



Home Economics Department
Langholm Academy
2014-15

Bon
Appétit...

RECIPES

Langholm Academy



S1 Recipes

Starters

Lentil Soup
Fruit Salad

Main Dish

Salad
French Bread Pizza
Burgers

Dessert

Trifle
Mini Christmas Puddings
Apple Crumble

Baking

Rock Buns
Scones
Chocolate Brownies

Coleslaw
Smoothies



S2 Recipes

Starters

Leek & Potato Soup

Main Dish

Chicken Fajitas
Chicken Stir Fry
Vegetable Curry
Paella
Macaroni Cheese
Tagliatelle Treat
Spaghetti Bolognese
Mayla Style Chicken
Pasta Creole
Beef Stir Fry
Pepperoni Pasta
Meatballs & Spaghetti
Bacon, Cheese & Onion
Quiche
Sweet & Sour Chicken

Dessert

Angel Wing Cakes
Bread & Butter Pudding
Lemon Cheesecake
Sticky Toffee Pudding
White Chocolate
Cheesecake

Baking

Muesli Flapjacks
Chewy Raisin Round
Shortbread
Muffins

S3 Recipes

Starters

Courgette/Carrot Soup
with croutons
Tomato & Basil Soup
Garlic Bread
Lentil Soup
Cream of Sweetcorn
Soup

Main Dish

Stir Fry
Chilli Con Carne
Tuna Pasta Bake
Tagliatelle Bolognese
Mini Quiches
Spaghetti Bolognese
Vegetable Curry
Chicken Korma
Yeast Based Pizza
Curried Ham Risotto

Dessert

Jam/Syrup Sponge
Chocolate Pear & Choc
Fruit cobbler
Whisked Sponge
Lemon Drizzle Cake
Poached Pears with
chocolate sauce

Baking

Yule Log
Blueberry Buns
Jam Tarts

Fruit Smoothies

Raspberry & Orange

2 oranges
75g raspberries
½ banana



1 x 5ml honey

Strawberry & Pineapple

100g strawberries
½ banana
150ml pineapple juice



Banana & Vanilla

1 banana
1 x 5ml runny honey
1 x 2.5ml vanilla essence
4 x 15ml of yoghurt
150ml milk



Orange & Banana

1 large banana
2 oranges
1 x 5ml honey



Measure ingredients, blend and serve. Drink immediately.





Sundries

Coleslaw

Ingredients

75g cabbage
 ½ carrot
 2 x 15ml onion
 2 x 15ml salad cream

Method

1. Chop the onion.
2. Wash and shred cabbage. Place in bowl
3. Wash and peel carrot. Grate and place into bowl.
4. Collect and measure onion into bowl.
5. Measure salad cream and place in bowl.
6. Mix ingredients
7. Place in container.



Starters

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Sundries

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Angel Wing Cakes

Ingredients

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

Decoration

Butter Icing
Icing Sugar—dust

Oven Temperature – 190°C or Gas Mark 5

Method

1. Heat oven.
2. Cream margarine and sugar until light and fluffy.
3. Beat egg and add gradually, beating well between each addition.
4. Fold in the flour carefully.
5. Place mixture in paper cases and bake until well risen and firm to touch. Approx. 15 minutes. (See page 50 for butter icing)
6. Cut out centre of sponges once cooled.
7. Divide butter icing between sponge cakes.
8. Place on wings and dust with icing sugar.



Chewy Raisin Rounds

Ingredients

6 x 15ml spoon soft brown sugar
1 x 1.25ml spoon ground cinnamon
2 x 15ml spoon raisins
6 x 15ml self raising flour
40g margarine
1 x 2.5ml spoon vanilla essence
½ beaten egg

Oven temperature : 180°C / 170°C fan assisted / Gas Mark 4
Preparation time : 10 minutes
Cooking time : 20 minutes

Method

1. Set oven.
2. Line base of sandwich tin with greaseproof paper.
3. Melt margarine in a pan. Remove from the heat.
4. Add all remaining ingredients except the egg.
5. Gradually add egg and mix well using a wooden spoon, add vanilla essence.
6. Spoon mixture into your sandwich tin and level the surface with the back of your wooden spoon.
7. Bake for 20 minutes or until golden brown. Allow to cool slightly and cut into 6 – 8 portions.

Starters



Lentil Soup

Ingredients

- ½ carrot
- ½ onion
- 50g lentils
- ½ ham stock cube
- 10ml oil
- 300 ml water
- 1 small potato (optional)



Method

1. Peel and chop onion into small pieces.
2. Peel and dice the carrot into small cubes.
3. Heat the oil gently in the pan and add the onions and carrot. Cook for 2 minutes.
4. Add the lentils, ham stock cube and water.
5. Bring to the boil and simmer for 30-40 minutes.
6. Carefully blend. Season to taste.

Cream of Sweetcorn Soup

Ingredients

- 1 chicken stock cube (make 150ml stock)
- 1 onion
- 1 large potato
- 25g margarine
- 1 small tin sweetcorn
- 250 mls milk

Preparation

1. Boil kettle.
2. Use 1 chicken stock cube and boiling water to make 150ml stock.
3. Finely chop 1 onion.
4. Wash, drain, peel and dice 1 large potato.
5. Open 1 small tin sweetcorn.
6. Measure 250ml milk.

Method

1. Melt margarine in the large pan over a medium heat.
2. Add the potato and onion to the pan and cook until soft.
3. Stir the sweetcorn, salt, pepper, milk and stock into the pan.
4. Turn up the heat until the soup is boiling.
5. Turn the heat low and simmer the soup for 15 minutes. Do not put the lid on the pan.
6. Take the pan off the heat and blend with a hand blender. Season to taste.

Shortcrust Pastry & Jam Tarts

Ingredients

- 100g Plain Flour
- 50g Margarine
- 4 x 5ml cold water
- Pinch of salt

Method

1. Sieve flour into a large bowl and add a pinch of salt.
2. Add margarine to the bowl and chop it up with the plain knife.
3. Rub the margarine into the flour until it looks like breadcrumbs.
4. Sprinkle 4 x 5 ml spoons cold water on top and mix it in with a plain knife.

You can make several different products once you know how to make shortcrust pastry.

Jam Tarts

Method

1. Make the pastry as above.
2. Heat oven 200°C or Gas Mark 6.
3. Roll out the pastry and use the largest cutter to cut 9 circles. You will get 6 circles from the first roll out then another 3 from the second.
4. Put the circles in the bun tins and put a teaspoon of jam in each one. Do not overfill.
5. Roll out the scraps of pastry and use small cutters to cut shapes for the top of each tart.
6. Bake the tarts for about 10 minutes until pale golden brown.



Christmas Yule Log

Ingredients

75g self raising flour
75g caster sugar
3 eggs
3 x 15ml jam

Butter Icing

150g icing sugar
75g soft margarine



Method

1. Heat oven 200 or Gas Mark 7.
2. Grease and line a swiss roll tin.
3. Sieve flour on to a plate.
4. Remove 1 level tablespoon SR flour and replace with 1 level tablespoon cocoa powder.
5. Break 3 eggs one at a time into the small bowl and then add to the sugar.
6. Using the electric whisk beat the eggs and sugar until really thick and creamy. The mixture should leave a trail.
7. Carefully fold in the flour
8. Pour the mixture into the tin and cook for 8-10 mins.
9. Put jam in a small glass bowl and beat it with a spoon until it is soft and spreadable.
10. Spread a clean sheet of greaseproof paper on the table and sprinkle it with caster sugar.
11. Turn the swiss roll on to the clean greaseproof paper and carefully peel off the paper.
12. Spread the jam over the cake and roll it up using the paper to help.
13. Lift the Swiss roll on to a cooling tray and sprinkle with fresh caster sugar.
14. Decorate using the butter icing, once cool.

Butter Icing

1. Sieve icing sugar into a large bowl.
2. Add margarine.
3. Sieve 1 heaped tablespoon cocoa powder.
4. Mix all the ingredients well together using a white spoon.
1 tablespoon of water may be added.

Carrot and Courgette Soup

Ingredients

50g margarine
1 carrot (diced)
1 courgette (chopped)
1 onion (fine dice)
25g plain flour
400ml water
chicken stock cube
seasoning
pinch of nutmeg
300ml milk

Method

1. Prepare vegetables.
2. Melt margarine in pot, add all vegetables cook on a low heat for 5 minutes.
3. Take off heat and add flour.
4. Gradually add water and stock mixture with salt and pepper, whilst back on to heat.
5. Bring soup to the boil then simmer for approx. 20 minutes.
6. Remove from heat and add milk. Blend well.
7. Season to taste.



Tomato and Basil Soup

Ingredients

1 onion	15mls cornflour mix
5 mls dried basil	1 ham stock cube
10mls tomato puree	500mls water
5mls soft brown sugar	½ tin chopped tomatoes
2.5mls balsamic vinegar	pinch of salt & pepper

Method

1. Peel and chop 1 onion. Put in a large pan.
2. Add all other ingredients.
3. Bring the soup to the boil, stirring all the time.
4. Simmer with the lid on for 15 minutes.
5. Blend the soup carefully.
6. Season to taste.



Leek and Potato Soup

Ingredients

½ leek
¼ onion
1 potato
10ml oil
½ chicken stock cube
350ml water
50ml milk

Method

1. Wash and peel potato, cut into a dice.
2. Cut leek into slices, place into a sieve and wash thoroughly.
3. Peel and chop onion.
4. Heat oil in a saucepan, add the vegetables and sauté for 2 – 3 minutes.
5. Add the water and the stock cube and bring to the boil.
6. Simmer for 30 minutes, add milk and liquidise if desired.
7. Season to taste.

Blueberry Buns

Ingredients

50g self raising Flour
2.5ml baking powder
50g soft margarine
50g caster sugar
1 egg
15ml blueberries

Method

1. Set oven to 180°C / Gas Mark 6
2. Place 6 paper cases in bun trays.
3. Sieve flour, sugar and baking powder into a large mixing bowl.
4. Add eggs and margarine to bowl.
5. Using a wooden spoon, beat all the ingredients until smooth.
6. Gently stir in the blueberries.
7. Using a metal spoon to place the mixture in paper cases.
8. Place buns in the oven and cook until golden brown for 15 minutes.
9. Remove buns from the oven and place on a cooling tray to cool.



Basic Muffins Recipe

Ingredients

175g self raising flour
100g sugar
50g margarine
1 egg
150ml milk

Oven Temp : 190°C Gas Mark 6

Method

1. Set oven and collect ingredients.
2. Place 12 paper cases in a bun tin.
3. Sieve flour into large bowl.
4. Rub fat into flour until mixture resembles fine breadcrumbs.
5. Stir in sugar.
6. Beat egg, add to measured milk.
7. Stir into flour mixture. Do not over-mix. The mixture should look like a lumpy batter.
8. Pour mixture into measuring jug and gently pour into paper cases.
9. Bake for about 20 minutes until well risen.

Variations

Fruit and Spice

1 x 5ml spoon mixed spice
25g dried fruit
1 cooking apple grated

Chocolate and Nut

3 x 15ml spoons cocoa powder
1 x 15ml mixed nuts

Fruit and Spice

1 x 5ml spoon mixed spice
25g dried fruit
½ small cooking apple

Cheese and Onion

25g grated cheese
½ onion finely chopped
1 x 5ml dried chives

Ham and Cheese

25g ham finely chopped
25g grated cheese

Ham Cheese and Pineapple

25g ham finely chopped
1 pineapple ring chopped
25g grated cheese

Fruit Salad

Ingredients

125ml orange juice
1 x 5ml spoon lemon juice
½ pineapple ring
½ kiwi fruit
4 black grapes
4 green grapes
½ apple
½ banana

Method

1. Collect the orange and lemon juice and pour into bowl.
2. Cut up pineapple into small chunks and add to fruit juice.
3. Peel and thinly slice the kiwi, add to bowl.
4. Wash the grapes, half and remove any seeds, add to bowl.
5. Wash, quarter, core and slice the apple. Add to the bowl.
6. Peel and slice the banana, add to fruit in bowl.
7. Mix well to coat ingredients with juices.

Garlic Bread

Ingredients

¼ french stick/loaf
1 clove garlic
4 sprigs parsley
50g softened butter
salt & pepper



Method

1. Heat oven 190°C or Gas Mark 6.
2. Slice ¼ French stick/loaf into pieces about 2cm wide – don't cut all the way through.
3. Crush garlic.
4. Finely chop the parsley to make 15ml chopped parsley.
5. Put softened butter in a small glass bowl and beat with a white spoon.
6. Beat in the garlic, parsley, salt and pepper.
7. Using a round bladed knife spread the garlic/parsley butter on both sides of each slice of bread and stick it together.
8. Wrap in tin foil, seal tightly and bake for 10-15 minutes.
9. If you want a crispier finish open the foil carefully after 10 minutes.

Main Dishes



Oven Scones

Ingredients

200g self raising flour
50g margarine
50g sugar
100ml milk



Oven Temp: Electric 190°C or Gas Mark 7

Method

1. Heat Oven.
2. Lightly flour baking tray.
3. Sieve flour into a large mixing bowl.
4. Rub margarine into flour until mixture looks like breadcrumbs.
5. Stir in sugar. Omit if making savoury scones.
6. Add additional ingredients.
7. Stir in milk with table knife until a soft elastic dough.
8. Knead lightly on a floured work surface.
9. Shape into a round 2cm thick. Cut into 6 triangles or cut out using scone cutters.
10. Place on baking tray, bake for 10 – 15 minutes until golden brown.
11. Leave on a wire tray to cool.

Variations

Cheese – add 25g grated cheese

Fruit – add 25g dried fruit e.g. Sultanas, currants, dates, apricots

Muesli Flapjacks

Ingredients

50g margarine
50g sugar
1 x 15ml syrup
100g muesli

Oven – 190°C / Gas 8

Method

1. Melt margarine, syrup and sugar gradually over a medium heat in a saucepan.
2. Add muesli and press into a round foil tin.
3. Bake for 15-20 minutes, until golden.
4. Cool slightly, mark in 6 triangles.

Chocolate Brownies

Ingredients

50g margarine
25g plain chocolate
85g dark soft brown sugar
1 medium egg, beaten
1.25ml vanilla essence
50g self raising flour
pinch of salt



Method

1. Heat oven to 180°C, 350°F, Gas Mark 4. Grease a tin 28 x 18 cm (11 x 7 inch).
2. Melt the margarine and chocolate over hot water. Remove from heat and cool.
3. Stir in sugar and add eggs, mixed with vanilla essence.
4. Mix in flour and salt.
5. Pour the mixture into the tin and bake for about 25-30 minutes until top is crispy and the inside soft.
6. Leave in the tin until cold before cutting into squares.

Rock Buns

Ingredients

250g self raising flour
100g margarine
pinch of salt
75g sugar
75g mixed fruit
1 egg
milk (if needed)



Method

1. Put on oven at 220 c/ Gas mark 7.
2. Sieve flour and salt. Rub in margarine.
3. Add sugar and mixed fruit. Mix well.
4. Beat egg and then gradually add to mixture forming a stiff consistency, add milk if needed.
5. Grease tray and put mixture in rough heaps on tray.
6. Bake for about 15 minutes.

Beefburgers

Ingredients

75g minced beef
20g breadcrumbs
1 x 15ml beaten egg
¼ onion
salt and pepper



Additional ingredients could be added i.e. finely chopped peppers, grated courgette or carrot, a pinch of chilli or curry powder and/or herbs

Method

1. Grate onion.
2. Mix all the burger ingredients together.
3. Shape into a burger shape with a palette knife or burger press.
4. Cook under a medium grill until the centre is no longer pink.
5. Serve on a sesame roll or with a salad and chips.

French Bread Pizza

Ingredients

french bread
15g cheese
¼ onion
2 x 15ml passata
pinch mixed herbs

Method

1. Switch on oven. Gas No 6, 200°C.
2. Chop onion finely.
3. Add onion to passata, add mixed herbs and mix.
4. Grate cheese.
5. Spread tomato mixture over bread, top with cheese.
6. Place onto baking tray.
7. Using oven gloves put into oven.
8. Bake for 10-15 minutes.

Chicken Fajitas

Ingredients

½ chicken breast
½ onion
¼ red pepper
2 mushrooms
2.5ml chilli powder
25g cheese
1 flour tortilla
10ml oil



Method

1. Cut the chicken into strips.
2. Cut the onion, red pepper and mushrooms into thin slices.
3. Heat the oil in a frying pan and add the chilli powder and chicken, cook for 3 minutes.
4. Add the onion, red pepper and mushrooms to the pan and cook for another 5 minutes.
5. Grate the cheese and add to the pan.
6. Heat the flour tortilla in the microwave for 10 seconds.
7. Serve the chicken mixture wrapped up in the flour tortilla.

Pepperoni Pasta

Ingredients

75g pasta shells	½ stick pepperoni
¼ onion	¼ passata
2 mushrooms	15ml single cream
¼ pepper	10ml oil
2.5ml chilli powder	2.5ml salt

Method

1. Half fill a medium pan with cold water, add salt and bring to the boil.
2. Cook pasta for 12 – 15 minutes or until al dente.
3. Chop onion, slice mushrooms and peppers.
4. Heat oil in a frying pan and add the onion, mushrooms and peppers.
5. Cook for 5 minutes, stirring occasionally.
6. Add the chilli powder to vegetables and stir.
7. Add the passata and sliced pepperoni.
8. Add cream to sauce.
9. Drain the pasta and pour the sauce on top of pasta.

Whisked Sponge

Ingredients

50g self raising flour
50g caster sugar
2 eggs
2 x 15ml of jam
4 x 15ml dream topping or double cream

Method

1. Set oven to 200°C or Gas Mark 6
2. Grease 2 sandwich tins and line with greaseproof paper
3. Sieve flour onto plate.
4. Place sugar and eggs into a large bowl and whisk with an electric mixer until pale and fluffy and you are able to leave a trail of the mix on top of the mixture.
5. Fold in the flour with a metal spoon, stop folding as soon as all the flour is smoothly mixed into the foam.
6. Pour the mixture into prepared tins and bake for approximately 8 minutes until pale golden and firm to touch.
7. Remove from cake tins and place onto a cooling tray.
8. When cool spread one cake with jam and dream topping or cream then place the 2nd cake on top and decorate appropriately.

Lemon Drizzle Cake

Ingredients

Cake

150g self raising flour
150g caster sugar
150g margarine
1 lemon
3 eggs

Topping

100g caster sugar
lemon juice

Cake Method

1. Set oven to 180°C or Gas Mark 4.
2. Grease the Swiss roll tin.
3. Sieve flour into the large bowl.
4. Add sugar and margarine to the flour.
5. Grate the rind from lemon and add it to the flour mixture.
6. Crack 3 eggs into the small bowl and whisk them with a fork.
7. Add the eggs to the flour.
8. Beat the mixture with a wooden spoon for 2 minutes.
9. Spread the mixture in the swiss roll tin and bake for 20-25 minutes until nicely brown and coming away from the sides of the tin slightly.

Topping Method

1. Put caster sugar into a small bowl.
2. Cut the lemon in half and squeeze the juice.
3. Add the juice to the sugar and mix with a spoon.
4. Pour the mixture over the cake.
5. When the cake is cool cut it into squares.



Malay Style Chicken

Ingredients

½ chicken breast
1 small onion
¼ green pepper
¼ clove garlic
25g creamed coconut
125ml stock
75g tinned pineapple
2.5ml cumin
2.5ml coriander
2.5ml turmeric
50g long grain rice



Method

1. Peel and slice onion, wash, de-seed and chop pepper, crush garlic.
2. Heat oil in a wok or frying pan.
3. Fry spices for 30 seconds.
4. Add onion, pepper, garlic and chicken and fry for 2-3 minutes.
5. Add remaining ingredients and bring to the boil.
6. Simmer uncovered for 20-30 minutes.
7. Wash rice, cook in boiling salted water for 10-12 minutes until soft.
8. Drain rice and place on serving dish.
9. Carefully lay chicken on top of rice and spoon sauce over chicken.
10. Garnish with parsley.

Macaroni Cheese

Ingredients

50g macaroni
1 x 5ml salt
1 x 5ml oil
25gm plain flour
50g grated cheese
25g margarine
250mls milk (low fat)
salt and pepper



Method

1. Half fill large pan with water, add salt and oil. Bring to the boil.
2. Add macaroni to the water and boil until soft – al dente.
3. Grate cheese and divide into 2/3 and 1/3.
4. Place margarine, milk and flour into a small pan and heat very slowly stirring all the time with a fork until margarine has melted. Turn up heat, using a wooden spoon stir ALL the time until the sauce has come to the boil. Cook for one minute.
5. Remove from the heat and add 2/3 of the grated cheese, stir until melted.
6. Drain the macaroni, add to the cheese sauce and mix well.
7. Pour into serving dish, sprinkle over the remaining cheese and brown under the grill.
8. Garnish with toast triangles and chopped parsley.

Baking



Poached Pears with Chocolate Sauce

Ingredients

- 2 pears
- 1 teaspoon of syrup
- 1 stick of cinnamon
- 150ml water
- 150g chocolate
- 12.5g margarine
- 3 x 15ml of milk
- 3 x 15ml of syrup
- 1 x 5ml of coffee essence

Method

1. Peel and core pears.
2. Put syrup, cinnamon and water in a saucepan on a low heat until the syrup has melted.
3. Add the pear and poach gently until they are transparent but firm
4. Remove from the heat and allow them to cool in the syrup.
5. To make the sauce place cooking chocolate – broken up, margarine, milk, syrup and coffee essence into a small pyrex bowl and microwave for 1 minute – beat well once out of microwave.
6. Remove the pears from the syrup and prepare into a pear fan in your serving dish
7. Pour the sauce over the pears.



Chicken Stir Fry

Ingredients

- ¼ chicken breast
- ¼ onion
- ¼ red pepper
- ¼ carrot
- ¼ courgette
- 15ml cooking oil
- 5ml soy sauce
- 75g egg noodles

Method

1. Wash chicken and cut into pieces. Wash hands. Fry gently in oil until brown. Remove from pan.
2. Peel and slice onion.
3. Slice red pepper.
4. Peel and slice carrot.
5. Slice courgette.
6. Heat oil in frying pan and stir fry vegetables.
7. Cook noodles for 3 minutes in boiling, salted water.
8. Add soy sauce to vegetables.
9. Drain noodles and mix vegetables and chicken.
10. Serve.



Beef / Vegetable Stir Fry

Ingredients

50g beef or quorn	<u>Vegetable Ingredients</u>
60g dried medium egg noodles	¼ red pepper
1 finely sliced garlic clove	(deseeded & finely sliced)
1 thumb sized piece of ginger	30g peas
(peeled and finely sliced)	4 baby corn
¼ chilli finely sliced	(quartered lengthways)
30g beansprouts	1 spring onion
Good splash of soy sauce	(trimmed & finely sliced)
2 tsp sesame oil	
Juice of ¼ lime	
Bunch of fresh coriander, leaves picked and roughly chopped	

Method

1. Cut beef or quorn into bite sized pieces.
2. Cook the egg noodles in boiling water until just tender. Drain, place in a bowl and set aside.
3. Heat a wok until very hot. Add a little oil then stir fry the beef or quorn, garlic and ginger until just cooked.
4. Add the beansprouts, a splash of soy sauce and the sesame oil. Add a squeeze of lime for the last 30 seconds of cooking.
5. Put the contents of the wok into a large bowl.
6. Add a little more oil to the wok and stir fry all the vegetables for 1 to 2 minutes.
7. Add the cooked noodles to the pan and toss well over the heat.
8. Place the fried vegetables and noodles into a container.
9. Return the beef and beansprouts to the wok and heat through. Add the coriander.
10. Arrange on top of the noodles.

Vegetable Method

1. Cook the egg noodles in boiling water until just tender. Drain, place in a bowl and set aside.
2. Heat wok with a little oil.
3. Add beansprouts and fry quickly. Squeeze in the lime and empty wok into a bowl.
4. Add vegetables to wok and fry for 1 / 2 minutes. Add noodles and stir.

Chocolate and Pear Upsidedown

Ingredients

50g margarine
50g self raising flour
1 egg
1 x 15ml syrup
small tin pear halves
1 x 15ml cocoa

Preparation

1. Heat oven 180°C or Gas Mark 5.
2. Grease a sandwich tin and put a circle of greaseproof in the bottom.
3. Spread syrup in the base of the tin.
4. Open a small tin pear halves and drain the juice into a jug.
5. Cut each pear half in slices and arrange them a spiral on top of the syrup.
6. Measure flour and sieve it on to a plate.
7. Measure cocoa and sieve it on top of the flour.
8. Measure soft margarine and put it in the large bowl with caster sugar.
9. Break egg into a small bowl and whisk with a fork.

Method

1. Cream the margarine and sugar until soft and creamy
2. Gradually add the egg and flour alternately to the creamed mixture.
3. Carefully spoon the cake mixture on top of the pears and spread it with the back of a teaspoon.
4. Sit the sandwich tin on a baking tray and cook until well risen and springy to touch.
5. Carefully run a plain knife round the edge of the tin and turn the pudding on to a plate.

Jam / Syrup Sponge

Ingredients

50g self raising flour
1 egg
50g caster sugar
50g margarine
1 x 15ml jam or syrup

Preparation

1. Grease the small glass bowl.
2. Put jam or syrup in the bottom of the greased bowl.
3. Measure flour and sieve it on to a plate.
4. Break egg into the small plastic bowl and whisk it with a fork.
5. Measure caster sugar and put it in the large bowl.
6. Measure soft margarine and put it in large bowl beside the sugar.

Method

1. Cream the marg and sugar until very soft and pale in colour.
2. Add the egg and flour alternately to the creamed mixture and beat it in.
3. Carefully spoon the cake mixture over the jam or syrup.

EITHER:

- Cover with foil and steam in a large pan of simmering water on top of a cooker.
 - Cover with cling film, pierce a hole in the top and microwave for approx **4 mins** (the time depends on the size of the microwave)
4. Carefully loosen the edges of the pudding with a plain knife and turn it on to a plate.



Vegetable Curry

Ingredients

½ small onion
½ potato
½ carrot
1/3 courgette
25g frozen peas
5ml curry powder
75g tinned tomatoes
125ml vegetable stock
10ml vegetable oil
75g long grain rice

Method

1. Peel and chop onion.
2. Peel and chop potato and carrot into small dice.
3. Wash and slice courgette.
4. Heat oil in a large saucepan. Add vegetables and cook over a medium heat for 5 minutes.
5. Add curry powder and cook for one minute.
6. Add tinned tomatoes and vegetable stock and stir.
7. Cover with a lid and simmer for 20 minutes, stirring occasionally.
8. Cook rice in boiling salted water for 15 minutes.
9. Drain rice and serve with curry.



Paella

Ingredients

¼ medium onion
¼ green pepper
1 slice wafer thin cooked chicken
5 or 6 prawns
50g long grain rice
1 x 10ml sunflower oil
200ml chicken stock
1 x 1.25ml spoon turmeric
Pinch mixed herbs
1 x 15ml spoon frozen peas
1 x 15ml frozen sweetcorn

Method

1. Peel and chop onion finely.
2. Wash green pepper, remove seeds and dice.
3. Heat oil in saucepan and fry onion gently for 3-5 minutes.
4. Add rice, peas, sweetcorn, green pepper, chicken stock, turmeric and mixed herbs and bring to the boil.
5. Reduce heat and simmer for 15 minutes.
6. Add chopped chicken and prawns.
7. Continue cooking until rice is cooked and all liquid is absorbed.
8. Spoon into serving dish.



Sticky Toffee Pudding with Butterscotch Sauce (between 2)

Ingredients

100g self raising flour
100g sugar
30g margarine
1 egg
100g dates
150ml water
1.25ml bicarbonate of soda
1.25ml vanilla essence

Butterscotch Sauce

125ml double cream
30g butter
50g demerara sugar

Method

1. Preheat oven gas mark 4, 180°C.
2. Grease and line an 18cm sandwich tin.
3. Boil dates in the water for approximately 5 minutes until soft, add bicarbonate of soda. Remove from heat.
4. Cream margarine and sugar together until light and fluffy. Gradually add beaten egg.
5. Fold in dates, sieved flour and vanilla essence. Stir well.
6. Place in greased tin and bake for 30-40mins until firm to touch. Cool slightly.
7. Boil cream, whisk in butter and sugar with a fork and simmer for 3 mins.
8. Pour sauce over pudding or serve separately.



Lemon Cheesecake

Ingredients

100g digestive biscuits
50g margarine
½ lemon
½ small tin condensed milk
4 x 15ml spoons whipped cream
12g chocolate
4 x 15ml spoons cream for decoration

Method

1. Crush biscuits, melt margarine and add biscuits. Press into flan ring and chill.
2. Grate lemon peel (zest) finely. Extract the juice.
3. Whip the lemon (zest), lemon juice and condensed milk together until thick.
4. Whip the cream until thick, fold into the condensed milk.
5. Pour into flan case and chill.
6. Grate chocolate. Pipe the border of whipped cream around the edge and sprinkle with grated chocolate.

White Chocolate Cheesecake

Ingredients

125g white chocolate
100ml double cream
80g soft cheese
80g mascarpone
Mixed fresh fruit

For the Base

100g digestive biscuits
25g butter

Method

1. Crush the digestive biscuits, melt the butter and combine together. Put into the base of the tin then put in the fridge to cool for 10 minutes.
2. Use a bain-marie to melt the white chocolate.
3. In a bowl whisk the double cream, soft cheese, mascarpone and melted white chocolate then spread on top of the cheesecake base.
4. Leave in the fridge until set.
5. Decorate and garnish with fresh fruit.

Meatballs with Tomato Sauce

Meatballs ingredients

200g mince
12 ½ g cornflakes
Pinch dried parsley
½ beaten egg
1 x 10 ml spoon soya sauce
1 x 2.5ml spoon garlic puree
1 x 15ml spoon tomato sauce

Method

1. Set oven Gas Mark 6 or 200°C.
2. Chop ½ onion then place in large bowl.
3. Place all the ingredients into a large bowl.
4. Mix the ingredients well.
5. Form into meatballs and place in a casserole dish and place in oven for 20 mins. Turning occasionally.

Sauce ingredients

½ tin chopped tomatoes
1 tablespoon tomato puree
½ mixed herbs
1 tablespoon brown sugar
optional 1.25ml chilli

Method

1. Finely chop ½ onion and 1 garlic bulb.
2. Sweat the onion and garlic in a small pan. Cook without colouring for 5 minutes.
3. Add the remaining ingredients to the pan.
4. Simmer for 5 – 10 minutes.
5. Pour the sauce over the meatballs.
6. Serve with spaghetti and garlic bread.



Spaghetti Bolognese

Ingredients

50g mince
1 rasher bacon
½ onion
½ carrot
5ml oil
seasoning
pinch of mixed herbs
5ml tomato puree
50g tinned tomatoes
50g spaghetti
30ml stock



15ml parmesan cheese to garnish

Method

1. Peel and chop onion.
2. Peel and grate carrot.
3. Cut bacon into small pieces. Wash hands.
4. Brown mince, add bacon and onion and cook gently until onions are soft.
5. Add the carrot, tomatoes, tomato puree, mixed herbs, stock and seasoning. Simmer for 20-30 minutes.
6. Cook spaghetti in boiling salted water for 10-15 minutes until tender.
7. Drain spaghetti and arrange in a circle on a serving dish.
8. Pour meat sauce into centre of spaghetti.
9. Grate cheese and sprinkle on top of meat sauce.

Bread and Butter Pudding

Ingredients

15g margarine
3 slices bread
2 x 15ml spoon marmalade
1 x 15ml spoon sultanas
2 x 15ml spoon demerara sugar
150ml milk
1 egg

Oven: 200c/190c(fan assisted) Gas Mark 6
Preparation Time: 15 Minutes
Cooking time: 20 minutes

Method

1. Spread margarine and then marmalade on bread.
2. Collect sultanas and sugar.
3. Measure milk and beat together with egg in jug.
4. Layer bread, sultanas and sugar in ovenproof dish.
5. Pour milk and egg mixture over the bread.
6. Bake till golden brown and firm to touch. Approx. 20 minutes.

Trifle

Ingredients

10 sponge fingers
1/3 tin of fruit
2 x 15ml spoon fruit juice
¼ tin custard
100ml double cream
Sprinkle of hundreds and thousands



Method

1. Place ½ the sponge fingers in bottom of the container, place on ½ fruit and then repeat.
2. Pour over fruit juice
3. Spoon custard over the fruit.
4. Beat cream and then place on top of custard.
5. Sprinkle with hundreds and thousands.

Mini Christmas Pudding

Ingredients

15ml sugar
25g margarine
20ml milk
3 x 15ml coconut
5 digestive biscuits
10ml cocoa

Decoration

White icing
Cherry
Angelica

Method

1. Crush biscuits with the end of the rolling pin in large plastic bowl. Add cocoa and mix well.
2. Put margarine, milk and sugar into a small pan and stir over a gentle heat until the margarine and sugar have dissolved.
3. Add to biscuit mixture and mix thoroughly.
4. Divide into 6 equal parts and roll into balls.
5. Put into small paper cases and decorate with icing, cherry and angelica.



Tagliatelle Treat

Ingredients

200g tagliatelle
2 slices bacon
1 small onion
50g cheese
250mls milk
25g margarine
25g plain flour
salt and pepper

Method

1. Boil kettle.
2. Measure pasta and put it in the saucepan.
3. Just cover the pasta with boiling water, put it on the heat and boil for 8 mins. Drain into the colander when al dente.
4. Use the meat board and the red knife to cut up bacon.
5. Chop onion.
6. Put the bacon and onion in the glass bowl and microwave for 3 mins on full power.
7. Grate cheese on to a plate.
8. Measure milk and put it in the saucepan that was used for the pasta.
9. Add margarine, plain flour, salt and pepper to the milk.
10. Stir the milk mixture over a low heat until it boils and thickens.
11. Stir the pasta, bacon, onion, and cheese into the sauce and then put it in a casserole dish.
12. Additional cheese could be grated and sprinkled over then grilled.

Curried Ham Risotto

Ingredients

250ml ham stock
1/2 onion (chopped)
1 mushroom (sliced)
75g ham (diced)
1/2 small tin pineapple pieces
75g long grain rice
5ml curry powder
salt & pepper

Method

1. Heat 1 tbs oil in a large saucepan.
2. Fry onion over a medium heat for a few minutes.
3. Add rice, stock, curry powder, salt and pepper to the onion.
4. Bring the mixture to the boil then cover and simmer over a low heat until the stock is absorbed and the rice cooked, (if the rice is still hard, add a little more stock or water).
5. Stir in the mushrooms, ham and pineapple and stir through until well heated.
6. Put the mixture in a serving dish.
7. Chop some parsley and sprinkle it over the top.

Apple Crumble

Ingredients

1 cooking apple
1 x 15ml soft brown sugar
1 x 5ml cinnamon
1 x 15ml sultanas

Topping

100gm plain flour
50gm margarine
4 x 15ml rolled oats
1 x 15ml soft brown sugar



Oven Temp: 180°C/ 170°C fan assisted/ gas mark 4
Preparation Time: 10 minutes
Cooking Time: 20 minutes

Method

1. Preheat the oven
2. Half, quarter, core, peel and slice the apple into ½ cm slices.
3. Place the apple into your ovenproof container. Sprinkle the sugar, cinnamon and sultanas on top.
4. Place flour and margarine into a large bowl. Rub the margarine into the flour until the mixture resembles fine breadcrumbs. Stir in the oats and sugar.
5. Sprinkle the topping over the apples.
6. Place in the oven, bake for 20 minutes or until golden brown.

Fruit Cobbler

Ingredients

200g self raising flour
50g margarine
25g granulated sugar
1 egg
1 cooking apple
1 x 15ml water
Pinch of salt
2 tbsp Milk

Filling Method

1. Wash, quarter, peel and core the cooking apple.
2. Slice the apple thinly and put it in the small bowl.
3. Add water to the apple and microwave for 3 mins.
4. Stir sugar into the stewed apple then put it in a small casserole dish.

Topping Method

1. Heat oven 200°C or Gas Mark 7.
2. Sieve flour into the large bowl.
3. Add a pinch salt to the flour.
4. Rub margarine into the flour.
5. Then add sugar and stir it into the flour.
6. Break egg into a small bowl and add 2 tbsp milk to it.
7. Whisk the egg and milk with a fork.
8. Add enough egg and milk to the flour mixture to make an elastic dough (use a plain knife to mix it and do not make it too sticky).
9. Knead the dough lightly on a floured table.
10. Turn the dough over to the smooth side and press it out to 1cm thickness.
11. Cut into scones and arrange them (slightly overlapping) around the edge of the dish.
12. Brush the scones with any remaining egg mixture.
13. Place the dish on a baking tray and bake until the scones are risen and nicely browned (about 10mins).

Sweet and Sour Chicken

Ingredients

1/3 chicken breast
100g pineapple and juice
1 x 10ml brown rice
1 x 5ml worcestershire sauce
1 x 5ml tomato ketchup
1 x 10ml chutney
1 x 15ml vinegar
1 x 10ml cornflour
50g long grain rice

Method

1. Dice chicken and brown in a pan.
2. Bring a pan of water to the boil.
3. Add rice and simmer until cooked.
4. Blend cornflour with worcestershire sauce, tomato ketchup, chutney, sugar and vinegar.
5. Pour mixture into pan with chicken and mix well.
6. Gradually add pineapple juice and water.
7. Put pan onto heat and stir until sauce thickens and chicken is thoroughly cooked.
8. Add pineapple and heat through.
9. Serve with drained rice.



Pasta Creole

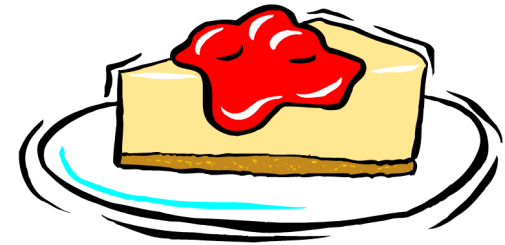
Ingredients

100g pasta
15ml oil
25g frozen peas
¼ green pepper
50g tinned tomatoes
1 small onion
2 mushrooms
Pinch curry powder
Salt and pepper

Method

1. Cook pasta in a pan of boiling salted water until soft, “al dente”.
2. Peel and chop the onion.
3. Wash, de-seed and chop the pepper.
4. Clean and slice the mushrooms.
5. Heat oil in a small pan, gently cook the onion and peppers until soft.
6. Stir in the curry powder and cook for one minute.
7. Add mushrooms, peas and tomatoes and cook for a further 3 minutes
8. Drain the cooked pasta thoroughly and mix with the vegetable mixture.
9. Arrange on a serving dish and serve hot or cold.

Desserts



Bacon, Cheese and Onion Quiche

Ingredients

150g plain flour
75g margarine
4 to 6 — 5 mls cold water (depending on consistency)
1 onion
2 rashers bacon
50g cheese
1 egg
15ml single cream
Parsley—garnish



Method

1. Heat oven 200°C or Gas Mark 6.
2. Sieve flour into the large bowl.
3. Add the margarine and rub it into the flour.
4. Use 4-6 5ml spoons cold water to mix the pastry (use a plain knife)
5. Flour the table lightly and roll out the pastry.
6. Line a flan ring.
7. Bake the pastry blind for 15 minutes.
8. Reduce the oven to 190°C or Gas Mark 5.
9. Finely chop onion, place in small bowl.
10. Cut bacon into small pieces using red knife.
11. Put onion and bacon in the small bowl and microwave for 2 minutes.
12. Pour the bacon and onion in the pastry case.
13. Grate the cheese on to a plate.
14. Break 1 egg into a glass bowl and add single cream and salt and pepper.
15. Whisk the egg mixture with a fork.
16. Stir the cheese into the egg mixture.
17. Pour the egg mixture over the bacon.
18. Bake for about 20 minutes until set and nicely browned.
19. Garnish with finely chopped parsley.

Chicken Korma

Ingredients

½ onion
50ml natural yoghurt
50ml double cream
2.5ml salt
2.5ml turmeric
5ml chilli powder
2.5ml garlic puree
10ml ground almonds
½ chicken breast
50g long grain rice

Method

1. Set oven to 200°C, Gas 6.
2. Chop onion finely, place into a small bowl.
3. Add yoghurt, cream, salt, turmeric, chilli powder, garlic puree and ground almonds into the bowl, mix well.
4. Slice chicken and place in the bottom of a foil dish.
5. Pour sauce mixture over the chicken and place in the oven for 30-40 minutes (do not cover the dish)
6. Boil the rice for 12-15 minutes.
7. Drain rice and serve with korma mixture.



Chilli Con Carne

Ingredients

75g mince
½ onion
10ml tomato puree
2ml chilli powder
½ stock cube
50g chopped tomatoes
25g red kidney beans
150ml water
75g long grain rice

Method

1. Place mince in small pan and brown over a medium heat.
2. Peel and finely chop onion.
3. Add onion, tomato puree, chilli powder to mince and mix well.
4. Add stock cube, 150ml water and tomatoes to the pan. Bring to the boil.
5. Reduce heat to simmering and cook for 30 minutes. Add kidney beans to mixture.
6. Half fill a large pan with water, add pinch of salt and bring to the boil.
7. When the water boils add the rice and cook for 10-15 minutes until soft.
8. Drain rice and serve with chilli mixture.
Optional: Add a spoon of sour cream.



Pizza

Ingredients

Base

225g Strong Plain Flour
2.5ml fast action yeast
2.5ml salt
15ml oil
150ml water

Topping

1 Tomato (chopped)
1 tbsp tomato puree
2.5ml oregano

1. Sieve flour into a large bowl.
2. Stir fast action yeast into the flour.
3. Stir salt into the flour.
4. Boil the kettle and put 75mls boiling water in a jug and make it up to 150 mls with cold water.
5. Add 1 tablespoon oil to the flour and gradually mix in the water. The mixture should be elastic.
6. Knead the dough on a floured table for 8-10 minutes.
7. Place the dough in an oiled bowl and cover with cling film.
8. Leave the dough to rise in a warm place until doubled in size. This can be speeded up by placing the bowl in the microwave on the lowest setting until the bowl feels warm but **NOT HOT**.

1. Heat oven 200°C or 7.
2. Put one chopped tomato, 1 tablespoon tomato puree and oregano into a small bowl and mix.
3. Prepare the filling you have brought in as follows:
4. Roughly chop the bacon/meat.
5. Wipe and slice mushrooms.
6. Wipe, deseed and roughly chop pepper.
7. Grate cheese on to a plate.
8. Knead the dough well and roll out.
9. Put the dough on a pizza tray or greased baking tray and prick with a fork.
10. Spread tomato mixture over the pizza base.
11. Arrange your own choice of filling on top.
12. Bake for about ½ hr.



Mini Quiches

Ingredients

Pastry

150g plain flour
75g margarine
pinch of salt
6 x 15ml cold water

Filling

1 egg
15ml single cream
50g cheese
salt & pepper

Pastry Method

1. Heat oven 200°C or 6.
2. Sieve flour into a large bowl.
3. Add a pinch salt to the flour.
4. Rub margarine into the flour.
5. Mix with approx 6 x 15ml cold water (use a plain knife).
6. Knead then roll the pastry. Then use a large pastry cutter to cut out rounds.
7. Prick with a fork.
8. Bake the pastry blind for 7mins.
9. Turn the oven down to 180°C or 4.

Filling Method

1. Break egg into a small glass bowl and add salt and pepper.
2. Add cream to the eggs and whisk with a fork.
3. Grate cheese on to a plate. Mix 1/2 cheese with egg mixture.
4. Additional ingredients can be added.
5. Pour the egg mixture on top. Place 1/2 cheese on top.
6. Bake until set and nicely browned.

ALTERNATIVE FILLINGS

Mushroom, Brie and Red Onion
Broccoli and Brie
Bacon, Cheese and Onion



Tuna Pasta Bake

Ingredients

50g pasta shells
25g margarine
25g plain flour
300ml milk
25g cheese
50g tuna
25g sweetcorn
2 x 15ml spoons breadcrumbs

Oven Temp: 190°C, Gas 5

Oven Time: 20 Minutes

Method

1. Cook pasta in boiling salted water.
2. Melt margarine in a saucepan, add flour. Remove from heat and gradually add milk, stirring all the time.
3. Return to the heat and bring to the boil, stirring all the time.
4. Grate cheese and add 2/3 to sauce.
5. Add tuna and sweetcorn to sauce, mix well.
6. Drain pasta and mix with sauce. Pour into ovenproof dish.
7. Mix breadcrumbs with remaining cheese. Sprinkle over top of pasta mixture.
8. Bake in oven for 20 minutes until brown on top.

