

Food and Nutrition

Recipe Booklet

Year 8

Name:	
Form:	
Group, day, period:	
Teacher:	





Expectations for practical lessons

- Long hair tied back.
- Short nails and no nail varnish or false nails.
- Long sleeves to be rolled up.
- No jewellery.
- Wear an apron.
- Blazers in cupboard.
- Wash hands before cooking.
- Leave ingredients in food room before morning registration.
- Cold ingredients to be stored in the fridge.
- Clearly label all ingredients with your name and form.
- Bring a **labelled** container to take food home in.
- Wipe down work surfaces before cooking.
- Cover cuts with a waterproof plaster.
- Spillages wiped up immediately and reported to Teacher/Technician.
- Report to Teacher/Technician if any accident occurs during the lesson.
- Use hot water and detergent for washing up.
- Work as a team.
- Show clean dry equipment to Teacher/Technician before returning to correct place.
- Wipe cooker tops down after use.
- Leave sink area clean and dry.
- Place wet and dirty cloths and tea towels in the washing basket provided.
- Collect cooking after school.

A few food hygiene reminders for storing at home:

SHOPPING FOR FOOD

- Good food safety starts when you shop for food.
- Check the date-marks on food.
- Don't buy dented cans or damaged packets of food.

STORING FOODS - SOME TIPS

- The temperature of a fridge should be between 0-5°C. Check the thermostat readings on your fridge.
- Raw food must always be stored below cooked food.
- Raw meat, chicken and fish must always be stored on the bottom shelf of the fridge, so they can't drip on other foods.
- Keep eggs in the fridge, away from strong odours.
- Some food jars need to go in the fridge when open, check the label. Never put open cans of food in the fridge.

STORING FOODS - THE CUPBOARD

- Keep all food cupboards, cool, clean and dry.

STORING FOODS - THE FREEZER

- The temperature of a freezer should be -18°C.
- Freezers are ideal for storing foods for a long time, but not too long. Check the date mark or storage instructions on the label.

EXTENSION WORK IN FOOD AND NUTRITION

Practical Work:

- Change ingredients to suit individual preferences

Example: Change cheese variety to own choice

- 1 Onion (red/white onion, spring onion)
- Change recipe to suit a specific dietary need

WINTER SALAD

Ingredients:

1 carrot
 $\frac{1}{4}$ or 100g of red cabbage
 $\frac{1}{2}$ onion
1 raw beetroot
100g cheese



Method:

1. Grate carrot.
2. Slice and finely dice onion.
3. Finely slice cabbage into 6cm length pieces.
4. Peel beetroot and then slice. Cut each slice into fine strips.
5. Mix all vegetables together.
6. Grate cheese and sprinkle on top.

COUSCOUS SALAD

Ingredients:

125g couscous
2 tbsp. olive oil
1 chicken stock cube
 $\frac{1}{2}$ red onion, finely chopped
 $\frac{1}{4}$ cucumber, finely diced
A few kidney beans
1 tsp. lemon juice
Fresh parsley, chopped
Salt and pepper



Method:

1. Place couscous in a mixing bowl.
2. Add crumbled stock cube.
3. Cover couscous with 250ml boiling water and leave to soak for 10 minutes.
4. Mix in the rest of the ingredients and serve.

GREEN SALAD WITH DRESSING



Ingredients:

200g mixed salad leaves (lettuce, spinach, and watercress)
 $\frac{1}{2}$ large cucumber (diced)
4-5 cherry tomatoes (halved)

Dressing:

3 tbsp. olive oil
1 tbsp. fresh lemon juice
1 tsp. wholegrain mustard
1 tsp. clear runny honey
Salt and pepper

Method:

1. Spoon all the dressing ingredients into a clear jar and put lid on tightly. Shake the jar to mix all the ingredients.
2. Rinse and drain the salad leaves using a colander.
3. Using two spoons carefully mix the salad leaves, cucumber and tomatoes together in a large bowl.
4. Shake the dressing again and drizzle over the salad leaves.
5. Serve.

PASTA SALAD

Ingredients:

175g penne pasta
2 spring onions
 $\frac{1}{2}$ cucumber, diced
1 tomato, diced
 $\frac{1}{4}$ red onion
Fresh parsley and basil, chopped



French Dressing:

1 tsp. English/Dijon mustard
1 tsp. caster sugar
2 tbsp. wine vinegar
6 tbsp. olive oil
Salt and pepper

Method: For Pasta

1. Boil salted water in a saucepan. Add the pasta.
2. Boil again and stir.
3. Boil for 10-15 minutes or until al dente.
4. Drain pasta in a colander and transfer to a bowl.
5. Add the rest of the ingredients, add seasoning to taste and stir well.
6. Serve.

Method: For Dressing

Mix all the ingredients together in a bowl and whisk together.
Add to the salad when mixed.

CHINESE BEAN SALAD

Ingredients:

Chinese bean sprouts
 $\frac{1}{4}$ red pepper strips
 $\frac{1}{4}$ green pepper strips
 $\frac{1}{4}$ yellow pepper strips
 $\frac{1}{4}$ cucumber, sliced
 $\frac{1}{2}$ carrot, julienne
4 olives

Dressing:

3 tbsp. oil
1 tbsp. wine vinegar
1 tsp. Dijon mustard
 $\frac{1}{2}$ tsp. mixed herbs
Salt and pepper



Method:

For salad and dressing

1. Combine all ingredients in a mixing bowl. Mix lightly.
2. Combine dressing ingredients in a small bowl and whisk together. Pour over salad ingredients and mix through.
3. Serve.

MINESTRONE SOUP

Ingredients:

2 rashers of bacon
1 celery
1 carrot
1 potato (medium)
1 small onion
 $\frac{1}{2}$ leek
1 clove of garlic
1 tbsp tomato puree
1 stock cube
 $\frac{1}{2}$ tsp. mix herbs
100ml water
25g small pasta shapes
25g frozen peas
salt & pepper
vegetable oil



Method:

1. Peel and finely chop all the vegetables. Cut the potatoes into 1cm cubes. Peel and crush garlic.
2. Cut the bacon into 1cm strips.
3. Add 1 tbsp oil to a saucepan. Add the bacon and chopped vegetables and stir for approximately 5 minutes until they soften slightly. Add garlic.
4. Crumble a stock cube into a measuring jug and add boiling water. Add tomato puree and stir well.
5. Pour the stock mixture into the pan. Add herbs and salt and pepper.
6. Bring to the boil. Turn down the heat and simmer gently for 10 minutes.
7. Add pasta shapes and cook for a further 10 minutes, stir in the peas and cook for another 2 minutes until peas have cooked.
8. Serve soup in a bowl and sprinkle with Parmesan cheese.

CHICKEN NOODLE SOUP

Ingredients:

1 tbsp vegetable oil/olive oil
½ chicken breast, cubed
2 spring onions, chopped
2cm piece of fresh ginger, peeled and chopped
500ml boiling water
1 stock cube (chicken)
3 pieces of baby corn (halved)
4 sugar snap peas/ mange tout
75g fine egg noodles
1 tbsp soy sauce
Juice of ½ a lime
1 tbsp of fresh coriander, chopped
Black pepper to season
Optional: 1tbsp sesame oil

Optional Ingredients:

Prawns, tofu

Method

1. Prepare chicken and vegetables
2. Add 1 tbsp oil to a saucepan and cook the raw chicken until it turns white.
3. Add the chopped raw vegetables. Chopped garlic and ginger and soy sauce.
4. Pour over 500ml of hot water and crumble in the stock cube.
5. Simmer gently for 10 minutes.
6. Add the noodles and simmer for a further 5 minutes until they are soft.
7. Add the lime juice, chopped coriander and sesame oil (if using)
8. Serve



BASIC TOMATO SOUP

Ingredients:

400g tin tomatoes
1 veg stock cube
1 medium potato
1 medium onion
1 medium carrot
 $\frac{1}{2}$ tsp. mixed herbs
1 tbs. vegetable oil
500ml boiling water
Ground black pepper



Method:

1. Peel and finely chop potato, onion and carrot.
2. Put oil into a medium sized saucepan and heat gently.
3. Fry the vegetables in the oil for 2 minutes. Stir with wooden/plastic spoon.
4. Add stock cube to boiling water and mix (in a measuring jug.)
5. Add stock mixture and tin of tomatoes to the saucepan and stir with spoon.
6. Add mixed herbs.
7. Bring to the boil, turn down heat and simmer (bubbles at side of pan) gently for approx 15 minutes until all vegetables are soft.
8. Liquidise or blend the soup until smooth.
9. Taste and season with pepper if required. Serve.

VEGETABLE SOUP

Ingredients:

1 onion

Choose 3 or 4 of any of the following vegetables:

3-4 mushrooms

1 celery stick

1 leek

3 spring onions

3-4 cauliflower florets

1 courgette

3-4 broccoli florets

50g peas

500g green beans

1 pepper

1 sweet potato

$\frac{1}{2}$ swede

4-5 mange tout

50g sweetcorn

Optional:

Pasta (50g), 3-4 rashers of bacon, 1 tbsp. tomato puree, cheese, herbs, chilli, garlic, salt & pepper, baked beans, borlotti, chickpeas, red kidney beans, 1 stock cube, apple.

Method:

1. Fry vegetables (onions, mushrooms, peppers etc) in 1 tbsp oil.
2. Add all the rest of the chopped vegetables.
3. Pour in the water and stock cube.
4. Let it boil. Add any alternative ingredients (pasta etc).
5. Turn heat down and gently simmer for 15-20 minutes. Check regularly. Serve.

**** Container to take soup home in ***



CARROT CAKES

Ingredients:

112g Self raising flour
 $\frac{1}{2}$ tsp. Mixed spice
75g Soft brown sugar
75g Grated carrots
1 Egg
75ml Sunflower oil
1tsp. Milk
25g Dried fruit

METHOD:

1. Preheat oven to 180°C.
2. Peel and grate the carrots.
3. Put all dry ingredients into a large bowl and make a well in the centre.
4. Put all wet ingredients into a jug and mix together.
5. Pour the wet ingredients into the dry ingredients and mix well with a wooden spoon.
6. Put equal amounts of mixture into the cases with a metal spoon.
7. Put in the oven for around 20 minutes until golden and spongy.

**** BRING A CONTAINER TO TAKE YOUR CAKES HOME IN ****

FOCACCIA

Ingredients:

350g strong flour
1 sachet of yeast
2x tbsp. sunflower oil
1x tsp salt
200ml warm water (approx.)

Olive oil & rosemary
Olive oil & garlic
Lemon oil & thyme
Chopped red peppers & parmesan
Red onion & feta
Basil oil & mozzarella

Method:

1. Pre heat the oven to 250°C.
2. Put flour, salt, oil and yeast in a bowl and make a well.
3. Mix water into flour gradually with a palette knife to form a dough.
4. Roll out onto a baking tray with greaseproof paper and make dents with finger tips.
5. Add toppings to dough and bake.
6. Cook for 20-25 minutes until golden brown and sounds hollow when tapped underneath.



BREAD ROLLS

Ingredients:

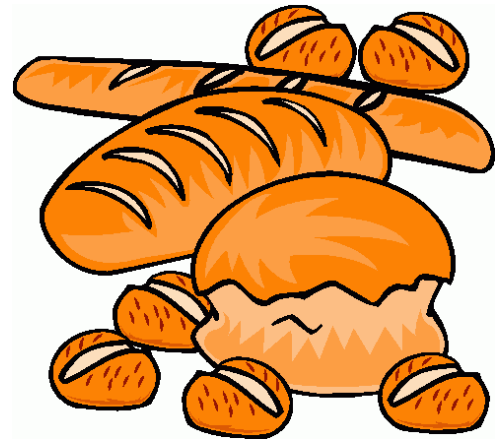
250g STRONG white flour

1tbsp oil

150ml water (lukewarm)

1 level tsp salt

1 sachet quick acting dried yeast



Toppings: sunflower seeds, linseed, poppy seeds

Method:

1. Turn oven on to 230°C
2. Prepare a baking tray.
3. Put flour, salt, oil and yeast in a bowl with the oil.
4. Add approximately 150ml of lukewarm water to the bowl.
5. Mix well with palette knife, the dough must be soft.
6. Knead firmly for 10 minutes until smooth.
7. Divide into 4 pieces, shape and place on baking tray.
8. Bake for 15-20 minutes until golden brown/ hollow sound when tapped.
9. Evaluate and clean area.

****Container to take your product home****

Pizza

Ingredients:

250 g Strong bread flour
1 sachet quick-acting dried yeast
 $\frac{1}{2}$ tsp salt
150 ml lukewarm water
1 tbsp. vegetable oil (optional)



TOPPINGS: 150g Grated Cheese(Cheddar or mozzarella)
2 tbsp. Tomato puree

Optional: pineapple, mushroom, pepperoni and
any other toppings of your choice

Method

1. Turn on the oven to Gas 7/220 C.
2. Collect equipment.
3. Put grease paper on baking tray
4. Put flour into bowl add yeast, oil and salt.
5. Gradually mix the water into the flour to make a soft dough.
6. Knead for 5 minutes until the dough is elastic.
7. Roll the dough into a circle on a floured surface, place on the baking tray.
8. Prepare all ingredients for topping.
9. Spread puree on base with a palette knife.
10. Put grated cheese on base, add all other toppings.
11. Bake for 20-25 minutes, remove and cool on a wire tray.

PASTA BAKE

Ingredients:

200g pasta shapes (twists or bows)

100g grated cheese

Salt and pepper

Oven proof dish



CHOOSE UP TO 3 ITEMS FROM THE LIST BELOW:

Sweetcorn, ham, tuna, $\frac{1}{2}$ chopped pepper, 2 tbsp. peas, onion, bacon, sausages or cooked chicken.

METHOD:

1. Cook the pasta in boiling water until tender (al dente). Drain.
2. Prepare all optional ingredients and grate cheese.
3. Make a tomato, all-in-one or roux sauce. (see separate page for methods).
4. Add optional ingredients and stir.
5. Add pasta to sauce and put into an ovenproof dish/plastic box.
6. Sprinkle the rest of the cheese on top.

AT HOME:

- A) In plastic box: reheat in microwave for 3-4 minutes on high.
- B) In ovenproof dish: grill until golden brown or bake in a hot oven 200°C for 20 minutes.

PASTA WITH ALL-IN-ONE WHITE/CHEESE SAUCE

Ingredients:

100g Pasta
25g Plain Flour
300ml Milk
50g Strong Cheese eg: Cheddar (optional)

Method:

1. Cook pasta in boiling water until tender (al dente). Drain.
2. Pour the milk into a small saucepan and whisk in the flour.
3. Gently heat the milk, stirring continuously with a wooden spoon until it boils and thickens.
4. Remove from the heat and add the grated cheese if using.
5. Season with salt and pepper.
6. Combine with the drained pasta.



PASTA WITH ROUX METHOD SAUCE

Ingredients:

100g Pasta
25g Margarine
25g Plain Flour
300ml Milk
50g Strong Cheese eg: Cheddar (optional)

Method:

1. Cook pasta in boiling water until tender (al dente). Drain.
2. Put the margarine into a small saucepan and melt gently over a low heat.
3. Stir in the flour with a wooden spoon until it forms a roux (paste)
4. Gradually add the milk a little at a time whilst stirring continuously with the wooden spoon.
5. When all the milk has been added, continue to heat over a low heat until it boils.
6. Remove from the heat and add the grated cheese if using.
7. Season with salt and pepper.
8. Combine with the drained pasta.



PASTA WITH TOMATO & HERB SAUCE

Ingredients:

100g Pasta
1 tbsp Oil
1 Clove Garlic
1 Onion
1 Tin Tomatoes
1 Stock Cube
1 tbsp Tomato Puree
Salt & Pepper
Herbs



Method:

1. Cook pasta in boiling water until tender (al dente). Drain.
2. Peel and chop the onion finely.
3. Peel and crush the garlic.
4. Gently cook the onion in a small saucepan with the oil for 1 minute.
5. Add the garlic, tomatoes, tomato puree, crumbled stock cube, herbs and 50ml of water. Simmer for 10 minutes or until the onion is soft.
6. Season with salt and pepper.
7. Combine with the drained pasta.

PASTA GROUPWORK

Spaghetti Bolognese

Ingredients:

100g Spaghetti pasta

75g Minced beef

$\frac{1}{2}$ onion

1 stock cube

1 tbsp. tomato puree

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

1 clove garlic

$\frac{1}{4}$ green pepper

Mixed herbs



Method:

1. Cook pasta in boiling water until tender (al dente). Drain.
2. Peel & chop the onion and pepper, crush garlic. Fry in a pan.
3. Add meat and brown gently.
4. Add tomato puree, stock cube & tomatoes.
5. Simmer gently for 15-20 minutes. Check flavour and season if required.
6. Mix the Bolognese sauce with the pasta. Serve and enjoy!

STIR-FRY WITH NOODLES

Ingredients:

250g Quorn mince/Chicken fillets/Pork/Beef/Turkey

1 clove garlic

1 red chilli

2 tbsp. water

2 tbsp. light soy sauce

2 tbsp. vegetable oil

6 tbsp. Hoisin sauce

3 Blocks dried egg noodle

Vegetable Options

100g mange tout

6 spring onions

1 carrot

1 courgette

125g bean sprouts

200g Chinese leaves

3-4 mushrooms

Method:

1. Wash hands and put apron on.
2. Wipe down work surfaces.
3. Collect equipment and weigh all ingredients.
4. Peel and chop garlic, Wash chilli, remove seeds and finely chop (on chopping board using sharp knife).
5. Wash and trim the optional vegetables (mange tout, spring onions etc).
6. Fill saucepan with water and bring to the boil. When boiling add noodles and cook for 5 minutes (or follow instructions on packet) until softened. Drain noodles in colander.
7. Heat oil in wok.
8. Add mince or other options, fry for 2-3 minutes until cooked - using a wooden spoon.
9. Add optional vegetables, soy sauce, hoisin sauce and water. Fry until tender.
10. Add noodles to cooked vegetables and meat or serve separate.
11. Clear up and wipe down tables.

FRESH PASTA

How to make pasta.....

1. Weigh 100g plain flour & collect 1 egg.
2. Crack egg into jug. Check for shell then whisk.
3. Add flour into bowl and make a well (hole) in the middle.
4. Add the egg into the well.
5. Mix enough of the flour into egg with fork or palette knife and then hands until it forms a dough.
6. Roll out dough onto a lightly floured surface - the dough must be as THIN as possible. Or use a pasta machine to roll out pasta.
7. Cut & shape into desired pasta shapes.



POTATO BAKE

INGREDIENTS:

750g Potatoes

1 tbsp milk or butter (FOR MASH ONLY)

150g cheese

OPTIONS:

2 tomatoes

100g bacon/ham (bacon should be pre-cooked)

$\frac{1}{2}$ tin of sweetcorn

100g mushrooms

1 chopped onion

Cooked chicken

Cooked sausages

Tuna

Green/red/yellow peppers

Courgettes

Oven proof dish



METHOD:

1. Put a pan with water onto boil.
2. Wash the potatoes and cut into slices about 1cm thick. Add to the boiling water and simmer for about 10-15 minutes, until soft.
3. Prepare optional ingredients.
4. When potatoes are cooked, drain them (mash with the butter or milk and half the cheese).
5. Layer potatoes with optional ingredients. Sprinkle the rest of cheese on top.
6. Bake in a hot oven for 15-20 minutes until golden brown.

RISOTTO

INGREDIENTS:

50g Margarine/butter/olive oil or sunflower oil
1 small onion
1 small pepper
100g mushrooms
50g peas (frozen or tinned)
150g Easy cook/Arborio rice
1 stock cube
(chicken/beef/vegetable)
500ml water approx.
Salt and pepper



OPTIONAL EXTRAS:

50g sultanas
Cooked chicken/ham/tuna
Other options of your choice

METHOD:

1. Peel and chop onion (small dice).
2. Deseed pepper chop into small dice.
3. Slice mushrooms.
4. In a saucepan fry the vegetables in the fat until soft and golden brown.
5. Add rice, stir and cook for 1 minute.
6. Crumble in stock cube add most of the water.
7. Bring to the boil, add the optional ingredients if used.
8. Simmer gently for 20 minutes stirring occasionally so the rice does not stick.
9. Add peas.
10. Add the remaining water if needed.
11. Cook until the rice is soft and all the liquid has been absorbed.
12. Season, serve and wash up.

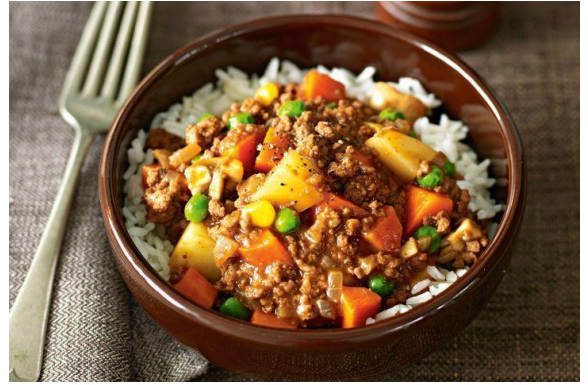
INSTRUCTIONS: HOME

REHEAT RICE UNTIL IT IS PIPING HOT AND SERVE.

SAVOURY MINCE

INGREDIENTS:

500g Minced Beef
1 Onion
1 Tin Tomatoes
1 Stock Cube
1 Tbsp. Tomato Puree



Also pick the ingredients from 1 box below...

CHILLI CON CARNE

1 Tin Red Kidney Beans
1 Green Pepper
1 Tbsp Chilli Powder

KEEMA CURRY

250g Frozen peas
2 Cloves of Garlic
1 Tbsp Curry Powder

Method:

1. Collect equipment, open cans of tomatoes.
2. Peel and dice the onion and gently fry in a saucepan, (green pepper and garlic if required).
3. Add mince and brown gently.
4. Add tomato puree, stock cube, (chilli, curry powder can be added).
5. Add tin of tomatoes, (peas, kidney beans, mushrooms if required).
6. Simmer gently for 15-20 minutes. If mince is a little dry, add some water.
7. Check the flavour/seasoning. More can be added if needed.
8. Serve and wash up.

**** Container to take food home in ****

CURRY

INGREDIENTS:

2 tbsp. oil
1 onion
2 cloves of garlic
250g raw
chicken/turkey/beef/pork/lamb/quorn
1 green/red pepper/medium apple
1 tsp. ground ginger
1 tbsp. tomato puree
1 tbsp. curry powder
250ml hot water or coconut milk
Coriander or parsley to garnish.



Optional Ingredients:

Mushrooms
Peppers
Coconut milk
Yoghurt
Single cream

METHOD:

1. Wash hands and put on an apron.
2. Wipe down tables and collect equipment.
3. Put ingredients onto a blue tray.
4. Peel and chop onion and garlic. Chop pepper/apple.
5. Cut meat into pieces, using a sharp knife.
6. Put oil into a saucepan and fry the onions for 2-3 minutes. Add raw meat and cook on a medium heat until browned.
7. Add chopped pepper/apple and garlic and cook for a further 2 minutes.
8. Stir in the curry powder, ginger, tomato puree and water (or coconut milk). Stir with a wooden spoon. Add salt and pepper.
9. Bring to boil and simmer gently for 15-20 minutes, stirring occasionally.
10. Serve and wash up.

**** A CONTAINER TO TAKE YOUR FOOD HOME ****

SPINACH, POTATO AND CHICKPEA CURRY

INGREDIENTS:

- 1 Onion
- 1 clove of garlic
- 1 large potato
- 1 tsp. oil
- 2 tbsp. curry paste
- 300ml water
- 1 tin of chopped tomatoes
- 1 tin of chickpeas (drained)
- 3 handfuls of fresh spinach



METHOD:

1. Peel and chop onion. Peel and chop potatoes into 1cm cubes. Crush garlic.
2. Fry the onion and garlic for 2 minutes in the oil.
3. Stir in the curry paste, potatoes and water.
4. Add the tomatoes and chickpeas, then allow to simmer for 20 minutes, until the potatoes are tender.
5. Stir in the fresh spinach, and allow to cook for a further 2 minutes.

THAI GREEN CHICKEN CURRY

INGREDIENTS:

1 tbsp. oil
3 spring onions
1 clove of garlic
80g sugar snap peas
1 small chicken breast
2 tbsp. thai green curry paste
200ml reduced fat coconut milk
 $\frac{1}{2}$ lime
Small bunch of coriander



METHOD:

1. Prepare the vegetables, slice, cut, chop and crush.
2. On a separate chopping board using a separate knife, cut the chicken into small chunks.
3. Fry the spring onions, garlic and chicken in the oil for 3-4 mins.
4. When the chicken has turned 'white' stir in the curry paste, followed by the sugar snap peas.
5. Pour in the coconut milk and simmer for 15 minutes. Squeeze the lime and pour over the curry.
6. Tear the coriander and add to the curry. Serve.

**** A CONTAINER TO TAKE YOUR FOOD HOME ****

Sausage Rolls

Ingredients

1 Packet Ready-made Puff pastry
200g Pork or Vegetarian sausage meat
1 Small onion
Bunch of Fresh herbs (parsley, sage, rosemary, thyme, tarragon)



Method

1. Turn on oven to 220°C.
2. Peel and finely chop the onion.
3. Wash and finely chop the fresh herbs.
4. Mix the sausage meat, onion and herbs together in a bowl.
5. Roll out the pastry and cut into 2 rectangles.
6. Put a roll of sausage meat along the centre of each pastry rectangle.
7. Dampen one long edge of the pastry with a little water.
8. Fold one side of the pastry over the sausage meat and seal long edges together.
9. Decorate with shapes cut from the leftover pastry.
10. Cut into individual sausage rolls of equal size.
11. Bake for 20 - 25 minutes until golden brown.
12. Serve and evaluate.

BANANA, OAT AND SYRUP MUFFINS

INGREDIENTS:

125g plain flour
1 egg
1 medium banana
35ml sunflower/vegetable (not olive oil)
25g light brown sugar
90ml milk
35g porridge oats
1 apple or pear (optional)
1 rounded tsp. baking powder
 $\frac{1}{2}$ tsp. nutmeg
2 tbsp. syrup
6 Muffin cases



Optional Ingredients:

Cinnamon
Dried fruit
Cherries
Lemon or orange rind
Replace banana with an apple or pear

METHOD:

1. Wash hands and put apron on. Prepare work area.
2. Collect equipment and weigh ingredients.
3. Preheat oven to 220°C.
4. Put muffin cases in tray.
5. Put flour, oats, baking powder, nutmeg and sugar in a mixing bowl.
6. Peel and mash the banana with a fork.
7. Measure milk in a measuring jug. Add oil and beat in egg, add mashed banana and syrup and mix together (DO NOT OVER MIX).
8. Combine dry and wet ingredients until just combined.
9. Spoon the mixture into the muffin cases (3/4 full).
10. Bake for 20 minutes until risen and golden brown in colour.
Serve. Wash up

BREAD AND BUTTER PUDDING

INGREDIENTS:

275ml milk
3 eggs
6 slices of bread (white/brown)
25g butter/margarine
50g dried fruit
50g sugar

Optional to add:
Lemon zest
Nutmeg
Cinnamon



A foil container with a lid for pudding

METHOD:

1. Preheat oven to 180°C.
2. Butter bread and cut each slice into 4 pieces.
3. Line the dish with $\frac{1}{2}$ the bread - butter side down.
4. Sprinkle fruit on to the bread.
5. Cover with the remaining bread - butter side up.
6. Measure milk in the measuring jug, add eggs and sugar. Mix well.
7. Pour egg mixture over bread.
8. Press the bread down so that it is well soaked and sprinkle with a pinch of nutmeg.
9. Bake in preheated oven for 20-25 minutes until golden and set.
10. Serve.

HEALTHY NUGGETS

Ingredients:

1 Chicken breast (or fish, quorn, turkey fillet)

1 Egg

25g Plain flour

150g breadcrumbs (fresh or dried)

Seasonings (herbs, chilli powder, paprika salt, pepper)



Method:

1. Wash hands, put on an apron and preheat the oven to 200C.
Collect equipment.
2. Put greaseproof paper onto a baking tray.
3. Put the breadcrumbs, beaten egg and flour into **separate** small bowls.
4. Season the breadcrumbs.
5. On a chopping board, cut the chicken into equal-sized pieces.
6. Dip the pieces into the flour, then egg, then breadcrumbs.
Place onto the baking tray.
7. Bake for 10-15 minutes until golden brown on the outside and white in the middle (not pink).
8. Wash up.

POTATO WEDGES

ingredients:

1 Large potato

1 tbsp Oil

Seasonings (herbs, chilli powder, paprika salt, pepper)

Method:

1. Wash hands, put on an apron and preheat the oven to 200C. Collect equipment.
2. Put greaseproof paper onto a baking tray.
3. Cut the potato into wedge shapes
4. Place onto the baking tray, drizzle with 1 tbsp oil and season.
5. Bake for 15-20 minutes until golden brown and crispy.
6. Wash up.



BBQ SAUCE

Ingredients

- $\frac{1}{4}$ large Onion
- 1 clove of garlic
- 2 tbsp Olive oil
- 2 tbsp Wine vinegar
- 25g Brown sugar
- 3 tbsp Soy sauce
- 3 tbsp Tomato ketchup
- 1 tsp English mustard
- 150ml Apple juice



Method

1. Peel and finely chop the onion.
2. Peel and crush the garlic.
3. Heat the oil over a medium heat, in a small saucepan.
4. Add the onion and garlic and cook until soft, this will take about 5 minutes.
5. Add all the other ingredients and bring to the boil. Stir well and simmer for 10 minutes.

CHEESE & CHIVE DIP

Ingredients

250g Low fat natural yoghurt

50g Grated cheese (reduced fat)

Handful of fresh chives



Method

1. Wash chives. Pat dry.
2. Put yoghurt in a bowl and add the grated cheese.
3. Snip the chives with scissors into the yoghurt and cheese. Stir well.

MEXICAN TOMATO SALSA

Ingredients

1x tablespoon of Olive oil

$\frac{1}{2}$ teaspoon of Chilli powder

1x tablespoon of Tomato puree

1x teaspoon of Dried mixed herbs

2 Large tomatoes or $\frac{1}{2}$ of a 400g can of chopped tomatoes

1 Small Onion

1 clove of garlic



Method

1. Put the olive oil, chilli powder, tomato puree and mixed herbs into a bowl and mix together using a wooden spoon.
2. Cut the tomatoes in half, if using fresh. Remove the green stem core and chop into small squares. Or open the can and put tomatoes into the bowl.
3. Cut the onion in half and chop it as finely as you can. Add to the bowl.
4. Peel the garlic. Crush the garlic clove straight into the bowl.
5. Mix all the ingredients together.
6. Put the salsa into a serving dish, cover with cling film and refrigerate until required.

TOMATO & CHEESE DIP

Ingredients

100g Low fat soft cheese

75g Low fat natural yoghurt

1 tbsp Tomato puree

$\frac{1}{2}$ Lemon

1 Spring onion

Method

1. Place the soft cheese, low fat yoghurt and tomato puree into a mixing bowl.
2. Wash the spring onions and cut off the leaves and roots. Chop the spring onions into small pieces and add to the bowl.
3. Squeeze the juice from the lemon.
4. Mix all the ingredients together thoroughly.
5. Transfer dip to a serving bowl.



MIXED BEAN SALAD

Ingredients

100g Kidney beans
100g Flageolet beans
100g Cannelloni beans
100g Chickpeas
50g Sweetcorn
1 stick of celery

Dressing

1 clove of garlic
 $\frac{1}{2}$ tsp fresh chopped Tarragon
1 tsp fresh chopped Parsley
1 tbsp Lemon juice
2 $\frac{1}{2}$ tbsp Olive oil

Mehtod

1. Drain the beans and sweetcorn and rinse in cold water. Drain again.
2. Mix the beans together in a large bowl.
3. Wash and dry the celery. Chop into 1cm pieces. Stir into the beans.
4. Peel and crush garlic.
5. Squeeze the juice from the lemon if using fresh.
6. Put the olive oil, lemon juice, tarragon, parsley and garlic in a small bowl and whisk thoroughly to combine. Alternatively, place in a jar with a lid and shake until well mixed.
7. Pour dressing over the salad and mix thoroughly.



