14. Cover the rolls with a damp cloth and let rise until doubled in volume, about 40 minutes.
15. Meanwhile, preheat oven to 180 C / Gas mark 4.
16. Bake in preheated oven for 30 minutes, until golden.

Chocolate tarts

250g dark chocolate, roughly chopped
250ml double cream
75g stem ginger, finely chopped

Method

Preheat the oven to 200C/400F/Gas 6.

Dust the work surface with flour and roll the dough out thinly. Use it to line one large 25cm/10in tart ring or 6 individual tartlet rings 10cm/4in in diameter. Trim away any excess.

Line the tart case with baking parchment, fill with baking beans and bake in the oven for 12-15 minutes. Remove the baking beans and paper and cook for a further 10 minutes or until the base of the tart is golden-brown and cooked through. Remove the tart from the oven and set aside to cool.

Meanwhile, heat the chocolate and cream in a saucepan set over a medium heat, stirring continuously until the chocolate melts and mixture is smooth and thick.

Sprinkle the finely chopped stem ginger over the base of the tart, reserving a little to garnish.

Pour the chocolate mixture into the tart shell and chill in the fridge for 45 minutes, or until set. Sprinkle over the remaining stem ginger.

Tiramisu

Ingredients

For the sponge fingers

150g self raising flour
50g butter
150g caster sugar
3 eggs
cocoa

For the filling

568ml pot double cream
250g mascarpone
5 tbsp golden caster sugar
2 tbsp strong coffee or 2 tsbp

25g dark chocolate
2 tsp cocoa powder

Method

1. Pre-heat the oven to 180C/350F/Gas 4.
2. Line an oven tray
3. Cream sugar and butter together in a bowl until pale
4. Beat the eggs in a jug
5. Mix in the eggs a little at a time
6. Sieve in the flour
7. Mix until all the ingredients have combined
8. Pour into a 3cm deep oven tray
9. Cut up sponge into 2 cm wide fingers
10. Boil the kettle
11. Mix 2 tbsp of coffee or cocoa with 300ml of boiling water
12. Put the cream, mascarpone, and sugar in a large bowl. Whisk until the cream and mascarpone have completely combined and have the consistency of thickly whipped cream.
13. Put the coffee / cocoa into a shallow dish and dip in a few sponge fingers at a time, turning for a few seconds until they are nicely soaked, but not soggy.
14. Layer these into your dish covering the base
15. Spread over half of the creamy mixture.
16. Using the coarse side of the grater, grate over most of the chocolate.
17. Repeat steps 12 to 16 finishing with the creamy layer.
18. Dust with cocoa powder and grate over the remainder of the chocolate.
19. Cover and chill for a few hrs or overnight.

Mini Lemon Meringue Pies

Food Science Revision

Ingredients

For the Pate Sucre

- 200g plain flour
- 100g butter
- 25g caster sugar
- 1 large egg, beaten

For the lemon filling

- 2 lemons, zest and juice (or lemon/ lime/ orange)
- 20g cornflour
- 100ml water
- 100g caster sugar
- 2 egg yolks

For the meringue topping

- 2 free-range egg whites
- 100g caster sugar
- 1 tsp cornflour (optional- gives the meringues a chewier texture)

Method – Day one

20. Pre-heat the oven to 180C/350F/Gas 4.

21. First make the pastry. Rub the flour and butter together until the mixture resembles fine breadcrumbs.

22. Add the sugar and egg and combine, gently kneading into a ball. If the mixture is dry, add water a teaspoon at a time. Wrap in cling film and rest in the fridge for 10-15 minutes.

23. Weigh/ measure out for your sauce, including zesting and juicing the lemon, Cover, label and store in the fridge until tomorrow.

24. Roll out the pastry to £1 coin thickness. Use a large pastry cutter, and cut rounds to line a muffin tin. Bake for 10 minutes, or until the pastry starts to brown.

25. Separate your eggs

26. For the filling, (in a small pan) mix the lemon zest and juice with the cornflour and stir to form a smooth paste. Add the water and sugar and stir over a medium heat until the mixture has thickened, then remove from the heat. Allow to cool for a few minutes.



27. Stir in the egg yolks, and set aside.
28. Spoon the lemon curd into the part baked pastry cases.
29. For the meringue, first rinse out a glass bowl with a little boiling water- this removes any traces of fat, which could stop your meringue from working.
30. Whisk the egg whites until soft peaks form when the whisk is removed. Add the caster sugar a quarter at a time, whisking until the meringue is stiff and glossy. Add the cornflour and whisk again.
31. Spoon on top of the filled pastry case and spread the meringue to completely cover the lemon filling. Then create a swirl on the top of the meringue.
32. Bake in the oven for about 15 minutes until the filling is completely set and the meringue is lightly golden and crisp

Mini Bakewells

Ingredients

150g of plain white or wholemeal flour
75g margarine
40g margarine & 30g white fat

For the topping
50g self raising flour / wholemeal flour
50g margarine
40g caster sugar
2tbsp jam

Method

1. Pre heat the oven to 180c / gas 4
 2. Rub in the fat to the flour being careful not to over rub / over handle the fat
 3. Add in teaspoons of cold water.
- *Tip 1 tsp to every 50g of flour plus one if your pastry has not come together add additional teaspoons of water a little at a time
4. Bring your pastry together to form a dough
 5. Leave the pastry to rest
 6. Using the all in one method make the fairy cake topping
 7. Sprinkle the surface with flour, place the dough on to and roll out to the thickness of a pound coin. Cut the pastry using a pastry cutter; place the cut out shapes into a bun tin.
 8. Spoon a little jam into the base of each one of the pastry cups.
 9. Spoon the fairy cake topping on top of the jam.
 10. Cook in the oven for 15 – 20 minutes
 12. Leave to rest in the bun tin for 5 minutes
 13. Using a pallet knife remove from the bun tin, placing on a wire rack to cool

Victoria Sandwich cake

Ingredients

225g/8oz butter or margarine, softened

225g/8oz caster sugar

4 eggs

225g/8oz self-raising flour

2 tsp baking powder

For the filling and topping

4 tbsp strawberry or raspberry jam

little caster sugar

Tins 2 loose bottomed 20cm/8in sandwich tins, 4 cm deep

Method

1. Lightly grease the tins and line the bases with non-stick baking parchment. Pre-heat the oven to 180C/350F/Gas 4.
2. Measure the butter or margarine, sugar, eggs, flour, and baking powder into a large bowl and beat for about two minutes, until just blended; an electric mixer is best for this, but of course you can also beat by hand with a wooden spoon.
3. Divide the mixture evenly between the prepared tins and level the surface with the back of a spoon or a plastic spatula.
4. Bake for about 25 minutes, until well risen and golden. The tops of the cakes should spring back when pressed lightly with a finger.
5. Leave the cakes to cool in the tins for a few minutes, then run a small palette knife or blunt knife around the edge of the tins to free the sides of the cakes. Turn the cakes out on to a wire rack, peel off the paper and leave to cool completely.
6. Choose the cake with the best top, then put the other cake top downwards on to a serving plate. Spread with the jam, put the other cake on top (top upwards) and sprinkle with caster sugar to serve.